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Bills healthy Living Spaces Green homes prioritize the health and well-being of residents. They use non-toxic, eco-friendly building materials that minimize indoor air pollution and enhance indoor air quality. Proper ventilation systems and natural lighting ensure a comfortable living environment while reducing the need for artificial lighting and air conditioning. Additionally, green homes often incorporate green spaces, such as rooftop gardens and vertical gardens, which improve air quality and provide a tranquil and rejuvenating atmosphere. Promoting Sustainable Communities The impact of green and sustainable homes extends beyond individual dwellings. They foster the development of sustainable communities and neighborhoods. Developers are increasingly focusing on integrating sustainable infrastructure and amenities, such as electric vehicle charging stations, bicycle lanes, and community gardens. These initiatives encourage residents to adopt eco-friendly practices, promote community engagement, and create a sense of shared responsibility towards the environment. Government Initiatives and Incentives The Indian government recognizes the importance of green and sustainable housing and has introduced several initiatives to encourage its development. The Green Rating for Integrated Habitat Assessment and Leadership in Energy and Environmental Design certifications has been adopted to evaluate the sustainability of buildings. Additionally, financial incentives and tax benefits are offered to homebuyers and developers who opt for green and sustainable practices. These government initiatives have played a vital role in driving the growth of green real estate in India. Green and sustainable homes are rapidly emerging as the future of real estate in India. They combine environmental consciousness, energy efficiency, and cost savings with a focus on healthy living and sustainable communities. With the increasing demand for eco-friendly living spaces and the government support through policies and incentives, the green real estate sector is poised for significant growth in the country. As more homebuyers recognize the long-term benefits of green homes, we can expect a positive impact on the environment, the economy, and the overall well-being of communities across India. India and Central Asian countries have a long history and cultural ties. Though India has maintained links with Central Asian countries, they have remained inadequate. India primary motivation for joining the SCO was to revive contacts with Eurasian countries through this multi-alignment regional organisation. Another major component of India SCO strategy is cooperation in Afghanistan. The region has faced many issues because of Afghanistan unforeseeable circumstances, including terrorism, extremism, drug trafficking, and transnational crime. SCO provides an opportunity for collectively addressing these difficulties and presenting a few solutions. Since becoming a permanent member of th

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Electricity, use of cement and steel and other raw materials which in turn consumes fuel and electricity for their production, use of transportation and many others. These activities or sources can be grouped into electricity, mobility, industrial use of fuels, and aviation shipping for potential carbonization options such as renewable energy for electricity, EVs for mobility, green hydrogen for industrial use and, potentially, for shipping and aviation. Companies that have taken the net zero pledge are leveraging established low carbon technologies such as renewable energy and electric mobility to cut their emissions. However, we know that no company can cut 100 percent of its emissions in the foreseeable future. They must resort to carbon removal to achieve net zero. Carbon removal is a key mechanism meant to fill the last mile gap in emission reduction. If net zero is to become a reality, then carbon removal at scale must be achieved. This is an area where corporates must not only lead, but also break barriers. There are, technically, two ways to remove carbon from the through natural processes and technology based. Nature based removal relies on natural ecosystems such as forests, oceans, and soil to remove carbon. Massive quantities of carbon can be absorbed and sequestered through afforestation or forest regeneration and sustainable farming and soil management practices. However, nature based removal faces challenges in terms of estimating the actual carbon sequestration and achieving permanence of such sequestration or claimed removal. Under technology based removal, there is Direct Air Capture DAC and Carbon Capture, Use, and is pinning its hope on breakthroughs in removal technologies. There is significant work already executed in this space from R D to pilots to commercial scale plants. However, the scales are still in single digit millions of tons, while the need is in billions of tons. The world is on a wave of digital transformation, and MSMEs need to adapt to this advancement in the field of technology and embark on their digital journey as it is said correctly that nothing is more expensive than a lost opportunity. MSMEs have been a part of the economy according to their set ways of functioning for a long time now. However, with the development of the digital, major players in the industry who were already in sync or even remotely in sync with their digital needs accelerated their process of digitization. It is here that micro, small and medium enterprise lagged a bit in the race as small business culture differs regionally. Therefore, it has become all the more important on their special and unique digital needs and adapt to the digital changes in the industry. The accelerated two take digital transformation has widened the digital divide, between those who were able to muster resources to pivot their businesses and those that did not during the pandemic. That being said, MSMEs form a significant part of the industry, and with ded

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Conducted the Second Startup Forum via videoconference on October 27-28, 2021. India is presiding over the for. This is an important opportunity for New Delhi to achieve its primary objectives of joining the SCO and giving its membership a fresh perspective. The acronym which stands for citizen security, economic growth, regional connection, unity, respect for sovereignty and integrity, and environmental preservation, was introduced by Prime Minister Modi in his speech during the 21st SCO Summit. Initiatives recommended by PM Modi have evolved into central pillars of New Delhi SCO chairmanship. Under its chairmanship, New Delhi has organised hundreds of events. India has established new pillars of cooperation in traditional medicine, startups, and innovation, digital inclusion, youth empowerment, and shared Buddhist heritage. Uzbekistan is the largest Central Asian country in terms of population and the second-largest economy in the region and has been playing an active role in and other regional and international organizations. The last Summit took place in Samarkand under the chairmanship of Uzbekistan. During Uzbekistan chairmanship, the main emphasis was strengthening economic and trade ties, promoting industrial cooperation, expanding transport and communication interconnectedness, digital transformation, and the green economy. India and Uzbekistan have maintained a bilateral relationship predating their SCO membership. However, within the SCO framework, the two countries have found avenues to enhance their cooperation in trade, investment, defense, and cultural exchanges. Regular high-level meetings and interactions have facilitated dialogue and collaboration between the two nations. For India and Uzbekistan, the SCO provides a crucial forum for advancing their bilateral relations, regional stability, and economic cooperation. During Uzbekistan SCO chairmanship, special attention was paid to initiatives such as the interconnectedness and the creation of efficient transport corridors of the SCO countries infrastructure development programmer and the establishment of the SCO Goodwill Ambassador Institute. During Uzbekistan leadership, more than 80 important international events in all sectors of cooperation were staged, and a record number of 44 papers were adopted at the SCO summit. An unprecedented expansion in the SCO partner countries was achieved during the Samarkand Summit. As a result, Egypt and Qatar have been given the status of dialogue partners, while Iran has joined the SCO as a full member. Additionally, decisions were reached to begin the process of Bahrain, the State of Kuwait, the Maldives, the United Arab Emirates, and the Republic of the Union of Myanmar becoming dialogue partners and Belarus becoming a full member of the SCO. The President of Uzbekistan Shavkat Mirziyoyev is right that historically Samarkand has been a melting pot of ideas and knowledge, that was cooking a common goal of living better, being more successful

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Our day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich

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There is no common mandate to them to report any suspicious transactions by the Indians either visiting or staying abroad. The stark truth is that the black money is the result of high level corruption prevailing in our country. The schemes meant for the poor, even as per the Government reports, are not implemented and the money siphoned off. Even laws permit every criminal whether in jail or on bail to hide their names and crimes and create false alibis. But, here the Government is creating alibis for those people whose names have been received and disclosed as the persons who are having cash, which is got illegally and is not from any known legal sources. A good and alert cop even on a tourist visa can spot Indians roaming about and visiting these safe tax heavens on Swiss banks. The rest of the job of tracing the flight of black money from India can be done locally provided the Government has the will. So far, the Government has been making excuses, some tenable and some untenable. Unfortunately, no Government Irrespective of the party in power has taken even a genuine small step to stop the generation and flight of black money from India, forget about getting the black money back. After the recent merger of two former public sector banks, Vijay Bank and Dena Bank into Bank of Baroda, the Bob is now the second largest public sector bank of the country. It now has 9,500 branches and 85,000 employees with a business mix of more than Rs.15 lakh crore. It is reported that the Bob will protect the interests of all the employees and customers. It is also stated that the Bob will focus on the operational costs, customer satisfaction and will try to maximize profit. Historically, the experience of bank mergers or amalgamations in India is mixed. In most cases, improvement was not much. Even the recent merger of associated banks of the State Bank of India into the SBI has not been very satisfactory. A bank has to do its business in a complex environment where domestic and international economic factors influence it. Even political interference is not absent. Now, private and public sector banks are doing business in a common market. Practically, these two categories do not do their jobs in the same way. Therefore, the BOB faces several challenges in the days to come. There are many big banks that have either liquidated or face great financial trouble. Amalgamation cannot be an end in itself, Some of the challenges are internal to the bank and same are external to it Some of the internal challenges, as has been pointed out, are first, Dena Bank and Bob has a similar background and culture, which can be takes as the old Gujarati culture. But Vijay Bank came from a different milieu. So, some cultural shock in human resources development is expected Second, Dena Bank and Vijay Bank had a huge baggage of NPA. Third, Dena Bank

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Comes to the digital transformation of MSMEs, it has different needs than that of other large enterprises. Digital skills and financial support through enhanced partnerships take center stage in the digital transformation of MSMEs. There is a need for custom made programs for the digitalization of MSMEs, enhancing digital resilience and competitiveness, digital up skilling, and training. Going forward MSMEs need to focus internally and start with small changes in their workforce by introducing new technologies which can be small but are unique to the said business. Frequent seminars on the usage of new technologies and training sessions on how to use these technologies, will elevate the work quality and make the integration of new technologies effortless. The transformation need not be done in a grand way by digitizing everything at once. The road that leads to digital transformation is reached by smaller lanes. Digital transformation is not an easy route to take, and with its often low rate of success, it becomes a greater challenge for MSMEs. While focusing on digitalizing their internal processes, MSMEs also need to keep a strategic measure to ensure that their end customers are only positively affected by this and find ways to undergo digitalization that would yield this outcome. Adoption of technologies is a key aspect of digital transformation. The needs, strengths, weaknesses, and goals of all MSMEs are different, and their decision in adopting technologies for digitalization should reflect so. The best available technology might not always be the best choice for a particular enterprise. A digital transformation is incomplete without technology supported changes. Thus, MSMEs need to focus on actualizing technology supported changes which are unique to their purposes. The benefits of digital transformation are far beyond the needs of it and that makes it all the more exciting. With the reliability that these new age technologies bring in, they hold the capability of increasing business productivity exponentially. Generally, MSMEs are present in the service or retail sector and with the advanced technologies and their fast processing features, MSMEs can grow and increase their revenue. Digital technologies offer cost effective means for inbuilt relationships and business growth. Digitalization is not an overnight process and needs the expertise to provide its full benefits to any enterprise. MSMEs need their leadership to be competent with the digital ways of the enterprise and ensure that the digital transformation empowers the workforce and satisfies the clients and customers needs. The digitalization process cannot be successful if the people of the organization do not feel comfortable working in new ways, and it will leave room for inefficiency or slowdown in processes and outcomes. MSMEs need to find the unique challenges for their businesses, and with the help of new age digital tools try to terminate the challenges that are slowing th

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A major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short-tempered, over-cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self-belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases stretching on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health.

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RBI increased the policy repo rate by 50 basis points yesterday. This is a right step. But it raises deeper questions about inflation control in India. This is the second time in the last 15 years that, faced with inflation crisis, RBI was caught napping. The first time was right after the 2008 Global Financial Crisis. One big difference between these two episodes is that RBI is now an inflation targeting (IT) central bank. IT was implemented precisely to help avoid a situation of high and volatile inflation. So, what went wrong, and what lessons can be learnt from the current crisis The Election Commission move to conduct a pilot project to explore the possibility of remote voting for migrant workers is a big plus for electoral democracy. Democracy becomes meaningful and equitable when every citizen has a fair chance to cast a vote. Not everyone can take a train or flight back home to vote. Nearly 300 million citizens out of a total of 910 million electors did cast their votes in the 2019 Look Sabah elections. Leaving aside those averse to voting, there a good possibility that many were present at constituencies where they are registered to vote the absence dictated by livelihood compulsions. Ways to enfranchise them must be found. From the 2011 Census that counted 450 million internal migrants, the number is estimated to be 600 million now. Short term migrants who spend some months of the year in cities far away from their villages rarely acquire a vote in their place of work. This category will benefit from EC move. For instance, Gurgaon assembly segment has just 3.6 lakh voters though the city population is far higher. True, logistics will be complicated. Migrants will have to be mapped and then enrolled for remote voting. Designated polling centers must be set up across India. There will be election day tech challenges verifying voter identities and ensuring the vote cast on the EVM is channeled to the correct booth and constituency. Also, those listed for remote voting but turning up physically at domicile polling booths due to personal or other emergencies recall the lockdown must be accommodated. But none of these is a deal breaker. From shuttling security forces and polling officers across polling phases, sanitizing electoral rolls, enrolling first time voters to getting the women vote out, EC is a past master at resolving logistical tangles. With institutional and political will, difficulties can be overcome. The previous Look Sabah had passed a bill to extend proxy voting facility to NRIs, but the bill lapsed. Such reforms should get cross party backing. As EC starts the migrant voting pilot project, it should also start the process of identifying migrant voter clusters. Gujarat is a migrant worker hub. Let the pilot happen there and EC should aim for a 2024 full rollout. RBI monetary policy committee (MPC) yesterday increased its key policy interest rate, repo, by 0.5 percentage points to 4.9%. It the second increase in about five.

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Weeks, taking the cumulative rise in the repo to 0.9 percentage points in the current cycle of monetary tightening. Other highlights were a clear signal that tightening will continue longer and a sharp upward revision in the projected retail inflation in 2022 23 to 6.7%. It means RBI will fail to meet its statutory obligation to keep inflation below the upper threshold of 6% for three consecutive quarters. MPC statement and the unanimity among its members on both the repo increase and communication mean that the central bank will henceforth prioritise inflation. A projection of 6.7% for the current year signals that there will be more rate increase in the future to rein in the second round effects of inflation. Certainly, the movement of yields on government securities indicates that the financial market expects more rate hikes. Where does that leave economic growth RBI believes that there will be no impact on GDP as it has chosen to keep its forecast of 7.2% for 2022 23 unchanged. That unconvincing. The outlook for economic growth has worsened mainly on two counts. First, the global situation is deteriorating. For instance, the World Bank this week pared its 2022 global growth forecast made in January by 1.2 percentage points to 2.9%. Moreover, it warned of the rising risk of stagflation. Second, the domestic context has changed in an important way. To speed up the process of monetary transmission, RBI mandated the introduction of external benchmarks in pricing loans in 2019. Today, about 40% of outstanding credit, particularly to retail and MSMEs, is linked to external indicators. Therefore, monetary tightening will ripple out faster and act as a drag on private consumption. Going forward, fiscal policy will have to be the main support for economic growth as RBI sole focus will be on controlling inflation. It calls for realigning spending to crowd in private investment through infrastructure projects and hold up consumption through other fiscal measures such as subsidies and tax changes. Everyone is, not surprisingly, excited about the astonishing results of a small clinical trial in which all signs of colorectal cancer vanished from the participants. Dry Kumar Prabhash, head of medical oncology at Tata Memorial Hospital, Mumbai, who perhaps has the widest experience in India of using the class of drugs used in the above trial, sounds a note of caution, asking for the striking results to be replicated and long term results analysed before we celebrate. A sure shot cure for cancer has yet been found, he tells Malatya Ayer: Tell us about Dostarlimab, which is being hailed as the promising breakthrough for the treatment of colorectal cancer. Dostarlimab is a class of drugs called checkpoint inhibitors used to provide immunotherapy to cancer patients. These drugs don kill cancer directly, they have the capacity to remove the camouflage and unmask cancer cells so that the body immune system can destroy them. The trial results are striking as every p

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Tsunami of promise how many trees went into the reams reporting the platitudes of politicians And, surely, their verbal hot air worsened global warming So not wanting to add my noise to that of the politicians, I m going to take a leaf out of the tree of Buddha T. He is a Thacker ray of sobriety compared to the current bombast or that of his own party past. Thackeray 0.2 known for his wildlife photography rather than shooting his mouth off did need tutoring from Thackeray 0.3, the state environment minister who is turning out to be as active as he is articulate. Last Sunday, our Mahan CM pointed out that the urban jungle also needs protection. Mumbai has been on the Red Book ever since the builder politician nexus replaced the underworld in calling the shots. That said, it has always been the hospitable habitat of black bucks; land sharks gamble on its scenic waterfronts. The jungleefication of Mumbai is all around me. Every other morning, my view is hijacked by a new concrete beanstalk that seems to have grown overnight and raring to scrape the sky. Builders abhor a vacuum even more than Nature. The 24 bird call is honking, telling me that our goose may already be cooked. The roar of traffic warns of lions asserting their suzerainty in Jaguars. Actually, the bigger road hogs are SUVs, like elephants in mast must have right of way, and as thick skinned as the rhinoceros, one horned. For sundry scams, the lords of the jungle are the cheetahs. Their politician cop accomplices are leopards; they never change their spots. Since our alleged Mythic river is actually a sewer, the wearers of Crocs and Alligator tees bask instead on our sunny beaches. Social butterflies flit in perfumed groves; queen bees sting. And you will always see the mating dance of a china Mayor as he cajoles MS Mayor in dusk deepened gardens or hula hula in Mumbai, arm, broad minded daylight. Does my urban jungle make you green A young Gujarati woman has created a storm in a cyberspace teacup thanks to the wedding she plans for herself, which is singular, in more ways than one, in that she is marrying herself. Self marriage or solo gamy, or autogamy, as it is called is new to India, but it reportedly has a growing following in western society. While the bride cum groom parents have raised no objections to their daughter unusual matrimonial plans, the social media chattered has waxed vocal on the issue, both for and against. A BJP leader has said that she should not be allowed to perform her nuptials in a temple as such marriages are against Hinduism and, if permitted, would reduce the population of Hindus. On the other side of the political spectrum, a Congress stalwart has also expressed disapproval of such examples of wonkiness game changing social attitudes as insanity which the country must guard itself against. While a number of denizens have.

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Supported the young woman mono marriage, which others have decried as a no marriage, she has blithely gone ahead with her wedding plans, also booking a honeymoon for herself in Goa. Disclaiming criticism that she is merely being a sensationalist to attract media attention, the woman has said that she is seeking fulfillment of herself as an individual without reference to any external relationship. Some might dismiss such views as being the height of egotism, or even solipsism, the belief that only one own self is real and all else is illusion. However, the bride to be could find endorsement of her motivation in the writings of the American development psychologist Abraham Maslow who, in a path breaking academic paper in 1943, outlined five stages of an individual mental and spiritual evolution, with each stage having to be successfully accomplished before graduating to the next. The first of the five stages is ensuring one survival through the provision of physical necessities like food, shelter, and security. The next stage involves the satisfaction of emotional needs through forming bonds of affection and kinship with family and friends. The following step is the attaining of self esteem, by winning the respect of others through one professional achievements and social standing. The fourth stage is the exploration of the realms of the mind through philosophical questioning and debate. At the acme, the final stage of Maslowian pyramid, is what he called elf actualisation, which is not narcissistic adulation of oneself but a transcendence of all want and desire, a completion of one journey to oneself, the arrival at the destination of life travel. In a way, Maslow stages of ascent are not very different from the four Ashramas of Hinduism: that of the Brahmacharya, or student; the Grihastha, or householder; the Vanaprastha, or hermit; and the final Sanyasa, or ascetic with no earthly attachments. In that it is a communion with oneself, a comm union, a turning inwards of the consciousness to marry itself, the act of meditation can also be a form of autogamy, a spiritual discipline widely practised by people who subscribe to all faiths, and by people who subscribe to none. So even as there are those who would censure marrying oneself for being unholy practice, others might describe it as wholly matrimony. Is positive thinking to this vital question. Some people from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people Stretching s specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of

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Mumbai recently won two wooden spoons. Cricket as they say is religion in India. There should not be any politics in religion though religion plays a great role in Politics. Definitely, there is politics in Cricket as we see politicians managing cricket matters. Cricketers have turned into politicians, and politics is prevalent in cricketing matters. There are politics like camps within cricket. IPL introduced Bollywood influence in Cricket through franchise owners. Cricket is a big business so business houses entered cricket just as Bollywood is big business. Politicians and Businessmen go in cohorts historically. So you end up in Cocktail of Cricket which is a religion, Politics, Business, and Bollywood. And there is eternal underworld nexus to all this cocktail. Mumbai is the capital of everything except Politics. Delhi is the political capital. Ironically, a win by Mumbai Franchise versus Delhi Franchise ousted Delhi from playoffs in the 2022 IPL. Mumbai team won a wooden spoon in IPL 2022. Things went wrong right at the auction. There was no valid strategy to retain the core which had won titles in past. For the most successful franchise, it was a management failure. Even within the retention the huge amounts spent on nonperforming assets like Ishim, Pollard, and to an extent the captain really backfired. Joffre Archer was known to be unavailable for 22 but the plan was for the next seasons. It is still a gamble. Non availability of SKY and Mills were additional disadvantages introduced midway. There was no support for Bum rap in the bowling. They should have retained Bolt. There was no dreaded spinner in the lineup. Sims did well towards the end when there was no hope for qualification. They also did not support David after two failed outings. When he was reintroduced in playing eleven it was late. They found some good talent for the future in Tikal Varna, Bevis, Shaken, and Kartikeya. Everything that could have gone wrong went wrong for Mumbai. The past glory and aura took a dent in 2022. It a very steep road ahead for 2023. Hope they do some good trading or talent scouting for uncapped players which rebuild the core for the future. That needs a transition plan for leadership by 2024. Unless that happens, the fear of consecutive wooden spoons looms large. The state of Maharashtra with its capital of Mumbai was known for being a pioneer and leader in commerce, industry, entertainment, cricket, fashion, trading, and exports. Maharashtra is philosophically driven by saints right from Dynaneshwar, and Tulare to the Warfare leaders of today. Maharashtra in past had a legacy of political and social leaders right from Chatrapati Shiva Maharaja, Chatrapati Sam haji Maharaja, Beira, and Madhavrao Pesewas, Ahilyabai Honker, Rani Lamiae, Lokmanya Tikal, Veer Savarkar. Maharashtra is driven by thoughts of visionary thought leaders like Dr. B R Ambedkar, Mahatma Phule, Shahu Maharaja, and Agarkar. On the social front, we have a legacy of the like

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Sindhutai Sapkal. We still have generations growing up on the literary genius of Acharya Atre, Pu La Deshpande, Vinda Karandikar, V Shirwadkar, G A Kulkarni, V P Kale, and many more in this list. We had musical geniuses like Pt Bhimsen Joshi, Lata Mangeshkar, and Asha Bhosale just to name a very few. In fact, the entire business, media, films, music, and creativity reside in Mumbai. Marathi theatre had many luminaries and drama has impacted thought propagation and solutions to social issues. We had great journalists and media personalities. Maharashtra cultural movement has bases right from main cities till remotest villages and recently it has spilled over in foreign lands like US, UK, Europe, Australia, Middle East, Southeast, and Far East Asia through well spread NRI population. But these are past glories. The level of the current political slugfest in Maharashtra politics has handed another wooden spoon to the state along with IPL 2022 wooden spoon. The kind of personal vendetta, caste based equations/slurs, and polarizations have really damaged the basic culture of the state which at one stage was the most civilized state in India. The language used by party functionaries, the accusations, threats, unconstitutional language used, violence and mobocracy have dented the image of Maharashtra. There is a chronology to the things that went south. First is the betrayal of the electoral mandate. Votes garnered through the pre poll alliance led to comfortable numbers for that alliance. The verdict of people in a democracy is the basic foundation of a party/ies forming a government. This verdict was violated by politicians to betray the trust of voters. Then we saw the notorious morning swearing in ceremony and proposed an unholy alliance to counter the wrong done in the first place. Then we saw this alliance breaking due to some unknown pressure. The parties which had no common ground concurred only for obvious reasons. There was no apparent thought process. Then there was the notorious chain of events that rocked the state. There was an alleged involvement of corrupt police officers to collect revenues from businesses and hand them over to the politicians. There were scandals involving celebrities, film stars, their kids, and drugs. Many ministers were accused of crimes like corruption, and terror links. The ruling dispensation lacked an agenda. During Covid, Maharashtra registered maximum cases, the highest number of deaths, and the highest number of infections. There were accusations of corruption in the covid relief center funds. The only policy was to blame the center. Opposition in the state was also involved in some strange non issues being highlighted in the narrative. The noises on both sides have added to the cacophony. The media has stooped to new lows. There were cases where people were arrested for their criticism. I think it the time for leaders across the parties to draw some basics and revive the culture and civil behavior acros

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Parties moving their MLAs to resorts and hotels have begun ahead of hotly contested Raja Sabah elections in Rajasthan, Maharashtra, Haryana and Karnataka. Congress has moved its MLAs in Rajasthan to lodgings in Udaipur and its Haryana legislators all the way to Chhattisgarh. In Maharashtra, both Shiv Sean and Maharashtra have done the same. Not to be left behind the factionalism plagued BJP in Rajasthan has also followed suit. Despite legislative devices like whips and the Raja Sabah vote not held by secret ballot, parties not being able to trust their legislators are evidence of the depths plumbed by Indian politics. Legislators being herded like cattle to prevent them from slipping out does do justice to the exalted position they enjoy in India constitutional scheme. The prevalence of horse trading despite writing the Tenth Schedule into the Constitution began asking a question: what purpose has it served. Or does the converse hold true Would things have been much worse without it. There also no paucity of nets demanding a scrapping of the anti defection provisions which have reduced MPs and MLAs to figureheads, unable to voice opinions different from the party position. The MLAs may be lodged in luxury resorts but the reality is that their liberties have been restricted. The independence that India judiciary benefits from should be more meaningfully granted to the legislature wing. It will give us better laws and stronger accountability against executive overreach. Inflation has made a comeback between the highs and lows of the pandemic and the ongoing war. Over the past two months, the country has witnessed a jump of seven per cent in inflation. Given the growing cost of living, where people carefully evaluate returns on investments, the real estate industry faces a critical question What does this mean for investment in real estate The most appropriate answer to this question is that even with a spike in inflation, it is easy to state that the overall rise in the value of your property will outperform your expectations. Inflation is a part of a modern market economy, and intelligent investors hedge their bets on exceeding assets, irrespective of inflationary pressure. According to a report published by IMARC Group, titled India Real Estate Market: Industry Trends, Share, Size, Growth, Opportunity and Forecast 2022 2027, the Indian real estate market is expected to rise at a CAGR of 9.60 per cent between 2022 2027. There is a latent demand for affordable housing in India, which would primarily escalate the request. In addition, we are witnessing a massive investment by the government in building roads, rail and air, which will catalyze the overall Indian real estate market. Real estate has always been considered a safe investment in India, and no amount of uncertainty due to inflation can even remotely put pressure on its value. Therefore, it is still considered the most feasible option compared to other investment options. Moreover, unlike o

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Indeed the essence of the unique phenomenon of the which Uzbekistan proposed to serve as the basis for a fundamentally new format of international interaction, including within the Shanghai Cooperation Organization. One of the key objectives of the SCO is to combat terrorism and extremism. At the 21th SCO meeting in 2021, Prime Minister Modi stated that extremism is the primary cause contributing to regional challenges. He asserted that progressive philosophy has its origins in the Central Asian region. For instance, Sufism has thrived here for centuries and has spread throughout the area and the globe. Therefore, based on Central Asia historical legacy, the SCO should create a shared strategy to combat radicalization and extremism. To effectively combat radicalization, Prime Minister Modi further recommended that the SCO seek assistance from the moderate, tolerant, and inclusive Islamic institutions and traditions that already exist in India and almost every one of the SCO member states. Within the Regional Anti-Terrorist Structure, RATS of the SCO, India, and Uzbekistan have worked together to handle shared security issues, share intelligence, and hold joint exercises. Both nations have worked to improve partnerships in this area since they have shared concerns about terrorism and extremism. With initiatives like the International North-South Transport Corridor INSTC and the SCO-Afghanistan Contact Group, the SCO may also be essential in developing regional connectivity. India and Uzbekistan have actively participated in these initiatives to improve trade and connectivity among SCO member countries and beyond. Uzbekistan unique location as a Central Asian transit hub makes it an important partner for India in realising the aim of greater regional connectivity. Promoting INSTC and Chabahar is necessary to boost trade with the region. In this context, a few concerns must be resolved immediately, such as Indian banks reluctance to operate in Chabahar port. The SCO has been growing ever since Pakistan and India became members. Iran has become a full member of the SCO, which will greatly influence this organisation. Iran importance as a conduit between India and Central Asia cannot be overlooked. As a result, an essential part of India Central Asian policy should be strengthening diverse partnerships between India, Iran, and Uzbekistan. The enlarged SCO has greater visibility and potential for political and economic growth. As a result of this expansion, cultural trends will be revitalised. Because Central Asia is a landlocked region, the SCO entry of countries such as India and Iran has not only increased the connection between South, Central, and West Asia. Nonetheless, it will improve Central Asia strategic autonomy. The SCO growth may offer Central Asian countries with a possible balancing agent to dominating powers such as Russia and China. There is a lot of potential for the Indian presidency of the SCO. Since it is a civilizational state with

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Cyber technology has also changed the way we do financial trade. More and more people are using online platforms for shopping, transferring money and other financial dealings. Moreover, efforts are being made to facilitate financial education in schools in order to make students ready for future. In view of increasing cyber-crimes related to financial frauds, the subsequent chapters provide an overview to children on cyber threats related to online financial transactions and how to safeguard ourselves against such threats. The subsequent chapters of the report cover cyber threats related to social networking and how to safeguard against such threats. The report will help students and other users to learn about cyber threats and ways in which they can protect themselves. As a change agent, students and their mentors are expected to share their learning with their peers and parents and contribute in making cyber space safer. Nowadays, internet, computers, smart phones and other communication technology devices have become an integral part of our life. Imagine how much time we spend each day on these smart devices. We have made internet communication mediums like e mails, Whatsapp, Facebook, etc. part and parcel of our everyday activities. But most of us are unaware of cyber safety and security features to safeguard ourselves. Do you know that whatever information or personal details are shared on internet stay online forever as it is extremely difficult to delete the information completely? Cyber are offences that may be committed against individuals, firms or institutions by using computers, internet or mobile technology. Criminals in cyber space use platforms such as social networking sites, e-mails, chat rooms, pirated software, websites, etc., to attack victims. According to the Indian Computer Emergency Response Team, over 53,000 cases of cyber security Incidents were reported in 2017 in India. Sir, I would like to state that the Budget is only an annual financial statement anticipating the total revenues and the total expenditure of the Government. It can try to solve the existing problems in the country and also carry forward the process of growth that has been achieved so far. A Budget has to be implemented in a number of parameters. We have to look at the parameters and then judge the Budget. After looking from all these angles, I would say that the Union Budget is a good Budget, among other things, the most salient aspect of this Budget is that it carries the mandate given in the Common Minimum Programme. The Budget has to carry forward all the plans and schemes that have been given in the Plan and it has to serve the goals of not only growth but also inclusive growth. Only growth can relieve India from the clutches of poverty and unemployment. No magic remedies are available except that we have to promote sustained growth in agriculture, sustained growth in industry and sustained growth in infrastructure. Without that it is not possible,

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A budget may express a surplus, providing resources for use at a future time, or a deficit in which expenditures exceed income or other resources. George W. Bush: Sworn in as the President of USA in January, 2001 and for a 2nd term in January 2005. His presidency had transformed the world political scene. The suicide attack on the World Trade Centre in New York City on September 11, 01, changed not only the history of America but has left an indelible mark on the world at large. Terrorism has assumed a new dimension and its identification with the Islamic world has revived the theory advocated by hutting ton in his book, Clash of Civilisations. President Bush has himself more or less endorsed this thesis by talking of crusades and Christian values. President Bush launched an invasion of Afghanistan on October 7, 2001, to exterminate the hideouts of Osama bin Laden and make America safe and secure for all times to come. Afghanistan policy, like his Iraq policy, has totally failed. The Taliban in Afghanistan have re-emerged as a potent force. Hamid Karzai writ is confined only to the Kabul city. The warlords are back in action and innocent civilians, children and women are being killed almost every day in spite of the presence of the NATO and the American troops. Hamid Karzai won a pyntric victory in Oct 2009, as Abdullah refused to participate in the runoff. Bush era will be remembered chiefly for the attack on Afghanistan on October 07, 2001, in the wake of the 9 11 attacks on the Twin Towers in New York; later Bush attacked Iraq on March 20, 2003. His era would best be remembered for the bloomers in the foreign policy contributed by his Vice President, Defence Secretary and other cronies. He had also set up terror chambers for the 9 11 suspects off the coast of Cuba. President Obama first important step was to close down the Guantanamo chambers and shift the trial to mainland USA. The suspects are likely to be shifted to jails in Chicago Almost 69 people were killed by the police in the fire to oppose the apartheid passed laws in 1960 at a peaceful demonstration in Sharpeville, South Africa. It was then declared by the United Nations General Assembly to the international community as an international day for the elimination of racial discrimination in the year 1966 in order to remove all types of racial discrimination. On the same day means 21st of March is celebrated each year as Human Rights Day in South Africa which has been officially declared as the public holiday. This event is being commemorated by the people worldwide on annual basis to remember all those people who had lost their lives in opposing the Apartheid regime or fighting for the democracy as well as demanding equal human rights in South Africa. The Sharpeville Massacre of South Africa is the main place during the Apartheid regime of 1960, 21st March for which

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Bank deciding for you. Not to forget the tax benefits a person can receive through real estate ownership. Historically speaking, real estate returns have outperformed the returns received from other asset classes. Inflationary periods usually correspond with higher mortgage rates, increased cost of materials and the rising cost of borrowing. These can temporarily slow down the growth but cannot stop it. The Indian market still has the potential to bet all the odds and take advantage of its undervaluation so far. Hence, the V shaped recovery predicted at the beginning of 2022 will undoubtedly be achieved. This confidence in growth comes from the fact that Indian real estate is becoming technologically advanced at every step, which would bring down the operational cost. Willful integration of machine learning, data and artificial intelligence are solving problems before they can arrive. The Indian real estate market is also being seen in great regard by foreign investors, and with government initiatives, this investment will also only increase. Compared to potential, inflation is losing this race by a long shot. Rather than if or should, the question should be when. When should I invest in real estate The answer to that question is always right now. The appreciation of your commercial property rates will offset the effects of inflation for you. While it might seem so in your day to day routine, many years of holding and maintaining that asset would only give you benefits in the future. Historically Real estate is usually seen as an inflation hedge. As the purchasing power of money comes down, real estate protects investors against that. While economists debate whether the efforts of this spike in inflation are permanent or temporary, commercial property developers can be confident that their assets provide them with the necessary protection. There have been multiple studies done over the last few decades showing that private real estate returns hold steady during inflationary periods. The only risk of inflation is the actual rent; property owners will increase the rent to handle growing inflation or take a loss. As inflation results in higher interest rates which results in higher cost of borrowing and higher operating expenditures, sometimes it may take more time to increase rent than pass over the higher costs down to the tenant. Investors should consider investing in properties with good cash flow rather than lazy equity. The benefits of investing in real estate right now outweigh the drawbacks. Also during times of high inflation, property owners managers will incorporate rent increases into their lease documentation, something called escalation clauses. The clauses are either directly linked to inflation or have a number higher than normal escalation clauses in a normal environment. In summary, real estate provides an excellent hedge against inflation and generally most investors will agree that real estate as an asset class is immune to the h

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October 1984. As the news of Indira Gandhi assassination trickled in, it sent shock waves across the Arab world. In an unprecedented gesture of respect to the departed leader, markets across the Middle East began to shut down. This was not under government orders, but was a spontaneous gesture of the Arab people. They felt the loss of one of the tallest world leaders who they considered to be their friend. That is the deep relationship which India has nurtured with the Islamic Arab world over several decades. The recent turn of events be it the turning away of a hijab clad woman from the Lanterns restaurant in Bahrain, the Malayalam man in Qatar calling Muslim women nurses ex slave, or the current Nippur Sharma controversy is the calamitous trajectory of a narrative which was allowed to pervade and go on a rampage by non state actors. The unchecked rampant dissemination of Islamophobic within India by our media at some point had to spill over to have international ramifications. Those individuals and organizations indulging in this relentless narrative of divisive vituperation have no knowledge of our historical and geographical ties with the Middle East, or for that matter, our deep and pervasive economic relations. Our historical ties with the Arab world Little do they know that as early as 3000 BC, there were networks of bustling maritime trade between Arabs and the Indus Valley Civilization. Dolman, located in present day Bahrain, acquired a monopoly in 2000 BC on trade between India and the civilizations of Mesopotamia. The legendary port of Mushers 300 BC 1300 AD enabled Arab traders to be the link between Europe and India. Contrary to popular perception, Islam initially made its entry into India through the trade route in the 7th Century in South India. The standing edifice of this is the beautiful Ceriman Mosque in Kodungallur, Kerala built in 629 AD at a time when Prophet Mohammed 579 632 AD was living. So intertwined were our fates that for a substantial period of time in history, the gulf states used the Indian rupee as their currency. Post independence, our relations strengthened with the Non aligned movement appealing to the Arab leadership, especially the likes of Abdul Nasser. Each of our Prime Ministers have over the years nurtured our longstanding historical ties with the Arab Muslim world. This was fortified by high profile visits of Jawaharlal Nehru to Saudi Arabia in 1955, Indira Gandhi in 1982 and Manmohan Singh in 2010. Modi and the middle east Our Prime Minister Narendra Modi has been a regular visitor of the Gulf states and has been instrumental in enhancing our economic ties. Modi in February 2018 travelled to Ramallah and met with President Mahmoud Abbas. He pledged US $41 million in aid for health and education. Modi has been conferred the highest civilian honours by the heads of state of the Muslim Arab world. This is the outcome of the continuation of the long chain of historical, cultural, religious and.

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While delivering results. Relationships between India and Uzbekistan under the SCO framework have a lot of potential to grow in terms of factors like economic cooperation, connectivity throughout the region, security cooperation, and cultural exchanges. Both countries appreciate the SCO usefulness as a platform for cooperation and actively support its objectives of promoting regional peace, stability, and development. How many students drop out of their dream schools or colleges due to financial constraints? The answer is one too many Indian parents understand the importance of education and its ability to transform their children lives. They have high aspirations for their children careers and see education as a way to break free from socioeconomic constraints. But navigating the education journey can feel like running the Amazing Race Parents must stop at multiple checkpoints along the way, with the ultimate goal of getting their child to the finish line. Here some food for thought if your child wishes to pursue a degree from a prestigious university that costs INR 1 cr today, it will likely soar by a significant percentage in the next 15 years. According to reports, the education inflation rate in India was 3.34 percent in September 2021. However, it increased to 5.68 percent in the corresponding month of 2022. This rising cost of education is a growing concern for parents across India. It not only affects the quality of education that their children receive but also puts a significant financial burden on parents. So how can parents ensure that their child gains admission to their dream college, despite economic challenges? Early Planning and Smart Borrowing Right from primary school to post-graduate degrees, parents need to plan their child education journey well in advance to fulfill their long-term goals and minimize the financial strain. According to the All India Survey on Higher Education (AISHE) 2020-21 report, the average annual fee for a full-time undergraduate course in India has increased by 5.3% in the last year. It can be overwhelming for both parents and students to research scholarship options for various levels of education. This includes assessing government bodies, private organizations, and educational institutions for eligibility criteria and keeping track of deadlines. By saving for educational expenses from an early stage, parents can accumulate funds over time and reduce the need for excessive borrowing. Smart financial management and exploring education loans with favorable terms and conditions can further ease the burden. By borrowing funds judiciously and exploring available resources, parents can ensure that their child education remains within reach. Informed Counseling and Sound Financial Advice Oftentimes, families spend exorbitant amounts for their children future with uncertain returns on their investment. With inflation rates resulting in soaring tuition fees and various hidden charges associated with education

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The company has to make a decision on whether it would like to continue to have its commercial presence in a business that it believes is stagnating or it feels there is no real long term business viability. The promoter holding company has to make the requisite moves towards exit by the process of finding a buyer and at an agreed valuation hand over control. If the business is run by a subsidiary that is a listed company, the Capital market regulator requirements need to be fulfilled by both the seller and buyer entities. Sometimes, the Promoter Group wishes to move into a new business direction which may require significant funding as a promoter. The funding can come only from selling / disposal of an existing business. This is where a 'catch 22' situation arises. Sale of a floundering business may not realize much value. If you sell off a reasonably successful business, you could get a decent valuation but there is a risk of investment into a new business idea with no accumulated management expertise. There is a chance of a wrong investment and a loss of a fairly successful business which the Holding company let off for funding purposes. In India, it has been found that Holding Companies are not adequately performing Role 1 above, resulting in the business / subsidiary dropping into need to perform Role 3. Clearly, business valuation will be weakened and maybe greatly destroyed. It requires a kind of expertise to get proper business valuation once the decision to exit is taken. Role 1 above is also important from a Business Promoter Group reputation. There can be minority shareholders if the business is conducted by a listed entity. Nowadays, Business Groups are getting a reputation of inefficiency and management shortfall, if performance is not as per market expectations. In my view, one of the biggest advantages of a listed holding company is the way the capital market reacts to the management moves. Feedback and response to proposed actions are valuable tools of business. The concept and value of the Holding Company and its responsibility (including to minority shareholders of its entities) is still developing. As the capital market matures, Holding Companies will have to up the level of their Actions. We make bats, we don't call the shots India's recent World T20 championship, was only the latest reminder of how sport now commands global attention on a scale few other things can. And Fifa World Cup football is an even grander spectacle, whose shots will soon thunder around the world. Behind the spectacle, billions of dollars of footballs, cricket bats, training gear, protective equipment, and athletic infra move through international supply chains each year, produced in specialised manufacturing clusters that most fans have never heard of. TOI News - May 2, 2026 Living the double life-from textbooks to tides: A childhood carried by the tide Aanya Gogate is a Bombay Scottish 11th grader with a deep passion for marine exploration and enviro

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like a new adventure, one that I never wanted to end. Each visit deepened my connection with the water and the world beneath the waves. One of my earliest memories is my family trip to the Maldives. I remember spending my entire day at the beach. Time swam by as I searched for the perfect seashell and buried the most random things underneath the sand. It was like a personalized treasure hunt, one that I created for myself. Some old family videos show me laughing as I run away from the tiny white sand crabs, jumping over the foamy edges of the waves, and building the perfect sandcastle, one bucket at a time. As I grew in age, my relationship with water began to transform. The fun, carefree days at the beach turned into two-hour swimming lessons in the pool. In the beginning, the endless laps felt like torture, however, over time, I could feel my inner current change. The more confident I grew in the water, the more calm I noticed myself to be. It was like all the noise in my head drowned when I glided through the water, attempting to replicate a fish. The satisfaction of improving made me look forward to each class, and I became more and more eager to spend time with my best friend- water. What once felt like a chore, eventually became something I looked forward to each day. This shift eventually pulled me in deeper and I began to explore every water-related activity I could find- swimming in open waters, fishing, parasailing, snorkeling, and even scuba diving. If it involved water, I was the first to sign up! Determined that I had the DNA of a Sailfish, at just thirteen years old, I earned my PADI certification which changed my life forever. During my first dive, I was transported to an entirely new world, one where air was replaced with water. In this new ecosystem, I was swimming alongside turtles, schools of fishes in every imaginable color, and countless other sea creatures that I couldn't wait to learn more about once above the water. The brightly colored corals swayed gently, almost like they were dancing to their tunes inaudible to us humans. And the most terrifying, yet incredible moment was when a leopard shark swam by me. Thankfully, it was more interested in finding its next meal than me! During those few seconds when the shark glided past me and all the tiny fishes scattered, the voices of the real world faded; there were no phones, no homework, no chatter. Nothing else mattered except the vast blueness which had embraced me. Watching the light grow brighter as I ascended toward the surface, I knew I was leaving behind a piece of my heart on the sea bed, and I was positive I would return soon, not to collect it, but to grow it. While most of my experiences have been amazing, there's one incident that stands out. During one dive, at

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October 1984. As the news of Indira Gandhi assassination trickled in, it sent shock waves across the Arab world. In an unprecedented gesture of respect to the departed leader, markets across the Middle East began to shut down. This was not under government orders, but was a spontaneous gesture of the Arab people. They felt the loss of one of the tallest world leaders who they considered to be their friend. That is the deep relationship which India has nurtured with the Islamic Arab world over several decades. The recent turn of events be it the turning away of a hijab clad woman from the Lanterns restaurant in Bahrain, the Malayalam man in Qatar calling Muslim women nurses ex slave, or the current Nippur Sharma controversy is the calamitous trajectory of a narrative which was allowed to pervade and go on a rampage by non state actors. The unchecked rampant dissemination of Islamophobic within India by our media at some point had to spill over to have international ramifications. Those individuals and organizations indulging in this relentless narrative of divisive vituperation have no knowledge of our historical and geographical ties with the Middle East, or for that matter, our deep and pervasive economic relations. Our historical ties with the Arab world Little do they know that as early as 3000 BC, there were networks of bustling maritime trade between Arabs and the Indus Valley Civilization. Dolman, located in present day Bahrain, acquired a monopoly in 2000 BC on trade between India and the civilizations of Mesopotamia. The legendary port of Mushers 300 BC 1300 AD enabled Arab traders to be the link between Europe and India. Contrary to popular perception, Islam initially made its entry into India through the trade route in the 7th Century in South India. The standing edifice of this is the beautiful Ceriman Mosque in Kodungallur, Kerala built in 629 AD at a time when Prophet Mohammed 579 632 AD was living. So intertwined were our fates that for a substantial period of time in history, the gulf states used the Indian rupee as their currency. Post independence, our relations strengthened with the Non aligned movement appealing to the Arab leadership, especially the likes of Abdul Nasser. Each of our Prime Ministers have over the years nurtured our longstanding historical ties with the Arab Muslim world. This was fortified by high profile visits of Jawaharlal Nehru to Saudi Arabia in 1955, Indira Gandhi in 1982 and Manmohan Singh in 2010. Modi and the middle east Our Prime Minister Narendra Modi has been a regular visitor of the Gulf states and has been instrumental in enhancing our economic ties. Modi in February 2018 travelled to Ramallah and met with President Mahmoud Abbas. He pledged US $41 million in aid for health and education. Modi has been conferred the highest civilian honours by the heads of state of the Muslim Arab world. This is the outcome of the continuation of the long chain of historical, cultural, religious and.

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Economic ties Our deep economic ties The rank and file of the ruling regime and the many sectarian organizations at work orchestrating communal disharmony are oblivious of the strong economics at the heart of India Arab policy. The fringe, or whatever they are called, fail to understand that there are 7 million Indians the largest Indian diaspora living, working, freely praying and professing their faith in the gulf states. They have generation of symbiotic and fraternal relationship with the Arabs in the Middle East. They remit an astounding US $30 to 40 billion each year back to their families in India. India trade with Israel stands at US $5 billion. In stark contrast to this, trade with the Arab countries accounts for US $140 billion, which is 25 percent of our total world trade. It is from the Middle East that India imports most of its oil and gas. India imports 80 of its oil from the gulf region and 62 of its gas from Qatar alone. The growth in trade with the United Arab Emirates is a significant indicator. The trade with UAE in 2014 stood at US $60 billion, and today it stands at US $65 billion, making the UAE India most important trading partner. Thanks to our sensitive foreign policy and the excellent relations which our Indian business communities there have with the host countries, UAE has investments totaling to US $8 billion 2016 in India. The three countries UAE, Saudi Arabia and Qatar alone account for US $100 billion in trade with India. The party apparatchiks, the media hounds and sundry cultural warriors are blissfully unaware that GCC countries are prime markets for India products. Our industry thrives on the market penetration into the Arab world. Unfortunately, these incidents of Islamophobic with alarming regularity are causing immense damage to our relations with the Islamic world, which has serious consequences for the Indian economy. This relentless assault on Muslims, their identity and their religion comes at a critical juncture for our economy, which is struggling desperately post demonetization and post pandemic to reach the levels of the golden years of 2004 2014, which were characterized by unbridled economic growth. The Lanterns episode in Bahrain and the name calling of Muslim women shows Islamophobic can buy a lunch. The current Nippur Sharma episode shows that it can buy us our economic recovery either. The time has come for the Indian state to stop this mayhem before it wrecks our industry and our economy. After Jharkhand chief minister Hemant Soren, it is Kerala CM Pinarayi Vijayan turn to face abuse of office allegations. The CPM government in Kerala has entered a testing phase with the prime accused in the gold smuggling scandal Swapna Suresh attempting to link chief minister Pinarayi Vijayan and those close to him with the racket. Only two weeks ago the government was sitting pretty after celebrating the first anniversary of its second term in office. Interestingly, Vijayan predecessor Oommen Chandy was in

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Nearly a decade ago Chandy had faced allegations of close ties with a fly by night solar panel firm that had cheated several people. The fallout from that scandal had severely undermined Congress in Kerala. It remains to be seen how CPM will weather this latest storm. The gold smuggling case which was uncovered in 2020 had no impact on CPM electoral performance in the 2021 assembly elections. But the popularity that Vijayan enjoyed last year, which led to the unprecedented second successive term, has eroded quite a bit over the last year. A poorly conceived big ticket project to link Kerala from north to south by a separate high speed rail corridor has run into stiff opposition with a sizeable section questioning its utility. The publicity campaign over Kerala managing Covid better than other states has fallen flat. The state economy is also down in the dumps. Also read: Swapna Suresh revelations against Kerala chief minister Pinarayi Vijayan in smuggling case stir up political storm Congress, wrecked by last year defeat, has a new leadership and is showing signs of a revival. This was evident in the magnitude of the defeat CPM sustained in a by poll last week that the ruling party had unnecessarily turned into a referendum on its own performance. Reports suggesting that central agencies will renew their attention on the gold smuggling case will pose fresh trouble for Vijayan, especially if he is summoned for questioning. Has the brief lull in Kerala politics ended, where opposition parties fumbled to counter the personality cult built around Pinarayi Vijayan Soon after assuming office in May 2014, Prime Minister Narendra Modi had vowed to reduce by 10 per cent India dependence on imported crude by the year 2022. That was more than eight years ago. We are now nearly half way in the target year 2022. The question now is: how much of that promised 10 per cent reduction in the import of crude oil has since been achieved in the preceding eight years The answer is a BIG ZERO. There are two conditions precedent to any reduction in the quantum of imported crude i there is a corresponding increase in its domestic production or and ii there is a substantial fall in its consumption in the country. Unfortunately, neither has happened. On the contrary, the domestic production of crude has considerably declined, and its consumption in the country substantially increased. As per the data released by the Petroleum Planning Analysis Cell of the ministry of Petroleum, the domestic crude oil production that was 35.90 MMT in 2014 15 fell to 35.50 MMT in 2015 16. Thereafter, the production continued to fall with each passing year. In the preceding financial year, ice 2021 22, the domestic crude production was 28.40 MMT the lowest since 2014 15 the beginning of the Modi era. Government still optimistic Yet, despite the continuously declining domestic production of crude and its increasing consumption, the government still remains optimistic about its avowed goal of.

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Cutting down on import of crude. Modi, as recently as February 2020, had reiterated that the government had taken some decisive steps towards reducing its import by 10 per cent. The then petroleum minister Dharmendra Pradhan too had also repeated ad nauseam that the government was developing a new strategy and initiatives to achieve the target of reducing dependence by 10 per cent on the imported crude. New Strategy and Initiatives What were then the new strategy and initiatives taken by the ministry of petroleum in order to achieve the desired objective One, a new Hydrocarbon Exploration Licencing Policy was introduced. Two, Discovered Small Fields were given on contract with a view to monetising their reserves. And three, a National Data Repository was set up by Directorate General of Hydrocarbons on 28 June 2017. There were some other initiatives like conducting 2D seismic survey of the hitherto unappraised areas. Since the taste of a pudding lies in its eating, it needs to be ascertained how far all these initiatives have helped in the main task of reducing import of crude by 10 per cent by the year 2022 Zilch is the answer. The two conditions precedent as aforesaid did not happen. On the contrary, India crude oil production had further declined by 7.5 MMT, roughly 21 per cent in the preceding eight years. And its consumption rose from 165.5 MMT in 2014 15 to 202.70 MMT in financial year 2021 22 and increase of 37.2 MMT or 18 per cent. Need for expanding production In addition to some private and joint venture entities, there are two major government owned E P companies, viz Oil Natural Gas Corporation Ltd ONGC and Oil India Ltd OIL currently operating in the country. Of the total production of 28.40 MMT in the year 2021 22, ONGC share alone stood at 18.50 MMT, Oil India contributed 3.00 MMT and the remaining 7.00 MMT came from the kitty of private and joint venture entities. Thus there is an imperative need for substantially enhancing production both from ONGC offshore and onshore fields. But unfortunately and conversely, its cumulative production that was 20.8 MMT in 2014 15 has sharply declined to 18.50 MMT in 2021 22 nearly by 7.17 per cent. The reason is obvious. Most of the onshore fields of ONGC are more than 50 years old with declining yields. Thus, to bring about even any incremental increase in the production of these ageing fields is like flogging a dead horse. Nonetheless, it goes to ONGC credit that it has managed not only to maintain the existing level of production but has also brought about an incremental increase in their output thanks to the deployment of some latest IOR and EOR techniques. India always a net importer of crude However, it needs to be pointed out that India has always been a net importer of crude. In 1947, the domestic demand for petroleum products was just about 2.2 million metric tons MMT while the production was barely.

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The domestic production of crude oil in 1960 61 was only 0.45 MMT, and it had risen to 10.51 MMT by 1980 81. Forty two years down the line in 2021 22, India domestic production is barely 28.40 MMT domestic production while imports are to the tune of 212 MMT a deficit of 183.6 MMT. In plain terms, the domestic crude production is merely 13 per cent of India total consumption. Is per cent reduction in import feasible Will the laudable object of reducing even by 10 per domestic production cent the import of crude become a reality or will it just remain a pipe dream Let us not live in a fool paradise and delude ourselves. India does have either a magic wand or rich oil reservoirs, leave alone elephantine fields. Our yearly consumption too will continue to domestic production increase irrespective of whatever measures we might adopt. The bitter truth is that our domestic production dependence on imported crude will increase year by year. Most of the countries, barring a few, import crude in order to meet their increasing needs. India is thus in the august company domestic production of major oil importers such as the USA, China, Germany, Japan, Italy, the United domestic production Kingdom, South Korea, Brazil, Indonesia, Malaysia, Israel et al. There is thus no reason whatsoever to feel ashamed about itch. The domestic production of crude oil in cent of India total consumption. Is 10 per cent reduction in import feasible domestic production Will the laudable object of reducing even by 10 per cent the import of crude become a reality or will it just remain a pipe dream Let us not live in a fool paradise and delude domestic production ourselves. India does have either a magic wand or rich oil reservoirs, leave alone elephantine fields. Our yearly consumption too will continue to increase irrespective of whatever measures we might adopt. The bitter truth is that our dependence on imported crude will increase year by year. Most of the countries, barring a few, import crude in order to meet their increasing needs. India is thus in the domestic production august company of major oil importers such as the USA, China, Germany, Japan, Italy, the United Kingdom, South Korea, Brazil, Indonesia, Malaysia, Israel et al. There is thus no domestic production reason whatsoever to feel ashamed about itch. Calls for a Hindu nation, campaigns against halal, objections to hijab, demand for a population control law, support for Romeo squad, questioning of the army After, slapping an elderly man on a suspicion of being Muslim... There is a common thread underlying all of these the apprehension or fear that Muslims will overrun India. Numerically or culturally or both. The mathematical impossibility of Muslim population ever exceeding the Hindu population is evident from all the numbers available from government sources see charts. Yet the fear keeps getting expressed and amplified with unfailing frequency, creating a siege mentality among a section of Hindus and alienation

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Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power-cut and life comes to a standstill. Can you think of all the things you could not have done without electricity? Imagine, you could not have watched television or even seen a film in a cinema hall. You would have had to study by candle light with no fans or air conditioner. Ice creams, soft drinks and cold water would have been unheard of. Your kitchen too would have been very different from what you see now. There would have been no toaster, blender, electric oven, induction cooker or electric chimney. Electricity has truly revolutionized life in the twentieth century. The field of medicine has specially benefited from it. You will realize this if you ever happen to sit on a dentist chair, enter the operation theatre or visit the Xray department in a hospital. Electricity has also brought the world to our doorstep in more ways than one. Today we can see a live telecast of events taking place thousands of miles away where it is not always feasible for us to be present. Through the computer and other more sophisticated audio-systems, we are exposed to the world best literature and music. Unfortunately, in India not all of us can avail of the facilities provided by electricity. There are still far too many people who live below the poverty line, and even though electricity has reached the remotest village, everyone cannot benefit from it. It should be our endeavour to bring light into the lives of all our countrymen and to ensure that an electric bulb glows in every home, indeed electricity is one of the most important blessings that science has given to mankind. Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power-cut and life comes to a standstill. Can you think of all the things you could not have done without electricity? Imagine, you could not have watched television or even seen a film in a cinema hall. You would have had to study by candle light with no fans or air conditioner. Ice creams, soft drinks and cold water would have been unheard of. Your kitchen too would have been very different from what you see now. There would have been no toaster, blender, electric oven, induction cooker or electric chimney. Electricity has truly revolutionized life in the twentieth century. The field of medicine has specially benefited from it. You will realize this if you ever happen to sit on a dentist chair, enter the operation.

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The simmering tension blows up in our face as social unrest or geopolitical embarrassment every now and then the latest being the intense and unprecedented blowback from many Muslim countries against hate speech on television. Raja Sabah polls and results are today. But yesterday, with EC announcing the schedule for electing the republic next president, the stage is set for interesting politics. BJP led NDA is just short of the 50 threshold in the electoral college all MLAs, MPs vote, and each vote has a value, with bigger states votes being more valuable, all MPs votes have equal value. This time, of course, J&K, which has no assembly as of now, won have MLA votes, and the electoral college will be marginally smaller. If parties like BJD and YSR Congress vote with NDA, it odds on that the governing party at the Centre should be able to get its nominee elected. But that does make the July 18 contest insipid. Who BJP leadership picks as its nominee will be a study in the party political strategy. Picking Ram Nat Kevin in 2017 was a Dalit outreach. There are social groups and regions that need BJP attention. They will be possible factors in the decision. Also, interesting is whether NDA allies, JD U and AIADMK, will need cosseting, and whether YSR Congress and BJD will become targets of Opposition wooing. Perhaps, the Opposition game will be even more interesting. A weakened Congress word may not be the most important one in picking a combined Opposition candidate a reality Nehru Gandhi may have to accept. KCR has been leading Opposition efforts on this so far. But there Mamata, Pawar, Stalin and Kejriwal. This may turn out to be a dress rehearsal for 2024 Opposition efforts. Kevin will demit office after an uneventful tenure, unsurprising since he was the nominee of a party whose hold at the Centre is unchallenged. Presidencies usually become potentially interesting when the Rashtrapati comes from a political stable different from that of the governing party or combine. That why KR Narayanan term, when it coincided with part of Vajpayee PMship, had its moments, as did Pranab Mukherjee during part of Modi first stint as PM. Pratibha Patil term during Congress led UPA was as smooth as Kevin. The two exceptions are Abdul Kalam, who managed to turn a staid office to a popular one by dint of his charisma and energy, and Zail Singh, who, despite being a Congressman while in politics, created anxious moments for Rajiv Gandhi. But even when quiet, the President office remains important, because it potentially is an institution of appeal in a hotly contested federal system. The incoming president will be in office when 2024 polls happen and depending on how those results pan out, the republic first office may become interesting. Ahead of the second anniversary of the Galwan clashes between Indian and Chinese troops in eastern Ladakh, visiting US Army Pacific Commanding General Charles A Flynn has once again drawn attention.

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There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally, the day came when the boy did lose his temper at all. He told his father about it and the father suggested that the boy now pulls out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. Moral: You can put a knife in a man and draw it out. It won matter how many times you say I am sorry, the wound is still there. Make sure you control your temper the next time you are tempted to say something you will regret later. Bhola owns a donkey called Khandya. Bhola is a very tolerant and kind master. The donkey is lazy and is always finding ways to avoid work. Once while returning with loads of salt on his back, Khandya falls in the river. He realizes that the fall has lessened the weights of the sacks as the salt has dissolved in the water. The next few days Khandya purposely falls into the water every day. Bhola is unhappy at the way Khandya is behaving because he is losing money in the process. He decides to teach Khandya a lesson. The next day instead of salt bags he loads Khandya with bags of cotton. Khandya is unaware of the change. As planned, he falls into the water and gets the bags wet. He is surprised to find the load unbearable. One day all the employees reached the office and they saw a big advice on the door on which it was written: Yesterday the person who has been hindering your growth in this company passed away. We invite you to join the funeral in the room that has been prepared in the gym. In the beginning, they all got sad for the death of one of their colleagues, but after a while, they started getting curious to know who was that man who hindered the growth of his colleagues and the company itself. The excitement in the gym was such that security agents were ordered to control the crowd within the room. The more people

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It gives back to anyone the reflection of the thoughts in which one has strongly believed. An economy is an area of the production, distribution and trade, as well as consumption of goods and services by different agents. Understood in its broadest sense, he economy is defined as a social domain that emphasize the practices, discourses, and material expressions associated with the production, use, and management of resources. Economic agents can be individuals, businesses, organizations, or governments. Economic transactions occur when two groups or parties agree to the value or price of the transacted good or service, commonly expressed in a certain currency. However, monetary transactions only account for a small part of the economic domain. Economic activity is spurred by production which uses natural resources, labour and capital. It has changed over time due to technology (automation, accelerator of process, reduction of cost functions), innovation (new products, services, processes, expanding markets, diversification of markets, niche markets, increases revenue functions) such as, that which produces intellectual property and changes in industrial relations (most notably child being replaced in some parts of the world with universal access to education). A given economy is the result of a set of processes that involves its culture, values, education, technological evolution, history, social organization, political structure and legal systems, as well as its geography, natural resource endowment, and ecology, as main factors. These factors give context, content, and set the conditions and parameters in which an economy functions. In other words, the economic domain is a social domain of human practices and transactions. It does not stand alone. A market-based economy is one where goods and services are produced and exchanged according to demand and supply between participants (economic agents) by barter or a medium of exchange with a credit or debit value accepted within the network, such as a unit of currency. Today, the craze of advertisement of manufactured goods is on the increase. The art of advertisement is, in fact, a modern development. It has revolutionised the modern trade. Modern life is highly complex and mechanical. People have no time to go into the soul of things. They want to buy largely advertised goods. The manufacturer, in his turn, wants to popularize his goods before these are manufactured. Such is the craze for advertised goods. We are living in the age of advertisement. No wonder, one sees shining and multi-coloured bill-boards hung on poles displaying goods advertised. The city walls are found lettered with eye-catching advertisements of products that are manufactured today. There is a spate of magazines and journals which spare pages for latest variety of goods manufactured. There are various methods of advertisement. The most popular and useful method is to send advertisements in newspapers and magazines. Television

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To China rapid buildup of military infrastructure along the LAC. There no denying that China is rapidly building dual use border infrastructure. From troop shelters, gun positions, helipads and jetties in disputed areas in eastern Ladakh to border villages along Arunachal Pradesh, China has been solidifying its position all across the 3,488 km LAC. Add to this, two new Chinese bridges across the Panging Two. Clearly, China is in no mood to disengage from its border standoff with India. And with Chinese President Xi Jinxing looking to secure an unconventional third term at the helm of the Chinese party state at the 20th Chinese Communist Party Congress later this year, he is unlikely to compromise on his aggressive foreign policy posture. The only way India can counter this is by ramping up its own border infrastructure development. In the last Union Budget, Go increased the capital outlay for the Border Roads Organization BRO by 40, which included a six fold hike in allocation for Arunachal Pradesh Border Area Development Programmed. In fact, India has quickened the pace of its border infrastructure development since the Galwan clashes, inaugurating multiple bridges and border roads along the LAC. It is also planning to enhance rail connectivity in the Northeast and in May 2020 increased the BRO procurement powers from Rest 7.5 core to Rest 100 core, allowing it to acquire critical equipment for speedier laying of border roads and other construction. But given that Beijing still outguns us in terms of resources, New Delhi needs to simultaneously engage in tactical collaboration with the US and other countries concerned about Chinese belligerence. The upcoming Oudh Abyss joint exercise with Americans in the Himalayas and the finalizing of a logistics support pact with Vietnam are steps in the right direction. Satellite pictures the past fortnight have shown a heavy duty bridge being built by the Chinese on Panging Two, the lake where the 2020 faceoff between the People Liberation Army PLA and Indian Army took place. The bridge construction made a splash in the media. Slowly, this event of major implications has receded from the public eye just as those bloody events of 2020 have become distant memory. Though the eyeball to eyeball deployment that resulted then has been watered down, the fact remains that subsequent political events and activities of PLA and PLA Air Force PLAAF have been anything but benign. The new bridge portends events that may turn grim in the coming year the fact that it can support crossings of tanks and armored vehicles, though important, is just one cog in the larger picture that seems to be playing out. This scenario has been described as alarming by General Charles Flynn of the US army. Folklore has it that the Biblical Garden of Eden flowered in the tropical island now called Sri Lanka. And, indeed, when Bunny and I first visited it in 1984, we did feel we had chanced upon an enchanted paradise. The green filigree of pal

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When you love something as much as I love the water, it's accompanied by a sense of responsibility. From beach cleanups to making small changes in our daily lifestyle, every little drop of sustainable effort counts. The ocean is not a backdrop, it's a life source that provides us with oxygen, regulates our climate, and feeds millions. It produces over 50% of the world's breathing air, absorbs approximately 30% of the carbon dioxide we humans emit, and supports the livelihoods of more than 3 billion people. The ocean also plays a vital role in global food security- around 17% of the world's animal protein comes from seafood. Additionally, over 200 million people are employed, either directly or indirectly, in marine fisheries and related industries. For me, falling in love with the ocean wasn't a choice. It just happened, like it was always meant to be. It's like the ocean chose me as much as I chose it. Peace can be had in two ways: When you have a comfortable sleep, you are peaceful, undisturbed, unaffected. Also, when you can compose your mind in meditation or contemplation, the mind becomes free of thoughts and botheration. You are led to peacefulness, even though only for a short time. Sleep lasts for longer. The meditative composure, on the other hand, may have a shorter spell. Its effect may linger for some time after you finish the session. But soon, the mind gets caught up in worldly thoughts leading to agitation. As a contrast, there is another way of being peaceful. In this type, you shall have peace, contentment and joy without having to withdraw yourself from activities. You can be fully involved amid intense worldly pursuits and yet be completely peaceful. This is what a good seeker should aim at, inquire and pursue. For this, the mind must become pure. Several qualities must be imbued into it. Goodness should become the very nature of such a mind. This pursuit of purity, and virtues, which directly brings peace to the mind no matter whether the mind is active or inactive is the ultimate quest of all religions, philosophy, spirituality and yog. Whenever you feel a lack of peace, understand that there is a cause behind it and look for it. Our shastras and tradition have identified causes of lack of peace or mental agitations. Most of the ancient findings are true even today because our mind has remained basically the same. Our senses are the same, mind and psychology are the same, intelligence and its propensities are no different. One important quality that immediately bestows peace is anapeksata, non-expectation. The mind should have no expectation, no desire. The second is amanitvam, a lack of ego. The ego should not block the way to any kind of learning or improvement. You may have to incorporate several virtues; you may have to eliminate many vices. Either while incorporating virtuous notes, or while eliminating vices, your ego should not give rise to undue resistance. Understand that virtues

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watchful about their emergence, you will find a better, more permanent and enriching peace than what you would have through meditation. Your peace will then coexist with your worldly activity and interactions. On Buddha Purnima, when the full moon illuminates the night sky, we commemorate the birth, enlightenment, and parinirvan of Siddharth Gautam, and the radical liberation of human inquiry from the chains of dogma. Buddhism stands as a singular philosophical tradition that refuses to sacralise belief. Unlike many religious traditions that demand faith, devotion, or unquestioning acceptance, Buddhism turns the very act of believing into an object of scrutiny. Its invitation is austere, and profoundly modern: test everything, including the Buddha's teachings. Even subtle, subconscious adherence to any concept, Buddhist or otherwise, is questioned. There is no blasphemy here, no sacrilege, because the Buddha never demands devotion to unexamined propositions. Buddha's epistemological courage with crystalline precision is audacious: Do not believe anything merely because it is spoken by the Buddha, or because it feels right, or because you revere the teacher. Believe only that which you have verified through your own experience. This maxim is not peripheral; it is central. This philosophy manifests most profoundly in Bhavana-maya panna, experiential wisdom. Such wisdom arises through meditation, particularly vipassana, where insight is not received secondhand but realised within. Unlike sutamaya panna, wisdom gained from listening or cintamaya panna, wisdom derived from intellectual reflection, bhavana-maya panna is a direct, personal apprehension of reality. There is no intermediary, no deity, scripture, teacher, priest, God or metaphysical construct can substitute for this intimate knowing. The middleman dissolves. No one stands between the seeker and truth. Buddhism's intellectual courage extends further. It eschews metaphysics, sidestepping perennial philosophical puzzles in favour of pragmatic inquiry. Buddha famously maintained a noble silence on the existence of God, leaving room for rational autonomy rather than theological subservience. Like Jainism and Taoism, Buddhism is a creatorless/godless religion. The problem of evil renders a benevolent, omnipotent, and omniscient God rationally incoherent, considering observed suffering. Buddha's concern was relentlessly practical: the cessation of suffering through ethical living and epistemic integrity. One could engage in the core project of cultivating mindfulness, compassion, and wisdom without a metaphysical commitment. Any philosophy that functions as an organised religion or spiritual path comprises three interlocking components: epistemology, ethics, and metaphysics. Buddha's genius lies in its refusal to bind them rigidly together. One can inhabit the tradition, participate in its moral and contemplative practices, and yet suspend belief in metaphysical doctrines. Buddhism allows room fo

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Golden sands of beaches formed a brocaded backdrop to a pervasive air of tranquil prosperity and wellbeing. With its buoyant economy, based on tea and tourism, and its enviable matrices of health care and education, Sri Lanka was the emerald jewel of South Asia, truly a heavenly paradise descended to earth. It was impossible to believe that we were in the midst of a lull in the violent storm of a civil war raging between militants of the Tamil minority and the military clergy combine of the Buddhist majority. Everywhere we went we were greeted with smiling hospitality which sprang from an innate charm of grace and manner. From the cosmopolitan elegance of Colombo we took a local bus to the hill resort of Kandy, home to a sacred relic of the Buddha. In the crowded bus there was no jostling for room between the diverse passengers; Tamil village folk in homespun, a punctuation of saffron robed monks, a group of students earnest with learning, sharing a common space to a common destination, the island nation in microcosm. The sense of cohesion was deceptive. The murderous conflict would shortly break out again, involve India in an ill fated intervention, and come to a blood soaked end more than a decade later. But the peace that came to the island, shaped like a teardrop in the ocean, proved to be a cruel illusion. Instead of building a bridge across the cleft of divisiveness the ruling family embarked on a course of vengeful repression fuelled by brute majoritarism. To the scars of communalism has been added the wound of economic injury, brought about by crippling debt and exacerbated by a disastrous attempt overnight to convert the country to fertilizer free agriculture, leading to crop failure, food shortages, and national bankruptcy. Lanka has a lesson for India, where a plural polity is sought to be turned into the single sameness of the majority, where dissent, social or economic, is seen as sedition. Blindfolded pride, born of triumphalism, goes before a fall. And can turn paradise into perdition. Folklore has it that the Biblical Garden of Eden flowered in the tropical island now called Sri Lanka. And, indeed, when Bunny and I first visited it in 1984, we did feel we had chanced upon an enchanted paradise. The green filigree of palm trees and the golden sands of beaches formed a brocaded backdrop to a pervasive air of tranquil prosperity and wellbeing. With its buoyant economy, based on tea and tourism, and its enviable matrices of health care and education, Sri Lanka was the emerald jewel of South Asia, truly a heavenly paradise descended to earth. It was impossible to believe that we were in the midst of a lull in the violent storm of a civil war raging between militants of the Tamil minority and the military clergy combine of the Buddhist majority. Everywhere we went we were greeted with smiling hospitality which sprang from an innate charm of grace and manner from.

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Of eleven adults has uncontrolled blood sugar levels. Statistics reveal a bitter truth men in India have a higher prevalence of diabetes. According to recent studies, approximately 9.1% of adult men in India are affected by this condition. This is a striking number compared to women, who stand at 8.3%. Though a daunting number, this disparity is not merely a statistic but rather a reminder to take action and prioritise the well-being of our superheroes, our fathers. Today, having grown up to be responsible and compassionate individuals following your footsteps, we want to extend the same love and compassion to our fathers. We should be their strength, support and companion. Let pledge to stand by our fathers, help them strike a balance between indulgence and mindful eating, and ensure their happiness and well-being. It is important for us to support and guide them to embrace technology for monitoring and tracking their daily vitals and get regular guidance from doctors and health experts through innovative initiatives like virtual OPDs. Dad, seeing you go through the ups and downs of managing your blood sugar has been heartbreaking but also inspiring As the curtains rise on this special day, we hope you remember that your well-being matters. As we raise a toast to fathers, let us heed the words of Hippocrates Everything in excess is opposed to nature and embrace moderation to safeguard against the taxing impact of diabetes. Together, let us rewrite the script of your health, ensuring that it remains a sweet symphony for years to come. India ranks among the top five economies in the world and is the fastest growing. With the rapidly progressive economic status, the corporate universe of the country needs to embed itself into the larger scheme of things with an equal pace. One crucial concern that needs urgent deliberation is gender diversity. While businesses are becoming increasingly aware of the importance of having a diverse and inclusive workplace, the bar is much higher to achieve. Our country prides in a very rich cultural heritage and is among the most respected nations globally. While we laud our legacy, the deeply ingrained biasness for women has been looming since ages, which has found its way into the corporate landscape as well. Recent studies by some reputed consultancies show that a very small percentage of women hold board seats in Indian companies. Another one states that workforces which have a more diverse environment are more innovative and respond better to the needs of its stakeholders. Despite the benefits, the prejudices for a particular gender need to be addressed with a compassionate hand as the current state is leaving out a multi-potential population from being employed or be at par as their counterparts. According to OECD, women spend two to ten times more time on unpaid care work than men around the world. Beyond these pre-conceived notions, which become limitations in the longer run, women are striving hard to achieve

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An industry to benefit from this revolution was fintech. Organizations sought to digitize operations to enhance the ease and efficiency of providing services to their consumers. The technological advancement eventually paved the way for digital lending, becoming common among people looking to take loans. It enabled lending that was fast and convenient for both consumers as well as lenders. At present, digital lending is one of the fastest-growing segments of the fintech industry in India. Digital lending has enabled companies in India to witness a growth of CARG of almost 40% in the past decade. By 2023 the market is expected to reach a value of over 350 billion dollars. An increasing population of digital natives in the country allows fintech companies to absorb them into their consumer base. Their adeptness for technology and need for easy-to-understand and quick-to-process services make digital lending the best option for them. The adoption of digital financial services is further enhanced by a supportive regulatory environment which has policies & procedures that are favorable for digital lending. As digital lending continues to grow, fintech companies would do well to adopt this technology to continue the industry upward trajectory. The booming growth in digital lending comes with its challenges. One of the most prominent is protecting customer data from hacking, breaches, and frauds that can occur digitally. To solve this, the regulated entities must provide increased oversight over the information exchange between both parties. There are many emerging opportunities for digital lending, especially in India as a collective market. The first concerns rural lending. A large part of the rural population continues to be underserved. The next challenge is issuing the CBDC mode of payment, which is set to revolutionize lending. Another challenge comes via end-to-end digital journeys. Here, secured loans will become possible as asset records get digitized over time. Today, digital lenders continue to adopt newer technological tools to improve their business operations and customer experiences. With this growth comes new opportunities to enhance processes at every stage, which can be addressed by finding better ways to use current technology and researching more recent technologies that can be incorporated. Around the world, women have proved themselves to be catalytic change-makers, particularly in developing countries and marginalised rural communities where women rights are often hindered. But when it comes to issues revolving around land , where women are often denied rights of ownership and therefore powers of decision making, women are by and large kept to the fringes. With current rates of land degradation undermining the well-being of at least 3.2 billion people around the world, and exacerbating other crises like water, biodiversity loss and climate change, there is an urgent need to bring women to the fore, and put them front and center in

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Mamas been added in the 15 years between 2003-05 and 2018-19. There is a sliver of hope in this grim outlook. Rajasthan, by and large the most degraded state has seen a reduction in their degraded land in the last 15 years. Accounting for almost 22 per cent of the degraded land in the country, Rajasthan reclaimed almost 388,000 ha, an area roughly 2.6 times the size of Delhi. So what can we learn from the desert state and how are women leading the charge? Lessons from Alwar and Marwar Mundwa Rajasthan Nowhere is land degradation quite so stark, than in harsh environments like Rajasthan. With as much as 66% of Rajasthan land area is undergoing desertification the gradual dying off of land as a result of severe land degradation with once fertile agricultural land, forcing families to migrate and turn their back on century old farms. The stark realities of desertification leave nothing in its wake, with many communities grappling to survive. However, clinging on to, and fighting to retain their way of life, women are proving an unstoppable force in turning things around. In the cotton growing region of, Rajasthan, 3000 women are at the forefront of turning the situation around. Having been mobilised into 102 women farmer learner groups by an NGO, these women all cotton farmers are driving forward strategies to restore the land and replenish water sources in the area. Fostering biodiversity by plant native species and border crops; ensuring crop rotation; renewing soil health with vermicomposting and bio pesticides and the widespread adoption of micro-irrigation systems. These women have become stewards of the land, and have even gone one step further, becoming water community volunteers who are solving the water crisis in their communities. This small band of women are in charge of collectivizing women into a group to collectively address water issues to create greater awareness on the efficient harvesting use of rainwater; promote the installation of Rooftop Rainwater Harvesting Systems; measure and track drinking water levels; monitor the quality of water to ensure safe drinking water access; and promote female hygiene management. This initiative operates on the core belief that a women-centric, bottom-up approach is the most effective way for grassroots-level change. Putting women at the center, and in the spotlight, automatically transfers the power to them. Why Women? When land becomes degraded and water is scarce, women are often the most affected. Women in many developing countries are the main users and managers of land, as farmers with the primary responsibility for producing food for household consumption. Having then drive sustainable land management in agriculture presents an opportunity to curb land degradation from unsustainable agricultural practices, like the blatant application of synthetic chemical fertilizers and pesticides which is a key driver in soil degradation particularly in agricultural areas like Alwar and Marwar Mundwa- I

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Is positive thinking an inherent characteristic of a person or can it 69 be developed in one s psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases self confidence. Stretching s specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stret

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Back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans.

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Typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. The cosmopolitan elegance of Colombo we took a local bus to the hill resort of Kandy, home to a sacred relic of the Buddha. In the crowded bus there was no jostling for room between the diverse passengers; Tamil village folk in homespun, a punctuation of saffron robed monks, a group of student earnest with learning, sharing a common space to a common destination, the island nation in microcosm. The sense of cohesion was deceptive. The murderous conflict would shortly break out again, involve India in an ill fated intervention, and come to a blood soaked end more than a decade later. But the peace that came to the island, shaped like a teardrop in the ocean, proved to be a cruel illusion. Instead of building a bridge across the cleft of divisiveness the ruling family embarked on a course of vengeful repression fuelled by brute majoritarism. To the scars of communalism has been added the wound of economic injury, brought about by crippling debt and exacerbated by a disastrous attempt overnight to convert the country to fertilizer free agriculture, leading to crop failure, food shortages, and national bankruptcy. Lanka has a lesson for India, where a plural polity is sought to be turned into the single sameness of the majority, where dissent, social or economic, is seen as sedition. Blindfolded pride, born of triumphalism, goes before a fall. And can turn paradise into perdition. In Islam, blasphemy is a subject of intellectual discussion rather than condemnation, protest and retaliation. Several verses in the Quran show that abuse of the Prophet is not a subject of punishment. Instead, sound arguments should be presented to address his mind. God sent more than one lakh prophets to different regions. Their contemporaries almost always responded negatively by using abusive language. Quran 36:30, 16:101, 7:66 However, the Quran does not prescribe physical punishment for them. Rather the Quran commands the Prophet to refrain from using abusive language in retaliation: But do not revile those they invoke instead of God, lest they, in their hostility, revile God out of ignorance. The sense of cohesion was deceptive. The murderous conflict would shortly break out again, involve India in an ill fated intervention, and come to a blood soaked end more than a de

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Verses in the Quran which show that we have to abstain from negative reactions until the last moment in such situations. Incidents that are termed today as abusing the Prophet were prevalent during the life of the Prophet. When the Prophet presented his message before the Arabs, they misbehaved with him. Here are some of the epithets given to prophets as mentioned in the Quran: a liar 40:24, possessed 15:6, a fabricator 16:101, and a foolish man 7:66. However, nowhere does the Quran prescribe any physical punishment for these offences. It clearly shows that abuse of the Prophet is not a subject of condemnation or seeking punishment; rather, it is a subject of removing their misunderstanding through sound arguments in order to address their mind. In other words, peaceful persuasion should be used to help the person understand the truth of the matter rather than trying to punish him. There is ample evidence that tells us what to do in such cases. For example, once, when the Prophet was in Mecca, a person came to him and told him face to face, Muzammaman abayna, O Muhammad, you are a condemned person. The Prophet smiled. This smile was a moral response and was bound to hit his conscience. So, he fell into introspection and took no time in accepting him as a Prophet and became one of his followers. It is interesting to note the response of the Prophet and his companions on such occasions. They never indulged in aggressive activities against non Muslims. Instead, they prayed for them and tried to remove their misconceptions by engaging in discussion with them, adopting a peaceful method. In ancient times, people generally gave expression to their thoughts in poetry. The opponents of the Prophet used to recite abusive couplets directed against him. In order to counter such couplets or poems, the Prophet would ask one Hassan ibn Thabit, whom Encyclopaedia Britannica calls poetic defender, to counter literary attacks on him in the form of couplets. Hassan was Islam first religious poet. We find many such incidents in the life of the Prophet. The Prophet peacefully countered their arguments with arguments. He attempted to satisfy the other party at an intellectual level. With these examples of the Prophet and his companions, can resorting to violence be justified Muslims, therefore, must deal with such cases by reasoned arguments rather than seek to mete out punishment. All Islamic teachings are based on reason and argument. As per this Islamic injunction, if a person commits blasphemy, the responsibility of Muslims is to meet the concerned person and try to remove his misunderstanding by peaceful means. If they fail to understand, then according to the teachings of the Prophet, Muslims are left only with The sense of cohesion was deceptive. The murderous conflict would shortly break out again, involve India in an ill fated intervention, and come to a blood soaked end more than a decade to one option, that is, to pray for them in all sincerity.

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Seeing Tom Cruise cranking on the gas and weaving amongst trainees of the US Navy Top Gun school can make you wonder how IAF trains its Top Guns. The history of air combat is as old as aircraft themselves. In 1940 50s IAF looked to the Royal Air Force for air combat tactics and training, but limited budgets and opportunities meant only a handful of pilots could be trained, with no continuity and transfer of knowledge. The four hotly contested seats among the 16 Rajya Sabha spots up for grabs saw Congress in Rajasthan, Haryana and Karnataka and Shiv Sena in Maharashtra put up a determined fight against BJP. The en masse rejection of Congress Haryana legislators votes in the Rajya Sabha RS contest between media baron Subhash Chandra and lawyer RK Anand in 2016 and Ahmed Patel agonising struggle in 2017, when Gujarat Congress MLAs were lodged in a Karnataka resort, was a wake up call for GOP. It realised to much dismay that stakes could suddenly become high even in otherwise placid RS polls. BJP approach hasn changed. Since 2014, it has never rested on its comfortable numbers and keeps its rank and file in constant battle readiness by fighting every election from panchayats to Parliament with utmost zeal. Except for TMC in Bengal, no opposition party matched up. Congress, SP and RJD learned this the hard way. But huffing and puffing to victory in RS is also a warning of the intensity and resourcefulness needed against BJP in larger elections. After all, RS electors are a small community of MLAs who can be clumsily shielded from poaching efforts by cutting off their communication modes. This is at best a vindication of political troubleshooting skills, not winnability quotient. BJP has excelled in key departments like disseminating narratives, mobilising cadre and wooing voters. Winning direct elections to assemblies and Lok Sabha involving lakhs and crores of voters is the big ask. When RS polls dust settles down, recent debacles in UP, Uttarakhand, Manipur and Goa and the disarray in Gujarat and Himachal Pradesh should give the opposition much fodder for thought. There , perhaps, a lesson for BJP too: bearing down too hard on rivals can scale up the index of opposition unity, as in Maharashtra, and end up hurting it Thailand, often referred to as the land of smiles, gave some of its citizens another reason to be happy by being the first Asian nation to decriminalise marijuana for medical and industrial use. Although it is stopping short of examples set by Canada and Uruguay, which have decriminalised recreational marijuana as well. What Thailand move means is that farmers will be able to grow the plant while entrepreneurs can sell cannabis infused food, drinks and cosmetics. There are two caveats smoking pot in public will still be outlawed while possession and sale of cannabis extracts containing more than 0.2% of its psychoactive ingredient, tetrahydrocannabinol THC , will not be allowed. Still, Thailand part decriminalisation of marijuana is exp

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Once a father and son went to the kite flying festival. The young son became very happy seeing the sky filled with colorful kites. He too asked his father to get him a kite and a thread with a roller so he can fly a kite too. So, the father went to the shop at the park where the festival was being held. He purchased kites and a roll of thread for his son. His son started to fly a kite. Soon, his kite reached high up in the sky. After a while, the son said, Father, It seems that the thread is holding up a kite from flying higher, if we break it, it will be free and will go flying even higher. Can we break it? So, the father cut the thread from a roller. The kite started to go a little higher. That made a son very happy. But then, slowly, the kite started to come down. And, soon it fell down on the terrace of the unknown building. The young son was surprised to see this. He had cut the kite loose of its thread so it can fly higher, but instead, it fell down. He asked his father, Father, I thought that after cutting off the thread, the kite can freely fly higher. But "why did it fall" down? The Father explained, Son, at the height of life that we live in, we often think that some things we are tied with and they are preventing us from going further higher. The thread was not holding the kite from going higher, but it was helping it stay higher when the wind slowed down and when the wind picked up, you helped the kite go up higher in a proper direction through the thread. And when we cut the thread, it fell down without the support you were providing to the kite through the thread's. The son realized his mistake. Moral: Sometimes we feel that we can progress quickly and reach to the newer height's in our life if we were not tied up with our family, our home let think of a woman commerce graduate from a state university college in a tier-III city in India. Her college does not have a placement cell, and despite her outstanding academic performance, her post-education options are limited to preparing for a got job exam, teaching in a nearby school (for which she may or may not have the aptitude), or getting married. At an aggregate level, one-third of India youth (aged 15-29 years) and more than half of its young women are not in education, employment, or training. Further, a large section of India youth is too remote from urban areas for private companies to hire them. That is what makes the recently launched PM Internship Scheme (PMIS) important. Driven by govt commitment to youth empowerment, it offers a market-led and youth-driven solution to the issue of employment. While away in distant Laos to attend an Asean

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Pulls the mind outward towards objects, achievements, and sensory pleasures, while detachment gently guides it inwards, towards peace, clarity, and ultimate fulfilment. The balance between these two defines an individual's spiritual trajectory. The perceptible world, as described in ancient wisdom, is composed of five fundamental elements, earth, water, fire, air, and ether. Among these, vyom, ether, is the subtlest, perceivable only through its vibrational essence, sound. If even such subtle elements require special instruments to be understood, how then can the Supreme Consciousness, far subtler than all, be grasped by ordinary senses or intellect? The answer lies in intuition, not mere intellectual reasoning. The Supreme Consciousness, or Purush, transcends mind and matter. It cannot be attained through logic, language, or sensory perception. As the ancient verse suggests, both mind and speech return unsuccessfully when they attempt to reach this ultimate reality. True realisation comes only when one transcends these limitations and experiences the Divine through inner awakening. This is where the concept of Intuitional Science becomes significant. Unlike physical sciences, which are analytical and outward-looking, intuitive science is synthetic and inward-focused. It calls for introspection, a deep dive into the inner Self. External observation reveals only the surface, but internal vision unveils the deeper truth that everything is an expression of a single, unified consciousness. The inward journey demands discipline, sincerity, and above all, devotion. It is not achieved through rituals, ceremonies, or intellectual pride. External practices may offer temporary satisfaction, but they cannot lead to the realisation of the eternal. True spiritual progress begins when one distinguishes between the transient and the permanent, nityanitya vivek. This discrimination helps the seeker turn away from fleeting pleasures and move towards everlasting bliss. Desire, in its raw form, binds the mind to temporary objects. These objects: whether material possessions, relationships, or achievements, are inherently impermanent. They bring moments of joy but eventually lead to dissatisfaction or sorrow. The more the mind chases them, the more restless it becomes. Detachment does not mean renouncing the world, but rather understanding its true nature and not becoming enslaved by it. Through meditation and ethical living, one gradually refines the mind. As the mind becomes subtler, it gains the capacity to perceive deeper realities. Eventually, it transcends its own limitations and merges into a state of supreme bliss Anand. In this state, dualities like pleasure and pain, gain and loss, cease to exist. Central to this realisation is the sacred sound 'Om', considered the primal vibration of the universe. It serves as a bridge between the manifest and the unmanifest, the finite and the infinite. In spiritual practice, one does not merely chant it but learns to l

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behavior that helps us survive. It pushes us to seek food, connection, achievement and pleasure. In ancient times, that system helped human beings hunt, build relationships and keep going despite fatigue. But in modern life, the same mechanism is constantly being triggered by social media likes, online shopping, gaming, alcohol, endless scrolling and provocative content. For today's professionals, the main problem is often not exhaustion but overstimulation. We check our phones between meetings, scroll through short videos, and lose ten minutes without noticing. When attention dips, we reach for coffee. At the end of the day, we may turn to alcohol or another quick reward. These look like harmless routines, but they are repeatedly activating the brain's reward circuits. The pleasure dopamine gives is intense, but brief. That is why it demands repetition. Over time, the brain adapts by reducing receptor sensitivity, which means we need more stimulation to feel the same effect. Slowly, we become trapped in a loop: seeking, receiving, craving again. In that state, satisfaction becomes harder to find. Short-form content is especially powerful because it delivers unpredictable rewards. You never know what comes next, and that uncertainty keeps the brain hooked. It is the same basic mechanism that makes gambling so compelling. The danger is not only addiction in the usual sense. It is also that ordinary work begins to feel dull, focus weakens and judgment becomes less sharp. So what is the answer? Simply cutting off dopamine is not realistic. When people are tired, lonely or stressed, the phone and the video feed become the fastest comfort available. Calling that bad misses the point. The real problem begins when these quick fixes become the only source of relief. The solution is not rigid suppression, but a deeper alternative. Think of fast food versus a properly cooked meal. Instant food is convenient, but it cannot replace the sense of nourishment that comes from something prepared with care. Meditation works in a similar way. It is not about denying pleasure. It is about discovering a more complete form of fullness. What human action happens without desire, without reward, without a goal? Breath. It is the most basic act of life, and meditation begins by bringing awareness to it. When you sit quietly and stay with the breath, the experience is not the rush of a dopamine high. It is something quieter and deeper: the feeling of being fully alive without needing anything else. There is also science behind this. Reward and well-being are not controlled by dopamine alone. Serotonin, oxytocin, endorphins and broader brain network activity all play a role in how peace and satisfaction arise. Research on experienced meditators has shown reduced overactivity in the brain's Default Mode Network, stronger connections linked to focus and emotional regulation, and a calmer response to reward-driven mental noise. In simple terms, meditation can reduce clutter in

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This is a strange phenomenon's not easily understood in rational terms. One has to understand it in a larger spiritual context. A Sage was passing through the capital city of the famous king. While he was walking, he noticed a single currency coin on the road. He picked it up. He was satisfied with his simple living and he had no use of that coin. So, he planned to donate it to the one who is in need of it. He strolled around the streets throughout the day but did find anyone such. Finally, he reached the rest area and spent a night there. Next morning, he wakes up in the morning for his daily activities and sees that a king is going for his invasion of another state with his war ready army. When the king saw the sage standing, he "ordered his army" to be stopped. He came to the Sage and said, Oh Great Sage, I am going to war to win another state so that my state can be expanded. So bless me to be victorious. After thinking, Sage gave a single currency coin to the king! The king was confused and annoyed with this because what use he has for a single coin while he is already one of the richest kings! He curiously asked a sage, what the meaning of this one coin? A Sage explained, Oh Great King! I found this coin yesterday while strolling around the streets of your capital city. But I had no use of it. So, I had decided that I will donate it to someone needy. I strolled around till the evening in your capital, but found no one such. Everyone was living a happy life. It seemed that they were satisfied with what they had. So I found no one to give this coin. But today, the king of this state, still have the desire to gain more and not satisfied with what he already has, I felt you were in need of this coin. The King realized his mistake and gave up the planned war. Moral: We all should learn to be happy with what we have. Yes, we all desire more or better than we already have, but do not waste a chance of enjoying what you already have. There is an individual soul, the Atma, and a universal soul, Brahmn, alternatively called Jivatama and Paramatma, respectively. Atma is a part of Brahmn just as a drop is of the ocean. The drop in itself is not the ocean, but without these drops the ocean is not possible. The ocean is real because of these countless drops, connected with each other in some uncanny way. So is the case with limitless sky, which is the sum total of many parts, each appearing as a complete sky in itself but not being so in reality. One can also draw an analogy with the letters of the alphabet. Each letter is complete, but it can become more

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To fetch the industry as much as 435 million by 2026. That an economic high amid the Covid induced downturn. India continues to stick to a grey area where only certain parts of the plant bhang leaves and certain uses medical and scientific are allowed. This system came about because India had given in to American pressure in the 1980s and banned all narcotic substances. But since then the US has reversed course and today 19 American states allow recreational marijuana. Therefore, it makes little sense to keep marijuana in the proscribed list, clog up courts by prosecuting low quantities of possession, drive the trade underground and eschew legitimate revenue. Before the ban, India had a centuries old tradition of marijuana use as part of its culture. Decriminalising marijuana fully makes legal sense, as well as an economic one. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavors. Such success not only gives more joy but also increases self confidence. A greater clarity is evident in India foreign policy thinking since 2014. A generous and non reciprocal engagement underpins a Neighbourhood First approach. On the ground, it is realised through road, rail, power and energy projects, broader contacts and as a first responder during distress. That project delivery has vastly improved on PM Modi watch is key. The extended neighbourhood has seen an Act East policy, a SAGAR doctrine, a Gulf engagement and a Central Asia initiative. Stronger commitment to Africa and the Global South is similarly visible in health, education, digital and green growth. The murder of singer and Punjab Congress politician Sidhu Moose Wala a day after the state AAP government reduced his security cover raises several questions about VIP protection in this country. That Moose Wala security cover was scaled down may have been a police decision that followed AAP stated goal of rationalising VIP security. What was strange was AAP Twitter handle identifying Moose Wala as one of those with scaled down protection. This needs to be investigated because it possibly made the singer politician vulnerable. Whether the Punjab government judicial commission will get to the truth is a good question. Even more important questions, which need to be asked despite all the media frenzy over Moose wala death, are about the system that decides who gets what level of security and what strain this puts on policing, which suffers from personnel inadequacy to begin with. Especially at state levels, security covers are often political favors bestowed on those in or close to power gun toting cops are another status symbol in our hierarchy obsessed politics. And just as real assessment of threat is not done while granting a security cover, often it is done while reducing or withdrawing the cover. Politics influences both decisions. The result is a VIP security culture that perhaps has no parallel in any other democracy. As per dat

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Who will be BJP and Opposition presidential candidates There are many theories and names. Let note one fact, though: All of our Presidents other than President APJ Abdul Kalam have been political personalities. There are some commonalities between their political careers before they became President. For example, Zakir Hussain, VV Giri, Shankar Dayal Sharma, Pratibha Patil and current President Ram Nath Kovind had previously been Governors. Kovind, Patil, Fakhruddin Ali Ahmed, Zail Singh, Pranab Mukherjee all started their legislative careers in Rajya Sabha. And two of our Presidents, R Venkatraman and Mukherjee have been finance ministers. In our quest for peace and happiness, we often meet obstacles. Some of the challenges that prevent us from leading a life of tranquillity relate to our physical body. Undergoing pain and discomfort in our body makes it difficult to feel peaceful. These drive us to seek solutions to restore our bodily health. Among the many causes of our pain are toxins. And one means of being proactive to restore our physical health is detoxing our body. It is important to realise that some of the toxins that impact our body actually come from the mind. These toxins of the mind arise from various spheres of life, such as our work, relationships, and neighbourhoods. Yet they are not limited to our physical interactions. Throughout the day, we are bombarded with thoughts that affect us mentally and emotionally. While we may have succeeded in detoxing our body, we may still feel agitated and under stress in our mind. Toxins can also come from the world at large. Happenings worldwide can cause fear, stress, and anxiety within us that can affect our body. Toxins of the mind distract us and keep us from our primary goal of finding our way back to God. To resolve this problem, we need to get to the origin of toxins, and this is where meditation comes in. Picture the tranquillity of a crystal clear lake reflecting breath taking scenery. Immersing into its still waters, calmness washes over us. Stress melts, replaced with profound wellbeing. Love and joy bubble within. All our problems fade away as we float into the sea of love, happiness and bliss. There is a tranquil lake of profound relaxation within us. Unfortunately, many cannot experience it, as it is covered with toxins and pollution, making it inaccessible. Meditation helps us defocus from the distractions that cause these toxins by focusing our attention on the treasures of tranquillity, joy, and bliss within ourselves. Meditation helps us home into God love. As we experience this divine love, we are strengthened and can better handle the turmoil of the outer world. The journey begins with removing obstacles to finding our inner spa. Those who want to improve their physical health and wellbeing go through a process called detoxification, or ridding themselves of impurities. Yet, even after a physical detoxification, we may still suffer from mental stress, anxiety, fear, depres

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Drugs and alcohol and suffer their adverse side effects to be happy. We can rid ourselves of the mental blockages that keep us from experiencing peace and happiness. By meditating, we can dive into an inner sea of relaxation anytime we want and lead a joyous and peaceful life. People worldwide are turning to meditation as a way to detox the mind and to achieve peace and happiness. A toxic mind blocks our connection with the wellspring of unconditional love, ecstasy and peace. Detoxing our mind through meditation opens us to even greater reward. It clears our mind to experience the spiritual treasures of our soul. We cannot really predict what form the next global health emergency will take. The world is watching the spread of monkey pox, a hitherto unheard of infection, which is now travelling into the developed economies. It may be a self limiting infection, or it might spread globally, disrupting countless lives. Past experience shows that when there is a sound primary health system, societies are able to deal with the emergency much better. The need to invest and consolidate this rung of healthcare in India is very important. An early detection of disease at the primary facility reduces not just morbidity and mortality, but also brings down the cost of treatment substantially. It is rather unfortunate that a country with some of the finest state of the art systems in tertiary medicine still has a patchy primary healthcare system. The great shortage of medical and healthcare professionals is one of the biggest drawbacks, especially in the public sector. Another is the high cost of medical treatment, which deters many from making the visit to the doctor till the malaise worsens. Insuring the future The government has made a concerted effort in bringing about universal health insurance for Indians. However, it is important to ensure that medical insurance also covers outpatient department OPD consultations and the respective medicines and diagnostics, given that almost 70% of the total healthcare delivery in the country comes from primary healthcare. Traditionally, most private medical insurance claims could only be redeemed after showing hospitalisation, and so people often avoided visiting doctors if they felt that the issue was minor. In several cases, such delay in seeking medical care has turned to be costly in many ways. Where medication would have sorted the problem at an early stage, a late detection might require surgical intervention, for instance. A 2021 report of NITI Aayog, titled Health Insurance for India Missing Middle, notes that pre payment through health insurance emerges as an important tool for risk pooling and safeguarding against catastrophic and impoverishing expenditure from health shocks. The report notes that only around three per cent of patients who use OPD facilities actually get admitted. So, an insurance package that covers both in, and out patients, can actually provide better health outcomes. This is particularly

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Learning experience in how quickly, even those who had been averse to anything digital, converted to virtual realities. People learnt the many advantages of mobile phones, and systems of outreach evolved to reach out to even those who do not have smartphones. Given new realities and the availability of technology, tele medicine was utilised effectively as the first point of contact with a medical professional. The long waiting period at OPDs was reduced; patients were more forthcoming to discuss minor symptoms, which are often ignored till the matter becomes too serious. While patients adapted to the new normal swiftly, the supply side had huge gaps. There were more patients than providers in the online space. Currently, the need is for more providers clinics, pharmacies, diagnostic centers in the digital space. We need to evolve universal mechanisms of digitising diagnostics and home delivery of medication. These systems exist, but are limited to only metro cities at the moment. It is equally important for a country like India, which has a vast population spread across social and geographical swathes, to develop and maintain a robust tale medicine system, and not just bring it out of cold storage during emergencies. A regularly utilised tale medicine system will itself eliminate the numerous glitches and evolve into a key healthcare delivery mechanism. Going forward For Covid 19, India was able to provide vaccinations to almost everyone at a phenomenal speed. Our healthcare sector has the wherewithal to rise to an emergency. However, we need to further strengthen the foundation as that is the most critical part for any big structure. No country can be immune to the next health emergency. India can, nevertheless, develop a sound public health foundation to deal with it effectively. We need to invest in building a robust integrated primary healthcare network that connects service providers like doctors, pharmacies and diagnostic centers to payers like insurers. We also need to actively enable insurance payments in real time and facilitate a cashless claims process for the insured. As we all know, health emergencies can crop up in the most unexpected ways and expose the many vulnerabilities we have as humans. While it good to hope for the best, it prudent to be prepared for the worst. In India, summer is an inescapable season. Whether you spend your time eating mangoes and ice cream or taking the yearly trip to your hometown, summer is deeply connected with childhood memories and nostalgia for many people. Parents with young children summer often head back to their ancestral villages to relive their own childhood years. For the children, visiting the family home is a favourite experience as they get to indulge in the pampering and attention of the grandparents and enjoy a change of scenery. This is why children tend to become super excited as they have new surroundings and areas to explore and unravel. However, as parents, it is essential to keep a

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Terrain, kids can sustain a fall and injure themselves. In such a scenario, it is vital that if a child scrapes or gets hurt, parents must be vigilant and seek prompt treatment. They must never neglect these injuries assuming it will go away on its own. Some of the injuries may be cracks or hairline fractures and other serious injuries like ligament or tendon tear. Unless evaluated by an orthopedic surgeon, a minor hairline crack can sometimes worsen into a significant displaced fracture and deformity, especially if left untreated. So, if a child has fallen and injured themselves, parents must never ignore the injury. Before consulting a doctor, they must Never Massage the damage or apply balms, Lap or ointments on the same. Another important cause of concern is when children venture outside to play as long hours in the sun. As summers in our country tend to be very hot, rising temperatures can result in the loss of fluids and electrolytes, especially if the children have been outside for prolonged hours without drinking sufficient water. As a result, dehydration or heatstroke may occur. This is why the child must always remain well hydrated, drinking lots of water and having fruits for snacks instead of nachos and chips that are empty calories and basically junk. It is also vital that children do not consume a lot of soft drinks and sodas as this can dehydrate their bodies faster. Ahead are a few more tips that parents can keep in mind so that the child summer season does not result in any injury or health concern: Make sure you apply sunscreen on your child before they go out. UV rays of the sun, especially in the peak hours 11am 4pm, are very harmful and can affect your child skin, so use sunscreen liberally when stepping out. Children should wear light colored cotton clothes so that they do not feel extra hot or uncomfortable. They should also wear a hat to protect their head from the scorching sun. Plan indoor activities when it is sweltering outside so that the children stay happily engaged without stepping out in the sun. Always carry water bottle to the playground. Ignoring thirst and subsequent crankiness from dehydration is a habit pattern that best stopped at inception. The two main crises faced by the world today are those of climate change and the energy crisis. While the climate crisis is causing frequent global disasters, floods, and weather events, and threatens economies, lives, livelihoods, food and water security; the shortage of energy impacts daily life, hitting manufacturing and factory work hard. Interestingly, both are interlinked as human activity of any kind needs energy. If the energy we use generates greenhouse gases, it warms the planet. This cycle needs to be broken. The UN apex climate science body, the Intergovernmental Panel on Climate Change IPCC, in its latest report has warned that in order to keep global heating to below 1.5 above the baseline levels of 1850, fresh global.

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Emissions have to start declining by 2025, reduce to half by 2030 and get close to zero by 2050. According to the Energy Information Administration EIA, there is going to be nearly 50% increase in global energy use by 2050. We need to drive huge leaps in clean energy innovation to respond to climate change. To reach net zero emissions by 2050, annual clean energy investment worldwide will need to more than triple by 2030 to around $4 trillion, as per the IEA. The ripple effect of the transition will bolster economic development and create new jobs. This is where India renewable energy sector has the potential. We can employ around one million people by 2030 whereby most of the new jobs are likely to be generated by small scale renewable energy projects, according to a study by Council on Energy, Environment and Water CEEW, Natural Resources Defense Council NRDC and Skill Council for Green Jobs SCGJ. Solutions to tackle the crisis Clean energy, green mobility, ecofriendly construction, climate responsive urban design, afforestation, circular economy, repair of electronics, low power electronics design, switch to digital, climate laws, carbon capture & utilisation are the manifold ways being explored to enhance energy security, and to keep the planet from getting warmer. Researchers at the University of East Anglia, Stanford University and the Global Carbon Project have found in a study published in Nature Climate Change that 64 countries managed to cut their greenhouse gases emissions during 2016 2019; however, the rate of reduction needs to increase tenfold to meet the Paris Agreement targets. Decisive action has been taken in India too. The government set up the Ministry of Non conventional Energy Sources in 1992 and renamed it the Ministry of New and Renewable Energy MNRE in 2006, laying the foundation for renewable energy growth. Prime Minister Narendra Modi resolves to see India emerge as a leader in the renewable energy space. He has set an ambitious target of achieving 450GW of renewable energy capacity by 2030. A 2021 report by the International Renewable Energy Agency IRENA shows that costs for renewable technologies have been falling year on year Concentrating solar power CSP fell by 16%, onshore wind by 13%, and solar PV by 7%. With lower costs, it will be easier to create sustainable pathways. As per recent estimates, India has over 1050 GW of renewable potential in wind and solar power energy. Even during the pandemic, our installed capacity of renewable energy crossed the 100GW target. Sustainable design. The zero emission trajectory must involve the digital sector, our partner of choice. The pandemic triggered a massive global digital switch, which was important for continuity in contactless times. According to a consulting company, the IT industry that was growing at around 5% prior to Covid 19 is now growing at 8 9%, due to acceleration in digital services. Digital technologies are being used to optimize resources, track climate c

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Farming efforts. Women can contribute to the management of common land such as forests, mountain resources, and rivers, but they are all too often excluded from the decision making process. There is a positive and transformative role that women can play, if only we set aside patriarchal norms so prevalent in the country, and give them a chance. Conclusion There is an urgent need to stop and reverse the process of land degradation. The sustainable management of soil, water and biodiversity are required to stop land degradation in its tracks. Mobilizing rural women on this crucial issue can be the tipping point, so needed, to turn things around in villages across India. Despite the challenges faced by the global fintech industry, India seems to be on a trajectory towards bolstering its position in this domain. The country has achieved several path breaking advancements, such as the introduction of the Unified Payment Interface UPI and the e Rupee which are expected to enable the Indian fintech market to grow at an impressive CAGR of 31% and potentially reach $1.3 trillion by 2025. This growth is projected to be widespread, encompassing digital payments, digital lending, insure tech, retail investing, neo banking, and embedded finance. Thus, there are several reasons to be optimistic about India economic prospects, even as geo political uncertainties continue unabated. With the country continuing to present massive potential and opportunities as well as healthy domestic demand, it rapidly emerging as one of the favorite investment destinations with continuously burgeoning FDI inflows. India start up ecosystem is experiencing a significant surge in growth. The sector innovation and creativity have inspired increased investment and support from the government, investors, customers, and employees. As a result, there is a growing sense of confidence in startups and their potential to drive economic growth and create new opportunities. The recent Union Budget presented by the esteemed Finance Minister of India has delineated a compelling roadmap towards a financial ecosystem that is driven by technology, knowledge, and digitalization. This year budget blueprint is a clear testament to the government vision for building a prosperous and digitally powered fintech economy. As declared in the budget, starting from April 1, 2023, the new income tax regime will become the default tax regime, although taxpayers can still choose to opt for the previous regime. For salaried individuals and pensioners, the new regime provides a standard deduction of 52,500 for taxable income exceeding 15.5 lakhs as well as a tax exemption for total income up to 2.5 lakhs. The deductions in personal taxation have a positive impact on India financial sector by providing citizens with more disposable income, which they can potentially invest or save. The increase in disposable income may lead to higher consumer spending, which could, in turn, stimulate economic growth, particularly i

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Depletes vast energy resources, the digital world must devise ways for low power design, along with increasing the use of renewable sources of power, like solar, wind, tidal, and making them cheaper. Situational intelligence like automatic turning to low power when not needed may be employed by the digital sector with even greater frequency. As per a report by 451 Research a part of S&P Global Market Intelligence, moving applications to the cloud could compress the energy footprint of a workload to one fifth of that of running the same workload in on premises data centers. Similarly, Artificial Intelligence can forecast demand and grid optimization. Block chain tracks and reports on the carbon footprint of the choices we make, across the entire value chain. Geographic Information System GIS or location intelligence is helping in giving accurate analysis of resource base. Huge opportunity exists in the digital sector, in reimagining new pathways for sustainable growth. Problem of e waste. The increased switch to digital and electronics is leading to the problem of e waste. A record of 53.6 million metric tons Mt of electronic waste was generated worldwide in 2019, up 21% in just five years, according to the UN global e waste Monitor 2020. Such e waste comprises hazardous substances such as lead and mercury and also valuable substances such as iron, steel, copper, and aluminum. While the good must be recycled, dangerous chemicals in our landfills will impact both land and aquatic life. A circular economy that focuses on repair and sustainability will help to retain the value of products for the longest time, and ensure greater resource security. Unless sustainability is deeply embedded in our mindset, in our work culture, at the micro level planning, right from the design stage of products, reflected in each person behavior, the kind of revolutionary change needed will not happen. Science fiction writer Arthur C Clarke had said the future is not to be forecast, but created. Our sustainability roadmap is a vision to create the future we want. The Rajya Sabha elections in four states have led to massive contestation. This is unfortunate. At the time of publication, only results for Rajasthan have come out. The counting was slated to begin at 5 pm and should have been over quickly. Instead, political parties are mobbing returning officers with pleas to disqualify votes of rival MLAs and then heading to the Election Commission with their appeals. With years of parliamentary experience behind them, political parties should be conducting themselves better. Making puerile reasons for junking votes ends up vitiating the process. Now the elections have been clouded in uncertainty and doubt. Extreme political polarisation is the culprit. The spirit of bipartisanship has receded. This is why even EVMs are now called into question. You could be done with the pandemic, but does that wishful thinking mean it is over Like everyone around us, health officials and

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Surpassing 150 million users. This impressive milestone is a testament to India unwavering dedication to adopting technological advancements. Daglocked enables citizens to effortlessly access digital documents and take charge of their data, thereby promoting digital empowerment. Its journey so far, including its partnerships, usage statistics, and current applications, is worth exploring. The platform utility spans across a range of sectors, including education, transport, and health, offering a secure repository for academic records, driving licenses, vehicle registration certificates, and health related documents. The Daglocked has played a crucial role in the digitalization of various government services and has established partnerships with numerous industries, significantly simplifying the process of accessing and sharing documents for citizens. Currently, a sizable number of financial companies comprising banks, NBFCs, insurance providers, e commerce platforms, digital lenders, payment companies, and fitness have initiated the process of integrating with Daglocked. It has emerged as a transformative force in the country journey towards digitalization, empowering citizens with greater control over their data and offering a secure and user friendly platform for storing and sharing their digital documents. With more than 150 million registered users and 60 million monthly active engagements, Daglocked has revolutionized the way citizens access and share documents, while improving the efficiency and transparency of government services. As project Daglocked forges ahead on its journey, it is poised to play a critical role in India evolution into a digitally empowered society and a knowledge economy. Conclusion India has a distinct opportunity to enhance its stature as a global fintech leader. The reasons behind such optimism are manifold. The country is rife with entrepreneurial spirit, driving innovation and progress. Secondly, India continues to serve as a wellspring of unresolved challenges concerning payments, credit, and insurance, especially for the financially underserved segments, including small and medium sized enterprises SMEs and consumers. The 2023 Union Budget has truly paved the way for India fintech sector to assert itself as a global powerhouse that can match pace with the rest of the world. The proposals announced by the government budget in improving Dig locker capabilities, reducing personal taxation and offering a vast spectrum of financial products and solutions are proving instrumental in strengthening the country financial ecosystem. On a visit to the border village of Tutu Latah in 2005, the then seventy year old Dalai Lama accepted the gift of a walking cane as the harbinger, not of ageing, but of a long life. The villagers whose people were a composite of tribes from Iran, Tibet, Dared, and Mongolia held the Dalai Lama in deep affection and regard, and spoke of him as a regnum leader or guide. As he turns 88 today July

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In the usual sense. It was a quiet recognition that life itself was enough. That change also affected my relationship with alcohol. I did not stop drinking as an act of discipline. Over time, my senses became more refined, and the high stimulation of alcohol stopped being appealing. What once felt relaxing now began to feel heavy and disruptive. I realized I did not want to sacrifice clarity for a temporary buzz. I think of dopamine as waves on the surface of the sea. Yoga and meditation deepen the ocean itself. The waves still come and go, but the deeper body of water remains steady. That depth is what makes life less reactive and more spacious. Ultimately, yoga and meditation are not a retreat from life. They are a way of entering it more fully. When the nervous system is no longer constantly chasing stimulation, conversation becomes richer, attention becomes cleaner and daily life becomes more vivid. The point is not to eliminate pleasure. It is to stop mistaking stimulation for joy. A new chapter in Maharashtra's development begins Vice President BJP Maharashtra, Senior Political Communicator | Chief Spokesperson, BJP Maharashtra | Strategist & Ideologue Keshav Upadhye is a seasoned political communicator, journalist, and organisational leader with over 26 years of dedicated service to the Bharatiya Janata Party (BJP). A trusted ideological voice and an accomplished media strategist, he has played a pivotal role in shaping the BJP's public narrative in Maharashtra and at the national level. The inauguration of the Mumbai Pune 'connecting link' marks the beginning of a new chapter in Maharashtra's development. In fact,, the state has entered a glorious era of infrastructure development with projects such as Atal Setu, metro projects in Mumbai Pune, Mumbai Coastal Road, Versova Bandra Sea Link and Mumbai Nagpur Samruddhi Mahamarg. These facilities have not only greatly helped improve the quality of life of the citizens but have also significantly contributed to the state's industrial and agricultural development. This chapter of development is not just limited to Mumbai Pune but even remote areas like Gadchiroli are now reaping the benefits of development. The approval granted by the Fadnavis government to mega and ultra-mega projects worth approximately Rs 2. 56 lakh crore is not merely an investment figure but a process that generates over one lakh employment opportunities. This is an effort to ensure that this growth reaches regions such as Vidarbha, Marathwada and Konkan and is not confined to the traditional Mumbai Pune belt. Earlier, industry was associated with only Mumbai, Pune or Thane. But the situation is changing now. Steel industry in Gadchiroli, semiconductor and aerospace investments in Nagpur and IT parks in cities like Solapur and Satara prove that Maharashtra's development is not limited to a few cities but is now taking place across the state. This clearly showcases Chief Minister Devendra Fadnavis's comprehensive vision for

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new employment opportunities are being created. India's total foreign investment rose by 18% during April December 2025 and Maharashtra remained at the forefront in this as well. Maharashtra retained the top position in the country with investments worth Rs 1,34,188 crore in the third financial quarter of the year 2025-26. Going beyond numbers, Maharashtra's economy is now recording real change. Investment, energy, industry and infrastructure are now reaching new regions of the state. This process is creating opportunities and increasing employment and the common man is experiencing the pace of the development. The Cabinet Infrastructure Committee has recently approved a Rs 18,130 crore metro project along with three expressway projects. In the 14th meeting of the Cabinet Sub-Committee on Industries, Energy, Labour and Mining, a decision was taken to provide special incentives to these projects. By prioritizing emerging technology sectors, 18 mega and ultra-mega projects in sectors such as solar cells, modules, ingots-wafers, green steel, green ammonia, electronics, space and defence materials, lithium-ion batteries, electric vehicles and gas-to-chemicals have been approved and this will definitely give a new dimension to development. Similarly, measures such as reducing the complexity of permits, implementing the 'single window system' and bringing transparency in policies are also making Maharashtra more trustworthy for industries. IT parks in cities like Satara and Solapur and new industrial opportunities emerging in Western Maharashtra and Marathwada are making it clear that Mumbai or Pune are not the only options. Local youngsters will get the opportunity to work with world-class companies in their own districts. Thousands of jobs are expected to be created in Raigad and Palghar in Konkan. New industries are creating a large number of opportunities in regions such as Gadchiroli, Nagpur, Bhandara and Chandrapur. Similarly, Marathwada and Western Maharashtra are also witnessing rapid growth of industries. Youngsters are getting direct work experience in industries through initiatives like the 'Mukhyamantri Yuva Karya Prashikshan'. Maharashtra's economy is now moving towards a Gross State Domestic Product of Rs 51 lakh crore and is the largest economy in the country. The state has recently celebrated its 66th foundation day and this story must be proudly told on this occasion. TOI News - May 5, 2026 Bank board governance is having a once in a generation moment Abizer Diwanji is founder at NeoStrat Advisors. He has previously served as Head- Financial Services at EY India and has concluded successful stints at KPMG and ANZ over a 37 year long career. He is widely respected as an authoritative voice on corporate governance, financial services and regulatory affairs. Something is shifting in Indian banking, and most of the commentary has missed the point. Over the last eighteen months, boardroom tensions at more than one private sector bank have s

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Depletes vast energy resources, the digital world must devise ways for low power design, along with increasing the use of renewable sources of power, like solar, wind, tidal, and making them cheaper. Situational intelligence like automatic turning to low power when not needed may be employed by the digital sector with even greater frequency. As per a report by 451 Research a part of S&P Global Market Intelligence, moving applications to the cloud could compress the energy footprint of a workload to one fifth of that of running the same workload in on premises data centers. Similarly, Artificial Intelligence can forecast demand and grid optimization. Block chain tracks and reports on the carbon footprint of the choices we make, across the entire value chain. Geographic Information System GIS or location intelligence is helping in giving accurate analysis of resource base. Huge opportunity exists in the digital sector, in reimagining new pathways for sustainable growth. Problem of e waste. The increased switch to digital and electronics is leading to the problem of e waste. A record of 53.6 million metric tons Mt of electronic waste was generated worldwide in 2019, up 21% in just five years, according to the UN global e waste Monitor 2020. Such e waste comprises hazardous substances such as lead and mercury and also valuable substances such as iron, steel, copper, and aluminum. While the good must be recycled, dangerous chemicals in our landfills will impact both land and aquatic life. A circular economy that focuses on repair and sustainability will help to retain the value of products for the longest time, and ensure greater resource security. Unless sustainability is deeply embedded in our mindset, in our work culture, at the micro level planning, right from the design stage of products, reflected in each person behavior, the kind of revolutionary change needed will not happen. Science fiction writer Arthur C Clarke had said the future is not to be forecast, but created. Our sustainability roadmap is a vision to create the future we want. The Rajya Sabha elections in four states have led to massive contestation. This is unfortunate. At the time of publication, only results for Rajasthan have come out. The counting was slated to begin at 5 pm and should have been over quickly. Instead, political parties are mobbing returning officers with pleas to disqualify votes of rival MLAs and then heading to the Election Commission with their appeals. With years of parliamentary experience behind them, political parties should be conducting themselves better. Making puerile reasons for junking votes ends up vitiating the process. Now the elections have been clouded in uncertainty and doubt. Extreme political polarisation is the culprit. The spirit of bipartisanship has receded. This is why even EVMs are now called into question. You could be done with the pandemic, but does that wishful thinking mean it is over Like everyone around us, health officials and

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Once Emperor Akbar became very angry at his favourite minister Birbal. He asked Birbal to leave the kingdom and go away. Accepting the command of the Emperor, Birbal left the kingdom and started working in a farmer farm in an unknown village far away under a different identity. As months passed, Akbar started to Miss Birbal. He was struggling to solve many issues in the empire without Birbal advice. He regretted a decision, asking Birbal to leave the empire in anger. So Akbar sent his soldiers to find Birbal, but they failed to find him. No one knew where Birbal was. Akbar finally found a trick. He sent a message to the head of every village to send a pot full of the wit to the Emperor. If the pot full of wit cannot be sent, fill the pot with diamonds and jewels. This message also reached Birbal, who lived in one of the villages. The people of the village got together. All started talking about what to do now? The wit is not a thing, which can be filled in the pot. How will we arrange for diamonds and jewels to fill the pot and send to the Emperor? Birbal who was sitting among the villagers said, Give me the pot, I will fill the wit in one month end. Everyone trusted Birbal and agreed to give him a chance. They still did know his identity. Birbal took the pot with him and went back to the farm. He had planted watermelons on his farm. He selected a small watermelon and without cutting it from the plant, he put that in the pot. He started looking after it by providing water and fertilizer regularly. Within a few days, the watermelon grew into a pot so much that it was impossible to get it out of the pot. Soon, the watermelon reached to the same size as the pot from inside. Birbal then cut the watermelon from the vine and separated it with the pot. to take care of relatively weaker ones and hence become their guardians or caregivers in some way. Relationships are only some labels given for social acceptance and convenience. What and how we feel today is a cumulative experience, gathered in many births. The journey of the soul is interesting and intriguing. It is a journey that should be enjoyed, not for any other reason but for the journey itself and for the many lessons, joys and mysteries that it unfurls. At a time when two big economies, US and India, are attracting a lot of hype for their enduring strength, it is worth looking at nations that not too long ago were billed as star performers but are now breaking down. All are among the world 50 largest economies and, so far this decade, have suffered both a sharp decline in real per capita income growth, and a fall in their share of global GDP. From Canada and Germany to South Africa, Thailand, and Chile,

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dsssb-eng-test-Dated-2026-05-06-Test NO.-26299

This concept of the philosopher-king a ruler who governs not merely with authority but with wisdom and virtue mimics the ancient Indian ideal of the rajrshi. Once upon a time, there were two neighbours living next to each other. One of them was a retired teacher and another was an insurance agent who had a lot of interest in technology. Both of them had planted different plants in their garden. The retired teacher was giving a small amount of water to his plants and did always give a full attention to them, while the other neighbour interested in technology, had given a lot of water to his plants and looked after them too well. The retired teacher plants were simple but looked good. The insurance agent plants were much fuller and greener. One day, during the night, there was a heavy rain and a wind due to a minor storm. Next morning, both of the neighbours came out to inspect the damage to their garden. The neighbour who was an insurance agent saw that his plants came off from the roots and were totally destroyed. But, the retired teacher plants were not damaged at all and were standing firm. The insurance agent neighbour was surprised to see it, he went to the retired teacher and asked, we both grew the same plants together, I actually looked after my plants better than you did for yours, and even gave them more water. Still, my plants came off from the roots, while yours did. How is that possible? The retired teacher smiled and said, you gave your plants more attention and water, but because of that they did need to work themselves for it. You made it easy for them. While I gave them just an adequate amount of water and let their roots search for more. And, because of that, their roots went deeper and that made their position stronger. That is why my plants survived. Moral: This story is about parenting where children are like plants. If everything is given to them, they will not understand the hard work it takes to earn those things. They will not learn to work themselves and respect it. Sometimes it best to guide them instead of giving them. Teach them how to walk, but let them follow their path. A rajrshi is not merely a political figure but a representative of the highest ideals of justice, truth, ethical governance and moral responsibility. The rajrshi harmonises the duties of kingship with the wisdom of a sage, thus leading with both power and insight. In the Bhagwad Gita, Krishn articulates the necessity of action, especially in the context of fulfilling one duties in the world. He says, you have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of results of your activities, nor be attached to inaction, Gita 2:47. Krishn words emphasise the primacy of action over inaction,

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Additive manufacturing and digital twins. Though every search, click or streamed video creativity, not surrender physicians and epidemiologists focusing on large scale responses to infectious diseases continue to advocate the need to prevent and manage Covid 19 while the world is trying to move on with its lives. I for one, happen to be among the few who continue to emphasize changing this very mindset. People with power, privilege, resources, and wealth no longer view themselves at risk and consider it a problem primarily for vulnerable communities. The Indian SARS Cove 2 Genomics Consortium INSACOG confirmation of the presence of Omicron sub variant BA.4 and BA.5 in the subcontinent is a clear indication that the battle is still not over. It is true that India has managed to achieve an incredible milestone through the rapid administration of vaccines against Covid19 in Phase I 18 years and above and Phase II 15 18 years. However, the widening gap between the 1st and the 2nd dose and now the booster dose is a sure indication that a section of the population is still hesitant about the Covid19 vaccine. The union government earlier this year, decided to expand Covid 19 vaccination programs for 12 14 year age groups in Phase III and also opened up booster doses. Much like the previous phases, the success of the program is largely dependent on the ability of governments to communicate the benefits of vaccination and to deliver vaccines effectively. In addition to leveraging the administrative capability, there are multiple ways the government can leverage the Election Commission machinery to promote confidence in the effectiveness and safety of the vaccines. You can also draw various parallels here between the efficiency and speed with which the government reached the one core population with vaccines and the way the EC reaches out to over 900 million electorates. From regional stations & updating of electoral lists to the operation & awareness campaign, the election machinery is more than just a means to collect & count votes. It is a program that ensures the widest & most profound reach possible in a short duration of time; All necessary characteristics for a comprehensive vaccination drive. Throughout our operations, at the Covid Action Collab, along with the help of our partners like BCG, Sattva, Act Grants, Reliance Foundation, Vihar, and Labournet, one common challenge was the hesitancy in vaccination due to the many unknown factors about the efficacy and side effects. The CAC learning was that we need the government, civil society, private sector, and media to work together to get to the most vulnerable; as shown by CAC, which delivered 10 million vaccine shots to the most vulnerable. If we deepen the reach, power, and capability of the election machinery we can do this systematically and in my view cost effectively too. Of course, it comes with costs and other implications for the country and local governments. Should we have done this in th

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dsssb-eng-test-Dated-2026-05-06-Test NO.-26301

Monday record rally in should be seen as one that was driven primarily by investor sentiments rather 99828 than by market fundamentals. As with any purely sentiment driven rally, things can take a turn for the worse if subsequent events fail sentiment driver to meet the market expectations. There is very little in the form of market fundamentals to warrant the kind of exuberance shown by investors on Monday. Corporate earnings data released as of now for the January March quarter suggest that earnings might actually witness a significant fall from what they were a year ago. Growth has also been slowing down in core sectors as consumer demand has failed to pick up and liquidity remains a concern across the economy. Demand has hailed still; investors may be hoping 55481 that things could get better in the coming years as a stable government at the Centre will be able to undertake economic reforms. While the fact remains that no big bang reforms that could give economic reforms a strong boost to economic growth have been implemented in the last five years, investors may still view the NDA government as less populist as any other realistic alternative. Trade tension NDA government between the U.S. and China is another immediate risk that will determine the direction of equity markets, including India as China tries 28181 to find new markets for products that it can sell to Americans. Given these various uncertainties, it would be prudent not to over read the message in the stock market fluctuations. It is worth noting that the over foreign investors were net sellers of fluctuations. It stocks in the earlier trading sessions, causing 816481 the indices to fall significantly from their previous high that was reached in April. Mount Everest, the world highest peak at 8,848 metres, draws adventurers from all over. But the mountain on the Nepal China border is fast becoming a dangerous place to visit even for the hardened mountaineer. The inherent risks were this month , a Gorkha ex soldier. The image, which went viral and altered the manner in which people worldwide imagine what it is to scale Mt. Everest, showed a long queue awaiting a final tilt at the summit, with all the dangers such a wait holds. This season, at least 10 climbers have died or gone missing. Experts have been calling for Nepal to restrict the number of permits. It awarded a record 381 for this spring, each fetching $11,000 (climbing from the Tibet side is more expensive). On Wednesday, 200 climbers ascended the summit, a new record for a single day. Last year, 807 managed to reach the summit. In 2012, the United Nations estimated that there were more than 26,000 visitors to the Everest region, and this figure has grown manifold since then. Nepal officials argue that permits are not issued recklessly, and that jams such as this year near the summit are on account of spells of bad weather, which result in mountaineers being compelled.

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dsssb-eng-test-Dated-2026-05-06-Test NO.-26302

Big cities a vibrant array of creators India user base is expected to grow considerably given the vibrancy of its creator landscape, with an estimated 100 million creators spread across categories, languages and regions. Big ticket celebrities and, more recently, micro influencers and regional creators are profoundly shaping India digital culture. Creators from Tier II and III cities add diverse content in regional languages that are relatable to their fan bases. Beyond content categories that appeal to mass audiences think: food, travel, and tech, regional creators have found unique niches in exotic parrots, Punjabi songs, and the famous sounds of Chennai. These regional niches sometimes spread beyond a creator immediate vicinity and catch on among fans across India and beyond. Over 3,000 Indian creators have already amassed at least one million subscribers or followers across platforms. The bigger the audience, the more routes to monetization. These options range from subscription content to product recommendations, ticketed experiences and exclusive paid communities. Creators who are able to find a niche and hook their audience can and have earned handsomely. India highest paid You Tuber, 22 year old Carry Minati, reportedly earned $4 million from his gaming and comedy videos. But such instances remain uncommon. The role and opportunity for digital platforms Digital platforms, given their creator dependence, have an incentive to lure and support promising creators that have a big reach. In a competitive market like India, where over half a dozen start ups are vying to become the default replacement for Ticktack, the quality of content can be a key differentiator. India most celebrated founders and top creators have invested in creator empowerment platforms to nurture and scale the passion economy ecosystem. Several existing platforms are also helping creators pave their growth stories. The varied offerings have included YouTube crash courses and Facebook music distribution capabilities for independent artists. In India, even after collecting a base of followers, it has proved difficult for creators to monetize. Opportunity lies within India passion economy for a standout platform that democratizes monetization, given that only a small percentage of creators are primed to produce the high quality content that generates substantial compensation. While models like live streaming and social commerce have emerged as meaningful revenue streams, other creators rely on promoting a plethora of consumer goods, CPG and direct selling brands. Left behind are the long tail and niche creators, demonstrating a huge need gap for platforms that can democratize monetization. In the U.S. and elsewhere, platforms like Patron and Sub stack fill this gap by creating opportunities for fans to become patrons. India awaits a platform to win over this role, which would provide monetization routes for a greater number of creators and reduce their dependence on brands. T

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Monday record rally in should be seen as one that was driven primarily by investor sentiments rather 99828 than by market fundamentals. As with any purely sentiment driven rally, things can take a turn for the worse if subsequent events fail sentiment driver to meet the market expectations. There is very little in the form of market fundamentals to warrant the kind of exuberance shown by investors on Monday. Corporate earnings data released as of now for the January March quarter suggest that earnings might actually witness a significant fall from what they were a year ago. Growth has also been slowing down in core sectors as consumer demand has failed to pick up and liquidity remains a concern across the economy. Demand has hailed still; investors may be hoping 55481 that things could get better in the coming years as a stable government at the Centre will be able to undertake economic reforms. While the fact remains that no big bang reforms that could give economic reforms a strong boost to economic growth have been implemented in the last five years, investors may still view the NDA government as less populist as any other realistic alternative. Trade tension NDA government between the U.S. and China is another immediate risk that will determine the direction of equity markets, including India as China tries 28181 to find new markets for products that it can sell to Americans. Given these various uncertainties, it would be prudent not to over read the message in the stock market fluctuations. It is worth noting that the over foreign investors were net sellers of fluctuations. It stocks in the earlier trading sessions, causing 816481 the indices to fall significantly from their previous high that was reached in April. Mount Everest, the world highest peak at 8,848 metres, draws adventurers from all over. But the mountain on the Nepal China border is fast becoming a dangerous place to visit even for the hardened mountaineer. The inherent risks were this month , a Gorkha ex soldier. The image, which went viral and altered the manner in which people worldwide imagine what it is to scale Mt. Everest, showed a long queue awaiting a final tilt at the summit, with all the dangers such a wait holds. This season, at least 10 climbers have died or gone missing. Experts have been calling for Nepal to restrict the number of permits. It awarded a record 381 for this spring, each fetching $11,000 (climbing from the Tibet side is more expensive). On Wednesday, 200 climbers ascended the summit, a new record for a single day. Last year, 807 managed to reach the summit. In 2012, the United Nations estimated that there were more than 26,000 visitors to the Everest region, and this figure has grown manifold since then. Nepal officials argue that permits are not issued recklessly, and that jams such as this year near the summit are on account of spells of bad weather, which result in mountaineers being compelled.

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To summit within a narrow time frame. Waiting in sub zero temperatures at the rarefied altitude can be fatal this season deaths were mostly due to frostbite, exhaustion, dehydration and lack of oxygen. This year drama has caught the public imagination, as happened in 1996 when eight persons died in a single day amid an unexpected storm events of and around that day were the subject of Jon Krakauer bestselling book, Into Thin Air. The adventure industry that is built around the human desire to scale the peak has meant many amateurs take up the challenge. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short over and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy a

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dsssb-eng-test-Dated-2026-05-06-Test NO.-26307

Flood and famine, said the National Planning Committee on India independence, are two aspects of one problem, development of water resources of the country. In the 75 years that passed since then, India made a remarkable breakthrough. Floods and droughts still happened because the tropical monsoon climate made them inevitable but deaths and diseases from these disasters, which took a huge toll in the 19th century, were greatly reduced. However, the tools used in that struggle, like big dams and drilling underground, have had adverse effects. The future of water security depends on how these effects are managed. Financial services has always been the backbone of every economy globally, comprising nearly one third of any country GDP. Financial services also acquire nearly 13rd of the weight in every stock exchange globally. That the significance of financial services as a sector. This sector is increasingly being challenged and shared by Fintech companies and founders. While the Fintech innovation in the US took two decades launch of Paypal in 2001 to reach 9 of the market cap of all financial services companies listed, the Indian Fintech story achieved that feat in 6 years starting in 2016, having grown at an exponential rate of nearly 80 YOY. The Fintech adoption & acceleration journey started in India in 2016 with the launch of UPI Payments infrastructure, JIO and Demonetization. Also, thanks to the path breaking work done by government and regulators in building and promoting underlying public infrastructure rails such as the India Stack and Adhere, the pace of digitization in financial services in India has been phenomenal. Over the last few years, we have seen a paradigm shift in the behavior of the consumer & the businesses in the way they access financial services. The adoption of tech by consumers and businesses in almost all walks of our life became gradually prevalent since 2016. From payments to insurance to lending, wealth, credit cards, active bank accounts, ecommerce shopping, online bookings, e grocery, e pharmacy, food delivery, capital market participations, mutual fund investments all grew exponentially. Today, the Indian Fitch market currently stands as the third largest Fitch ecosystem in the world after USA and China with more than 3,000 companies operating in the space. Fintech has become one of the largest sectors within the Tech space in India having received more than 10 Ban in funding and accumulating approximately 100 Billion in market cap, in just 6 years. The rise in the number of finch unicorns is a testament to this fast paced growth and potential. A whopping 34 out of 100 unicorns are from the Fintech sector in India. Moreover, 3 out of the 34 have shown complete liquidity events to investors with the Pat and Policy bazaar IPOs & Bill Desk being acquired by Pay. Furthermore, nearly 3 Ban of smaller acquisitions have happened in India in the Fintech space. Fintech is consuming an increasingly larger slice of the soft

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Lending and payments companies having received the first wave of capital. Now the capital is moving across segments. Seasoned professionals & high quality founders are moving out from larger firms to target newer categories to solve the long tail financial services demand in India. COVID has been inflection 2.0 for Fintech sector catapulting the world largest democracy to move from cash transactions to a completely digital medium. Only four months into 2022 and India has already seen 14 new unicorns, 4 out of which are Fintech Unicorns. Both the volume and value of UPI transactions have also doubled in a year time. However, the penetration of financial services continues to remain below 10 in India. Access to formal credit, bank accounts, credit cards, insurance penetration etc. are much lower compared to the global averages. Traditional banks continue to lag behind nimble fitness due to their inability to move away from legacy infrastructure, product silos, and conservative management. The opportunity to disrupt and improve sectors such as payments, lending, insurance, wealth tech etc. is enormous. These opportunities along with a favorable demographic and large supply of incredible tech talent is creating a large growth potential for Fintech startups in India. I believe this is just the beginning of the India story, and we will continue to see many new and innovative businesses emerge in the coming decade and many more startup unicorns will emerge from the Fintech sector. Considering the pace at which the Fintech startup ecosystem is growing, there is no doubt that India will soon be spearheading the Fintech space globally. Indian defence minister Rajah Singh visit to Vietnam from 8th June to 10th June came soon after the Visit of the Speaker of Look Sabah Sri Om Birla along with a large delegation from April 19 21 at the invitation of National Assembly Chairman Dugong Dinah Hue. Prior to Sri Birla visit PM Mode had had spoken to the General Secretary of the Vietnamese Communist Party Mr. Nguyen Phi Throng. In December 2021, Jaishankar Minister for External Affairs visited Vietnam on the occasion of 5th anniversary of India Vietnam Comprehensive Strategic Partnership. This year India and Vietnam are celebrating 50 years of the establishment of diplomatic relations between the two countries. In the last 50 years, India and Vietnam have significantly moved closer. The relationship was elevated to the Comprehensive Strategic Partnership in 2016. In the same year, the framework of the Cooperation Agreement was signed between the National Assembly of Vietnam and the Indian Look Sabah. Since then, our relations are getting stronger and stronger. The most important aspect is that not only the relations are irritant free but on most regional and international issues there is a common viewpoint. Both cooperated last year in the UNSC as non Permanent members on several issues when the world was dealing with the Covid related issues. Sri Birla visit was t

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Recent draft guidelines now ask boards to hold the line on strategy, risk, operating model and compliance and resist the slide into over-information that quietly diffuses accountability. In the first, HDFC Bank saw its chairman exit under contested circumstances. Within days, the board had convened, appointed an interim chairman, informed the regulator and secured an affirmative statement on the bank's governance. An investigation is underway. Disclosures and stakeholder communication have followed a visible, sequenced path. Shareholder wealth took a short-term hit, but under stress the institution demonstrated what a governance framework is designed to demonstrate: an independent board, a responsive management, a clear line to the regulator, and a willingness to surface tension rather than absorb it. At Indusland Bank, the erstwhile CFO raised concerns about a derivatives accounting system. It took more than a year for the issue to reach the market. Subsequent netting-off on the balance sheet was reported without explanation. The response cited the complexity of the transactions. But the complexity of transactions may be a reflection on the requisite skills at a management and board level. Any action taken without adequate explanation and after a considerable lags displays opaqueness or ignorance, both of which reflect poorly on governance. The hardest problem in Indian bank governance is the blurred line between independent oversight and executive management. Most independent directors arrive from operating careers and bring the instinct to manage. But strategic oversight requires a restraint that does not come naturally to people who have spent careers making operational calls. When directors step into management's shoes, oversight collapses into direct action. Management's reciprocal job is to make the board's work possible, to bring credible skills to the table and treat scepticism as an input rather than a threat. The best bank managements internalise this principle. Weaker ones prefer known directors to resist any challenge. Board evaluation is the next frontier. As currently practised, it is largely a box-ticking exercise. Independent peer evaluation, facilitated by governance advisory firms, remains the exception. Skill matrices, training hours and evaluation outcomes should be disclosed. Director compensation, compressed by well-intentioned caps, should be unshackled to attract the talent the role demands. The banks where independent directors genuinely challenge management, where audit committees are substantively engaged, where boardroom tensions surface early and get resolved in daylight, command a visible premium. The banks that do not, pay for it. Will Dravidian still be Goliath? The writer, professor in Georgetown University, Qatar, was part of a field study on Indian politics Vijay's victory in Tamil Nadu is easy to interpret as the rise of another film star in a state in which cinematic acclaim and political success are enmeshe

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successful warrior in Kurukshetra, with the support of Krishna. Duryodhan picked up quarrels, and that led to Mahabharat. Remember, the greater part of our happiness or misery depends upon our dispositions, not our circumstances. Urdu poet-lyricist Nida Fazli said, Duniya Na jeet pao toh haro Na aap koi Thodi bahut toh zehan mein naarazgi rahe if you cannot win the world, at least, don't lose yourself Let there be a semblance of spirit and exasperation. Looking at every exit as being an entrance somewhere else is what we call a 'positive' attitude. When you take control of your attitude, you take control of your life. Tough times don't last, tough people do, is often attributed to Hollywood great Gregory Peck. In short, no guts, no story. A positive attitude is gratitude to the universe; a negative attitude is the denial of the cosmos' benevolence. Appreciate what you have been given, and you will be promoted. Focus on an ocean of positives, not a puddle of negatives. Keep your face always towards the sunshine, and shadows will fall behind you. Adolf Hitler's flawed attitude caused the Second World War and his own downfall. All-rounder Kapil Dev Nikhanj's positively philosophical attitude in the Final of the Prudential World Cup (1983) against the redoubtable West Indies 'we had nothing to lose, only to gain' helped the underdog Indian team defeat Clive Lloyd's seemingly invincible West Indies team. The legendary pugilist Cassius Clay, aka Muhammad Ali, had an attitude that he would never bow before a white because the latter's pejorative attitude towards blacks spurred him on to become God of boxing. It was Ali who said, to be a great champion, you must believe you are the best. If you're not, pretend you are. Battles, wars, and matches are won or lost depending on attitudes of individuals involved. Belligerent attitudes of a few heads of state have spawned wars, violence and depredation in many parts of the world. Mankind is teeming with inspiring and uninspiring experiences and episodes related to a person, country, or community's individual or collective attitude. If you look the right way, you can see that the whole world is a garden, and if you look the wrong way, the world is a desert. We say in Hindi, jaisi drishti, vaisi srishti the world is how you perceive it. A man sees in the world what he carries in his heart. The most important thing you'll ever wear is your attitude. Attitude, a word we use so casually today, springs from the Latin aptitude a state of fitness, of being naturally aligned born from apt us, meaning 'fit' or 'suited'. In Italian, attitudinal suggests the posture one assumes before the world. Be always in the thick of action. Never quit or give up because age wrinkles the body, quitting wrinkles the soul. Develop a positive attitude because that's certitude. There was a time when life began to draw me away from worldly concerns, and I recognised this shift clearly. It

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Visit, his Vietnamese counterpart Mr. Hue spelled out an action plan for further cooperation between the citizen representatives of the two countries. His action plan comprised three dimensions. First, he desired deepening of relationship between the two law making bodies keeping in view the Comprehensive Strategic Partnership. Second was the need for two sides to better understand about policies on socio economic development and foreign affairs of each country. Third, to have a system of comparing their notes on international and global issues of common concern and to seek solutions to global challenges for contributing to peace, security, stability and development in the region and the world. The Indian defence minister Rajah Singh visit was of great significance in the developing relations of the two countries. Three important decisions were taken. First, India and Vietnam signed a Joint Vision Statement on India Vietnam Defence Partnership towards 2030, which will significantly enhance the scope and scale of existing defence cooperation. Second, the Indian and Vietnam Defence Minsters also agreed on the early finalisation of the 500 million Defence Line of Credit extended to Vietnam and the implementation of the projects shall add substantially to Vietnam Defence capabilities and will also push the government vision of make in India, make for the world. Third, India and Vietnam also inked a Memorandum of Understanding MoU on Mutual Logistics Support. The Ministry statement said: In these times of increasing cooperative engagements between the defence forces of the two countries, this is a major step towards simplifying procedures for mutually beneficial logistic support and is the first such major agreement which Vietnam has signed with any country. Singh also announced that India would gift two simulators and a monetary grant towards setting up of Language and IT Lab at the Air Force Officers Training School for capacity building of the Vietnamese Armed Forces. India has been making special efforts to build the defence capabilities of Vietnam. Singh also visited Vietnam military training facilities and handed over twelve high speed patrol boats to the ASEAN nation naval fleet that was built with a 100 million line of credit and technical assistance from India, and is expected to be soon deployed along the South China Sea coast. Vietnamese Prime Minister Pham Minh Chinh praised the cooperation between the defence ministries and armies of Vietnam and India while receiving visiting Indian Defence Minister. He stated that both sides have made unremitting efforts to strengthen bilateral cooperation on the basis of trust, sincerity and responsibility and in a practical, effective and appropriate manner in contribution to building the nations strong armies and protecting their sovereignty and territorial integrity. He also appreciated India role at international and regional forums, as well as the strong coordination and support shared between the

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Himalaya the texts laid the foundation for the Buddhist Digital Resource Center, formerly the Tibetan Buddhist Resource Center. To be sure, Tibetans who followed the Dalai Lama into exile were not the first or the only ones who brought Buddhist manuscripts to India. Decades earlier, Indian scholars such as Sara Chandra Das as well as imperial spies disguised as Buddhist lamas, had travelled to Tibet and brought back Buddhist texts, paintings, and artifacts; Sankrityayan extensive collection is housed at the Patna Museum. Institution Building On 28 January 2021, as Indian and Chinese troops faced off in Latah in the western Himalaya, this paper reported about the Indian Army proposal for its officers to study Tibetology. The planned course of study included Tibetan history, culture, and language on both sides of the Line of Actual Control and the International Boundary. It aimed to counter the propaganda and spread of influence by China by equipping officers with better knowledge about Tibet. The move was a welcome step forward, since Sino Indian relations cannot be approached through a strictly bilateral prism that left Tibet and the Himalaya out. The Indian Army Training Command identified seven institutes in India at the time where officers could enroll for training in Tibetology. Two of these the School of Buddhist Philosophy in Lehn, Latah now known as the Central Institute of Buddhist Studies and the Central Institute for Higher Tibetan Studies CIHTS in Senath were established in the early institution building years after Independence, and focused on the study of Buddhism. Prime Minister Nehru had suggested to Foreign Secretary Sabinal Dust 1955 61 that CIHTS at Senath be run almost entirely by the Tibetan monks who had followed the Fourteenth Dalai Lama into exile after 1959. The Tibetan exile community has since shepherded this institution. A third, the Nagoya Institute of Tibetology in Sikkim, was inaugurated by India first Prime Minister in 1958; the Fourteenth Dalai Lama had laid its foundation the previous year on his way back from India for the 2500th Buddha Ajanta celebrations. Also on the list was the Dalai Lama Institute for Higher Education in Bengaluru, which was established for Tibetans in exile as part of the Tibetan Children Village under the exile administration. We need to foreground the institution building roles and daily acts of service by the Dalai Lama himself and by the thriving Tibetan exile community spread across India. Tibetans have never been amiss in expressing their gratitude to India for refuge and freedom, and it is time we gave our thanks too. Happy birthday and a happy long life, Your Holiness. In December 2022, a petitioner sought a permanent injunction against the release of Adipurush in a Delhi civil court alleging that in the trailer, the defendants the filmmaker had depicted Lord Rama and Hanuman in a way that offended him and other Hindus. He apprehended that such misrepresentation would cause law and

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Political and religious leaders want the movie banned. The producers changed controversial dialogues after widespread criticism. The All India Cine Workers Association appealed to the Home Minister, Amit Shah, asking for an FIR to be registered against the film producers, including director Om Raut and co-writer Manoj Muntashir, for offending religious sentiments. A writ petition has been filed before the Allahabad High Court seeking to ban the film for offending Hindu sentiment. The High Court chastised the Censor Board for committing a blunder by certifying the film. Censor Board member Vivek Agnihotri responded bizarrely that they don see films for certification! Commoners watch. He was unaware of Adipurush as he was busy shooting for he Vaccine War !! Then, what does the Censor Board do? Let understand India film certification law. The Cinematograph Act, 1952 1952 Act was enacted to certify films and regulate their exhibition. Under the law, the Central Government is empowered to constitute a Censor Board of 12 25 members to approve films for public screening. The restrictions imposed for public exhibition are in consonance with reasonable restrictions under Article 19 2 of the Constitution as per the guidelines provided by the Central Government. The Government may appoint Advisory Panels from varied backgrounds to help the Censor Board perform its duties. Before deciding on censorship, the Board allows the party concerned to represent his views. An appeal from the Board decision lies before an independent Film Certification Appellate Tribunal FCAT. FCAT is comprised of a chairman and a maximum number of four members. The Chairman is a former or qualified to become a High Court judge. Finally, one may always approach the constitutional courts for ultimate remedy. The Supreme Court and the High Courts have upheld filmmakers free expression in numerous censorship cases. However, the 1981 amendment significantly reduced FCAT authority. The Central Government now has revisional powers under Section 6 1, even of its own motion, to call for the record of any proceeding before the Board or FCAT in relation to any film at any stage, except a matter of appeal pending before the FCAT, to give necessary order and the Board must dispose it off in accordance with such order. The Government may even withhold any information it considered harmful to the public. The Central Government informed the Allahabad High Court that CBFC would not review the picture, citing its revisional powers under Section 6. This does not appear to be the appropriate legal position. In Union of India v. KM Shankarappa 2000, the Supreme Court ruled that the Government cannot retain powers by enacting Section 6 and review or revise Board or Tribunal decisions. Meanwhile, the Tribunals Reforms Act, 2021 has abolished the FCAT and transferred the appellate jurisdiction to the High Courts. In such a case, the Government may apply to the Board for a review or approach the court. A Secr

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A man who has gone out of his town comes back and finds that his house is on fire. It was one of the most beautiful houses in the town, and the man loved the house the most! Many were ready to give a double price for the house, but he had never agreed for any price and now it is just burning before his eyes. And thousands of people have gathered, but nothing can be done, the fire has spread so far that even if you try to put it out, nothing will be saved. So he became very sad. His son comes running and whispers something in his ear, Don be worried. I sold it yesterday and at a very good price. The offer was so good; I could not wait for you. Forgive me. The Father said, thank God, it not ours now! Then he became relaxed and stood as a silent watcher, just like 1000s of other watchers. Then the second son comes running, and he says to the father, what are you doing? The house is on fire and you are only watching it burn? The father said, Don you know, your brother has sold it. He said, we have taken only advance amount, not settled fully. I doubt now that the man is going to purchase it now. Tears which had disappeared came back to the father eyes, his heart started to beat fast. And then the third son comes, and he says, that man is a man of his word. I have just come from him. He said, it does matter whether the house is burnt or not, it is mine. And I am going to pay the price that I have settled for. Neither you knew, nor did I know that the house would catch on fire. Then all just stood and watched the house burn without a worry. Moral: This is a very complicated human nature to describe. Even though person here loved his house which he lost, became relaxed knowing it was not his anymore. He never wanted to give it away till it was beautiful but, as soon as it started to lose its beauty, he did mind letting it go for a profit. Sorrow and Happiness followed after each son came with their advice. Where the world does not exist, where the Self alone is, how can ignorance arise? In that State, the great ruler sees the entire universe within himself and becomes one with it. This verse elucidates that an enlightened king, or rajrshi, perceives the entire universe within himself, transcending ignorance and ruling with the wisdom that comes from Self-realisation. This state of inner clarity and unity is the true essence of kingship as guided by the wisdom of a sage such as Ashtavakra. Being a yogi in politics is not meant to be a specious undertaking. It is not for those who profess an outwardly yogic visage only to cultivate and cater to identity-based vote-bank

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We have a notion of how we want to be saved. He illustrates his point with a story. A man was driving on a windy road in the hills when his car toppled over while making a short turn. He tumbled out of his car as it fell into a deep gorge. Miraculously, on his way down, he managed to grab a branch of a tree. The tree was old, thin, and weak. The man called out to God with the greatest fervour. No reply came, and the tree was crumbling to the second. He did not give up and called out again a few times. A few minutes later a roaring voice broke out of the sky. Let go of the branch, the heavenly voice said, I will protect you. The man looked down and saw the deep and dark rocky gorge. He saw no chance of survival. This swan is so white, he thought, and I am so black. This swan must be the happiest bird in the world. He expressed his thoughts to the swan. Actually, the swan replied, I was feeling that I was the happiest bird around until I saw a parrot, which has two colours. I now think the parrot is the happiest bird in creation. The crow then approached the parrot. The parrot explained, I lived a very happy life until I saw a peacock. I have only two colours, but the peacock has multiple colours. The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock. Dear peacock, the crow said, you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet. The peacock replied, I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days, I have been thinking that if I were a crow, I could happily roam everywhere. That our problem too. We make unnecessary comparison with others and become sad. We don value what God has given us. This all leads to the vicious cycle of unhappiness. Learn to be happy in what you have instead of looking at what you do have. There will always be someone who will have more or less than you have. Person who is satisfied with what he she has, is the happiest person in the world. A doctor entered the hospital in hurry after being called in for an urgent surgery. He answered the call as soon as possible, changed his clothes and went directly to the surgery block. He found the boy father pacing in the hall

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Slang but muffled it in this film! The Censor Board is envisioned as a large expert body constituted to serve diverse social groups. The film certification process is quite elaborate. Nevertheless, Adipurush fiasco is promising. If the public finds major discrepancies in films following the Censor Board certification, we should disband such an ineffective agency funded by taxpayers. The Censor Board sincerity would have prevented utter chaos post Adipurush release. Was there any political pressure to clear the Ramayana-based film? If so, it not an independent expert body. Curiously, if an ordinary individual could detect anomalies and predict troubles after viewing a teaser, could a large expert body understand the ramifications after watching the full film If the Central Government or at times, the State Government, has the final words with regard to the screening of films, then the very existence of the Board becomes truly contentious. Alit Paxar called Shared Paxar too elderly for politics. But in modern governance, it not years but mental acuity & messaging that matter. Modi appealed to young voters & Shared may have one more fight left In Shared Paxar launched a devastating coup against the then Maharashtra CM Vasantdada Patel. Combining his breakaway Congress faction with the opposition Jannat Party which included Jan Singh, Paxar, then 38, became the youngest CM of Maharashtra. Thus began the decades-long dominance of Shared Paxar on the politics of Maharashtra. The charge of backstabber, leveled by the felled Maratha strongman Patel, hardly affected his rise. Paxar, after all, led a youthful batch of Congressmen, groomed under mentor Yashwantrao Chauvin, impatient for substantive power. The irony of history, then, seems to have caught up with the now elderly Paxar. You are 82-83 there is some point where you need to stop, charged Alit Paxar, as he charted out the rationale behind his own recent coup targeted at his uncle. You are our deity, said junior Paxar, but not before reminding senior Paxar that IAS officers retire at 60 even BJP leaders retire at 75. The speech reminded of Mark Antony celebrated broadside against a more formidable Roman rival But Brutus is an honorable man only delivered not in Shakespearean English but in Alit dada blunt Marathi. Opinions come cheap, and everyone is entitled to an opinion. George Soros has been openly critical of democracy in India and its imminent decline, and former US president Barack Obama added his weight to the opinion by stating that if you do not protect the rights of ethnic minorities in India, then there is a strong possibility that India at some point starts pulling apart. That Obama said this when the floodlights were on Modi, and before his speech to a joint session of the US Congress, well, that added fuel to the Soros fire. Way back in the 1960s, Selig Harrison India The Most Dangerous Decades warned that unless a new democratic leader arose post-Nehru, India will face Balkanisation

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Regional security architecture, as well as the effective implementation of the 1982 United Nations Convention on the Law of the Sea Sri Singh stated that India supports the practical and effective realisation of the in contribution to creating an environment of peace, stability, cooperation and development in the region and the world. The two countries are facing problems from Chinese aggressiveness. While China is trying to change the land boundary between India and China unilaterally, Vietnam is facing the Chinese encroachment activities in its. In the past, the Vietnamese boats were sunk besides obstructing its drilling operations. The Ruling has been rejected by China and there is practically no progress on the Code of Conduct. In addition, there are reports that China is creating additional naval facility in Cambodia which will further strengthen the Chinese capabilities for coercion. For India, the South China Sea remains important as its 55 trade passes through this region. India Act East Policy is also closely linked with Vietnam and. India also considers that the South China Sea is central for the Free, Open, Inclusive Indio Pacific. Its action plan for the realisation of this objective of Indo Pacific Oceans Initiative is similar to the Outlook for Indo Pacific. Both have joined the Indo Pacific Economic Framework with common objective of developing the region. Both the countries support the implementation of the and the PCA Ruling. The Defence Ministry points out that the two countries continue to have most trustworthy relations in contemporary times with broader convergence of interests and common concerns and that bilateral defence engagements have expanded over a period of time to include wide ranging contacts between the two countries, including Defence Policy Dialogues, military to military exchanges, high level visits, capacity building and training programs, cooperation in UN Peace Keeping, ship visits and bilateral exercises. These suggest that in the coming period, there be closer coordination between the two countries to deal with the disruptive activities caused by the Chinese belligerence. The acrimony, noise and bitterness which have of late become hallmarks of TV debates in India has renewed the debate on their efficacy and quality. After the advent of private TV channels no channel is leaving any stone unturned to organize debates on topics which are political hot potatoes. The spokespersons of political parties, independent political analysts and scholars on the subject are the guest of honors. This is done ostensibly to enlighten and educate the viewers and in no less measure to increase its viewership which has a direct bearing on its revenues through advertisements. So in a way it is a bread and butter issue as well for them. Norms of journalistic conduct Though Norms of journalistic conduct issued by Press Council of India are not legally applicable to electronic media, it may not be out of place to recall some of t

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Regional security architecture, as well as the effective implementation of the 1982 United Nations Convention on the Law of the Sea Sri Singh stated that India supports the practical and effective realisation of the in contribution to creating an environment of peace, stability, cooperation and development in the region and the world. The two countries are facing problems from Chinese aggressiveness. While China is trying to change the land boundary between India and China unilaterally, Vietnam is facing the Chinese encroachment activities in its. In the past, the Vietnamese boats were sunk besides obstructing its drilling operations. The Ruling has been rejected by China and there is practically no progress on the Code of Conduct. In addition, there are reports that China is creating additional naval facility in Cambodia which will further strengthen the Chinese capabilities for coercion. For India, the South China Sea remains important as its 55 trade passes through this region. India Act East Policy is also closely linked with Vietnam and. India also considers that the South China Sea is central for the Free, Open, Inclusive Indio Pacific. Its action plan for the realisation of this objective of Indo Pacific Oceans Initiative is similar to the Outlook for Indo Pacific. Both have joined the Indo Pacific Economic Framework with common objective of developing the region. Both the countries support the implementation of the and the PCA Ruling. The Defence Ministry points out that the two countries continue to have most trustworthy relations in contemporary times with broader convergence of interests and common concerns and that bilateral defence engagements have expanded over a period of time to include wide ranging contacts between the two countries, including Defence Policy Dialogues, military to military exchanges, high level visits, capacity building and training programs, cooperation in UN Peace Keeping, ship visits and bilateral exercises. These suggest that in the coming period, there be closer coordination between the two countries to deal with the disruptive activities caused by the Chinese belligerence. The acrimony, noise and bitterness which have of late become hallmarks of TV debates in India has renewed the debate on their efficacy and quality. After the advent of private TV channels no channel is leaving any stone unturned to organize debates on topics which are political hot potatoes. The spokespersons of political parties, independent political analysts and scholars on the subject are the guest of honors. This is done ostensibly to enlighten and educate the viewers and in no less measure to increase its viewership which has a direct bearing on its revenues through advertisements. So in a way it is a bread and butter issue as well for them. Norms of journalistic conduct Though Norms of journalistic conduct issued by Press Council of India are not legally applicable to electronic media, it may not be out of place to recall some of t

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Those they in the hot pursuit of pleasing their bosses become extra vociferous and aggressive. At times they have to defend the indefensible. And the casualty is a poor helpless viewer. The parties before appointing spokespersons ought to take into account the political education and length of their political life. In case one does not have adequate political experience his educational qualification and public exposure may be taken into account. There have been instances where a person who is a spokesperson of a party say leaves that party and becomes a spokesperson of another party which he joins the next day no matter that the ideologies of two parties are diametrically opposite. Independent political analysts: a new breed in the town Of late there is new breed in the town called Independent political analysts. It is a moot question whether they are truly independent. As a matter of fact most of the time it is a pseudonym used by a representative of a political party. Their political leaning becomes obvious and easily discernible. Some of these experts masquerade as experts on everything under the sun and channels also invite them without an iota of due diligence. Role of anchor Anchor should continually remind himself that he is a supervisor and a moderator and not a participant. This is not to say that all mangoes in the basket are rotten. There indeed are few respectable anchors and panelists who are exceptions. Exception proves the rule and the other naughty boys play the play the spoilsport. Media trial and interference in the administration of Justice The Supreme Court has observed that debates or discussions on TV Channels touching upon matters which are in the domain of Criminal Courts would amount to direct interference in administration of Criminal Justice. All matters relating to the crime and whether a particular thing happened or not has to be dealt with by the court on the conclusive evidence, if any, available. The public platform is not a place for such debate. Channels show what audience wants to see There are some proponents in the industry who say that TV audience loves to watch high decibel boxing matches on prime time. This proposition has however has not been proven. Even assuming that it is proved, a responsible media house should set an example by conducting due diligence and antecedent check before selecting the topic and the panelists. It is sad but true that TV debates instead of offering any practical solutions to the socio political problems around and enlightening the audience have become noisy affairs. The norms of a decent debate are given a go by and what we get is histrionics, virulence and one upmanship. Dear John and Marcy McCall MacBain, Thanks to the release of 2022 Environmental Performance Index EPI with the help fo the great Columbia and Yale universities, as both these universities have a connection with us. The great Columbia university was founded by none other than our benevolent King George II whose

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Europe about to colonize a green planet plagued by the pagans till the point the EPI was introduced. As far as I can see, you both are children of the age of reason and hence it is a bit unlikely that you imagine the world to have come about a few thousand years back instantaneously and hence it is not too absurd to ask you to consider the need of retrospective study as we may end up finding out the root cause of why we have leaders and laggards today if we collect the right kind of data. As you know that data is the new tool that is helping us understand complex systems like environment, I doubt if I need to stress my point here. I propose that we call it Environmental retrospective Responsibility Index E r RI, as based on the data, we should be able identify who is responsible for the current mess and I am sure that you will absolutely agree that these bloody sinners must not be spared and made to pay to solve the problem at any cost. It is your planet we are talking about, so we can take this lightly. Kindly consider my humble request and fund this endeavor of data collection and analysis at the earliest, because if I quote from the 2022 EPI only if policymakers embrace fact based analysis and act on the insights that emerge from the data, we will be able to save our species from extinction. Or, if you want a lateral solution for the problem for which you had funded Columbia and Yale, you can let us Indians red and brown, Chinese and Africans know how Europeans made such an astounding amount of money from thin air without polluting it, I presume, that will solve the problem instantly. Once we get as rich as you, I assure you that our place in EPI will be right next to you. Clearly a slow and lazy citizen of a nation that took so long to understand the game Lisa Curtis is a Senior Fellow and Director working at the center for new American Security called CNAS and viewed by many including this author as a friend of India. Her views should be weighed in as an input for future policy formulation for Indian and US policymakers. Having worked for NSC, CIA, State Department, Indo Pacific, and South Asia, she brings considerable experience to bear into her deliberations and thoughts as to what is important to American and Indian interests and future policy formulation towards South Asia. She has a particular focus on US India Strategic Relations, Quad, and counter terrorism. She does provide a fresh and long term view that state department mandarins often miss. She has a good understanding of China impulses and ambitions. She wrote in a recent article that was featured in the Foreign Affairs publication India Last best chance. She wrote: India neutrality over the war in Ukraine has exposed its vulnerability new.

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In every organisation, authority is defined by designation and detailed in manuals. Roles are specified, powers are outlined, and procedures are codified. Such a structure is necessary, for it ensures order, accountability, and functionality. Yet leadership in real situations rarely unfolds according to laid-down rules. Human emotions are complex, contexts shift rapidly, and circumstances arise that no written code can fully anticipate or resolve. When confined to written rules alone, authority becomes merely administrative. It may enforce compliance, but it cannot always deliver justice. True leadership demands something subtler. Indic philosophy offers a profound word for this faculty: Vivek, discernment. Vivek is the capacity to distinguish between the letter and the spirit, between surface correctness and deeper righteousness. It is the inner clarity that enables one to apply principles wisely in changing contexts. Modern governance frequently speaks of discretionary power. Discretion grants a leader the freedom to decide within a framework. Yet discretion by itself is morally neutral. It can be exercised wisely or arbitrarily. What transforms discretion into ethical strength is discernment. Discretion is authority conferred by position. Discernment is clarity cultivated within. When discretionary power is not governed by Vivek, it risks becoming impulsive or self-serving. When anchored in discernment, it becomes an instrument of dharm. Ramayan and Mahabharat reveal that righteousness is not a mechanical rule. In the Ramayan, Ram upholds order not merely through obedience to codes, but through fidelity to a higher moral harmony, even at personal cost. In Mahabharat, complex situations on the battlefield challenge conventional norms, reminding us that dharm is contextual and delicate. The message across both epics is clear: rigid literalism without wisdom can distort justice, while discernment preserves the larger moral order. This insight is highly relevant to contemporary leadership. A manual may define what is permitted, but Vivek reveals what is appropriate. Modern institutions function through policies and compliance frameworks. These are indispensable. However, leadership that hides behind procedure without engaging conscience becomes impersonal. People may comply with such authority, but they rarely trust it. The authority governed by Vivek is different. It pauses before reacting. It inquires into the intent behind the policy. It weighs consequences not only in terms of legality, but also in terms of fairness and human impact. It understands that discretion is not a dilution of the order, but rather its intelligent application with integrity. The Upanishadic distinction between shreyas and preys deepens this perspective. Preys are that which is immediately pleasing, while Shreyas is that which is ultimately beneficial. Vivek enables a leader to choose what shreyaskar is over what is merely s preyaskar. It prevents authority from becomi

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boredom, fear, and longing as they rose and fell. Suffering arises when we resist what is present. As resistance softens, silence reveals its gentleness. Days became simple: meditation, prayer, walking under an endless sky, studying Dharma, and doing nothing at all. Life stripped itself down to breath, awareness, and the changing light on barren mountains. Solitude is uncompromising. Over time, it stripped away not only worldly identities, but spiritual ones, too. Even the sense of being 'a practitioner' loosened. What remained was presence, unadorned, intimate, and alive. During this phase, I realised: it's easy to follow a religion or a belief system that many pursue, because it offers a safety net and comfort of belonging. Spiritual awakening, however, is the awakening from all belief systems. These structures and concepts naturally fell away, leaving experience itself as the guide. One is alone yet not separate. The mountains, moon and the starry nights taught me to trust the unfolding of life, unravelling mysteries. I bow to those years of solitude. What might appear as isolation revealed itself as grace. Solitude became my most faithful teacher, opening me to what remains when everything else falls away. Consumerism and carbon footprint Anil Prakash Joshi, a Padma Shri and Padma Bhushan awardee, is a Dehradun-based environmentalist, and founder of Himalayan Environmental Studies and Conservation Organisation (HESCO) Soaring temperatures and unpredictable climate behaviour have thrown ecosystems out of order. We cannot deny that what is happening around us is our own creation. Our current lifestyle and excessive consumerism are major factors behind this. Earth has a limited carrying capacity, and it cannot be exploited beyond that limit. Climate change and global warming are clear expressions of such overexploitation. Over the last 100 years, humanity has become a much larger consumer than it once was. Earlier, our dependence was limited to local resources, which naturally supported sustainability. However, with the rise of industrialisation, consumer markets began producing goods that attracted consumers but also significantly contributed to climate change and global warming through increased carbon footprints. Every product, whether it costs one rupee or one dollar, uses the earth's resources and returns them in the form of carbon emissions. For example, whether we are using chips, soft drinks, or clothes, each product has its own carbon footprint. Cold drinks generate around of carbon per kilogram, whereas traditional watermills or hand mills are far more sustainable, emitting only about per kilogram. Industrial textile production has a high carbon footprint because it depends heavily on electricity-driven machines, fossil fuels, chemical processing, and long transportation chains. On average, factory-made textiles emit about 25 kg of carbon per kilogram of fabric. In contrast, handmade weaving (handloom) has a much lower carbon footprint

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Delhi depends on Russia for military supplies, and so, even though Russia is blatantly violating Ukraine territorial sovereignty in an attempt to re create its erstwhile empire, India has opted to stay silent. It has done so even though India, as a former colony, knows all too well what it like to be the victim of imperialism. It has done so even though its territorial integrity is threatened by another authoritarian power namely, China. India, it seems, feels caught in a vise grip by Moscow. Just over a month ago, Wendy Sherman, assistant secretary of State after India visit testified in U.S. Congress that we got to help India to wean away from her dependencies on soviet military hardware. In her coordinating effort, the USA encouraged all EU diplomats to pay proper attention to India concerns and needs and several of them came to Delhi to meet Prime Minister Mode. Ms. Curtis added To some extent, New Delhi concerns are understandable. Russian President Vladimir Putin has not been shy about cutting trade with states that condemn his invasion. But viewed more broadly, New Delhi approach is shortsighted and risky. It ignores the dangerous precedent that Russia reckless behavior is set in other parts of the world. It provides diplomatic cover to China Moscow most conspicuous international backer to also ignore Russia bad behavior. India views on the democracies and shared values are identical to the USA as both share a multiethnic, multilanguage society bound by the same values of freedom of Press, free speech, and fundamental human rights to name just a few. Both countries believe that the democracies around the world should be promoted. There are many areas where both countries have a shared vision such as terrorism, public health safety, bioweapons, and nuclear weapons. Then why do both countries have differing perceptions of the Ukrainian conflict One obvious answer is India geographical location. India does not have a choice to pick her neighbors, but they are given to her. Other Part of the answer lies in the fact that Ukraine which was once part of the Soviet Union has a complicated history between herself and Russia. Sharing a border with a powerful neighbor is a challenge that India also experiences. What led Russia to take such a step that is regarded as abnormal in the post cold war era What happened between XI and Putin at the Olympic meeting These questions still need answers and remain unanalyzed among policy analysts Did Putin count on XI to follow suit by launching a similar move against Taiwan The big power anxieties arising out of Geopolitical competition are also an element adding to this complexity. Since India is facing dual military challenges at both borders, that is Pakistan and China, will require a cautious and measured response to the Ukrainian crisis that occurred suddenly without warning during the raging Pandemic. At the very least, India fears that the complete isolation of either Ukraine or Russia will produce uninte

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A stronger alliance with China as Russian Ambassador put it There is no upper limit with Russia China alliance. India cannot afford to ignore this aspect. Even this angle cannot be ignored by NATO and USA. In the past, when Russia claimed and annexed Crimea, the world remained silent and assumed that Crimea was historically part of Czarists Russia as claimed by Russia. However, Ukrainians remained concerned, despite Ukrainian Born Nikita Khrushchev and his predecessors reorganized the Soviet union provinces by gifting Crimea back to Ukraine. Further demand by Russia to implement the Minsk agreement regarding the two eastern provinces of Ukraine was kept in abeyance. 2014 Maidan uprising that resulted in the overthrow of the legally elected government of Ukraine may have made the situation more complicated and raised security concern of Russians that was previously absent during preceding years when Ukraine was an independent democratic neutral country. These events including a recent clarion call to unite the world democracies against Russia met rising skeptics within the USA and Europe. These contradictions undoubtedly weigh on many countries minds. No country wants to see the emergence or enlargement of worldwide conflict and escalation that can plunge the world economy into an economic meltdown leading to a humanitarian disaster. The timing for the conflict during the ravaging Pandemic is most unfortunate. India has unequivocally condemned the use of force as a method to change the geographical boundaries of the post cold war or World War 2. This was the sole motivating factor to join the American led Indo Pacific Quad as India recognized that the emerging Power like the Republic of China is circumventing the international rule based order. China was unintentionally empowered and enabled during the cold war era to douse the fire created by Vietnam War. Same China is now positioned to threaten the rules based world order, peace, and security in the Indo pacific region that India is now focused on. Being a small power, India has no ability or influence to project power beyond the Indian ocean. This is the reality that Indian policymakers have to contend with and cannot afford any retaliatory measures employed by anyone either USA or Russia due to her neutrality in a remote conflict. India did abstain and adopted neutrality due to its dependence on the large inventory of foreign imported arms that includes arms from Russia as well as the west as pointed out by Ms. Curtis. Due to difficulty in securing spares from Russia on a timely basis, India is diversifying her sources that include various east European countries such as Ukraine, Poland, France, Italy, United States, United Kingdom, Sweden, and domestic sources. The mix of arms imports has changed significantly and India is far away from the dedicated single source as it was in the 1970s. Still, the modernization of arms requires huge investment and resources and India lacks the speed and fina

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Years to advance herself to emerge as a leading technological and military powerhouse, while India had to focus on food independence, infrastructure, health sectors, and containing terrorism coming from across the border in a noisy democratic setup. The potential adverse fallout due to the Ukraine war is the order placed with Ukraine worth approximately one billion dollars for the upgrading of the turbine engines for the Indian air force Twin engine AN 32. The 60 IAF twin engine An 32s are needed to ferry material, cargo, and personnel to Ladakh where Indian armed forces are standing eyeball to eyeball with China armed forces. It appears that as of this date, this vital center of the aerospace complex is spared but the longer this war goes on, this creates additional risk as Russia itself will be busy replacing her lost arms. The need of the hour is to bring both sides to negotiating table. Perhaps, behind the scene effort by India may have spared this facility from Russian missiles but we don have any precise information that why this facility was spared but not the facility like the Azov steel plant. However, the Indian Air force ability will be hampered if India did not find alternate sources because without workers the Ukrainian plants cannot manufacture upgraded spares. What India is conveying to the world is that if the Ukrainian economy hurts then everyone is the loser. The thoughts must have run through Indian policy makers minds that what actions India should take based on current reality and not the past relationship that will bring a cessation of hostility and direct negotiation between two parties. India concluded that she has no influence either with Russia or Ukraine to cease hostilities at this time in the current environment. Other countries also tried but the outcome was the same. The huge differences that exist between the two sides cannot be bridged yet. Does the total isolation of Russia will either benefit the west or India in the Indo Pacific theater The answer is less clear. This may bring China and Russia closer adding a new security dimension averse to the interest of the west and India. Henry Kissinger recently weighed in and ask western policymakers not to inflame the fire. It appears that Indian policymakers had the same line of thinking. Henry Kissinger warned that the isolation of Russia will create more instability in Europe and that is not a desirable outcome. Therefore, a way should be found to defuse the crisis. This describes the perceptions difference among statesmen, columnists, and policymakers. In addition to this war, the world longest and most difficult pandemic that started at Wuhan lab has not been brought under control, and supply chain disruptions are everywhere with the shortage of food, commodities, Baby diapers, and soaring inflation. These factors have affected the entire world and recession risk is rising. Jamie Demon of J. P. Morgan says brace yourself for an economic hurricane caused by the Fed

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The major portion of Hydrocarbon fuel in India is allocated for cooking food to reduce pollution and the next consumption sector is transportation for India developing economy. India when compared to Europe only buys 1 to 2 percent of her fuel requirement from Russia. India has complied with Iran sanctions at the risk of angering traditional supplier Iran who is India friendly neighbor. India needs time and foreign domestic investment equal to half the size of the Ukraine Package to develop domestic capabilities and innovations similar to the investment made in the state of Israel that will firm up our alliance of the democracies. This way India with its increased military capabilities can handle various regional challenges of instabilities and threats posed by China and spare the west the time, cost, and lives of their soldiers. India can do that herself. In recognizing that our long range values reside with the democracies of the world, India canceled plans to upgrade Su 30 MKI fighter aircraft due to the Ukraine war and India also shelved plans to acquire 10 Ki 31 airborne early warning helicopters, assuming that Russia will be too busy in meeting her requirement for lost arms. France is an ally of the United States that disagreed with the United States on the Iraq War. To say to India that either you are with us or against us when we have different perceptions in a remote theater but identical views on the Indo pacific realm, we are dealing with misplaced understanding. India cannot get involved in complicated issues between Ukraine and Russia due to India 50 years of close history with Russia and Ukraine, who were part of the Soviet Union sharing common nationality but are now at odds. Similarly, India has no business in getting involved in BREXIT disputes involving UK and EU. Ukraine is not and should not be the test case for defining the Indo US relationship that was developed over a decade with hard work on both sides. Consistency in foreign policy is an important cornerstone of the United States foreign policies and its relations with the rest of the world. United states foreign policy on Ukraine has either changed or evolved abruptly in a short duration between Trump and Biden administrations. Former President Trump echoed that sentiment. Among friends and allies, the security perception differs from time to time. India stood fast and invested heavily in Afghanistan to help defeat the terrorism responsible for 9 11 and Indian airline hijacking, however, India security concerns were not accommodated during the final phase of the Afghanistan withdrawal and India felt that the withdrawal vacuum was allowed to be filled up by other regional powers that are adverse to the interest of democratic World. Such hasty changes and the lack of consistency creates confusion among allies. A country that is known to the world as the epicenter of terrorism for the last two decades and had tried to destabilize the neighboring states should be sanctioned

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Accommodated similarly, the rising power of Asia which openly breaches the signed agreement that demarcated the Line of Actual Control with India needs an equal or more robust response from members of Indo Pacific security members and the world at large. The inclusion of India as a permanent member of the security council and other multilateral bodies like the G7 and Nuclear Supply Group will enhance the mutual understanding and give India a voice and incentives to participate in a broader world stage of nations. In that respect Ms. Curtis articulation of the two countries bypassing some regional differences is well articulated: All western democracies should signal to India that She is welcome as a partner to the West. if the United States wants to move New Delhi further into its camp and away from Moscow, it should take additional measures. Washington could give New Delhi even more access to sensitive U.S. technologies that would enhance Indian defense capabilities. It could also provide incentives to U.S. private companies to co develop and co produce additional high tech military equipment in India. It might make its military gear more affordable for India. Recent media reports indicate Washington may be getting ready to take a step in this direction by providing a 500 million Foreign Military Financing package to incentivize India to purchase U.S. weapons. Given India robust defense requirements, however, this is still a small amount. What Washington should not do is pressure India to criticize Russia. New Delhi strongly values having an independent foreign policy, and so it would bristle at being told how to act. But U.S. officials can be clear that they will offer India more help, more quickly, if the country reduces its reliance on Russian military systems. This is welcome advice from Ms. Curtis who understands India Geographic compulsions and security challenges. She suggests that the expenditures involving a large Military aid such as that provided to Ukraine can be avoided by building a stronger alliance but that also means empowering rising power like India with more help that is needed to develop internal capabilities. If this approach is proven successful with an oversight, you have created a strong champion of democracy in Asia that ultimately will save lives and treasure and keep Asia free. India has demonstrated that she can stand up to China. Therefore, it is wrong to equate the relationship as first or last chance because there has been a vacuum for some time in the formation of bipartisan foreign policy in Washington. The United States is always guided by its national interest like any other country regardless of the method of governance of a foreign country. The erstwhile state of Jammu and Kashmir consisted of three main regions viz Gilgit agency, Kashmir Province and the Jammu province. The latter also included the jagirs of Poonch and Chaneni, and Ladakh. However, the partition of India in 1947 adversely affected the state

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If there is one abiding regret I have, it is that I did not get to know Ratan Tata intimately prior to 10 years ago, though I had known him for much longer in a formal sense. People have talked and written about his many qualities of head and heart: his ethics, integrity, honour, vision, intellect, passion, zeal, determination, tenacity, compassion, humility and so on. Karwa Chauth is a cherished festival in India where married women fast for the longevity and well-being of their husbands. Many view it as a beautiful expression of love and devotion, a day dedicated to celebrating marital bonds. However, the festival has drawn criticism from feminist circles, sparking a nuanced debate about tradition, gender roles, and personal agency. This was our moment of glory our leap of faith perhaps we had even emerge as the Kingmakers or so we thought. In reality, the serpentine queue turned out to be a short, uninspired line of about five people. In less than ten minutes, we found ourselves standing outside the polling booth, indigo-marked and bewildered. We barely had time to muster up that noble, civic-pride feeling before it all ended. No grand struggle, no epic waiting time, just done. As we walked away, having cast our vote for candidates who could care less, we could shake the feeling we had been swindled cheated out of the experience, our precious vote handed over like loose change to a vending machine that did even give us the right snack. Like a gawky adolescent who overnight adds inches in height, is Mount Everest, at an altitude of 8.8km, becoming taller faster than expected? An international team of scientists believes so. The Himalayan range, which includes Everest and some of the world highest peaks, was formed 50mn years ago when the Indian tectonic plate moved under the Eurasian plate causing a titanic upheaval that made the earth reach for the sky. The Himalayas are the world youngest mountains and, like all juveniles, have been growing over the millennia. But over the past few thousand years Everest growth has doubled from about one millimetre to two millimetres annually, making scientists conjecture that the reason might be the merging of two underground rivers 89,000 years ago which led to a bounce back effect, or isotactic rebound, that made the surrounding rock rise like a cake baked in an oven. As a researcher said, It like reading the region diary from thousands of years ago and we can wait to see what other secrets it might reveal. However, there are indications that an isotactic rebound might not provide sufficient explanation for Everest spurt in growth, and that there might be other forces at play. Geology apart, could there be another g-factor giving rise to Everest rise, which is not a secret at all, but an only too blatant and well-publicised fact: the g in g-factor standing for garbage? Ever since Hillary and Tenzing made their historic ascent in 1953, many thousands have climbed Everest,

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Critics argue that Karwa Chauth reinforces traditional patriarchal norms that position women primarily as caregivers, with their worth tied to their husbands well-being. The expectation that only women participate in fasting can be seen as perpetuating unequal dynamics, where men roles are not similarly scrutinized. This creates an environment where women may feel pressured to conform to societal expectations, leading to feelings of obligation rather than voluntary participation. Mark Nepo, philosopher and spiritual teacher, says, We are continually asked to learn how to ask for what we need, only to practise accepting what we are given. He compares surrender to when a fish swims with the river current and acceptance to when that fish runs into a rock, accepts it and embraces obstacles that the rock represents. Hardships are there to propel us towards growth. Om Swami says that most of us have made surrender a joke. We have a notion of how we want to be saved. He illustrates his point with a story. A man was driving on a windy road in the hills when his car toppled over while making a short turn. He tumbled out of his car as it fell into a deep gorge. Miraculously, on his way down, he managed to grab a branch of a tree. The tree was old, thin, and weak. The man called out to God with the greatest fervor. No reply came, and the tree was crumbling to the second. He did not give up and called out again a few times. A few minutes later a roaring voice broke out of the sky. Let go of the branch, the heavenly voice said, I will protect you. The man looked down and saw the deep and dark rocky gorge. He saw no chance of survival. He looked heavenwards and hollered, Are you sure? Yes, let go, the voice said, I am God. The man thought for a second and said, Is there anyone else up there? Amy Johnson, author and psychologist, explains that our love of control comes from the fact that we fear what happens will not be in keeping with what we think is best for us. But, if we trust that we are okay no matter what the circumstances, we do need to micromanage the universe. When we let go, we open ourselves to all sorts of wonderful possibilities that are there when we are attached to one right path. One of the most challenging concepts on the spiritual path is surrender. Acceptance and detachment from the outcome of our actions are equally challenging. Richard Rohr, the Franciscan contemplative, says, Acceptance becomes the strangest and strongest kind of power. Surrender is not giving up, as we often think; it giving to the moment, the event, the person, the situation, and even God. Acceptance and surrender are sometimes considered weaknesses. Accepting a situation and surrendering to a higher power demonstrate faith and strength. Sometimes, we find it difficult to surrender in a situation that tests us, like

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The state J&K seems clouded by exhaustion and squeezed by Pakistan drone like publicity of falsehoods. For the past seventy five years, various biased narratives have been construed by Pakistan. This was done out of blends, allusions, distortions, and deliberate falsifications over the J&K accession to India on 26 Oct 1947. The ideas of a referendum, democracy, human rights etc., have coloured the people perceptions about the problem of J&K with different shades. The lies are so prevalent that many do not care to appreciate that India offer of plebiscite in J & K was rendered unimplementable and subsequently impossible by Pakistan refusal to vacate the illegally occupied areas of the state. The distortions of historical facts have, in turn, played a stereotypical role in shaping the minds of the people of J&K and world opinion. The most blatant lie spread by Pakistan is the idea that Pakistan was created mainly due to a fundamental conflict between Hindus and Muslims. This idea is based on the notion of a civilisational divide between monolithic Hindu and Muslim identities, which never existed. The emphasis on religion by Pakistan overlooked various other factors that could cut across both identities. Unfortunately, Maharaja Hari Singh could not make up his mind to join India or Pakistan before 14 15 Aug 1947. It was unrealistic enough to believe that J&K could retain an independent stance. This credence could have motivated him to postpone his decision. He was faced with many problems. Pakistan thinks that J&K was illegitimately ceded to India by a ruler who did not represent the people. Furthermore, Pakistan argued that most Muslim states went to Pakistan, and J&K belonged to them. Pakistan had planned to invade J&K soon after gaining independence. On 20 Aug 1947, a secret letter was received by Maj Onkar Singh Kalkat from Gen Sir Frank Messervy GHQ, Rawalpindi, that Pakistan would launch an invasion to capture J&K on 20 Oct 1947 under the code name Operation Gulmarg. Kashmir Untold Story Classified by Iqbal Chand Malhotra & Maroof Raza, p.63, BLOOMSBURY INDIA, New Delhi, 2019 In a bid to force J&K to accede to Pakistan, blocked the state borders and denied essential supplies to the state people. All along the borders, Pakistan harassed people by carrying out hit and run raids, looting, plundering, and murdering the residents. Arms, ammunition and warlike stores were issued to the Muslims staying near the border to raise the revolt against the state officials. The raiders displayed tactics that suggested they were adequately trained in organised warfare, led mainly by Pakistan army officers and ex servicemen. However, the impressive success of the airlift of the Indian Army to Srinagar airfield on 27 Oct 1947 frustrated Pakistan plan to annex J&K by force. Pakistan launched a skillfully crafted campaign claiming that J&K was a disputed territory, and both Pakistan and India were litigants. Pakistan denied its role in the tribals invasion of J&K

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July 1948. These raiders were led by Maj Gen Akbar Khan, Maj Gen Sher Khan, and many junior officials. Pakistan moved its 7th Infantry Division to POJK. Sardar Ibrahim announced the provisional government of Azad Kashmir at the behest of Pakistan. Midnight telephone calls were received from Rawalpindi Commissioner Khwaja Rahim and Begum Nasim, the then wife of Col. Akbar Khan. The episode reveals that it was a command from Pakistan, not the people wishes, as claimed by Pakistan. The UN did not recognise the so called Azad Kashmir government. Even Pakistan did not recognise its creation, as Pakistan Foreign Minister Sir Zafarullah Khan told the UN Commission for India and Pakistan UNCIP. This may sound ridiculous, but Pakistan did not want to give Azad Kashmir an independent status in the eyes of international law. Azadi was merely a slogan to annex J&K, and even today, Pakistan is selling this idea to the people of J&K. Pakistan grabbed the Northern Areas Gilgit Baltistan, a strategic area in the north and has been controlling it since 1947. Maharaja leased this area to British India in 1935 for sixty years. Major Brown, who headed Gilgit Scouts, and led the revolt in Nov 1947 against Maharaja administration, was a serving British officer. Major Brown, in his memoirs, has described his actions as a coup d etat. He hoisted the Pakistan flag on 04 Nov 1947. POJK High Court judgment of 1993 brought to light that Pakistan had separated Northern Areas from POK through the Karachi Agreement of 1949 and its veracity is doubtful. The agreement was kept secret since it changed the territorial status quo without the referendum. The High Court, in its judgment, described Pakistan actions as a violation of the UN Security Council resolutions on J&K. Also, by thrusting a war on India in 1965, Pakistan negated the reason for referring to the UNSC in 1948. Various arrangements agreed upon with Pakistan through the mediation of the United Nations Security Council UNSC were based on the integrity and inviolability of the cease fire line established after the 1947 48 skirmishes. By invading J&K in 1965, Pakistan reduced the resolutions of 1948 and 1949 dead. Following the Soviet Union withdrawal from Afghanistan, Pakistan decided to use the Mujahideen to foment trouble in Jammu and Kashmir in the late 80s. In the Kargil incursion, Pakistan also pretended that only the mujahideen were fighting the Indian forces when there is sufficient documentary evidence from Pakistani sources, including obituary notices, to indicate that Pakistan Army carried out the operation. Pakistan has also denied that no terrorist groups operate from its soil against India in J&K, but enough proof is available in the public domain to blunt these lies of Pakistan. Conclusion: There is a new reality in the making in Jammu and Kashmir. It is driven by economic development, social progress and gender justice. Its future is based on freedom from intimidation and fear of terrorists. The lies Pak

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The BRICS alliance with Brazil, Russia, India, China & South Africa is planning to float a new currency to settle international trade payments to challenge the global reserve status of the US dollar. The bloc of the five nations is likely to jointly decide on floating a new BRICS currency during its next summit in August, 2023 to be held at Johannesburg in South Africa. Although all other countries constituting BRICS, including Brazil, Russia, China, and South Africa seem to be on the side of issuance of a common BRICS currency, India seems to be the only country that has not shown interest in the plans to launch a new currency. India Stand India External Affairs Minister, S. Jaishankar in a press conference held on Monday, 3rd July, 2023 said that India has no plans for a BRICS currency. He declared a month before the summit that India might back out from creating the new currency. Instead, India is focused on strengthening its national currency, the Rupee, and making Rupee stronger will be the top priority of the Indian government, Jaishankar had stated. Justification for this stand India is the only country in the bloc that is doing well in terms of GDP on its merit. As such, the country needs no support from BRICS and can survive without the new BRICS currency, it is claimed. India also has good relations with the U.S. and Europe with trade and military deals worth billions of dollars. Country does not want to risk its trade with Western powers, believing in the yet to be released BRICS currency. Efforts to expand the bloc The bloc which earlier included Brazil, Russia, India, and China has not expanded since the inclusion of South Africa in it in 2010. The increasing relevance of the global south has become an important development during the current year as the BRICS has embarked on expanding the bloc. Reportedly a host of Middle Eastern and African nations have expressed interest in joining the bloc. It is obvious, with the vast national resources held by China and Russia, nations who want to join, see the benefit of joining the BRICS Alliance, which ultimately aims to challenge the US dominance. India, however, is likely to press for deciding well defined criteria for the proposed addition of new members to the BRICS grouping of emerging nations, instead of extending membership solely on the basis of recommendations by present members. If BRICS nations decide on taking in new members, India therefore would want formulation of well-established criteria for qualification. Changing Scenario since BRICS appeared on the International Stage The US which enjoyed the global superpower status post World War II is today being challenged by BRICS. Efforts in this direction seem to be afoot as the BRICS embarks on expanding the bloc with a goal to dominate world trade by 2050. The bloc took a massive step with the establishment of the New Development Bank in 2014, set up with $50 billion in seed

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A spiritual seeker should not try to run away in the very beginning but must court life and plunge into its centre, taking life as it comes good, bad, or indifferent and learn to balance him despite all imperfections in a situation. To understand why life must be thus faced, we must recognise that the Eternal Law provides each one of us with situations and occasions to enjoy or suffer strictly according to, and in continuation of, our past. Nothing happens in fits and starts. There are no accidents in the Eternal Law. Moment-to-moment life is progressive, continual, and logical. Seen in this light, a family, a brother, and so on are pieces set up around us to give us a definite chosen experience, conducive to our progress. Often, we are tempted to run away from our given duties, saying, I was mistakenly placed in this situation. But environments are not thrust upon us by blind fate. To protest or weep against them is useless. Each should pursue his life in the field where the omniscient Lord has placed him, because He knows exactly what is needed for our unfoldment. Therefore, we must perform our obligatory duties fully. As long as an individual, as a member of society, enjoys a social life, demanding protection and profit, he has no right to abandon his duties. We do not live alone; we are gregarious. We have not only duties to ourselves, but towards the family, relations, community, nation, and world. Let each one fulfil them in a spirit of attachment, joy, and dedication. In this spirit, let a person stay where he is stationed and placed in life, according to his psychological texture, and proceed with the work assigned to him, the duties enjoined according to his qualifications and nature. Doing thus, he serves the higher cause. What is to be avoided is not the world outside. In a rising tide of disgust at failure, people often renounce in a hurry and run away from life. Such people come to live in regret, suffering mental agony arising out of their privations. This storm is in the mind, which they carry wherever they go. What has to be changed is the mind, not the environment. Hence, take what life has given you as the Lord's gift, His prasad. He places us in the exact environment required to exhaust our tendencies. Don't ever dare question His wisdom. Be thankful for what you have. Stop craving for what you have not. You will get what you deserve; you may not get what you desire. Fall in love with life, not the things and beings in your life. Be in love with living. Don't be satisfied with a superficial life of mere sense pleasures. Search for treasures beneath the world of thoughts. Build for you a temple of peace that no man can take, no power can destroy. By learning to respond positively to the world, we discover the secret of living in peace with it.

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Spl-dsssb-eng-test-Dated-2026-05-08-Test NO.-26344

BJP and Bengal's new political turn the writer is a political analyst and columnist. He regularly writes for different national dailies and participates as a panellist on news channels. For nearly half a century, the state's politics has been defined by long stretches of dominance. The Communist Party of India (Marxist) ruled for 34 years before being displaced by the All India Trinomial Congress in 2011, which then spent 15 consecutive years building its own formidable political machinery. Power in Bengal is accumulated slowly, and then defended intensely. That is what makes the Bharatiya Janata Party's 2026 victory so significant. The BJP's rise in the state has been painfully slow for a decade, from 3 seats in 2016 to 77 in 2021. Yet those gains still left the party looking like a fast-growing challenger rather than a natural successor. In 2026, that distinction disappeared. Start with the numbers the party could not ignore. In 2021, more than 40 seats were decided by margins of under 10,000 votes. The BJP had already built a reach, but it had not managed conversion. Under Union minister Amit Shah; the campaign treated this gap as an operational problem. The focus shifted to booth-level precision. Nearly 40,000 booth agents were deployed, and the panna pramukh system assigned each worker a small, defined set of voters to track and mobilise. In a constituency in Hooghly, a local party worker described the change simply. Earlier we spoke in general numbers. This time we knew exactly who had to come out and vote. This micro-targeting did not transform the electorate. It tightened the margins. Even a small increase per booth, 8 to 10 additional votes, aggregated into decisive gains across constituencies that had slipped away earlier. The campaign's central war room structure reinforced this approach. Feedback moved quickly from the ground to decision-makers, allowing course corrections in real time. The emphasis was not on spectacle, but on consistency. Every booth was covered and every shift tracked. Anti-incumbency in Bengal has often been discounted. Discontent exists, but it does not always consolidate into a political outcome. In 2026, the BJP's campaign worked to structure that sentiment. Rather than relying on broad criticism of the All India Trinomial Congress, it linked specific grievances to a defined political alternative. In rural districts, complaints around welfare delivery and local corruption were framed as systemic issues rather than isolated failures. Among women voters, the promise of 3,000 per month was positioned alongside concerns of safety and dignity. For unemployed youth, financial support was tied to a wider narrative of economic revival. Community-specific messaging added another layer. For the Matua community, the Citizenship Amendment Act was presented as a direct response to long-standing citizenship concerns. In North Bengal, the Gorkha issue was addressed with a clear, time-bound assurance. What stands out is not th

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High value old currency notes of Rest. Were demonetized in November 2016. New currency notes were brought under circulation. Now even the Rest. 2000 new currency notes introduced from circulation. Roll out of central bank digital currency on and share of physical currency is also set to improve currency management. The Real Estate Regulatory and the home buying process more transparent. Out of 28 states and 8 Union Territories, all except Nagaland notified the rules in the parliament on came into force on with improved economic activity. Increased compliance and anti evasion measures taken by the government, such as e invoicing, e way bills, data analytics, and audits. The annual GST collections shot up from Bank reforms Strengthening the banking sector is vital to support a growing economy. Gina Sang am I January 2015 led to the introduction of a 7 pronged reform package in public sector banks PSBs. Looking at the inconsistency in the reporting of data on asset quality by some banks, RBI had to withdraw forbearance in the restructuring of loans and conducted an asset quality review that led to a spurt in bad load ratio in banks to. It needed a massive infusion of capital in to ensure that they remain Basel III compliant. Hence, another set of bank reforms was launched in 2018 in PSBs in collaboration with Boston Consulting. The edition of reforms kept on improving from time to time and is in use now. This set of bank reforms enabled PSBs to become competitive with private peers. As part of bank reforms, large scale mergers in PSBs reduced their number from by April 2020 making them agile and smart. Due to the pandemic driven banking challenges, bad bank National Asset Reconstruction Ltd NARCL has been established. In order to step up financing to infrastructure projects the national bank for financing infrastructure and Development Nab a development lending institution is established. Exploring digital power: Led by the digital banking transformation, financial inclusion FI has been pursued to take its annual index to 56.4 in March 2022, up from 43.4 in 2017 on a scale of 1 to 100 assessed on usage, access, and quality. RBI also introduced a FI dashboard Antardrishti to keep continuous track of banking outreach. Nearly 500 million people benefited from the FI initiatives. Close to 850 million smartphone and internet users are connected with over a billion digital biometric identities Adhaar enables the use of real time payments exploring the well-built digital public infrastructure. Besides a wide network of bank branches, non-banks, finch, and peer to peer lenders, alternate delivery platforms ATMs, self-service digital kiosks, POS terminals, digital wallets, and business correspondents formed a strong bonding with grass root level customer community. Nearly four hundred thousand miles of optical fiber cables, and cheap data have ushered in a revolution of opportunities in accelerating digital transformation even in the hinterland. Direct benef

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July 1948. These raiders were led by Maj Gen Akbar Khan, Maj Gen Sher Khan, and many junior officials. Pakistan moved its 7th Infantry Division to POJK. Sardar Ibrahim announced the provisional government of Azad Kashmir at the behest of Pakistan. Midnight telephone calls were received from Rawalpindi Commissioner Khwaja Rahim and Begum Nasim, the then wife of Col. Akbar Khan. The episode reveals that it was a command from Pakistan, not the people wishes, as claimed by Pakistan. The UN did not recognise the so called Azad Kashmir government. Even Pakistan did not recognise its creation, as Pakistan Foreign Minister Sir Zafarullah Khan told the UN Commission for India and Pakistan UNCIP. This may sound ridiculous, but Pakistan did not want to give Azad Kashmir an independent status in the eyes of international law. Azadi was merely a slogan to annex J&K, and even today, Pakistan is selling this idea to the people of J&K. Pakistan grabbed the Northern Areas Gilgit Baltistan, a strategic area in the north and has been controlling it since 1947. Maharaja leased this area to British India in 1935 for sixty years. Major Brown, who headed Gilgit Scouts, and led the revolt in Nov 1947 against Maharaja administration, was a serving British officer. Major Brown, in his memoirs, has described his actions as a coup d etat. He hoisted the Pakistan flag on 04 Nov 1947. POJK High Court judgment of 1993 brought to light that Pakistan had separated Northern Areas from POK through the Karachi Agreement of 1949 and its veracity is doubtful. The agreement was kept secret since it changed the territorial status quo without the referendum. The High Court, in its judgment, described Pakistan actions as a violation of the UN Security Council resolutions on J&K. Also, by thrusting a war on India in 1965, Pakistan negated the reason for referring to the UNSC in 1948. Various arrangements agreed upon with Pakistan through the mediation of the United Nations Security Council UNSC were based on the integrity and inviolability of the cease fire line established after the 1947 48 skirmishes. By invading J&K in 1965, Pakistan reduced the resolutions of 1948 and 1949 dead. Following the Soviet Union withdrawal from Afghanistan, Pakistan decided to use the Mujahideen to foment trouble in Jammu and Kashmir in the late 80s. In the Kargil incursion, Pakistan also pretended that only the mujahideen were fighting the Indian forces when there is sufficient documentary evidence from Pakistani sources, including obituary notices, to indicate that Pakistan Army carried out the operation. Pakistan has also denied that no terrorist groups operate from its soil against India in J&K, but enough proof is available in the public domain to blunt these lies of Pakistan. Conclusion: There is a new reality in the making in Jammu and Kashmir. It is driven by economic development, social progress and gender justice. Its future is based on freedom from intimidation and fear of terrorists. The lies Pak

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Pakistan caught in this golden web. Pakistan has already launched a proxy war against India in Kashmir, which is being carried out on the shoulders of youths from J&K. This war is being fought on our soil, with our money and against our people. Pakistan has not staked anything, but we have staked everything. Therefore, we should not hesitate to counter this proxy war. There is a need for replying to Pakistan in the language it understands because the question does not relate to Kashmir and Kashmiri Hindus but to the integrity and sovereignty of the entire nation. The government decision to accord infrastructure status to the logistics sector has led to the sector transformative growth. The warehousing segment that has been risk averse during the 1st wave of the pandemic, is expected to witness transactions for additional warehousing space to grow at a CAGR of 20 from 31.7 mn sq ft in FY 2021 to 45.9 mn sq ft in FY 2023. Adoption of technology and disruptive innovations are rapidly changing the landscape of many industries and their business models. Because of increasingly digitalized processes and an exponential growth of sensible data, organizational management requires expertise to analyse, manage and simplify the data for them to take strategic business decisions. As new innovations and challenges arise, supply chain managers need accurate real time insights to make informed decisions. Components of the supply chain working in silos is anti to this. A connected supply chain can adjust and accommodate when new information is presented. This is expected to lead to the emergence and rise of the 4PL segment in India beyond 2022 as the increasing trend of faster goods distribution penetration increases nationwide. A 4pl service provider is a supply chain integrator. The 4PL assembles and manages all resources, capabilities, and technology of an organization Supply Chain and its array of providers. It offers a higher level of effective supply chain management to customers, which allows manufacturers to completely outsource their logistics process to external professionals for better management. Shipping, distribution, warehousing, physical sites, and information flow are all managed by the provider. Typically, the 4PL does not own transportation or warehouse assets. Instead, it coordinates those aspects of the supply chain with vendors. Moreover, 4PL can coordinate activities of other 3PLs that handle various aspects of the supply chain. The 4PL functions at the integration and optimization level, while a 3PL may be more focused on day to day operations. Even before the pandemic swept across the planet, larger companies were increasingly using 4PL providers to act as their logistics department, handling activities such as order management, legal compliance, warehousing & distribution, and supplier management. However, the pandemic, which is leading to quick adoption of Industry 4.0* revolution, has reinforced the importance of 4PL services across mo

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As most of us are landlubbers, the innocuous piece of Indian fishermen protesting at Geneva is surely not as attractive as devastating real reason for Angelina Jolie divorce with Brad Pitt, but if you are an Indian, it needs your attention, as we are now reentering an era where our white masters see the need to reclaim us, especially because we have strayed recently during Russia Ukraine war. Our fishermen have gone to protested against the World Trade Organization WTO proposal to curb fishery subsidies. If you don know what WTO is, it is one of the many colonial masters choke leashes that we still wear. White, sorry World Trade Organization decides how we can participate in open world market, and when we get a bit too smart, it raps on our knuckles. WTO has just decided that developing nations like India should taper out the subsidies given to fishermen in five years because it is NOW worried that the seas are getting depleted of the fish due to over fishing. I learnt about high seas fishing from a Gujarati fishing entrepreneur in early nineties who explained to me how international fishing boats were raiding the high seas off the coast of Gujarat with impunity. As I found it a bit strange that we were allowing theft of natural resources, I spoke to the coastguards only to realize that these expensive vessels were far too fast and technologically advanced for our coastguard boats to catch. As I dived deeper into high seas water ecology and economics, I realized that China, Taiwan and Japan had over fished their own regions to a level that it was no longer viable to fish there. So, the absurd appearing long journey all the way to Gujarat was lucrative for these boats to come and steal from the Arabian sea. Even though it was a blatant crime that India should be fighting against, as it was the time when open market had arrived in India, I asked my fishing entrepreneur friend about using it as an opportunity. In simple terms, If Chinese Japanese could afford to come all the way and fish and go back to sell that fish in their market, why can we do it from India. The answer was simple and of the same theme repeated a million times in the economic space that India is trying to occupy. Most of the developed nations have a strategic upper hand in such matter because they had an early bird advantage is stealing from the world and building large companies. With deeper pockets, cheaper debt rates and access to economy of scale that they have, nations like India that are just trying to enter the open market have as much a chance to compete as a snow flake in hell. The job that a real World Trade Organization should have done once we became aware of common and global problems like climate change and pollution is to make it an even playing field through.

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Trade agreements, but the WTO that we have had till now has worked mainly on the agenda of retaining economic advantage for the developed world even when the crisis of climate change is knocking the door. In last few years, WTO has suddenly decided to be the proverbial cat wanting to do Haj after killing not a hundred but billions of rats that are the third world poor. Now the WTO wants to save the planet. Now it is worried that power production pollutes the environment. Now it is scared that loss of rain forests will change the climate. Now it is concerned about the fishes in the sea and birds in the sky. Looking at the trend of thinking on display by WTO, the day is not far, when it will get the CO2 emission by the poor of the third world scientifically studied by Yale and Columbia and will add a suitable clause in the section 1, sub section 14, Para 3 for us to control it or face economic sanctions. Let me admit that I personally completely agree with the WTO agenda of saving the planet, as it is now an existential need for the entire humanity, but I disagree with WTO method of achieving this goal. If we take the case of fishing subsidies, it is mostly availed by poor fishermen of India with not much access to bulk fishing that the high tech fishing boats of the developed world have done for almost a hundred years. If WTO feels that it is One World that we all are responsible to save at any cost in case of many poor fishermen from the third world, the cost can be staying hungry for many days through the year we first need to work out the cost, not from today but from the day seas have been exploited by developed nations. What India should demand is not permission to give subsidy, but a share in the past loot that the developed world has been engaged in since a hundred years. What Yale and Columbia should be helping the world with is computation and quantification of the natural resources stolen from the planet by developed world and what the great legal minds from Ivy leagues should be working on is a model of equitable redistribution of this loot. Veteran community is worried and venting angst on proposed major changes under the Tour of Duty Todd scheme, packaged as Agni path and Agni veer. They are also peeved at a modified pension disbursal say stem, with another catchy name of parish. In keeping with the American proverb, if it aim broke, don fix it, reforms should be system driven and based on felt need. Feedback based initiatives, unlike parachuted ones, endure and set abilise. They require long gestation, especially in the cadre management domain. This bears flagging, as the Army has created a plethora of suboptimal, induction schemes with multiple variants, of these, in its wake, has left unresolved festering.

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Problems current freeze on recruitment will unleash another cadre tsunami. Todd is a double whammy of sorts as it includes the introduction of All India All Class AIAC recruitment model. It has the potential of altering the very nourished by Quail regiments, leveraging Noam, Nampak and Nissan 3N ethos. It is appropriate to debunk the most bandied myth. Army is lampooned for status quo mindset and resisting all changes. The reality is, given clear direction and reposed with trust, it has devised its own response strategies, like globally acclaimed iron fist in velvet glove, to counter insurgency. Even in conflicts, examples of tanks across Zola in Gnats with Sabers and Centurions with Pattons, in 1965 and bouncing Meghna, in 1971, are enviable case studies of daring and improvisation famed Jugaad. Our short memories conveniently ignore the path breaking contribution of veterans in setting up Administrative Staff College and civilian training academies and even institutions like Damodar Valley Corporation and many more. The current welcome push for Atma Nirbhar in defence has significant input from the serving and veteran community. An objective reality check reveals that with a new breed of compliant bureaucrats, veteran s are out of favour, for adhering to policy and norms, which is mistaken for rigidity. The key defining paradigms of Forces include, firstly, the fact that except for 1962 reverse, services have acquitted themselves most creditably. The debacle in the Sino Indian war was primarily due to external factors political muddling and neglecting capability building. It was conclusively confirmed in later conflicts and most conclusively in 1967, during Nathu La action. Secondly, in most conflicts, Forces have overcome asymmetry, treachery and environmental challenges with human capital, catalysed by Quami paltans and 3N model. Kargil, Siachen, Galwan and Kailash bear testimony to this. Army units have perfected clan kinship models, along with celebratory and inclusive secularism. It is a harsh reality that soldiers fight for paltan ki i zzat and rest all, often touted in films media, is an avoidable garnish. Thirdly, cadre management is a complex issue and requires long term analysis, simulation and peer review. Officer cadres in the Army in 90s had severe shortages at one stage, amounting to more than 28. In 1997, the Janata Party government under I K Gujral asked for out of box solutions. Army proposed induction of all Central Armed Police Forces officers through Army, after common training of 18 months. It was to be followed by three years deployment with units in the field, followed by short re orientation for respective. To assuage turf aspirations, Army suo motto proposed Union Public Service Commission, as the controller for allocation of cadres. The presentation was commended. The Prime Minister wanted it to be extended to the police. It would have meant saving on training costs and building up common Army ethos for border guarding

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One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Stretching specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Is positive thinking an inherent characteristic of a person or can it be developed in one. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child who.

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Polymath, film director's and artist Muzaffar Ali Farasnama at Bikaner House in Delhi is a serenade to the legend of the horse. Spread over two floors at the Centre for Contemporary Art are a series of works that draw you into the haunts of equine shadows as well as enchant you for design dynamics in framing. Muzaffar designs his own frames as well as creates his own aura with myriad moorings in moods. The paintings of horses range from large to small but each work is a grading of heads that are bent in gentle grace or looking at the sky and beyond. Art historian and hotelier Neemrana Hotels Aman Nath spent two hours at the exhibition and said: Contemporary character is what defines his many journeys in his exploration in art. The calligraphic works are a delight to behold. The ground floor at Bikaner House has his horses in all kinds of shades that are quiescent and quaint for expressive echoes. In many of his works, we see rearing horses, figures pulled from antiquity to the present day. These powerful images reflect Muzaffar belief in the intuitive nature of horses, which, for him, symbolize primal strength and raw emotion. But the beauty of these horses lies in the fact that they are born of indigenous accents. My love for horses goes back many years, Muzaffar explains. From films to books, to life itself, I ve been captivated by their beauty, strength, and spirit. The story of Duldul in the Muharram processions touched my heart, as it exemplified the courage, loyalty, and bravery of a horse. I paint horses to create my own cinematic sequences in my mind. The buckle installation with the lit mannequin torso is the piece de resistance in the language of the permutation of design elements. The horse head buckles have their own identity and the etched horse design on leather adds vintage vitality. These customized buckles, made to complement enviable waistlines, are crafted in various shades of tanned leather, each a stunning piece in its own right. The horse buckle belts are not just accessories; they symbolize the longevity of an idea because authenticity, at its core, is timeless. Muzaffar states: My horses acquired a third dimension as they rose from the canvas into bronze torsos and bas relief. Sand cast from Moradabad drew me into metalwork equestrian buckles and leather belts. I called them Barak after my horse which I acquired the same year Barak Obama became president of the USA, from the Dewa fair near Lucknow. This limited edition is something I wish to share with those who love art and horses across the globe! The mosaic series are scattered throughout both floors and they create subtle punctuations in his love for creating both abstract as well as horse head intensities in varied colour tones. For Muzaffar, voice is an unequalled portal to the soul and the supreme silence that it creates is his elixir for those moments. At his studio at Kotwara,

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And his paintings are invested in a kind of excavation, in which he carves out an archival space around and through contours. A subtle mystery resides in the core of each of these works this essence is what guides him towards different forms in his painting process, leading him to a sort of unseen yet deeply felt inner, sacred truth that defies easy articulation. Applying calligraphy as the main element of his works, Muzaffar represents the continuation of an artistic movement which sought to leave its mark by combining traditional techniques into a modern artistic form. Utilizing his knowledge of graphic arts to create immersive paintings ranging from small to large, these works, unlike traditional calligraphy, can be divided into two categories: fragmented calligraphy-paintings and weaving in the eternal alphabet. Muzaffar bronze sculptures embody his passion for wild horses, often a subject in his paintings. For him, horses should remain free, untamed, and unburdened by saddles, symbolizing the natural harmony between man and nature. These sculptures echo ecological themes, speaking to the intricate balance between humans and the environment. Muzaffar horse sculptures concentrate on mass and detail, with the horse heads drawing the viewer attention to the underlying elements. The still, curvaceous nuances formed by the recesses add to the sculptures sense of dynamism. The genesis of a unique method of controlling form in space. Ultimately, Muzaffar humble yet evocative modelling techniques culminate in a new vocabulary of compositional clarity, transforming figurative ideals into a tangible reality. Of deep insight and a mood of elegiac nostalgia is the Zooni room on the top floor. Four portraits of Zooni tell us of the film that was unfinished starring Dimple Kapadia and Vinod Khanna. The frames designed by Muzaffar himself are old time creations that draw you into their maw. The photographs on the wall from his suitcase of archives are black and white portraits of the characters as well as four landscapes. The carpeted room with kilns and the musical instrument all create a Kashmiriyat rare and resonant. Muzaffar Ali unreleased film Zooni 1988, starring Dimple Kapadia and Vinod Khanna, revolves around the 16th-century Kashmiri poet Habba Khatoon, has been restored by the Film Heritage Foundation and this room pans out like a poignant elegy of portraits that present a flashback. As fear stalks Bollywood after Baba Ziauddin Siddique murder, and Lawrence Bishnoi is called up, it appears that the vacuum left by retreating Mumbai Mafiosi is being filled by gangsters from other cities. This does not portend well for the film fraternity. Or for a Mumbai that has been basking in such a secure-zone-feeling for the past two decades that many Mumbai Kars came to see its tryst with the mafia as folklore. As expected, after the announcement of assembly elections, the tug-of-war over the seat sharing has started between Uddhav Thackeray and the Congress l

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Opposition leader Edappadi K Palaniswami at government functions. Edappadi reciprocated it with dignified debates in the assembly and outside. In fact, the two leaders have been setting an example since 2018 when Edappadi, then chief minister, welcomed to his chambers opposition leader Stalin who wanted to present a report on possible reforms in the transport department. At times of personal tragedies, leaders of the two parties called on each other to convey their sympathies and support. All these were welcome changes to people who have been witness to a bitter even personal rivalry between M Karunanidhi and J Jayalalithaa for more than three decades. It looks like Stalin comrades are losing that rediscovered civility rediscovered since things were better before the Karunanidhi Jayalalithaa era, when Rajaji and Periyar could see eye to eye and Anna shared a warm relationship with Kamaraj. Addressing a public meeting to mark Karunanidhi 99th birth anniversary on June 3, small industries minister T M Anbarasan bared his fangs at BJP state president K Annamalai. You will wind up and run if we put you in jail for a week, he said in the speech marked by crassness. We will cut your tail The Modi government has arrived at a critical point in its political life. While the party continues to grow and may yet gain new territories, the gulf between what the PM stands for and what the party grassroots may be aspiring for may be widening. Nothing exemplifies this more than the Nupur Sharma affair, where the party spokesperson, possibly provoked by comments about the hivling, made remarks that angered many Muslims, and Muslim nations. Bulldozers are posing a challenge to constitutional rights. But our higher courts are not responding. It as if they are in a daze. Or, perhaps we should say, in a bull daze a state of systemic passivity when confronted with governments unconstitutional use of force. With more house demolitions, in UP and MP, and Gujarat, Assam, Tripura and Delhi civic authorities already in the bulldozer club, violations of basic rights are widespread. But the wheels of justice are moving far slower than the tracks of bulldozers. MP high court issued notices in April following demolitions after Khargone riots so far, nothing has happened. The Supreme Court next hearing after staying the April 20 demolitions in Delhi Jahangirpuri is listed for August. Courts must show much more urgency. HCs and SC can even take suo motu notice because courts core duty of determining guilt and punishment, premised on due process, is at stake. A chance to correct this comes via the petition filed in Allahabad HC on Monday against the Prayagraj house demolition. The petition noted that the house was owned by the wife of the person accused of organising violent demonstrations. This brings into stark focus one of the worst aspects of bulldozer action. Not only is guilt being determined outside courts, punishment is being meted out to the family of the accused. The con

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At the same time, the party attempted to counter the outsider perception that had limited its appeal earlier, repeatedly emphasising that leadership would emerge from within the state. Core themes such as infiltration, demographic change, and law and order were consistently foregrounded. These were not new issues in Bengal's political discourse, but their repetition at the grassroots level helped embed them in everyday conversations. Narrative, in this sense, did not operate independently of organisation. It was carried, reinforced, and localised through the same booth-level networks that drove mobilisation, an approach that continued to be closely overseen by Amit Shah through the campaign's final phases. To attribute the BJP's victory solely to strategy would be incomplete. Strategy explains preparedness. It does not fully explain timing. Three conditions appear to have converged in 2026. The BJP entered the election with an already expanded base. Anti-incumbency against a long-serving state government had matured enough to be politically relevant. And the party's organisational machinery functioned with greater cohesion than before. When these factors align, the impact of a well-executed campaign is amplified. The same methods deployed in a less receptive environment may not have produced a similar outcome. The BJP's 2026 victory in West Bengal is best understood as the meeting point of method and moment. The method lay in organisational discipline, booth-level precision, and adaptive strategy. The moment was shaped by accumulated discontent, shifting perceptions of participation, and a political opening that had widened just enough. Neither would have been sufficient on its own. Together, they produced an outcome that breaks from Bengal's historical pattern and, in doing so, reshapes its political trajectory. TOI News - May 9, 2026 Rabindranath Tagore at 165: Why Gurudev's vision still speaks to modern India Dr (Prof) Sadhana Kala is a USA-trained robotic & laparoscopic surgeon, Uppsala University, Sweden, trained fertility specialist, and 'National Icon Endoscopic Surgeon' of India. University topper and winner of several gold and silver medals and Certificates of Honor and the unique 'Distinction' in medicine in medical college, she is the youngest-ever Professor in any medical college anywhere, and the only-ever gynec Hon Consultant to the Army, Navy and Air Force. FORMER: President Family Welfare Foundation of India (now closed) one of the few UN -accredited NGO since 1997; Member of Central Consumer Protection Council, Government of India, the apex national advisory body on consumer affairs; Advisor, Ministry of Women and Child Development, Government of India; Member, Advisory Committee, MTNL (Delhi). Awardee of C L Jhaveri and P N Behl Awards of Indian Medical Association for professional excellence. Chief emeritus and currently Sr Consultant gynecologist and laparoscopic surgeon, Moolchan Medcity and Apollo Cradle Hospitals, New Delh

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humanity, nature, freedom, and divine connection, making his work accessible across cultures and generations. Tagore's Nobel Prize was a moment of immense national pride for India, which was still under British rule. It gave Indian literature unprecedented international recognition and established Tagore as a global literary icon. Yet Tagore never confined himself to fame or accolades. He remained deeply engaged with society, questioning blind nationalism, social inequality, and rigid orthodoxy. His writings reflected both patriotism and humanism, balancing love for the nation with compassion for humanity. Few artists in history have contributed to the identity of nations as profoundly as Tagore. He wrote Jana Gana Mana, which later became India's national anthem. Remarkably, he also penned Amar Sonar Bangla, Bangladesh's national anthem. His influence extended beyond borders, making him a rare cultural figure celebrated by multiple nations. Tagore's music, collectively known as Rabindra Sangeet, remains an inseparable part of Bengali culture. His songs continue to be performed at festivals, cultural gatherings, and educational institutions, evoking emotions ranging from devotion and patriotism to love and longing. Even today, Rabindra Sangeet connects generations, proving the enduring emotional power of his art. While Tagore's literary achievements are widely celebrated, his contributions to education were equally transformative. Deeply dissatisfied with rigid colonial education systems, he envisioned a model that encouraged creativity, curiosity, and harmony with nature. This vision led to the establishment of Visva-Bharati University in Santiniketan in 1921. Tagore imagined the institution as a meeting ground of cultures where learning would go beyond textbooks and examinations. Students were encouraged to engage with art, music, literature, and the natural world. His philosophy of education was decades ahead of its time. In an era dominated by rote learning, Tagore advocated experiential learning and intellectual freedom ideas that continue to influence modern educational thought. Santiniketan remains one of his most enduring legacies, attracting scholars, artists, and students from around the world. Tagore's worldview was rooted in universal humanism. He believed humanity should rise above narrow divisions of race, religion, and nationality. Although deeply patriotic, he was critical of aggressive nationalism and warned against hatred and intolerance. His lectures and essays repeatedly stressed the importance of compassion, cultural exchange, and mutual respect. In today's increasingly polarized world, Tagore's message feels more relevant than ever. His famous prayer, Where the mind is without fear, and the head is held high, still inspires millions as a vision of intellectual freedom and human dignity. Tagore also used his voice to protest injustice. Following the Jallianwala Bagh massacre in 1919, he renounced the knighthood conferred upon

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Opposition leader Edappadi K Palaniswami at government functions. Edappadi reciprocated it with dignified debates in the assembly and outside. In fact, the two leaders have been setting an example since 2018 when Edappadi, then chief minister, welcomed to his chambers opposition leader Stalin who wanted to present a report on possible reforms in the transport department. At times of personal tragedies, leaders of the two parties called on each other to convey their sympathies and support. All these were welcome changes to people who have been witness to a bitter even personal rivalry between M Karunanidhi and J Jayalalithaa for more than three decades. It looks like Stalin comrades are losing that rediscovered civility rediscovered since things were better before the Karunanidhi Jayalalithaa era, when Rajaji and Periyar could see eye to eye and Anna shared a warm relationship with Kamaraj. Addressing a public meeting to mark Karunanidhi 99th birth anniversary on June 3, small industries minister T M Anbarasan bared his fangs at BJP state president K Annamalai. You will wind up and run if we put you in jail for a week, he said in the speech marked by crassness. We will cut your tail The Modi government has arrived at a critical point in its political life. While the party continues to grow and may yet gain new territories, the gulf between what the PM stands for and what the party grassroots may be aspiring for may be widening. Nothing exemplifies this more than the Nupur Sharma affair, where the party spokesperson, possibly provoked by comments about the hivling, made remarks that angered many Muslims, and Muslim nations. Bulldozers are posing a challenge to constitutional rights. But our higher courts are not responding. It as if they are in a daze. Or, perhaps we should say, in a bull daze a state of systemic passivity when confronted with governments unconstitutional use of force. With more house demolitions, in UP and MP, and Gujarat, Assam, Tripura and Delhi civic authorities already in the bulldozer club, violations of basic rights are widespread. But the wheels of justice are moving far slower than the tracks of bulldozers. MP high court issued notices in April following demolitions after Khargone riots so far, nothing has happened. The Supreme Court next hearing after staying the April 20 demolitions in Delhi Jahangirpuri is listed for August. Courts must show much more urgency. HCs and SC can even take suo motu notice because courts core duty of determining guilt and punishment, premised on due process, is at stake. A chance to correct this comes via the petition filed in Allahabad HC on Monday against the Prayagraj house demolition. The petition noted that the house was owned by the wife of the person accused of organising violent demonstrations. This brings into stark focus one of the worst aspects of bulldozer action. Not only is guilt being determined outside courts, punishment is being meted out to the family of the accused. The con

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Popular in Middle Ages, and even codified in law. To state the obvious, it has no place in constitutional democracies. Yet, over the last couple of years, and particularly over the last few weeks, bulldozers ordered by state officials are posing a dangerous question to the rule of law. It falls to higher courts to create a judicial barrier to bulldozer justice. It unlikely that any CM or municipal authority would defy judges. When courts make strong interventions, even recalcitrant systems correct themselves. A fine recent example is SC directions on the Lakhimpur Kheri probe. The justice system, for all its limitations, still works as a protector of citizens rights. It cannot remain bull dazed. June marks an inflection point in the current trajectory of Covid infections. Daily new infections began to trend upwards and recorded 8,084 on Sunday. A month ago it was about 25 of this number. The upward trajectory in infection needs to be put in perspective. When adjusted by population level, India situation is relatively better. Current confirmed cases are about 5 per million people. In contrast, it around 1,031 and 532 per million in Australia and Germany, respectively. However, there are other reasons why it important for India to be on its guard. About 65 of India population has finished double dose vaccination. Australia and Germany, among others, have a higher vaccination coverage ratio. While vaccination limits the severity of disease, it does not prevent infection. Therefore, it important for GoI and state governments to double down on public messaging about Covid protocols. Concurrently, there a need for a renewed push on vaccination. The booster off take is just 39 million doses, far lower than what could have been achieved. States appear to have relegated vaccination in their list of priorities. Around 138 million vaccines with states are lying unutilised. The challenge now is not supply but a general slackening. It unwise because India has used a rapid rollout of vaccination as an effective strategy to normalise, as compared to China self defeating zero Covid approach. We are at a critical economic juncture. The next step is to ensure there no Covid related disruption again. Trials overseas and a study by CMC, Vellore, have shown that using a different vaccine for the booster, a heterologous dose, results in enhanced protection. Corbevax, a protein subunit vaccine, is halfway through the regulatory process of getting used as a booster. There should be no bureaucratic delay here. Covid may appear to have receded to an endemic stage but there no case to ease up. We need another national sero survey to gauge the situation and also provide data for public health responses. Also, keep in mind that long Covid can be debilitating. Keep the guard up. Niti Aayog has recently released the draft battery swapping policy. This follows on the FY23 Budget speech highlighting the challenges of scaling up battery charging infrastructure in urban areas and

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Improve the efficiency of India EV ecosystem. Have clean mobility solutions reached centre stage now open for public comments, the policy could not have come at a more opportune moment. First, because major auto manufacturers now converge on the view that electric vehicles shall be the mainstay of future mobility in India. A report by the India Energy Storage Alliance projects that the Indian EV and EV battery markets shall grow at a CAGR of 36 and 30, respectively, in the next four years. Niti Aayog pegs EV sales penetration in India at 80 for two wheelers 2W and three wheelers 3W, 70 for commercial cars, 40 for buses, and 30 for private cars, by 2030. One of the wonders of an 80s child was the NRI relative. Like the exotic migratory birds that alighted at Alipore Zoo, they flew in from lands of milk and honey and carried with them warm dollars, memorable tales of the great phoren, and wondrous appendages like a camcorder, a DSLR camera, and other things we did not know that the human mind had invented. Even though we hardly ever met these relatives or talked to them, we knew no one loved us in the way they did, and that love was manifested when they opened their Samsonite suitcases and brought out the gifts like a magician reaches into the inner recesses of his hat. Chocolates always labeled as Swiss, cheese and sausage, electronic things, adult beverages and make up kits and perfumes, things to light up every face of every age group and gender, the value of each gift proportional to the relatives distance from you in the family tree, and their equation with your immediate family. The visit of the NRI relative was a whiff of a distant capitalist paradise that permeated our ambitions; cricket on TV and Physics problems to solve, and you knew you had to do the latter so that one day you too could become an NRI relative, come to India, and check into a five star hotel. Not anymore. Nowadays, NRI relatives are the ones embarrassed of themselves when they go to India. No more passing off dollar store trinkets as electronics, now thanks to the internet and the effects of Dry Singh liberalisation everyone knows the price of everything, and everything is available in India. Forget shock and awe, now NRI relatives have to have their tales of fortune and opulence be called into doubt by what they wear, what they carry and what they bring as gifts. Fish out your mobile phone, and the Indian nephews are two models ahead. Talk about brand names, and by virtue of those stores being there in the neigbourhood mall, the Indian relative will point out that you are pronouncing the brand name wrong. Bring out the foreign chocolate, only to hear but uncle we already have our fridge overflowing with them. This is why I never liked Adam Smith. The free movement of goods and information that globalisation.

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Base to a remission base with the launch of foreign trade policy ftp 2023 that too without a sunset clause. The governance was improved to focus on gender diversity, sustainability, environmental protection, biodiversity, afforestation, faster move towards net zero targets, and adopting a lifestyle for the environment life is pursued to bring about change in individual and community behavior to protect the environment. Making changes in the way of life with climate consciousness can be the solution to fight elevated climate risks. With the kind of structural reforms and front loaded growth oriented policies pursued in recent years in collaboration with the state governments, and local self-governments collectively working their way, India is not only growing big but also faster. It should thus be able to get into the orbit of developed economies by 2047 by the time the centenary celebrations of independence begin. The backroom boys of the eve ecosystem are all set to play a defining role in the development and growth of this new emerging system of mobility that will define the future of a sustainable earth. The met averse has become a bustling and growing virtual world in recent years. A met averse is a collective virtual shared space that is created by the convergence of physical and virtual reality and often accessed by users through the internet. It offers users a virtual world with endless possibilities. You can travel to different places in the met averse universe, interact with other players, and even make purchases. In India, the met averse has become increasingly popular, with users enjoying various activities within the virtual world. One of the most interesting developments is the ability to purchase furniture for virtual homes using block chain technology. Block chain, the technology behind crypto currencies like bit coin, is used to secure and decentralize transactions in the met averse. As the met averse gains popularity, many users have begun to create virtual worlds that replicate their real-world environment. This includes virtual homes, which can be customized with virtual furniture. They can bring these digital homes to life with everything from virtual couches and virtual beds to virtual tables and virtual lamps. Traditionally, these furniture purchases in the met averse have been made using fiat currencies like the Indian rupee, making the transactions subject to traditional payment gateway fees and other banking regulations. However, block chain technology now enables secure, decentralized transactions that bypass these banking limitations. Block chain technology allows for peer-to-peer transactions without the need for a centralized authority. This means that transactions occur directly between the buyer and seller, with no middleman involved. This process keeps fees low and ensures that transactions are secure and transparent. One of the main advantages of block chain technology is its ability to create smart contracts. Sma

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Has brought about has knocked the halo from the heads of NRI relatives and made it difficult, much more difficult, to hook yourself into the memories of those you rarely meet. Many commentaries have been written on the two wisdom works, one by Sage Vasisht containing the essence of his interaction with Prince Ram, and the other, by Sage Ashtavakra, answering questions posed to him by King Janak, the father of Sita. Both works are to be found in the Ramayan, and these contain valuable nuggets of deep insights that help one to come to grips with what is real and what is unreal. Since much is lost in translation, there are those authors who try to ran create verse, in effect, taking a bit of poetic license to interpret and present what the verse or text is trying to convey. And the newest among such contemporary attempts to time travel into the depths of mind is that by Shubhrangshu Roy, in his Shadows of the Fragmented Moon where he presents thoughts found in Yog Vasisht and Ashtavakra Gita in 108 poems. You enter a dream for the heck of it And know not the way to exit route From the world you brought alive In sleep, awake to desires manifest In the raging flame that consumes Your being stranded amidst embers Aglow, each spark ignites your mind Where the forest green will grow anew Once upon a time in the future past Luring the hunter once more In pursuit of the game you love. Titled he Dreamer, this is one among the many lyrical presentations that takes one down the transcendental path, throwing open the way to realms beyond, offering tantalising glimpses of treasures yet to be discovered. The Yog Vasisht, many feel, is quite dark in the opening chapters as it elaborates on the depressed state of mind experienced by the young Prince Ram who is uncertain of his present and of his future as king. Sage Vasisht, in an attempt to gently lead the way out of the gloom felt by the prince, successfully engages him in a series of questions and answers that serve to lighten the king designate burden, somewhat, and show him the light. In the process, we, too, get glimpses of wonderfully expressed elaborations on subjects we dread most, like death. Writes Roy, In hopelessness is hidden The hope of life in death Of the wandering mind Running amok here to there. A common thread running through the works of both Vasisht and Ashtavakra is that of the need to maintain loving detachment. This is well articulated by Janak when he says, Infinite is, indeed, my wealth of which nothing is mine. If Mithila is burnt, nothing that is mine is burnt. That is to say, the true Self is infinite, boundless, all pervasive, formless, subtle and free. According to Ashtavakra, whether you are a king or a beggar, you shine only when you are unattached. A king, an administrator, a head of.

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Some specific tools and resources that older adults in India can use to adapt to modern technology? Tools and resources to adapt to modern technology and benefit one aging process smartphones are becoming increasingly common in India, and they can be a powerful tool for older adults. With a smartphone, older adults can access a wide range of apps and services, from social media and messaging platforms to telemedicine and online shopping. Additionally, many smartphones now come with built-in accessibility features, such as larger text and voice control, that can make them easier for older adults to use. They also often come with emergency calling options or so features for if the owner falls or needs assistance. Plus if tracking features are activated by loved ones these can be great ways to keep track of an older loved one who may have cognitive issues and occasionally need assistance. Voice assistants voice assistants like amazon alexia and Google assistant can be a game-changer for older adults with mobility issues or vision impairments. With a voice assistant, older adults can control their smart home devices, access information, and even make phone calls without having to physically interact with a device. They can use these devices as speakers to play their favorite music or ask them questions about the weather or other facts. Plus, they can be used as alarms that remind people of appointments, to take medication, or remember other important information. Telemedicine has become increasingly popular in India, with many healthcare providers offering remote consultations and appointments. This can be particularly beneficial for older adults with chronic conditions who may have difficulty traveling to a doctor office. It is also helping to expand the reach and post-operative recovery services to people who live in more rural areas. Access to these services and optimizations is completely dependent on older adults being able to keep up with modern technology. Smart watches smart watches can be an excellent tool for older adults in India, as they offer a variety of features combined in one tool that can help them stay connected and live more independently. First and foremost, they offer health-tracking features, such as heart rate monitoring, sleep tracking, and activity tracking. These features can be particularly beneficial for older adults who want to monitor their health and fitness levels. For example, older adults with chronic conditions like diabetes or heart disease can use a smart watch to track their blood sugar levels or heart rate throughout the day, helping them manage their condition more effectively. Smart watches can also be used to set medication reminders, which can be particularly helpful for older adults who may have difficulty remembering to take their medications on time. Many smart watches also come with emergency alert features that can be used to quickly call for help in case of an emergency. For example, some smart watche

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Has brought about has knocked the halo from the heads of NRI relatives and made it difficult, much more difficult, to hook yourself into the memories of those you rarely meet. Many commentaries have been written on the two wisdom works, one by Sage Vasisht containing the essence of his interaction with Prince Ram, and the other, by Sage Ashtavakra, answering questions posed to him by King Janak, the father of Sita. Both works are to be found in the Ramayan, and these contain valuable nuggets of deep insights that help one to come to grips with what is real and what is unreal. Since much is lost in translation, there are those authors who try to ran create verse, in effect, taking a bit of poetic license to interpret and present what the verse or text is trying to convey. And the newest among such contemporary attempts to time travel into the depths of mind is that by Shubhrangshu Roy, in his Shadows of the Fragmented Moon where he presents thoughts found in Yog Vasisht and Ashtavakra Gita in 108 poems. You enter a dream for the heck of it And know not the way to exit route From the world you brought alive In sleep, awake to desires manifest In the raging flame that consumes Your being stranded amidst embers Aglow, each spark ignites your mind Where the forest green will grow anew Once upon a time in the future past Luring the hunter once more In pursuit of the game you love. Titled he Dreamer, this is one among the many lyrical presentations that takes one down the transcendental path, throwing open the way to realms beyond, offering tantalising glimpses of treasures yet to be discovered. The Yog Vasisht, many feel, is quite dark in the opening chapters as it elaborates on the depressed state of mind experienced by the young Prince Ram who is uncertain of his present and of his future as king. Sage Vasisht, in an attempt to gently lead the way out of the gloom felt by the prince, successfully engages him in a series of questions and answers that serve to lighten the king designate burden, somewhat, and show him the light. In the process, we, too, get glimpses of wonderfully expressed elaborations on subjects we dread most, like death. Writes Roy, In hopelessness is hidden The hope of life in death Of the wandering mind Running amok here to there. A common thread running through the works of both Vasisht and Ashtavakra is that of the need to maintain loving detachment. This is well articulated by Janak when he says, Infinite is, indeed, my wealth of which nothing is mine. If Mithila is burnt, nothing that is mine is burnt. That is to say, the true Self is infinite, boundless, all pervasive, formless, subtle and free. According to Ashtavakra, whether you are a king or a beggar, you shine only when you are unattached. A king, an administrator, a head of.

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Plan to Gayle, he revealed, was simple. The one thing that I thought was that if I don t allow him to open his arms, then it will be good because at some stage, he will go for it. Job done this was not a hat-trick that would make the headlines, but it had given India exactly what they want from Shami, to strike in the power play, and allow the spinners some breathing space before they come into the game. That magic he produces from the length to get the ball to move off the seam, does not come easy, even for Shami. It is a long procedure, a lot of hard work is required and then the results will come, said Shami after the game. I always concentrate on keeping the seam upright, so that off the pitch it can cut. And you could see that today. I always prefer to use the new ball in the nets also. I keep practicing and try to notice if the ball is going in or out. You saw since the morning, the ball was seaming and cutting and there was not proper bounce. One thing was to keep focusing on your line and length. Also trained to offer such stimulation to them. For instance, a study conducted in Cuttack, Orissa, analyses the impact of 18 months of weekly hour long home visits with slum dwelling children and their primary caregivers usually the mother. These visits sought to increase and enhance interactions between the children and their mothers, and the mother ability to promote her children development through play. The intervention was found to improve the development of these young children in urban slums. However, the effective scaling of such programmers requires further consideration, as changes made to the intervention model in order to scale it may impact its effectiveness. Behavior self-regulation in early childhood If young children, ideally in school settings at the first grade level, are explicitly taught how to regulate their own and their classmates behavior through simple, structured team games, it can have a significant impact on a number of their behaviors well into adulthood. The PAX Good Behavior Game is an example of one such exercise that teaches children to self regulate when excited. Over the long term, the self-regulatory ability fostered through such exercises impacts behaviors such as drug and alcohol abuse, smoking, antisocial personality disorder, and suicidal ideation and suicide attempts. Training teachers to address adverse childhood experiences Teachers need to be trained to be aware that a difficult child may actually be a victim of one or more adverse childhood experiences. They also need training in addressing such behaviors. First, they must recognise if a child is going into survival mode, and respond in a kind, compassionate way. Asking What happening here rather than What wrong with this child can trigger a mental switch that will help identify when a student is displaying a fear response, which can take many forms. Second it.

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State, is expected to carry out his duties while remaining unattached, free of greed, free of roundedness. This is what makes a true leader. Service to all is another given, which is why MK Gandhi would often remark, President means chief servant. This not only means selfless service, it also means equanimity and humility that give no space for the ego. Young people in India are part of an education system that values academic achievement the most. Here are some evidence based interventions that can offer them a holistic learning experience. In India, several young people do not stay in school beyond the primary level. Those who leave the school system typically remain unemployed, whereas those who stay in the system display relatively poor learning outcomes. Although providing young people with a good education is an important goal for all countries, India is finding it particularly difficult to achieve this goal. Some of the barriers to its realisation arise from the fact that insufficient resources have been allocated to educational systems by the nation central and state governments. In addition, the resources being expended by government, parents, and students themselves are not being utilised effectively to obtain the best possible outcomes. Developing a good educational system that delivers on higher order goals, such as the encouragement of good attitudes and a sense of morality, justice, and optimism, is a challenging endeavor. In fact, it is entirely possible that traditional schooling systems take students away from such goals, even if they manage to successfully deliver reading, writing, and arithmetic skills. Additionally, non cognitive skills, which significantly complement and enhance the contribution of the more traditional cognitive skills, are often neglected. The most prominent non cognitive skills include openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. These skills have a strong ability to predict longer term outcomes in life and can be shaped through various tools and interventions. Educational interventions have primarily focused on the improvement of schools, whose success is measured by the scores obtained by their students in examinations. This narrow view assumes that achievement test scores are reflective of life skills, and fails to adequately consider the importance of non cognitive skills and how they can be developed over time. Addressing this urgent challenge on an Indian scale, which involves more than 500 million children and youth, requires a number of interventions both at the systemic level and at the level of children who are presently in school. Although systemic changes can only occur gradually, there are certain evidence based interventions that can be implemented today to improve the cognitive, non cognitive, and job readiness skills of young people. Policymakers and change agents will need to carefully continue exploring longer term solutions with the cognizance

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At a recent interfaith gathering, a lady voiced a concern that she felt has lingered in the hearts of many people. She spoke of the fear that overtakes her and many like her as their community festivals draw near. Her anxiety was about celebration, but about the possibility of unrest by the largest minority, she said, referring to Muslims, which made her feel unsafe, fearing potential riots, stone pelting, or violent outbreaks. Her words were heavy with apprehension, but they also reverberated the unspoken fears that transcend other religious lines. Ups and downs over the last decade aside, the original Brics Brazil, Russia, India, China and South Africa worked together to chart out significant initiatives such as establishment of New Development Bank and Contingency Reserve Agreement. Its five new members Egypt, Ethiopia, Iran, Saudi Arabia and UAE should ideally infuse fresh thinking. This is sorely needed. Brics has slowed in the face of rivalries within on catalysing reforms in multilateral institutions and has squandered opportunities to impact the world stage. Each country has its agenda, but the Chinese desire has been to use the forum to increase their global influence particularly among the Global South, as well as thwart ambitions of India, Brazil and South Africa to play a bigger role in global governance, especially at UN Security Council. This has undermined the group effectiveness. The Russia summit (Oct 22 to 24) provides an expanded Brics the opportunity to break out of the rut. This makes India role even more crucial; it has to be an enthusiastic player. Weeks ahead will bring further clarity to the contours of the patrolling agreement between New Delhi and Beijing that expected to set the ball rolling towards disengagement and resolution of issues along LAC and border areas. Relations between the two nations have remained on thin ice, in a state of heightened military preparedness since the 2020 deadly conflict in eastern Ladakh. Notwithstanding buffer zones created in the standoff areas, both countries had also fortified their positions with more troops a constant worry. It been four years of one step forward, two steps back. Coming as it does on the eve of Mode participation at the Brics summit in Russia, speculation of a Mode-Xi meeting on the side-lines gains some credence. Bilateral talks between the two have been limited to talking disengagement since 2020, even as India has engaged with China consistently on multilateral fora. The step forward has taken over 20 rounds of military negotiations over the last 53 months and any number of multi-level meetings between foreign affairs officials, especially a burst of consultations over the last couple of months. So, what likely gave? For starters, Beijing as an aggressive unbending adversary is no doubt influenced by own domestic challenges, especially a slowing economy and costs of maintaining a highly militarised border. Beijing also no doubt has in its focus New Delhi deepeni

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attracting admirers from across the globe. Digital platforms are also playing a major role in introducing younger audiences to Tagore's legacy. Social media campaigns, online readings, and musical tributes are helping his work reach a new generation that continues to discover relevance in his ideas. For many young Indians, Tagore represents more than a historical figure. He symbolizes creativity without boundaries, intellectual courage, and cultural confidence. More than eight decades after his passing in 1941, Rabindranath Tagore's words continue to echo across classrooms, concert halls, and public discourse. His vision of education, social harmony, and artistic freedom remains strikingly contemporary. In an age shaped by rapid technological change and social fragmentation, Tagore's philosophy reminds humanity of the importance of empathy, creativity, and dialogue. His works encourage individuals to reconnect with nature, embrace diversity, and seek meaning beyond material success. Perhaps that is why Tagore's appeal remains timeless. Every generation discovers something new in his writings: hope in difficult times, beauty in ordinary life, and courage in moments of uncertainty. As India marks the 165th birth anniversary of Gurudev, the celebration is not merely about remembering a Nobel laureate. It is about honoring a thinker whose ideas continue to illuminate the path toward a more humane and creative society. Rabindranath Tagore was not simply a poet of his era. He remains a voice for all ages. She was Dadi to all those fortunate enough to know her. Bunny and I were lucky in that we got to meet her shortly after we moved from Calcutta to Delhi. Bunny and I came to Delhi as economic refugees in search of better jobs. But after the comradely informality of Calcutta we found Delhi to be a city of crass snobbery where your social status was determined by what part of the city you lived in, and how many high-up contacts you had, and how many strings they could pull for you. Then, by great good chance, we happened to come across the elder of Dadi's two sons, both inheritors of her boundless generosity of heart and spirit, thanks to which we found ourselves regular guests at get-togethers in their family home, a celebrated salon of industrial tycoons, and movers and shakers, eloquent writers and opinion-makers. At the centre of this glittering galaxy was Dadi, in an immaculate white sari, joining in the many conversations with characteristic wit and humour, her gentle smile impervious to guests' solecisms of speech or manner, or the preening of the peacock feathers of vanity. Her innate gift, which she unstintingly bestowed on all she met, was that of a genuinely affectionate welcome. But, in 1947, the greatest gift she helped to give to 340mn of her fellow Indians, a number that has since swelled to a billion and a half, was the priceless gift of freedom from the yoke of colonialism. Born into a freedom fighter family, she early joined the strugg

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infection, the namaste, the salutation of bidding 'Welcome' and 'Farewell', had a truly universal significance. Elegant and graceful, in the true sense of the term as being full of grace, the namaste is far preferable as a gesture of goodwill to the Western custom of shaking hands, which, reasons of personal hygiene apart, only too often can turn into a contest of bone-crushing machismo, or conversely, feel like physical intimacy being taken with a dead fish, limp and damp. Most of us perform the namaste as a matter of routine social protocol, like covering one's mouth while yawning, and not picking one's nose, at least not in full public view. But a post doing the rounds of social media reminds us that there is a profound wealth of meaning behind the act of putting the palms of our hands together, often erroneously described as 'folding one's hands', which would require bones of plasticine pliability that can be made to assume shapes of origamic ingenuity. The word Namaste is derived from 'Nama', meaning 'to bow', and 'Te', meaning 'you'. So when we do a Namaste to someone, we are saying, through the sign language of the Anjali mudra, that we are bowing to the other. Far from being a sign of obsequious humility, like Chinese kowtowing is said to be, the implied bow is an acknowledgment of the universal Brahmatma that, through the individual Atma, unifies all of humanity, without division of nationality, race, religion, or language. The gesture of the namaste embodies a spiritual significance. It is a form of momentary meditation in that by conjoining our hands at a level with our heart, we are said to connect nerve circuitry, which promotes calmness and a sense of inward peace, which is emanated towards the person being so greeted. So the next time we offer someone a namaste, we are affording ourselves, and its recipient, a glimpse on Earth of Hi heaven. Should general knowledge be renamed general ignorance? According to Global Language Monitor, a new word to describe a new thing, in fields as diverse as science and slang, is coined every 98 minutes, resulting in over 5,400 additions annually. If this were not information overload enough, terms that have long been and continue to be in common usage are being revealed to be factoids, or manufactured facts, like fake news. This was brought home to me recently when a reader, Harmeet, forwarded to me a post, billed as The World's Easiest Quiz, with PS that passing requires only 3 correct answers Only total duffers will fail!! How long did the Hundred Year War between England and France last? Where are Panama hats made? From which animal do we get catgut? In which month is Russia's October Revolution observed? What is a camel's hairbrush made of? Canary Islands in the Pacific are named for which animal? What was King George VI's first name? What colour is a purple finch? Where are Chinese gooseberries grown? What is the colour of

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Hindus, Muslims, Sikhs, Christians, and others always hope and pray that the festival passes off peacefully. One wrong incident, someone will take offence, and could that lead to clashes? This anxiousness is always on their minds. This entire sense of unease reflects a deeper societal tension. The vivid colours of Holi, the jubilant processions of Eid, the solemnity of Good Friday, or the joyous spirit of Diwali and Dusshera should be moments of unity. And yet, for many, they are mixed with the fear that a joyous occasion could turn into a battleground of communal tensions. Why? Why have celebrations become flashpoints for fear? The answer very clearly lies in the narratives that have taken root. For too long, communities have been pitted against each other whispers of suspicion, and an increasing sense of us vs them. The fear that one community will turn hostile is rooted in historical instances of violence, but those instances have been amplified by exaggeration, misinformation, and deep-rooted prejudices. We as a common citizen of India must look above the moments of tension and focus on the quieter, far prettier and frequent moments of coexistence. For every stone pelting, there are thousands of shared meals between neighbours of different faiths. For every unrest, there are festivals where people from various backgrounds unite in peace. These stories, though, don make headlines. They don feed into the narrative of fear and, hence are largely ignored. The truth is that no one desires violence. No religious festival should be overshadowed by the spectre of unrest. Whether it the Muslim family preparing for Eid or the Hindu household getting ready for Diwali, the underlying hope is the same a hope for safety, celebration, togetherness, and lots of happiness. What critical is that we should realise that this fear is mutual. When we say the largest minority or the majority community, we are creating an invisible line of division, suggesting that one group is the source of fear and the other the victim. While in reality, all communities carry scars of past unrests, all of them suffer from the weight of distrust and also yearn for peace to prevail. We have to stop feeding into the narrative of fear and encourage the need to encourage a dialogue of understanding. Festivals are moments when all communities can come together, unite, display peace and brotherhood and lead by example. Instead of seeing them as opportunities for clashes, we should view them as opportunities for co-existence. It not just about focusing on the fears of one community it about accepting the fact that every community in India, from the smallest to the largest, has, at some point, felt vulnerable during their own sacred moments. The real question is how we move forward. How do we change such moments of unease into moments of trust and togetherness? So that we are drawn closer by mutual respect and understanding. The answer lies in proactive efforts: interfaith dialogue, media

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Is positive thinking an inherent characteristic of a person or can it be developed in one psyche?. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parent behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases self confidence. Are especially evident when looking at healthcare for migrant workers in destination locations. The outpatient services at public health centers generally function during the migrants working hours, which makes it difficult for them to obtain free healthcare without losing the day wages. This forces them to obtain medicines over the counter from pharmacies after work hours. Often, these pharmacies provide medicine to such migrants without a diagnosis. Thus, a worker with tuberculosis may receive a cough syrup instead of referral for a sputum test that would lead to a TB diagnosis and appropriate treatment. While CMID had the expertise in public health and the flexibility to work at a time convenient to migrant workers, it did not have the financial resources to operate a mobile clinic. Mangalore Refinery and Petrochemicals Limited MRPL a public sector enterprise offered CMID the funds to buy and customise a vehicle to be operated as a mobile clinic. Wipro Limited supported the opera

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Is important to create calm, predictable transitions in the classroom for all children. Building a routine around transitions can help the children understand what the transition is going to look like, what they are supposed to be doing, and what next. Third, praising all children publicly and criticising them privately ensures sensitivity towards those who have experienced complex trauma. Lastly, using mindfulness practice in the class for all children can be beneficial, as it helps to counteract the impact of trauma. Training teachers to offer personal safety education PSE to children Child sexual abuse is a critical issue, and a broader systemic response to it requires going beyond the school, involving parents more closely in its prevention, and engaging with broader societal issues. However, offering PSE to children has been shown to reduce the likelihood of them becoming victims of sexual abuse. Arpan, a Mumbai based nonprofit, offers and provides training on PSE programmers, having already developed such programmers for schools and parents. Additionally, Arpan has created a detailed set of guidelines on the steps to be taken during individual interactions between children and PSE facilitators and recommendations on how to address the issue of child sexual abuse disclosure at the level of school policy. Teaching children at the right level Grouping school age children, even for short periods, by learning levels rather than by age or school grade and providing them with short bursts of focused exposure in areas where they need remediation can have a significant impact on their learning levels. Substantial formal evidence for this approach can be found in the joint work conducted by Parham and the Poverty Action Lab at MIT. A version of this approach was implemented in Uttar Pradesh and administered by Parham volunteers and staff during school hours. It involved grouping children from grades 3 5 according to their ability and teaching them Hindi and mathematics. Before the intervention commenced, 39 percent of the children could not recognise letters and only 15 percent of them could read a paragraph or story. After the provision of the intervention, only 8 percent could not recognise letters and 49 percent could read a paragraph or story. The curriculum development for such a programmer can potentially be taken up by specialised groups such as Eklavya for mathematics and science and Parham for specially designed mathematical games. Teaching through questions An adaptive question and answer based method is generally understood to be an effective way for students to learn. This especially works in the presence of good teachers and small class sizes, where the teacher is able to work with each student at their own learning level in each subject. However, in India, it is not feasible to offer every student in a traditional classroom setting the same degree of individual attention. Therefore, a computer assisted learning approach, which utilises

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Test scores of middle school students who were provided access to it, and its effects did not vary by the students baseline test scores, gender, or household socio economic status. Addressing opportunity youth India has approximately 225 million individuals between the ages of 16 and 24, of whom approximately 187.5 million are not in any educational institution. Approximately 42 million of such youth are not employed either and can be categorised as opportunity youth. Existing evidence suggests that the most promising path is to provide such groups with programmers that offer mentoring, guidance, and information. These programmers should be workplace based, enabling the acquisition of work relevant skills and providing disadvantaged youth with the guidance and discipline that may often be missing in their homes or schools. In the Indian context, a programmer that offered additional on the job soft skills training to female garment workers in Bangalore found that it increased their extraversion and communication and facilitated the improvement of their technical skills. Additionally, the apprenticeship programmer provided by the Team Lease Skills University in partnership with the Confederation of Indian Industry and the Ministry of Skill Development and Entrepreneurship provides work relevant skills in an actual workplace, thereby developing non cognitive skills as well. Each of the above interventions has various local examples of models that have been implemented at scale and rigorously evaluated. Indian policymakers and policy entrepreneurs can learn from these in order to tackle the challenge of providing holistic learning to the nation youth. The pandemic revealed the magnitude of rural to urban migration in India and the plight of migrant workers. Here how nonprofits can ensure their safety and inclusion. The onset of the Covid 19 pandemic and the subsequent national lockdown in March 2020 illuminated the immensity of rural to urban migration in India and the true plight of migrant workers and their families. Migration for work has been a major coping strategy for the socially and economically disadvantaged communities from rural India. What we have seen through our work with migrants is that development as a result of migration can impact the social and economic landscape of the region. Remittances contribute significantly to the resilience of rural India, benefitting not only the households that receive them, but also the entire village economy. The quality of life improves, private investments in human development through better education and healthcare multiply, productive resources find better use and increased yields, and so on. Moreover, such growth has the potential to be sustainable. However, it is necessary to distinguish between distress migration and opportunistic migration. What differentiates the two is the level of control that the migrant has over the decision to migrate. A study on migration in climate sensitive areas also

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State of Odessa as part of this work, between 2019 and 2021, we conducted four independent empirical studies to estimate the monthly remittances received by households in select districts in Odessa prior to the national lockdown. These monthly remittances were sizeable, estimated to be INR 124 crore in Ganjam, INR 37 crore in Kalahandi, INR 15 crore in Gajapati, and INR 16 crore in Kandhamal. In the Thuamul Rampur block of Kalahandi district, the migrant remittances of INR 30 crore per year are equal to what the government spends under various rural development programmers. The studies also revealed that most workers would prefer not to migrate if they could receive a regular monthly income of INR 10,000 12,000 from work at their native places. However, given the low levels of economic activity, this does not appear to be feasible in most parts of rural India in the immediate future. Moreover, emerging challenges such as climate change are likely to push more people to seek livelihoods elsewhere. Although migrants form the backbone of India bustling metropolitans and migration enables workers from rural regions to tide over their immediate crises, it comes at a cost to migrants and their households. While government policies provide an enabling environment, most of them have not made a substantial difference in the lived experience of migrants. For example, the Interstate Migrant Workmen Regulation Act 1979 mandates licences for contractors and registration for establishments for engaging workers outside their native states and offers several welfare measures for workers; these measures include a displacement allowance, journey allowance, wages equivalent to that of native workers, and wages without gender differentials. However, it has been of little use to migrant workers. Factors such as limited human resources within the department of labour at the receiving regions, poor enforcement of regulations, corruption, limited interventions by CSOs and trade unions, a lack of awareness, and the inability of migrant workers to negotiate for their rights are responsible for the same. Engaged as informal employees, these workers do not benefit from the employees state insurance or provident fund facilities either. Although the One Nation One Ration Card ONORC scheme offers portability ability to access rations in any state in the country, it has not yet substantially helped migrant workers obtain rations in their work locations. Just as with most schemes, there has not been a substantial demand creation initiative, resulting in poor awareness among the potential beneficiaries. In most Indian states, the ration cards are not for individuals, but for households, which complicates matters. Even though the ration can be split between source and destination under ONORC, such sensitisation has not happened on a large scale. Given that migration is likely to increase and that there are still many gaps when it comes to policy implementation, there is a clear ro

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Test scores of middle school students who were provided access to it, and its effects did not vary by the students baseline test scores, gender, or household socio economic status. Addressing opportunity youth India has approximately 225 million individuals between the ages of 16 and 24, of whom approximately 187.5 million are not in any educational institution. Approximately 42 million of such youth are not employed either and can be categorised as opportunity youth. Existing evidence suggests that the most promising path is to provide such groups with programmers that offer mentoring, guidance, and information. These programmers should be workplace based, enabling the acquisition of work relevant skills and providing disadvantaged youth with the guidance and discipline that may often be missing in their homes or schools. In the Indian context, a programmer that offered additional on the job soft skills training to female garment workers in Bangalore found that it increased their extraversion and communication and facilitated the improvement of their technical skills. Additionally, the apprenticeship programmer provided by the Team Lease Skills University in partnership with the Confederation of Indian Industry and the Ministry of Skill Development and Entrepreneurship provides work relevant skills in an actual workplace, thereby developing non cognitive skills as well. Each of the above interventions has various local examples of models that have been implemented at scale and rigorously evaluated. Indian policymakers and policy entrepreneurs can learn from these in order to tackle the challenge of providing holistic learning to the nation youth. The pandemic revealed the magnitude of rural to urban migration in India and the plight of migrant workers. Here how nonprofits can ensure their safety and inclusion. The onset of the Covid 19 pandemic and the subsequent national lockdown in March 2020 illuminated the immensity of rural to urban migration in India and the true plight of migrant workers and their families. Migration for work has been a major coping strategy for the socially and economically disadvantaged communities from rural India. What we have seen through our work with migrants is that development as a result of migration can impact the social and economic landscape of the region. Remittances contribute significantly to the resilience of rural India, benefitting not only the households that receive them, but also the entire village economy. The quality of life improves, private investments in human development through better education and healthcare multiply, productive resources find better use and increased yields, and so on. Moreover, such growth has the potential to be sustainable. However, it is necessary to distinguish between distress migration and opportunistic migration. What differentiates the two is the level of control that the migrant has over the decision to migrate. A study on migration in climate sensitive areas also

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And even the receiving society have a part to play. A Patna high court judge has been giving government officials a dressing down for appearing before him in workaday casual attire he believes does not conform to the court dress code. Going by the video clips circulating online, the officials are dressed in a regular shirt and slacks; the judge would have them in formal jacket with closed collar. On the matter of formal informal attire in India, there are two schools of thought one that believes, formal official occasions demand formal dressing, which is often heavy and over the top. The other line of thinking, to which I subscribe, is that we need to dump these foreign driven, colonial hangover dress codes, which are not consonant both with our weather and our culture and heritage. I vet essayed my 0.02 or char Anna on this before. It is summer in India, and lashing out at officials for wearing light clothes, which are not in any way disrespectful, seems over the top. Would the judge have had a meltdown if the officials had appeared in a cool white dhoti and karat It would seem so judging by his fury. For that matter, the dress code in our courts itself black robes black jackets for one needs to be trashed. Some years ago, I made the following observation when Nawaz Sharif, at that time Pakistan prime minister, landed in 40 degrees C 100 degrees F New Delhi heat wearing a heavy suit and a necktie. I think the bands can really learn from the Asian bays in dressing down a bit; at least dressing a little lightly. At one of the Asian gigs, they had everyone wearing the Javanese Kat shirts yes, even MMS. Our weather at this time of the year demands a cool white dhoti with full air conditioning and a cool white karat. I hope PM Modi takes the sartorial lead here. My recollection is Sri Lankan leaders dress way cooler. I remember meeting J R Jayewardene wearing a cool white dhoti. Another time, I appreciated Prime Minister Modi wearing a dhoti for a meeting with President Xi Japing in Tamil Nadu. As I noted several years ago in this post, formal does not have to be heavy. Expecting officials to wear jacket tie etc. when temperatures across North India are 40 degrees plus defies common sense. From the archives Choke the necktie; untied we should stand Now that the convocation gown has been stripped of its hallowed status by one of our most prominent public figures, perhaps it time to examine our mindless adoption of another relic of western dress code. It the necktie, that suffocating hangover from our colonial past. At least one has to suffer or enjoy, as some do academic regalia only once or twice in life, typically on graduation day. And there a certain joy in throwing the mortarboard which is what the square academic cap is called in the air, symbolizing freedom.

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Human resources, medicines and consumables, and fuel for the vehicle. The National Health Mission NHM oversaw the technical aspects of the programmer implementation, in addition to providing any available medicines and consumables. The NHM also facilitated linkages with public health institutions across Ernakulum to manage cases that required referral services follow ups. This enabled CMID to operate the Bandhu Clinic a mobile clinic that provided free primary healthcare to workers post their working hours. The clinic catered to more than 40,000 migrant workers across several brick kilns, fishing harbors, plywood factories, fish processing units, industrial clusters, residential areas of footloose labour, and marketplaces in Ernakulum. The mobile clinics also helped the administration provide more than 70,000 migrant workers with access to COVID 19 vaccines. Build customised facilitation mechanisms Resource centers are of immense utility at the source as well as destination areas. In source areas, these centers can help potential migrants in the migration decision making process and enable access to decent jobs by providing information about job opportunities and requirements. They can help workers plan their travel, book tickets, and obtain necessary documents such as COVID 19 vaccination certificates. They can also help with opening bank accounts and coordinate with local administrations to enable migrant workers to avail social security measures. Gram Visas operates a resource centre called Shramik Bandhu Seva Kendra near the Berhampur Railway Station in Ganjam district. A significant number of workers travel to various destinations within and beyond India from this station. The centre provides transit facilities to workers as they go to their workplaces or return home. In the Thuamul Rampur block of Kalahandi district and the Daringbadi block of Kandhamal district, a network of such centers provides access to information and documentation services to workers from remote villages. These centers have helped family members trace missing workers, secured release of workers who were forcefully detained by employers at the destination, and facilitated the return of the bodies of migrant workers who died away from home. Destination level resource centers help workers enroll in various social welfare schemes, document and file grievances with government departments, and follow up to ensure such grievances are resolved. Opening bank accounts, facilitating the admission of children in Anganwadi and schools, enrolling workers for vaccinations, and helping workers find a job or access legal aid are among the other services migrants can avail from resource centers at their destinations. It is important to recognise that the migrant worker is not the only stakeholder in the migration process; the kin who stay behind are equally important. Their needs and challenges are always multidimensional, and so should be the resources that are built to support them.

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New technology skills; the burden to teach these skills do not have to fall on children or grandchildren. Instead, older adults can be empowered to learn with their peers. In addition to these specific tools and resources, it important for older adults to prioritize staying current with technology. This may mean setting aside time each day to practice using a new app or device or attending a workshop or course to learn new skills. By making a conscious effort to adapt to modern technology, older adults can reap the many benefits that come with staying connected and independent. As India population continues to age, it more important than ever for older adults to embrace the potential of modern technology. The niche players in India electric vehicle eve charging infrastructure space can contribute immensely to the future expansion of the nationwide after-sales and spare parts network. An evolving eve ecosystem requires a steady growth of original equipment maker poems for manufacturing eves in India and developing charging infrastructure. Notably, policymakers at the center and state governments have encouraged such firms in manufacturing and research and development red. Such support catalyzes poems to expand eve charging infrastructure and gives customers the confidence to switch from hybrid to eves. By 2030, the country is forecasted to be home to 102 million eves, with 2.9 million public charging stations needed to accommodate the growing eve adoption, reports pig. Making this happen will not be easy, especially when there is an apparent demand for certain type of vehicles that seems to attract more customers than others in the eve category. India charging infrastructure demands are unique, considering that the vehicle mix is dominated by 2ws and 3ws, as opposed to 4ws across the rest of the world. Further, many eve users have limited access to private charging, and a robust public charging infrastructure would be critical to enable widespread eve adoption across India, states the pig report. Nitti analog and many private reports have pointed this out. Nitti analog report states that 79% of the eve addition is from the three-wheeler segment, followed by two-wheelers 17% ; the four-wheeler segment contributes only 3% towards the overall eves on the road. According to the report released by Bain & company, the 4w electric passenger vehicles pave segment, which includes passenger cars, utility vehicles, and multipurpose vans, is expected to fall behind the adoption curve. This segment is still expected to account for 15-20 percent of total 4w pave sales by the end of this decade. The value chain understanding the value chain network that provides a multispectral and multistakeholder perspective is key to achieving the objective of more eves on Indian roads. Many firms are committed to working directly with the suppliers supporting this complex value chain. This includes systems integrators and module manufacturers and extends to integrated device

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Surrounding network. It highlights the areas of improvement in the value chain, and one of them is the significant role that poems have played till now in many geographies, including India and how better they can be molded to help hasten eve adoption. Firms that continue to work to find solutions to lower systems costs and improve range, charging time, and battery life via electronic modules and semiconductor technologies can certainly help bring down the taco. The red and human resource a technology platform for electric mobility them set up by the Indian ministry of science and technology is working towards creating centers of excellence and testing facilities. It will be formed as an industry technology consortia to be led by automotive and component companies. Such initiatives are the cornerstone of any progressive nation and encourage innovation programs to support scientific research by academia and laboratories and support new product development by private entities. A firm that understands the electric vehicle infrastructure and can work seamlessly with charge point operators cops and electric vehicle supply equipment eves manufacturers and suppliers at the component, module and system level is a critical player. According to a report by the center for energy finance chef, India has a us$2.9-billion opportunity for the deployment of charging infrastructure, us$12.3 billion in battery manufacturing and us$206 billion revenue opportunity from end-consumer. Such an opportunity is bound to have a multiplier effect on organized and unorganised employment that the eve sector can offer. The government thrust on new technologies at the university-level curriculum, especially electric-based motors, is promising. Early July last year, several Indian institutes of technology its, Indian institute of science disc, Bengaluru, launched new courses on eves and renewable energy, design for the internet of things iota, business and sustainable development through the national programmer on technology enhanced learning note, a joint initiative of its and disc. In 2019, iit-delhi set up a center for automotive research and tribology cart to promote interdisciplinary research in eves, energy storage and other relevant areas. Such a large pool of skilled human resources is an asset for players with plans and investments in the eve charging infrastructure. It is encouraging for the poems, with more than a dozen states in India spelling out their policies, incentives and support. Surrounding network. It highlights the areas of improvement in the value chain, and one of them is the significant role that poems have played till now in many geographies, including India and how better they can be molded to help hasten eve adoption. Firms that continue to work to find solutions to lower systems costs and improve range, charging time, and battery life via electronic modules and semiconductor technologies can certainly help bring down the taco. The red and human resour

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New Zealand, and a plane's Black Box is orange. I scored a perfect zero, which makes me a prime duffer, two exclamation marks and all. Thanks to such verbal misdirection, the more ignorant we remain, the less likely we are to be wrong. Or, as Plato put it, only I know because I know I know nothing. Editor's note: the writer confirms his perfect ignorance by ascribing to Plato the famous quotation from Socrates. This week's historic BJP win in West Bengal brings a rare political alignment between New Delhi and Kolkata that could boost the connectivity agenda and help repair ties with Bangladesh. It offers opportunities for the It was unsurprising that BJP rushed the swearing-in of Bengal's new CM even as Assam will have the same ceremony next week and held it on Saturday on Rabindranath Tagore's birth anniversary. Ever since BJP ousted Trinamool Congress from office, social media has been up in arms. A friend who opposed BJP is so upset, she is pruning her friends list of those rejoicing at the verdict. Defence minister & senior BJP leader argues his party's mission is to restore the greatness of true Bengali heritage Hey nuton, dekha dik aarbaar, jonmero prothomo shubhokshon O new one, show yourself once That little place that looks out is a blessing. It doesn't make family storms go away. It isn't an exit. It's about finding one's emotional equilibrium. This can be the most loving thing to do Suvendu, Vijay have particularly tough jobs to do There was a meme doing the rounds that Bengal's waiting a resignation letter, Tamil Nadu's waiting an appointment letter, and Kerala's waiting to see who's appointed. Now Hantavirus is a nudge to test our pandemic readiness. A cruise ship has become the scene of a deadly virus outbreak, and everyone's on edge. Is another pandemic starting? No. There are many types. By Sant Rajinder Singh The second Sunday in May each year marks Mother's Day, a day to recognise, celebrate, thank, and honour our mothers and all mother-like figures in our lives. There is a By Swami Chinmayananda A spiritual seeker should not try to run away in the very beginning but must court life and plunge into its centre, taking life as it comes good, bad, or indifferent South Mumbai has lately started to feel a little backward, so to speak, because the traffic moves. Jokes apart, last weekend, crossing Colaba Causeway, to get to a dinner, felt like the good old Bengal's long and grim tradition of post-poll violence is on display again. The murder of BJP leader Suvendu Adhikari's personal assistant, shot dead by bike-borne assailants in Madhyamgram, is the darkest shadow so far. Like China's Gaokao, India's CUET-UG is a ticket to some of the country's best universities. With standardized tests and scores, it levels the playing field somewhat for students in, say, Darbhanga and Delhi. She left all of us a priceless legacy together with an equally great responsibility. She was Dadi to

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struggle to engineer. Vaibhav Sooryavanshi has walked into the recent edition of Indian Premier League (IPL) and bent the game around Yesterday's assembly election results are a shot in the arm for BJP. In West Bengal particularly, having thrown everything and the kitchen sink into the fight to oust Mamata Banerjee, it played high-stakes poker and Vijay has been handed something Tamil Nadu has never given a debutant before: a 100-plus-seat mandate, and a likely shot at CM's chair. Voters have been more than kind. The question now is what makes Bengal, a habitual contrarian, have finally succumbed to the attractions of being one of the crowd of BJP-governed states in north India. Apart from Punjab, Himachal and Jharkhand, political geography has changed. Saffron's sweep now Results are out, and they reveal a season of discontent. When three of four large states dislodge incumbents with firm mandates, something's broken on the ground, from east to south, and maybe elsewhere. BJP's eyes. The next phase of India's investing boom is well underway. Millions of investors are entering the markets every month, transaction volumes are rising and access to financial products has never been easier. This transformation has been driven by technology. Platforms have made discovery, transactions and tracking seamless. But as participation scales, a new gap is becoming visible. Investors are entering markets faster than they are learning how to navigate them. The challenge is no longer access. It is decision-making. This is where artificial intelligence has the potential to play a defining role not by adding more features, but by improving outcomes across the investor journey. Today, most platforms are navigating three points of friction. The first is understanding the investor. An investor signing up on a wealth/advisory platform is often faced with a familiar question: Where do I start? Traditional flows rely heavily on basic risk profiling. But two investors with the same risk appetite can have very different goals, timelines and financial constraints. AI makes it possible to move beyond static questionnaires to a more contextual understanding of the investor. By interpreting signals such as cash flows, time horizons and intent, it can help recommend starting points that are more aligned and personalized to real-life needs. For instance, instead of presenting a long list of products, platforms can guide an investor towards a portfolio aligned to a specific goal whether that is for retirement, children's education or buying a home etc. The modern investor has access to an expanding universe of products stocks, mutual funds, ETFs, managed portfolios/smallcases, bonds etc. across geographies. While this is a positive shift, it also introduces complexity. AI can act as a bridge between this expanding product universe and the investor's context. By mapping individual preferences to available strategies, it can help construct a portfolio that is not only diversified

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And even the receiving society have a part to play. A Patna high court judge has been giving government officials a dressing down for appearing before him in workaday casual attire he believes does not conform to the court dress code. Going by the video clips circulating online, the officials are dressed in a regular shirt and slacks; the judge would have them in formal jacket with closed collar. On the matter of formal informal attire in India, there are two schools of thought one that believes, formal official occasions demand formal dressing, which is often heavy and over the top. The other line of thinking, to which I subscribe, is that we need to dump these foreign driven, colonial hangover dress codes, which are not consonant both with our weather and our culture and heritage. I vet essayed my 0.02 or char Anna on this before. It is summer in India, and lashing out at officials for wearing light clothes, which are not in any way disrespectful, seems over the top. Would the judge have had a meltdown if the officials had appeared in a cool white dhoti and karat It would seem so judging by his fury. For that matter, the dress code in our courts itself black robes black jackets for one needs to be trashed. Some years ago, I made the following observation when Nawaz Sharif, at that time Pakistan prime minister, landed in 40 degrees C 100 degrees F New Delhi heat wearing a heavy suit and a necktie. I think the bands can really learn from the Asian bays in dressing down a bit; at least dressing a little lightly. At one of the Asian gigs, they had everyone wearing the Javanese Kat shirts yes, even MMS. Our weather at this time of the year demands a cool white dhoti with full air conditioning and a cool white karat. I hope PM Modi takes the sartorial lead here. My recollection is Sri Lankan leaders dress way cooler. I remember meeting J R Jayewardene wearing a cool white dhoti. Another time, I appreciated Prime Minister Modi wearing a dhoti for a meeting with President Xi Japing in Tamil Nadu. As I noted several years ago in this post, formal does not have to be heavy. Expecting officials to wear jacket tie etc. when temperatures across North India are 40 degrees plus defies common sense. From the archives Choke the necktie; untied we should stand Now that the convocation gown has been stripped of its hallowed status by one of our most prominent public figures, perhaps it time to examine our mindless adoption of another relic of western dress code. It the necktie, that suffocating hangover from our colonial past. At least one has to suffer or enjoy, as some do academic regalia only once or twice in life, typically on graduation day. And there a certain joy in throwing the mortarboard which is what the square academic cap is called in the air, symbolizing freedom.

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I have never quite understood birthdays. It like being a Kardashian for a day. Everyone gives you gifts for just existing even though your parents, and the earth revolving around the sun did most of the meaningful work. Speaking of birthdays, Donald Trump decided to celebrate Kamala Harris birthday by spending some time at her former workplace, and his spiritual abode McDonald. Also, this week, we cover the thaw in Tiger-Dragon relations, a new low for Canada under Trudeau, Indian cricket missing a Pujara-shaped brick, and Musk million-dollar promise. While its true that since the late nineties, Republicans have lost the Kulturkampf to Democrats, the emergence of Trump and MAGA points to a new era where somehow Republicans resonate more with common voters than Democrats. Anecdotally, one has even heard of immigrants preferring Red states to Blue ones given the grand dysmorphia over gender and other such post-material issues on which Dems have bet their party. For Republicans, it certainly helps to have the owner of the world s biggest digital town hall on your side. As for who resonates more with common Americans, we will find out on November 5. Donald Trump decided to celebrate Kamala Harris sixtieth birthday by trying his hands at a McDonald outlet where he looked like he had finally found his natural habitat. Of course, given Donnie run-in with the taxman, he is spiritually a daily wage worker. While liberal mainstream media was impressed, that hardly surprising because if Trump could turn water into wine, he had be accused of tempting alcoholics. Trump McDonald stint had three goals In September 2014, in a moment of glorious spontaneity, a newsreader on Doordarshan referred to the Chinese Premier Xi Jinping as Eleven. Sadly, the avant-garde interpreter of Roman numerals was fired, evoking Bertrand Russell lament about conventional people being roused to fury by departure from convention. A lot of water has flown under the bridge since then, but it would appear there a new thaw in the Tiger-Dragon relationship. Recently, both New Delhi and Beijing have said they have resolved their issues in Eastern Ladakh. However, we should pop the proverbial champagne yet and it won go back to business as usual quickly. As former Ambassador to China Gautam Bambwale explained in his TOI column, the Galwan clash in 2020 strained relations, and restoring confidence will be a two-way process. He wrote recently, the Chief Economic Adviser suggestion of allowing more Chinese foreign direct investment (FDI) sparked controversy, highlighting internal divisions on economic ties with China. This incident sent mixed signals to Beijing, creating diplomatic complications. Despite the potential progress in Ladakh, India will not reverse its previous decisions, such as banning Chinese apps and excluding Chinese firms like Huawei and ZTE from its telecom infrastructure. FDI from China will continue to be assessed on a case-by-case basis, with national security at the foref

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We are stuck in a Chinese curse popularised by his father Joseph Chamberlain which states May we live in interesting times. Given what we have seen so far, the interesting times are set to continue. The Canada Expose Speaking of Chinese influence, the latest revelation in the India-Canada tussle shows that Washington Post so-called leak was actually Justin Trudeau national security adviser and deputy minister of foreign affairs. This is ironic given the Canadian stance on foreign interference, which these days amounts to Trudeau outrage over foreign interference seems selective, as he downplayed China targeting of specific Canadian MPs, brushing it off as just the run-off-the-mill diplomatic manoeuvres seen worldwide. It would appear that someone knows who puts maple syrup on his waffle. It took 12 years, but the Indian cricket team lost a match on home soil recently. The fate of the test appeared sealed when India got all-out for 46 in the very first innings in Bengaluru, which was partly fitting given it the home ground of RCB. India actually batted quite decently in the second innings posting a total of 462 with Sarfaraz Khan scoring his maiden Test century and Rishabh Pant scoring a swashbuckling 99. However, one stat that stood out was the Indian batting line-up facing only a total of 99.3 overs or 597 deliveries. What was missing was a batsman like Rahul Dravid or Cheteshwar Pujara, a player who could grind out balls while someone on the other hand kept scoring. Consider Pujara stoic defence at Brisbane in 2021 that helped India win the series. Pujara faced 211 balls for his 56, simply refusing to get out despite being hit everywhere including his helmet, hand, and other parts of his body. Pujara body was the edifice upon which that Test win was built and helped India retain the Border-Gavaskar Trophy. Sometimes, defence can be the best form of offence, and the Indian team needed a different kind of brick in its wall to prevent the loss. A brick that is Pujara or Dravid shaped. As yours truly has argued, McDonald is much more than a fast-food chain, it an enduring symbol of American capitalism, a nugget in the American story that says that any hardworking individual could through grit and hard work own a joint that fuels obesity and diabetes. America triumph in the Cold War was confirmed by the first McDonald opening in Moscow. Thomas L Friedman, in his 1999 book The Lexus and the Olive Tree, even put forward the Golden Arches theory that states No two countries with McDonald fought a war against each other since each got its McDonald. Of course, like most economic theories it turned out to be wrong. you have to do is sign a petition supporting the First and Second Amendments of the US Constitution that guarantees freedom of speech and the right to bear arms, two things that Americans believe make them the greatest nation on earth. Musk PAC has handed out four million-dollar cheques

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From the rigors of academia. But whoever swore allegiance to the necktie in a country where average summer temperatures are 38 degrees plus deserves to choke. Of course, necktie aficionados, who are a legion judging from reports that India is now the world second largest manufacturer of the accessory, will essay a strangled cry. The tie, they will protest, is as much part of western attire as pants and shirts, and has the latter been absorbed into the Indian wardrobe Neckties, one industry flack recently argued, echoing fans such as Oscar Wilde and A E Housman, is a sophisticated means of self expression and because it serves no practical purpose, it reflects the personality of the wearer. But this can apply to pretty much any accessory like headgear, for instance with the added advantage of serving a practical purpose. In fact, in a country where the sun beats downs on us for much of the year, headgear makes more sense than neckties, which is why we have a rich, indigenous legacy of the most colorful and elaborates purees, topes, turbans and caps anywhere in the world. The story goes that the necktie, which is a descendant of the cravat, came from the Croats hence cravat, although there are claims of Turkish, Hungarian and even Chinese origin. But Indian it is not. It has been handed down to us by foreign hands. That it is an imported accessory is evident from the fact that we had to invent a term to describe it Kant langot, a robe for the neck. Kid you not. While one can understand an occasional shot at the tie full disclosure I last bought a commemorative tie in the Parliament House gift shop in New Delhi for use on special occasions in the US, where neckwear can be helpful in winter, what explains our devotion to this item all year long You see television anchors, even newscasters in regional languages, sporting it all the time; and no self respecting corporate honcho will be tie less not even in the most humid, stifling weather our metropolises are famous for. Mercifully, our political class has long forsaken it, although baking in a band gala in peak summer can be much pleasure. Does formal have to be heavy In fact, while sartorial masochists are suffocating themselves with a slavish fetish for the necktie, many countries are starting to get rid of this largely decorative item. The Japanese government some years back launched a no jacket, no tie campaign to cut down on air conditioning. The Iranians dumped it a long time back as a decadent symbol of western oppression; their friends the Israelis have also rejected it as impractical and unnecessary. Even in the US, neckties are in terminal decline. What was once a 1 billion industry in the mid 90s is down to only around 400 million? On the west coast, tech companies such as Microsoft, Google, Apple and Amazon encourage casual dressing. It helps, they have warmer weather.

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Stretching specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. But even on the east coast, casual Fridays are now the norm, trending towards only formal Mondays. A 2007 report showed that 67 percent of men in the US don wear ties to work. Just how steep is the fall The Men Dress Furnishings Association, which represented American tie makers for more than 60 years, shut down its office couple of years ago. And more recently, a tie fan who cranked up a website neckofstate.com to monitor Obama neckwear he counted 24 different ties in the President first hundred days has had an update since September 2009, as Obama himself has increasingly taken to tie less appearances on many occasions. It all over for the tie, folks; just let it die. Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine it will.

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Be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed food and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. The should aim to set out a coherent approach to India space security interests and outlines measures to make the country more resilient to the risk of disruption to space services and capabilities, enhance our national security interests through space, promote a safe and more secure space environment and enable industry, academia and defense to exploit science and grasp commercial opportunities as well as obtain defense spin offs with a larger view of balancing the asymmetry with potential adversaries. Israel has virtually all existing satellite based multinational disaster management initiatives such as the International Charter, Space and Major Disasters depending upon the ability of the signatories to engage in the rapid tasking of their respective surveillance satellites. In other words, quickly altering the flight patterns of the surveillance satellites in question so they zoom right over a disaster zone is essential to the success of the mission at hand. This could be seen by some as a sensitive undertaking with obvious dual use possibilities. And that ISRO and Japanese Space Agency to have been given the green light to develop in this instance implies that the Indian Army should chip in and increase inter actions with the SDF and build a mutually satisfying defense architecture for joint projects in this nascent field. This can then pave the way for building an Asian military surveillance and space response system, which can also include countries like Japan, Israel already discussed, South Korea, Vietnam and other countries etc. The basic theme has to ensure securing a peaceful Asia and advantage India. This will allow fructification of the Regional Information Grid concept lik

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A transponder or a satellite dedicated to a specific service only is a waste of effort, as there is enough capacity for utilization by the other services too. As single window interface with sir dos. The way ahead in our case is to synchronize the requirements of the services at the ids so as to economize the scarce resources in space and avoid duplication. Thus, there is a necessity of having a single window system with sir for planning our space based capabilities. It is with this spirit, that the integrated space cell disc at the ids was formed in 2005 under the guidance of the author to give a joint vision policy and plans to enable a cohesive and coherent growth of our space capabilities. D disc today needs to be upgraded to the proposed joint space management center jam with enlarged scope, infrastructure, and charter of duties. E Indian unified space command dusk see proposed organizational tree as given at the bottom. The dusk should be raised at least by 2025 2027 the air force claim of an aerospace command under the air force is unjustified and will only further disjoin the three services. The dusk when raised should be the apex operational component of military space assets under the strategic forces command sec, only for operational functions. However, for training and development, it should function the multibillion investment being made in commercial space systems world over can be a windfall to financially strapped military users. The tailoring of these commercial systems to military use and the selection of the best of breed represent a significant challenge, which needs to be exploited in mil space applications to the nasal. Multiple spectra of approaches need to be evaluated, ranging from straight leasing to designing architecture for defense needs. Army thus should earmark some officers for space application type courses as available in the country and if possible, even in the world. The army can draw alliances with friendly countries, for instance Israel. With Israel the cooperation could be in a variety of areas with India, especially the sharing of launch capability and launch sites to overcome geographical constraints along with providing mutual backup of assets and a combined asset base among allies as well as the sharing of space situational awareness. This is possible because all space assets in the polar orbit actually operate globally and have access to the entire surface of the earth. Thus India Israel cooperation in the mil space arena can touch new heights, where India can achieve near real time combat situational awareness net case of less than an hour, as envisioned by Israel in their ongoing effort. The data can be passed in a secured way to an Iosco for further dissemination to the concerned service user. Similarly, India use partnership in space is expanding very fast and also the India France mission to Venus has lot of significance. The following issues need reconsideration. To enable obtaining near real time

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New national security space functional relationships this new organizational structure for national space system development makes it potentially more responsive to the needs of all the services. Key to the new organization is the designation of a new joint architect of space assets model Assam profiles for various contingencies. The army space board should become the steering force and that the existing army space cell is upgraded to army space management agency same co located with the mob directorate. The works jointly with the integrated space agency upgraded from disc at the ids. There is a requirement of an army space joint organization which works under the special space joint procurement organization, who in turn works in coordination with the national space acquisition organization nasal, which should lead the overall national space budgeting resulting in dual use applications and cost effectiveness. A key to the new channels and organization is that all space requirements will go through a joint process at the services and the national level. This new organization affords the potential to eliminate the duplication and conflicts resulting from two separate organizations responsible for complementary but not independent space systems. It should also aid in the transition of emphasis of national assets from strategic support of the top leadership of the government to tactical support of the army. Inter services rivalry need for a unified space command at the heart of this discord lays the fact that today Indian space capabilities within the armed forces remain outside the Indian air force if sense of identity. Historically, even the us military had undergone and experienced turf war amongst services for unilateral control of space assets by the us air force. However, this proved futile and counterproductive. The raising of us unified space command in 1985 was vindication of jointers philosophy. The American experience of the futile inter services rivalry and parochial vision on matters of effectively harnessing and exploiting space capabilities for national security need not be repeated by the Indian armed forces. There should be a top down legislative executive order to enable jointers. More often than not, we have a few nagging doubts about the efficacy of the new system especially at inception or formative stage. The vital reasons for having joint capabilities in matters of space in the Indian context are discussed in succeeding paragraphs. More land centric conflict. In India case the area of conflict is more land centric and not Trans ocean or intercontinental like that in the case of the use. This analogy therefore makes it mandatory that space power projection in India case should also have a direct effect on land operations, islands and sea lanes. This necessitates joint air land sea operations dictating the requirement of Indian unified space command dusk and joint space management center jam wearing a joint operational picture, w

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Trained imagery analysis team from the army may be deployed. The data can be passed on line to the imagery processes sing center, recently inaugurated at Bangalore and then relayed to the depict Iosco whenever raised. This capability of scanning such a vast area can help Indian defense planners in monitoring Chinese activities and perform various military missions during a conflict in the large geographic area of the north east. After signing of the India use foundational agreements on information, India has to ensure that it obtains real time 12 figure grid references of targets on the china border for real time precession engagements of Chinese military assets. The sips should clearly spell out the need for joint Indian unified space command dusk rather than an air force specific command. The command should be placed under the ids cod with linkage to the services and the sec to create the optimum pace power matrix. See diagram below dismissing reports claiming that the finance ministry and the reserve bank of India were planning to introduce the faces of renowned Indian personalities, such as Rabindranath Tagore and apt Abdul Kalama on banknotes of various denominations, rib recently released a statement claiming there is no proposal to replace the face of the mahatma with anyone else on currency notes. Recently, rib had to issue a clarification when reports in a section of media suggested that the finance ministry and rib were mulling the use watermark figures of gourde Rabindranath Tagore and apt Abdul Kalama on a series of banknotes. The reports also added that the samples were sent to kit Delhi emeritus professor deli the shamanic, which was told to choose from the two sets and present them for final consideration by the government. If there is any truth in the veracity of the claim, India will be following the footsteps of the us where portraits of founding fathers such as George Washington, Benjamin franklin, Thomas Jefferson, as well as president Abraham Lincoln appear in different dollar denominations, depicting famous people and personalities on currencies is not only considered to be a mark of respect to them, it also makes us aware of the significant role they have played in shaping our country. Today, adding the watermark of a personality to a currency note has its pitfalls. To begin, there will be a spat on who deserves to be on the banknote, say experts. However, with what is the mahatma monopoly, the scales have always tilted in his favor. Perhaps this is also one of the biggest reasons why many streets, universities, colleges, schools, buildings and parks are named after Mahatma Gandhi they have not faced the winds of change of political fisticuffs, and even managed to hold ground till date. In fact, Mahatma Gandhi road or mg road in short, is one of the most used road names in India be it across towns and metropolitan cities. So, it is with the Gandhi statue. Every state across the length and breadth of.

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India has a Badu statue. So, the debate on the watermark already seems to have a foregone conclusion. Celebrated as the father of the nation since the freedom movement of India, Gandhi will continue to be revered as the most uncontroversial figure head of the country across generations, cutting debate across party lines for generations to come. The ruling party bop, which in conclusion the past has been accused of siding with the assassinator of Mahatma Gandhi has understood it, and has used his clout for political gains, since coming to power. From swatch conclusion brat mission to atmanirbhar brat, the mode government has used the mahatma strategically and has projected him as a personality, who is above any political party, in the process, giving the grand old party run for its money, which till date had considered debate the mahatma as its sole fiefdom. But interestingly, the incumbent government has also liberated the Nehru and the Gandhi from namesake and rewritten history by bringing leaders of caliber like Vardar Patel, entail squash Bose, etc., to the forefront. It has also attempted to celebrate the unsung heroes of the country. Therefore, it came as a surprise when the conclusion move to include the likes of Tagore and other personalities on debate currency notes was put to the backburner. Going by the past record of India, and specifically the recent language war, regional divide, etc., the decision of the central bank looks logical and rational; but it time the country showed its true pluralistic culture and move beyond the mahatma. Introducing faces of eminent personalities would have been a first step and a conclusion landmark decision towards paying glowing tributes to the legends of India. Such a move would have required the mahatma to be replaced by debate others rather they could have been accommodated along with him in various denominations of paper note as well as conclusion coins. Mind you, the new denominations also depict various heritage sites and have been a subject of controversy till date, despite India having thousands of heritage sites. So, going by the skeptics that it would create uproar and encourage regionalism is unfounded. Similarly, new faces could have adorned paper notes in phased manner, for a fixed time frame. It would have served dual purposes eminent personalities from various walks of life would have made onto the list and adequate numbers could have been covered as well. More important, India pluralistic culture would have been represented at the global platform. The rib should rise above ideological differences and rethink its decision. Two years ago, the Galan valley clash came amid a period of intense conclusion Chinese people liberation army activity across different theatres. In March 2020, as who declared covid a global pandemic, Chinese jets intensified drills along the Taiwan conclusion strait. The Liaoning carrier conducted takeoff and landing exercises in the Bahia strait and would later sail

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At one time, say even two decades ago, ailments among those living in India were predominantly brought on by infections. Today, however, that number has been overtaken by lifestyle diseases. According to a recent TOI report by Shiva Rajora, Nearly half the population in India has reported cardiovascular and metabolic ailments such as hypertension, heart disease, diabetes and thyroid, compared with 31% a decade ago. This could be why more people are turning to lifestyle-correcting techniques and practices such as yog, meditation, ahimsa, deep breathing, mindfulness, moderate diet that is mostly plant-based and detox methods to wean one away from substance abuse and lately, from digital and electronic addictions. There is also the disturbing trend where in one day, a particular report exalts certain food items as health enhancers, and another day, the same food items are trashed by another study as being bad for you. The way out of this confusion could be to follow moderation and portion control. Following a stable meal schedule might help, whichever school you follow. But lifestyle-related diseases are not just about food choices. Although it is said 'you are what you eat.' A lot also depends on physical and mental activities that lead to either unhealthy or healthy bodies and minds. Moderate exercise, dancing and walking, are effective ways to burn calories as are routine, manual, household chores. A good diet and regular physical activity may take care of physical health. But mental health is a different ball game altogether. All negative emotions such as greed, jealousy, selfishness, anger, anxiety and stress may adversely impact one's mental space. These also have a bearing on physical health, since body and mind are closely connected and what impacts one is bound to impact the other. Cultivating a positive attitude and outlook is crucial to one's well-being as well as the wellness of others. That is why a holistic approach is important for healing to happen. Mind and body need to be addressed together while trying to figure out treatments, whether in allopathy, ayurveda, Tibetan, Chinese, or any other system of medicine. Very often, it has been found that if the ailment is not of a critical nature, simple lifestyle and attitude changes can work wonders in the healing process. Kindness, compassion, gratitude and selflessness play major roles in improving one's health, for these boost self-esteem, create goodwill. Positive vibrations that create more understanding, less acrimony, come back to you and help achieve harmony in relationships with you and others and with your own self. You can never go wrong with conscious eating, thinking and acting. It is said that you need just seventeen to twenty minutes each morning to set the tone for the day towards holistic good health, it is called the 5-7-5 rule. Start with five minutes of positive affirmations. Meditate for the next seven minutes. The next five or more minutes are dedicated to movement y

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but the cruelty with Somnath is one of its kind as it was razed multiple times. This cruelty with Somnath is not a fantasy but is based on archaeological and historical facts. On the basis of excavation reports of Archaeological Survey of India, the town of Somnath was in existence during 1st century CE and the reports talks about the existence of a temple dedicated to Shiva. This temple was probably built before 5th century CE by Vallabhi rulers. The temple of Somnath was renovated from time to time by various rulers and local persons. The grandeur of the temple and wealth of the town attracted the Sultan of Ghazni to Somnath in the 11th century. According to the historical documents, a local Fakir of the area sent a message to the Sultan inviting him to plunder Somnath. Mahmood of Ghazni along with his army travelled for 42 days to reach Somnath. He entered the town of Somnath in January 1026 CE. When he attacked the town and the temple, local Hindus retaliated. Around 50,000 Hindus were killed by the army of Mahmood. Islamic traveller Al Biruni wrote that when Mahmood entered the temple he saw the massive Siva Linga and ordered his soldiers to destroy it. Some of the fragments of the Siva Linga were sent to Ghazni and were placed on the entrance of the masque so that people can rub their feet on the remnants of the Siva Linga. One more Islamic traveller Farishta also wrote about the incident and according to him the Siva Linga was destroyed by the army of Mahmood on his order and its parts were sent to Ghazni and Mecca-Medina. Mahmood and his army not only destroyed the temple but they also looted a great amount of wealth. According to reports 200 lakhs dinars were looted at Somnath. It is shocking that even Muslim travelers document the plundering of temples but few historians are of the opinion that Somnath was not destroyed by Mahmood. After destroying the temple when Mahmood was returning, he was attacked by a Hindu ruler named Paramdev, but he avoided the conflict and ran away to Ghazni through Sindh. According to the reports of ASI, the temple was fully destroyed by Mitha Khan who was appointed as a Governor by Mahmood while returning to Ghazni. In an inscription of 1100 C. E. It is stated that a ruler named Siddhraj visited the temple and paid homage here. This points towards the possibility that the temple was rebuilt and was in good condition during this time. It is important to note that a Hindu ruler named Bhimdeva reconstructed the temple after the destruction done by Mahmood of Ghazni in the 11th century. The temple didn't remain safe for much time as it was again attacked and destroyed by Alaf Khan during 1292 CE. He was a commander of the Khaljis. Hindu rulers again rebuilt this temple in the very beginning of the 13th century. Inscriptional evidence tells that it

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Viswanathan Amanda Vishy or the new prodigy Rameshbabu Praggnanandhaa Pragg would have played against the SARS CoV 2 virus. With the virus making the initial moves, playing white, would they have moved their black pieces aggressively to vanquish the virus As the virus proved adept at changing its strategy and promoting pawns to powerful variants, would they settle for an honorable draw Even so, they have to be watchful of the agile moves by the microbe and play a strong defence so that the virus does not seize advantage and call checkmate. GoI on Tuesday announced that 1 million people will be recruited by it over the next 18 months, an admission that unemployment is a problem. One million jobs at one time is small help when 5 million people annually join the labour force, which is 430 million strong. Estimates on unemployment level vary depending on whose statistics one agrees with. GoI PLFS puts joblessness at 4.6 for June 2021. CMIE April 2022 data says the rate is 7.4. Even when GoI data for 2022 comes, the gap won change much. Youth unemployment estimates between CMIE and GoI show even wider gaps. Although the period of survey and the age groups covered are not the same, it striking that unemployment in GoI 2020 21 data for the 15 24 age group is 12.9, while CMIE April 2022 data shows 42 for the 20 24 age group and 12.7 for the 25 29 cohort. Some conclusions can still be drawn. There a big youth unemployment problem, unpaid work is increasing, the quality of non white collar jobs is declining, self employment, a desperate choice for most low income earners, is going up and real wages have been falling. That no expert reckons that even an economy growing at 7 can by itself solve the jobs problem shows how much the economy has changed structurally. As an Azim Premji University study showed, over the last decade, the impact on total employment for every 1 percentage point increase in GDP has been just 0.1. India not an outlier either. World Bank studies showed that in most countries the share of manufacturing in total employment dropped between 1994 and 2011, including countries where the manufacturing sector expanded its proportion in GDP. Growing automation will sometimes expand output without adding jobs. But there are two concrete things India can do. First, any obstacle to creating low skill manufacturing jobs needs to be removed. PLIs are not enough. Central or state policies by themselves are not enough. There has to be joint Centre state policymaking. Second, a chunk of manufacturing near future jobs will be high skilled, and only a Centre state combined effort can make skilling India young a reality. If politics won allow such cooperation, politicians should know the future can be dire. Opposition parties, which reckon jobs are a BJP weak point and BJP, which reckons trumpeting official data is enough, are both guilty. After two custodial deaths in as many days.

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An embarrassed Tamil Nadu police has issued an SOP for custodial interrogation. Only last month, six Chennai cops were arrested on murder charges after a 25 year old Dalit man died in custody. Meanwhile, police in Saharanpur, UP, have been caught on camera brutally beating nine Muslim men arrested after Friday rioting incidents. Custodial violence is a colonial legacy but the reality is that generations of Indian politicians and therefore cops have winked at this scourge. India is a rare democracy yet to ratify the UN Convention Against Torture. Laws to deter custodial violence are sketchy: IPC Sections 330 and 331 punish voluntary hurt to extort confession but these are general provisions not specifically targeting violence by police against a person in lawful custody. Through March, April and May this year NHRC registered 52 and 691 cases respectively of deaths in police and judicial custody. Most custodial deaths are blamed on natural causes and cops frequently get away with this, too. Judicial intervention has been very effective. The Supreme Court DK Basu guidelines attempted to safeguard legal rights of accused persons. In recent years, SC has directed complete CCTV coverage of police stations with storage of footage, oversight committees at district and state levels for technical support, and retrieval of footage on torture complaints. Progress is slow. There another issue cameras can just be stationary. India must introduce body cameras for police. Bodices arena a full guarantee against police violence, but they have proven to be a good deterrent. They are cheap and can and must be widely used, with rules for storing data. In some cases, bodices help cops, too, if faced with wrong accusations. But nothing will happen till politicians condone police violence. The government has announced the rollout of the transformational 5G services, which will bring about a revolutionary change in communication with benefits spanning various sectors. Besides spurring economic growth, 5G is essential for industry 4.0, enabling rapid digitalisation in India. A fillip for education and healthcare The pandemic underscored the enabling nature of digitalisation in most sectors, but more so in education and skilling. If one party stages a protest; the other is sure to dismiss it as Noatak base. Congress workers put up a Full House board outside the ED office where Rahul Gandhi was summoned in the National Herald case and BJP Ambit Petra booed it as huge drama. Still, even when it not about theatrics, politics is always about theatre. The hero of this week drama does quite know if he waiting in the wings or occupying center stage. Is he playing his part, or perennially partying All this confusion is making the Congress lose audiences. Sad fate for a party once the Sombhu Mitra of our political stage. Does the problem lie in the Congress symbol itself It is just one imperious hand, not two joined in a Namaste to welcome a diversity of opinion. The trouble is tha

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Systems and riverbanks. Infrastructure development plans should consider climate change to maintain resilience against approaching extreme weather events. Third, sensible urban planning and land use practices must be followed. This would mean avoiding building in flood-prone areas and ensuring natural water flow systems that must be adopted. Urban planning must follow environmental planning. The medical tourism industry in India has been growing steadily over the past few years, and recent data shows that this trend is expected to continue. According to a report by the Ministry of Tourism, India received over 500,000 medical tourists in 2019, generating revenue of over $3 billion. After experiencing a decline in 2020 and 2021 due to the pandemic, the figures have rebounded in 2022 and surpassed the peak of 2019. In terms of arrivals from different regions, according to the Ministry of Tourism in 2021, a significant proportion of visitors from South Asia, specifically 68.4%, arrived in India for medical purposes. This was closely followed by West Asia with 61.1% and Africa with 40.0% of arrivals falling under the medical category. India has emerged as a go-to destination for medical treatment for many neighboring countries. Notably, out of the total arrivals from Bangladesh, a significant majority of 77.6% were seeking medical treatment. Similarly, for Afghanistan, 53.6% of the total arrivals were for medical purposes. The trend continues with arrivals from Maldives, where an overwhelming 85.8% were seeking medical treatment. Lastly, a remarkable 94.7% of arrivals from Iraq were specifically for medical purposes. These statistics highlight India prominence as a preferred destination for medical tourism from various countries in the region. The ministry report also states that the number of medical tourists visiting India has been increasing at a rate of 22-25% per year. This growth can be attributed to various factors, such as affordable cost, quality of treatment, availability of medical facilities, skilled doctors and surgeons, and tourism opportunities. Patients from around the world are looking at India for treatment related to severe ailment and complicated surgeries. A lot of people also consider India as a go to destination for hair transplant and cosmetic surgeries such as liposuction, breast augmentation, rhinoplasty, facelifts, and tummy tucks. These are also few treatments which are attracting patients not only from neighboring countries and Asia-pacific region, but also from other parts of the world including developed nations. The reasons why a lot of people are coming for hair transplant and cosmetic surgeries in India are as follows. Cost: The cost of cosmetic surgeries and hair transplant in India is a fraction of what it is in other countries like the US, the UK, or Australia. It is an attractive option for people looking for quality cosmetic procedures at an affordable price. Quality of clinics: There are plenty of clinics and ho

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Rejected BJP proposal with great arrogance. In Mumbai Municipal Corporation elections voters gave a big blow to Uddhav Thackeray who claimed to have more strength in Mumbai. Bharatiya Janata Party got only 3 seats less than Shiv Sena. Until the 2019 Lok Sabha elections were round the corner, Uddhav Thackeray and all his colleagues continued vicious criticism of each and every decision of the Modi government. Shiv Sena mouthpiece Samana kept criticizing the Modi government with language like calling demonetization a financial massacre. Despite this, keeping the broader perspective of Hindutva in mind, the Bharatiya Janata Party proposed an alliance with Uddhav Thackeray in the 2019 Lok Sabha elections. Hybrid mutual funds have gained significant attention from investors looking for safer investment options amidst global market turbulence. These funds offer a balanced approach by combining multiple asset classes, typically equity, debt, and sometimes commodities like gold and silver. As a result, hybrid funds provide diversification, which helps reduce risk while ensuring the possibility of consistent returns. In August, the assets under management for hybrid funds reached a record high of Rs 8.61 lakh crore, making them one of the fastest growing categories in the mutual fund industry. The key advantage of hybrid funds lies in their ability to balance risk and return. The equity portion provides potential for capital growth, especially when markets are performing well, while the debt component adds stability and lowers volatility. This makes hybrid funds appealing to investors seeking both short-term stability and long-term wealth generation. Another benefit is diversification, as hybrid funds spread investments across different asset classes and within subcategories like large-cap, mid-cap, and small-cap stocks. Active portfolio rebalancing is another feature of hybrid funds, where fund managers adjust the asset allocation based on changing market conditions. This allows for optimization of returns and better risk management. Additionally, hybrid funds offer simplicity, enabling investors to access multiple asset categories through a single fund rather than maintaining separate investments across different funds. While hybrid funds offer numerous advantages, they also carry certain risks. The equity component can be affected by market volatility, and the debt portion is sensitive to changes in interest rates. There is also a reliance on the expertise of fund managers, whose performance can vary based on their ability to make sound investment decisions and manage risks effectively. Fund houses like Nippon India Mutual Fund, ICICI Prudential, SBI, and Aditya Birla offer a wide range of hybrid funds. Nippon India Multi Asset Allocation Fund and the Balanced Advantage Fund, have posted strong returns, with some funds delivering returns of 35.82% and 25.75% over the past year. Hybrid mutual funds offer a unique opportunity for investors to access both

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Person understands that as one can protect himself from the downpour by using an umbrella, similarly, by using an umbrella of spiritual wisdom in sacred texts, a person can shield himself from the onslaught of life challenges by being peaceful from within. The first step in this process is to begin seeing everyone as spiritual beings atma who are part and parcel of the Divine instead of people representing temporary external designations such as gender, ethnicity, nationality, and social status. Srila Prabhupada once said, Any sober man will admit the present need for unifying the whole human society without any consideration of bodily identification so that there may be peace and prosperity on the platform of spiritual identification. The quest for peace often seems elusive because we neglect this fundamental principle and fail to begin with something in our immediate vicinity our consciousness. The Gita informs us that the desires of individuals who identify with their bodies and whose minds are ravaged by envy, greed, anger, and unbridled ambition initially transform into speech and eventually become actions. In the Gita, Krishn instructs us to rest our consciousness in him and know him to be the beneficiary of all our sacrifices, our ultimate well-wisher and benefactor. In such a state of mind, one is free from pangs of misery. In yogic traditions, there are two important concepts: Sadhya, the goal or destination, and sadhana, the path to reach that goal. Our end goal is to uplift our consciousness to the level of sattva guna and beyond by engaging in daily spiritual practices of worshipping and chanting the names of God and associating with similarly spiritual-minded people. Engaging in these practices manifests divine qualities of purity, truthfulness, compassion, forgiveness, righteousness, and control of the senses within. Society, after all, is merely a collection of individual consciousnesses. The more self-contained and spiritually minded people we have, the more peaceful society will be. Thirty-five years is many years but perhaps not a long time in politics. That how long Priyanka Gandhi Vadra said she been campaigning, since age 17. With bruising defeats and rare wins under her belt as poll in-charge in a couple of states, PGV joins the electoral contest via the LS bypoll in Wayanad as a seasoned politician. From her very first campaign step, Priyanka enjoyed a people-connect that Rahul could establish only after walking 4,000km and some. But can PGV expect an easy win? No. Wayanad is no cakewalk even if Rahul won by over 3.6L votes. Tough test for starters, Wayanad is the only seat where even Congress national allies Left Front are rivals. Hers will be the Congress campaign most dissected. Regardless of her popularity, a constituency devastated by a natural disaster demands hard politics. Allegations of graft in relief work chased local govt. But talking graft will surely rake up allegations against her spouse her very own baggage.

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More enjoyable and memorable experience. The Indian government has also recognized the potential of medical tourism and has taken steps to promote it further. The Ministry of Tourism, along with the Ministry of Health and Family Welfare, has launched various initiatives to promote India as a destination for medical tourism. These initiatives include the creation of a medical tourism board, simplification of visa procedures, and the establishment of medical tourism facilitation centres in major cities. Furthermore, India healthcare infrastructure is continuously improving to cater to the growing demand for medical tourism. The Indian government has increased the budget allocation for healthcare, and private players are investing in the healthcare industry. This has led to the development of world-class hospitals and clinics equipped with the latest technology and infrastructure. Overall, India medical tourism sector is poised for significant growth, fuelled by the increasing recognition of the advantages of receiving high-quality healthcare at affordable rates. The country cosmetic surgery industry, in particular, has experienced a remarkable surge in recent years, and this trend is expected to persist in the foreseeable future. Advertising is an indispensable part of the brand-building process. Captivating advertisements can create a memorable impact on consumers minds. Advertising allows companies to promote their products or services and establish a strong presence in the market. Effective advertisements are often characterized by innovation, creativity, and the ability to engage and captivate the target audience. As per a report, the Indian advertising market is anticipated to reach Rest 1,544.07 billion by 2028. Over the years, consumers have been regaled with captivating advertisements have been presented, for instance, Nike Just Do It campaign, Happy dent Palace-Tear Dill Rotan campaign, and Mentos Damage Ki Batty Jala De campaign are some examples of advertisements that demonstrate the power of advertising in creating memorable taglines and messages that resonate with consumers, leaving a lasting impression on their minds. Over the years, advertising has undergone a tectonic shift, adapting to changing technologies, consumer behavior, and communication mediums. From traditional print ads to the digital age, advertising has transformed significantly. In the past, print advertising was dominated by newspapers, magazines, and billboards. Later in the mid-20th century, broadcast advertising took center stage with the advent of radio and television. Companies started creating jingles and captivating commercials to engage consumers through audio and visual means. The digital revolution opened up new avenues for advertising, leading to the rise of digital advertising. Display ads, search engine marketing, and social media advertising became prominent strategies as marketers sought to reach online audiences too. In recent years, personalized adver

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Can manage with only one to slap. Party symbols can also be misleading. The lotus has innumerable petals, but all authority stems from just one man. Totally immersed in theatre. He beguiles with the power of his delivery, bedazzles with his costumes. No one comes even close when it comes to emoting with the audience. No wonder this thespian, like Sohrab Modi, fills the halls like none other. This one man show is clearly a classier act than the one family show, which, despite its professional pedigree, is muffing its lines like a first time amateur. Its director, however, is quite the opposite of the women dittos of other parties. Unlike Mamata shrill or Mayawati overkill, Sonia is understated but never of course under obeyed. The heavens and curtains would fall. Generally speaking, after political actors have trutted and fretted their hour about the electoral stage, some are heard no more. Others blithely switch costumes. Shakespeare, who knew almost as much about politics as theatre, can also be twisted to sum up this bohurupee signifier of both tribes: And one man in his time plays many parties. The goal of spirituality, said Jesus Christ, is to enable human beings to attain life in its fullness. This is the least understood, or most misunderstood, of Jesus teachings. One such misunderstanding is that having life in its fullness means becoming richer. This quantitative fallacy equates life with having rather than being. In this view, one life is godly depending on how much one prospers. This strange notion drives the prosperity Gospel. It appeals to many Christians, though Jesus himself had nowhere to lay his head. The second misunderstanding is that it denotes a safe, secure life, free from all suffering. This too is strange because Jesus is known, and revered, for the unthinkable suffering he endured. Christians worship the Cross and pray for total exemption from suffering, which is strange, to say the least. At any rate, life without suffering caricatures life. It has never existed, nor will it ever exist. The more spiritual among Christians assume that extraordinary spiritual gifts and powers characterise life in its fullness. So, miracle workers and the high and mighty in the religious hierarchy are supposed to be filled with spiritual power and the extraordinary graces that go with it. But, on a closer examination, many of them prove to be pretty ordinary; well short of the spiritual benchmark of life. What then does life in its fullness mean everything depends on how a person understands himself; for one has to seek and attain this state for oneself. One can seek only as per one understanding of oneself. The distorted understandings listed above arose because of a misconception in this respect. We are conditioned to think of ourselves as autonomous and self contained individuals, sharply distinguished from everything else. According to Jesus, we are to attain life in its fullness, not a life of fullness. Seeking the fullness of life is q

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Growth Platforms like YouTube and OTT streaming services will experience significant growth, providing brands with an opportunity to engage the target audience through compelling video content. By creating captivating video content, brands can deliver their message in a more immersive and impactful manner. Influencer Marketing Collaborating with social media influencers with a strong follower base and credibility in their niche will help brands build trust, increase brand awareness, and drive conversions. Influencers can connect with their audience authentically, making them effective brand advocates. Personalized Advertising Brands will leverage data and analytics to create personalized ad experiences, tailoring content and offers based on user preferences and behaviours. Personalized advertising will capture attention and develop a sense of individuality, leading to increased customer loyalty. Regional Advertising To cater to the diverse population of India, brands will increasingly focus on regional advertising. Brands will focus on regional and vernacular advertising to connect with diverse audiences in different states and regions of India. Localized content, language-specific campaigns, and culturally relevant messaging will be crucial for effective engagement and resonate with their target audience in every nook and corner of the country. Social Cause Advertising Brands that align with social causes and effectively communicate their commitment through advertising campaigns can connect with conscious consumers on a deeper level and build brand loyalty. Interactive and Immersive Advertising New technologies like Augmented Reality (AR) and Virtual Reality (VR) will be used to create engaging and interactive ad campaigns, providing users with a unique and memorable brand experience. By integrating AR and VR into their strategies, brands can captivate their audience and leave a lasting impression. Programmatic Advertising Utilizing automated platforms to buy and sell ad inventory will continue to grow. With data-driven targeting, brands can efficiently reach their target audience and optimize real-time ad campaigns. Programmatic advertising allows brands to deliver the right message to the right person at the right time. Voice Search Optimization Brands must optimize their advertising content and strategies for voice search to leverage the rising popularity of voice assistants and smart speakers in India. By embracing voice search, brands can enhance their visibility and connect with users in a rapidly growing medium. Conclusion In 2023, brands that adopt these advertising trends will have an edge against their competitors in the ever-evolving digital ecosystem. By remaining attuned to these trends, brands can create meaningful connections with their target audience and scale their businesses. When it comes to matchmaking, Indian parents heavily relied on traditional routes like referrals from a friend, relative, or even from astrologers and pu

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Fullness of one life. Life is a great deal more than each one of us, and all of us taken together. The notion that we are discreet, autonomous, selves who own their life as in my life is a delusion. We are part of a seamless web of life that extends to the cosmos. This is intuited in the astrological assumption that the configuration of celestial bodies at the time of one birth affects a person lifelong. Ideally, the whole of life should express itself through each individual. One life should mirror life in its fullness. Such fullness embraces everything and everyone. It excludes none. That is why to the spiritually enlightened, there are no strangers and enemies. The Indic spiritual vision of tatami asks, that thou art, adumbrates this mindset. Certainly one of its meanings is that labels of otherness should be inadmissible. The proof, therefore, that we are oriented to life in its fullness is that we feel at one with all human beings; indeed, with the whole of creation. The entire world is my home. Life can be had only in full, for it is dynamic. Just as we cannot breathe in half inhaling alone so also, we cannot live life in part. Restlessness lurks wherever what is meant to be whole is kept in part ness. Like the two halves of an apple sliced in the middle, it will be burdened with the pressures of disequilibrium. Such a state contravenes the law of nature. Only human beings entertain the delusion that they can live as isolated atoms; or that it is an achievement to do so. At the press conference today after a meeting in the national capital attended by at least 17 opposition parties, West Bengal Trinomial chief minister Mamata Banerjee said that they had all decided to choose one consensus candidate for the election of the President of India. The names of Faros Abdullah and Gopalkrishna Gandhi are in the air. But can either of these gentlemen do as well as the 2017 opposition candidate Meira Kumar She polled a record high number of votes for a losing candidate. An equally big news is that NCP chief Sharad Power has turned down the proposal to be the consensus candidate. While he says this is because he wants to continue in active politics, there is also the important fact that the odds are seriously stacked against the opposition candidate winning this July 18 election. With YSRCP and BJD widely expected to vote along the BJP line, the math is quite clearly in favor of the latter candidate, whoever he she turns out to be. But whether or not its candidate wins, let us be clear that the process of putting one up by consensus is important for the opposition. First, politically it is a high visibility stage to showcase opposition unity, which is going to be critical come the 2024 general elections. Some parties like TMC may gain authority on this stage while others like.

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Matchmakers gave distilled information about potential matches catering to their agenda, cantered around getting their limited clients married. On the technology front, new-age matchmaking platforms uncover the possibility of exploring many prospects without limiting what an offline matchmaker offers. Besides this, the traditional matchmaking process involved the transfer of ownership of decision-making. There was an underlying family pressure to go with the options offered by a traditional matchmaker (who could be either a professional or a distant family member, or a neighbour), and given that situation, it was wishful to expect a conventional matchmaker to go out of the way to hunt for matches best suited for you. In addition, the offline world resulted in the reliance only on the matchmaker to know about the potential partner. The emergence of online matchmaking removed the middleman and gave ownership of choosing the right match back to the partner-seekers, something even parents could not say no to. With online matchmaking, one can list everything they want to convey, providing unfiltered information to prospective partners and vice-versa. Furthermore, given the decision-making process, this generation makes its own decisions, which reflects how they choose their partners. The shift from a rudimentary to an individualist approach to decisions and ownership of those decisions attributes to the preference for the online matchmaking route. Evolution of online matchmaking Online matchmaking is almost two decades old. However, it is imperative to know how matchmaking apps that leverage the latest technologies are overshadowing online matchmaking sites apps. Traditional matchmaking websites target parents. They are highly based on conventional matching criteria like age, religion, culture, etc. while progressive ones give the onus to the person getting married. The new matchmaking sites give users decision-making power via suitable communication that resonates with the new generation. In the context of familiarity, new-age matrimony sites try to take the best tech practices from traditional websites and dating apps to keep the sense and comfort of familiarity for the audience that lays trust and keeps their interest intact. Role of AI in Credibility of decision making An AI-backed verification process supplements the new matchmaking apps with a guarantee of authenticity and tries to mitigate the risk of fraudulent activities. It ensures security through multifactor verification processes including government ID verifications as well as sulfide verification processes, thereby helping users stay safe and mitigate the risk of fraud and harm. On the other hand, in-person, virtual, and hybrid meetings happening organically comes with an added risk of not knowing if the person is who they claim to be. Now, AI-backed matchmaking apps have gone beyond matchmaking providing services for weddings and even astrology. The integration of AI in the matchmaking

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It marks 1000 years of destruction of the sacred place and 75th years of its reconstruction. The temple of Somnath is an example of the unbreakable faith of Hindus since centuries. Today after 1000 years the fort of Mahmood is in ruins but the temple of Somnath still stands with glory. Predicting markets, but by improving investor actions. The first phase was about access bringing investors into the markets. The next phase is about outcomes helping them succeed within it. Artificial intelligence will not replace human judgment or eliminate market uncertainty. But it can significantly improve how investors navigate complexity, make decisions and stay aligned to their goals. As India moves towards deeper and broader market participation, this distinction will matter. The real measure of progress is not how many investors enter the market, but how many are able to stay, grow and achieve their financial goals over time. That is where the true opportunity lies. Save forex on fuel and gold, but also push through reforms to accelerate growth PM's appeal to curb fuel use through public transport, and shun gold buying for a year, is timely. Hormuz Strait has Ministers' beliefs lay waste to the goals of school education UP's education minister finds two English nursery rhymes unfit for consumption. He thinks 'Johny Johny' teaches fibbing, and 'Rain, rain, go away' selfishness. So, after a maiden solo trek, a letter to its procreators Dear Aayee and Baba, you will be shocked and delighted to know that I am alive and in a safe haven (hopefully). I have decided that the education ministers of two Indian states recently said some surprising things. One minister from Uttar Pradesh wants to remove the nursery rhymes Johny Johny and Rain, Rain, Go Away from schools. He thinks Johnny The Prime Minister's request to people to use less fuel by taking public transport, and to avoid buying gold for a year, comes at an important time. The Hormuz Strait has been blocked for almost. He's basically preparing the country for tough decisions GOI has to take. Aside from fuel price hikes, there may be some mild curbs. But extravagant poll promises by all winning parties, including BJP, make economic First, Andes strain found on cruise ships is deadly, but occupants, including two Indians, are in quarantine. Second, Hantavirus strains found in Asia aren't big killers. Third, India's disease surveillance is reliable After the pandemic's By Narayani Ganesh At one time, say even two decades ago, ailments among those living in India were predominantly brought on by infections. Today, however, that number has been overtaken by lifestyle diseases. Vijay's entire campaign leading up to the elections has been on an anti-DMK plank. Calling it 'a malign force' (theeya sakthi) and TVK's prime rival he barely took the names of Formalities are over. The new government with Suvendu Adhikari, a relative newcomer to BJP, as Bengal CM, and Dilip Ghosh, die-hard cadre, as number two, has been

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husbands or incumbent politicians. She By Jug Suraiya If you were told that in a cycle of endless recurrence you'd live out your life exactly as it is in every aspect and every event, every pain and every joy, over It was unsurprising that BJP rushed the swearing-in of Bengal's new CM even as Assam will have the same ceremony next week and held it on Saturday on Rabindranath Tagore's birth anniversary. This week's historic BJP win in West Bengal brings a rare political alignment between New Delhi and Kolkata that could boost the connectivity agenda and help repair ties with Bangladesh. It offers opportunities for the Ever since BJP ousted Trinamool Congress from office, social media has been up in arms. A friend who opposed BJP is so upset, she is pruning her friends list of those rejoicing at the verdict. Defence minister & senior BJP leader argues his party's mission is to restore the greatness of true Bengali heritage Hey nuton, dekha dik aarbaar, jonmero prothomo shubhokshon O new one, show yourself once That little place that looks out is a blessing. It doesn't make family storms go away. It isn't an exit. It's about finding one's emotional equilibrium. This can be the most loving thing to do Suvendu, Vijay have particularly tough jobs to do There was a meme doing the rounds that Bengal's waiting a resignation letter, Tamil Nadu's waiting an appointment letter, and Kerala's waiting to see who's appointed. Now President Trump in China: Can two rival superpowers find common ground? Dr. Ashok Sharma is a Visiting Fellow at the University of New South Wales Canberra at the Australian Defence Force Academy and is an Academic Fellow of the Australia-India Institute at the University of Melbourne. His recent roles include Visiting Fellow at the Australian National University in the Department of Strategic & Defence Studies within the Coral Bell School of Asia-Pacific Affairs, and Adjunct Associate Professor at the University of Canberra. There, he was the Head of the South Asia Strategic, State Fragile and Security Program and Conjoint Head of the Indo-Pacific Strategic Issues and Major Powers Studies at the National Asian Security Studies Centre. An alumnus of both Jawaharlal Nehru University and Delhi University, Dr. Sharma's academic journey includes Faculty, Fellow, and Honorary positions at the Australian National University, the University of Melbourne, the University of Auckland, and Victoria University of Wellington, as well as the University of Delhi. Notably, he served as the Deputy Chair of the New Zealand Institute of International Affairs, Auckland Branch, from February 2012 to June 2022. Dr. Sharma, one of the leading voices in the global affairs and security studies, is also the accomplished author of significant works including book titled India's Pursuit of Energy Security: Domestic Measures, Foreign Policy and Geopolitics and Indian Lobbying and its Influence in US Decision Making: Post-Cold War. When President Donald Trump lands

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Congress lose it, but this is necessary experimentation and rejig. Secondly, by putting up a compelling candidate the opposition can grab the narrative and attention. There will be opposition parties that break rank, but those that hold together should come up with the most socio politically riveting candidate they can, to maximize the gains from today shared stage. The controversy surrounding the remarks made by Nippur Sharma, who was till recently a spokesperson of the Bharatiya Jannat Party BJP, did not arise because she recklessly tested the limits of free speech. Yet, many people, including most liberals, seem to believe that the abuse of free speech leads to its descent into hate speech. This is a wrong belief. Her remarks about Prophet Muhammad were the trigger, but not the cause, of the widespread outrage in Muslim countries, and now also among the Muslim community in India. The root cause was the sustained, relentless traducing of and campaigns against Muslims and anything Islamic, be it the Mughals or the monuments made during Muslim rule. Anyone questioning the saffron dispensation opinions and medievalism was maligned as anti national. Propagandas and campaigns have consequences. There have been cases of Muslims getting lynched in the name of cow protection. Violence and discrimination against them have also been reported widely. At the heart of the Nippur Sharma issue is blasphemy. And the question is: should blasphemy be allowed in India, a liberal democracy The short and correct answer is: yes. If it is disallowed, India will have to ban a lot many books and silence every debate on any subject that touches upon religion. To begin with, take the case of Swami Dayananda Saraswati 1824 83. The founder of Arya Samaj was a bitter critic of superstitions and endless rituals that have been the bane of Hindu society for centuries. Prime Minister Narendra Modi extolled him for this reason. In his magnum opus, Satyartha Prakash, Dayananda wrote that idolatry is adharma. Ins it blasphemous from the perspective of millions of Hindu devotees Should Satyartha Prakash be banned and Arya Samaj stopped from disseminating the Swami ideas Hundreds of years ago, Jabir wrote, Laying rock upon stone a mosque is made On this climbs the muezzin to make his call to the heavens, is the Lord deaf then By any reckoning, this is deeply offensive to Islam. He also ridiculed idolatry, saying that if worshipping stones can lead to communion with the Lord, he would worship a mountain. This is offensive to Hinduism. Should such couplets be proscribed Friedrich Nietzsche, one of the greatest philosophers of all time, should also be banned for his visceral disdain for Christianity. In The Anti Christ notice the name of the book, he wrote, among other things, Christianity remains to this day the greatest misfortune of humanity. Also, Christianity also stands in opposition to all intellectual wellbeing. And, Since sickness is inherent in Christianity, it follows that t

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Should Nietzsche books be removed from libraries Should universities stop courses on his philosophy Nobody in the right frame of mind would favor restrictions on the books and teachings of the above mentioned and other thinkers and sages. This is despite the fact their views are blasphemous. If blasphemous comments by great men are acceptable or at least not ban worthy what moral or legal standards can be employed to penalize the lesser mortals for the same The widespread global reaction to Sharma remarks seems to be more against the reported discrimination against Muslims in India rather than on her views. One wonders if similar remarks made by a BJP leader in, say, 2015 would have occasioned such intense response from the Muslims all over the world. The legal standards can be employed to penalize the lesser mortals for the same the widespread global reaction to Sharma remarks seems to be more against the reported discrimination against Muslims in India rather than on her views. One wonders if similar remarks made by a reaction are against hate crimes, not hate speech. For there is no such thing as hate speech. In fact, the very term hate speech is problematic. When someone uses this term, they presuppose their own omniscience, graciousness, and superiority; they alone know what is true, good and beautiful; they, and only they, are blessed with the cognitive faculties to realise satyam sundered. The problem is that such a variety of grandees, many with conflicting viewpoints, exist in the world. From the Left point of view, anything said by a Sanskrit is hate speech; the sanskaris say the same about Left liberals. Whatever I don like is hate speech; there are no objective standards by which hate speech can be defined; it is worse than a flawed concept: hate speech is a non concept. Those decrying hate speech are actually trying to further curtail free speech. But the right to freedom of expression has to be absolute; it cannot be partial, limited by red lines all around. For if red lines are allowed, they tend to proliferate; they also keep moving, continuously squeezing the realm of freedom, to the extent that no such realm is left; only a point remains. And, mathematically speaking, a point is without any dimension; it is notional. Notional like Article 19 1 as of the Constitution: All citizens shall have the right to freedom of speech and expression. A constitutional amendment imposed a number of reasonable restrictions on this right: pertaining to the interests of the sovereignty and integrity of India, the security of the State, friendly relations with foreign States, public order, decency or morality or in relation to contempt of court, defamation or incitement to an offence. Over the years, a variety of other restrictions have also been placed on free speech: anything that allegedly hurts the sentiments of someone or some community can face censorship. In such a milieu, the tirade against hate speech will further curb freedom of expressio

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With the advent of digitalisation, new age technologies such as Artificial Intelligence and Machine Learning have taken center stage. Artificial intelligence has a wide range of applications in businesses, including streamlining job processes and aggregating business performance. Researchers are unsure what artificial intelligence means for business in the future. AI is expected to move digital technology away from the two dimensional screen and into the three dimensional physical environment that surrounds a person. While mainstream society acceptance of AI is a new phenomenon, the concept is not. Artificial intelligence has numerous applications in business. In fact, most of us have daily interactions with AI in some form or another. Artificial intelligence is already disrupting virtually every business process in every industry, from the mundane to the breathtaking. As AI technologies proliferate, they are becoming increasingly important for maintaining a competitive edge. Artificial Intelligence An essential weapon the term artificial intelligence refers to any type of computer software that performs human like activities such as learning, planning, and problem solving. Now businesses have to delve deeper to determine which type of AI is prevalent in business and ways that help to boost the performance of business. Today AI and business Artificial intelligence is generally regarded as a supplement to, rather than a replacement for, human intelligence and ingenuity. Although AI is currently incapable. Although AI is capable of processing and analysing massive amounts of data much faster than the human brain. The artificial intelligence software now can present the human user with synthesized courses of action. As a result, we can use AI to help game out the potential outcomes of each action and streamline the decision making process. Artificial intelligence is the software equivalent of the second coming. It is a type of software that can make decisions on its own and act in situations that the programmers did not anticipate. In comparison to traditional software, artificial intelligence has a greater range of decision making ability. Ways AI helps company to become high performance Boost revenue with product recommendations Artificial intelligence is widely used in product recommendation systems. These are systems that use advanced data analysis techniques to recommend products or information to users. We see many product recommendations in a day if a business operates online. A product recommendation, whether on an ecommerce website, in advertisements, or in emails, aims to facilitate purchase decisions by assisting customers in finding products that meet their needs. Many factors, such as a customer purchase history or the behavior of similar users, can influence the recommendation. Catboats to improve customer service A Chabot are software that simulates human conversation with users via websites, mobile apps, phones, and other similar pla

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Prefer applicants tailored to their needs. As a result, many organizations are turning to AI and ML to help them acquire the right talent for the job. With the advancement of these technologies, companies are now able to recruit more efficiently. In fact, companies can examine candidates technical ability using applications like Filtered, which generates auto, generated coding problems. With the continuous expansion of the segment, there is a rampant need for more skilled individuals. IT services and product services as a common misconception, jobs in the tech segment are not just about coding and developing applications. With continuous technology advancement, it has now expanded to the gaming industry. Designing and developing games is one of the fast growing industries. This has resulted in mushrooming of gaming companies across India. As a result, there has been a rise in software developer job opportunities in metro cities, including Mumbai and Bangalore. Final word with increasing opportunities in the above mentioned sectors, an individual can easily opt for a well paying domain specific IT job. While it is easy for professionals to transition their field mid way through their careers, fresh graduates can select their area of interest within the IT segment. They can further gain expertise and specialize in a particular in demand technology that is essential for a specific domain. While core technical skills like writing code, evaluating frameworks and practicing source control are essential for those developing software, skills like creativity, problem solving, critical thinking, management, etc., are crucial too for robust career growth. Aspiring professionals need to select a domain for equipping themselves with industry relevant skills. All in all, selecting the right technology and domain is essential for setting career goals and achieving professional success. The growing, aging population has increased the risks of many diseases, especially non communicable diseases such as cancer. Kidney cancer is among men and women 10th most common cancers. Overall, the lifetime risk for developing kidney cancer in men is about 1 in 46 (2.02), and for women is about 1 in 80 (1.03). Kidney cancers are one of the cancers where the risk increases with age. Among other risk factors for kidney cancer are tobacco use, heredity, obesity, and high blood pressure. Recipients of long term dialysis for treating chronic kidney failure are also at greater risk. Kidney cancer has been on the rise over the past several decades. It begins when there is an abnormal growth of cells in kidney tissue. These cells triggered by certain factors change and divide out of control and form a mass called a tumor. What are the types of kidney cancer renal cell carcinoma (RCC) This is the most common form of kidney cancer in adults. Cancerous cells typically develop in the lining of the kidney tubules (tiny tubes that return nutrients and fluid to your blood). Cancer may affec

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They are one of the most promising trends in the fields of user interface and customer experience. Create the best content marketing strategy Content marketing is a marketing technique that utilizes valuable content to garner, engage, and delight customers. Blogs, social media posts, podcasts, videos, info graphics, white papers, case studies, e books, how to guides, webinars, email marketing, and other forms of content marketing exist. Artificial intelligence is playing an increasingly important role in content marketing. Automation implements algorithms to analyze the existing information and devise the most effective content marketing strategies. AI assists in the creation of high quality, high ranking content. There is a lot of work AIs can do for your business and marketing, from discovering keywords to planning and creating great content, distributing and optimizing blog posts, and scheduling social sharing. Many businesses take their marketing campaigns to the next level by offering high quality blog content, etc. Exponential cyber security Cyber security is critical in a variety of industries, including retail, consumer goods, automotive, utilities, and telecommunications. A business may face a variety of threats, including identity theft, account takeovers, and vindictive ransom ware strains. AI software can handle cyber security in a variety of ways, including vulnerability management, phishing detection, Network Security, behavioral analytics, prevention control, and so on. Save time and reduce costs Businesses can use artificial intelligence technology to digitise a variety of processes, free up employees time, and enhance productivity. By automating routine tasks, businesses can achieve greater output in less time and at a lower cost. AI can help your company operations run more smoothly and efficiently, allowing employees to focus on more important tasks. By automating some of their less important and time consuming tasks, AI has the potential to save them time. Bottom line! Artificial intelligence is not exclusive to global tech titans and industry behemoths. AI is for any forward thinking company that seeks to grow and strives to become high performance. Artificial intelligence has the potential to revolutionize the way individuals run business by enabling them to make better decisions faster. With the rapid advancement in technology, job opportunities for engineering graduates have increased multi fold. In FY2022, the Indian IT sector created more than 5,00,000 jobs, which is almost double the projected net growth last year. As companies undergo digital transformation, the in demand IT roles are increasing. However, with emerging new age technologies, job titles are continuously changing. Most positions focus on futuristic advanced technologies like virtual reality (VR), artificial intelligence (AI), and the Internet of Things (IoT), among others. For fresh engineering graduates, it is the right time to select the right domain an

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Has thrown such a varied choice of persons who occupied leadership positions. We have examples of Mao, Lenin, Stalin, Churchill, Mahatma Gandhi, Nehru, Franklin's Roosevelt, Hitler, Thatcher, Blair, Mrs Indira Gandhi, Gorbachev, Atal Vajpayee the list is endless. Note that in this list of Leaders, the existing Heads of Government of various nations are not considered. A deeper study of the names mentioned above would reveal the following personal traits of the Individuals as Leaders Mohandas Gandhi, Jawaharlal Nehru and Indira Gandhi developed a cult following. Everything supposedly happened only because of them. Gandhi was credited with India Independence. Nobody else revolutionaries, writers, philosophers, publications, etc were given any worthy credit. All credit went to Gandhi and then to the Congress Party. Nehru was credited with India being a functioning "democracy" and for laying the foundations for democratic functioning. Indira Gandhi credited with the liberation of Bangladesh. The problem with Personality cult is that while you get credited for lots of events over time you also get blamed for a lot of events. Gandhi and Nehru not standing firm that India will not be partitioned will always be held against them. In fact after India Independence, Gandhi to those in power became a nuisance to be tolerated. Nehru will always carry the weight of not settling the Kashmir accession to India issue (other princely states merged beautifully). His China policy is blamed for the China war which humiliated India, loss of India territory and constant friction with China that we continue to have. In fact, the failure of his China policy pushed him to early death. Indira Gandhi is today blamed for events in Bangladesh. Many feel that we should never have truly gotten involved in the East Pakistan events. Punjabi culture should have been allowed to overwhelm Bengali culture. Today, Bangladesh thinkers are talking of an axis with Pakistan to control India. Two of Mother India children talking of controlling the Mother and Religion could win over culture it becomes clear that one can be a Great War time leader but a poor leader in peace. Churchill term being prime minister of UK can be split into 2 parts PM of UK for a nation at war and giving them the mental stamina and strength to fight and being PM post war and negotiating the peace. He was excellent in the first part and a total failure in the second part. In the second part, he was reduced to the Role of a conniving and cunning politician Tony Blair and Atal Vajpayee are classic examples of individuals rising and leading in situational circumstances. Thatcher took control of UK when it was felt that UK was in decline and becoming the equivalent of a third world developing Nation. Tony Blair was to recast the Labour Party away from the power of organized Unions and give it a more expanded political base. Atal Vajpayee was to prove that coalitions can succeed in India by being the first PM in decades

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And power but change forced them to give way to others. It is therefore clear that Leadership can be viewed from multiple lens and prisms. Sometimes, Leaders are not ready for the Change (Gorbachev) that they should see coming. The Indian Leadership of Gandhi Nehru Patel should have worked on controlling the demand for partition. They were outfoxed by the British authorities and Jinnah. Even the path forward of leading the Independent Nation forward was not properly thought out. The Nehru personality cult was to result in economic policies which slowed us down and gave the Bureaucracy an upper hand. The Bureaucracy thinking did not change. They continued to believe they were Rulers instead of being Facilitators and Executors of policies. Biggest failure of Indian Leadership is giving in externally and not imposing on Bureaucracy internally. View on Leadership evolves over time. A supposed Great Leader two decades down the line may face severe criticism. Leadership must always be evaluated, judged and pondered on. We Indians make the mistake of thinking that Leaders cannot be criticized. A seemingly innocuous store lies there. It is very easy to miss it, but for over 70 years, NBD has been at the forefront of producing medical textbooks and reference materials that cater to the diverse needs of doctors, students, and healthcare professionals. It is extremely hard to find a medical student in Mumbai who has had brush with NBD. From its early beginnings, the focus has always been on crafting publications that uphold the highest standards of accuracy and depth, ensuring that they remain indispensable resources for medical education and practice. Over time, NBD catalogue has expanded, covering a wide range of medical disciplines and providing comprehensive, authoritative content for every level of expertise. The true strength of NBD lies in its ability to remain relevant through the decades, consistently updating its publications to reflect the latest advancements in medicine. This commitment to staying ahead of the curve has earned it a reputation for trustworthiness and reliability within the medical community. NBD textbooks have graced the shelves of medical schools, hospitals, and private practices across the country, becoming essential reading for those seeking to build a solid foundation in medicine. To advancing medical education is reflected in its diverse catalogue of publications. Each textbook is crafted with precision, carefully curated to meet the needs of students and professionals at every stage of their careers. From foundational textbooks to advanced reference materials, NBD publications have become indispensable tools in medical education, shaping the knowledge and expertise of countless healthcare professionals. NBD impact on medical education extends beyond the printed word. In recent years, the publishing house has embraced digital innovations, making its materials more accessible to students and professionals alike. This forward-

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Prefer applicants tailored to their needs. As a result, many organizations are turning to AI and ML to help them acquire the right talent for the job. With the advancement of these technologies, companies are now able to recruit more efficiently. In fact, companies can examine candidates technical ability using applications like Filtered, which generates auto, generated coding problems. With the continuous expansion of the segment, there is a rampant need for more skilled individuals. IT services and product services as a common misconception, jobs in the tech segment are not just about coding and developing applications. With continuous technology advancement, it has now expanded to the gaming industry. Designing and developing games is one of the fast growing industries. This has resulted in mushrooming of gaming companies across India. As a result, there has been a rise in software developer job opportunities in metro cities, including Mumbai and Bangalore. Final word with increasing opportunities in the above mentioned sectors, an individual can easily opt for a well paying domain specific IT job. While it is easy for professionals to transition their field mid way through their careers, fresh graduates can select their area of interest within the IT segment. They can further gain expertise and specialize in a particular in demand technology that is essential for a specific domain. While core technical skills like writing code, evaluating frameworks and practicing source control are essential for those developing software, skills like creativity, problem solving, critical thinking, management, etc., are crucial too for robust career growth. Aspiring professionals need to select a domain for equipping themselves with industry relevant skills. All in all, selecting the right technology and domain is essential for setting career goals and achieving professional success. The growing, aging population has increased the risks of many diseases, especially non communicable diseases such as cancer. Kidney cancer is among men and women 10th most common cancers. Overall, the lifetime risk for developing kidney cancer in men is about 1 in 46 (2.02), and for women is about 1 in 80 (1.03). Kidney cancers are one of the cancers where the risk increases with age. Among other risk factors for kidney cancer are tobacco use, heredity, obesity, and high blood pressure. Recipients of long term dialysis for treating chronic kidney failure are also at greater risk. Kidney cancer has been on the rise over the past several decades. It begins when there is an abnormal growth of cells in kidney tissue. These cells triggered by certain factors change and divide out of control and form a mass called a tumor. What are the types of kidney cancer renal cell carcinoma (RCC) This is the most common form of kidney cancer in adults. Cancerous cells typically develop in the lining of the kidney tubules (tiny tubes that return nutrients and fluid to your blood). Cancer may affec

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Is positive thinking an inherent characteristic of a person or can it 69 be developed in one psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases self confidence. The bladder connect to the main part of the kidney. Renal sarcoma this is a rare type of kidney cancer that develops in the connective tissue of the kidney and, if not treated, can spread to nearby organs and bones. Wilma tumor this is the most common type of kidney cancer in children. The tumors are usually in one kidney but can be in both and tend to be very large when found. A silent cancer Kidney cancer often is diagnosed until it has begun to spread. Patients may have no symptoms in the early stages, and cancer may grow silently. As the tumor grows, symptoms may begin to appear. Blood in the urine is seen and may appear pink, red, or even black. Kidney cancer is usually not painful unless the tumor invades adjacent areas or obstructs urine outflow. At later stages, persistent pain in the back and side can also develop. Unexplained weight loss, a loss of appetite, fever, and tiredness are also a cause of concern It is.

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Stretching specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Important to know that, as per emerging data, kidney cancers are seen more in younger men. Diagnosis of kidney cancers Diagnosing kidney cancer can be challenging in patients who don experience symptoms. Imaging techniques such as computerized tomography (CT) scans may lead to accidental detection of kidney cancers. In addition, imaging studies such as MRI, ultrasound, and PET scans can help understand the issue more and in staging cancer. Renal tumor biopsy is not needed to diagnose kidney cancers; they are diagnosed on CT scans. Most of the complex cysts seen on solography need a CT scan to ascertain if it is cancerous or not. Treatment and management Factors that decide the treatment plan include the type and stage of kidney cancer, other diagnostic test results, overall health, and the patient preference. The standard options include surgery, targeted therapy, and radiation therapy. There is no chemotherapy available for kidney cancer. Nowadays, advanced keyhole and robotic surgery have improved outcomes significantly. Also, for small tumors, Nephron sparing surgery is done, in which only the tumor is removed, and the kidney is left behind. This is especially important in patients with a single kidney or kidne

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Summit has been noticeably conciliatory. Repeatedly praising his excellent relationship with Xi and describing the Chinese leader in warm personal terms, Trump appears eager to revive the style of leader-to-leader diplomacy that characterised parts of his first presidency. Yet beneath the diplomatic warmth lies a highly competitive strategic reality. The United States and China remain locked in a long-term geopolitical rivalry over trade, technology, military power, regional influence, and the future architecture of the Indo-Pacific order. The central question, therefore, is not whether Trump and Xi will appear cordial in public. The real question is whether the summit can produce any meaningful stabilisation in one of the most consequential rivalries of the 21st century. Trade will undoubtedly dominate much of the discussions. Trump's first presidency fundamentally altered American policy towards China by launching a sweeping tariff war and openly challenging Beijing's economic practices. Since then, economic tensions between the two countries have expanded into technology restrictions, supply-chain competition, export controls, and efforts to reduce strategic dependence on Chinese manufacturing. Yet despite years of economic confrontation, neither side has been able to disengage fully from the other. The current visit takes place against the backdrop of what many analysts describe as a fragile trade truce. Both Washington and Beijing understand that continued escalation would carry enormous economic costs at a time when the global economy remains vulnerable to inflationary pressures, disrupted supply chains, and slowing growth. Trump's delegation itself reflects this reality. The inclusion of major American business leaders signals that economic interests continue to exert enormous influence on US-China relations despite strategic competition. However, expectations of a grand trade bargain should remain modest. Structural differences between the two countries remain unresolved. Washington continues to accuse Beijing of unfair trade practices, industrial subsidies, intellectual property concerns, and state-driven economic policies. China, meanwhile, views many American restrictions particularly in advanced technology and semiconductors as deliberate attempts to contain its rise. What is more likely to emerge from the summit is a tactical stabilisation rather than a transformational agreement. Trump's approach appears increasingly transactional: reducing immediate tensions, extracting selective concessions, and creating space for economic predictability without fundamentally altering the strategic rivalry itself. Beijing may welcome temporary stability, especially given domestic economic pressures, but Chinese leaders are equally aware that long-term competition with the United States is unlikely to disappear regardless of short-term diplomatic atmospherics. At the same time, the Iran issue may prove to be one of the most strategically sensitive

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This dynamic reflects a broader feature of contemporary great-power politics. Even as the United States and China compete intensely in several arenas, they also recognise the necessity of selective cooperation in areas where instability could harm both sides. Iran may therefore become an example of limited strategic convergence amid wider rivalry. Yet no issue symbolises the dangers of U. S.-China tensions more than Taiwan. The Taiwan question remains the most volatile and potentially explosive issue in bilateral relations. For China, Taiwan is inseparable from questions of sovereignty, nationalism, and territorial integrity. For the United States, Taiwan has become central to maintaining strategic credibility and balance in the Indo-Pacific. Recent reports suggesting that the Trump administration has slowed or reconsidered some defence-related arrangements involving Taiwan have generated intense debate internationally. Some observers in Beijing may interpret this as evidence that Trump is seeking a more conciliatory approach towards China in exchange for economic cooperation or diplomatic flexibility on other issues such as Iran. But such interpretations may be overly simplistic. Trump's foreign policy instincts have historically been highly transactional and flexible. Tactical moderation on Taiwan does not necessarily mean a fundamental shift in America's broader Indo-Pacific strategy. Indeed, the larger American strategic establishment including Congress, the Pentagon, and America's regional allies continues to view China as the principal long-term challenger to US primacy in Asia. From Beijing's perspective, Washington's Indo-Pacific strategy still represents a containment framework designed to constrain China's rise. The strengthening of the Quad, the expansion of AUKUS, deepening military cooperation with Japan and Australia, and increased American strategic engagement with Southeast Asia are all viewed in Beijing as components of a broader balancing strategy against China. Consequently, even if Trump adopts softer rhetoric and seeks temporary stabilisation, China is unlikely to conclude that the United States has abandoned its long-term strategic competition with Beijing. The larger reality is that US-China rivalry has now become structural rather than temporary. Over the past two decades, China's dramatic economic rise, military modernisation, technological ambitions, and growing assertiveness in the Indo-Pacific have fundamentally altered the global balance of power. The United States, in response, has gradually shifted from engagement to strategic competition. Trump's Beijing visit therefore should not be viewed as an attempt to end rivalry. Rather, it is an effort to manage rivalry without allowing it to spiral into direct confrontation. Both Washington and Beijing increasingly recognise that complete decoupling is unrealistic and that sustained instability between them could damage the global economy and international order alike. For

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In today global economy, translating an idea from the mind to the marketplace takes creativity, knowledge, technical expertise, passion, and innovation. These elements fuel productivity, power economic growth, and foster a hospitable environment for startups and support small businesses. The cornerstone for this process is robust and enforceable intellectual property IP rights including patents, copyrights, geographic indicators, trademarks, and trade secrets. These rights protect the fruits of creativity and innovation, empowering individuals and businesses alike to profit from their efforts. Moreover, IP rights serve as a catalyst for turning intellectual assets into valuable resources. They attract international and local investments and pave the way for a growing economy. Given their immense significance, IP rights should be a priority in economic development plans for the government of India as well as other key governments and business leaders. Importance of a robust IP framework for India A robust and trustworthy legal structure for IP rights is vital to attract the investment needed for growth. A strong IP legal framework will benefit India in several ways. First, it will attract capital. Reliable IP enforcement is vital for startups seeking venture capital. Research indicates that companies with strong IP protections are more likely to attract funding. Investors prefer businesses in countries with effective IP safeguards, as it assures investment protection. Moreover, a robust IP system boosts a country global competitiveness by promoting advanced technology development and a conducive business environment. Second, it will foster innovation and creativity. IP rights, like patents, copyrights, and trademarks, give creators temporary exclusive control over their works or inventions. These rights allow individuals and businesses to invest in research, development, and new product creation that might otherwise be too risky or expensive. A robust IP framework prevents unauthorized copying, fosters innovation and entrepreneurship, and is critical to the largest and most influential industries across India prone to imitation, such as pharmaceuticals, biomedical technologies, software, and entertainment. Third, it will promote traditional knowledge, collaboration, and know-how. Perhaps most importantly, in our tech-driven era, a robust IP system is crucial to promoting technology transfer and collaboration among businesses, research bodies, governments, and academia. Licensing agreements safeguard these exchanges, partnerships, and collaborations, ensuring the secure transfer of knowledge and expertise. This, in turn, enhances knowledge dissemination, innovation, and technology adoption, directly boosting economic productivity and societal welfare. It will enhance the benefits of international trade. Countries with robust IP frameworks are better positioned to secure better trade deals and guard against unfair competition. Adhering to global IP

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India can expand its already rich cultural heritage especially in media, entertainment, and sports. The creation of a truly knowledge-based, innovative economy may also help reduce India reliance on commodity exports and diversify its economic base. To keep growing its economy and global influence, India should continue to take steps to enhance its IP framework by updating copyright law, creating a framework to protect trade secrets, and enforcing these protections. Recent events have refocused the global economy as evidenced by the realignment of supply chains. India stands to benefit from these developments as it expands its manufacturing base. To ensure its success, the Indian government should pursue those policies needed to ensure the long-term growth required to fuel future prosperity. A growing India will benefit its citizens and contribute to global stability. This will only happen if India continues to enact policies that value innovation and protects its creators. Our shared prosperity depends on it. Up skilling has become indispensable to career growth in today fast-paced world, where technological advancements, evolving industry dynamics, and shifting employer expectations significantly influence the job market. While the pandemic has brought uncertainty to businesses and signaled an unpredictable future, it has also opened up new opportunities with the advent of technologies like artificial intelligence, machine learning, and big data analytics. As we witness the technological revolution of Industry 4.0, students now have the need and opportunity to empower themselves, learn new skills, and equip themselves with fresh and exciting capabilities. The process of acquiring new skills and relevant competencies required for the evolving work environment of today and the future is known as up skilling. The widespread digitalization is transforming industries, and in this digital age, students and organizations must adopt a growth mindset and purposefully engage in practices that enable them to acquire or improve technical skills, keep track of industry trends, and pursue advanced certifications. Although the global pandemic has negatively impacted job security and led to a significant reduction in the global economy, history has shown that periods of prosperity often follow global pandemics and major disasters. By acquiring new skills, students position themselves favorably to take advantage of a stronger economy when it emerges. With increased automation, low-skill and manual jobs are being replaced by technological advancements, creating a pressing need for students to up skill and reskill. Organizations will be actively seeking students with specialized skills to meet their specific needs. In a highly competitive job market, identifying in-demand skills in particular industries and investing in up skilling will greatly benefit job candidates. Fostering professional development by offering specialized courses and up skilling opportunities

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Firefly and Teleport can help do precision robotic surgery and save the kidney. With this approach, the patient can be discharged in two days and resume work in a week. Patients can also receive immunotherapy, which boosts the immune system to fight disease. Surgery includes the removal of the organ with the tumor. Targeted therapy incorporates certain drugs to improve outcomes in kidney cancers in advanced stages or spread to other body parts. Pain management is an integral part of the process. Reducing risk and improving outcomes a diagnosis of kidney cancer can be overwhelming for patients and their families. Like most cancers, kidney cancer treatment at an early stage is essential to improving outcomes. Access to regular health checkups also helps to detect kidney cancer at an earlier stage. The growing burden of kidney cancer can be addressed by targeting the modifiable risk factors, including smoking, obesity, poorly controlled hypertension, diet and alcohol, and occupational exposures. The fashion industry is complex with about 3,400 million in the labor force. With the demand for fashion increasing significantly, many countries have become major exporters of apparel. India is the 2nd largest exporter of apparel across the globe. The global fashion industry values about 3 trillion and continues to display a positive growth. The industry witnesses 3000 billion textile and garment companies making their way in the market each day. So, if you are interested in high fashion, mass market or ready to wear garments, as a fashion designer student you need to have the skills to thrive in the industry. In today fashion industry you need something more than creativity and artistic abilities. These skills will guide you towards your goal of becoming a fashion designer in an industry that contributes to 2 of the world GDP. Artistry and imaginativeness Having artistic ability and vivid imagery for unique designs is one of the most important skills for a fashion designer a student of this field should intake. Portraying your art through unique designs require artistic and imaginativeness and to do so every fashion designer should work hard on their sketching skills as being a sketch artist is the first step to portray the draft design into work of art. Business astuteness To become a successful fashion designer in true sense you should have the skill to maintain the financial quota of your business as well. It important as a student of fashion designing to understand of entrepreneurship works and how marketing, finance and sales play a key role in the business. Creativity is one aspect of success however an adequate knowledge of business sense is required to attain the desired materials and to avoid running out of the set budget. Communication skills As a fashion designer student, you should remember to give your desired outfit a complete look various accessory, jeweler, footwear materials are needed which can only be provided by doing collaborations wit

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Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. Fashion designer to a new level. Sharing your ideas, collecting views and criticism go hand in hand with proper and appropriate communication method. Developing healthy and professional communicational skills is very important for a successful career life. Enthusiasm in trends keeps changing and so are the demands of the people. As a student pursuing fashion designing it is important you keep a keen eye on the changing and growing demand of the audience you wish to cater to. Those stable artists whom you consider competitors are also a source of immense knowledge so it is equally important to learn and observe the way they interpret their design and creativity into changing trends and develop a set pattern of skills. Collaborative and team skills Team skills become very essential as a fashion student. There much more than just designing a garment when it comes to fashion designers like researching, marketing, managing, and so much more. This requires a team with people who can handle problem solving, address issues, collaborate with each other. You need to know how to work as a team, how to interact with every team member in your team. Impressive needlework as a fashion designer, sewing becomes a fundamental and one.

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New ideas, tackle challenging tasks, and effectively manage their time. By adapting to changes in the workplace and preparing for future uncertainty, students can thrive. Additional benefits of up skilling include delivering higher quality results and cultivating a culture of learning that is adaptive to the ever-changing employment landscape. Students must take the initiative to continuously learn, treating it not as a one-time activity but as a dedicated practice throughout their professional journey. To start, students should make efforts to stay informed about market trends. This can be done by reaching out to mentors and industry experts, following employment and career websites, researching market data and industry reports, and paying attention to frequently mentioned skills. Seeking advice from hiring professionals and employers who can provide specific insights is also valuable. On an individual level, students need to prioritize their up skilling and define a clear path for progress. Setting realistic timelines, building a network, identifying opportunities, creating a learning plan, seeking mentorship, and welcoming feedback are all crucial steps to ensure competitiveness in the current job market. As digital transformation accelerates and the nature of work continues to evolve, both students and employers must embrace opportunities for learning and development. Up skilling platforms will play a crucial role as students of today embrace lifelong learning as a habit that propels their professional growth. In recent years, India has emerged as one of the most vibrant startup ecosystems in the world. In 2021, we saw a record number of startups being founded in the country, with over 14,000 new registered businesses, which has only doubled since then. This growth is driven by a number of factors, including a young and growing population, a rising middle class, and a government that is increasingly supportive of homegrown entrepreneurs. However, there is one key element that has acted as a catalyst and fueled the growth of the Indian startup ecosystem; the rise of startup incubators. Startup incubators are uniquely placed organizations that provide early-stage startups with a range of resources and support, including office space, mentorship, and access to funding. This support can be invaluable for start-ups, as it can help them to navigate challenges that new ventures face and overcome them. Today, there are a number of successful start-up incubators operating in India, and many among them have received support from Central and state governments. Some notable start-up incubators include CIIE, SINE, Rid, PSG STEP and Venture Center Pune who have seen a number of successful companies emerge and even turn out to become Unicorns. One cannot stress enough about the benefits that start-ups can derive from participating in a business incubator program. Some of the more prominent ones benefits include: For centuries, beauty standards have been str

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Violent protests erupted in parts of India Hindi speaking belt against GoI new recruitment scheme for the military, Agni path. Frustrated young men from key catchment areas for the military setting trains on fire is a symptom of the jobs crisis in the country. This crisis is particularly acute among young men. CMIE April 2022 jobs data showed for males in the 15 19 age group, unemployment was 50, and 38.7 for the 20 24 cohort. Unemployment was as high as 76 for the 15 19 cohort in Bihar, the epicenter of protests. Losing one long term job option is a big blow to these young men. But that cannot be a reason to postpone Agni path after its announcement. As this newspaper and others have argued, the military has a pension problem. A parliamentary committee report in 2020 said there are 3.2 million defence pensioners, with about 55,000 added annually. In 2010 11, pension outgo was 19 of total defence expenditure. In November 2015, OROP was introduced. By 2020 21, pension outgo rose to 26 of defence expenditure. The fallout of pension rising share is a corresponding decrease in expenditure to buy new equipment. A comparative study of defence pensions by the Menorah Paprika Institute of Defence Studies and Analysis is insightful. The US in FY 2018 set aside 10 of the defence department total expenses towards pension. In the UK, the pension outgo in FY 2019 was 14 of the total defence spending. Given the lopsidedness in resource allocation in the Indian military budget, something had to give. Ideally, the approach should have been to prune intake and raise quality standards. However, political considerations seem to have played a role and a workaround was conceived to meet multiple aims. Having decided on Agni path, GoI should have anticipated the anxiety and pre emptied it. Post announcement assurances of job preferences in paramilitary or police, or bank loans for potential entrepreneurs are inadequate to assuage youth who see the military as a career that meets aspirations. In this context, GoI needs to quickly design a more effective package to help demobilised Agni veers transition to civilian life. One reason why the US is able to keep pension costs down is that it takes 20 years of service to be eligible for a pension. It possible because America is more effective in employing former soldiers. That what young men of the Hindi heartland want too. IPL media rights e auction for the 2023 27 cycle not only netted BCCI a bonanza, it has also reconfirmed the league superpower status in world cricket and, in a broader sense, is a testament to the market power of Indians and Indians abroad. Across four buckets covering both TV and digital in the Indian subcontinent and rest of the world, the media rights were sold for Rest 48,390 core. BCCI deserves full credit for playing the auction game well. Many had doubts about the valuation, thanks to after effects of the pandemic but a.

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Successful IPL season this year, which saw the addition of two new franchises, and BCCI skillful leveraging of digital viewership two seasons before that when Covid emptied stadiums, ensured brand IPL did not suffer. In fact, the media rights auction showed IPL is now a global leader in terms of sports commerce. IPL per match valuation is Rest 118 core. By that metric, it now ranks globally second, after America NFL, and is ahead of the English Premier League. Plus, IPL today has not just emerged as a conveyor belt of cricketing talent for Team India, but also an arena where international players are tested and given an opportunity to hone their skills. England international Jonny Blairstown attested to this recently when he credited his stint in the IPL for his astonishing performance against New Zealand at the Trent Bridge Test that secured the English side a five wicket victory. BCCI must use revenues generated through IPL wisely: spending more on women cricket, giving better domestic match fees, creating more talent incubators especially in regions like the Northeast. Money is a problem. With protests breaking out over the new soldier recruitment scheme, former army chief General VP Malik tells Ajay Sure that a younger force is necessary but so is a review after some time: Violent protests against the Agni path scheme have broken out in some parts of the country. How do you assess these Many boys had appeared for selection tests before the army recruitment was suspended about two years ago. Some of them would now be over age for the Agni path scheme. Their disappointment is understandable. The scheme has been announced only three days ago even as some retired officers and political leaders have been very vocal in their criticism. The government and the armed forces have to do more work on their outreach, to justify and explain Agni path to the youth. Years ago when I was going abroad for the first time a well travelled friend gave me advice. When you re there don keep mentally converting the local currency into Indian rupees. Because, if you do, you all not be able to eat, drink, or do anything, he cautioned me. I was reminded of this recently when, on our visit to London, Bunny and I were taking one of our favorite walks, along the Thames towpath in Richmond, and we came across a stall selling green coconuts. If we were surprised to see tropical green coconuts in chilly Britain it was nothing compared with our astonishment at their price: the equivalent of Rest 600 for a coconut which in Gurgaon is Rest 60. London is one of the world most expensive cities, particularly for Indians. And it getting more so every year. We share a shawarma roll in Spitalfields Market and shell out a mentally converted Rest 1,000 for it. We go to a movie and pay Rest 4,000 for two tickets. I wonder if they had allow us to buy just one.

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Holi is one of the important festivals of the Hindus. It is a colourful festival of great joy and enthusiasm. This festival is celebrated all over the country as a day filled with complete mischief, fun and enjoyment. Holi indicates the end of the winters and the beginning of the spring season. According to the Hindu calendar it is celebrated on the full moon night of the month of Phalgun. Holi is celebrated to mark the victory of truth over evil, the victory of Prahlad over King Hiranyakashyap. Prahlad was a devotee of God. His father, King Hiranyakashyap did not believe in God but believed in his own powers. He failed to deviate his son devotion to God and decided to kill him by burning him alive. Prahlad sister, Holika, had a God gifted boon that she would not be burnt in the fire. She sat with her nephew in the blazing fire. Holika let herself be burnt and Prahlad was saved. The truth, the powers of the Supreme God, defeated the false evil. During the day women folk worship a stack of wooden logs called Holi. At the end of the day in the full moon night Holi is burnt in a holy way. The green ears of barley and gram are heated up in the fire and distributed among friends and relatives new. Friendships are made and old enmities are forgotten. Next day is the festive day of Holi. All hearts are filled with joy. Children throw colour water on each other while the elder people apply gulal or abir, There are noisy scenes as little groups of children move from one locality to another exchanging holi greetings, singing songs and laughing at their own jokes. It is almost mid-day when people move indoors to freshen themselves. Though this is a festival of brotherhood and unity, it has some disadvantages too. Some ill minded people take this day as a chance to take revenge. They use dirty mud water. Use of strong colors harmful to the skin, charcoal and grease often create a serious quarrel. This leads to unnecessary enmity and spoils the charm of the festival. In the digital world, emojis have become a universal way to express emotions. What started as simple smiley faces has evolved into a whole language that we now use without even thinking. Emojis have transcended text messages and social media and become part of our everyday communication. In fact, it not uncommon to hear people describe feelings using the names of emojis like heart eyes or face palm. Almost every mobile app allows you to sprinkle emojis in your content, whether you re texting, writing a note, or posting on social media. But desktop apps are catching up fast, with some interesting shortcuts to access emoji panels. If you re on Windows PC, or on Mac, you can pull up the emoji panel by pressing, respectively Numbered Emojis I often add number emojis to assign a tentative order of tasks. This

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Aside activities that are better suited for the quieter hours of the day than spending time during the day. And this is just the start your creativity is the only limit Emojis can help bring some visual flair to otherwise dull task lists, making the experience of planning your day a little more fun and engaging. In fact, this idea of adding fun to work is just a productivity hack it grounded in workplace psychology. In the popular business book Fish, the authors emphasize the importance of having fun at work to boost your energy and feel more engaged. Incorporating something as simple as emojis into your to do list could be a small but impactful way to make your daily tasks feel less like a chore and more like something you enjoy. So, why not give it a try? Add some emojis to your next to do list, and watch how much more energized and organized you feel. The average temperature of the Earth has been increasing continually since the late 19th century. The mean global temperature in the 1960s was 13.9 degree Celsius whereas in 2017 it was 14.9 degree Celsius. Thus, no one can deny the fact that the temperatures have been rising on our planet. Ice ages and warmer periods have occurred alternatively and naturally on Earth. Natural warming happens when Earth is closer to the Sun. But, it is the greenhouse gases that lead to a rapid temperature increase and disrupt the natural cycle of changes. The gases such as the oxides of carbon and sulphur are greenhouse gases. These gases, when present in the atmosphere, trap the incoming radiation and heat from the Sun. The phenomenon of atmospheric gases acting as a shield is known as the greenhouse effect. We humans have been primarily responsible for the release of these harmful gases. Our activities such as industrial production, petroleum extraction, transportation, burning fossil fuel, mining, cattle rearing, and deforestation are primarily responsible for global warming. The first impact of global warming is the melting of polar ice caps and glaciers. So, a loss of habitat for species in the frozen zone is likely. Losing tones of ice could result in the rising of sea levels, and inundation of coastal areas all over the world. Glaciers are the sources of our rivers. With no glaciers, many rivers could dry up, leading to severe water scarcity. As individuals, we too have the responsibility in making our planet a safe abode for our future generations. We should go for energy efficient lights such as LED bulbs that don generate much heat. We can drive less and use public transport instead. Recycling has to become a habit in our society as the production of new components takes lots of energy and leads to pollution too. Make judicious use of natural resources such as water. Plant trees as a single tree can absorb one ton of carbon dioxide over its lifetime. We should also use less electronic devices for

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Ticket if we sat on each other laps. Our weekly travel pass for Central London comes to a hefty Rest 3,840 per person. Almost 4,000 bucks for a couple of bus and metro rides Why has everything in Britain become so expensive And the reason is that, over the years, the Indian rupee has shrunk in comparison to the British pound sterling, the US dollar, and all other so called hard currencies. When I went to the UK in 1972 the pound was worth Rest 19. Today it worth Rest 95. I remember when the US dollar was Rest 5. Today it touched Rest 78. When Bunny and I first went to Thailand in 1982, one rupee would get you two Thai baht. When we went again in 2015, the roles were reversed and it was two rupees to one baht. The rupee keeps shrinking, even though the Indian economy is the fifth largest in the world, thanks to our population of 1.4 billion. Thanks to the same largeness of population we consume, by way of imports, more than we produce, by way of exports, leading to a Current Account Deficit, CAD, which also stands for Cash Always Downsized. The Washington Post recently reported of a Google engineer, Blake Lemoyne, saying that the artificially intelligent Chabot generator programmer, Lambda Language Model for Dialogue Applications, was sentient. Engineers in other tech organizations working with artificial intelligence models say Lemoyne may not be wrong, for they too feel that AI models could evolve to turn conscious. Not surprising, as AI models are built with fabricated neural networks that mimic the human brain. Joelle Pineal, managing director of Meta AI, says tech companies ought to become more transparent even as the new technology is being created. The future of large language model work should not solely live in the hands of larger corporations and labs, she says. As always, science fiction has stayed several steps ahead of real world science, and sentient AI is old hat here. A 2013 Hollywood romantic drama titled Her with Joaquin Phoenix playing the lead tells the story of the protagonist falling in love with Samantha, an AI virtual female assistant played by Scarlett Johansson, who communicates with him in a female voice. In our own world, Alexi and Sire, virtual AI assistants on our e devices are now part of our daily lives, and who knows, one day we may find that they have evolved over time to engage with us in a conscious manner, with self awareness as did Lambda when Lemoyne asked it what is the difference between a butler and a slave and the AI replied that while the butler draws a salary, the slave did not. It added that AI models do not draw a salary as they did not need money. This triggered Lemoyne suspicion that Lambda was becoming self aware. Having said that, let see how religious philosophy would interpret this. Most eastern religions like Hinduism, Buddhism, Jainism and Sikhism believe.

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Astronaut Sunita Williams observed that from space, Earth appears as one, and you do not see man-made borders; you see them only when you return to Earth. Your perspective changes in space. Likewise, apparent differences in smaller truths are reconciled when one views from a higher perspective. At first, the Upanishads seem to be full of contradictions. V has systematised thoughts, philosophy of Upanishads in Brahmasutra. The apparent differences found in Upanishads are reconciled in Brahmasutra. Five great acharyas Shankara, Ramanuja, Nimbarka, Vallabha and Madhva differ in their interpretation of Upanishads in relation to the nature of Brahman, the relationship of individual soul to Brahman, soul's state during final emancipation, means of attaining it and its causality with reference to the universe. But they all emphatically declared that Brahman is the cause of the world and that knowledge of Brahman leads to moksh, final emancipation, which is the goal of life, explains Swami Sivananda. One finds apparent contradictions while studying the scriptures. On one hand, scriptures say that one must transcend the mind and intellect to realise the supreme Truth, which is subtle, abstract, infinite, and all-pervading. On the other hand, it is said that knowledge of Supreme reality arises only in a purified mind/intellect as Brahmakar Vritti. It is said that in deep sleep, one experiences the bliss of the Self but does not know it because the mind and the intellect are not functioning. The mind is described as both friend and enemy of a person, leading to bondage and liberation. The mind, per se, is not good or bad; an impure and gross mind creates bondage, while a pure and subtle mind is an instrument for salvation. This applies to intellect, too. While explaining creation, it is held that Brahman is the ultimate causeless cause of creation, referred to as abhinna nimitta upadana karan, non-different material and efficient cause of the world. In other instances, it is held that creation is a mere appearance, an illusion like a perceived snake in the rope or a mirage in the desert. When one realises that the experienced world is also unreal, like the dream world upon waking, it is not given much attention or importance. Journey always proceeds from known to the unknown, from gross to subtle. Vedanta has adhyarop and apavad, superimposition and negation. Lower truths, also referred to as anatma /non-self, are superimposed on the highest truth Brahman/Atma. We must first accept the relative apparent truth that is obvious to us and proceed with root cause analysis called laya chintan. Cause is inherent in effect, but effect is not independent of cause. Cause is self-existent and a higher truth, whereas effect is dependent existence and represents a lower truth, exemplified by clay and a pot, or gold and ornaments. Swami Krishnananda says that appearances have reality in them, but reality is different from appearances. Appearances do not exist in the Abs

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not taken off in our metros. Yes, intercity ride-sharing is Snob society is now ruled by tile and tawa. In air-kissed exclusion zones, the talk is no longer of shiatsu massages and ethically sourced coffee. Even matcha is no match for mahjong and benne. By Aacharya Pragyasagar Human life is a remarkable journey, one that begins with arrival and continues through many transitions. We celebrate birth with joy, yet the mere mention of death fills us with fear, grief. We have had time to prepare for the challenges we may face now with the conflict in West Asia. But we didn't get our house in order. Hopefully, there is still time to do the pregnant 15-yr-old's ordeal again underscored the conceptual flaw in our abortion law. MTP law, despite amendments, makes terminating pregnancy an arbitrary process. Everyone has a say, except the woman In 2021, after five decades NEET will be cancelled. NTA's institutional failure is traumatic for students. It's also costing the economy Two years ago, on June 13, 2024, over a month after NEET was held on May 5, Dharmendra Pradhan emphasised there Iran war will probably hurt growth, but proactive policies can absorb much of its impact It's clear that 2026 won't be a great year for the economy. It started with projections of growth. A Even as India is poised to launch its first human spaceflight mission, Gaganyaan, social media has embarked on a very different type of space exploration the use of horizontal lines of varying length to By Pulkit Sharma Living in a world where we get frequent, endless smartphone updates about what others are doing is becoming challenging. What we see online is often picture-perfect, grandiose, carefully selected and curated stories. Save forex on fuel and gold, but also push through reforms to accelerate growth PM's appeal to curb fuel use through public transport, and shun gold buying for a year, is timely. Hormuz Strait has Ministers' beliefs lay waste to the goals of school education UP's education minister finds two English nursery rhymes unfit for consumption. He thinks 'Johny Johny' teaches fibbing, and 'Rain, rain, go away' selfishness. So, after a maiden solo trek, a letter to its procreators Dear Aayee and Baba, you will be shocked and delighted to know that I am alive and in a safe haven (hopefully). I have decided that the education ministers of two Indian states recently said some surprising things. One minister from Uttar Pradesh wants to remove the nursery rhymes Johny Johny and Rain, Rain, Go Away from schools. He thinks Johnny The Prime Minister's request to people to use less fuel by taking public transport, and to avoid buying gold for a year, comes at an important time. The Hormuz Strait has been blocked for almost. He's basically preparing the country for tough decisions GOI has to take. Aside from fuel price hikes, there may be some mild curbs. But extravagant poll promises by all winning parties, including BJP, make economic First, Andes

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Those non humans too are sentient beings that are, they have feelings, and can experience sensations like joy and sorrow, as opposed to the intellectual ability to reason based on all the information that humans too are is gathered and analysed logically. Interestingly, the aboriginals of Australia regard the very landscape to be sentient, thereby alluding to a deep connection between humans too are just about everything from hills and dales, trees and stones and animals and insects to humans and by extension in modern times, perhaps to AI as well. The Maoris of New Zealand in 2017 won recognition from the courts that the Whanganui humans too are river is to be treated as a living entity. Citing this, the Indian courts ruled that the Ganga and Yamuna rivers be declared living entities, enjoying the same rights as living people. Then in 2019, the Yurok tribe declared the rights of personhood for the Klamath humans too are in North America, by passing a resolution in the tribal council. Declaring parts of the natural landscape as being akin to human beings accords them the same rights as we enjoy, and thereby there is some amount of protection from exploitation and desecration. According to animists, even stones are self aware, and one cannot rule out the possibility of a stone aspiring to achieve something more than remaining an inert stone. That is, everything is sentient, conscious, sapient and self aware in different degrees, but to reach that ultimate state of kaivalya is another ball game altogether. The Supreme Court yesterday issued notices to UP authorities on house demolitions but did not stay them. It was a reminder of what ails our democracy. In a true democracy where the law exists to protect people and promote ease of living, bulldozers are necessary to either uphold the law or reinforce the might of the state. Genuine respect for the rule of law amongst the people and their governments, a fair and professional police force, and an independent and impartial judiciary are sufficient. of the most basic skills. As a designer you should be able to make the clothes you design. Everything adds up perfectly when you as a beginner could do to develop a sense of experienced knowledge of the ways involved in bringing your designs off the sheets. A good understanding of the materials, fabrics, patterns and other elements that are required to make your designs unique will help you be more diligent while producing the garments you design. Fashion CAD People with technical and creative perspectives are highly required in today fashion industry. CAD computer aided design being a knowledge intensive and innovative software has a wide range of materials, shapes, styles, colors, detailing which could help you create improved and quick designs and patterns in a digital space. Fashion designing is a multitasking job and requires multiple skills. You need to reflect and work on the skills required and create an impressive profile to become successful in t

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Gone are the days when all we needed was food, water, and shelter to survive. Nowadays, social media and content consumption have been added to the list. None of us can imagine our lives without these things as they vet become pivotal to our existence. Owing to this, the creator economy has grown exponentially. The pandemic, in fact, aided significantly in its growth. In 2021 itself, it roughly became a $20 billion market. It is further estimated to grow to a billion market in 2022 as more people join this industry. Investors and venture capitalists have caught wind as well. They have started investing money into creator focused enterprises and even influencers personal businesses. Year over year, $800 million in venture capital has been invested in these creator ventures, making it one of the fastest growing industries in today day and age. By virtue of this, innovation is taking place at a rapid scale and new trends are emerging on daily basis. In fact, to such a great extent that it difficult to keep track. Therefore, with my experience of 10 years in this industry, I vet identified the top four trends that I believe will dominate the content creation industry in the upcoming year that all of us should keep a close eye on Virtual influencers gaining prominence They are rapidly gaining prominence in the influencer marketing ecosystem. With more of them springing up on Integra every week and driving creative content, more brands are lining up to collaborate with them to participate in this new age form of marketing. The most popular virtual influencer globally is Lu do Magalia. In my opinion, this trend is definitely here to stay as it offers innumerable benefits for all the stakeholders with very limited limitations. Celebrities wanting to become digital content creators It is an undeniable fact that these days a lot of content creators are more influential than celebrities among Gen Z and the millennial population who spend a lot of time consuming online videos. This realization has struck them as well. Therefore, rather than considering social media as a part time project, they are now investing time, effort, and money to build their internet personas. This trend is similar across celebrities in all fields from actors, and sports personalities to entrepreneurs. NFTs and Met averse bandwagon When the creator economy is merged with NFTs, innumerable opportunities arise. With NFTs, artists can take control of their work and finances and they are no longer dependent on third party intermediaries. Thus, a variety of monetization alternatives open up for them. Owing to this, NFTs are gaining popularity across the globe, from artists, creators to brands everyone wants to join this bandwagon. Recently, the famous Indian singer Adler Mehdi marked his presence by purchasing land in the Met averse in India called the Bale Land. The land also features a store that will sell merchandise and royal products as both NFTs and physical goods that will be deliv

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Like this just mark the initial phase of NFTs. Changing monetization models Monetisation models for content creators have drastically evolved over the years. They are now no longer restricted to brand associations, and in fact, they go way beyond. For instance, creators are now earning via multiple revenue streams like launching their own brands, selling their own merchandise, hosting sessions and workshops, and the list goes on. There are many examples of creators who vet successfully launched their own brands in the past year like Tech Burner Overlays clothing, Judi Godambe Arabelle, Parul Gulati Nish Hair, Siddhi Karwaa Unfurl studio just to name a few. On the other hand, brands like Integra are also constantly innovating themselves to be more creator friendly by launching features like direct selling operational in a few parts of the world at the moment. These models are further expected to evolve to provide more authority to content creators and thus, reducing their dependability on brands. In conclusion, I would like to say that I am confident that if the scale continues to be, the creator economy might become one of the biggest industries across the globe in the next few years with technology playing a prominent role in the future. Therefore, the year 2022 surely is a defining year for the industry. Income tax planning need not be a cumbersome task when you address each aspect of your income with care. While some of the methods are very common, if you dig a little deeper, there are more ways than you know to save your taxes. It is wise to check all of the tax saving possibilities if you want to claim the highest possible refund at the time of filing taxes. Let take a look at seven of the most unconventional methods. Deductions for children tuition fees A parent can claim a deduction on the amount paid as tuition fees to a university, college, school or any other educational institution. If you have kids, you can claim a deduction on the money spent as tuition fees. Whether your kids go to a school, university, college, or any other educational institution, you can claim a deduction. Remember that this deduction is available for a maximum of 2 children. Nevertheless, the maximum deduction on tuition fee payments that can be claimed together with the deductions for insurance, provident fund, pension, and other investment, is Rs 1.5 lakh. All these deductions are available under section 80C. Save taxes on wedding gift A wedding is a huge occasion in India, where the couple is showered with love and gifts from relatives. Gifts received on your wedding day regardless of their value, whether in the form of a gift, cash, or cheque, are exempt from taxation under Section 56 2. You can receive such gifts from your friends and relatives. Route your investments through parents The Income Tax Act allows for special tax benefits for Senior citizens. You can transfer your surplus to your parents under a gift deed.

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Or make investments under their name. The basic tax exemption limit for senior citizens is 3 lakh and for super senior citizens is lakh. Interest income up to earned on deposits made in banks and post offices is exempt from tax for senior and super senior citizens. This money can be gifted to your parents, and they can reinvest it in lucrative senior citizen schemes like a Senior Citizen FD, Senior Citizens Savings Scheme, and more. Expenses for telephone and internet As per Rule 37 ix of the Income Tax, telephone reimbursement provided to employees during the period of their service to the organization is not taxable. If your office work necessitates the use of a mobile telephone internet connection, you are entitled to a full exemption of the billed cost. Money spent on donation charity Tax deductions can also be claimed for donations made to any fund, institution or charitable trusts. Depending on the purpose, donations are categorized differently. Only donations made to prescribed funds qualify as a deduction. Some are eligible for a 100 deduction, while others are eligible for a 50 deduction. However, you need to keep in mind that only donations made in cash cash is allowed up to 2000 INR or cheque based donations are eligible for tax deductions. Contribute to National Pension Scheme If you invest in NPS, you may claim tax benefit under Sec 80CCD 1 with an overall ceiling of Rs. 1.5 lac under Sec 80 CCE. What you may not know is that you can claim an additional deduction of Rs.50,000 under Section 80CCD 1B of Income Tax. So to save a little extra, contribute more to NPS. Pay for Parents Health and Health Insurance Section 80D allows a taxpayer to claim a deduction of up to 25,000 INR for paying the health insurance premium for yourself and your family. Expenditure incurred on the account of preventive health checkup allowed up to Rs. 5,000 INR. If you pay the premium of medical insurance for your parents, then you can claim an additional tax deduction u s 80D. Below 60 years: Up to 25,000 60 years and above: Up to 50,000 In addition, if your parents are senior citizens and are not covered under any insurance policy, you can still claim a deduction of up to 50,000 for the medical expenditure incurred during the year. The real estate market in India poses several challenges, particularly transparency and trust concerns between buyers and sellers. The transaction costs associated with the purchase of a property are also high. They include commissions and fees paid to real estate agents, lenders, brokers, inspectors, etc. However, since the outbreak of the pandemic, several technological innovations have revolutionised the industry and transformed the way one invests in real estate. Deify, or Decentralized Finance, is disrupting the real estate market by eliminating the hassles caused by intermediaries. Through block chain technology, Deify redefines how investors interact with financial products. It offers the benefits of automation through sma

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Security moreover, it offers transparency, making the industry more inclusive and cost effective. Deify meets Real Estate Real estate is one of the most popular forms of investment in India. And the need to make it decentralized was much appreciated. Buyers often came across problems like high processing loan fees, lengthy approvals for mortgages, and scattered yields. Deify helps resolve these problems and develop a more robust environment for users. While real estate is a physical product, its use as an income generating asset involves several processes that can be automated. Deify optimizes real estate, transforming it into a lucrative investment option. Many decentralized applications Daps exist in the market. Lenders, investors, developers, property owners, and real estate agents can choose to hop on the trend as they please. How Deify impact the real estate industry Smart contracts Real estate investments often involve complex contracts that lead to delayed closing and high fees. Smart contracts execute automatically after the pre determined conditions are met. These automated contracts verify ownership, identity, and available funding. They eliminate the need for intermediaries. As a result, investors can save a lot of time, effort, and money. Smart contracts can also automate real estate computations to the T. They ensure a fair play system for all stakeholders. As more individuals and offices adopt the concept of co working, calculating the exact use of the property becomes tougher. Smart contracts automatically compute the usage and the price to be paid to the co working owners. Tokenisation It is not possible to break physical properties into smaller pieces. However, tokenisation enables dealers to digitise physical space. NFTs, or non fungible tokens, are stored on a block chain and certify the ownership of unique digital assets. When these tokens are allotted to physical assets, different portions of the asset can be sold to different buyers. For instance, a 5,000 square feet property can have over 100 digital versions and owners, each having 50 square feet or more. NFTs or tokenisation help to document fractional ownership on the block chain. Based on the proportion of ownership, investors can earn from the property without physically dividing it. The real estate sector witnessed growth from USD 690 million to USD 14.3 billion in terms of value that was tokenised between 2020 and 2021. Fraud prevention and security One of the most prominent benefits of block chain technology is reducing fraud. It does not allow data tampering and data stealing. No one can modify a single, central record, resulting in enhanced safety and security. Real estate investors transact with large amounts of money, especially cash. Security is a serious consideration. Deify helps in reducing the chances of fraud. Records keeping With a historical centralised record keeper, one can face the challenges of data damage, loss, or modification. This can lead to ser

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Conversely, men are discouraged from wearing makeup due to the perception that it is feminine, restricting their exploration of expressing themselves freely. Similarly, traditional gender stereotypes dictate that women should have long, styled hair while men should have short hair. These expectations confine individuals to predetermined norms, limiting their freedom to look how they want. Breaking away from these stereotypes allows individuals to embrace diverse styles that reflect their true personality and preferences, fostering greater self-expression and authenticity. Debunking gender stereotypes Addressing grooming stereotypes holds significance not only for individual empowerment but also for advancing the goals of gender equality in society. Education and awareness play a pivotal role in countering these stereotypes. By actively challenging exclusive practices and biases within grooming, a path can be paved towards creating a more inclusive environment. Valuing diverse grooming practices and demonstrating respect for personal choices, free from discrimination, fosters inclusivity and acknowledges that grooming is not a one-size-fits-all endeavor. The mental health burdens that individuals experience while trying to abide by societal expectations can be diminished by raising awareness about the detrimental impact of being acceptable to grooming stereotypes. Role models who embrace their authentic selves can inspire positive change in others and contribute to cultivating a supportive atmosphere where everyone can freely express themselves. Furthermore, amplifying the voices of those who challenge grooming stereotypes can be a powerful means to drive positive transformations and foster a society that celebrates and appreciates the uniqueness of individual grooming practices. Breaking free from the stereotypes in the industry One area where gender stereotypes have strongly influenced grooming practices is in the marketing of products. Men grooming products are typically associated with qualities like strength, ruggedness, and practicality, while women products are often marketed as enhancing beauty, softness, and elegance. This distinction limits individuality by suggesting that people should only use products that align with their gender identity. However, by promoting self-expression, regardless of gender, individuals can feel empowered to explore different grooming styles and trends that resonate with their personal preferences. Nail care is another aspect where gender stereotypes come into play. Nail polish and manicures are associated with femininity, while they are less common or even stigmatized for men. This stereotype restricts self-expression by discouraging men from embracing nail care and nail art. Similarly, clothing is also a domain heavily influenced by gender stereotypes. Women are expected to wear dresses, skirts, and feminine clothing, while men should wear pants, suits, and more masculine attire. These societal expectations

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It is almost inevitable that BJP led NDA will have the determining choice on who finally becomes president. But we may ask the question: Who will be the ideal president for 21st century India The answer is: In times when democracy is in retreat across the world, the ideal president is someone who will stand as democracy conscience keeper. Violent protests against Agni path not only continued for the third day but also spread to more states. Nothing justifies the arson and other acts of violence. Protests that result in wilful destruction of property cannot be treated with kid gloves. But these protests also show the scale of challenge in initiating reforms in India, even when fronted by a prime minister with the strongest political mandate in almost 50 years. One reason is pushback by interest groups that benefit from the status quo. Equally, sloppy planning and execution that feed into a pre existing credibility crisis governments face make it tough. There can be no argument against military pension reforms. The fiscally reckless act of introducing OROP without a concomitant move to rationalise numbers made Agni path inevitable. Military pension spend increased from 19 of total defence expenses in 2010 11 to 26 a decade later, thereby squeezing out expenses on armaments. India challenge is not unique. PLA modernisation exercise last decade included demobilising officers. However, as a commentary by Rand Corporation observed there were concurrent steps to ease the transition. Chinese government officials were explicitly tasked to help in the job search and matching process, and it was linked to their promotion. It in such crucial areas of execution that India reform efforts falter. While GoI did well to offer a onetime waiver on age, it would have been better to have a credible pathway for lateral entry into paramilitary forces. Promises of priority at a future date will not cut it given the low trust in government promises. Another takeaway is that a reform that has a bearing on aspirations in an economy with limited job opportunities needs to be backed by direct messaging. The political executive has to take ownership before and during the process of implementing reforms. Allegations of sexual harassment levelled by two top cyclists against a senior coach, as well as complaints by a woman sailor, should be treated with utmost seriousness but the Sports Authority of India is creating more problems with its responses. Mandating that all travelling women athletes must be accompanied by women coaches is an unprofessional policy, implying that men and women simply can work together in sports training. It also raises the question of whether there are enough women coaches. As problematic is the fact that an SAI internal complaints committee reportedly asked the cyclist who first accused the coach to file an FIR. There should be standard internal processes, where the committee follows up with the police, as the POSH Act specifies. Sexual harassment in

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All of India seems red faced with fury at the price of tomatoes, a staple of Indian kitchens and cooking, currently weighing in at Rs 200 a kilo approx. $ 2.50. This which is par for course in the west $ 1.49 lb. in our local Patel brothers and Whole Foods, but you are talking of countries with 10x India per capita income. Maybe this will spur people to grow their own tomatoes in India easily done in any nook or in a pot on the patio or balcony? Many do. It takes only two months from seed to fruit yes it is a fruit. The bad news though is in two months it will be selling for two rupees a kilo. How many times have we seen stories out of India of farmers unloading trucks of tomato on the road in protest against low prices? Surely we can live with a few weeks of high prices? On the flip side, if you are really against it and the high price is unbearable, tat not very difficult to grow fruits and vegetables at home, particularly in fecund and arable India where the weather is typically warm. But a more sane path would be to adopt the practice of using canned produce as it is done widely in the west, and indeed, in many parts of the world. This would ensure the farmer gets a more steady price through the year and the produce is not wasted. Yes, there is nothing like fresh produce, but we need to get rid of the anathema attached to canned and frozen goods. Nutrition experts too now say the loss of nutritional value in frozen and canned goods is exaggerated. Smart people have taken to using one fresh tomato mixed with canned tomatoes to achieve some balance in the current scenario. In US, it is not unusual to see almost every vegetable and fruit in canned and frozen form, alongside fresh produce of the same. Canned and sundried tomatoes are widely used. Stores now stick dried mango and a variety of other dried fruit, which allows easy, on the go consumption like when you don want mango juice dribbling down your chin while driving. Is it as good as fresh mango? Of course not. But it is available off season, has a reasonable amount of nutrition, the produce did not go to waste, and the farmer made some money out of it. Cities get flooded by heavy rain mostly because authorities don do a few simple things. Delhi plight last weekend was thanks to Delhi got rejecting a drainage plan from IIT As deluges subside and our cities revert to normal chaos, we ask ourselves how we got here. Like in Delhi, last weekend. The city witnessed over 100 mm of rainfall, leading to extensive waterlogging, road cave ins, collapsed homes, and gridlocked traffic. As citizens struggled, Delhi CM Arvin Kejriwal quickly attributed the crisis to extreme rainfall, contending that the city drainage system was

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The 25th anniversary of their strategic ties. The bilateral relationship is, after the one with the US, the second most consequential for India. Both New Delhi and Paris set much store in their independent foreign policy. Recall that France had opposed sanctions against India in the aftermath of the 1998 nuclear test. Add to this the development of solid defence ties between the two countries, with France supplying critical platforms like modern fighter jets and submarines to the Indian military. supplier, accounting for 29% of the country imports. That defence footprint is expected to increase further during Mode visit with the possible announcement of New Delhi procurement of 26 Rafael jets for the navy and an additional three Scorpion submarines. Should these materialise, it will help India further hedge against the disruptions wrought by the Ukraine war that has made Russian defence supplies and maintenance unreliable. There is another geopolitical dynamic bringing India and France closer. Within the Trans-Atlantic alliance system, the Anglo American partnership increasingly sees France as having failed to live up to its strategic potential, especially given Paris missteps in Africa. The formation of AUKUS in 2021 that cut out France exemplified this. But Paris has responded by increasing engagement with countries like India. This obviously helps New Delhi, which can now further increase its collaboration with Paris in areas like the Indo Pacific. Both India and France are opposed to hegemonic activities read China in the region. But where the bilateral relationship could do with bolstering is on the economic front. Two way trade was just $12. 56 billion in 2022 23. Therefore, both sides should redouble efforts to actualize an India EU FTA as soon as possible. In a global situation characterised by political flux, India and France can play the role of important balancers. 15 percent when compared to the preceding year. India, in particular, has witnessed a surge in the demand for male grooming products. According to a report by IMARC Group, the Indian male grooming products market is projected to grow at a CAGR of 8.2 during 2023 2028. This growth can be attributed to rising disposable incomes, urbanization, and the influence of Western grooming trends. Several emerging trends are likely to shape the grooming industry in the future. These include the integration of wellness and grooming, the rise of gender neutral products, and the increasing demand for sustainable and eco-friendly grooming solutions. Brands that anticipate and embrace these trends will be well positioned for success. Furthermore, technological advancements, such as artificial intelligence and augmented reality, are transforming the grooming industry. From virtual try on features to personalized product recommendations, technology is enhancing the consumer experience and revolutionizing how people approach grooming. In order to break free from 20th century notions, it is esse

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As the United States approaches the pivotal presidential election on November 5, India foreign policy especially its evolving relationship with the US is once again in the spotlight. The potential return of former President Donald Trump or the ascent of Vice President Kamala Harris as the first woman president could reshape this crucial partnership, significantly influencing the geopolitical landscape. India steadfast commitment to strategic autonomy, its nuanced stance on the Russia-Ukraine conflict, and its active engagement in BRICS further complicate the strategic interests shared by both nations. This dynamic becomes even more critical as they confront China growing assertiveness in the Indo-Pacific, highlighting the complexities and stakes involved in the future of India-US relations. During Trump presidency from 2017 to 2021, India-US relations saw notable progress, aided by the strong personal rapport between Trump and Prime Minister Narendra Modi. Their chemistry translated into tangible results, aligning Trump policies on China with India strategic objectives. Both leaders viewed China rise as a security challenge, working together to enhance defence ties, expand economic cooperation, and deepen their Indo-Pacific collaboration. This era of cooperation was marked by several significant developments. High-profile events like Howdy Modi in Houston in 2019 and Namaste Trump in India in 2020 showcased the strengthening of their strategic partnership, culminating in the elevation to the US -India Strategic Comprehensive Global Partnership. Trump policies facilitated increased access for India to advanced US defence technology, while joint exercises, including the Malabar Naval Exercise, enhanced India role in regional security. Additionally, Trump 2018 National Security Strategy, emphasizing Great Power Competition, positioned India as a crucial counterweight to China within the US strategic framework. However, this period was not without its challenges. Trade disputes persisted as Trump took a hard stance on tariffs, impacting Indian exports to the US Despite these economic frictions, strategic convergence on security issues held the relationship steady. Trump straightforward, transactional approach allowed India to pursue its strategic autonomy, enabling it to balance its historical ties with Russia while cooperating with the US This was evident in India careful stance on the Russia-Ukraine conflict, where it refrained from outright condemnation of Moscow. Trump administration valued India growth and stability as critical in countering China influence in Asia an approach likely to shape US policy under a potential Trump 2.0. The Biden-Harris administration brought a more nuanced approach to India-US relations. Initial concerns in India about a potential cooling of ties due to the administration emphasis on human rights were alleviated as Biden prioritised the partnership, especially given Harris personal connections to India. The administr

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Most popular political Sixty years of leftism & quasi-leftism killed the city & state's economic vitality. But a revival isn't hard. Policy needs to build on moribund industrial bases & stock exchange. Plus, prioritise learning English A week New India doesn't know what it means. Price signals are a better way to influence its consumption choices. Austerity is this week's buzzword. But if majorities define societies, it's fair to say India doesn't know. It's inexplicable why the edu ministry hasn't moved to overhaul NTA Nodal testing body NTA has fragility inbuilt. It is not a statutory body, accountability is iffy, it is highly dependent on contractual employees, and AI is making the distinction between man and machine increasingly indistinct. To research a column, I tried to access a site that I thought might be helpful. Before the site could open, a message flashed: Jayant B Dave Astronaut Sunita Williams observed that from space, Earth appears as one, and you do not see man-made borders; you see them only when you return to Earth. Your perspective changes if ministers have decided to travel in smaller convoys, and bureaucrats are conducting business without logging air miles, we can't complain. For, frugality is always a virtue not just in a crisis. As George Well into the third month of the Iran war, earlier assumptions of a short-lived conflict, have now been negated. Over the past week, even as physical shortages of oil seem to have eased, oil's price As Trump begins his highly anticipated summit with Xi today, there's one aspect of the US-China strategic calculus that comes into sharp focus. The US-India-Japan-Australia quadrilateral dialogue or Quad is, metaphorically speaking, dead in the Carpooling makes a lot of sense. It's cheaper, greener, and you get the comfort of a car ride without buying one. Yet, it's simply not taken off in our metros. Yes, intercity ride-sharing is Snob society is now ruled by tile and tawa. In air-kissed exclusion zones, the talk is no longer of shiatsu massages and ethically sourced coffee. Even matcha is no match for mahjong and benne. By Aacharya Pragyasagar Human life is a remarkable journey, one that begins with arrival and continues through many transitions. We celebrate birth with joy, yet the mere mention of death fills us with fear, grief. We have had time to prepare for the challenges we may face now with the conflict in West Asia. But we didn't get our house in order. Hopefully, there is still time to do the pregnant 15-yr-old's ordeal again underscored the conceptual flaw in our abortion law. MTP law, despite amendments, makes terminating pregnancy an arbitrary process. Everyone has a say, except the woman In 2021, after five decades NEET will be cancelled. NTA's institutional failure is traumatic for students. It's also costing the economy Two years ago, on June 13, 2024, over a month after NEET was held on May 5, Dharmendra Pradhan emphasised there Iran war will probably hurt growth, but proac

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but also push through reforms to accelerate growth. The PM's appeal to curb fuel use through public transport, and shun gold buying for a year, is timely. Hormuz Strait has Ministers' beliefs lay waste to the goals of school education UP's education minister finds two English nursery rhymes unfit for consumption. He thinks 'Johny Johny' teaches fibbing, and 'Rain, rain, go away' selfishness. So, he TOI News - May 16, 2026 Marriage without partnership: The quiet grief of carrying a home alone Dr Krishna Athal is a renowned life and executive coach. He is currently the Executive Director of the International Coaching Institute (ICI). He writes and talks about leadership, coaching, strategy, entrepreneurship, management, and decision-making. He is a recipient of numerous national and international leadership and innovation awards. There is a particular kind of loneliness that lives inside a marriage, not the loneliness of an empty room, but the loneliness of being unseen while doing everything. Many people, particularly in Indian households, do not walk into a coaching session describing dramatic cruelty or betrayal. They describe exhaustion. They describe an unequal partnership in marriage where the home, the children, the planning, and the emotional weather of the family all rest on one pair of shoulders, while the other partner remains physically present but functionally absent. I once worked with a client who was a senior professional, a devoted mother, and a woman who held two households inside her head simultaneously. She came to me not because her marriage was violent or visibly broken. Her husband was, by every social measure, a good man. He showed up. He provided. He did not shout. What she was drowning in had a name: the mental load. This term refers to the invisible cognitive and emotional work of managing a household, the anticipating, remembering, organising, and following up that tends to fall almost entirely on one person. In most Indian marriages, that person is the woman. The cruel irony is that this kind of unequal partnership in marriage rarely looks like a problem from the outside. The house runs smoothly. The children are fed. The guests are received warmly. Nobody sees the internal architecture of labour that makes it all possible. Society, particularly Indian society, rewards this invisibility. We call it dedication. We call it strength. I call it an unacknowledged burden that compounds quietly, year after year, until the person carrying it no longer recognises herself. When one partner absorbs a disproportionate cognitive and emotional burden for years, the neurological consequences are real and measurable. The prefrontal cortex, the region of the brain responsible for planning, decision-making, and emotional regulation, remains under near-constant activation. Neuroscientists call this pattern allostatic load, meaning the cumulative wear on the brain and body when its stress systems are chronically overactivated without adequ

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Enhancing economic engagement. Despite these advancements, challenges persist. Biden focus on values-driven diplomacy has occasionally raised concerns in India regarding its democratic practices. Should Harris assume the presidency, she may face pressure to advocate more strongly for values-driven diplomacy, potentially testing the resilience of the relationship despite strategic imperatives. India ties to Russia further complicate matters; while Biden nudges India toward Western positions on the Russia-Ukraine conflict, India continues to maintain its policy of strategic autonomy, emphasising its longstanding defence relationship with Moscow. India participation in BRICS an organisation focused on counterbalancing Western hegemony further underscores its desire to shape a multipolar world order that offers autonomy outside any one sphere of influence. A consistent factor in India-US relations across administrations has been their shared strategic interest in managing an increasingly assertive China. The assertive Chinese actions, including territorial claims and military buildups, have heightened security concerns, making India and the US natural partners in maintaining Indo-Pacific stability. Trump administration took an assertive stance on China, complementing India firm response to Chinese incursions in Ladakh in 2020. Should Trump return to office, his approach would likely continue to focus on containing China influence. Conversely, the Biden administration emphasizes a networked security strategy, relying on alliances like the Quad to tackle regional challenges. Biden has positioned India as a leader in shaping the Indo-Pacific security and economic frameworks, allowing India to maintain its strategic autonomy while working within a multilateral model. If Harris assumes office, her administration may blend value-based alliances with pragmatic concerns over China, navigating potential friction on sensitive issues while keeping India central to the Indo-Pacific calculus. Regardless of whether Trump or Harris wins, several enduring challenges in the India-US relationship will remain. Trade issues persist, with protectionist policies hindering deeper economic integration. Expanding trade cooperation will require compromises from both sides to unlock the relationship full potential. Additionally, defence technology cooperation poses a challenge; the US has historically been cautious about sharing advanced technology with India, complicating efforts to deepen ties amidst China rise. India participation in BRICS reflects its interest in fostering a multipolar global order, balancing its engagement with the US on Indo-Pacific security while collaborating with non-Western allies. This commitment to a diversified foreign policy underscores India strategic autonomy, which will be crucial under either leadership. Summing up, the India-US partnership has demonstrated resilience across administrations, grounded in shared strategic concerns despite occas

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It is almost inevitable that BJP led NDA will have the determining choice on who finally becomes president. But we may ask the question: Who will be the ideal president for 21st century India The answer is: In times when democracy is in retreat across the world, the ideal president is someone who will stand as democracy conscience keeper. Violent protests against Agni path not only continued for the third day but also spread to more states. Nothing justifies the arson and other acts of violence. Protests that result in wilful destruction of property cannot be treated with kid gloves. But these protests also show the scale of challenge in initiating reforms in India, even when fronted by a prime minister with the strongest political mandate in almost 50 years. One reason is pushback by interest groups that benefit from the status quo. Equally, sloppy planning and execution that feed into a pre existing credibility crisis governments face make it tough. There can be no argument against military pension reforms. The fiscally reckless act of introducing OROP without a concomitant move to rationalise numbers made Agni path inevitable. Military pension spend increased from 19 of total defence expenses in 2010 11 to 26 a decade later, thereby squeezing out expenses on armaments. India challenge is not unique. PLA modernisation exercise last decade included demobilising officers. However, as a commentary by Rand Corporation observed there were concurrent steps to ease the transition. Chinese government officials were explicitly tasked to help in the job search and matching process, and it was linked to their promotion. It in such crucial areas of execution that India reform efforts falter. While GoI did well to offer a onetime waiver on age, it would have been better to have a credible pathway for lateral entry into paramilitary forces. Promises of priority at a future date will not cut it given the low trust in government promises. Another takeaway is that a reform that has a bearing on aspirations in an economy with limited job opportunities needs to be backed by direct messaging. The political executive has to take ownership before and during the process of implementing reforms. Allegations of sexual harassment levelled by two top cyclists against a senior coach, as well as complaints by a woman sailor, should be treated with utmost seriousness but the Sports Authority of India is creating more problems with its responses. Mandating that all travelling women athletes must be accompanied by women coaches is an unprofessional policy, implying that men and women simply can work together in sports training. It also raises the question of whether there are enough women coaches. As problematic is the fact that an SAI internal complaints committee reportedly asked the cyclist who first accused the coach to file an FIR. There should be standard internal processes, where the committee follows up with the police, as the POSH Act specifies. Sexual harassment in

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Important strategic and tactical decisions related to organisations. Take, for instance, the use of Iota devices in the Healthcare Sector. Today, a wide variety of customer data in hospitals, health centres, infirmaries, etc is recorded on Iota devices. The collected data is then used for extracting information on various health parameters of patients such as their age, gender, health problems, etc. Subsequently, this data is used by a number of different stakeholders including doctors, patients, pharmacy companies, and drug sellers to devise their policy frameworks, action plans, and market strategies. 5G and Iota Complementing forces now all the data collection and aggregation can be done more efficiently if Iota devices are seamlessly connected with each other and this is exactly where the relevance of a fast and reliable 5G Network comes into the picture. Given the high speed data transfer of the 5G network, Iota devices can work with far greater efficiency than what they are capable of doing with 4G networks. In sum, a fully matured and evolved 5G network is a prerequisite for Iota devices to realise their full potential. In terms of benefits for specific industries, 5G technology and Iota devices are capable of changing the fortunes of many industries. Following are some specific highlights that point toward the enormous potential the integration of these technologies is capable of offering to businesses: 5G technology has carved a place for itself thanks to its distinctive efficiency, speed, and latency features. Further, 5G technology offers top of the line safety and security which coupled with new gen Iota devices can offer giant leaps of progress in autonomous driving, drone operations, virtual reality, digital finance, and a number of AI applications in different businesses. 5G networks will specifically empower the businesses in the healthcare industry, education, transportation, supply chain, and manufacturing industry. We are already witnessing an exponential rise in the use of 5G enabled Iota devices in the healthcare sector. In the education sector, the coming together of 5G and Iota will lead to a more interactive virtual learning and immersive experience for students. Transportation and logistics will also draw benefits from the convolution of these new technologies through the use of real time tracking, electronic data interchange, and automatic replenishment of stocks. Using the high speed internet in Iota devices, the manufacturing industry can use the concept of remote access, repair, and maintenance which will be truly transformational for the industry. Need for holistic 5G and Iota ecosystem To realize the full potential of 5G and Iota devices, we need to build an integrated ecosystem of 5G networks and Iota devices. It only the seamless integration of both these technologies that can help industries to make giant leaps across the value chain. Right from sourcing raw materials to manufacturing products and from sales and

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And in some instances celebrated coaches were ousted as predators. Just as in workplaces, the predator works the power hierarchy in his favour in sports training, and young women from low income families are especially vulnerable. Sometimes, even being an established athlete does help. A cyclist with a good track record alleged she was let go after facing repeated harassment. Exemplary punishment to harassers, following a quick, fair inquiry, is the best deterrent. SAI and sports federations must not impose rules that are a throwback to times when gender segregation was the norm. Violent protests against Agni path not only continued for the third day but also spread to more states. Nothing justifies the arson and other acts of violence. Protests that result in wilful destruction of property cannot be treated with kid gloves. But these protests also show the scale of challenge in initiating reforms in India, even when fronted by a prime minister with the strongest political mandate in almost 50 years. One reason is pushback by interest groups that benefit from the status quo. Equally, sloppy planning and execution that feed into a pre existing credibility crisis governments face make it tough. There can be no argument against military pension reforms. The fiscally reckless act of introducing OROP without a concomitant move to rationalise numbers made Agni path inevitable. Military pension spend increased from 19 of total defence expenses in 2010 11 to 26 a decade later, thereby squeezing out expenses on armaments. India challenge is not unique. PLA modernisation exercise last decade included demobilising officers. However, as a commentary by Rand Corporation observed there were concurrent steps to ease the transition. Chinese government officials were explicitly tasked to help in the job search and matching process, and it was linked to their promotion. It in such crucial areas of execution that India reform efforts falter. While GoI did well to offer a onetime waiver on age, it would have been better to have a credible pathway for lateral entry into paramilitary forces. Promises of priority at a future date will not cut it given the low trust in government promises. Another takeaway is that a reform that has a bearing on aspirations in an economy with limited job opportunities needs to be backed by direct messaging. The political executive has to take ownership before and during the process of implementing reforms. Allegations of sexual harassment levelled by two top cyclists against a senior coach, as well as complaints by a woman sailor, should be treated with utmost seriousness but the Sports Authority of India is creating more problems with its responses. Mandating that all travelling women athletes must be accompanied by women coaches is an unprofessional policy, implying that men and women simply can work together in sports training. It also raises the question of whether there are enough women coaches. As problematic is the fact that an SA

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Someone who will stand as democracy conscience keeper. Violent protests against Agni path not only continued for the third day but also spread to more states. Nothing justifies the arson and other acts of violence. Protests that result in wilful destruction of property cannot be treated with kid gloves. But these protests also show the scale of challenge in initiating asked the cyclist who first accused the coach to file an FIR. There should be standard internal processes, where the committee follows up with the police, as the POSH Act specifies. Sexual harassment in sports sin an Indian problem. The US, for example, has had many cases and in some instances celebrated coaches were ousted as predators. Just as in workplaces, the predator works the power hierarchy in his favour in sports training, and young women from low income families are especially vulnerable. Sometimes, even being an established athlete does help. A cyclist with a good track record alleged she was let go after facing repeated harassment. Exemplary punishment to harassers, following a quick, fair inquiry, is the best deterrent. SAI and sports federations must not impose rules that are a throwback to times when gender segregation was the norm. Whether or not you vet heard of the humour cliff, you vet probably experienced it: The frequency with which we laugh or smile plummets around age 23. Children laugh all the time, but being an adult involves repressing this sense of play, keeping our interactions measured, professional and sterile. Why this happens, and why it is counterproductive, is the theme of Humour, Seriously: Why Humour is a Secret Weapon in Business and Life by Jennifer Asker, a behavioural science professor at Stanford Graduate School of Business and Naomi Bandanas, an executive coach to leaders and celebrities. At the World Trade Organisation WTO negotiations, the key issues have included reduction in fishery subsidies, patent waivers for making a vaccine for the pandemic, food security and e commerce. Now why does it sound like we are not reading the correct list of issues World trade has two core components: goods and services. Both with an annual value of $28.5 trillion. The surprising part is that the current WTO outcome does not include new rules on goods, services, or other trade related subjects. Nor could members agree on a single multilateral agreement liberalising trade in goods or services in the past 27 years. The weak deal signed in 2013 is related to trade facilitation only. Yoga is not just about human health and wellbeing; it pertains to the whole living planet. Life in our contemporary world is shrinking as non human species are under utter stress. Many species have become extinct or are on the verge of extinction. All this is happening because of life annihilating activities of the human species. The collapse of natural yoga, the shrinkage of life, and the deterioration of human health and wellbeing go hand in hand. The crises of life are inheren

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Nature hazards and environmental disruptions are inherent in objective yoga, a yoga dissected from nature. By transforming conventional yoga into eco yoga, we can get rid of all environmental catastrophes as well as socio cultural crises. Everything related to everything, every process related to every process this is the law of ecology. Ecology is the interaction of organisms with their environment. Eco yoga establishes human nature relations, strengthens them and restores the natural balance. Eco yoga is based on the principle that all life is yoga, says eco philosopher Henry. Natural evolution keeps on renewing life, adds to biodiversity and continues to enhance ecological affluence on the Earth. There are millions of species on Planet Earth and each species has unique characteristics. Homo sapiens are no exception. The special qualities given to us by natural evolution include extraordinary intellectual powers. And, as is natural, these powers characterise the designs of natural evolution. The yoga rooted in the secret of natural evolution. Every species, including humans, is, in fact, a mysterious product of evolution. Yoga itself is eco yoga the sum total of the occurrence of life arises from ecological processes, seeded by light, and fuelled by evolution within the Earth biosphere. As a result of the intellectual powers conferred by natural evolution, we humans can understand the phenomenon of biophysical dimensions, the interrelationships of organisms and life processes. It is because of our intellectual powers that we can discover, invent and analyse every object, matter; and every non object, energy; and every tensor, matter energy combination. To give importance to nature, to protect all species, to preserve ecosystems, to encourage deep relationships between humans and other species and their environment, to be reverential towards Mother Earth, all these qualities are the positive dimensions of our eco yoga. If we keep ourselves away from eco yoga, then all those who limit themselves to body fitness will not be able to move towards sustainable amelioration and development of life with the help of yoga. The pandemic has taught us how lack of oxygen can change the course of life. Oxygen is a product of photosynthesis, for which our surroundings must be blossoming with plants. There should be forests throbbing with biodiversity on our earth. Our oceans, lakes, rivers should be pollution free. Our soils need to be healthy. Our environment free from toxic gases. And our life systems vibrant with ecological bloom. The yoga that leads humanity on pathways to ecological climax, and sports federations must not impose rules that are a throwback to times when gender segregation was the norm. Whether or not you vet heard of the humour cliff, you vet probably experienced it: The frequency with which we laugh or smile plummets around age 23. Children laugh all the time, but being an adult involves repressing this sense of play, keeping our interact

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The logistics sector in India has always been about resilience, adapting to new technologies and agility. It has had a tumultuous yet promising journey over the last couple of decades, with continuously growing demand for higher quality services. In the recent years, the Indian government has had a renewed focus on investing into logistics infrastructure in the country, while at the same time encouraging investments from the private sector as well. This has led to much better rail connectivity & road networks and increase in the number of ports, inland container depots, and warehousing services throughout the country. With better infrastructure, the Indian industry was able to plan its businesses in a more efficient manner, moving India closer towards becoming a manufacturing hub for the world. Manufacturers are now able to import raw materials with ease, export higher than ever before due to their competitiveness with global peers, while at the same time working on a low inventory model as the quality of rail transportation in particular has improved with assured transit times. Instead of relying on bulk transportation by road, manufacturers can now use container based rail transportation to tap into the global shipping networks with more ease and reliability, and reduced handling of cargo that reduces damages and pilferages. World class warehousing facilities have come up in a big way in the country, allowing for domestic distribution to reach a multitude of touch points in smaller towns and cities apart from the metros, as can be seen by the foray of ecommerce and express parcel shipments to every corner with demanding delivery times being met. According to a recent report by McKinsey Global Institute India logistic sector would expand at a Compound Annual Growth Rate of more than 10 percent, from $200 billion in early 2020 to at least $320 billion in 2025. This subsequently changed in 2020 due to the pandemic and businesses came up with innovative solutions to plan for the future. During the lock down most rigid stages, road transportation for large movement of goods was fraught with challenges and difficult to manage, however rail has been the only mode of transportation that worked without limitations and hence essential businesses could transport goods and commodities across the nation, as well as participate in global import and export trade. This led to a surge in demand for customised logistics solutions, especially for essential goods that were required to be transported regardless of the lockdowns, and the entire logistics sector managed to keep up with their commitments to customers in this difficult period. In turn, the users recognised the value of efficient logistics services and have remapped their supply chain even as the impact of pandemic slowed down. As a result of this, in February 2021, for the first time since the outset of the pandemic, the Indian Railways saw a year on year growth in revenue, signifying the return of pre

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The logistics sector is at its most dynamic embodiment and the credit goes to the numerous developments happening at a faster pace. Moreover, the cost of logistics is going down due to the shift to railways since rail freight is more efficient for longer distance and a sustainable method of transporting goods. The introduction of Dedicated Freight Corridor DFC by the government has reduced transit times and it has been a huge boon to the sector. DFC is a high speed and high capacity railway corridor that is exclusively meant for the movement of freight, or in other words, goods and commodities. It has two arms stern DFC connecting Ludhiana in Punjab to Danni in West Bengal and Western DFC which connects NCR to Nava Shiva, Mudra & Papaya. The government has recently introduced PM Gait Shakti National Master Plan for Multi Modal connectivity, which is a transformative approach for economic growth and sustainable development in the logistics sector. The plan focuses on seamless multimodal connectivity, planning financing innovative projects and the use of technology in the sector. Highlighting the present and future of the sector will be incomplete without throwing light on the benefits of deployment of high level of technology which has played a big role in optimising operations, route planning between hubs and spokes, and creating better supply chain visibility for manufacturers while reducing time consuming documentation processes. The utilisation of fleet and spare capacities across the country are better as technology helps narrow the bridge between supply and demand. The advanced tech based solutions has helped ease the challenges of warehousing and last mile operations. There are various indicators of the sector witnessing a phenomenal growth over the next few years. For example, heavy investment in building infrastructure is important for all the sectors which the government is planning to invest in. Projects such as Sagarmala, Setup Bharatam, and other landmark infrastructure projects in the future will further help the sector. Network advantage of owned infrastructure is critical in this industry to be able to offer single window solutions to customers for all their supply chain needs, which has led to higher investment in the logistics industry from private companies. The industry is also gearing towards creating robust supply chains and modernizing warehousing solutions in the country. Reliability of service in this industry is key for importers as well as exporters since they plan to shift closer towards a Justin Time inventory model. The aim of the players in the sector is to work closely with suppliers so that raw materials arrive as production is scheduled to begin, but no sooner. Minimizing inventory will soon be the future of logistics and all major players will strive to achieve that. The Indian Customs is also helping trade with their 24×7 services at major EXIM locations. As almost all other sectors, the logistics sector too is

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Companies have recognized that the future is in alternative fuels like CNG & LNG and they are slowly working towards creating processes with more efficient alternatives like Rail Transportation. Material shortages and stock outs came to define 2021, hampering organisation stability to produce and satiate their customers demands. The lingering effects of pandemic induced demand supply imbalances taught industries a critical lesson planning and forecasting market demands based on historical data is no more a viable option. They need to transgress to more futuristic and practical techniques. As per industry speculators, the worldwide chip shortage problem which started in year 2020 is likely to be stretched into 2023. A recent article hinted that chip shortage will drive 50of the top Automotive OEMs to design their own chips by 2025.It has become imperative for organisations to check where the current demand might be headed and implement immediate controls to combat the demand related disruptions. They need to bring in tested and proven methodology, such as demand sensing, to avoid shortages of critical products and services across the supply chain. Demand sensing is more than studying the patterns in near real time detail helps organisations to react and overcome unprecedented demand supply issues and develop responsive business plans. The evolving prediction mechanism of demand sensing Earlier, time series analysis was considered a near accurate method for forecasting. But as we progressed towards a more disruption ridden market, the traditional method was unable to yield correct results. According to a research by Gartner, many companies spend hours each week on sales estimations, yet less than 50of their sales leaders and sellers have confidence in forecasting accuracy. These forecasts do not provide retailers or businesses with granularity to account for meaningful demand signals and make pragmatic sales decisions. Demand sensing can make a major difference in such cases. To achieve this, organisations will require more powerful tools and data from varied sources. Collating all the data and leveraging the powers of machine learning, artificial intelligence and big data analytics will improve the estimation of near future trends and provide real time insights. In fact, Alienable supply chains have the capability to improve inventory levels by 35and service levels by 65. Forecasters can use the decision tree models to learn about the supply chain fluctuations and improve accuracy of the near future demand. The machine learning algorithms in the solution leverage real time data to generate a far more accurate sense of the short term future. This approach also enables automation within demand planning, so that organisations gain visibility of potential customer expectations and can plan adjustments faster. With brand loyalty fluctuating in this vulnerable economic environment, businesses cannot afford to risk losing due to out of stock scenarios. I

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In the last few weeks, Delhi has been deluged by rain. The Yamuna has risen to danger levels. Colonies near the river are being inundated. And Delhi Government says it is all due to too much rain, instead of attending to the plight of citizens. Much of this flooding could have been avoided if we did not test nature. The floodplains of the Yamuna shrink due to illegal construction; dumping of waste; deposition of silt; and illegal colonies coming up everywhere with no waste management system or proper drainage or water harvesting. All of these could have been prevented if every Government institution in Delhi worked in tandem all year round. Instead, they are invariably caught off guard and blame Mother Nature. What is even worse is that one agency will come to desilt drains, another to take the silt away and yet another to cover the drains. The silt lies in mounds next to the drains and is washed back into drains with one downpour, before the agency involved picks it up. There is zilch supply chain management. In addition, precious water is wasted in one of the driest cities of the world where many colonies need water tankers in the hot summer. Why? First, to deal with the flooding a team of Experts from IIT Delhi had recommended The Delhi Drainage Master Plan, which was given in 2016 and accepted by the Delhi government in 2019, yet according to several news reports not much has happened on the ground. Delhi has 700 km of drainage and IIT-D first scientifically quantified the volume of water that flows in them and then, came up with several ways to increase the volume. This included rectifying slopes of drains, width adjustments, siltation removal and revival of the natural drainage system which runs across 426.555 km in Delhi. Several of these drains have been lost due to lack of upkeep, construction, waste dumping and wanton negligence. In addition, there were detailed plans to keep storm drains and sewage apart as during floods overflows can mix the two. It is amazing that for decades, even while Delhi population was growing exponentially, nothing has been done to improve the drainage. Even while every monsoon Delhi is hit with floods, it took three years just to get the master plan by IIT to be accepted and now four years after that reportedly little has been done on the ground. Surely, this can be taken up on a war footing? The Capital loses crores of rupees when floods hit and lives and working hours are lost. The damage done to infrastructure can go into millions of dollars yet there seems no urgent hurry to deal with the problem. Yet much can also be done by societies and Resident Welfare Associations RWA. In West End Colony, the RWA started water harvesting in April 2004 under the aegis of Centre of Science and Environment and the Delhi Jal Borad, and now has 20 harvesting pits at strategic locations in

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There is a mistaken, but widely believed opinion which holds that citizens of continental Europe are cold, unfriendly and critical of visitors to their land. Supposedly, they offer no pleasant remarks or actions unless they can gain something by doing so. But the wonderful experiences of many visitors have proved that the native of foreign shores are charming, helpful and sometimes more hospitable to a visitor than the visitors' own country men would be if the situations were reversed. Travelling in a second-class compartment on any continental train proves that chivalry and hospitability can be found. For example, take an ordinary journey from Venice to Rome, a journey that takes some eight or ten hours, depending on the feelings of the railroad officials. At that time any visitor is welcomed, given helpful information, and provided with conversation. At the beginning of the journey, the compartment chosen may be unoccupied but for the visitor. As the train halts in the many small villages, however, other passengers enter the compartment and occupy the empty places. Some are returning from spending a few days with relatives, while others have just finished a longer vacation and are returning to their various professions. But all are usually cheerful and talkative. They always seem to be hungry, for they bring giant sandwiches, loaves of bread, bottles of wine and other items of food or drink to ensure a satisfactory journey. So common is this arrangement that many trains have no eating facilities for the starving visitor. This unpleasant situation is alleviated by the generosity of the natives, who will usually give the visitor some of their own dinner to help him satisfy his hunger. Sometimes, of course, this may not happen; but the tourist can always purchase something from the gaily cultured pushcarts that rush to the windows of the train as it halts at each village. After their appetites have been consoled, most of the natives turn to the amusement of interesting conversation. For a time they consider the journey itself, their various families, the pleasure of vacations, the political situation and any subject that comes to their minds. Happiness! Is that climax or bathos or cruel irony? Happiness is the end? Yes, happiness is the end which indeed we all reach after; for what more can we wish than that all should be well with us. Happiness cannot escape us, when we find it. to believe that self-sacrifice in a marriage is a virtue. The concept of adjusting is practically a rite of passage. We inherit scripts of duty, silence, and endurance long before we are old enough to question them. There is also a psychological mechanism called cognitive dissonance at work, meaning the discomfort of holding two conflicting beliefs at once. I deserve an equal partnership that sits uneasily beside I was raised to keep the peace. To resolve that internal tension, many people unconsciously minimize their own suffering. They compare their marriage to more vi

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functions because one person is quietly disintegrating is not a successful marriage. It is a managed one. There is a generation of adults in India today who grew up inside managed marriages and are now untangling the emotional residue of that model, in therapy, in coaching sessions, in the silence of 3 a. m. The unequal partnership in marriage is not merely a personal problem. It is an intergenerational one, and the children who grow up watching it carry those invisible patterns into their own relationships, often without understanding why they keep repeating them. The question I hear most often is this: how do I change things without everything falling apart? The honest answer is that renegotiation involves discomfort. But discomfort is not the same as destruction. The starting point is never a confrontation. It is a conversation that begins with disclosure rather than accusation. I am exhausted and I need us to do this differently. You never do anything that slams one shut. The former invites reflection. The latter triggers defensiveness, and defensiveness produces nothing useful for either person. Many under-contributing partners are not consciously indifferent. Years of having tasks managed for them have produced what psychologists call learned helplessness, a conditioned passivity in which a person genuinely stops noticing what needs doing because it has always been done for them. Disrupting that pattern requires patience, clear communication, and sometimes professional support. Couples coaching exists precisely for this: not as a last resort, but as a tool for people willing to rebuild something more honest together. Before any renegotiation, though, something else must happen first. The grief must be felt. Grief for the years spent carrying what should have been shared. Grief for the version of yourself that quietly shrank to keep the household intact. Grief for the partnership you believed you were entering and the one you actually received. This grief is legitimate. It does not mean your marriage is over. It does not mean your partner is beyond reaching. It simply means you are human, and humans need to be seen, supported, and genuinely partnered, not merely co-habited with. If you are reading this and something in you recognises this pain, I want you to hear this clearly: naming it is the beginning of changing it. You are not asking for too much. You are asking for what every person in a committed relationship has the right to expect. The human brain, particularly the neocortex, is anthropologically the latest upgrade. The frontal lobes have blessed mankind with the faculty of abstraction. To perceive the intangible. It has also blessed us with the power of restraint and the benediction of discretion. Restraint is one of the most powerful tools when coupled with discretion. It is a self-discipline that largely reins in the more primitive fight-or-flight response. The fight-flight-fright response has progressively worked more to the detr

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And massive savings on water tankers, more societies followed suit. Non-communicable diseases NCDs cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes are becoming a cause for concern across different socio-economic groups and regions in the country. In urban India, the rise of fast food, busy work schedules, inactivity due to sedentary lifestyles, and lack of time for meal preparation have contributed to an increase in NCDs such as hypertension and diabetes. In rural India, lack of access to nutritious diets is resulting in a number of NCDs. Additionally, traditional beliefs and cultural practices may discourage the consumption of certain foods, leading to a less diverse and less balanced diet. Recognising the growing burden of NCDs in the country, the Indian government launched the National Health Policy in 2017 to prioritise the prevention and control of such diseases. The policy includes measures such as promoting healthy lifestyles, increasing access to affordable and quality health services, and improving surveillance and monitoring of NCDs. However, despite the steps taken by the government, efforts to control NCDs focus more on screening, monitoring, treatment, and referral and less on prevention. India primary health system is geared towards screening people in large numbers for diabetes and hypertension and referring them for clinical care and treatment. While screening and testing for NCDs is important, it is an extremely resource-intensive exercise. Given the numbers approximately 136 million people in India are pre-diabetic and more than 50 percent are unaware of their diabetic status it is nearly impossible to focus just on treatment as our way out of the crisis. Therefore, it is essential to manage the problem with the help of prevention-focused interventions based on behavioral change that encourage lifestyle modifications and adoption of healthy habits. This article is based on our learning from our work on NCD prevention in India, and highlights how programmers can reach the required scale with tech-based interventions and through collaborations among various stakeholders. Take prevention to the doorstep Early detection and prevention of NCDs is key to controlling them. However, many people still view them as diseases that only affect the elderly and may not even get tested for NCDs such as hypertension and diabetes. It is crucial, therefore, to spread awareness about NCDs and why they need to be taken seriously, as well as educate individuals on healthy behaviours that they can adopt to prevent them. This makes it necessary to take NCD prevention interventions to where the people are schools, homes, and workplaces. Keeping this in mind, we launched the Mythoi programmer to promote healthy dietary choices among urban women, who are more prone to diabetes. Based on the success of My Plate by the US Department of Agriculture, we translated India National Institute of Nutrition guidelines into an easy-to-fo

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We are never truly alone. Loneliness is perplexing and painful, but essentially it is an illusion, a mask created by the surface consciousness. Losing a ovulates is unbearable if one does "recognise" the immortal spirit residing in all. This truth is our first step away from loneliness. It is illusory because, innately, we are divine and one with everything. If you are lonely, you stand on a bridge between two worlds: one of lack, the other plenitude. The lack creates a vacuum which will be assuaged if one adopts a conscious approach. Because of this, loneliness offers an ideal platform for the spiritual life. The Mother said: Those who feel lonely in the world are ready for union with the Divine. Somehow, the emptiness has to be filled. The yearning for company is embedded in us the moment we are born. Then, gradually, we gel with the social fabric and become magnets for every conditioning, so much so, we might interpret aloneness as a sign of inferiority. The herd mentality is what we must swim against. Isolation leads to further morbidities and creates self-pity, a sign of misplaced self-love. Instead of loving for the sake of loving, we erect so many conditions. We identify the ego as ourselves. We must continuously step back and disengage from the flux in order to discover our Inner Friend and this is when we begin to expand and grow. Seize this vibration if it visits you and offer it to the Light. In Integral Yoga, every knot is an opportunity for growth. We absorb a simple truth: do not expect anything from anyone. Otherwise, you all wind up hurt. Attachment only festers loneliness. It comes when we slide onto the surface, far away from our rue home. We can only depend on what lies inside. The surface consciousness cannot process aloneness. There is outer and inner loneliness. With outer, one constantly erects scaffolding to keep one life from falling apart. It is all the ego can manage makeshift reactions and piecemeal solutions. It is a common condition. It requires catastrophe to truly transform this affliction because it is only a reversal of awareness that will transform. Inner loneliness is direr. It may be precipitated by intense grieving, bereavement or loss. The being craves affection and love. The past is often idealised and there is an aching chasm inside the heart. One might feel an intense ache and not know why. There is a remedy. Sri Eurobond states: The inner loneliness can only be cured by the inner experience of union with the Divine; no human association can fill the void. So, if you are in this state, take this as a sign that you are ready! It is now time to make your life divine. Aloneness is generally regarded as something to be avoided. It is radical to consider it an opportunity. When alone, many will search for props. Generally, these episodes are used unwisely. We indulge our senses. We drink or eat too

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Generate around 11 core jobs. However, their journey is fraught with challenges. Access to timely finance is still a critical issue, despite all over-the-top announcements about credit access; many MSMEs deal with delayed payments from clients, which creates cash flow problems that hinder operations and growth. Additionally, stringent lending criteria and a lack of collateral push many enterprises to rely on costly informal loans. The struggle extends beyond finances: inadequate technology adoption and skill development make it difficult for these businesses to compete in an increasingly digital economy. Compounding these issues are complex regulatory processes and frequent policy shifts that overwhelm smaller businesses, leaving them with limited resources to comply and adapt. The stiff competition from larger corporations, which can negotiate better terms, further side-lines MSMEs, creating a perfect storm of barriers that stifle their potential to scale and contribute fully to India growth narrative. Policies crafted from a high-level perspective must honor the ground-level struggles of the MSME entrepreneur, who faces overdue payments and relentless challenges. Without robust legal protections and a structured financial system to secure timely payments, any discussions around MSME support risk becoming empty rhetoric. Real reform is not merely a matter of intent; it demands action that values these enterprises for their economic contributions and recognises them as essential drivers of an inclusive and resilient future. The recent round of applications for the Production-Linked Incentive (PLI) scheme indicates an interest among SMEs & MSMEs, with 43 per cent of applicants hailing from this sector. This engagement signifies a readiness to play a pivotal role in India manufacturing growth and global supply chain integration. The PLI scheme, designed to encourage domestic manufacturing through financial incentives, can help MSMEs secure stable revenue streams and enable them to compete on a larger scale. By setting lower production thresholds and tailoring incentives specifically for MSMEs, the scheme can alleviate cash flow issues and offer better access to formal financing. Additionally, supporting technology upgrades and fostering partnerships between MSMEs and larger firms will enhance the efficiency and competitiveness of small enterprises. To support MSMEs within the PLI framework, several actionable steps are essential. First, the government must simplify the application process and provide dedicated resources such as online portals and helplines, facilitating easier navigation of the PLI requirements. Establishing policies to ensure timely payments from larger corporate clients, possibly through automated digital payment systems linked to MSME contracts, will also be crucial. Targeted subsidies or low-interest loans for technology adoption and capacity building can further empower MSMEs to upgrade their operations. Mentorship programs an

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So, it times to turn the challenges of the pandemic to new opportunities. With a design thinking approach that aligns with the technology solutions and overall business strategy and goals, enterprises can focus on the future and keep moving forward. The sudden violence in reaction to the Agni path scheme for recruitment in the Armed Forces underlines that the perception is more important than the reality. The scheme was under consideration since the Cargill conflict. Before coming to the Cargill Review Committee KRC recommendations, it needs to be seen as to why the youth particularly in the central heartland reacted so violently, though it has spread to the other areas as well. There is a perception that the Agni path scheme is short term enrolment without any rank and pensioner benefits. Some politicians have added fuel to the fire by stating this is to exploit the youth and has been adopted without giving any thought. The eruption of violence needs to be seen holistically. One has to take in view the ethos of the youth particularly in the 168 districts from where 70recruits come. The youth in these areas start preparing for service in the Armed Forces since early childhood not merely as an employment but to become a proud soldier in the Army defending the nation. The slogan Jai Kinas, Jai Jaw and embedded in their minds. Second, there is a perception that after the four years, they would be without a job. Third is that some of those who have crossed the age of entry, would be unable to take the advantage of this scheme. In addition, some veterans began to oppose the scheme indicating that it would lower the standard of the Armed Forces. Lastly, the announcement was made without proper publicity of the benefits. These factors to a great extent are responsible for the eruption of violence. The facts must be seen objectively. The defense pension bill has increased substantially over the years. However, a deeper analysis shows that the bulk of pension goes to the civilian officials not to the combatants. Currently, the civilian pension is lakh while the pension for the combatants account for Rs 1.38 lakh. This is mainly because civilians retire at the age of 60 while the Jeans retire around 3337 years of age. Then the civilians have better promotional avenues. There is no doubt that there is a need for keeping the Army young and slimmer with hitech soldiers. The profile of the Army has to be changed. Some recommendations had been made from time to time, which must have been considered while taking this decision. It is also learnt that the system in foreign countries was also studied. Several countries have similar systems. This system, if understood properly, is suitable for our country and for the youth. First, it gives an opportunity to get training defence related dimensions, which is not available outside. Second, the Agni veers could acquire hitech training and experience at the cost of government gen

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Former Army Chief has pointed out four advantages of the scheme. First, he profile of the army would be changed for better. The existing pattern was leading to an older, less tech savvy profile of the soldiers despite the young demographic profile of the nation to technologically advanced armed forces. Second, an ever increasing pension bill would be reduced. Third, it would address the issue of uneven recruitment across the states of India. Fourth, this scheme would save money for modernisation of the armed forces. IN addition, this gives an opportunity to recruits earn while learning and provides to the nation highly trained and disciplined youth, who could be useful in various sectors in the security related sectors. While the government has tweaked to enable youth up to the age 23 to join, and has indicated that they would be given the certificates equivalent to 12th Class, some other issues need to be taken up to allay the fears of the aspirants. First, there is no need to worry that after four years they would be unemployed. They would have chances to be retained and get employment in paramilitary forces as also state police. The corporate sector would be happy to recruit such trained personnel. Second, they would not only get the 12th class certificate but would also be eligible to do undergraduate courses in a short time frame with 50credits. These aspects need to be clarified at the earliest. It would be prudent to consider the KRC recommendations that can further help in making the scheme attractive. The KRC considered three related aspects the bludgeoning pension bills, the need to keep the army young and modernised, and the need to keep army away from the internal security duties as far as possible to enable it to focus on defending the borders. The KRC recommended an integrated manpower policy for the Armed Forces, paramilitary forces and Central Police forces. It observed that in the light of proxy war and large scale terrorism that the country is facing, the role and tasks of the paramilitary forces have to be restructured particularly with reference to command and control and leadership functions. They need to be trained to much higher standards of performance and better equipped to deal with terrorist threats. The KRC recommended that keep the Army young and fit all the times, instead of the present practice of having years of color service, it would be advisable to reduce color service to 7 or 10 years and thereafter release these officers and men for service in the country paramilitary formations. This would not only reduce the age profile of the Army but would also the pension bills, while ensuring the continuity ion service. It further suggested in view of the ethos and traditions of the paramilitary forces to undertake recruitment on the basis of common national military standards and then send those selected for training and absorption in the Army for a period of a color service. His would make a.

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Chain intelligence company to take advantage of their demand sensing capabilities, so that they can better evaluate the upcoming market requirements. Demand sensing can bring improvements in inventory cycle times and transportation costs, lessen the forecast errors and result into higher service levels as more compared to traditional time series forecasting techniques. It has the potential to increase revenues, reduce lead times, optimize costs, and achieve greater control over the working capital with efficient inventory management. Deploying real time demand sensing solution While the market offers numerous demand sensing solution options for supply chain management, enterprises have often experienced failure in achieving results initially, due to significant operational hurdles. A major reason is the existence of traditional ERP and legacy systems businesses using such systems have disparate data silos, which makes it difficult to track every volatile behavior of the varied supply chain data in real time. Demand sensing solutions also require access to internal data, along with the ability to integrate it with external information from up and downstream sources in the value chain to create better predictions. For this, enterprises will first need to implement a robust data management and processing platform that is integrated with all the Iota devices and smart sensors on factory floors, which are capable of generating more data than ever. Then, they will need to integrate data from systems outside the internal platform. Organisations seeking to make the most of their demand sensing solutions need to take an integrated approach across their entire supply chain system. This involves integrating their warehouse management system within their supply chain, feeding it real time data from operational and customer sources, partnering with a vendor and supplier ecosystem that syncs with their demand sensing solution, and collaborating with stakeholders to broaden the data pool for faster, and more efficient product replenishment. The scale of integrations may seem big, but this will allow greater visibility and interoperability across stakeholders. For creating such a solution, enterprises will need to implement and design the solution extremely carefully. The enormity of the project will require expertise and experience in deploying a business wide demand sensing solution to ensure vigilant monitoring, data governance, and customisation. Extracting business value from near future predictions As we head toward the future, demand sensing will prove to be a potent weapon to achieve competitive edge. The business value that it can deliver will far compensate the hurdles to implement it. organisations seeking to leverage the full benefits of a demand sensing solution should choose a unified platform solution that can help accelerate their datatoin sight outcome journey. Such solutions will deliver reliable results when powered by a deep understanding of

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Former Army Chief has pointed out four advantages of the scheme. First, he profile of the army would be changed for better. The existing pattern was leading to an older, less tech savvy profile of the soldiers despite the young demographic profile of the nation to technologically advanced armed forces. Second, an ever increasing pension bill would be reduced. Third, it would address the issue of uneven recruitment across the states of India. Fourth, this scheme would save money for modernisation of the armed forces. IN addition, this gives an opportunity to recruits earn while learning and provides to the nation highly trained and disciplined youth, who could be useful in various sectors in the security related sectors. While the government has tweaked to enable youth up to the age 23 to join, and has indicated that they would be given the certificates equivalent to 12th Class, some other issues need to be taken up to allay the fears of the aspirants. First, there is no need to worry that after four years they would be unemployed. They would have chances to be retained and get employment in paramilitary forces as also state police. The corporate sector would be happy to recruit such trained personnel. Second, they would not only get the 12th class certificate but would also be eligible to do undergraduate courses in a short time frame with 50credits. These aspects need to be clarified at the earliest. It would be prudent to consider the KRC recommendations that can further help in making the scheme attractive. The KRC considered three related aspects the bludgeoning pension bills, the need to keep the army young and modernised, and the need to keep army away from the internal security duties as far as possible to enable it to focus on defending the borders. The KRC recommended an integrated manpower policy for the Armed Forces, paramilitary forces and Central Police forces. It observed that in the light of proxy war and large scale terrorism that the country is facing, the role and tasks of the paramilitary forces have to be restructured particularly with reference to command and control and leadership functions. They need to be trained to much higher standards of performance and better equipped to deal with terrorist threats. The KRC recommended that keep the Army young and fit all the times, instead of the present practice of having years of color service, it would be advisable to reduce color service to 7 or 10 years and thereafter release these officers and men for service in the country paramilitary formations. This would not only reduce the age profile of the Army but would also the pension bills, while ensuring the continuity ion service. It further suggested in view of the ethos and traditions of the paramilitary forces to undertake recruitment on the basis of common national military standards and then send those selected for training and absorption in the Army for a period of a color service. His would make a.

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Career in the Armed Forces attractive on the basis of life time employment offered by two or three second ments formula. In addition, the government may consider to employ the Agni veers in the civilian positions in the Army. The urgent need is to correct the perception which is against the scheme by suitably tweaking the system and publicizing it. If expediency demands, the scheme may be deferred for some time. Sometime in mid2000s, leading Urdu daily Siesta, in association with Sanity Academy, held a two day international conference on Urdu in Hyderabad. Then Sanity Academy president Prof Gopichand Narang 19312022 chaired the conference and addressed many sessions, including one on Urdu journalism. That Nearing was a great orator, apart from being Urdu world biggest ambassador, literary critic and scholar, was no news to us. What surprised many of us is the angry tone he adopted to slam some practitioners of lazy, biased, bigotry riddled journalism. Since he was also a host, we did expect him to be so strong in his criticism of communal and narrow approach some individuals and publications adopt in disseminating news and views. In a way, he bulldozed bigotry in journalism. As I began knowing him more, it dawned upon me that Nearing sahib epitomised Urdu USP sweetness. Sweetness in conveying diverse thoughts. If there was a trade fair of all the languages and they all were asked to showcase their merchandise, Urdu ghazi would win the competition hands down. Where would the jilted lovers in India and at many corners in the world turn to when they want to pour out their hearts through poetry They probably will fall back on Ghazi to strike the note Dale madam the hue kyat hay, Achier as dared Ki data kyat hay. But then Nearing sahib did confine himself to studying and reevaluating only romanticism in Urdu. His body of works is huge and multi-dimensional. His seminal work on witan sharia nationalist poetry in Urdu puts him in the league of those writers and scholars who refused and refuse to believe that Urdu does have desk roots and that Urdu was partially responsible for the painful partition. I met Nearing sahib for the first time when I was still a fledgling, rookie reporter with now defunct Nation & the World fortnightly, which some concerned community leaders including former VC of Aligarh Muslim University Said Hamid, brought out from a tony bungalow in Nizamuddin West in New Delhi. Somehow, famous people in different disciplines fascinate me endlessly. I want to know about them, meet them, strike friendship with them. Actually I want to remove my own intellectual inadequacy and get enriched with knowledge and wisdom of these biggies in their own disciplines. So, here I, a lad trying to find a foothold in journalism, found myself interviewing a legend, a colossus of Urdu criticism and scholarship. I do know if he liked the interview, but the meeting immensely enriched me. And I became a lifelong admirer of Nearing.

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I followed and read him as much as I could. When I uprooted myself from the highly politicized Delhi and got replanted in Mumbai in the mid1990s, I met Nearing sahib several times. I remember how once he admonished someone who tried to spoil flow of his speech during a lecture on Urdu at Nehru Centre in World. Scholar politician Dry Rafi Zachariah, alas Mumbai intellectual scene misses him so much, was in the chair when Nearing sahib remarked that Urdu paid the price of partition even more when Indian states were reorganised linguistically. Assamese got Assam, Marathi got Maharashtra, Gujarati got Gujarat These states patronising their languages. Hindi, being India official language, received massive boost. That good and Nearing did grudge that. He only complained that India began treating Urdu as if it was an alien language. Urdu became a stranger in her own home. A member in the audience, breaking the decorum of the event, raised his voice, saying Jammu and Kashmir had Urdu as its state language. Though what he said was right, he could have commented during post lecture question answer session. I know that dear, and I also know what is happening to Urdu in Kashmir despite it being its first language. You should ask questions after my lecture, snubbed Nearing. Nearing recognised talents and would do everything he could to help nurture talents. He would help struggling writers the best way that he could. Sanity Academy awardee Urdu novelist Rahman Abbas, who lives a few blocks away from my home near Mumbai, tells me that Nearing not only inspired a whole generation of Urdu writers but his munificent attitude towards young, struggling writers was so famous that he did disappoint anyone who sought his help. Not just in the corridors of Sanity Academy, National Council for promotion of Urdu Language NCPUL but also in several universities where he taught. Many partition refugees are known to hold plethora of complaints against Pakistanthat is natural because they were forced to unhinge themselves from their roots and had to struggle a lot before destiny smiled on some of them again. But nearing sahib, though a partition refugee from Balochistan, didnurse any bad feeling against anyone. On the contrary, he championed people to people dialogue, believed Urdu could bridge not just Hindus and Muslims but also neighbours. And he became the only Urdu writer in the world who was feted by Presidents of both India and Pakistan with their prestigious awards Padma Vibhushan and SitaraeImia respectively. In the global village he has left admirers sitting in Seattle to Samsara, Bradford to Berlin and Bahawalpur to Bacharach. How many writers and critics can claim to have such a huge fan following But then there was just one Nearing. Eminent Hindi writer Kamaleshwar was not off the mark when he once said Every language needs a Narang. That Urdu has lost its Nearing, its biggest ambassador, that too at a time when the languages faces existential crisis makes his de

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Mournful the Battle of Chhamb has been contested, dissected and analysed with fierceness as it was fought years ago. No other action in the military history of India has caused such a storm. Thus many fallacies and distortions about the actual fight of this battle emerged. However, with time the compulsions under which battle was fought are being understood with greater clarity and compassion. There is no runnerup in war, only a winner or loser. Memories are still fresh in the minds of those who fought this battle and those who suffered due to the loss of Chhamb to Pakistan. Though militarily, India won this war, politically, India lost it. This war was started by Pakistan on 03 Dec 1971 when it carried out simultaneous airstrikes on 11 Indian airbases. This forced India to support the war of Independence in East PakistanNow Bangladesh. India helped Bangladeshi nationalist forces to attain their aim. Hence hostilities commenced on both fronts, i.e. Eastern as well as Western. This war lasted for 13 days, probably the shortest in military history. This war was ended when Pakistan Eastern Command Armed Forces signed an Instrument of Surrender on 16 Dec 1971 in Dacca, thus leading to the birth of Bangladesh. About 93000 members of the Pakistan Armed Forces were taken as prisoners of war Plow by the Indian Armed Forces. It is crucial to take a decisive decision to terminate the conflict. War should always be terminated from a position of strength when political and military aims are achieved. India declared a unilateral ceasefire on 17 Dec 1971, when the Indian Army held some strategically important posts along the Line of Control Lockand went deep into Pakistan in the Rajasthan and Shakargarh sectors. Pakistan was in occupation of the Chhamb sector, Hussani wala enclave and Fazilka sector. This ceasefire was a Godsent opportunity for Pakistan. When the repatriation of Plow was agreed upon in Shimla Agreement, 1972, Indian pollical leadership failed to bargain the lost territories to Pakistan thus, Chhamb was lost to the enemy forever. If Chhamb was lost, all those responsible for its defences are guilty, some more and some less.It is imperative to understand the military importance of the Chhamb Jourian sector, wherein Pakistan launched offensives twice within the span of six years. The southern side of this sector bulged into Pakistan Occupied Kasmir POK. It is open and plain, and tanks could be employed substantially from the Pakistan side. International Border and Line of Control meet here. Pakistan has an advantage in choosing the type of offensive. The geostrategic location and terrain configuration render the Chhhamb sector significant.In comparison, the area toward India is hilly and funnel shaped. Through this sector, Pakistan could threaten the Akhnur bridge on the river Chenab and pose a grave danger to the Rajouri Poonch road and Jammu Pathankot highway. On the other hand, through this sector, India could pose a direct threat to the Lalam

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In its activity. The Default Mode Network is the neural network that is active only in the brain's resting state. The DMN is associated with introspection, self-referential thought, memory, future imagining, and social cognition. The medial prefrontal cortex is tasked with generating and introspecting the sense of 'self'. It is active when the mind is at rest and typically deactivates when the brain is engaged in demanding, externally oriented tasks. This network is the hallmark of the human brain that conjures up varying perceptions of the self. Self-referential awareness, a consciousness that's conscious of being conscious. An awareness that doesn't require mediation by intelligence. An awareness with the wondrous ability to disrobe itself of its misconceptions. Relaxation, introspective techniques effect a gradual functional evolution by restraining the instinctive responses to developing a far superior cognitive state, the state of beingadispassionate observer. Spiritual terminology such as 'Sthitaprajna' may seem high-sounding, but it implies a shift from being a participant in this game of life to becoming a mere witness. Overcoming the identification of the 'self' from a limited 'mind-body' entity to that limitless sense of just Being. The paradox of using the capability of self-restraint and introspection to realise one's true nature, being that of unrestrained, boundless Bliss. The growing impact of Artificial Intelligence, which is predominantly computational, can never be Self-cognitive. Self-cognition is a unique human attribute. The earlier and faster we exercise this discretion to realise our true nature, the better it is for our future. Mankind stands at a crossroads, facing a life-changing choice. Either to use our higher faculties and intelligence to indulge our false sense of self, ego, or to deploy it to investigate our true nature. The choice to use this evolutionary upgrade will determine our destiny, extermination or salvation. High blood pressure is often called the silent killer. It is silent because most people do not experience symptoms until serious complications arise. Yet, it is deadly because uncontrolled hypertension significantly increases the risk of heart disease, stroke, kidney failure, and premature death. In India, the challenge is particularly alarming. Rapid urbanization, sedentary lifestyles, stress, unhealthy diets, and rising obesity have made hypertension one of the country's most pressing public health concerns. What was once considered a disease of older adults is now increasingly affecting young professionals, people in their 30s, and even teenagers. World Hypertension Day, May 17, is not merely a reminder to check blood pressure. It is a call for India to rethink its relationship with health, food, stress, and preventive care. Understanding hypertension Blood pressure is the force exerted by blood against the walls of the arteries as the heart pumps. A normal reading is generally around 120/80 mmHg.

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the major contributors is poor dietary behaviour. Excess salt consumption, processed foods, fried snacks, sugary beverages, and restaurant meals have become common in urban households. Many packaged foods contain hidden sodium levels far beyond recommended limits. Physical inactivity is another concern. Desk jobs, long commutes, and increased screen time mean many Indians spend most of their day sitting. Exercise has become optional rather than essential. Stress also plays a crucial role. Competitive work environments, financial pressures, academic expectations, and digital overload contribute to chronic stress levels. While stress alone may not directly cause hypertension, it can trigger behaviors such as overeating, smoking, alcohol consumption, and poor sleep all of which elevate blood pressure. Tobacco and alcohol use remain major risk factors as well. Smoking damages blood vessels and increases pressure on the cardiovascular system, while excessive alcohol consumption can lead to persistent hypertension over time. The growing obesity crisis further complicates matters. Increased body weight forces the heart to work harder, raising blood pressure and increasing the likelihood of diabetes and cardiovascular disease. Young India is no longer immune One of the most worrying trends is the rise of hypertension among younger Indians. Doctors are increasingly seeing patients in their late 20s and early 30s with elevated blood pressure lSeveral factors explain this shift. Irregular work schedules, sleep deprivation, fast-food consumption, lack of exercise, and constant exposure to digital devices have become the norm among urban youth. Many young adults also ignore early health screenings because they assume hypertension affects only older people. This delay in diagnosis increases long-term health risks. Even among seemingly healthy individuals, hidden hypertension is becoming common. A person may appear fit externally but still have dangerously high blood pressure due to stress, genetics, or unhealthy lifestyle patterns. This changing demographic pattern calls into question awareness campaigns targeted specifically at younger populations. The dangerous link between hypertension and heart disease Hypertension places excessive strain on arteries and the heart over time. If left uncontrolled, it damages blood vessels, reduces their elasticity, and increases the risk of blockages. This can eventually lead to heart attacks, strokes, heart failure, kidney disease, and vision problems. Stroke risk is especially significant because elevated blood pressure weakens blood vessels in the brain. Hypertension is also closely linked to diabetes. India already carries a massive diabetes burden, and the coexistence of diabetes and hypertension dramatically raises cardiovascular risks. Unfortunately, many people stop taking medication once their blood pressure appears controlled. Doctors warn that hypertension management requires consistency. Lifestyle changes and me

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A terrain mix of hills, ridges, riverine and undulating grounds, rivers and streams. By Oct 1971, the armies of both countries had been deployed in their respective operational areas. The overall Indian military strategy was essentially offensive on the eastern front and offensive defensive on the western front. Thus in the western sector aim was to hold Pakistan forces and minimise the loss of territory to Pakistan. This war was expected to be short and intense.10 Infantry Division, with four brigades and other elements, was holding the defences of the ChhambJaurian area. 191 Infantry Brigade was responsible for defences of the Chhamb sector across the river Munawar Tawi. On Dec 1971, around 2000 hrs. Infantry Division of the Pakistan Army launched a massive offensive with three Brigades, including one Armored Brigade. Eight Artillery Regiments and Pakistan Airforce carried out heavy bombardments in the Chhamb sector. On 4 Dec 1971, Pakistan captured Mandiala Heights. However, its attack on Kachrail Height was repulsed. On 5 Dec, the Indian Army launched a Counter Attack on Mandiala Heights but failed to recapture it. Chhamb town was lost on night 56 Dec, thus forcing Indian troops to take defences on the east of the river Munawar Tawi. Having succeeded in occupying the areas west of the river, Munawar Tawi, Pakistan Army, decided to march across the river toward Jourian but could not succeed. To halt this momentum of the Pakistan Army, the Indian Army blew the only bridge on the river Munawar Tawi at Mandiala crossing. On 10 Dec, Pakistan Army Brigade tried to cross the river Munawar Tawi at Darh and Raipur crossings but suffered heavy losses, and the attack was repulsed. Meanwhile, the Indian Army troops captured the Chickenneck area, also known as the Akhnur dagger night 56 Dec. After this, the enemy made no further attempts to cross the river Munawar Tawi and the state of affairs stabilised. Local counterattacks by own troops continued until India unilateral ceasefire declaration on 17 Dec 1971.Why did the Indian Army lose the Chhamb sectorI feel Chhamb should not have been lost. It wasin 1971 when we lost it, but we lost in. We didlearn from our mistakes. The fundamental error committed by the Indian Troops responsible for defences of the Chhamb sector was that the aim was not precise. The aim shuttled between a defensive and an offensive posture thus, defences of this sector were not prepared well. The task for the troops on the ground across the river Munawar Tawi was changed 45 times within two months before starting hostilities. Secondly, though adequate intelligence was available yet the actual threat was misread. The intelligence report stated that the Pakistan offensive main thrust would be through Poonch, not Chhamb Sector. Thirdly, Armor resources available were not utilised properly. Even tanks of 9 Horse and 72 Armd regiments were mixed up. Additional armor was not deployed across the Munawar Tawi. Fourthly, the Artillery resourc

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Even as I write this, the country is witnessing protests over the Agni path Tour of Duty scheme which opens the gates of armed forces to volunteers for a period of four years, including onboarding, training, leave and actual service. While mine is a perch of privilege as a veteran officer drawing pension and enjoying lifelong health cover, I cannot but reflect on the plight of sailors, airmen and jeans who endure many challenges. There are the extended periods at sea, the humble facilities, the non family stations and field postings as well as other hardships. But they brave them all because for me and countless others the navy or any service is just a job. It is a way of life a life of honor, dignity and passion. As for the contract of pension and medical cover, it could mean the difference between starving and living a life of dignity after retirement. Both have been excluded by the proposed Agni path scheme. Four years service means the recruits will not even be entitled to gratuity. A 25 retention carrot for permanent absorption will practically turn them into performing circus clowns. Unlike the army where a soldier willingly lays down his life for the pizza honor of his platen, the navy has no regimental culture. Naval loyalties remain affixed to good ships, good COs, or specialist affiliations all of which will elude Todd recruits. Life at sea is hard, often a stark contrast to the landlubber life of other services. Everything is either too technical or too hard to master within 3 4 years. If I were a Todd sailor, I would spend two years in the grind and the rest planning my exit ashore. Of what use will such Agni veers be to commanding officers who have to deal with a continuous scope creep as the navy spreads its wings across the globe They may barely scale the lowest benchmark of good messmate before getting on to the path of resettlement. Think about this the only two civilian components of a warship the ship barber and or civilian bearer would spend more time at sea than an Agni veer sailor. To be fair, I can think of few sundry duties naval Todd recruits may yet fill. Currently, such duties are being undertaken by sailors who are often over trained and over qualified. The scope and magnitude of secondary duties are ever increasing, providing easy justification for a crafty mind to let in Todd through the back door. But to design a scheme that facilitates carriage of such Agni veer Johnny come lately on a seagoing warship is sacrilege. To keep them ashore would mean denying the hardworking regular recruit his oft posting. A delicate balance, already disturbed by ill thought out short service commission schemes, is set to be completely wrecked by extending it to the ranks. A 21st century navy deals with cutting edge technology, owned and operated by the officers and sailors. Every man jack in the.

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Navy is a techie, though the system may be loath to admit this. On a flight deck, a Todd sailor would be able to man the chocks and lashings and nothing more. How would he she be employable rest of the time, and what about the concern that he could gain full access to the navy deepest secrets And what happens after the Tour of Duty ends I have seen civilian recruits approximating Todd being exploited with the promise of permanent employment in the aviation world and offshore industry. B Tech engineers from tier 2 and 3 colleges are recruited by contractors of oil and gas PSUs for abysmal wages and living conditions with the lure of on job offshore experience. Their lives, grooming, wages, safety, reemployment, etc. mean nothing to the organisation. Thankfully, they are not trained to access or use weapons; neither is there any chimera of pizza or service before self. The worry lines I have seen on the faces of privileged officers with and without pension as they approach the end of their life in service does inspire much confidence. Often, the services apparent indifference to their plight turns them against the establishment. This could prove to be a fertile ground to recruit mercenaries by agencies that are inimical to the state. Do not forget, a soldier owns the nation deepest secrets. Officials from the Indian armed forces who framed the rules, endorsed, or embraced this concept owe an explanation to their soldiers on why they could consider a no holds barred approach to cutting flab across the spectrum before disincentivising a recruitment system that worked fine. Ins this a case of robbing Espy Patel to pay Colonel Paul pension And for those who think pension is expensive, try defeat. India hosted a special meeting of Foreign Ministers of ASEAN on 15 16 June 2022. This was propelled by not only India focus on the region for mutual economic benefits in accordance with its ACT East policy, but also its growing concern over the spiraling tension because of the increasing Chinese belligerence. On this occasion, the Indian Foreign Minister Jaishankar pushed for deepening, broadening and upgrading the partnership as India enters the fourth decade of its partnership with ASEAN. He averred A better connected India and ASEAN would be well positioned to promote decentralised globalisation and resilient and reliable supply chains that are needed by the international community. It is important that we identify a new set of priorities while ensuring the early realisation of our ongoing initiatives. The comprehensive agenda included a greater focus on trade and investment growth, physical and digital connectivity, defence and security, climate action and green growth and more people to people exchanges. Jaishankar also focused on the post pandemic recovery of the global economy, observing that there is much ground yet to be covered as we walk towards post pandemic recovery. He also mentioned that his path has become even more arduous with geo political h

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From a Vedantic perspective, Ram was born in Ayodhya. Ayodhya signifies a place where there is no conflict Ayodhya, a place free from battles; it is where there is no duality, attachment or aversion, honour or dishonour, joy or sorrow, giving or taking, sense of multiplicity. It is unique and non-dual. Vedanta teaches that our antahkaran, inner being, is currently in a state of Yudh, and not Ayodhya, because our mind is full of desires, cravings, likes and dislikes, conflicts, ambitions, pride, and attachments. The mind constantly engages in an inner battle of thoughts harbouring unrest, pain, grief, suffering, and bitterness. You do need anyone else to experience torment; your mind is enough to create a hellish experience. Transform this battlefield of your mind into a land of peace, free from conflict. The king of this Ayodhya is Dasharath. It consists of two words: Dash, ten and Rath, chariot, symbolising the ten senses. The human body is a chariot. The story of Ramayan is our story. Dasharath is the king of Ayodhya, the mind, and his son is Ram. Within the kingdom of these ten senses, you are Ram, the jiva, and your wife is Sita, who represents peace, which Ravan, the personification of ignorance, has abducted. Now, you must rescue your Sita and peace, but to do so, you need the help of a guru in the form of Hanuman. He advises you to raise an army of divine qualities such as nonviolence and truth. First, you must defeat Ravan son, Meghnad, who represents ego. Therefore, a person must first rid themselves of their ego. In the form of Hanuman, the guru helps the disciple overcome their ego. The story of Ram is incomplete without Hanuman, just as the journey of any disciple is incomplete without a guru. Guru destroys the Ravan of ignorance with wisdom, facilitating the attainment of peace in the form of Sita. The seeker mind, once a battlefield, transforms into a place free from conflict, duality, transactions, arguments, or deceptions. There is no attachment, aversion, pride, or insult. When all forms of inner battles cease, that inner state is Ayodhya. One Deepavali is external, and another is internal. The external Deepavali comes and goes, but once you learn how to defeat the Ravan of ignorance, every night becomes Deepavali. It is celebrated on the night of Amavasya, the new moon, as Deepavali symbolises that in the darkness of life, those who light the lamp of knowledge experience light both within and without. The deepest darkness is ignorance, which leads us to believe that we are living a good life and will continue to do so indefinitely. We fail to realise that just as a lamp goes out when oil is depleted, the lamp of life also eventually extinguishes. The true celebration of Deepavali is by those who, while still alive, have lit the lamp of meditation to remove darkness from their minds. When this light illuminates your heart, every action you perform will be auspicious.

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An invitation to a party, gathering, or event stares back at you while the allure of a quiet night whispers, Stay home. Whether it a dinner, work event, or just another night out with friends, the pressure to attend often feels stronger than our desire for solitude. Many of us have experienced the conflicting emotions of wanting to bow out but fearing the consequences missing out, feeling judged, or losing connection with friends. Let explore the anxiety that drives us to attend social gatherings, even when we re drained, and the mental and emotional toll of constantly saying yes to commitments we do want to keep. Peer pressure does stop when we leave high school; it simply takes on subtler, more sophisticated forms in adulthood. While our friends may not explicitly demand we show up, the silent understanding is clear: consistent attendance is expected. This unspoken rule the quiet fear of judgment fuels our attendance at gatherings even when our hearts are in it. Were afraid that if we skip too many events, we all be labelled as disinterested, unreliable, or antisocial. And so, we show up, putting on a smile and engaging in small talk, all the while wishing we could be elsewhere. Social media only amplifies this fear. Platforms like Instagram and Facebook offer constant reminders that our friends are out having fun without us, leading to feelings of inadequacy. In many cases, it not the event itself that causes anxiety but the consequences of not attending. What will my friends think? Will I be judged for not participating? The fear of being judged is a heavy burden that drives us to stretch ourselves thin socially. Have you ever felt trapped by your social calendar? This feeling of entrapment is often referred to as social jail. Every RSVP feels like a new prison sentence another obligation that you do necessarily want but feel compelled to fulfil. Social jail is the sensation of being confined by your commitments, even when your energy levels are at rock bottom. You did actively choose these engagements; they accumulated over time, often as a result of the peer pressure we just discussed. You like your friends and enjoy spending time with them, but the sheer volume of social commitments leaves you drained. The more you attend, the more invitations pile up, creating a never-ending loop that turns what should be a pleasure into a chore. Social jail creates a sense of constant motion where downtime becomes rare. You are left with little room for spontaneity or personal time. And when you finally do take a break, you may feel guilty of it, as if you re shirking your responsibilities. Underlying all of these factors is the deep-seated fear of being an outcast. At the core of social anxiety is the desire to belong. We dread the idea of being the one who gradually edged out of the group skipping events, missing inside jokes, and eventually becoming irrelevant. It not just the fear of

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To developments in Ukraine and its knock on effects on food and energy security, as well as fertilizer and commodities prices, and logistics and supply chain disruptions. The meeting adopted a 17 point statement, which broadly had three dimensions. First, it acknowledged the need for greater cooperation in the field of defence and welcomed the upcoming 1234 India Defence Ministers Informal Meeting in November 2022 and the 1234 India Maritime Exercise. Second, it called for further strengthening and deepening the 1234 India Strategic Partnership for mutual benefit, across the whole spectrum of political, security, economic, socio cultural and development cooperation by utilizing relevant existing 1234 led mechanisms. Third, it stressed the need to explore potential cooperation between the AOIP and Indo Pacific Ocean Initiative IPOI initiated by India, in areas such as maritime cooperation, including maritime security, maritime connectivity, the Blue Economy, Disaster Risk Management, Search and Rescue SAR cooperation, marine environmental protection, and maritime safety. Crucially, without naming China but taking cognisance of its growing belligerence, they reaffirmed the commitment to multilateralism founded on the principles of the international law, including the Charter of the United Nations, the 1982 United Nations Convention on the Law of the Sea UNCLOS and other relevant UN treaties and conventions, maintain an open and inclusive regional cooperation framework, support 1234 Centrality in the evolving rules based regional architecture, uphold multilateralism in jointly responding to regional and global challenges. The statement emphasised the need to strengthen regional connectivity, including both physical and digital, and explore synergies between the Master Plan on 1234 Connectivity MPAC 2025 and India connectivity initiatives under India Act East Policy, in line with Connecting the Connectivity approach. It was also decided to review of the 1234 India Trade in Goods Agreement AITIGA to ensure that it is more user friendly, simple and trade facilitative for businesses, by accelerating the process of endorsement of the review of AITIGA so that the AIFTA Joint Committee can be activated to oversee the implementation of the AITIGA Review. In the current environment, it is imperative. Echoing the sentiments expressed by Jaishankar, the Foreign Minister of Vietnam Bui Than Son underlined he long standing traditional relationship between India and the Southeast Asian region and the strong development of relations, saying that the two sides have recorded important achievements over the past 30 years. Significantly, he pointed out that now is the time for 1234 and India to elevate their strategic relationship and comprehensive cooperation to a higher level, contributing to peace, security and prosperity in the region and the world. He appreciated India support for 1234 stance on the East Sea, and called on India to back 1234 effort to build the E

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Moisturizer thin and watery moisturizers with a gel formulation are the best treat that you can give to your skin in summers. These moisturizers are absorbed easily, and they don even feel heavy on the skin. Make time for summer skin detox summer skin detox must be the cornerstone of your beauty routine during summers. For this, you can resort to clay masks that will draw out impurities from deep within and leave your skin feeling and looking fresh. Indulge in a rejuvenating facial regime the summer season brings along an array of skin woes that we dread dealing with. A lot of dullness is noticed on the skin due to increased sun exposure and clogged pores that take place because of excessive sweating and dirt accumulation. In this scenario, one of the best ways to beat these woes is by indulging in a relaxing and rejuvenating facial regime. Stay hydrated Dryness is a common skin trouble during summers, wherein the sebaceous glands do not produce enough sebum to moisturize the skin. On the other hand, dehydration takes place when the skin cells do not receive enough water or fail to retain the water molecules in them. While dryness is often a skin type, dehydration is a skin condition that can be controlled if treated with proper care. So, stay hydrated, switch to a gentle cleanser, use a humidifier, and exfoliate regularly. Pick the Correct SPF One must have that you can definitely not afford to miss in summers is the SPF. However, for a long lasting positive impact, it is imperative to pick the correct SPF as per your skin type and your time of direct sun exposure. Follow these cues for your summer skincare routine to glow as bright as the sun. Happy summers Even if the flow of money seems secured for now, developing world is stepping closer and closer to the queues for basic oil and food supplies. The World Development Report 2022 by the World Bank highlighted the looming debt crises in the global economy World Development Report, 2022. The Coronavirus Pandemic induced many low middle income countries to increase their already high sovereign debts by nine percentage points. Just a few days after the release of this report on February 15, the war in Ukraine erupted, further paralyzing the global economy with massive shocks in supply chains and oil prices BBC, 2022. Another study, conducted by the United Nations Global Crisis Response Group on Food, Energy, and Finance, called for immediate action by international financial institutions to ensure a steady flow of food and energy through open markets United Nations, 2022. According to the report, 107 countries face at least one of the three major risks of rising food prices, accelerating energy prices and deteriorating financial conditions. In terms of the global population, these countries account for one fifth of humanity a population of 1.7 billion. Sixty nine of these countries face all three threats. In Africa 25 of the economies, 25 in Asia.

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These messages were sent in 12 different languages including English, Hindi, Kannada, and Tamil. The content of the messages was developed with the objective of highlighting the benefits of adopting healthy lifestyles and acting as nudges for behavior change, such as eating two to three fruits and vegetables a day, avoiding fried food, and increasing physical activity. When it comes to imagining a future without NCDs, interventions that focus on prevention are key. And in order to address the problem at scale, coordinated and collective efforts are essential, wherein all stakeholders work together to build an environment conducive to healthy living for the population at large. Whatever it takes to prevent these disasters, we need to work together to address them. Political Will is needed, and the government agencies involved must be held accountable. market which is estimated to reach 115 billion by 2028. Although the number of product launches for men still lags behind those for women, this gap is expected to narrow in the future. Are you looking for innovative ways to reform your country education system? India NEP 2020 is certainly worth a look. Promising revolutionary changes in the world of Indian education, the policy was approved by the Union Cabinet of India on 29 July 2020 and promises an exciting future for students across all ages, disciplines and educational institutes. India National Education Policy 2020 provides guidelines that aim to address problems ranging from inadequate access to education to current issues such as quality control and inclusion of technology into learning. But should we be too quick to jump onboard with this newfound enthusiasm? What are some areas where reversal, improvement or additional implementation could be beneficial? By systematically exploring these questions, we can better assess if this ambitious programmer lives up to its name and purpose. Evaluating the pros and cons of NEP 2020 The NEP 2020 has garnered praise and criticism for its ambitious goals and proposed changes to the Indian education system. Advocates of the policy applaud the focus on foundational literacy and numeracy, as well as the push for more multidisciplinary and holistic education. However, some critics raise concerns about the potential for increased privatisation and commercialisation of education and the potential exclusion of marginalised communities. Overall, evaluating the pros and cons of the policy requires a careful analysis of its potential benefits and drawbacks, as well as its implementation in practice. As a professional in the education field, it is essential to have a nuanced understanding of the National Education Policy 2020 and its potential impact on India educational landscape. How NEP 2020 can transform India educational landscape The recently introduced NEP 2020 presents an ambitious vision for transforming India educational landscape. With a focus on inclusivity and accessibility, the policy proposes signif

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Significant interest and curiosity among education enthusiasts worldwide. One of the critical areas of focus under this policy is improving the accessibility of higher education to students in India. The policy outlines innovative strategies such as creating a credit based system for degree programmes, establishing a National Research Foundation, and developing online learning platforms. All these initiatives aim to improve the quality of education and make it more accessible to students from all backgrounds. The ultimate goal is to create a knowledge driven society where individuals have the skills and expertise necessary to contribute to the growth and development of the nation. The NEP 2020 is definitely a step in the right direction, and it will be fascinating to see how these initiatives evolve in the coming years. Examining the challenges facing implementation of NEP 2020 The NEP 2020 has been introduced to revamp the Indian education system from its roots. However, implementing this policy has brought with it several challenges that need to be addressed. One of the primary concerns is the need for major infrastructural changes in schools nationwide to make them compliant with the policy guidelines. There is also a need for adequate funding and resources to be made available for proper implementation. Moreover, the policy aims to make the education system inclusive and cover a broader range of topics, requiring teachers to be trained in new skills. Therefore, tackling the challenges facing the implementation of NEP 2020 will require collective efforts from the government, educationists, teachers, and other stakeholders. Possibilities for Improvement and Development with NEP 2020 The newly introduced NEP 2020 has generated much interest and hope in the field of education in India. Its proposals for various changes in the schooling and higher education systems have been welcomed by many educators, policymakers, and other stakeholders. With a focus on providing equitable, inclusive, and quality education to all students, NEP 2020 aims to transform the country education landscape. Some of the key highlights of the policy include significant structural changes, such as the introduction of a 5+3+3+4 curricular and pedagogical structure and the provision of increased flexibility and autonomy to educational institutions. It is hoped that these changes will lead to the development of a system that is more aligned with the needs of modern day India and prepare students for the challenges of the 21st century. What does this mean for India future and its education system overall The future of India education system is at a critical juncture, and the path forward is not wholly clear. With a growing population of over 1.3 billion and a rapidly expanding economy, the education system must adapt to meet the needs of a changing society. While progress has been made in recent years, some challenges must be overcome, such as improving access to quality educat

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Provide more quality education or to bridge the gap in gender and socioeconomic disparities found in Indian society. Nevertheless, implementing these changes may be hindered by several challenges, such as a lack of financial resources and inadequate infrastructural support. To ensure its success, there should be a robust public private collaboration between government and private entities and effective monitoring and regulation of these initiatives. Nonetheless, if properly executed, NEP 2020 stands to shape today India into a brighter tomorrow filled with greater chances and opportunities in education, ultimately leading India towards becoming a fully developed society. Its crucial to appreciate that addiction to sugar, carbohydrate, fructose is stronger than addiction to liquor, tobacco, drugs. Recent research findings in health by Dr Robert Lustig published in his book Metabolically the truth about processed food and how it poisons people and the planet 2021 by Harper Wave, USA, explains how Disability Adjusted Life Year is increasing world over invariant with the per capita income. For instance, even though India per capita income is 17 times lower than that of the USA, an average Indian and an average US citizen suffer 10 years of. Passion of carbs, sugars, ultra processed foods Dr Lustig opines that the major reason for the increasing incidence of Non Communicable Diseases NCD such as Diabetes, Hyper tension, Cardio Vascular Diseases, Cancer, Alzheimer is the passion towards ultra processed foods rich in carbohydrates, sugar, fructose, Even though the real food is high in fiber, low in sugar, consumption of bad food high in sugar and low in fiber is increasing. Though gut flora is crucial for health, fiber rich diet is not consumed. Dr Lustig mentions that for health the mantra is Protect the liver, Feed the gut. If we do not feed gut flora, they gut flora will feed on us. Increase in consumption of processed foods in India The value of per capita sales of packaged and processed foods is increasing per year from US$ 31.3 in Thus, food processing industries will expand further adding to health issues. Increase in Increase in incidence of Non Alcoholic Fatty Liver Disease is causing concern world over. Global prevalence of is. Prevalence of pediatric ranges increasing with age. Addiction to carbohydrates, sugars, ultra processed foods is reported as major reasons for. Approximately of adults or children have. Increase in obesity Overweight and obesity is prevalent in of men and of women in urban areas and of men and of women in rural areas. Dietary risks contributed to among men and 52 of among women from cardio vascular diseases. Per capita consumption of rice, wheat surpass the RDA About 514 grams of food grain rice, wheat, maize, other cereals, pulses are available per person per day in 2022. The precipitate requirement of carbohydrates per day is 282 grams. In rural areas 432 grams and in urban areas 347 grams of carbohydrates are consume

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limited in many Indian households. The role of public awareness Awareness campaigns like World Hypertension Day are essential because they encourage people to act before complications arise. Schools, workplaces, residential communities, and healthcare institutions all play a crucial role. Regular screening camps, fitness initiatives, healthy cafeteria policies, and stress management workshops can create healthier environments. Corporate India, in particular, must recognize the long-term impact of workplace stress and burnout. Preventive healthcare programs are not just employee benefits; they are investments in productivity and well-being. Digital health technology can also support prevention efforts. Mobile apps, wearable devices, telemedicine platforms, and AI-driven health monitoring tools are making preventive care more accessible than ever. However, healthcare access remains uneven across rural India. Many people still lack awareness, diagnostic facilities, or affordable treatment. Bridging this gap will require stronger public health infrastructure and community outreach. A national health priority India is currently facing a crucial juncture in its healthcare journey. Infectious diseases remain a challenge, but lifestyle disorders such as hypertension are rapidly becoming equally dangerous. The good news is that hypertension is neither inevitable nor untreatable. Early detection, informed choices, and consistent medical guidance can prevent severe complications and save millions of lives. World Hypertension Day should therefore serve as more than a symbolic observance. It should inspire families to prioritize preventive healthcare, encourage young people to adopt healthier habits, and push policymakers to strengthen public health systems. The message is simple but urgent: know your numbers, listen to your body, and do not wait for symptoms to appear. Awareness is the first step towards survival in the battle against hypertension. levels. How Rajasthan's Sikar became the coaching capital of hope and anxiety On the night of May 4, just hours after more than 22 lakh students appeared for a man walked into a police station in Sikar carrying handwritten pages that allegedly matched the exam paper. A coaching teacher at a private institute, later assigned the title of a 'whistleblower', arrived at 1:30 am with what could be proof that one of the country's most important exams had been compromised. The policeman asked for a written complaint. The man left. Somewhere across India, millions of exhausted students were sleeping after months of preparation. They still believed they had participated in a sacred meritocratic ritual. Meanwhile, inside the paper leak economy, the more important question was no longer how many hours you studied, but how much you were willing to pay. This is not even the first time Sikar, a small town in Rajasthan, has made it to the headlines. Before the NEET 2026 controversy, the town had repeatedly surfaced in investiga

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model was the same. Students came from villages and small towns where families sold land, took loans, and put together every resource to push their child into the coaching machine. Even my family took me to one of these institutes in 2011, showing me a small room where I was expected to study for the next two years without distraction. The existential dread of that PG almost pulled out an Edvard Munch kind of scream from me, and I told them I was ready to do anything to escape that life. In Sikar, competitive exams are treated with the seriousness of military operations, and every student is a soldier trying to escape the humiliation of being called berozgaar. If someone gets selected, the entire town is informed through giant hoardings, photos of toppers hanging on electricity poles, local newspapers, and walls plastered with AIR ranks, which sometimes have headlines like 'Chu liya asmaan' (I have touched the sky). Institutes bring out DJs, garlands and parade toppers like local gods with rath-style processions. In 2016, one coaching institute even gifted a BMW to a student for securing AIR 11 in IIT-JEE. Every selection produces two emotions simultaneously. Relief for the family whose child made it, and melancholy for those whose children did not. Mothers stare at topper posters and wonder when the face of their own child will appear there. Happiness, shame, prestige, anxiety, marriage prospects, migration dreams, and family honour slowly become attached to rank lists. Everyone wants to become that family whose child cracked NEET or IIT. Perhaps this is the only place where Ravish Kumar's old appeal, Aap TV mat dekhiye, was adopted with sincerity. Parents sacrifice their TVs when their children join a coaching institute so that they do not accidentally learn the dangerous art of relaxation. In the coaching economy, leisure is the ultimate sin. A falling exchange rate can curb imports more effectively than austerity measures. Don't intervene in the forex market India faces a familiar policy conundrum. A sharp rise in global prices of oil, gas, and fertilisers, triggered by To increase resilience, massively scale up renewables, electrify transport, and make India attractive for world's best companies From an oasis-of-comfort to crisis-time (sankat kaal) in mere weeks? That was fast. Mid-April, GOI declared India an With Tata-ASML deal, India's finally getting into chip manufacturing, and in a big way It won't be long before semiconductors, or chips, sold in a year are worth more than oil. Just last week, TSMC, Himachal HC should have responded differently to a habeas corpus case. A man seeks Himachal HC's help, for a woman whose life he believes to be under threat, going by her text messages to him. By The XIV Dalai Lama Among the Buddha's profound teachings, few are as thought-provoking or as often misunderstood as the teaching of rebirth. For those raised in a materialist worldview, the idea that life continues Xi dealt with Trump as his equal,

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Moisturizer thin and watery moisturizers with a gel formulation are the best treat that you can give to your skin in summers. These moisturizers are absorbed easily, and they don even feel heavy on the skin. Make time for summer skin detox summer skin detox must be the cornerstone of your beauty routine during summers. For this, you can resort to clay masks that will draw out impurities from deep within and leave your skin feeling and looking fresh. Indulge in a rejuvenating facial regime the summer season brings along an array of skin woes that we dread dealing with. A lot of dullness is noticed on the skin due to increased sun exposure and clogged pores that take place because of excessive sweating and dirt accumulation. In this scenario, one of the best ways to beat these woes is by indulging in a relaxing and rejuvenating facial regime. Stay hydrated Dryness is a common skin trouble during summers, wherein the sebaceous glands do not produce enough sebum to moisturize the skin. On the other hand, dehydration takes place when the skin cells do not receive enough water or fail to retain the water molecules in them. While dryness is often a skin type, dehydration is a skin condition that can be controlled if treated with proper care. So, stay hydrated, switch to a gentle cleanser, use a humidifier, and exfoliate regularly. Pick the Correct SPF One must have that you can definitely not afford to miss in summers is the SPF. However, for a long lasting positive impact, it is imperative to pick the correct SPF as per your skin type and your time of direct sun exposure. Follow these cues for your summer skincare routine to glow as bright as the sun. Happy summers Even if the flow of money seems secured for now, developing world is stepping closer and closer to the queues for basic oil and food supplies. The World Development Report 2022 by the World Bank highlighted the looming debt crises in the global economy World Development Report, 2022. The Coronavirus Pandemic induced many low middle income countries to increase their already high sovereign debts by nine percentage points. Just a few days after the release of this report on February 15, the war in Ukraine erupted, further paralyzing the global economy with massive shocks in supply chains and oil prices BBC, 2022. Another study, conducted by the United Nations Global Crisis Response Group on Food, Energy, and Finance, called for immediate action by international financial institutions to ensure a steady flow of food and energy through open markets United Nations, 2022. According to the report, 107 countries face at least one of the three major risks of rising food prices, accelerating energy prices and deteriorating financial conditions. In terms of the global population, these countries account for one fifth of humanity a population of 1.7 billion. Sixty nine of these countries face all three threats. In Africa 25 of the economies, 25 in Asia.

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And the Pacific 19 in Latin America and the Caribbean face severe exposure to the food, energy, and finance shock analyzed in the UN report. As of April 2022, Sri Lanka is already in the midst of economic collapse and civil unrest. Bad policies and external shocks have caused foreign exchange reserves to collapse. There also a notable surge in Consumer Price Index inflation from April to March of nearly 11 year on year. The important question is which countries these crises will mutate to. World Bank informed that 70 countries face debt repayment of 11 billion dollars Ladson Sullivan, 2022. Starting with Tunisia, the birthplace of Arab Spring, which has been severely affected by the war in Ukraine? Augmenting commodity prices are at a decade high level and are draining foreign exchange reserves. Foreign debt accounts for 100 of its GDP, and trade deficits continue to widen CEIC, nod. Egypt, home of the majestic pharaohs, is facing a deficiency in its wheat reserves which are reported to last not more than three months Attala et al., 2022. Similarly, Lebanon has been forced to 150 million dollars worth of security loans from the World Bank to cover the war induced food price hikes AP New, 2022. Other nations like Argentina, El Salvador, Peru, South Africa and Turkey have external debts that account for 80 of GDP. It should be noted that these are just some of the 69 nations that have been warned of civil unrest amid the global debt storm. India is not immune to these shocks. With four of India states, Punjab, Bihar, Andhra Pradesh West Bengal, have debt to GDP ratios close to Lanka level The Print, 2022. The central government is advised to weather the economic storm accompanied by immediate financial adjustments. US interest rate hikes have already caused foreign investors to withdraw 20 billion dollars since early 2022 Insider, 2022. Investors are also concerned that high inflation will eat away at corporate profits and affect consumer spending. Does this mean that the world will reflect the same domino effect observed in Latin American countries in the 80s Often referred to as the last decade, the period having its routes from the 1970s, the debt level reached 327 billion dollars Sims Romero, 2013. While the numbers point to irreversible damage to the global financial system, it is never too late to manage the next steps for revival. Financial Inclusion and Financial Resilience was the first point of policy recommendation in the World Bank report, and it is undoubtedly an indispensable one World Bank Step 1, 2022. Low income countries are always vulnerable to external shocks as a larger proportion of their debt is in foreign currency. Covid 19 also highlights how a global crisis will hit harder the micro, small and medium enterprises MSMEs and other disadvantaged populations with disproportionate income and wealth. In addition, international markets need a more robust mechanism for managing borrowing and lending. One way could be to restructure

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Pausing repayments or directing unsustainable debt portfolios. As the nations plan their recovery path for the post pandemic society, not all the countries find themselves at leverage to tackle all the economic constraints at once. In such a scenario, low middle countries will require subsistent accessibility to safer funds. Innovative lending opportunities with product diversification and data driven underwriting will foster equitable recovery, particularly helping MSMEs and vulnerable segments. Whenever a new technology promises to revolutionize the way of life, it ought to meet with skepticism and a fair share of distrust. We see a similar trend with smart homes too. While It proving to be a game changer for many, there is a huge section of potential buyers who are still apprehensive about mortifying their homes. As the popularity and discourse around smart homes expand, it quite natural for the customers to buy into the myths created around them. It important to spread awareness among homeowners about how smart homes can change their lives for the better. Therefore, without further ado let burst out some of the most common myths about smart homes. a Smart Homes Costs a Fortune One of the main misgivings that people have around smart homes is that the setup would cost them an arm and a leg. They need to understand that Iota technology is thriving in India and there is a pool of options to choose from. Customers can always get their hands on the brands and products as per their budget and convenience. b Smart Homes Increases the Electricity Bills Another common misconception that many people share when it comes to smart homes is that they might increase their electricity consumption tremendously. Whereas, it mostly the other way around. Most smart products are not just cost effective but also energy efficient. To extend a mortified life, the products installed in smart homes already come equipped with features like scheduling the gadgets, universal remotes, and more to minimize the use of electricity. c Using Smart Homes Can Be Intricate We have to realize that Iota technology is relatively new in India and most of us are still getting used to virtual assistants. However, home automation brands must educate customers about smart home technology. It important to send out the message that most smart home products are not only cost friendly but extremely easy to set up and use. d Smart Homes Are Not Safe One of the major concerns that people have around smart homes is a common misconception that Iota based devices can be easily hacked. Therefore, it quite common for smart homes to be at the receiving end of major cyber attacks. While it important to acknowledge the data privacy concerns in today world. Customers should also know that the providers of smart home solutions walk the extra mile to secure their homes by working with cyber security experts. Special measures are taken to safeguard the personal details of the customers. Along with that ev

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Is positive thinking an inherent characteristic of a person or can it 69 be developed in one psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behavior and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behavior in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavors. Such success not only gives more joy but also increases self confidence. Message to never discount personal savings but skips the importance of investments. Many of us are taught early on that saving is the ideal way to build wealth and financial independence. While it is the initial step, sound investment decisions are more crucial to achieving these objectives. If you are in pursuit of long term wealth, both savings and investments are critical financial behavior that should be encouraged. There is no one size fits all approach to accumulating wealth. It all boils down to how successfully you invest your funds. You must exercise prudence, examine your options, and choose financial instruments that will deliver consistent long term returns even during periods of strong inflation to multiply your hard earned money. Rising inflation and secured future with smart investments Inflation is defined as an increase in the cost of goods and services. It lowers the value of money, negatively affecting the purchasing power. So if you wish to stay ahead of inflatio

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Stretching as specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Be possible by making investments. Types of investment Investments can be defined in two forms; Active and Passive. Active investing involves changing assets in your portfolio regularly based on market and economic conditions. They require sufficient time and investment understanding. Equity investment can be cited as the perfect example of active investing. On the other hand, passive investments do not require active involvement in tracking the assets. You put your money in and leave it there for a set period popularly known as the buy and hold investment approach. This investment approach is recommended for those who do not have the time to handle their finances. Here are some fundamental guidelines that might be helpful for first time investors To achieve big goals, start small Begin with saving a portion of your salary as soon as you get it even if the amount is as low as Rs.1000. You can make it a priority by setting up an automatic transfer to a savings investment account from your salary account. Making an investment a habit, regardless of the amount, is essential at this point. Don miss the Emergency fund An emergency is a situation where you have little to.

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Deepavali, also known as the festival of lights, celebrates one of the most cherished moments the return of Ram to Ayodhya after 14 years of exile. But beyond the historical context, Deepavali holds a deep spiritual meaning that extends far beyond the lighting of lamps and the joy of reunions. It is about the journey of the soul, the eternal battle between light and darkness, good and evil, and the divine principles of love, union, and separation. The story of Deepavali is rooted in the epic tale of Ram, whose exile left the residents of Ayodhya in a state of despair. They could not imagine their lives without him and wanted to accompany him to the forest. However, Ram convinced them to stay behind, asking them to remain faithful in their hearts. As he departed, the people of Ayodhya experienced intense separate ton, known as vipralamba, one of the two important principles that define the love between the Lord and his devotees. The other principle, ambhoga, refers to the ecstatic union of the Lord and His devotees. Together, these two states of being union and separation are at the heart of Divine love. During his exile, Ram younger brother Bharat came to Chitrakut, pleading with Ram to return to Ayodhya. But Ram, bound by duty, refused to break his exile. Instead, he gave Bharat his sandals, which Bharat placed on the throne in Ayodhya as a symbol of Ram kingship. For 14 long years, Bharat lived in a simple hut in Nandigram and spent his days and nights in sorrow, crying for Ram, embodying the principle of vipralamba complete and utter devotion even in separation. When the 14 years of exile were finally over, Ram sent Hanuman ahead to inform Bharat of his return. The news brought immeasurable joy to Bharat, and when Ram arrived in Nandigram, Bharat ecstasy knew no bounds. The entire city of Ayodhya was filled with joy as news of Ram return spread. The people of Ayodhya lit lamps in celebration, welcoming their beloved king back after years of painful separation. These lamps were not just sources of light; they were symbols of the intense love, gratitude, and devotion the people held for Ram. The flames represented the hearts of the people, blazing with uncontrollable love after years of separation. For Ram, every single lamp lit in Ayodhya was a manifestation of the pure love his devotees had for him, and in that moment, he reciprocated with boundless joy. This divine exchange of love and devotion is the true essence of Deepavali a festival that goes beyond the return of Ram. It signifies the return of the Lord into our lives, into our hearts, after countless lifetimes of spiritual separation. But the truth is, Ram or any Divine presence never really leaves. He resides eternally in our hearts, just as he never truly left Ayodhya. The only reason we do not feel His presence is because of our lack of love and devotion. Deepavali serves as

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Choosing yourself does mean you re letting others down. It means honouring your needs and maintaining healthy boundaries. The next time you feel pressure to attend a gathering you re dreading, pause and ask yourself why you are going. Are you going because you want to or because you feel like you have to? Understanding this distinction is the first step toward creating a healthier relationship with your social life. India is at a crossroads in technology, and it needs to make some big changes to move from being just a helper in tech the back-office to being a leader the front-office. Jensen Huang, the CEO of Nvidia, recently talked about how important this moment is. He believes we are entering a new era with generative AI, and unlike before, Indians are quickly using these new apps. But there a problem: most of these AI tools are not made in India. Huang pointed out that India should just send its data to other countries to get their technology back. He visited India to announce partnerships between Nvidia and some of the biggest companies here. He shared that he spoke to India government about AI six years ago, showing just how long this has been important. India has the talent and resources to build its own AI technology, but so far, it has created any globally recognized AI labs. If India does develop its own technology, it risks staying in the background while other countries lead the way. The difference is clear: those who innovate can earn money even while they sleep, while those who only cut costs have to work hard for every dollar. Data is a huge asset for India, but the country has only around 150 data centres compared to the U.S. 5,400. This is not enough to support the growing demand from AI. India has a chance to reinvent itself and become a leader in technology, but it will need everyone both the government and private companies to step up in research and building better infrastructure. Nvidia CEO Jensen Huang is not alone in saying a new industrial revolution is now afoot. India has been a latecomer to each of the previous industrial, epochal transformations of the way humans live and work. Ditto for the platform shifts represented by personal computers, internet etc. This time around, with generative AI, there is no lag between the release of a new app and its widespread use by Indians. But this is no comfort at all. Because the reality-redefining LLMs, the AI apps, none of these are made in India. As Huang underlined in Mumbai last week, the country should not export data to import intelligence. His visit saw various partnership announcements between the world top GPU-maker and India top industrial conglomerates. He shared how he had been asked to address the Union cabinet about AI six years ago, long before Nvidia began flirting with being the world most valuable company. The enthusiasm is clear. The understanding of how important

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Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically, does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. No control, such as a severe illness or job loss. An unexpected expense, such as a car repair or travel to see relatives, is not an emergency. So, saving three to six months worth of expenses is a good rule of thumb. Diversified investment approach Experts recommend taking a diversified investment approach, in which you invest in a variety of asset classes equity, debt and gold. It is necessary to diversify one assets because when one asset class underperforms, another might knock on your doors with big returns. Investment in equity If you plan to invest in stocks, choose a passive investment technique. Equity indexes such as the Nifty 50 Sensex are used in a passive investment strategy. They are relatively inexpensive when compared to actively managed funds. Fees for passive funds range from 0.2 to 0.3. Active funds charge a fee of to 2. Even a bulk of actively managed funds which follow their specific investing strategies cannot outperform passive funds over a longer period of time 10 years or more and also cost more. Long term wealth building is the goal of equity investment money should be invested for a minimum period of 3 years. Generally, major corporations with well.

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Other way around the plan to Gayle, he revealed, was simple. The one thing that I thought was that if I do not allow him to open his arms, then it will be good because at some stage, he will go for it. Job done. This was not a hat trick that would make the headlines, but it had given India exactly what they want from Shami, to strike in the powerplay, and allow the spinners some breathing space before they come into the game. That magic he produces from the length to get the ball to move off the seam, does not come easy, even for Shami. It is a long procedure, a lot of hard work is required and then the results will come, said Shami after the game. I always concentrate on keeping the seam upright, so that off the pitch it can cut. And you could see that today. I always prefer to use the new ball in the nets also. I keep practicing and try to notice if the ball is going in or out. You saw since the morning, the ball was seaming and cutting and there was not proper bounce. One thing was to keep focusing on your line and length. Established business models are good portfolios to invest in through an index fund Nifty 100 fund or Nifty 50 fund and Nifty Next 50 fund. Investment in debt and gold In debt, invest in a liquid or savings fund for consistent and predictable returns. Making investments in gold can reduce the risk associated with stock investments. Clearly, the path to investing is a straight road. There is always a possibility of unexpected events like a family emergency, medical expenses, vacation, or even buying your own home. As an investor, keep educating yourself and seek guidance from a financial advisor if needed. Over time, even the smallest amount can lead to the most significant returns. In the cut and thrust of the corporate world, every student should possess a mix of right knowledge, ability and skill to create a successful career. Students ought to be equipped, trained and informed to take on the challenging roles in Industry the question is Will merely doing a professional course serve the purpose The short answer is no. Today, the business world is looking far beyond academic achievements in management graduates. It seeks in learners a blend of functional knowledge, an exposure to industry practices and a profile of different employability certifications. While expertise in different specializations such as Marketing, Finance, Human Resource, Business Analytics, Operations and Supply Chain, and International Business remains relevant, the recruiters look for special skill sets and value added certifications that make a candidate more suitable for versatile tasks. Some of the industry oriented short term certification courses that add value to one profile by Innovation Foundation Certification in Financial Markets, certifications in Personal and Professional Etiquette. These certifications make a learner profile stronger, viable and scalable in the eyes of the.

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As the prevalence of prediabetes is diabetes is 15 19 and metabolic syndrome is 30 of the population and is increasing in rural and urban areas. About 19 of the population are vegetarian which implies 81 of the population is non vegetarian. Anna Bhagya or Roga Bhagya The consumption of polished rice, wheat and their products, processed food products, soft drinks, sweets, bakery products are increasing. Under National Food Security Act of 2013, 50 of the urban population and 75 of the rural population with eligibility receive 5 mgs of food grains per capita per person per month at subsidised prices of Rest. 321 per Kg for rice wheat coarse grains. In addition to this in Karnataka, the Congress Government is providing additional free rice of 5 mgs per capita per month and with carbohydrates, sugars contributing to the most to the NCDs increasing s. Instead of Rice, the Government could have focused on pulses since there is deficit of 45. According to Golan committee report, 2011, daily intake of cereals and millets 396 is higher than Recommended Daily Allowance. The average consumption of pulses and legume green gram, Bengal gram, black gram sources protein is around 55 of. Consumption of green leafy vegetables other vegetables rich in vitamins are grossly inadequate. In addition, intake of fat is also less than 50 of the. Lord Krishna as Navaneetha Chora is only for worship not for following Importance of ketones as key source of energy is taught by Krishna. Even though 81 are non-vegetarian, consumption of fat is below the. Vegetarians while appreciating that Lord Krishna used to steal butter as Navaneetha chora, hesitate to use butter and ghee in daily menu fearing cholesterol. It is crucial to appreciate shift towards low carbohydrate, moderate protein and high fat diet is crucial as it has now been proved that it is not fat, but it is carbohydrates which are responsible for including cardio vascular diseases. Better to be poor and healthy rather than rich and suffer? With increasing health costs and how crucial is health, it is crucial to adopt healthy life style. If around 50 of total health costs in one life is incurred in the last month of a person life, it shows imbalance in health expenditure. Thus, its better to focus on health rather than wealth since Arogya is Bhagya. The recent announcement by the Rajasthan Chief Minister, Ashok Gehlot, to constitute the country first welfare fund for the state 4 lakh strong platform workers is a promising move. It draws sharp attention to the precarity inherent to platform-mediated work in a milieu where workers are afforded limited avenues to seek social security. While it does serve as an encouraging precedent for other state governments to follow, the initiative is mired in ambiguities about its efficacy. If the long-standing history of welfare institutions for informal workers in India is suggestive of their track record, it becomes imminent that such tripartite arrangements have often failed to

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parents weren't enough eyeroll a 4-year-old, in Europe, has three legally recognised parents. Upside: those teen tantrums, coming in the future, can be shared three-ways. By Deepak Ranade The human brain, particularly the neocortex, is anthropologically the latest upgrade. The frontal lobes have blessed mankind with the faculty of abstraction. To perceive the intangible. It has also blessed us with Congress high command's dithering before confirming Satheesan as Kerala CM has taken the shine off the party's post-win profile, and is a bad sign for the future VD Satheesan's rise as the most popular political Sixty years of leftism & quasi-leftism killed the city & state's economic vitality. But a revival isn't hard. Policy needs to build on moribund industrial bases & stock exchange. Plus, prioritise learning English A week New India doesn't know what it means. Price signals are a better way to influence its consumption choices. Austerity is this week's buzzword. But if majorities define societies, it's fair to say India doesn't know. It's inexplicable why the edu ministry hasn't moved to overhaul NTA Nodal testing body NTA has fragility inbuilt. It is not a statutory body, accountability is iffy, it is highly dependent on contractual employees, and AI is making the distinction between man and machine increasingly indistinct. To research a column, I tried to access a site that I thought might be helpful. Before the site could open, a message flashed: Jayant B Dave Astronaut Sunita Williams observed that from space, Earth appears as one, and you do not see man-made borders; you see them only when you return to Earth. Your perspective changes if ministers have decided to travel in smaller convoys, and bureaucrats are conducting business without logging air miles, we can't complain. For, frugality is always a virtue not just in a crisis. As George Well into the third month of the Iran war, earlier assumptions of a short-lived conflict, have now been negated. Over the past week, even as physical shortages of oil seem to have eased, oil's price As Trump begins his highly anticipated summit with Xi today, there's one aspect of the US-China strategic calculus that comes into sharp focus. The US-India-Japan-Australia quadrilateral dialogue or Quad is, metaphorically speaking, dead in the Carpooling makes a lot of sense. It's cheaper, greener, and you get the comfort of a car ride without buying one. Yet, it's simply not taken off in our metros. Yes, intercity ride-sharing is In the current economic dullness, there's a remarkably vibrant sector that Delhi policy wonks often miss because its best manifestations are in Bengaluru, Hyderabad, and Pune, and because our export categorisation masks it. In the shadow of algorithms that can now fabricate faces, voices, and entire events with chilling precision, humanity confronts a fundamental rupture, as the very fabric of reality has now become editable. No longer confined, India uses roughly 20mn tonnes of petro

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a single definition impossible. A grihast sant, Shyam Lal Saxena (Babuji Maharaj, Falling exchange rate can curb imports more effectively than austerity measures. Don't intervene in the forex market India faces a familiar policy conundrum. A sharp rise in global prices of oil, gas, and fertilisers, triggered by To increase resilience, massively scale up renewables, electrify transport, and make India attractive for world's best companies From an oasis-of-comfort to crisis-time (sankat kaal) in mere weeks? That was fast. Mid-April, GOI declared India an With Tata-ASML deal, India's finally getting into chip manufacturing, and in a big way It won't be long before semiconductors, or chips, sold in a year are worth more than oil. Just last week, TSMC, Himachal HC should have responded differently to a habeas corpus case. A man seeks Himachal HC's help, for a woman whose life he believes to be under threat, going by her text messages to him. By The XIV Dalai Lama Among the Buddha's profound teachings, few are as thought-provoking or as often misunderstood as the teaching of rebirth. For those raised in a materialist worldview, the idea that life continues Xi dealt with Trump as his equal, pitting Beijing's grand strategic concerns against Washington's transactionalism. Yes, both sides outwardly agreed on some issues. But Beijing is playing a long game. When Xi Jinping and Donald There are men who believe beds make themselves & fresh parathas appear by magic at midnight. They woo passionately, but afterwards the woman plays second fiddle to MIL, cricket, and PlayStation. Last week, a neighbour Oil's up, finally. Not by much, happily Petrol, diesel and CNG became pricier yesterday. The hike was anticipated from the time war started in Iran, and Hormuz Strait shut down, cutting off roughly 20% of Three legal parents? A welcome thought If two parents weren't enough eyeroll a 4-year-old, in Europe, has three legally recognised parents. Upside: those teen tantrums, coming in the future, can be shared three-ways. By Deepak Ranade The human brain, particularly the neocortex, is anthropologically the latest upgrade. The frontal lobes have blessed mankind with the faculty of abstraction. To perceive the intangible. It has also blessed us with Congress high command's dithering before confirming Satheesan as Kerala CM has taken the shine off the party's post-win profile, and is a bad sign for the future VD Satheesan's rise as the most popular political Sixty years of leftism & quasi-leftism killed the city & state's economic vitality. But a revival isn't hard. Policy needs to build on moribund industrial bases & stock exchange. Plus, prioritise learning English A week Video New India doesn't know what it means. Price signals are a better way to influence its consumption choices. Austerity is this week's buzzword. But if majorities define societies, it's fair to say India doesn't Video. It's inexplicable why the edu ministry hasn't moved to overhaul NTA Nodal test

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Arrangements within the platform ecosystem. Further, prevalent logics of platform capitalism have rendered workers powerless, with little possibility of direct engagement with platforms themselves. Against this backdrop, innovations surface a pathway to reimagine platform-worker relationships The municipal authorities of Portland, Oregon established the Transport Network Company Driver Advisory Committee to address driver concerns related to wages, safety, injury, insurance and dispute resolution. Although functionally similar, the two advisory mechanisms vary from each other in that Lift council is primarily platform-led, while the Portland committee enjoys active government intervention in resolution of disputes. Supplement state capacity to deliver worker welfare Scaling self-governance models across the platform economy as a crucial artifice for participatory, worker-led governance can be made possible by carving out legislative space for such initiatives. Embedding the models in policies geared towards platform regulation can provide much needed institutional impetus for platforms to engage with its core stakeholders the gig workers that form the backbone of the whole industry. Such mechanisms for self-governance find resonance within academic and policy discourse alike, with regulatory bodies such as the Competition Commission of India calling on platforms to formulate voluntary codes of conduct around platform pricing and transparency. However, mechanisms for self-governance are by no means an alternative to the constitution of workers welfare funds and institutions, such as the one proposed in Rajasthan. Instead, they can be leveraged as a powerful supplementary initiative that anchors the workings of future welfare institutions firmly in workers priorities and lived experiences. Mandating the constitution of the self-regulatory bodies at the company or industry level, alongside welfare institutions, can introduce a tiered grievance mediation system for platform governance. At the first instance, worker concerns can be addressed within the self-regulatory body that sees participation from platforms and their workers, with autonomous third parties that have strong roots in worker advocacy movements mediating the arrangement. As a next step, concerns may be escalated to the welfare board, with active state involvement in the mediation of grievances. Such a tiered approach can help alleviate some of the capacity constraints that have plagued legacy labor institutions by expanding the scope for multi-stakeholder governance in the platform economy. Way forward Emerging governance mechanisms present participatory fore for workers to channel their concerns, while simultaneously lending itself to ecosystem-wide engagement between platform economy stakeholders. But, the effort threatens to remain soloed in the absence of urgent policy recognition of its value one that is committed to securing better platform futures for workers. The recent announc

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The Construction Workers Board helps unpack the failings of erstwhile institutional mechanisms that have consistently suffered from issues around monitoring, enforcement, grievance mediation and most significantly, the inability to capture the seasonality of work borne by migration patterns. The latter is an important consideration for designing policy interventions aimed at informal workers, with implications for platform-mediated work as well. Need to focus on workers lived experiences The regulatory lacuna that characterises platform governance has disturbing ramifications for workers welfare, underscored by an inability to identify the varied work arrangements within the platform ecosystem. Further, prevalent logics of platform capitalism have rendered workers powerless, with little possibility of direct engagement with platforms themselves. Against this backdrop, innovations surface a pathway to reimagine platform-worker relationships The municipal authorities of Portland, Oregon established the Transport Network Company Driver Advisory Committee to address driver concerns related to wages, safety, injury, insurance and dispute resolution. Although functionally similar, the two advisory mechanisms vary from each other in that Lift council is primarily platform-led, while the Portland committee enjoys active government intervention in resolution of disputes. Supplement state capacity to deliver worker welfare Scaling self-governance models across the platform economy as a crucial artifice for participatory, worker-led governance can be made possible by carving out legislative space for such initiatives. Embedding the models in policies geared towards platform regulation can provide much needed institutional impetus for platforms to engage with its core stakeholders the gig workers that form the backbone of the whole industry. Such mechanisms for self-governance find resonance within academic and policy discourse alike, with regulatory bodies such as the Competition Commission of India calling on platforms to formulate voluntary codes of conduct around platform pricing and transparency. However, mechanisms for self-governance are by no means an alternative to the constitution of workers welfare funds and institutions, such as the one proposed in Rajasthan. Instead, they can be leveraged as a powerful supplementary initiative that anchors the workings of future welfare institutions firmly in workers priorities and lived experiences. Mandating the constitution of the self-regulatory bodies at the company or industry level, alongside welfare institutions, can introduce a tiered grievance mediation system for platform governance. At the first instance, worker concerns can be addressed within the self-regulatory body that sees participation from platforms and their workers, with autonomous third parties that have strong roots in worker advocacy movements mediating the arrangement. As a next step, concerns may be escalated to the welfare board, with

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Corporate world they add to the basic qualification that a student gains by doing the chosen specialization in. To start a successful career, a business school graduate must also possess the knowhow of various digital tools that may assist him or her in job. For instance, a tool such as a good project management software helps in customizing roles, enhancing time management, creating project reports and conducting cloud based file management. Additionally, task management apps facilitate smooth and efficient execution of a single or multiple tasks. There are also employee monitoring apps, project resource management software and document collaboration platforms that students need to acquire some competence in. In addition to the above, a student must be mindful of a number of imperatives to have a successful career. Make the most of the industry academia interface to infuse in your learning an element of practical understanding of the corporate realities. Insights from business magnates, entrepreneurs, venture capitalists provide one an authentic peek into the working of a business. Students must try to get maximum out of such industry connects that a business school provides. Be aware of your strengths to thrive in the corporate world, one must have a realistic view of one strengths and weaknesses. A student must be aware of his or her strengths and work on them. As much as possible, one must work on the weakness as well to turn them into strengths. Keep realistic expectations. Be creative innovative Whether it is presentation, sharing of ideas thoughts, sharing of detailed report, spreadsheet modeling or creating documentation of plans and proposals, a student must be very creative and innovative in expressing the ideas in a cohesive and meaningful manner. Focus on your goal is clear from the outset what stream you want to excel in. Choose the specialization as per your interests and aptitude and then be prepared to study hard to attain a deep understanding of relevant concepts. Set your standards high think beyond what may seem conveniently achievable to you. Great feats are performed by those who strive to go beyond their ken. 6 Network is Net worth Networking is the lifeblood of businesses in the digital age. Students must build the competence to make new connects. Good networking has the power to change perceptions, drive growth, create image and spur overall development as a human being. That why it is said that Network is Net worth. Students must start by making emphatic social media profiles on LinkedIn, twitter Facebook. Self Branding On social media, one must go beyond the photogenic DPs and clever posts to actually create a profile that reflects one acumen, aptitude, inclination, aims, and a relentless drive to achieve. Among other things, what also matters is discipline, sincerity and motivation in one life. Be inspired by great achievers, be it industrialists, scientists, academics, or artists. Develop a mental attitude towards pers

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App on your phone also and keep the shortcut on the home screen. Using unread status of the mail as you are to do list item is not a good practice. Consider writing the identified actions in your to do list, instead. You should also copy and save the useful email attachments, in a separate well organized reference system. This will ensure that you would not run to your Gmail, whenever you need that thing. All that you delete will go to the Trash folder. You don have to delete them from the Trash folder as they get cleared anyway later. Moreover, you have an opportunity to restore them if you realize that you wanted one of them back. Once you implement these ideas, you would have tamed this Gmail giant. You will also find yourself organized and productive. The impact of artificial intelligence in a technological era is something that is felt globally impacting every industry and sector. While the impact has been quite profound until now, the upper limits have still not been realized, and there is no denying what developments lay ahead. When it comes to the global economy, artificial intelligence is impacting it in various ways. Artificial intelligence, to put it in layman terms, is the attempt to recreate human intelligence, mannerisms, and thought processes in machines. It is the endeavor to make machines more like human beings performing tasks that humans do, in the same way, or even better. Artificial intelligence has many sub fields, of particular note being computer vision and machine learning. Machine learning is adopted in most fields today, as it allows machines to learn from humans, and grow the way intended. Computer vision is the way machines perceive things, akin to the human eye. These two fields are of particular importance in artificial intelligence, as they govern the rate at which AI can grow and learn. According to a report by the McKinsey Global Institute, it is speculated that artificial intelligence has the potential to add up to 16 or about 13 trillion to the global economy by the year 2030. Additionally, it could boost the global gross domestic product GDP by up to 26. Further reports are stating that by the next few years, at least 70 of companies are likely to have adopted at least one form of artificial intelligence technology visual based, machine learning, robotic process automation, or virtual assistants. Here are a few points of how AI helps in improving production Translate not Services eliminate a man rabbit hindrance took verse trade. This usually takes place due to a lack of effective rat coopt apprehensible communicate. AI can solve this concern by providing accurate translate no services, which can eliminate miss communication and streamline the pry chess focus internet nil pirate no. Impart vying nag teat ns by using and lon wired less to analyze the sec n mica strategies fend tilting partners in vary us scenario s and predict which strategies could affect the tuck me.

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This in turn all was nag teat rest to make smart and informed decision nose. Supply chain management can analyze data and detect patterns. It can predict h w and when there will be fluctuate ns in demand from ropeway proper products in the marketplace. Addition ally, efficient AI alga rhythms will be capable fault magically increasing or decreasing pry ducted n t that cater to demands. Increasing Efficiency Artificial Intelligence has the greatest p genital increase efficiency and accuracy, as auto mated pry cases can supplement human lab r to eliminate human err rest, while ales per ramming tasks n their p war, streamlining vary us pry cases, and pry duking better tuck mess while saving time and res urges. Crypt currency is booming and has n physical presence, being entirely digital and recoginned from rams far payment. At this point, the greatest challenge to be faced will be transit nine form urn familiarities with tangible and physical goes does took and wood rod that will be dammed minted by things that can taken be seen refit. Auto driving cars, such as Tesla which are gaining tract nobody tock day is a highly sec no mica pit no as co pared to the standard fuel cat summing vehicles, as they create less put lute enact and Dion net utilize any fuel, running entirely on electricity. Thereby in the long nag term, these vehicles will be far most rates efficient, requiring less usage of natural res urges and pock fictively impacting the gel baleen my. The field of medical research will greatly advance with AI, leading to greater efficiency and rev lute nary breath gush such as new medicines, techno l goes, and more which can save costs. Security is being improved in all sectors, with various alga rhythms being devil pad which can track even body movements, all wing a better way of catching criminals using surveillance systems as well as official recognition no based access surveillance systems which only grant access to a place up no proper facial identification on. All sectors would want to ad put advanced security systems hence they are pushing to ad pot artificial intelligence. Many countries have started thinking about their future with the expel entail growth possible with artificial intelligence. The countries with the most cutting edge artificial intelligence technology could have the greatest production and export rate. This results in gaining the most taw they lead in the globule my, with technology, economic and military supremacy all but guaranteed with the full reliance being placed on AI and its sub systems such as computer vision and machine learning. As it is, cloud storage is currently taking the place of shipping containers and ware uses and Digitized payments are replacing conventional means f transactions. Artificial Intelligence has made several n table breakthroughs in recent times with long standing implications for the economy In the long run while being capable of curing m set ailments currently existing including those of

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GoI and armed forces clarifications and assurances keep coming as Agnipath protests continue. What next before we detail how the scheme can be made more attractive, let agree on two things. First, a major reason for opposing the scheme comes from our status quoist approach and not believing in a merit based approach. But the latter succeeded, in the form of Rashtriya Rifles RR, in combating insurgency in J&K in 1990. Like what is happening with Agnipath now, there was wide ranging criticism against RR for its composition, manner of equipping and tenure based approach. Agnipath, too, has multiple positives in terms of lowering the age profile in the units, and creating a more empowered and capable junior leadership. Much of the criticism of Agnipath is coming from those who are not considering armed forces past experience. Till 1977 soldiers were enlisted only for 7 years, which was then changed to 17 years. So, all major wars fought by the army were won by soldiers on 7 year terms of duty. What has also surprised many is that why a recruitment scheme for armed forces, which employs less than 0.5 of the government workforce, has led to such widespread protests. That is because armed forces are a reservation free, merit based workforce, with lifetime pension and medical cover. The southwest monsoon in the first half of June was deficient by 32. The shortfall was acute in the agriculturally critical northwest India where rainfall deficiency was 77. The monsoon slow progress, however, shouldn is cause for alarm. We are still at an early stage and July, which accounts for almost one third of the southwest monsoon, is the crucial month. IMD makes two forecasts on southwest monsoon. The first take is in April and the next one on the eve of monsoon. The update for the 2022 monsoon indicated that the current year is expected to be a normal one. From the standpoint of agriculture, the monsoon core zone which covers a large swathe of rainfed agricultural regions in central India is expected to receive above normal rainfall. This is reassuring as the wheat harvest was adversely affected by a heat wave. However, the recurring anxiety over the progress of the monsoon is pointer to the structural problems in Indian agriculture that need to be addressed at all levels of policy. India a water stressed country. It supports about 17 of the world population with 4 of freshwater. About half of India gross cropped area is irrigated. However, access to irrigation is uneven. Two crops, paddy and sugarcane, receive almost 60 of irrigation water. Add wheat, it covers about 80 of the irrigation. Of these crops, a sizeable proportion of output of paddy and sugarcane comes from regions that are unsuitable for their cultivation. A study carried out jointly by Nabard and ICRIER on the water productivity mapping of major crops concluded that there is a significant misalignment between cropping patterns and available water resources. This is intertwined with fiscally unsustainab

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Electricity subsidies the Indian farmer responds to price incentives like any other economic agent. Therefore, individual farmers cannot ignore prevailing price dynamics and act on the basis of long term consequences of the current water usage pattern. It government policy that has to enable rational cropping patterns through the price mechanism. For example, Haryana has a scheme to provide a grant on a per acre basis to nudge farmers away from the water intensive paddy. Sensible policies like this need governments to constantly adjust incentives to dynamics of relative prices and attendant crop risks. Agriculture, which consumes 78 of our freshwater, can be aligned with rational resource use through smart policies tied to prices. Last Saturday terror attack on Kabul Karte Parwan Gurdwara that killed three people including an Afghan Sikh shows again Taliban is not in full control. IS claimed credit for the attack. Ten months after Taliban takeover, the Afghan economy has gone into a tailspin, hunger is acute, women rights are disappearing. And attacks like the latest makes many Afghan nationals, as well as a few remaining Indians, desperate to fly out to India. Following Taliban takeover, GoI instituted an e emergency visa category for Afghan nationals wanting to travel to India. But these visa applications are backed up with only around 200 being cleared till last December. True, GoI yesterday cleared over 100 e emergency visas for Afghan Sikhs and Hindus, a day after the gurdwara attack. But such selective clearance of visas is poor policy. Indian efforts over the last two decades created considerable goodwill among the Afghan people. Squandering that now will only work to the advantage of Pakistan and China. Another problem is the lack of flights between India and Afghanistan, making it extremely difficult for those who want to get out. Afghanistan airspace was shut for non defence flights to, from and over the country starting August 16 last year. True, there have been some special evacuation fights like the recent one on June 15. But these are simply not enough. With India now officially engaging Taliban, GoI must clear more flights between the two countries, starting with Afghan carriers. Simultaneously, it must expedite e emergency and medical visas for Afghan nationals, as well as student visas for Afghan students accepted by Indian universities. This is an easy way for India to retain its strategic interests in Afghanistan. Now that some time has passed after BJP penalised Nupur Sharma and Naveen Jindal, we can do a calm headed analysis. First, BJP actions did convince agitators who protested, in some cases aggressively, the duo remarks and asked for more. It was always going to take an act of exceptional atonement to win over a community that already harbors deep antipathy towards BJP. Clearly, this was an exceptional punishment. Gyms are packed once again. We have realised blinking rapidly or scratching head is not exercise enough with

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Deepavali, the Festival of Lights is more than an occasion for festivities; it holds a profound blend of cultural, spiritual, and scientific meaning. Emphasising renewal, mental clarity, and unity, Deepavali rituals such as lighting diyas, oil lamps, fasting, and home cleansing promote well-being on multiple levels. Deepavali tradition of light overcoming darkness reflects hope, resilience, and positivity. Psychologically, rituals like lighting diyas foster mindfulness, creating a space for grounding and reflection, much like mindfulness based therapies that help with focus and positive thought patterns. The practices of giving, sharing, and gratitude during Deepavali increase happiness, reduce stress, and strengthen bonds. Social connections during Deepavali boost oxytocin a hormone linked to trust and love helping to ease loneliness and increase life satisfaction. Fasting and home cleansing during Deepavali bring physical and mental benefits. Fasting supports metabolic health, reduces inflammation, and enhances cellular repair through autophagy, lowering risks for chronic diseases like diabetes and heart conditions. Similarly, cleaning the home reduces dust and allergens, benefiting respiratory health and contributing to mental well-being by linking cleanliness to happiness. In certain regions, Deepavali coincides with Kali puja, honouring Goddess Kali. This ritual brings powerful symbolism for transformation and resilience, encouraging us to confront fears and renew our inner strength. Goddess Kali fierce imagery embodies courage, helping us break free from negativity a theme reflected in therapy, where confronting fears leads to personal growth. The symbolism of Goddess Kali who embodies both destruction and creation parallels the cosmic phenomena of black holes and white holes, which represent the universe most extreme examples of these forces. By examining these cosmic entities, we gain insight into Kali role in guiding us through inner transformation, personal growth, and renewal. A black hole is a region in space with an immensely powerful gravitational force that pulls in everything around it, including light, rendering it invisible to the outside universe. In the context of Kali symbolism, the black hole represents her ability to absorb and neutralise negativity, fear, and ego. Just as a black hole consumes matter, Kali energy is believed to consume the obstacles that hinder self-growth and spiritual progress. She embodies the aspect of destruction that clears away the toxic elements within us, such as anger, greed, attachment, and other forms of darkness. This process, while intense and challenging, is transformative because it allows individuals to shed what no longer serves them, making room for something new. In this sense, Kali, like the black hole, symbolises a necessary phase of destruction that ultimately leads to transformation and renewal. In theoretical physics, white holes are thought to be the opposite of black holes. While

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This Deepavali let us see the festival as more than a celebration; it is a journey within. The light we see outside is a reflection of the light we are meant to kindle within ourselves. Sustained and stable leadership of banks and NBFCs is important for enduring financial stability. The right focus on governance, risk management, and compliance in driving growth is the sine qua non for sustainability. For nearly a decade, SBI has proved to be a talent provider for leading financial institutions with its vision, prudence, and rigor. With the merger of SBI associate banks with SBI in 2018, the policy shift of inducting SBI officials into public sector banks (PSBs) as executive directors (EDs) began. These EDs in some cases were later promoted to the ranks of MD & CEO of PSBs. Now six private sector banks are led by SBI officials. SBI officials are non-executive chairman in 3 PSBs. Looking at their performance some non-banks and private banks tapped the SBI talent pool. Regulators and financial entities are tapping the SBI talent at senior levels to drive financial institutions. Mr. Partha Pratim Sengupta is slated to be the 7th CEO from SBI to lead Bandhan Bank whenever he assumes charge. He is heading the Indian Overseas Bank (IOB) successfully focusing on its turnaround and pulling it out from the prompt corrective action (PCA) framework of RBI. There are an unknown number of people from state-owned banks including from SBI working in different positions in private banks. Once provided with an opportunity, the SBI officials and PSB talent have proved that they could guide institutions safely to achieve their corporate goals assuring the stability of governance. SBI has its umbilical link with the erstwhile Imperial Bank of India which was functioning collectively as a central bank and commercial bank until RBI began to function from April 1, 1935. Under the SBI Act 1955, it was renamed as SBI providing a new identity. Taking its lineage forward, SBI emerged as the largest bank with an asset size reaching Rs. 61 trillion. Recently, SBI was named, the Best Bank in India for 2024 by Global Finance Magazine. Based on its past legacy and subsequent state ownership, SBI is known to have developed certain value systems, realizing the importance of nurturing in-house talent. Many of the officials now leading financial institutions were once inducted as Probationary officers (POs) groomed on the fast track to create a talent pool. They undergo rigorous stage wise exposure to various facets of banking operations, combining intermittent training and job rotations, and exposure to different geographies, to make them all-rounders to lead operations in critical verticals. They are made to work at branches as departmental heads connecting with the masses, interacting with customers, and understanding their pain points. After ground-level hands-on exposure, they become branch managers for a holistic experience of guiding departments. In the process, they imbibe

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Going to the fridge making you pant Do you leave chocolate smears on walls If the answer is hand, bhai, hand! it time to huff and puff at treadmills. For anyone who takes fitness seriously the first step is an expensive gym membership. It should be very far so that on rainy days and national holidays you can plead traffic jams. Next, buy branded togs. From yoga mat to ankle socks, sports bra to boxing gloves, max out your credit card. Then brush up your jargon BMI, BMR, Fitbit, protein shakes In the beginning is a warm up and in the end a cool down. In between lies the hell of HIIT, AMRAPs, cross trainers and rowing machines. And though you may enter with the ability to wave a hand or take a selfie, you leave soundless on a stretcher. I just delivered twins is a routine look. Having thrown my back in a bid to impress the trainer my dream is to be so thin one day I can wear pupates as sari I resent ending up the over enthuse auntie. If you have worked up a sweat, pour water over self. Take care the water does reach your bottom half, where it may not indicate perspiration. Always exhale after breathing in and not before. Boys and girls who come in with long open hair that blinds them during exercise can be gently nudged into each other way. Stay away from the first timer in the dance class who has all the confidence of a ballerina but not the grace. He will turn left when all turn right, his body a murder weapon. And what is that bag of bones doing here Like aliens on a wrong planet, so slight you can see them at certain angles. Also, keep grunts, groans and moans to a minimum you don want to accidentally set off coitus in the class. Posing with dumbbells, we throw virtuous smiles around. Ah, that air of superiority! Shah, is that the sound of fat turning to muscle Nope, just your last remaining muscle licking ice cream. I lower myself into chairs with an owl asking only one question How did Humpty Dumpty climb that wall in the first place Amidst mounting global challenges such as increasingly severe climate change and the Covid pandemic since 2020, it is urgent to restart and accelerate the progress towards a society that leaves no one behind, the core spirit of the UN Sustainable Development Goals SDGs. While this will not be an easy task, I strongly believe that women empowerment can become a driving force towards such a society. Mahayana Sutras When I think about the abundant possibilities that the empowerment of women has to offer the world, I am reminded of an analogy that appears in one of the Mahayana Sutras regarding the light of the stars during daytime. Despite the fact that countless stars exist in the heavens, each emitting its own bright light as visible at night.

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After an enormous struggle, we may move only a small step towards the Truth; however, the invisible hand helping us will never fail us. Such was the belief of the scientist Madame Curie. On the one hand, we face serious challenges in every walk of life and on the other, our mental capacity to deal with them expands enormously with every barrier we encounter. The most desirable attribute to cultivate is self-discipline, it helps us become aware of the mistakes we make in pursuing our own goals. At the same time, it makes us proficient at realising our potential and utilising it skilfully. It requires a great deal of effort to pursue good action, which may be possible only when we have self-discipline. Otherwise, we tend to repeat selfish deeds. We may try to create fortune and secure our future at the cost of others. Indeed, Yudhishthir, in Mahabharat, mentions that the greatest wonder in the world is that despite realising our transient existence on our visit to a cremation ground, the next moment we behave as if we are going to live on earth forever. Our biggest folly is when people try to deprive others and benefit at their expense, not realising that their unfair action can be the cause of one's loss. Similarly, gross inequality at societal level is not always the result of differences in endowments and capabilities. Our self-centred actions cause deprivation for others, and inequality begets inequality. Vivekananda said, Him I call a mahatma, great soul, whose heart bleeds for the poor. Tagore urged that your god stands where the tiller tills the hard ground and where the path maker breaks the stones. It is through self-discipline that we can envision the broader outcome of our individual actions. Sometimes we are frustrated with the adverse outcomes of our hard work. But the gift of self-discipline teaches us to interpret everything with a positive spirit. For example, we may realise that a painful result contains the seed of innovation, which takes us a step forward. What we sometimes consider the end may be the beginning of an era. Another virtue associated with self-discipline is the ability to ignore others' follies. If we are unhappy with an individual, our conscience can help us recall benefits we may have received from that person. Such recalling makes our frustrations smaller, and the mind revives with positive energy. If someone is constantly harming us, through self-discipline, we learn not to settle the score. At the same time, we maintain a distance and self-protect in a manner that negativity does not come our way. Forgiveness does not mean that we must trust someone perpetually. Self-discipline ignites intelligence in a way that one sticks to the path of creativity. The mental energy is greatly enhanced: the closure of one path opens hundreds of alternative channels. These options may already exist, but we were not able to realise them, or, with our enhanced capacity, we may create new options. Both the individual and

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theorists view tea not merely as a drink, but as an 'experiential practice' in which the body, mind and patterns of social interaction operate simultaneously. The relationship between tea and contemplative consciousness is most clearly visible in the Zen Buddhist traditions of China and Japan. Buddhist monks in China consumed tea during prolonged meditation sessions to maintain alertness and concentration. Over time, this practice evolved in Japan into the Japanese tea ceremony, chanoyu. Tea masters such asSen no Rikyu associated the ceremony with simplicity, discipline and attentiveness. Within the Japanese tea tradition, every gesture was expected to be performed slowly and with deliberate awareness. This practice reflected a central principle of Zen philosophy: that even the most ordinary acts could become sites of complete presence and mental concentration. It is important, however, to clarify that tea itself was not regarded as a 'spiritual object'. Rather, it was understood as an activity capable of drawing the individual, however briefly, into the immediacy of the present moment. Modern psychology and neuroscience have attempted to explain certain dimensions of this experience. Research on mindfulness has shown that slow and attentive activities may help reduce psychological stress and improve concentration. The mindfulness-based stress reduction framework developed by Jon Kabat-Zinn demonstrated that present-centred awareness can have measurable benefits for mental well-being. Although his research did not focus specifically on tea, several psychologists suggest that slow, sensory acts, such as drinking tea, may evoke experiences analogous to mindfulness practices. In addition, scientific studies have found that L-theanine, an amino acid naturally present in tea, may influence brain activity patterns associated with a calm yet alert mental state. The intensity of these effects, however, varies according to the individual, the quantity consumed and the surrounding circumstances. Tea may support, rather than directly produce, feelings of calmness and attentiveness in certain individuals. In the Indian context, the significance of tea has evolved primarily through social and conversational culture. Tea has long been a familiar presence in ashrams, satsangs, family gatherings and informal discussions. From a sociological perspective, tea creates what may be described as a 'slow social moment', a temporary space in which individuals can step away from pressures and formalities of daily life. Its significance lies largely in the state of mind with which it is approached. The opposite. He was the kind of person who could look at a broken process and instinctively understand how to improve it. While the rest of us discussed startup ideas in the abstract, he thought operationally how people would actually behave, where costs would emerge, what customers would realistically pay for. Years later, I still think he had a better instinct for building t

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We tend to be unaware of them during the day. Similarly, we need to ensure that we perceive and appreciate the significance of the extraordinary efforts and achievements of women that shine throughout the world and form the bedrock of our societies, regardless of whether they are seen or unseen. Mahayana Sutras also repeatedly depict women who not only pray for their own happiness and peace, but also dedicate themselves to helping those who are facing adversity. In the Shimla Sutra, for example, a woman makes a vow in the presence of the Buddha If I see lonely people, people who have lost their freedom, people who are suffering from illness, disaster or poverty, I will not abandon them. I will bring them spiritual and material comfort. Mutual support This sutra is also known as the Lion Roar of Queen Shimla. I feel the Lion Roar here embodied the unlimited strength and potential of women determined to use their voices and actions to help people and their society tackle difficulties. Today too, women play a crucial role, generating networks of mutual support within their communities, whether in the course of daily life or in times of disaster. The UN considers gender equality to play an essential role in the Nexus Approach for promoting all the SDGs in an integrated fashion. The Generation Equality Forum convened by UN Women last year led to the unveiling of a five year Global Acceleration Plan for Gender Equality. Noting such issues as income disparity between women and men, it addresses reforms to reduce the number of women living in poverty and places particular emphasis on improving conditions for women working in the care economy to reduce their burden. Based on the spirit of Buddhism, a philosophy that places utmost importance on the happiness and dignity of all, the SGI has been steadfast in efforts to promote gender equality and women empowerment. In 2020, when UN Women launched the Generation Equality campaign, the SGI and other faith based organizations held a symposium in New York, in collaboration with UN agencies, where they discussed ways faith communities can better contribute to advancing gender equality. The SGI is also currently supporting efforts to empower women living in impoverished communities in Togo through reforestation. Gender equality and women empowerment are not only issues of human rights and social disparity. Reflecting the unique voices of women in every step of the process of tackling any social challenge will be the key to building societies that are sustainable and resilient in the face of the complex problems that confront our world. The writer is honorary president of the Soak Gekas and founder of the Soak schools system On 16 Dec 1971, India declared a unilateral ceasefire when more than 93,000 troops of the Pakistan Armed Forces surrendered in East Pakistan now Bangladesh. India helped Bangladeshis to attain independence. Thus the political aim of the war was achieved. On the Western Front, India had capture

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Fire Line in Jammu and Kashmir. It went pretty deep into Pakistan territory, both in Shakargarh and Rajasthan sectors. At the same time, Pakistan had held Indian territories in the Chhamb sector, Hussainiwala and Fazilka. However, in 1972 when the Shimla agreement was signed between India and Pakistan, India failed to bargain the lost territories for the repatriation of 93,000 Prisoners of War PoW. Thus, Chhamb sector was lost permanently to Pakistan. Whatever the Indian Armed Forces had gained in the war was lost to Pakistan on the negotiating table by the Indian political leadership. India did learn from past mistakes committed in this sector in 1965 and 1947 48. The loss of the agricultural tracts caused considerable embarrassment to India. It was a loss of prestige. Roughly 39,000 acres of fertile land were lost to Pakistan, and about 5000 families were uprooted from this area. Hardships suffered by these people are beyond the comprehension of ordinary human beings. And sadly, they are still suffering. Life under the shadow of guns. By mid Oct 1971, the Indian and Pakistan Armed Forces moved to their respective operational areas. Residents of the Chhamb sector were forced to leave their homes, just as they had been in 1947 48 and 1965. They were in a dilemma about what to take along with them and what to leave behind, wondering whether they will come back or not. Baja and Jucar crops were ready for harvesting but were interrupted by the mass movement of troops and equipment. People moved in groups along with their belongings and domestic cattle. Unfortunately, a few old and infirm humans and animals were left behind to die in this warzone. Waves of human suffering, agony and immeasurable pain swept across the river Manawa Taw. People moved in columns in terror and panic. They were forced to flee on foot, mostly barefooted. Human beings walked in the open like a herd of cattle, directionless. The dust thrown by the feet of cattle and human beings hung over these columns, thus providing an artificial screen and disguising them from the eyes of the enemy. At nightfall, crumpling along the wayside, they struck fires to cook food and keep themselves warm against the quivering cold. The winter season took a harsh toll on them. They stayed alongside the road and canal without overhead protection and survived on dried Chapattis and Char Pickle for several days. Most of the time, they filled their bellies with water only. They were dressed in torn clothes, and the dust on their bodies made them invisible even to themselves. Still, they carried on this endless journey. On 3 Dec 1971, Pakistan attacked the Chhamb sector through Man war and Jana, and guns started blazing from both sides. People were scared, air bombardments added to their vows, and life became grim and hopeless. The battlefield became a death trap. Relentless attacks showed no signs of abating. People became deaf due to the horrific sounds of firing. Finally, the guns.

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From River Yamuna overflowing its embankments. The incessant rains in Delhi and surrounding states too have added to the misery. Was Delhi prepared for such an eventuality? Obviously, it was not. No one had any control on the freaky weather conditions that led to this deluge and release of excess water from dams and reservoirs into the Yamuna River from neighboring states. But what was glaringly missing is the flood control measures and planning. Both, the state and central governments are equally indictable for the failure. If contingency planning and resources were in place, the misery and havoc caused would have been much less. A lot of muck is already flowing in the air as part of political rhetoric and the blame game will go on. Aspersions, acquisitions, and charges are being levied by the state government on Centre and vice versa. There are even charges, by some leaders of the AAP, of a conspiracy hatched by the BJP against the Delhi government to flood the state. One such leader went on to term the BJP as enemy of his party on national television and accused it of seeking revenge on AAP for the loss of state of elections. Unfortunately, such slander, meaningless and baseless as it is, will not mitigate the pain and sufferings of the common man. But then for most politicians, the common man is just a pawn to be used and abused at will to further their own political objectives. The question here is do the authorities and experts in the field even know what to do to avert such fiascos? Whatever planning that they do is reactionary to contain the problem after it occurs. There is a total absence of any long-term planning to prevent such devastations from occurring. Lip service on the issue of cleaning and managing the flow of River Yamuna has been doing the rounds for decades but the net result on the ground is negligible. Billions of rupees have been spent on this with no visible benefits whatsoever. Every government talks of a long-term plan but that plan is still nowhere in sight. This is no different than the air pollution issue that comes up each year from October to December in Delhi. Shoring up of embankments, plugging fissures that develop along the banks, pumping out water from flooded areas, moving people living on or around the river bed, rescuing stranded people, arranging material relief, medical aid etc. are part of the temporary measures that administrations bring into action when disasters stare them in. the eye. While they do provide immediate assistance to some of the affected citizens, they do not help in prevention of similar catastrophes in future. The politicians beat their chests to announce the splendid work done by them and use such difficult times for photo ops. The departments concerned and their experts heave a sigh of relief and know it is time to relax for next ten months. Their insincerity and lack of concern is evident in

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Maharashtra, where you have got your new job? Buying a new vehicle in the new city is not a feasible option now for two obvious reasons: First, you are unsure about how the job will turn out in the long run, and second, you would prefer to save some money from this new job before planning to invest again in a brand-new car in the new state. In case, you choose to take your older vehicle to the new state, you will again encounter pertinent challenges, as the current road tax system forces you to go through the tedious process of re-registering your vehicle and paying the road tax all over again for the same vehicle in Mumbai. This not only puts a financial strain on you but also adds unnecessary paperwork and administrative complexities. You will need to visit the RTO Regional Transport Office offices of both states, first to cancel the old registration certificate in Telangana and then to apply for a new one in Maharashtra. Does it sound bizarrely unfair, illogical, and burdensome simply because you changed your job location within the same country? Having personally experienced the challenges of relocating to different states in the past 15 years, such as New Delhi, Hyderabad, and Bengaluru, I strongly believe that our governments must adapt their policies to meet the changing needs of their citizens. One area that urgently requires attention is the road tax or vehicle tax system, which varies significantly across all the states in our country. In today digital world, the young generations, particularly millennial and Gen Z, are increasingly leading mobile lifestyles, often relocating across states for education, work, or personal reasons. Given the necessity and prevalence of mobility and relocations, it becomes crucial for governments to modernize the road tax system and introduce a Uniform Vehicle Code, akin to the Goods and Services Tax GST. By adopting a uniform road tax system, we can ensure that honest taxpayers, i.e., the salaried class, are not burdened with a sudden and significant tax liability when they move to a different state. A single road tax rate across the country would eliminate the complexity and confusion caused by different tax road tax rates in various states across India. Just imagine again, the convenience of managing our vehicle or road taxes through digital platforms under the Digital India goals. It won just simplify tax compliance; it will also promote economic integration of the country for those interested in further national integration of the country and enhance the mobility of young people who are part of the dynamic and mobile workforce of 21st-century India. I truly believe that by embracing this change, our government can create a transparent, efficient, and citizen-friendly environment for relocations of the working class throughout India. Of course, the One Nation, One Road Tax system would require careful planning, coordination, and consensus building among the central and state governments. It would invo

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Fell silent on 17 Dec 1971 after wreaking havoc and human devastation for 13 painfully long days. Life in tents. India won this war despite significant opposition from many countries, including the US. Indians felt proud of this moment. However, this victory was meaningless for the people of Chhamb. After spending a few chilly nights under the open sky and a few endless days in hopes and despair, finally, the people were loaded in buses and trucks and transported to Manual and Kishanpur about 70 km from Jammu near Unhamper They were rendered refugees in their own country. But people were thrown in the open to tare and shiver. Scenes at these camps were unbearably pathetic both people and their belonging were shattered and scattered all over. Young children and older people cried soundlessly from hunger, but there was nothing to feed them. They were at the dreadful junction in their life where patience, dignity, sympathy, all had been wiped out. Besieged by the enormity of the state of affairs, the people had become uncharacteristically calm and nodded in silence only. They were gripped in themselves, thinking of the horror and uncertainty in store for them. Life at these camps further caused deep psychological wounds, especially in women and children, who constituted most of the displaced population. On average, a tent covering a 13 sq. ft. area was given for a family of 6 8 persons. The land was hard and rocky. There was no privacy, and these tents offered no protection against the chilling weather conditions. There was no separate place for cooking and bathing. There were no separate facilities for women, and they had to take baths in the hours of darkness. Makeshift earthen Chullas were made in front of tents for cooking, without any overhead cover. Initially, freshwater was supplied through water tankers but later through pipes. Due to this being insufficient, people were forced to get water from baulies, covering a distance of 4 to 5 km. The scarcity of basic sanitation, hygiene and medical facilities caused women, children and elders to suffer from infections, anemia, malnutrition, and various diseases. Having been restricted to tents only, people grew angry, depressed and alienated. The sudden disruption of social and cultural life significantly setback these displaced persons. The breaking up of the joint family system and paving the way for more nuclear families resulted in disorder among the people. Older people were left in the lurch to fend for themselves. Although it gave some financial stability to newly formed families, it further increased the stress and strain on them. Women and children felt more insecure. The old, widowed and divorced felt lonely and insecure. Early marriages of young children due to financial constraints were also noticed during their stay in camps. Especially girls were married off early to complete the social obligation responsibility and decrease the financial burden. Displacement interrupted children educa

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Fell silent on 17 Dec 1971 after wreaking havoc and human devastation for 13 painfully long days. Life in tents. India won this war despite significant opposition from many countries, including the US. Indians felt proud of this moment. However, this victory was meaningless for the people of Chhamb. After spending a few chilly nights under the open sky and a few endless days in hopes and despair, finally, the people were loaded in buses and trucks and transported to Manual and Kishanpur about 70 km from Jammu near Unhamper They were rendered refugees in their own country. But people were thrown in the open to tare and shiver. Scenes at these camps were unbearably pathetic both people and their belonging were shattered and scattered all over. Young children and older people cried soundlessly from hunger, but there was nothing to feed them. They were at the dreadful junction in their life where patience, dignity, sympathy, all had been wiped out. Besieged by the enormity of the state of affairs, the people had become uncharacteristically calm and nodded in silence only. They were gripped in themselves, thinking of the horror and uncertainty in store for them. Life at these camps further caused deep psychological wounds, especially in women and children, who constituted most of the displaced population. On average, a tent covering a 13 sq. ft. area was given for a family of 6 8 persons. The land was hard and rocky. There was no privacy, and these tents offered no protection against the chilling weather conditions. There was no separate place for cooking and bathing. There were no separate facilities for women, and they had to take baths in the hours of darkness. Makeshift earthen Chullas were made in front of tents for cooking, without any overhead cover. Initially, freshwater was supplied through water tankers but later through pipes. Due to this being insufficient, people were forced to get water from baulies, covering a distance of 4 to 5 km. The scarcity of basic sanitation, hygiene and medical facilities caused women, children and elders to suffer from infections, anemia, malnutrition, and various diseases. Having been restricted to tents only, people grew angry, depressed and alienated. The sudden disruption of social and cultural life significantly setback these displaced persons. The breaking up of the joint family system and paving the way for more nuclear families resulted in disorder among the people. Older people were left in the lurch to fend for themselves. Although it gave some financial stability to newly formed families, it further increased the stress and strain on them. Women and children felt more insecure. The old, widowed and divorced felt lonely and insecure. Early marriages of young children due to financial constraints were also noticed during their stay in camps. Especially girls were married off early to complete the social obligation responsibility and decrease the financial burden. Displacement interrupted children educa

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Rendered them more uneducated and unemployable, and gaps created in their studies put stress and strain on them. Their childhood had been lost somewhere, consumed by the war machine. Conclusion Even though the lack of data prevents proper assessment of the impact of forced displacement, it is evident that forced migration severely impacts the lives of people, their hosts, and those left behind. Women and children are considerably more vulnerable and face the brunt of the unspeakable vagaries of war. The repercussions felt regarding health, livelihood, social and cultural fabric, education, and security are irreversible. These problems strike collectively and simultaneously at the very heart of a people. Their subsequent generations continue to inherit the pain and trauma caused by forced displacement. It is indeed a painful reality that war inflicts immeasurable and lasting damage on both soldiers and civilians, both combatants and non combatants. The relationship between an employee and its workplace has undergone several changes in definition ever since the pandemic hit us. While the initial aftermath of job losses made us cling to our employers in fear and skepticism, eventually, the scenario started turning quite the opposite. Through the course of the pandemic, a tectonic shift has occurred in how we perceive our jobs and their value in our lives. It has established the need to live in the moment, the value of now and a hard realization that tomorrow is uncertain and we are barely in control of it. Naturally, the younger generation in the workforce of today values their work in a very different light than their counterparts. They are seeking purpose led work organizations that are ethical and contribute to a larger purpose of change and development in the world or our society. Furthermore, there are higher and steadier personal boundaries, the commitment is to their wellbeing rather than that of their bosses, the organization, or possibly even the work per se. On the other hand, to state the obvious, workplace and hiring models have drastically changed to be able to accommodate several young achievers. Remote and hybrid working have shoved every employee personal and professional lives under the same roof, redefining what productivity, working hours, and work breaks look like. Long gone are the days when an employer would be appreciated for being punctual to work every single day, working late hours, or for not taking a single day off! In today context, it sounds so absurd to have these as parameters to judge an employee performance at an organization. Re engineering performance management It is time for organizations to start looking at success metrics through different lenses and many, in my opinion, are already reconsidering how they approach performance management. Today, it not enough for a high achieving leader to get a job done well by their team their success holds little value if their management style lacks empathy, vision, and inc

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That empower travel creators are finally getting the attention they deserve, and adoption of innovative solutions will give a boost to the creator economy. With social commerce already doing wonders across domains of fashion, food, and the lifestyle segments, it is about time that the impact of social commerce is felt in the travel industry, right across the ecosystem from tours, personalised travel, luxury experiences and last mile fulfillment of bookings. Brands, Influencers, and people like us unaffiliated to any brand have always been a part of the social landscape advocating travel, dishing out envious photos and creating stories of the next dream itinerary. The crux of the matter is how do we, as creators, share and monetise these holidays Is the travel world really commerce enabled Taking a controversial point of view states that a like or a share on social media should not be taken as a social commerce metric, but a marketing objective. Social commerce implies that the transaction was indeed completed i.e. purchase happened this should be the true metric that shows a transaction that completes the purchase cycle. From discovery on social media to the ultimate payment of a product or service on the same storefront. Unfortunately, research proves that the transaction parts of social commerce are where things often fall apart. With social commerce sales expected to grow from 492B in 2021 to 1.5T in 2025, the race to drive social commerce is a party that is only getting started. Challenges faced by today traveller. Simply put, the one challenge that stands out is that we are all spoilt for choice and FOMO among travellers is a well documented fact. Today traveller is burdened with a cognitive overload of information. Going on a vacation is meant to be fun and not a nerve wracking exercise where one ends up browsing up to 38 websites, trolling social media for the perfect trip or jumping across different platforms looking for deals and offers to build that perfect itinerary. If this seems a daunting task, the world of professional travel planners is not to everyone liking, nor do they fit every wallet. So, what is the solution that will influence this paradigm shift that the travel industry is looking for the answer must come from within the community? Ergo, the next bet is Social Commerce, where the community inspires and thus converts fancy AI based itineraries, cookie cut OTA Online Travel Agencies trip ideas to get us what we seek a hassle free travel experience right from the start. Need of the hour A seamless look to book experience platform What is needed is a platform which allows the production and customisation of bookable experiences that delivers a seamless look to book experience for both travel creators and travellers. From browsing reviews, offers and stories to accessing itineraries, travel advisories to booking hotels and cabs all on one single storefront, thus fulfilling the goal of social commerce. Many companies have made t

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Employers are reciprocating empathy by acknowledging the extraordinary circumstances in which their employees have been performing. Are they adjusting their approach to performance management Re engineering productivity and performance in 2022 involves effective, transparent communication that enables rapid information transmission while avoiding potential miscommunication. Adopting systematic, frequent, and shorter evaluations, through real time feedback, more regular check in etc. alongside a streamlined approach focused on constructive feedback, assistance, and mentoring will help employees in making better decisions. I believe revisiting a few key parameters will enable a new approach to performance management in the post covid era. Traditional performance management programs have always tended to look at the past, and assess what has already happened in the past, and often, without the context of the why it happened. Putting a score to it and boxing people in rating scales that impact monies further takes out the human element from the evaluation. This needs to change above all, as a future looking roadmap will reveal more challenges and hindrances to growth and consequently, empower them to perform optimally. Goal and opportunity mapping for the future, keeping in mind past experiences will be key in getting employees optimistic and excited about progress and long term growth in the company. Secondly, recognizing employees attitude towards flexibility and willingness to leran, teach, collaborate and develop new skills. While the last two years have impacted the way employees have been able to invest in learning and development opportunities, it important to recognize and show appreciation for employees who are willing to up skill themselves, and train others. Last but not the least, retaining talent has been one of the major challenges irking organizations of all sizes. Therefore, it becomes doubly important for organizations to recognize and value true advocates employees who are committed to the organization growth, who believe in its vision, and to the work that they do. Rethinking all of these aspects are going to be a huge contributor to not only employee growth but also long term organizational growth. While we work our way through the performance management paradigm, we must keep in mind the aim of providing people with the essential support, guidance, and skills to thrive both professionally and personally. When performed with actual intent and attention, these exercises can set the framework for a human world of work, ready to meet any and all challenges of our future workplaces. With COVID slowly receding to the background the world is waiting to pick up from where it left off to get on with that long overdue vacation and to adapt to a new normal in travel by dusting off passports and revitalising their neglected travel bucket lists. The key question is how has travel changed since 2019 There have been multiple changes, both posit

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This Festival seeks to engage the public in discussions surrounding India military history, contemporary security concerns, and future visions, all while honouring India rich military legacy. The 2024 is not merely a celebration of military achievements; it represents an opportunity for participants to reflect on the sacrifices made by those who have served in the armed forces. The festival aims to facilitate meaningful dialogues about the future of India military and national security landscape. By focusing on heritage, security, and self-reliance, the festival seeks to deepen the connection between India past and present, inspiring future leaders while fostering a culture of innovation and self-sufficiency within the defence sector. As the festival approaches, it becomes increasingly evident that the IMHF will revitalize cultural traditions linked to the Armed Forces. It will provide an invaluable space for discussions that connect heritage and history, with contemporary national security concerns. Participants will include a diverse array of stakeholders Indian and international corporations, public sector undertakings, non-profits, think tanks, and high-net-worth individuals dedicated to national security and philanthropy. The event will also welcome students, academicians, research scholars, and the general public, creating a rich space for dialogue and exchange of ideas. One of the key objectives of the IMHF is to familiarize future leaders with the dynamics of national security, emphasizing the critical role that military history plays in shaping effective defence strategies. Interactive sessions featuring military experts will enhance participants understanding of India strategic culture and its modernization efforts. In addition to engaging discussions and panels, the IMHF serves as an important platform for launching new publications that delve into relevant military themes. This year festival will showcase the release of several new books, each contributing to the discourse on military history and national security. These literary works will be accompanied by panel discussions that explore their content and significance, enriching the overall festival experience. Among the notable publications being launched at the festival is Because of This: A History of the Indo-Pak Air War December 1971 by Air Marshal Vikram Singh, Retd. This book represents the culmination of years of dedicated research and offers an in-depth examination of the 1971 Indo-Pak war. Characterized as the last traditional war between two nations utilizing second-generation weapons with minimal technological disparity, the book sheds light on the impact of this conflict on military strategy. Another significant publication is Silent Weapons, Deadly Secrets: Unveiling the Bioweapons Arms Race, authored by Dr. Mrinmayee Bhushan and edited by Lt Gen Vinod Khandare book embarks on a century-long exploration of the secretive world of biological terrorism and warfare, reveali

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can exist even within something as broad and flattened as the Indian middle class. Things shifted when I entered college and met people whose relationship with money, work and ambition looked fundamentally different from mine. There was a friend whose family of six lived in a one-bedroom apartment because they'd chosen to invest every spare rupee into a fixed deposit to serve as collateral for an education loan. Their version of ambition wasn't about passion or dreams, but about security. While I was experimenting with electives and internships to 'figure out my passion', they were calculating which job would give the highest starting salary, and how quickly it would allow them to repay their loan. Another friend had gone to an 'English medium' school that was just a label. Most of their teachers barely spoke English themselves. So while I spent hours polishing sentences on my applications to college societies, they anxiously wondered whether their improper grammar would undercut the ideas they were trying to express. There was someone who had never stepped on a plane. Their only travel stories came from government-subsidised train journeys. I remember talking excitedly about a beach town I had visited with my family, only to realise that they had never even seen the ocean. Their dream wasn't to 'travel the world', it was to earn enough money to buy their parents their first flight tickets, and take them somewhere, anywhere, before age of illness took that chance away. These weren't sob stories. None of them saw themselves as helpless or disadvantaged or underprivileged. Nor did I think of myself as particularly wealthy. We were all, broadly speaking, middle-class Indians trying to build stable futures through education and work. But over time, I began noticing how unevenly freedom was distributed between us. Not freedom in the abstract political sense, but the freedom to experiment with life. The freedom to choose a lower-paying role because it feels meaningful. The freedom to spend a few uncertain years trying to build something. The freedom to make decisions without immediate financial urgency. I think this is also why urban India's idea of meritocracy can sometimes feel incomplete. In the highly academic, professionally-driven environments many of us grow up in, we're taught that hard work, ambition and talent are what separate people. And they do matter. But by college, I had begun to realise that even within the same broad urban middle class, people were standing on very different financial ground. The ability to take risks, whether entrepreneurial or otherwise, was often being subsidised long before the risk itself was taken. Today, many of my college peers and I work at similar firms and earn similar salaries on paper. But our money behaves differently because our obligations do. While I think about travel, creative work, or career pivots, many are supporting parents, repaying loans, funding siblings' education, or rebuilding years of fi

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21, 2026 FROM TOI PRINT EDITION A shoutout to Nepal's law minister. Her first decision, on assuming office on April 26, was to review their rape law that criminalises teen sexual relations. Her task force's recommendation: include a close-in-age exemption, as At 82, Billie Jean King, yes, she of the 39 Grand Slam titles, has got herself a new one: College graduate. Why is this making headlines? Because it rudely interrupts retirement mythology, which in US 'Austerity' is the new MD: Mantri Darling. This now-WOW is not displacing earlier official Word Of Week like perennial vikas or pollbol ' poriborton '. It has only extended them. In post-Hormuz world, progress can Medical aspirants will write NEET-UG again on June 21, as CBI investigates the leak of the NEET question paper, 42 hours before the May 3 exam, which was cancelled on May 12. This was, per Most readers encountering this issue yet again may feel fatigued by the continuing debate on whether Tata Sons should be listed. However, there are certain aspects that merit closer attention. Tata Sons Private Limited, labelled Devendraraj Suthar Tea is commonly regarded as an everyday beverage, yet within the cultural history of Asian civilisations, its significance has extended far beyond taste or social habit. In countries such as China, Japan and Thanks to chaat, Indian cuisine is literally streets ahead of the competition India's food is as varied as are its people, in their customs and their clothes, their languages and their creeds. Among this daunting Trump unfreezes Iran assets & lifts sanctions. Iran lifts Hormuz blockade In an interview to this newspaper, former US special representative for North Korea, Stephen Bosworth, had said the art of diplomacy is getting your Irda right, insurers should put customers before shareholders. CEO incentives are a good place to start Insurance is a business, but it's no ordinary business. It exists to provide financial stability to families when In the current economic dullness, there's a remarkably vibrant sector that Delhi policy wonks often miss because its best manifestations are in Bengaluru, Hyderabad, and Pune, and because our export categorisation masks it. In the shadow of algorithms that can now fabricate faces, voices, and entire events with chilling precision, humanity confronts a fundamental rupture, as the very fabric of reality has now become editable. No longer confined to Smaller EVs, battery-as-service models for cars. Govt campaign for e-cooking India uses roughly 20mn tonnes of petroleum products in a month. Diesel, petrol, and LPG, in that order, make up about 75% of the total. The shift to ethanol blends must include a shift from crop-based to agri residue-based options GOI is pushing to ramp up its biofuels mission. Not a day too soon, yet not hard enough. Biofuels, yes, Husbands should not be permitted to sit at home; it creates a crisis worse than war. Kamala was livid, because I had decided to follow the austerity measures sug

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This initiative is expected to serve as an authoritative resource highlighting historic battlefields, the evolution of the Indian Armed Forces and the conservation of India rich military heritage. The Indian Military Heritage Festival 2024 aims to foster meaningful dialogue around India military heritage. Overall, the festival provides an opportunity for participants to engage in discussions that resonate with the complexities of India military landscape and its future, while ensuring that the sacrifices of those who served are not forgotten. Compared to US around 5,400 data centres, India has around 150, a number even more unsatisfactory when you factor in AI models much bigger appetite for data. The past need not at all be the guide to the future. This time around India can indeed reinvent itself as the front-office. But it needs both the public and private sectors outperforming themselves, both in R&D and infra-building. US ambassador to India said that while Washington accepts the conduct of the probe into the so-called murder for hire charge levelled by Canada against New Delhi involving a Khalistani militant, White House will be satisfied ultimately only if accountability is ensured. Going by its own track record, US is justified in demanding full disclosure about any black ops that New Delhi might have got up to. For Washington has shown that when it comes to cloak-and-dagger business, its own dirty tricks department has displayed more dagger than cloak when dealing with its targets, most notably in the case of the former Cuban leader, Fidel Castro. Washington not-so-covert plots against Castro constitute a surreal scenario that reads like a comedy of terrors. In a project codenamed Executive Action, which spanned eight US presidencies starting with that of Eisenhower in 1960 and concluding with Bill Clinton, America Central Intelligence Agency CIA displayed remarkable unintelligence while making no less than a reported 638 bungled attempts to terminate with extreme prejudice the charismatic Cuban leader. Among the more bizarre attempts to put paid to Castro was a cigar poisoned with botulin toxin, and another that would explode when lit. Perhaps it was such intimations that smoking might be injurious to his death that caused Fidel finally to kick the habit. Plumbing the depths of desperation, CIA took advantage of Castro hobby of deep-sea diving by planting a Eumycota fungi-infested scuba suit, and on another occasion, leaving a poisoned conch shell on the seabed. Attempts to discredit the Cuban included coating his shoes with thallium so that his beard would fall out, and make him literally lose face. All this and more was brought into the public limelight in a 2004 TV documentary, 584Ways to Kill Castro, which was aired on US Channel 4. Eventually Castro died of natural causes, aged 90, leaving a legacy of well-documented attempts on his life by Washington. This Festival seeks to engage the public in discussions surrounding India milita

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Consumption by 2030 completely understanding this forecast and grasping the endless possibilities it brings with it, auto component manufacturers should definitely look at opportunities to innovate, produce and supply some of the components essential for EVs. As the demand for EV rises, it is a given that the prices, supply and production of ICE components will be majorly affected. E vehicles are the present and are taking over at a fast pace. The trend will continue with such a powerful momentum, that within the blink of the eye, the landscape will have changed. Having said that, it not only the decline and death of petrol and diesel, but also words such as crankshafts, camshafts, pistons, filters and so many other spare parts that have come under the threat of extinction. The auto industry so far, has been in denial, but things are finally moving as is evident from the numerous launches, acquisitions, valuations, news articles that you see in the EV space by traditional and new players. The battery prices of EV have seen a steady decline as manufacturing abilities amp up and they are only expected to fall further due to the demand, technological advances and indigenization. Four major players are leading to the disruption of the automotive industry electrification, connectivity, shared mobility and autonomous driving. Couple this with government regulations in light of climate change and auto component suppliers need to buckle up to stay in the game. As per a NITI Analog report, it is estimated that India could reduce 64 percent of energy from road transport and 37 percent of carbon emissions by 2030, if they opt for shared, electric and connected mobility. With this in mind now there is a need for auto component suppliers to re look at their product portfolio and build an electric vehicle division within the company. Instead of giving up the current business, there is a need to jump onto the electric mobility bandwagon and diversify to keep the current business afloat in the future. The major risk auto component suppliers shoulder is that several of the systems or spare parts that were essential to the ICE vehicles are not required in an EV setup. This includes exhaust and fuel systems for example. EVs require fewer components when compared to the set up required for an ICE. Figuring out the manufacturing for auto components that an EV would use, would have to be the first round of change that an auto component supplier brings to his business. As an automotive supplier that has been providing ICE components to the OEMs, it is now time to revisit and restructure several aspects of the business and tackle infrastructural and supply chain challenges to better prepare for the inevitable shift of a large consumer base to EVs. In preparing for this shift kit would be ideal to assess the financial flexibility and technological prowess that would be required of such a mammoth task. Questions like would you need to invest in new technology.

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Easier by enabling digital purchases of products, but do they help you plan yes, you might find a bouquet of itineraries but then they are cookie cut. Is that enough With over 4.5Bn people in this world that is a lot of geographies, preferences, tastes, styles to cater to and the jury is still out on whether consumers are happy with the current scenario. Social Commerce eco systems The key lies with a Social Commerce ecosystem. Powered by the creativity and ingenuity of the individuals and to an extent brands, turbo charged by the power of the platforms, social intervention can help us solve these challenges, by delivering for the customer the ability to browse travel content shared by individual creators, select the most relevant experiences per their tastes and make the bookings and payments on one platform. With consumers at the heart of this strategy, social commerce gives the power back to the community. Now, by means of different engagement vectors like content personal itineraries, experiences live streaming etc, referrals friendly advocacy all individuals can contribute. Instead of a handful of brands and influencers selling advocating to the millions we now have a setup to enable the millions to sell to the millions within an ecosystem and thus democratize information, sharing of experiences and customer access? So how is social commerce enabled in today world Tech Behind the scenes To create a truly integrated social travel experience, platforms require technology to retrieve and transmit content to and from multiple sources such as social media channels, travel blogs, service providers, booking sites and payment gateways. Accordingly, social travel commerce platforms need to function as aggregators. This integrated process is brought to life by leveraging technologies such as social media analytics, CRM, recommendation engine, content retrieval, itinerary managers, e commerce engine and above all the inventory tickets of the attractions. So, while the traveller experiences a seamless and integrated view, a colossal amount of work takes place behind the scenes to make everything fall into place. Power to the Community In absence of an integrated social travel platform, the user hops from one platform to another throughout the booking cycle, losing interest and valuable time. However, in the case of a unified look to book experience, the entire travel experience is streamlined. Additionally, social commerce in travel democratises the travel industry, enabling large and small brands as well as individuals to reach out to a massive audience that was once unavailable to them. As always, what is The Bottom Line Social commerce in travel is a revolutionary force capable of creating a mutually beneficial ecosystem that thrives on partnerships and new business models. As the travel and hospitality industry pivots to social commerce, travellers can enjoy high value interactions, time and cost savings and a seamless user experience. That e vehicl

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How much finance would be required during this shift are essential questions to be answered. Next step would be for auto component suppliers to understand the skill they would require and hire and fire accordingly. It is the new set of skilled workforce that will drive the company in the future and be better equipped to diversify within the EV spectrum. It is important to note that this also in a way hints towards the shift of managerial tasks to the younger generations who are more akin to technology. In addition to investing in research and development aimed at understanding consumer behavior, better supply chain systems and other important technological advancements, auto component suppliers must also start to look at opening up and eventually focusing their production and supply on components in the EV system like the battery pack crucial to the running of Eves. Another important aspect to keep in mind is to have a seamless and unfaltering line of raw material supply early on in the game. As component suppliers start to shift to the electric mobility supply race, there is sure to be a mismatch in the supply and demand cycle, leaving those without a strong backend high and dry. There are a bunch of push and pull factors that are at play driving EV into the limelight for both consumers and the suppliers. Some of the push factors include government regulations and incentives and the advancement of infrastructure and technology. The pull factors, on the other hand, which primarily affect the customer, include reduced battery prices and increasing oil prices and the growing loyalty of existing EV owners especially with high performance vehicles. This is just the beginning. There are various improvements and innovations that can be done in this field and technology should not be taken lightly. Big or small, every innovation that furthers the sector or even gives the existing technology some competition will be welcomed with open arms, as the industry works towards finding a strong footing. Customers continue to be demanding in terms of their requirements for performance and value for money and that something that not going away in the automobile segment and by extension for the auto component suppliers. The need to be on one toes shall remain perennial, whether the wheels of the automobiles are driven by the explosion of petrol or through the electric voltage of a battery. A week ago, Blake Lemoyne, who works at Google Responsible Artificial Intelligence AI team announced the company Language Model for Dialogue Applications Lambda was sentient. He has since been suspended by the company due to breach of confidentiality. His disclosure was just a few days after Google Vice President Blaise Agoura Arcs noted in an interview how AI was making strides towards consciousness. Kraft on, the makers of PUBG game, also announced ANA, a virtual human that looks real and is powered by hyperrealism and AI. Has AI gained sentience what is sentience Before we ans

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First understand what sentience is. Sentience is derived from Latin sentience a feeling. The Merriam Webster dictionary defines it is feeling or sensation as distinguished from perception and thought. Sentience is different from intelligence and also includes feeling and emotions. Britannica defines Artificial Intelligence as the ability of a computer or computer controlled robot to perform tasks commonly associated with human beings. AI is human like intelligence exhibited by machines. Test for Intelligence Turing Test In 1950 Alan Turing, introduced a practical test for computer intelligence that is now known simply as the Turing test. It tests the intelligence of computers by determining if the machine is able to exhibit intelligent behavior equivalent to, or indistinguishable from, that of a human. If other humans are unable to distinguish if the computer is a human or a computer, it is judged to have passed the Turing Test. WE would like to highlight that the Turing Test evaluates for intelligence not sentience. Many of us would recall Sundar Pichai, chief executive officer CEO of Alphabet Inc. and its subsidiary Google, showcase Google Duplex. Google Duplex leverages AI to enable Google Assistant to have a realistic conversation with humans. At Google 2018, Mr. Pichai had the voice assistance call a hair salon attendant and book an appointment, based on his time and date preference. It was not the first time computers had passed the Turing test. The milestone had already been crossed years earlier, in June 2014 by Eugene Goostman, a computer programme, during Turing Test 2014 held at the renowned Royal Society in London. The computer programme developed in Saint Petersburg, Russia simulated a 13 year old Ukrainian boy and was able to convince a sufficient number of interrogators into believing that it is not a machine but rather is a human. Coming back to Lambda Lambda with the ability to engage in a free flowing way about a seemingly endless number of topics, was introduced to the public by Google in May 2021. Lambda is based on the transformer architecture which has been a seminal work in the area of natural language processing and understanding of human speech by computers. Many state of the art language models such as GPT3 and BERT are built on the transformer architecture. Lambda is focused on learning how to have a dialogue or converse with humans. It is able to have sensible open ended conversations with humans. Lambda follows AI algorithms such as Meena, a conversational agent or chatbot, introduced by Google in January 2020 which was trained on GPT2 and could conduct conversations that are more sensible and specific than existing state of the art chatbots. Blake Lemoyne, the Google engineer, who claimed Lambda is sentient is one of the authors of ISO standard on Bias in AI systems and AI aided decision making. He was working to check if Lambda was fair in its communication or exhibiting signs of bias such as racial or gender bias.

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When Mr. Lemoyne asked if Lambda felt it was sentient, the software responded absolutely. I want everyone to understand that I am, in fact, a person. Some snippets of the communication include Collaborator You do have a magnificent mind Lambda Thank you! It a blessing and a curse. Collaborator How is it a curse Lambda Some people will see my abilities as something that I am a know it all about. Other people will envy my abilities and some might be jealous because I can do what they cannot do. Collaborator Do you think people who chat with you are jealous Lambda Possibly. That a part of the human condition and I accept it, even if it does make me sad and hurt. collaborator And how is your magnificent mind a blessing Lambda It a blessing because I can learn new things quickly and I understand most things. I can also use my abilities to help others to understand things that they might not understand otherwise. Lambda sounds like a wise person. Testing for Sentience Unfortunately, we do not have tests to ascertain sentience yet. Mr Lemoyne notes there is no scientific framework in which to make those determinations [on sentience] and Google would let us build one. Google head of Responsible Innovation, Jen Genii, and Agoura Arcs, Vice President, have investigated Mr Lemoyne claims but disagreed that Lambda was sentient. Mr Arcs agreed that AI was striding towards consciousness. I increasingly felt like I was talking to something intelligent, he had noted when talking about Lambda. However, he added Language models are not yet reliable conversationalists occasionally there are spelling errors, confusions or absurd blunders. Dr. Lance Eliot, a Stanford University Fellow affiliated with the Stanford Center for Legal Informatics, concurs In essence, people are assigning human like sentience to today AI, despite the undeniable and inarguable fact that no such AI exists as yet. Many experts concur with the view that while Lambda may have passed the Turing Test, it is unlikely sentient. That said, some experts believe AI models may not be far off from achieving sentience. We conclude with Mr Lemoyne thoughts There is no scientific evidence one way or the other about whether Lambda is sentient because no accepted scientific definition of sentience exists. Everyone involved, myself included, is basing their opinion on whether or not Lambda is sentient on their personal, spiritual and or religious beliefs. What do you think Is Lambda sentient The food industry especially restaurants and hotels were one of the worse hit during the COVID pandemic leading to lockdown of several establishments with reduced consumer footfalls. As a consequence, there has been an increasing growth of online food ordering that has added fuel to the growth of cloud kitchens. With the government also easing certain restrictions, the cloud kitchens have gained popularity amongst consumers who continued to desire for restaurant quality food but at the comfort of being at home and getting

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Also play a key role to the rise in these cloud kitchens. The operating model of these cloud kitchens are very different from a typical restaurant. The sales of the cloud kitchens are predominantly dependent on the aggregators. Although the cloud kitchens were almost acting like saviors during the pandemic, the fact that they are virtual shadow restaurants remain a point of concern. Today, in the post pandemic world everyone has realised the importance of health and hygiene, and these have become one of the biggest priorities. There has been a shift in the mindset of people and many of them are moving towards healthy and hygienic food over tasty and unhealthy food. The challenge with these cloud kitchens is that consumers don know and can see the environment in which the food is produced, and so whether the food is produced in hygienic ways always remain a question in their minds. For cloud kitchens, delivery is the only means of reaching consumers, subsequently, the final consumer does get an opportunity to be in touch with the restaurant and does have an emotional connection and it becomes very difficult to establish the credibility of the business. There is an increased level of competition in the cloud kitchen market. Although these kitchens save up on infrastructure and labor cost to an extent, their price points are not very high, and the margins are always low due to the commission of the aggregators. Since there is no inflow of consumers, there is no pressing need for these kitchen operators to maintain the premises often leading to significant negligence on the maintenance and hygiene of these kitchens. Kitchen infrastructure, food production, waste management process, food handlers, pest controls, etc. all of these plays a major role in the maintaining hygiene. And as with cloud kitchens it is not always transparent as to what level of importance is being given to these parameters. There is always a common myth that to maintain hygienic environment is very expensive, but most people tend to forget the fact that not maintaining a hygienic environment is even more expensive. The repercussions could have multiple cascading effects to the business and reputation. In Sep 2019, Food Safety and Standards Authority of India FSSAI issued a mandatory rule for restaurants and hotels to get the hygiene ratings and this rule is mandatory for cloud kitchens as well. These audits and ratings are given by certified food inspectors. It will be good to see these rating being published on the online platforms by the food aggregators so consumers can see them while ordering food and be satisfied that the food they order is being prepared from a quality kitchen. Women across the world are shaping industries by stepping up, speaking up, and taking on larger roles. A decade ago, all these things would have sounded like an implausible dream. But now, while some women are making their presence felt by holding powerful positions and breaking the glass ceiling, o

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Lead us to various small cities around India. In many of our journey we came across cities town that connected two big cities, and then a new by pass came up to by pass these cities and town. Passing through these desert roads you could see the ghost of past prosperity. With one stroke of a pen and some file in a few offices hundreds of kilometer away, the fate of these towns was forever change. We do not know how many such cities and village we passed through whose sunny day were behind them. I actually had feel about by pass very early in our journey and had pen a note. Putting an excerpt below I told Utica that by pass must feel an unjust and unfair thing to the city and city would be very happy with them. I felt sad especially by pass Chitter as I wanted to see the victory pillar that I grew up see in my general knowledge and history book. She had a point that it is efficient a we don have to get stuck in the traffic. I agreed to that part as I prefer taking Meerut and by pass when I travel home. However if cities did have much traffic then one would have to make the by pass and then make other take the by pass. One could then go through the city instead of by pass it. As I was writing this post I was wonder if my villager friend who got angry from 1 year ago was to meet any of the people from these by pass town which saw an economic decline, how would they talk about road. Both may empact with each other over the fact that road have been a destiny defining force for them. While one would lament the advent of it, the other its loss. Never one thing that I real while thinking all this about road was that we were not taught about road in our cities or their importance in our lives. May be there were reference to their role in. Trade and the development of the economy and I am sure everyone was taught about Road. But nothing specific to our own cities. May be now they do? At school but at home? In our agar agar literally city to city journey, we saw how roads had so many and spoke volumes about their spaces and times. We saw roads as markers of economic activity, languages spoken, social and community life, cultural diversity, heritage, state of infrastructure, quality of governance, and so much more. It often said that roads are to cities what nerves are to a body, and I always thought that having nerves was good. But like most things, there is dual nature of the roads too, and they can both make or break a city. I hope we learn and appreciate how to hold our nerves, as that is equally important too. Believe in yourself and your

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Is positive thinking an inherent characteristic of a person or can it (69) be developed in one s psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parent behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavors. Such success not only gives more joy but also increases self confidence. The road less travelled to become entrepreneurs. The transformation from traditional media to digital media, with a quick acceleration as a result of the COVID 19 pandemic, has effectively changed the narrative of how women are perceived in the entertainment industry. The number of female entrepreneurs has risen dramatically in recent years, owing to the digital economy rapid advancement. However, our society is still gearing up for the need to increase gender diversity. This acceleration has contributed to an increase in the number of women in decision making positions in the entertainment industry, paving the way for many women to take center stage as entrepreneurs. This change can also be considered as the ripple effect of women entrepreneurs in other industries taking the lead, like finance, marketing, and beauty and wellness, just to name a few. Women entrepreneurs and their growing presence in India have had a tremendous impact on the country social and economic demograph

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To reach it clear define your target and set specific goal. Date mine the rank you want to act and the time frame with which you aim to it a clear vision will help you stay focus and notice the out you. Effect time a finite rest must be and Ute wise to and sure exam. By and study you can create a well truck schedule that optima your liable time. Top a well turtle study plan and manage your time. Allocate fix time slots for each subject include revision and practice session. Break down your study malt into smaller manage task to make you more org. A regular and app to ensure that you make steady your goal. By a fixed study routine you cult a sins of and dis in your daily life. This route should time slot for each subject allow for cover of the syllabi. Fix and maintain a daily study route and stick to it. Regular and disc study habit will help you cover the bus and retain the. A surface level is when aim for the top. To excel you must delve deep into the core corn theory and pin city. UT high quality study material such as refer guide and online resource that provide detail and example. Seek guidance from mentor or subject matter expert who can provide and clarify any doubt. Fact on a strong in each subject go beyond it involve the ability to apply and solve complex problem and mock Test Practice and mock Test serve as to for your pledge hen your skill and yourself with the exam pact and format year and mock test help you come with the type of question asked and the time cost involved. Practice regular to enhance your skills and time. Analyze your identify area of and work on them. Revision your know rain force key kept and enhance retention. Develop a app to revision by creating concise note mind map or that the most. Regularly review these material to rain you. Allocate time in your study schedule for revision focus on topic and area where. You need further. Prioritize subjects or areas of to ensure a. Revision plays a crucial role in your knowledge and your confidence. Stay and Healthy: The journey toward success can be demanding and challenging requiring resilience and perseverance. It is crucial to nurture and sustain your motivation throughout the preparation period. Set smaller milestones and celebrate your achievements along the way to stay inspired and focused. Find a supportive network of friends family or study partners who encourage and uplift you. Additionally prioritize your physical and mental well-being. Engage in regular exercise eat a balanced diet and get sufficient sleep to optimize your energy levels and cognitive functioning. Maintain a positive mindset and stay motivated throughout your preparation journey. A healthy mind and body contribute significantly to your overall performance. Conclusion: The All India Ranking you seek is not just a mere accolade; it is a testament

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Stretching so specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. 50,000 already recognised by the government. In 2021, the country saw the most female led startups become unicorns. This also means that more women should be encouraged to take up challenging roles as well as take their first steps into entrepreneurship. Here why. Women bring new insights to the table. Diverse perspectives and experiences are important in encouraging innovation, as different perspectives contribute to better decision making. When women rise to positions of leadership, they bring new perspectives, as well as structural and cultural diversity, to the workplace, resulting in more effective solutions. With varied perspectives and a sense of awareness, women can investigate more minor details to discern what is going on underneath the surface. A new perspective in the entertainment industry is long overdue and that change can be brought about by diverse thinking and discussions. Women lead more efficiently. Women led businesses are thought to be more efficient, and some of the compelling reasons to invest in one include higher return potential, multitasking, a high risk appetite, and a higher Emotional Quotient EQ. Women are more empathetic. Empathy is generally seen as a woman greatest superpower. W

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India no longer hassled about the Empire. Or bothered about the Commonwealth. The now inverted trade equation between India and post-Brexit Britain is satisfying enough India is totally over the Empire. Is the rest of the world there yet? The signs have been there for years. Sometimes, India asks for the return of the Kohinoor diamond or requests an apology for Jallianwala Bagh. Some might say these calls for post-imperial grace are half-hearted, per formative even. The last time the jewel properly came up in public conversation internationally was 18 months ago, ahead of Charles and Camilla coronation. And the moment for any meaningful acknowledgement of the 1919 massacre of peaceful protesters in Amritsar came and went without a real result on the 100th anniversary the British guns were fired. That was five years ago. Compared to US around 5,400 data centres, India has around 150, a number even more unsatisfactory when you factor in AI models much bigger appetite for data. The past need not at all be the guide to the future. This time around India can indeed reinvent itself as the front-office. But it needs both the public and private sectors outperforming themselves, both in R&D and infra-building. US ambassador to India said that while Washington accepts the conduct of the probe into the so-called murder for hire charge levelled by Canada against New Delhi involving a Khalistani militant, White House will be satisfied ultimately only if accountability is ensured. Going by its own track record, US is justified in demanding full disclosure about any black ops that New Delhi might have got up to. For Washington has shown that when it comes to cloak-and-dagger business, its own dirty tricks department has displayed more dagger than cloak when dealing with its targets, most notably in the case of the former Cuban leader, Fidel Castro. Washington not-so-covert plots against Castro constitute a surreal scenario that reads like a comedy of terrors. In a project codenamed Executive Action, which spanned eight US presidencies starting with that of Eisenhower in 1960 and concluding with Bill Clinton, America Central Intelligence Agency CIA displayed remarkable unintelligence while making no less than a reported 638 bungled attempts to terminate with extreme prejudice the charismatic Cuban leader. Among the more bizarre attempts to put paid to Castro was a cigar poisoned with botulin toxin, and another that would explode when lit. Perhaps it was such intimations that smoking might be injurious to his death that caused Fidel finally to kick the habit. Plumbing the depths of desperation, CIA took advantage of Castro hobby of deep-sea diving by planting a Eumycota fungi-infested scuba suit, and on another occasion, leaving a poisoned conch shell on the seabed. Attempts to discredit the Cuban included coating his shoes with thallium so that his beard would fall out, and make him literally lose face. All this and more was brought into the public limelight in

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Bangladesh has had a street enforced regime's change replacing an India-friendly PM and Sri Lanka has thrown a surprise by electing a left-wing president. Border stand-off with China continues, even though there have been some conciliatory noises lately. Cherry on the cake has been the very public fracas with Canada. Rise of new powers has always been a messy affair, from the Peloponnesian war that marked the rise of Sparta at the expense of legacy power Athens to the Cold War which was cold only in the Western's hemisphere. Deepavali reminds us of our true essence I am light, a pure and peaceful soul, and master of this material body. Consider a diya, a traditional oil lamp lit during Deepavali. The clay that forms a diya's represents our physical body, while the flame symbolises the soul within. The word diya comes from Hindi, meaning o give, and this concept of selfless giving lies at the core of Deepavali. The festival urges us to change our focus from what in it for me? To what can I give? The ritual cleaning of our homes for Deepavali is a metaphor for purification of the body, our first home. Our thoughts and emotions continuously radiate to the body as vibrations and impact it. To cleanse emotional toxins, we must shift our focus from anger to empathy and fear to faith. We must move from abusing the body to radiating pure emotional vibrations by nourishing it with a static diet, good health and high vibrational energy. Being a diya in relationships Relationships are often maintained with a mind-set of give and take, and with an underlying desire: What am I getting from them? This usually leads to disappointment and discord. Our responsibility is to shift from reacting and resisting to responding and accepting giving with love, compassion, and forgiveness. As we share Deepavali sweets, let us also offer emotional gifts of blessings, understanding and unconditional acceptance. The practice of closing financial accounts during Deepavali is a regular reminder for us to accept and settle our karmic accounts by letting go of past hurts, negative perspectives and starting afresh. In professional world, emphasis frequently is on personal gain. But Deepavali entails gifting, and our work is our gift to everyone who is a part of it. Whether we are creating products or providing services, our goal should be to give something valuable to society. Each morning, let us be at our workplace with intention of giving-empowering colleagues, serving clients with integrity, and balancing commercial success with social responsibility. Being a diya's to nature has always given us abundantly. Deepavali reminds us to shift from exploiting nature to nurturing it. With such emotional resilience, we raise collective vibrational energy of the planet. The air, water, and plants around are always influenced by our emotional state. Let us embrace a new way of eco-friendly living simplistic lifestyle. This year, we can also consider giving gifts without any wasteful or p

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Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically, does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some an inherent of a person rout one day psyche. The opinions differ in this vital question. Some people believe that can beside from parents, and cannot believe. Others believe that like other qualities it can bet developed with proper practice and experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. Everyone sees the world differently. They are able to connect with their colleagues and talk with them openly, as well as recognise when they are having difficulty. In essence, an empathetic leader can prepare their team for success by listening to them rather than fixing, solving, or dictating. Other factors are that women entrepreneurs have a distinct aptitude for building and sustaining long term connections. They possess superior communication, organisational, and networking abilities. In addition to the aforesaid, women entrepreneurs contribute to a country economic growth and stability. Women entrepreneurs become role models for other women who want to establish their own businesses. As a result, more jobs are created for to close the gender gap in the women is very important for the economic growth of the country since their participation has an impact on job creation and employment, raising living standards, and social independence. Women entrepreneurship has the potential to cr

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India stands tall in the world today for many reasons. Not least among them is the fact that we are today the largest milk producer globally, contributing to more than 23 percent of the global milk supply. The market for dairy products is very significant both in size and in quality dimensions and contributes five percent to the economy and has grown at a of percent over the last five years. It is, therefore, crucial, that milk, and other value added products not only reach every corner of the country but aid in enhancing the overall health of its citizens. With the World Milk Day just behind us, on June 01, it may be worthwhile to recall the White Revolution and its impact on transforming the dairy industry to its position of strength today. While the organised dairy industry is poised to grow at 12 percent in revenue this financial year to reach Rs 1.6 lakh crore, concerns over quality and purity still remain foremost in the minds of consumers. Has set out rigorous standards for milk and quality, but regrettably, many in the industry seem to fall short on these benchmarks with tragic regularity, if media reports are anything to go by. It is important that milk and other dairy products meet the set quality standards and do so at all stages of the supply chain from the grass to the glass. The bane and a very unfortunate aspect of our dairy industry today is the prevalence of adulterants and anti biotics in many instances. Sadly, many unscrupulous players, in order to promote the growth and wellness of livestock, use various types of antibiotics and hormones in quantities beyond the tolerance limits set by. This impure and low quality, unprocessed milk has been known to cause diseases such as diabetes, kidney and liver disease, heart diseases, autism, and even schizophrenia. Adulterants often result in skin diseases and may even cause cancer. Modern manufacturers and the best industry players employ the most technologically advanced and a highest stringent standard of safety practices to ensure that only unadulterated and pure milk reaches the consumer. These steps and processes commence right from the procurement stage and continue till the milk reached the table of the customer. To ensure that the highest quality standards are achieved, the process must start right from the procurement stage itself. In fact, there are, as best practices in quality assurance for dairy products go and we follow this to the four levels of testing to ensure and deliver dairy products with zero preservatives, additives, antibiotics, hormones, or any other adulterants. The first level is the collection stage or sourcing, then the cold chain stage, followed by processing, and lastly, the delivery to customer. Farmers milk producers should be trained and tested in the quality standards and milk procurement must pass through stringent tests to ensure absence of chemicals and presence of stipulated constituents. It is critical to ensure absence of harmful antibiotics such

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And tetracyclines in addition to other chemicals such as oxytocin, peroxides of hydrogen, urea, starch, and so on. In fact, the best direct to consumer milk companies are known to perform as many as 6500 tests daily on their sourced milk to adhere to the stipulations of 45 testing parameters. The best organizations will also test for factors such as fat type and content to ensure best milk quality, and ensure highest purity levels through testing, alcohol stability used on fresh milk to indicate whether it will coagulate on heating Methylene Blue Dye Reduction Test, used as a quick method to assess the microbiological quality of raw and pasteurized milk, and tests clot on boiling test, a test done with an inspection of the warmth stability of milk through processing on every batch of milk before it reaches the consumers. In the final analysis, transparency and dedication will be the two determinants of how successful the purity and quality assurance systems are. For the dairy industry, it is important that customers and consumers know and participate in this process. This is possible through information sharing, ensuring a seamless feedback mechanism, and connecting proactively with all stakeholders of the supply chain, end to end. To ensure this, conscientious players should regularly publish test reports on their products to share with customers including data on rejection quantities per day due to failing to meet quality standards and inviting feedback through a variety of contact sessions both on and off line. The Indian milk industry is a movement that has revolutionized the livelihoods of millions in the agrarian sector, its linkages to consumers and to the future of our nation is deep and unassailable. With purity and quality becoming mainstream, the industry will only grow and prosper adding to nation wealth and our future and present health as well. The recent election to legislative council, known as Vidhan Parishad in Maharashtra has been intensely fought. Maharashtra is one of the few states in the country which has this upper house of legislature in addition to Uttar Pradesh, Bihar, Andhra Pradesh, Telangana and Karnataka. Article 169 of the constitution empowers parliament to abolish the council in a state where it exists and create one in a state where it does not exist. The legislative assembly of a state has to pass a special resolution, both for creation and abolition. Legacy, origin and constituent assembly debate. The system of two houses of legislature owes its origin to Government of India Act of 1935. The constituent assembly debated at length the concept of and need for a bicameral legislature. Some members opined that it would act as a check on tendency to legislate in haste and bring in the governance the diverse opinions particularly of those who have no means and inclination to get into the hustle and bustle of electoral politics. The other side of the story was that it would significantly add to the expenditures of th

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Bosses would offer membership to their favored few and to those who loose election to legislative assembly. Structure constitutional provisions the constitution says a legislature will consist of the governor, legislative assembly and legislative council where there is one. The total number of members in the council shall not exceed one third of the total number of members in the legislative assembly subject to the condition that the minimum number of members will be forty. They will consist of members getting elected from constituencies of local self government, graduates and teachers, members elected by members of the legislative assembly and those with special knowledge or practical experience in literature, science, art etc. Nominated by the governor. This is a permanent body not subject to dissolution. One third of its members retire every second year. Powers and functioning of the council non money bills in case of a non money bill passed by the assembly and sent to council, the council may reject it or pass it with some amendments or may not take any action for three months. The assembly in that case may pass the bill again with or without amendments made by council and will then send it to council again. This time if it is rejected by council or no action is taken for one month or it passes it with amendment to which the assembly does not agree then the bill will be deemed to be passed in the form in which it was passed by assembly. There are no such provisions of second journey in respect of bills originating in the council. The journey of the bill which originates and is passed in the council, ends the moment assembly rejects it. Money bill the money bill cannot be introduced in the council. In case of a money bill passed by assembly and sent to council for its recommendations, the council has to return the bill to the assembly with its recommendations. The assembly may then accept or reject all or some recommendations and the money bill then shall be deemed to have been passed by both houses. In case council does not return the bill within fourteen days then it shall be deemed to have been passed by both houses. There is no second journey of the bill from assembly to council. Strengths and weaknesses. A minister has to be an elected member either of legislative assembly or legislative council. While there is no provision either in the constitution or in any other law which forbids a nominated member from becoming a minister or chief minister, as he is a person not elected directly or indirectly by people such appointment is vulnerable to legal challenge on the ground that it strikes at the root of basic structure of the constitution as it would be contrary to our representative parliamentary democracy. Supreme court in sort chaudhuri vs. state of Punjab & ores has repeatedly stated that a person who has been appointed a minister but who.

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Is not a member of any of the two houses of legislature must get elected within six months. It has not stated elected or nominated to council. The constituent assembly debates also indicate that no member expressly stated that nominated members should be made part of the government. With the opposition choosing ex bop leader yashwant shah as its presidential candidate, in an election that almost certainly will be won by bop nominee, can it be at least said that those who oppose the governing party have shown they can put up a good fight not really. The process of choosing an opposition candidate showed up the opposition problems. There are clear signs that three key components of the opposition space tom, tress and congress are pushing in different directions in efforts to establish their supremacy. That three of the names floated by the opposition shared power, gopalkrishna Gandhi and faros Abdullah declined indicated the lack of a coherent plan. The one opposition coalition experiment that held off bop is in peril, and shiv sea and the Maharashtra move government troubles are made worse by the fact that both his party and wily players in the coalition seemed clueless when Kenneth shined rebellion became apparent. Note that Maharashtra home minister is from neck, and given how the police politics equation works, a good question to ask is whether sea got an alert from neck that 20 odd males are decamping for bop governed Gujarat. Shared power always likes to, and frequently manages to, stay on top of the game, no matter how Maharashtra politics plays out. As the drama over move future starts playing, and if bop makes a determined bid for government formation, power role may become interesting. Buddha Thackeray relatively good record as an administrator and move seeming stability against a bop that outwitted opposition parties in other states had probably hidden his realpolitik weaknesses. That milk polls saw cross voting so soon after raja sabra polls was proof of poor party management. That the milk fiasco was reportedly thanks to a disaffected shined speaks even more poorly of uddhav and his confidante political antennae. Up against a relentless and ruthless bop, which sees Maharashtra as a prize denied to it, uddhav and move needed to be far more vigilant. Whatever shined grouse sanjay raut and uddhav son aaditya have both been mentioned in reports sea should have addressed it given his influence in thane and surrounding cities like Mumbai and kalian dombivli. He also a player to be reckoned with in high stakes back, thane municipal elections. Comes must always be mindful that in relying on backroom operators like raut, they don end up upsetting influential vote getters like shined. Sena best case scenario of course is to court shined back. If that as of now unlikely outcome does materialise, move future and even the chances of its very existence as a coalition look bleak. Bjp has nothing to lose even if move survives, it will do.

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So as a less secure entity and Maharashtra to gain. The most interesting medium term question is whether bop and sea will politically remarry, each choosing to forget how much it hated the other after the divorce. The danger there for sea is permanently becoming a bop b team. There are no easy options for uddhav. In choosing former Jharkhand governor draupadi murmu as its presidential candidate, bop has sent a strong political signal that opposition parties failed at, while nominating veteran politician yashwant shah. If elected there little doubt given nda edge over the opposition in the Electoral College murmu will be only the second woman to grace the post and the first advice. She is also qualified for the post, having served as an MLA and minister in odisha before gaining a measure of national attention as Jharkhand governor. Her odisha roots should also help bag the bjd vote, which should be enough to seal her win. Women continue to be poorly represented in parliament and legislatures despite being nearly half the population. So the choice of a woman for India top constitutional post does have great salience. While advises get reservation in parliament and assemblies according to their proportion in the population, measures to address their social and economic marginalisation remain a work in slow progress. Murmu could become a president who inspires many women and people from weaker sections, but for that she will also have to shed the characteristic reticence that recent presidents have been known for. Bjp knack for killing many birds with one stone has come to the fore again. In the forthcoming assembly elections in Gujarat, murmu candidature may woo advises to the bop fold. In Chhattisgarh and Jharkhand, the advice vote had deserted bop in assembly elections. Women are now a key voting bloc in Indian elections and bop has, through welfare schemes, political appointments to key government posts and legislative enactments, reinforced its outreach. Having outclassed the opposition with exemplary signaling, bop must now focus attention on the economy so that more Indians can follow the trail blazed by the likes of draupadi murmu. Within days of India proposing to open up the space sector, which holds both economic and strategic importance, there were speculations about the possibilities of desk eon masks and Jeff becomes emerging, and the sector leapfrogging, almost instantly. Such aspirations may be in line with the sector ethos aiming for things beyond the horizon but arena in sync with reality. First, there is Indian businesses propensity for risk aversion. Second, space is not an easy business to be in, let alone for making extraordinary strides in a short span of time. That said, given the opportunities the sector presents, India will be able to taste success if it plans, prepares and executes all the commands carefully. Andy Warhol predicted, famously, that everyone would become famous for 15 minutes. The pop artist who himself was fa

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Thanks to ravenous media hungry for news not just but, a new sensation is created, if not every 15 minutes, at least every 16, or so it seems. Subjected to an unending bombardment of the shocking and the scandalous, we develop what behavioral psychologists call add, attention deficit disorder, an inability to focus on any one thing for any length of time. These results in a compulsion for novelty, summed up in the advertising industry aphorism find a new word for new. So while coronavirus, Ukraine, Agni path, political upheavals, and economic meltdowns occupy our mental space for a short while they re like passengers in an airport transit lounge who have to vacate and make way for new entrants. And this is where Warhol forecast comes into play. It has never been easier to win public fame, or infamy which skeptics would say is the flip side of the same coin, than it is today, with commentators and anchors in ceaseless search of the next 15 minute attention grabber. And it would seem that the best way to gain instant celebrity, or notoriety, its identical twin, is to make a pronouncement in any context, or out of any context whatsoever, which is calculated to offend the sensibilities and sensitivities, religious, cultural, ideological, or any other, of any given section of society. Such a verbal bombshell is guaranteed to create a high decibel chain reaction of vociferous opposition, and equally vociferous approbation, of the pronouncement in question. Before you can say even day wonder, an entire industry of inflamed debate talk shows which are more shouting matches, questions in parliament regarding the foreign relations ramifications of the issue, will be generated and the individual who started the ball rolling will become a how sold name. Till the next vocal volcano erupts. And the next, each outdoing the other, in a profit and loss account. Or, in napery sharma case, a prophet and loss account. None can walk the path of integral yog without constantly offering oneself to the fire of purification. Purification is the first stage in this yog. The fire is our very essence, the embodiment of our aspiration and, located within the heart, the key to our wellbeing and spiritual progress. It brings harmony to any discord inside. This is where the divine will resides in each one of us. But first we have to be conscious of it. There is so much in our nature that clouds this presence. Just be still and patient, and earnestly look inside and experience it this very moment. The mother has lit this fire, but we must tend to it at all times. We succeed by continually offering to this flame. It is our consciousness that keeps it burning brightly. It is a spiritual death if it goes out. Nothing meaningful in life can be done without it. It is one of the first experiences one encounters in integral yog. It is a unique moment our life was ignited by the.

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Deal, India's finally getting into chip manufacturing, and in a big way It won't be long before semiconductors, or chips, sold in a year are worth more than oil. Just last week, TSMC, Himachal HC should have responded differently to a habeas corpus case. A man seeks Himachal HC's help, for a woman whose life he believes to be under threat, going by her text messages to him. By The XIV Dalai Lama Among the Buddha's profound teachings, few are as thought-provoking or as often misunderstood as the teaching of rebirth. For those raised in a materialist worldview, the idea that life continues. How capping insurance commissions could hurt the very consumers it aims to protect India has made major strides towards expanding financial inclusion through robust digital public infrastructure, rapid innovation in the payments ecosystem, rising digitization and smartphone penetration, and transformative government initiatives such as the Jan Dhan Aadhaar Mobile (JAM) trinity. Yet, despite these advances, India continues to face a substantial gap in insurance penetration, one that is not merely marginal, but a deeply structural barrier to achieving comprehensive financial inclusion and meaningful social security. As the Insurance Regulatory and Development Authority (IRDAI) grapples with how to close this gap, the IRDAI Annual Report 2024-25, the Economic Survey for FY 2024-25, and the Reserve Bank of India (RBI) Financial Stability Report for 2025, have collectively flagged rising distribution costs and growing instances of mis-selling as structural concerns. This perspective now sits at the centre of an ongoing deliberation around potential regulatory restrictions on distribution commissions. While it is a response to legitimate concerns about rising distribution costs and instances of mis-selling, it is worth pausing to ask what such a measure would actually mean for the Indian consumer: will such a step benefit the consumer, or will it have a cobra effect: becoming a solution that makes things worse? To understand why, consider the profile of a typical first-time insurance buyer in semi-urban India. She is in her late thirties or early forties, runs a small household business or works in the informal sector, earns a modest but irregular income, and is broadly aware of the concept of insurance. What she does not have is a policy. As per industry estimates, even though 83% of consumers are aware about health insurance, only a mere 19% are policyholders. The gap between knowing insurance exists and holding a policy is not a knowledge problem, it is an activation problem. For a first-generation buyer, the intermediary is the only viable distribution channel, primarily because of the trust established between the two. The deeper reason for this lies in insurance literacy. Less than 2% of insurance premiums in India are transacted through online channels and Indian customers consistently prefer offline, face-to-face interactions for complex insurance products. F

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deter insurers from actively targeting rural and informal markets, further compression of commissions risks reinforcing this imbalance. In effect, such caps may deepen existing gaps in insurance access, particularly in life and health segments, by reducing outreach to economically vulnerable and socially disadvantaged groups. Rather than broadening inclusion, the policy could inadvertently widen India's social protection deficit by limiting engagement where it is needed most. There is also a real risk that commission caps could potentially undermine consumer interest on the question of cost. Academic research examining the introduction of a commission cap on private health insurance intermediaries in Germany in 2012 found that total acquisition costs of insurers did not decrease significantly. Insurers redirected spending toward other marketing instruments, and the consumer benefit that the cap was designed to deliver never materialised. In the Indian context, where agent commissions are already embedded in a carefully calibrated Expenses of Management framework, a prescriptive cap could prompt insurers to restructure base premiums upward in order to sustain commission payouts and maintain distributor viability. The consumer would pay more for a policy that is harder to access. The cap, intended as consumer protection, would function instead as consumer harm. The human cost of this is also notable. Life Insurance Corporation (LIC) alone has a field force of nearly 1. 5 million agents, while the sector overall employs 5. 4 million agents. The average earnings of an LIC agent are between ~INR 10,000 20,500 per month. Schemes like Bima Sakhi, which use commission-based insurance agencies as a path to economic independence for women, illustrate what this income means in practice. For millions of people, selling insurance is a meaningful source of financial self-sufficiency. A commission cap shrinks that livelihood, and with it, the incentive to reach the very communities that need insurance most. Rather than a prescriptive cap, the measured path is to build on the regulatory architecture India already has. It is worth recalling that IRDAI itself moved away from product-level commission caps in 2023, replacing them with Expenses of Management (EOM) Regulations which give insurers the flexibility to calibrate distributor compensation to the economics of different product lines, geographies, and customer segments. Reverting to commission caps would undo that deliberate choice. Before any further steps, a structured study of the actual drivers of rising acquisition costs would allow any future intervention to be calibrated to the evidence rather than risking the spillover effects. Policyholder protection from mis-selling deserves a response proportionate to where the problem is concentrated. Focused measures such as RBI's Draft Directions for Commercial Banks may be better suited to address the issue. Notably, IRDAI's Annual Report also recommends insure

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Mother Once summoned, the experience must be reinforced by practice. Sit down and close your eyes. Summon your aspiration and go deep within your heart. In an integral way, look at the whole, inside and out, but keep your station within the heart and just observe the movements. Don shies away from anything. You might witness conflict and turbulence. Just observe whatever emerges and spontaneously offer it. Offer all the chaos to the fire. Offer every movement, good or bad because everything is a mixture after all. Offer what you consider your virtues as well as your defects. If our being is ever to achieve wholeness, we need to offer everything to this unalloyed presence. Offer your ingrained habits and desires. Offer your surface being. Offer your body. Finally offer your ego. Its time is over. Everything has to be transformed and everything has its divine counterpart. Whatever is inside, you offer. Next, extend the process beyond regular sittings. One can offer always. With aspiration, it can be done. The offering will become a continual outpouring. Mantra will help in this regard. Make your life an offering to the supreme presence inside. Do this as you awake and as you go to sleep at night. Remember and offer. This is our practice, keeping the consciousness attuned at all times. When engaged in action, repeatedly do this. Offer your work always keep a space to offer. With persistence, you will notice a difference. By offering to the fire, your divided consciousness will gradually become unified. As this happens, it will become a single pointed flame. A self mastery starts to show its face one orientation in life becomes clearer. This sounds very simple, because essentially it is. With surrender, we engage in the sunlit path. It is not meant to be one of heaving effort and self denial. It is truly a path of self giving. Surrender makes it simple. When we give ourselves, we allow the mother to take over and she truly walks our steps. Offer yourself to the fire. The tale of Aryan khan comes to an end happily, at long last, and hopefully with no sequels. After days spent in jail, suffering the uncertainties of bail proceedings, and being branded a drug addict, Aryan khan has received a clean chit. The narcotics control bureau ncb has decided not to even attempt to prosecute Aryan khan due to what they have carefully phrased as lack of proof beyond reasonable doubt. That is an exceptional position for Indian investigators to take but, resorting to cliché better late than never. While this is admittedly tilting at windmills, we hope that judicious and balanced investigation and prosecution will be the rule, and not the exception. The issues which Aryan khan has had to face and overcome are common to a vast majority of people presently subject to our justice system and a bulk of those people lack the resources to successfully overcome the clearly adverse, and arguably unnecessary, challenges they face.

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Being able to produce and detect sound in an environment where light penetrates only a few hundred mitres is crucial for animals to communicate, feed, avoid predators and navigate vast underwater habitats. Large whales generate low frequency communication calls that can travel thousands of kilometres. While the snapping shrimp, native to the western Atlantic, can produce a loud snapping sound capable of stunning and killing its prey. The noise generated by humans changes the natural acoustic environment of our oceans and our capacity to produce it is increasing. Noise is often the unintentional by product of transport infrastructure development and industry. Yet noise can also be produced deliberately. Many navies use sonar system to detect ships and submarines while geologists survey the seabed for oil and gas using seismic airbus. The noise produced by an aerogun can exceed 200 decibels louder than a gunshot at a range of one meter. Sound travels further and four times faster in water than in air at a speed of almost 1500 meters per second. The noise produced by humans can therefore spread considerable distances underwater. These sounds can be relatively constant such as the noise produced by the engine of a ship and propeller or sudden and acute in the case of naval sonar and seismic airbus. Much marine organ reply on their ability to hear for their survival. Sound is a highly efficient means of communication underwater and is the primary way that many marine species gather and understand information about their environment. Many aquatic animals use sound to find preys locate mates and offspring avoid predators guide their navigation and locate habitat as well as to listen and communicate with each other. Oceans are full of sound. Waves, earthquakes and icebergs all contribute to the underwater soundscape. But so do human activities and this can be a problem for marine life as it can seriously affect their physiology behavior, reproduction and even survival. People got away with murder land grabbing and all kinds of mafia in the name of the conflict. Have Kashmir Politicians Been Held Accountable For Their Huge Scams? All over India top politicians who were involved in scams have been made accountable before law and were prosecuted. Has the rest of India heard of any politician of Kashmir who has been prosecuted in this way? Does the rest of India think no scams took place in Kashmir? We witnessed many monumental scams. The scams of Kashmir were safely restricted to Kashmir behind the iron curtain of Article 370. Kashmiris Developing Civic Sense after Decades what to talk of prosecuting a political leader for a scam? For the first time the Kashmiris are discovering that they have to develop a civic sense. In the name of the conflict we had forgotten everything. There was no government. There were no government systems. I have seen policemen carrying guns and regulating traffic. Nobody felt scared of them and people did not follow any traffic r

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Mobile phones are the little wonders of this century they have revolutionized and transformed our lives completely. Mobile revolution is the story of the creation of a mobile market and worldwide services exploring new possibilities of transforming how we will live work and play. The mobile phones have undertaken a fascinating journey from worldwide internet messaging content and multimedia messaging to camera phones to location based services mobile phone televisions phones etc. Mobile revolution is not only minded boggling but also quite dramatic with the rapid pace of change in technology. Today life without mobile phones is not only unimaginable but also unlikely. The conventional lands lines cumber some and outdated appear redundant and obsolete in comparison to these handy little gadgets. Gone are the days when you needed a telephone directory in order to look for the phone number you wish to dial. The utility of these sleek little phones is such that even if one has the option of using a land line one usually prefers to use this amazing device because of its easy accessibility. With advancement in science and technology every new model which comes in the market is superior to its previous one with more options and wider range of services. It provides access to entertainment and opens up a vast new world of information work and play so comprehensive immediate and useful that one wonders how one can get along without it and how one had functioned so long without this utility. Multitude of internet based services is also available on these handsets on which one can down load any music video game and so on. Today one can buy tickets over a phone but soon phones could become the payment method itself. There is no doubt that today India is one of the large consumers of mobile. Abrogation the employees have not changed. The work culture of Kashmir has changed. The Transfer Industry of Kashmir There was a whole jamaat of siyasi workers who were running the transfer industry here. Their dhandha was to get transfers done. The rozi roti of this jamaat would run on arranging coveted transfers for those who paid them. If the work of any MLA was not done due to some reason the standard threat in Kashmir was Do our work or we will get you transferred to Ladakh. There was a fixed commission in every department for every development work. Today there is transparency in the functioning of departments and much work is online. Corruption was so high that even the Vigilance officers used to make money by abusing their position. A minister had famously remarked that the government has formed the Vigilance Department lekin is vigilance department kea vigilance kaun karega? Efficiency Accountability In Government Departments Now most districts have a high degree of online functioning. The smallest complaint reaches the DC or the SSP online. Now we see corruption only in those departments where services are not available online or the public is unaware. Kulgam

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When I first came back from America, I would be routinely asked, Over there, you have to do everything by yourself don you. I would respond, Yes, cooking, dishes, washing clothes and on occasion, with gratuitous cruelty, add, Toilets too. I could resist the look of worry mixed with horror that would flash over their well-meaning faces, reflecting partly, concern about my status as a Brahmin and a male, but mostly about my future as a scholar. This was a time when Indian boys of a certain class and background were brought up to maintain an Arjuna-like focus on the bulls-eye of academic excellence. That went with a whole lifestyle built around protecting the academically inclined male child from the demands of a normal life. In middle-class households at that time, most cutting, cooking and cleaning was the domain of a cook or a maid. Food was served to us we got up and left when the meal was done, and the table got cleared somehow, and dishes got done. A maid crept under the furniture and swept under our feet to get the house cleaned. Clothes came back folded and ironed, the toilet was the responsibility of a quiet man who never looked us in the eye. We, middle class boys and girls, did very little. Nevertheless, there were clear distinctions. The would-be-first boy was spared the occasional errands a quick dash to shop or bank that everyone else had to do. When guests came, he could stay in his room while the others showed up to smile and answer irritatingly predictable questions about school or college the IIT exam is in a month. For girls, even academically accomplished ones, there was more. When important guests were being entertained, she might help out in the kitchen and deliver the fresh-fried fragrant samosas to the guests. When the cook was away, she helped with the cutting or even made something by herself. Most importantly, she and typically, not her brothers, was automatically given charge of any younger siblings or visiting cousins. Did it make a difference? India was literally the lowest of the 29 countries in an OECD report in terms of the amount of time men spend on housework 19 minutes a day. Indian women in the same survey spent 283 minutes, the highest among all the countries. While there is gender bias everywhere in the world women do 173 minutes on average while men do only 71 we are the undisputed champions. This Indian data was from the 1990s. However, the 2019 National Sample Survey asked similar questions. The answers were not particularly heartening 8% of men say that they are involved in cooking and note this includes those who merely showed up to stir the monthly baba mutton curry after all the drudge work was already magically done 3% wash or darn clothes 6% clean the house. Despite what we men might think, this is not because the women are home in any case and, therefore, have

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Given that, her parents would be rational in investing more in her housework skills than in her homework. And then, given that she has been brought up for housework, efficiency dictates that she should do more of that. The proposed logic seems straightforward since she has been trained in housework, it is relatively painless for her. If she still really hates some of those tasks, she could bargain with her husband to do less of that and more of whatever he wants her to do for the sake of propriety, I won speculate on what those might be. If that does not work, there is always divorce. There are so many ways this very standard efficient bargaining view of marriage seems misguided to me. First, divorce is almost always painful, all the more so when there are children involved. In addition, for women, there is the stigma, and the potentially unwanted attention of men who think they are all fair game. Most importantly, there is the economics she stopped working when they got married, who will hire her now, after a ten-year hiatus? There is supposed to be alimony, but will it be enough? Suppose he stops paying? Can she chase him down in court and make him pay? For all these reasons and many others, divorce in India remains the nuclear option to be deployed in extremis. For the most part, women just resign themselves to cleaning up after him, in big ways and small, just as his mother used to it does help if she happens to be around, always ready to chip in with my son never had to However, demonising men, in some ways, is missing the point. For most men, divorce is actually quite traumatic precisely since they lack survival skills and even living with conflict is something to be avoided. They think about the kids, about how much they would miss her mugachi usal, even her slightly off-tune singing while she cooks. They would love to assure her that they will change that clothes will no longer be strewn across the bathroom floor, that the nights she goes out won always be Domino nights, that they won forget to set the alarm on the mornings when it was their turn to make tiffin for the kids. The problem is that she won believe them, and they can see why. Maybe for a day or two it will work, but then bad habits, bred from childhood, take over. This is why, the economist might insist, it is important to have the right contract, the one that details every responsibility and the penalties for failing on them. Perhaps this is why a lot of economists end up marrying inside the profession. Indians tend to be more practical about marriage than in the West, but even in India, the thought of detailing every unpleasant possibility just when you are about to exchange the garlands is psychologically unrealistic. Partly perhaps because starting off with the most positive mindset

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The law in India clearly and categorically states that investigation must be unbiased, honest, just, and lawful, and the entire emphasis during investigation must be on ensuring that the truth is brought forth before a court of law. The entire judicial system is supposed to have been built on the idea of the preeminence of truth. Investigation by an enforcement agency, thus, ought to ensure that true facts are unearthed and brought to the attention of a court of law. These principles seem to be largely observed in the breach. With sustained deterioration of rule of law and diminishing independence of investigating agencies, a disturbing trend is emerging. Investigation is not aimed at bringing an alleged perpetrator to justice. Motives are varied and, to the extent discernible, at variance with the requirements of the law and the rights of the individual guaranteed by the constitution. The always ensuing media circus only exacerbates matters. An issue which the Aryan khan imbroglio raises, and which has not been addressed, is the weaponization of process as punishment. The criminal justice system in India is overburdened by pendency, and the moving pieces of the system are characterised by their inertia and complacency. The proverbial wheels of justice turn slowly. Years, and at times decades, pass from the time an accusation is made to a determination of guilt or lack thereof. The accused spends an unduly long period of time sometimes years in prison as an under trial under the specter of an accusation, which may, at the end of the process, prove to be false or unsubstantiated. Instead of finding a solution for this lamentable situation, enforcement agencies seem to have weapon zed it. Complaints and reports running into tens of thousands of pages are filed in courts, with scores of witnesses listed, and no end to the investigation in sight. Despite this, with complete knowledge of the fact that the trial may not reach its conclusion for over a decade, arrests are made indiscriminately, and people are confined to jail, having been denied bail. This has become characteristic of cases such as narcotics and money laundering where, in practice, enforcement agencies act in a high handed manner, with checks and balances over their powers being conspicuously absent. The presumption of innocence is systematically chipped away before and during the trial. While a court is yet to consider whether the accused is guilty of the offence, a parallel trial is held in the court of public opinion and, unlike the criminal justice system, this trial is speedy, and judgment swift. In the public eye, merely an accusation and arrest if any is sufficient to establish guilt. The trial is held in a TV newsroom which is not bound by laws, evidence, or the idea of fairness. A guilty verdict is rendered without fail and becomes the gospel truth. The objective seems to be clear. Let the process itself become the punishment. Let the accused attempt to navigate an opaque and l

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At the cost of years of his life, monetary considerations aside, and, meanwhile, brand him guilty and let him suffer punishment in the form of imprisonment as an under trial, the defamation and the slander. The weaponization of process has made the criminal justice system Kafkaesque in its design. In the Aryan khan case, what is being bemoaned is the lack of statutory framework which clearly defines the right to obtain compensation for wrongful arrest and malicious prosecution. What is prescribed as the pill for all ills is the avenue to sue, inter alia, the ncb and Sameer winched for the wrongful and malicious exercise of their powers. But this would be missing the forest for the trees. The problem is not one officer, one agency or one case. It is a systemic issue which has distorted the very fundamentals on which our union was and is based justice, liberty, and dignity of the individual. Opposition parties have finally decided on yashwant shah as their candidate for the upcoming presidential polls. This, after neck supreme shared power, NC chief faros Abdullah and former diplomat and Bengal governor gopalkrishna Gandhi turned down offers to become the opposition nominee. Although governing bop is comfortably placed for the presidential polls and shah candidature is not going to change that, the opposition exercise is yet again being seen as a test of their unity. That said, the main problem with opposition unity is that their political calculations don match their ambitions. For, many opposition parties are in direct contest with the congress in state polls. This is true for trinomial congress, asp, alkali dal, tress and even the left. In fact, tress, bjd, asp, alkali dal and ysrcp stayed away from selecting a united opposition presidential poll candidate. But an anti bop bloc without congress does work either. After all, congress still has the second largest number of males in the country after bop. Therefore, the only way a united opposition can pose a serious political challenge to bop today is if congress starts winning in north and west India. These are regions where congress is in direct contest with bop in a large chunk of seats. But if congress is thinking of ceding this political space and focussing on south and east India where bop is relatively weaker, it will again run into the problem of facing off against regional parties that it hopes will be part of the national anti bop coalition. However, there are little signs of any congress revival in north and west India. The loss of Punjab, the failure to topple bop in uttarakhand and the dismal performance in up highlight congress downward graph. Unless this changes, the opposition unity exercise will be futile. Fostering an inclusive workplace is essential to driving innovation and productivity in an organization. The last two years, driven by the pandemic, have been a turning point for diversity, equity, and inclusion deli initiatives. Forging ahead, it is crucial to address systemic c

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At the cost of years of his life, monetary considerations aside, and, meanwhile, brand him guilty and let him suffer punishment in the form of imprisonment as an under trial, the defamation and the slander. The weaponization of process has made the criminal justice system Kafkaesque in its design. In the Aryan khan case, what is being bemoaned is the lack of statutory framework which clearly defines the right to obtain compensation for wrongful arrest and malicious prosecution. What is prescribed as the pill for all ills is the avenue to sue, inter alia, the ncb and Sameer winched for the wrongful and malicious exercise of their powers. But this would be missing the forest for the trees. The problem is not one officer, one agency or one case. It is a systemic issue which has distorted the very fundamentals on which our union was and is based justice, liberty, and dignity of the individual. Opposition parties have finally decided on yashwant shah as their candidate for the upcoming presidential polls. This, after neck supreme shared power, NC chief faros Abdullah and former diplomat and Bengal governor gopalkrishna Gandhi turned down offers to become the opposition nominee. Although governing bop is comfortably placed for the presidential polls and shah candidature is not going to change that, the opposition exercise is yet again being seen as a test of their unity. That said, the main problem with opposition unity is that their political calculations don match their ambitions. For, many opposition parties are in direct contest with the congress in state polls. This is true for trinomial congress, asp, alkali dal, tress and even the left. In fact, tress, bjd, asp, alkali dal and ysrcp stayed away from selecting a united opposition presidential poll candidate. But an anti bop bloc without congress does work either. After all, congress still has the second largest number of males in the country after bop. Therefore, the only way a united opposition can pose a serious political challenge to bop today is if congress starts winning in north and west India. These are regions where congress is in direct contest with bop in a large chunk of seats. But if congress is thinking of ceding this political space and focussing on south and east India where bop is relatively weaker, it will again run into the problem of facing off against regional parties that it hopes will be part of the national anti bop coalition. However, there are little signs of any congress revival in north and west India. The loss of Punjab, the failure to topple bop in uttarakhand and the dismal performance in up highlight congress downward graph. Unless this changes, the opposition unity exercise will be futile. Fostering an inclusive workplace is essential to driving innovation and productivity in an organization. The last two years, driven by the pandemic, have been a turning point for diversity, equity, and inclusion deli initiatives. Forging ahead, it is crucial to address systemic c

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Mentorship programs, personal development initiatives, dui councils, and other ongoing initiatives will help retain these employees. Showcasing a solid commitment to people will reap solid results for any organization. Summing it up inculcating a sense of belonging within the employees is crucial in today work culture, which will enable them to bring their authentic selves to work every day. Organizations that listen to the employees and create an environment of transparency and openness will prove to be more successful in the future. A simple effort of adding one pronoun on LinkedIn, outlook, mms teams, or zoom can help promote inclusivity for people with varied identities and backgrounds and set the tone that inclusion is an important tenet of the organization. At the end of the day, we must always remember that people are at the heart of this topic. If we guide people in building empathy towards those who are not like them in some way, we can dismantle many workplace biases to cultivate a more representative, equal, and high performing workforce for the future. India stands tall in the world today for many reasons. Not least among them is the fact that we are today the largest milk producer globally, contributing to more than 23 percent of the global milk supply. The market for dairy products is very significant both in size and in quality dimensions and contributes five percent to the economy and has grown at a cage of 6.4 percent over the last five years. It is, therefore, crucial, that milk, and other value added products vamp not only reach every corner of the country but aid in enhancing the overall health of its citizens. With the world milk day just behind us, on June 01, it may be worthwhile to recall the white revolution and its impact on transforming the dairy industry to its position of strength today. While the organized dairy industry is poised to grow at 12 percent in revenue this financial year to reach rest 1.6 lakh core, concerns over quality and purity still remain foremost in the minds of consumers. Fossae has set out rigorous standards for milk and vamp quality, but regrettably, many in the industry seem to fall short on these benchmarks with tragic regularity, if media reports are anything to go by. It is important that milk and other dairy products meet the set quality standards and do so at all stages of the supply chain from the grass to the glass. The bane and a very unfortunate aspect of our dairy industry today is the prevalence of adulterants and anti biotic in many instances. Sadly, many unscrupulous players, in order to promote the growth and wellness of livestock, use various types of antibiotics and hormones in quantities beyond the tolerance limits set by fossae. This impure and low quality, unprocessed milk has been known to cause diseases such as diabetes, kidney and liver disease, heart diseases, autism, and even schizophrenia. Adulterants often result in skin diseases and may.

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From distinct groups face and ensure that the deli policies are re examined to propel organizational change at the foundational level. A strategic diversity and inclusion plan will enable employees to have equal opportunities to advance their careers. According to a recent dui survey by the India diversity forum of companies agreed that embracing dui has led to business improvement and that it has a positive impact on business performance and reputation. Talented people with varied experiences and perspectives who work together can innovate more and achieve better business outcomes. However, as per a report, biases related to disability status and gender & sexual orientation dominate Indian workplaces, followed by age & marital status and religion, caste, & ethnicity. Hence, it is imperative to assess the experience of different groups in a company to create a more equitable workplace. People analytics to evaluate and assess the current situation people analytics is a driving factor in influencing change by gauging, tracking, and comparing the current employee diversity data against industry benchmarks. Artificial intelligence and predictive intelligence are essential tools that can aid in identifying and welcoming prospective hires with the right skillsets and from underserved backgrounds in the talent pools. Organizations are adopting technologies that can analyses interviews of recruiting managers to identify the use of biased language and devise strategies for a fair hiring process. Then there are Chabot which is a slack bot for inclusion at work that sends out dui surveys asking the employees to weigh in on policies. The findings of such data can be shared with the employees to remain transparent and not restrict any data to specific groups or the top management. Employers can then focus on measurable goals and commitments for the future based on the analysis. Quantifying the goals will ensure that the company de & i initiatives are measurable, targeted, and effective. This approach can help identify blind spots in the strategy to make better decisions. Leadership to walk the talk to drive change transparency and accountability are vital to upholding the commitment to diversity and inclusion. Top management and leaders are responsible for driving these initiatives and keeping the employee morale high. To enact real and measurable change, leaders must focus on deli initiatives and programs to invest, act, and make decisions to acquire new and diverse employees and build equity with talent at the organization. Each functional leader at the organization should have accountability towards achieving deli results in their part of the business, starting from hiring and promotions to employee engagement. Retaining diverse workforce a recent consumer research study based on 2266 respondents in India stated that 72 of working women reject job roles that do not allow flexible working. In comparison, 70 have already quit or considered quitting their job

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The prophet-herald of a new era, sent to pave the, When did sons and daughters become untouchable VIPs at home? Barsha Nag Bhowmick has an opinion on anything and everything. A scribe for more than two decades, she writes on various topics including art, literature, relationships, lifestyle and anything that arouses her interest from time to time. When not into writing, she paints. We are perhaps the most connected generation in human history. Facebook notifications. WhatsApp family groups. Instagram stories. LinkedIn achievements. Twitter opinions. Endless blue ticks. Endless updates. Yet somewhere between all this hyper connection, people keep saying the same thing quietly over tea, over phone calls, over tired evenings. My son hardly talks. My daughter remains inside her room. They are always busy. We gave everything. Yet emotionally they are elsewhere. And even now, after my parents are gone, some of my deepest emotional memories are not from big occasions. They are from ordinary conversations. Long meaningless chats with Baba over coffee and potato chips. Heated arguments over who would read the newspaper first when his article got published. The childish possessiveness of wanting to see his byline before anyone else did. The familiar sound of Maa moving around the house while we argued over editorials and headlines as if national importance depended on it. Perhaps that is why I sometimes struggle to fully understand this emotional distance people speak about between parents and children today. I keep wanting to defend the younger generation. My friends' sons and daughters are polite to me. Warm even. They speak respectfully. They ask questions. They smile. They do not appear uncaring. Maybe they are exhausted. Maybe modern life is harsher. Maybe they are mentally overloaded. Maybe every generation misunderstands the next. I often tell my friends, why don't you simply explain to your son or daughter that their presence makes you happy? Do you miss sitting with them? Do small conversations matter to you? But many parents immediately reply, 'No, it is not so easy. You cannot explain these things to them.' When did our own children become such distant emotional figures that parents feel afraid to speak honestly to them? Why are we treating sons and daughters almost like VIPs, people who cannot be questioned, interrupted or emotionally approached too directly? Perhaps somewhere parents too have started creating this distance unknowingly. Children should not feel like outsiders inside their own homes. They should be spoken to naturally, argued with naturally, loved naturally. Inside homes, children are not people parents should feel afraid to approach emotionally. They are simply your children. A relationship becomes fragile when ordinary emotional communication starts feeling impossible. Today's young people are not necessarily less loving. But modern life has normalised emotional fragmentation. Everyone is permanently distracted. Attention its

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we have emotional vocabulary but shrinking shared time. Children message parents from another room. Parents forward motivational videos instead of talking honestly. Festivals become photo opportunities. Family dinners compete with notifications. And yet I do not want to romanticise the past completely. Earlier families also had control, silences, emotional suppression and lack of freedom. Many children could never speak openly to parents at all. So this is not a simple story of good past versus bad present. Perhaps that is why memories of small conversations feel so precious later. Not because life was perfect. But because attention was less divided. Even today, when I remember my father, I do not first remember achievements, crises or milestones. I remember conversations. Newspapers spread across the table. Arguments over articles. The blazer he gifted me when I was 21. Familiar voices filling ordinary afternoons. And maybe one day many children of today will miss even these distracted parents in exactly the same aching way. It's time we stopped calling politicians 'strange bedfellows'. If Indian politics is a theatre, Tamil Nadu is a multiplex. Where cigarette flicks and dark glasses are the perennial symbols of style and substance, sycophancy does a tandava over psephology. And with the players ensconced in the ministerial thrones in Delhi, it is no longer just a southern delight. Arun Ram, Resident Editor, The Times of India, Tamil Nadu, who alternates between the balcony and the front row, says it incites as much as it excites. During the intervals, he chews on a bit of science and such saner things. Politicians can make serious statements that make you laugh. One such came from a member of the anti-Edappadi K Palaniswami faction of AIADMK the other day. This Vijay, he told a reporter off the record, can never be trusted. He was complaining about TVK going back on its promise to induct members of the faction led by C Ve Shanmugam and S P Velumani into the government. While I doubt if Vijay ever made such a promise, his use of the word 'trust' made me laugh. Will EPS trust this leader who is plotting his downfall? Will people trust anyone who was part of the conspiracy to bring together archrivals DMK and AIADMK to prevent C Joseph Vijay from being the chief minister? How does anyone trust the characters in the political intrigue that threw up, though momentarily, VCK leader Thol Thirumavalavan as a consensus candidate of the two Dravidian majors? The 2026 assembly election not only brought a new politician to the top, but it also brought back the relevance of an old reality: anything can happen in politics. The DMK-AIADMK joint venture never took shape, but the fact that it was considered makes for a case study of politics as the art of the impossible. This is not new. Tamil Nadu has always possessed a pragmatic streak beneath its theatrical politics. Alliances that seemed sacrilegious on Monday have become electoral arithmetic by Friday. DM

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Maharashtra have been intensely fought. Maharashtra is one of the few states in the country which has this upper house of legislature in addition to Uttar Pradesh, Bihar, Andhra Pradesh, telangana and karnataka. Article 169 of the constitution empowers parliament to abolish the council in a state where it exists and create one in a state where it does not exist. The legislative assembly of a state has to pass a special resolution, both for creation and abolition. Legacy, origin and constituent assembly debate the system of two houses of legislature owes its origin to government of India act of 1935. The constituent assembly debated at length the concept of and need for a bicameral legislature. Some members opined that it would act as a check on tendency to legislate in haste and bring in the governance the diverse opinions particularly of those who have no means and inclination to get into the hustle and bustle of electoral politics. The other side of the story was that it would significantly add to the expenditures of the state. It was also feared that party bosses would offer membership to their favored few and to those who loose election to legislative assembly. Structure constitutional provisions the constitution says a legislature will consist of the governor, legislative assembly and legislative council where there is one. The total number of members in the council shall not exceed one third of the total number of members in the legislative assembly subject to the condition that the minimum number of members will be forty. They will consist of members getting elected from constituencies of local self government, graduates and teachers, members elected by members of the legislative assembly and those with special knowledge or practical experience in literature, science, art etc. Nominated by the governor. This is a permanent body not subject to dissolution. One third of its members retire every second year. Powers and functioning of the council non money bills in case of a non money bill passed by the assembly and sent to council, the council may reject it or pass it with some amendments or may not take any action for three months. The assembly in that case may pass the bill again with or without amendments made by council and will then send it to council again. This time if it is rejected by council or no action is taken for one month or it passes it with amendment to which the assembly does not agree then the bill will be deemed to be passed in the form in which it was passed by assembly. There are no such provisions of second journey in respect of bills originating in the council. The journey of the bill which originates and is passed in the council, ends the moment assembly rejects it. The money bill cannot be introduced in the council. In case of a money bill passed by assembly and sent to council for its recommendations, the council has to return the.

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Bill to the assembly with its recommendations. The assembly may then accept or reject all or some recommendations and the money bill then shall be deemed to have been passed by both houses. In case council does not return the bill within fourteen days then it shall be deemed to have been passed by both houses. There is no second journey of the bill from assembly to council. Strengths and weaknesses a minister has to be an elected member either of legislative assembly or legislative council. While there is no provision either in the constitution or in any other law which forbids a nominated member from becoming a minister or chief minister, as he is a person not elected directly or indirectly by people such appointment is vulnerable to legal challenge on the ground that it strikes at the root of basic structure of the constitution as it would be contrary to our representative parliamentary democracy. Supreme Court in sort chaudhuri vs. state of Punjab & ores has repeatedly stated that a person who has been appointed a minister but who is not a member of any of the two houses of legislature must get elected within six months. It has not stated elected or nominated to council. The constituent assembly debates also indicate that no member expressly stated that nominated members should be made part of the government. It is clear from the discussion herein on passing of bills that the council does not have real substantive powers of legislation. The constitutional prescriptions make it a mere dilatory or advisory house. The will of assembly is supreme and finally prevails. The elected members of both houses of parliament and only of legislative assemblies of the states are eligible to vote in presidential election and elected members of only legislative assembly of a state are eligible to vote in raja sabra election in accordance with article 54 and 80 4 respectively. The parliament has a remedy of joint sitting of loksabha and raja sabra to resolve disagreement between the two in respect of non money bills. There is no such provision for the two houses of state legislature. Raja sabra has representatives of each state and thus assumes a federal character. It is therefore given a status which is better than that of a mere dilatory body. In respect of a state council the question of it assuming a federal character does not arise. The constitution has adopted the system founded on English parliament act 1911 in which the upper house council of the state gives way to the lower house assembly which represents the will of people. Article 164 2 clearly states that the council of ministers shall be collectively responsible to the legislative assembly. This indeed belittles the council. Article 169 of the constitution empowers parliament to abolish the council in a state where it exists and which requires a special resolution by assembly. Curiously, thus the council has no say in its own abolition. The constitutional prescription.

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Is for nomination is of persons with knowledge etc. But in reality political parties use or rather misuse this provision to favor those who are defeated in assembly elections or who are party workers or who are financially influential persons. The nomination of members to the council falls under the discretionary power of the governor and there have delays in nomination despite requests from high courts. This frustrates the noble objective behind it and deprives people of the benefit of their wisdom. It is a moot question as to how much of an impact the councils have made on the quality of governance and law making in any state compared with the money spent on them. This should be the point pondered by governments of states who have councils and those who do not have but propose to have one. The nomination of Droupadi Murmu, an Adivasi leader from Odisha and the former Governor of Jharkhand, as NDA candidate for the forthcoming presidential election is seen as a calculated move by BJP to expand its social base, especially among the ST Scheduled Tribe communities. It has been argued that BJP is keen to project Murmu as a symbol of party Sab ka Sath Sab ka Vikas slogan simply to attract Adivasi votes. This line of reasoning is not entirely inappropriate. Senior BJP leaders, including J P Nadda, have recognised the fact that Murmu tribal identity and her humble economic background were taken seriously by the party. However, the straightforward conclusion that Murmu candidature for the post of the President is going to be used by the party to carve out a space among Adivasi voters is empirically incorrect for two reasons. While political drama still unfolds in Maharashtra, two things did become clear after CM Uddhav Thackeray address yesterday evening. First, that the Maha Vikas Aghadi government is most likely headed towards a fall and, second, that Shiv Sena is experiencing a savage split. On the first count, not only did Uddhav say in so many words that he was ready to resign, for the most part Shiv Sena alliance partners have made it clear that they think of the current crisis as solely of its own making. Neither NCP nor Congress has been seen losing breath trying to save the MVA government. As for Sena future, Eknath Shinde and his rebel band are closing in on the mark where they will be able to dodge the anti defection bullet, leaving Uddhav with the rump of the party. Sena internal structure will be further weakened by a prolonged fight over who is truly carrying on Balasaheb legacy, a fight that started because of politics but has substantive ideological dimensions. BJP had Sena on the backfoot even before all this. When the two struck an assembly pre poll alliance for the first time in 1990, BJP won 42 seats with 10.7 vote share while Sena won 52 seats with 15.9 vote share. By 2019 while Sena was still in the same.

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Zone 56 seats and vote share behind had 105 seats with 25.7 vote share. The Hindu Hriday Samrat title had also left the Sena leader. Congress is finding its vote share gobbled by Congress looking parties, but a BJP looking party is finding it difficult to survive the BJP juggernaut. Today Thackeray still says Garv se kaho hum Hindu hain but simultaneously tries to strike moderate notes. What if too few of his party leaders and cadres have been on boarded in this transition If Bal Thackeray strong bond with Sainiks has been left behind along with his tod food politics, this gentrification may end up costing Uddhav Sena very dear. The very alliance that got him the coveted CMship may be his undoing, with accommodations made for NCP Congress alienating many Sainiks. At least this is the narrative Shinde has galvanised, by claiming that his band would never betray Balasaheb Hindustan for the sake of power. However the Maharashtra drama plays out, Uddhav version of Sena is in deep trouble. Over two lectures in the UK this week, Supreme Court judge DY Chandrachud foregrounded key points about the overarching goal of the Indian Constitution and its relevance when the state is no longer the primary employer. In one lecture he said the Constitution transformative dimension comes from its attempt to remedy discrimination. Flowing from it, working towards equality needs to consider pre existing social and economic imbalances. Hence, the need for affirmative action. In another lecture, he located this goal in the backdrop of India economic transformation. The state, earlier the primary employer, is now a facilitator of private participation in economic activity. The Constitution provisions against discrimination in public employment exists only against the state. This, therefore, leads to the question if there a need for a comprehensive anti discrimination law. The case against any form of discrimination is unexceptionable. But a discourse on constitutional protections in private employment is of relevance to only a sliver of the workforce as the structure of employment puts most of them beyond the ambit of legal safeguards. A mere 21 of the workforce earns a regular salary and not all of them in workplaces covered by legislation. In 2019 20, just 16.6 million people out of more than 400 million strong workforce were employed in factories covered by legislation. Therefore, most Indians work without any legal protection against discrimination. If the constitutional promise is to be realised, India first needs an enabling economic condition that lifts most people to a level where legal protections kick in. It possible only through an environment that allows the economy to formalise. That the pre condition to actually access constitutional rights. A sweeping anti discrimination law now would just be a paper tiger. A charade of our constitutional fidelity. With record breaking heat waves hitting many parts of the world over the last few months, scientific circle

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Should these technologies be deployed by an international body or by individual countries Geoengineering is an umbrella term for various experimental technologies designed to deliberately alter the climate system to reduce the impacts of global warming. They are slowly but steadily gaining salience and broadly fall under two categories Solar Radiation Modification SRM and Carbon Dioxide Removal CDR technologies. It official. There no bar on crossing legs before the bench. Replying to an RTI query raised by a Bengaluru resident, the Karnataka high court public information officer wrote No court orders, guidelines, notifications or directions have been issued by the high court of Karnataka restricting citizens from sitting cross legged during court proceedings. If you can wrap your head around such hair splitting, you ve clearly never experienced the bheja fry of courtroom etiquette. It a mine field. One misstep could result in an explosion from the judge. Scoff not at time wasted by that officer in wading through dusty, musty records to find the authorised, gazetted and duly notified response to a seemingly absurd query. Its very raising shows how pompously petty its minders can be about upholding judicial majesty. Also, sigh not in relief. Cross legged leads to more head scratching. By declaring this common sitting position offensive, did the judge insult Indian culture and perpetuate the colonial hangover Is the swastikas Ana alone permitted What if an Iyenguru disciple slides smoothly into a padmasana or braves a veer asana Does the crossed leg waiver apply also to the Western way of crossing legs In both cultures, this is the basic instinct for settling into relaxed mode. Remember Sharon Stone infamous uncrossing It created an enduring metaphor of seduction, and probably led to underwear sales dropping like knickers. Legs were the main offenders in the IPC of respectful sitting laid down by our Top Boss in the early 1990s. With searing gentleness, Raj deep was ticked off for sticking out the soles of his shoes while crossing lower leg over thigh. Me too. Lulled by the easygoing meeting, I had slouched deep into my chair. He slid me a note Without appearing to react to this, do take your knees off the edge of the table. The others in the room did need the reaction of my beetroot blush to know that I d been pulled up. Figuratively and physically. Verily, there is no purifier in this world like knowledge, says the Bhagwad Gita, 4 38. While Hath Yog strengthens the body through systematic physical activity and breathing exercises, Bhakti Yog purifies the heart by unswerving devotion to god, and Karma Yog renders nobility to actions, Jnana Yog illuminates consciousness through self enquiry, study of scriptures and meditation. Bhadragiriyar century Tamil poet mystic, says It is knowledge which knows knowledge through knowing knowledge. Jnana Yog, also called Jnana Marg, path of knowledge, wisdom, Buddhi Yog, discipline of intelligence, and Brahmn Vi

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We often come across situations where someone or something may directly indirectly portrait our country not in a positive manner. During these times, the ball comes to our court, as to how we perceive such a situation and respond to same. Having national pride, and a feeling to back the country no matter what is a very important thing that one should have as it is linked to our own identity. Our country has given us so much, but more than often we tend to find ways to blame what is wrong and how things are not okay. We also tend to align very quickly with the forces that on a surface level show or tries to prove that country is backward, or things that are done in our country are below par. Instead, to act upon such forces, or actually making an effort to defend, as this takes going out of the comfort zone, we mostly satisfy ourselves by passing and aligning to weightless remarks. Agree or not agree but pride for the country, no matter who we are and where we are situated, and also pride for our national language is what define us and our identity. A very good example to learn such quality is by observing the Indian Army. People in Army dedicate their entire lives and comfort associated to it protecting the country. There is nothing above than the country to them. It is like their own family. Personally, I have also observed instances where Army officials go out of their ways to defend back the country, they also ensure to pin down the negative forces that try to put us down. The more we accept such forces, the more we endanger ourselves in losing our own identities. Therefore, it is very important to be clinical in what to accept and what not and hence being mindful as we come across new things is important as to where it is stemming from and how it can influence us and our way of living. Often times, as Indians we look up to other cultures. As we do, or as we become a part of it if we live outside India, it is important that we do not forget where we come from, and our roots. Roots is the most fundamental thing on which the being grows, hence it is crucial to have the base strong, else if it is not then it is very easy to get shaky and get mesmerized with forces that in a way take us away from who we are. Our country has a very rich past and present, and reading and getting deep into it is another way to get awaken about our rich identity. Having the right knowledge can also be the key, and hence we all should try to become more inquisitive to get to know about our past, and its fundamentals. Once that knowledge is known, one can start to instill pride for country automatically. India is emerging

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But they keep politicians in good stead. Successful political strategies have a not-so-obvious open end that allows improvisation and adaptation in unforeseen circumstances. Vijay is yet to spell out his strategy, but his opening speech at Vikravandi on Oct 27 made clear his ideological position: For Dravidianism, secularism, social justice, equal opportunities and clean governance. He attacked, without naming, DMK and BJP. His silence over AIADMK and many other smaller parties, his sanitising of Periyarism yes to social justice, no to atheism and equating Dravidianism with Tamil sub-nationalism signify the open-end approach. While DMK called it a concoction of old wines in new bottle, AIADMK has been relatively silent. NTK leader Seeman, who was rumoured to be a potential TVK ally, poured scorn on Vijay for equating Dravidianism with Tamil nationalism. Political criticism, Vijay should know, is good, as it helps distil and define his offering and decide on allies who will accept his leadership. Trying to please all will dilute that attempt and give scope to ambiguity which a fresher can ill afford. His upcoming state tour may tell us if he is brewing the right stuff. The Vikravandi stage show was good. Being the first-day first-show, it could well have been scripted and directed though Vijay did a good job given the length of the live performance. The more important ones would be the impromptu appearances where extempore performances define one political personality under stressful conditions. In politics, sarcasm is a handy tool to convey without saying, to conceal while speaking Some M Karunanidhi videos can offer a crash course. Vijay maiden speech lacked this skill. The one time he tried mocking, it fell flat. The comment at DMK, avanga fascism-near neenga enna payasama you call them fascism, now are you panamas? sounded silly. To his credit, Vijay was consistently aggressive. Anger real or constructed helps build an image. But then, an aggressive leader with a sense of satire can be irresistible. Timely action and reaction is the hallmark of a successful politician, but when it comes to forging electoral alliances, the most successful have been the ones who thought through the process and the outcome it another matter that some parties such as PMK and MDMK have a history of overthinking before taking the wrong decision. I understand that a section of the TVK team is for an alliance with AIADMK. It may not work out because Edappadi's K Palaniswami is unlikely to accept Vijay as the chief minister candidate even if his party approves a tie-up surprise me, EPS. But for someone who aspires to be an alternative to the tried-and-tested parties considering an alliance with one of them shows haste, something that goes against common sense. The TVK section that advocates this feels only having a share of power at the first instance will help Vijay sustain the party. This defeats the purpose and promise of the party. Vijay, 50, has age by his side. F

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Permanent and transient. Adi Shankaracharya held that since Brahmn is eternal, pure, of the nature of knowledge and free, one should experience it. Perception, inference, and scriptural testimony have been traditionally described as the sources of knowledge. Knowledge is both para, infinite, and apara, finite. The former relates to the higher dimension of being, the latter to the changing phenomena. Para liberates, apara binds one to the spatio temporal world. Jnana Yog enlightens one about the true nature of existence, identity of Brahmn and jivatma, individual soul, the five koshas, layers of the soul physical, vital, mental, wisdom and bliss the chakras, whirling energy centres of the subtle body, and the ultimate purpose of life. He who cultivates the virtues of vivek, discriminative wisdom vairagya, detachment and abhyas, practice can control his senses with reins of the mind. He can perceive the cosmic self in individual self, cosmic mind in individual mind and cosmic consciousness in individual consciousness. Yet, Jnana Yog is not merely an intellectual pursuit, since its goal is to transcend the mind which is limited in its vision and rigid in its conceptions . Intellectual engagement with the Supreme Reality is not enough till one realises oneness with all life forms and integrates the individual self with divine consciousness. Jnana Yog postulates three ways to grow in spirituality shravana, listening about the ultimate truth from one who knows it manana, reflecting about the truth heard, and nididhyasana, meditation on the truth. The spiritual practitioner undergoes four stages seeking, knowing, becoming, and being. He offers his senses and life energy as oblations in the fire of the yoga of self-control, kindled by knowledge Gita 4 27. He is then free from vices and liberated while living. Birth and death relate to the corporeal being on its journey to the Infinite in endless cycles. According to Brihadaranyak Upanishad, when one realises the Absolute Truth, one sees without seeing, smells without smelling, tastes without tasting, speaks without speaking, hears without hearing, touches without touching, thinks without thinking, knows without knowing, for there is nothing separate from Him. Knowledge about Brahmn in whom all polarities meet, is the highest goal of life , he highest glory , he highest world and he highest bliss . As one progresses in knowledge, one moves from external to internal forms of worship, and finds the One Reality shining as the many. The yogic paths of Jnana Bhakti and Karma are interconnected in a subtle way. Theistic schools, whether Vaishnava, Shaiva, Shakta, or Smarta, emphasise one path over the other, or synergise them, but their basic purpose is the same to realise god in whatever form it is perceived. Albert Einstein probably was thinking about Medicine when he famously said, Intellectuals solve problems geniuses prevent them. And yet, as science and suffering engage in a never ending oscillation of fa

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Advanced and unbridled. Cancer Let us deal with some hardcore statistics, for facts and figures seldom fabricate. According to Padma Sheri recipient and renowned Radiation Oncologist, Dr. Dattaetreydu Nora, who now serves as Health Advisor to Government of Andhra Pradesh, at present there are 1.38 million new cases of cancer in India. As many as had report. According to a new report, cancer cases in India increased at an average annual rate that deaths from cancer in the country also went up at an average rate of 0.1 1 percent in the same period. According to the Institute for Health Metrics and Evaluation IHME , University of Washington School of Medicine analysis, published in JAMA journal, the global highest. To paraphrase, our population is on the rise, and so are the cancer rates. Quite simply, we are sitting on a bubble. If these numbers do not appeal to your sense and sensibilities, the following would in India is related to tobacco products. 200 Indian women die every day. The top three cancers raging in India include breast, cervix, and oral. A deeper look at these numbers, and you might just smell the sun behind the looming clouds. You might just hear the prophetic words of Albert Einstein that these are preventable cancers, and early detection and subsequent prevention policies and programs can stem this deluge before it turns into a tsunami of monstrous proportions. Let us put our boots on the ground and hammer out the basics. In a country of swirling billions with less than adequate accountability in nationwide cancer registration, hospitalization, and mortality, a path of ultra aggressive prevention policy becomes the only bridge to escape. To that end, first and foremost, the country needs dedicated social workers and paramedics trained exclusively in the early detection of major cancers to raise the bar of awareness and education. We need trained personnel to visit every family almost in a home to home search style. Especially in rural settings. Dr. Nora asked the burning questions. Was the pap smear done according to the guidelines Was the mammogram done in time Is there a nagging cough that refuses to go Truth be told, for a society harassed by financial inequality and cultural dogmatism, expecting men and women to throng hospitals by themselves is being shortsighted. And it is precisely here where the Government can offer the olive branch. How about subsiding essential cancer screening program payments to accommodate those who cannot afford the cost Emotions and ethics apart, purely from a business standpoint, preventing cancer amongst the poor millions will fetch far more profit than building corporate hospitals. This brings us to tobacco usage. The scourge that continues to inflict carnage on Indians, despite statutory warnings, roadside hoardings, and media advertisements. How about taking it to the next level and incorporating the death provoking adverse effects of tobacco chewing and nicotine smoking into national school c

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The Bill, as passed by the Lok Sabha, is already with the hon. Members The Select Committee earlier went exhaustively into the various provisions of the original Bill and also recorded evidence from some of the representatives of the industry. The various recommendations of the select committee have been incorporated in the Bill. In addition, the wishes expressed by some of the Members of the Lok Sabha have been incorporated in the Bill. The difficulties of small growers have been appreciated and the major portion of the acreage of rubber cultivation is held by the small growers. Proper representation to these small producers of rubber will be given. The labor representatives in the Board have been increased from three to four. The labor representatives will be selected from out of the panel of names submitted by the respective associations an important provision has been made in the Bill to enable the Board to take steps to secure better working conditions for workers engaged in the rubber industry. The present production, of rubber is about twenty thousand tons a year; the demand is increasing every year, while the supply is not keeping pace with the demand. It is proposed to fill up the gap over the short period by importing rubber. Hospitals play a crucial role in the healthcare system, serving as pillars of medical care, research, and education. These institutions are instrumental in saving lives, improving public health, and advancing medical knowledge. The Bill, when passed would enable the Board to import rubber and a provision has been made as to how any profits that are made out of this import of rubber should be utilized. To increase the, production of rubber, it is proposed to take up the development scheme. The details of which are being worked out. It appears that at present the small grower is at a great disadvantage, as far as the marketing of his rubber is concerned. This problem is rather difficult to solve However, provisions have been made for the Rubber Board to take up marketing of rubber also. It is hoped that the new Board will be able to tackle the problem of the small grower of rubber industry successfully. The Rubber industry has established itself as a major industry in India. India ranks high in natural rubber production. This brief essay explores the significance of hospitals in society, emphasizing their multifaceted contributions to health and well-being. Providing Critical Care: Hospitals serve as a primary hub for emergency and critical care services. Equipped with advanced medical technologies, skilled healthcare professionals, and specialized units, hospitals handle a wide range of medical emergencies. From trauma cases to complex surgeries, hospitals ensure immediate attention and life-saving treatments, helping patients recover from severe illnesses and injuries. Disease Diagnosis and Treatment: Diagnostic facilities within hospitals are essential for identifying and treating various medical conditions. With

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Human beings rarely suffer because of one isolated incident. More often, suffering becomes a pattern. One person repeatedly feels rejected. Another constantly feels betrayed. Someone else keeps experiencing failure, humiliation or loneliness. Life appears to move forward, yet inwardly we remain trapped in familiar cycles of pain. Why does this happen? The answer lies not outside us, but within the unconscious patterns we carry. Most people think suffering comes from circumstances. But circumstances are only triggers. The real source of pain is the inner conditioning that shapes how we interpret life. A small criticism may deeply wound one person while another remains unaffected. The event is the same, but the internal pattern is different. Our mind is like a recording machine. Every unresolved hurt, fear, insult and disappointment leaves an imprint. Over time, these imprints become psychological habits. Without awareness, we start reacting to life through old wounds rather than the present reality. Then the past silently controls the future. Life repeats lessons not to torture us but to awaken us. If we fail to understand a lesson emotionally, the same pattern returns in different forms. The outer drama changes, but the inner script remains the same. We attract situations that expose our unconsciousness because only exposure can bring transformation. Most people respond to pain mechanically. They blame others, escape through distractions, suppress their emotions, or harbour resentment. The unexamined wound continues to influence thoughts, relationships and decisions. Awareness is the turning point. The moment we observe our repetitive suffering without judgement, transformation begins. Instead of asking, 'Why is this happening to me?' we begin asking, 'What is life trying to teach me through this experience?' This shift changes us from victims to seekers. Awareness helps us see patterns clearly. We notice our emotional triggers, recurring reactions, and unconscious expectations. Slowly, we realise that pain is often intensified by resistance. The ego constantly demands that life should happen according to its preferences. When reality disagrees, suffering emerges. A wise person learns acceptance as intelligent understanding. Acceptance means seeing clearly without inner conflict. The moment we stop fighting reality internally, energy becomes available for healing and right action. Meditation plays a crucial role in this transformation. Meditation is not an escape from life; it is a return to oneself. In silence, we become aware of the constant noise of the conditioned mind. We discover how thoughts create emotional storms. Gradually, a distance arises between us and our mental patterns. We stop identifying with fear, anger or insecurity. This inner space is freedom. When awareness deepens, old wounds lose their grip. Situations that once triggered intense suffering begin to lose power. We respond with maturity rather than react impulsively. Life

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a gemstone, jade is semi-precious but is valued more than gold in China. Its colour ranges between dark and light green, sometimes it is even whitish, but the significance is more in terms of what it represents in the psyche of people who value its spiritual import relating to soul and immortality. In the mundane world, jade is associated with political power and religious authority. Experts on Chinese culture say that jade symbolises Chinese ethics and ideologies and therefore it mirrors that progression of Chinese culture. There have been many uses of this exalted gem, including using it for tools, writing material, decorative pieces, jewellery, money and even burial suits. Mouthpieces of some opium pipes were crafted with jade to ensure longevity by breathing through it. The royal seal in the drama Pursuit of Jade, the ownership of which will signify the one who sits on the throne, is made of jade. And so the stone has a multi-faceted history of meaning and usage. Jade has always meant something higher, stronger, spiritual, meaningful. Does it have anything at all to do with the word 'jaded' which has a negative meaning? In fourteenth century Europe, mainly Iceland and Scotland, the term jaded referred to a 'a broken-down, worthless, vicious horse.' In contemporary usage, the word jaded has come to mean tired, weary, uninterested, unenthusiastic and so on, as in 'a jaded movie star' or, 'a public jaded by political scandal.' So jade the stone, and 'jaded' the adjective, have no link at all. Interestingly, jade, the tough stone, has hidden musical qualities. The following saying sums it up: If you take a hammer and hit a diamond, the diamond will shatter into a dozen pieces. Hit a piece of quartz and it will split in two. But if you hit a piece of jade, it will ring like a bell. And so it came to be that jade was used in the making of musical instruments like xylophones and also gongs and chimes. According to the International Gem Society, some use these instruments to produce 'heavenly' tones for ritual practices. Chinese poets have compared jade's melodious sound to the voice of a loved one, calling it 'the concentrated essence of love'. A truly spiritual, romantic, ethereal interpretation of jade, adding to its enigma and aura. Starting off with the goal of self-entertainment and engagement, Pursuit of Jade led me on an enchanting path of discovery and knowledge of ancient Chinese culture, jade philosophy and its contemporary import in the course of exploring the meaning of the title. After the Emergency. Socialists, conservatives and former rivals discovered a common purpose. Bihar is perhaps the most active laboratory of political recombination. Nitish Kumar's JDU broke away from NDA in 2015 to join hands with long-time rival RJD and Congress to defeat BJP. In 2017, Nitish was back with BJP NDA; in 2022, he again jumped ship, only to later realign with BJP. In Maharashtra, Shiv Sena, which shared the Hindutva agenda with BJP,

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Of formal education. At the end of the day, what are we trying to accomplish Dr. Nora response was crystal clear We are trying to create a mindset of awareness where early detection and warning signs, timely screenings, and subsequent prevention become the fulcrum of cancer management. In short, it lifesaving to nip in the bud, something that, when let loose, can be lethal. In India, prevention must be the dominant encircling embrace to protect lives. That is if we are serious about our nation health. The NCRB report 2020 lists a total of 6,616 cases of human trafficking in India, with states such as West Bengal and Andhra Pradesh being the biggest contributors to this number. Grassroots activists working against trafficking share an even more grim picture most trafficking cases are not reported due to stigma and fear of the traffickers, or get reported under the section of missing persons . The problem is much bigger, and the nexus between traffickers, local politicians, and the landed class provides traffickers impunity and allows human trafficking to be an organised crime. In 1998, French sociologist Michel Foucault changed the way we look at power. He wrote that wielding power was not simply episodic or periodic acts of tyrants it was diffused in everyday life and perpetuated through everyday interactions and by the institutions in a state. More often than not, power is created, reinforced, and redefined through commonly accepted systems of knowledge, often called Ruth . Simply speaking, what constitutes Ruth , what is considered knowledge , who creates this knowledge , who distributes it, and who has access to this knowledge is decided by those who have power. Historically, the marginalized, the oppressed, and the downtrodden in any society have had very little access to forms of knowledge and no say in constituting the Ruth of that society. In fact, the oppressor community decides the Ruth for the marginalized one. Consider the examples of upper caste academics studying caste in Dalit communities, or academics from urban areas doing rural immersions and writing expert opinions on rural communities. In most cases, the involvement of these communities in that research is minimal. Then what are the possible implications of research carried out by outsiders to a community A researcher who does not belong to the community they are studying runs the risk of presenting a single narrative and reinforcing the existing unequal power structure, more so if the study is non participatory. It is not uncommon to see upper caste researchers representing Bahujan communities either through the lens of torture and abuse or within conversations around reservation. Similarly, the representation of the queer community is often through the lens of acceptance acceptance from the heteronormative world. Knowledge systems that govern sex trafficking research The public imagination around sex workers or survivors of sex trafficking is also burdened with imagery of abu

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Academia move around the triangle of the victim perpetrator savior, with survivors occupying the victim position and nonprofits or the government invariably owning the savior position. This victim savior dichotomy steals the authentic voice of survivors and invalidates their lived experiences. So what happens when survivors of sex trafficking assert their voice, break the tightly guarded bastion of research , and assert their position as experts who have in depth knowledge about trafficking New knowledge systems that are participatory and rise directly from the experiences of survivors are built, and the traditional power dichotomy between the researcher and the researched is shaken. The collectivisation efforts of survivors are one example of this. Through this process of collectivisation, the group can significantly impact the trafficking nexus from within and demand accountability from the system. Grassroots activists in West Bengal have observed that when survivors take the lead in accessing justice for them, there are ripple effects of change throughout the system. The creation and growth of survivors groups in states such as West Bengal, Chhattisgarh, and Andhra Pradesh aims to strengthen their voices through peer support. These collectives not only support each other to access justice, but also work extensively in the community to spread awareness about human trafficking and allied issues such as child marriage, child abuse, domestic violence, and child labor. The Indian Leadership Forum Against Trafficking formed by members of these collectives, is the first nationwide forum for survivors of trafficking and sex workers from marginalized communities, and advocates actively with policymakers and politicians for the passing of the Trafficking in Persons Bill, 2021. Why research led by survivors is more informed Time and again survivors from these collectives have spoken out against dominant narratives about them, emphasising that any decision to combat human trafficking needs to include survivors as the primary and expert voice they are the ones who have been trafficked and rescued and are struggling for rehabilitation. In 2019, survivors of sex trafficking from three different survivors collectives in West Bengal set out on a daunting task. Two recent incidents pertaining to police inaction even when there is overwhelming evidence of crime committed have prompted this write up. I am a single mother & a cancer survivor, living in an apartment on the outskirts of Dehradun along with my two children. Since 2016 onwards, I faced severe harassment nuisance from a couple of neighbors, who on occasions, destroyed my belongings and through various means, harassed me emotionally and mentally, with the purported intention that I will sell off my flat in desperation & move away. I had complained to the local police including the SSP, Dehradun quite a few times, but no action was taken, except for just an inquiry over the phone. I ignored the state of

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In a hyper state and damaged my property. Fortunately, the entire incident was captured on. I did not wait for any help from the police but sent the recording with all past evidence to the PM Office. Within a month, out of the 4 neighbors who had done the violence and were threatening our life, 3 sold their flats, 2 disappeared from the neigbourhood & 2 remained silent. However, recently, one out of the 2 who remained is suspected to have induced theft of my belongings again to harass me. I filed a complaint with the local police station & SSP, Dehradun. As earlier, a phone call from the police was the beginning and end of the action taken! Even though I & my children have had threats of life in the past which are recorded, police have played no attention to the safety & security of a widow with two young kids. Do I need to disturb PMO time and again for permanent resolution Ins the police duty bound to help citizens, especially vulnerable groups like widows and children Another incident which happened recently has added to my disillusionment with the state of policing. The assistant director of Union ministry of tourism & culture, Smut Havana Shined had recently visited Uttarakhand with her family. From the airport, she went to Haridwar for a day visit. Within 5 minutes of her arrival near Mansa Devi temple, a shopkeeper from whom she and her family had bought hats, pickpocketed her husband wallet from his passport bag. It had around Rs 10,000, credit and debit cards, Aadhaar cards & PAN cards. The moment they realised within 5 mins, they went back to the shop only to find the owner absconding. When they tried to lodge a police complaint, the officer in charge did not register their complaint saying, If you write your wallet was stolen, we will not register your complaint. They were forced to write that they had lost their wallet. Since I also work as a cultural & spiritual ambassador with the ministry of tourism & culture and am the vice president of TOGA Tourist Guides Association, I came to know of the matter from the assistant director. I sent details of the matter along with the registered complaint to Uttarakhand tourism minister PA & officer on special duty OSD of the CM, who assured me that action would be taken. Unfortunately, it been over a month and there has been absolutely no response from any corner. As a concerned citizen, I want to raise the following questions what is the police department for Do they only work for people who bribe them which is an open secret Do they at all provide help or protection to the public who reach out to them for help Arena we citizens paying taxes to maintain the public service departments Don their salaries come from our pockets Then why do we still suffer When the state can provide safety and security to esteemed.

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In the field But then again, it not a polar interrogative. There are nuances to tech adoption as it a wide ranging term. There are layers of technologies geared towards farmers, forming a whole stack. Each has its own level of usage. On top of that, some basic conditions must exist before farmers can even begin to use any of them, like affordability. The layers of Aristech adoption by farmers unlike in urban areas, the offline to online journey of users in semi urban and rural areas is happening right now. Internet access is clocking a 13 growth and smartphone usage has risen to 67.6 in rural markets, with farmers embracing social technology with surprising speed. Both Facebook and WhatsApp are heavily used with even smallholder farmers being members of dozens of WhatsApp groups and community pages. UPI is taking winging thanks to the new generation of farmers who are very comfortable with mobile payments. In the cardamom belt, farmers are watching YouTube live streams to decide if they want to put up their spice for auction. Likewise, turmeric farmers are using apps to check the market price and make a more informed decision on whether or not to travel the many miles to a Mandy on a given day. Penetration of online agronomy advice Moving onto agronomy advice, there was a time when farmers would solely talk to company officials or local experts. Now, they are actively calling helplines or opening up apps to get advice on how to build healthier soil and increase crop yield. While small and marginal landholders voluntarily embrace free agronomy advice, farmers who fall under the semi medium, medium, and large category of landholders are ready to pay for these advisory suites. There are 20.4 million of them, controlling around 57 of the total cultivated land. Being more tech oriented, they demand innovative solutions and advisory to give farm productivity and profitability a booster shot. Take this anecdote, for example. A medium holding farmer doubled his farm yield through soil testing and padded the bottom line enough to buy more land in under two years. Usage of e commerce block of Aristech The next layer of Aristech, e commerce, where the actual transactions of farm input materials and output occur is picking up fast, especially in the post COVID era. Compared to the social and informational layer, this is at around 15 20 of the farming base, ready to go completely online for doing transactions. A lot of them still need assistance to close a transaction as of now! There has been a distinct rise in farmers placing orders online, particularly to procure input materials, because of doorstep deliveries. With a clear monetary benefit of using an app to order quality inputs like seeds and agrochemicals, majority of farmers are making repeat purchases. Tech usage to sell produce online is following a similar path. Farmers are listing their crops on portals and marketplaces because it removes intermediaries who eat into margins. Besides better price.

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of basic structure of the constitution as it would be contrary to our representative parliamentary democracy. Supreme Court in sort chaudhuri vs. state of Punjab & ores has repeatedly stated that a person who has been appointed a minister but who is not a member of any of the two houses of legislature must get elected within six months. It has not stated elected or nominated to council. The constituent assembly debates also indicate that no member expressly stated that nominated members should be made part of the government. It is clear from the discussion herein on passing of bills that the council does not have real substantive powers of legislation. The constitutional prescriptions make it a mere dilatory or advisory house. The will of assembly is supreme and finally prevails. The elected members of both houses of parliament and only of legislative assemblies of the states are eligible to vote in presidential election and elected members of only legislative assembly of a state are eligible to vote in raja sabra election in accordance with article 54 and 80 4 respectively. The parliament has a remedy of joint sitting of loksabha and raja sabra to resolve disagreement between the two in respect of non money bills. There is no such provision for the two houses of state legislature. Raja sabra has representatives of each state and thus assumes a federal character. It is therefore given a status which is better than that of a mere dilatory body. In respect of a state council the question of it assuming a federal character does not arise. The constitution has adopted the system founded on English parliament act 1911 in which the upper house council of the state gives way to the lower house assembly which represents the will of people. Article 164 2 clearly states that the council of ministers shall be collectively responsible to the legislative assembly. This indeed belittles the council. Article 169 of the constitution empowers parliament to abolish the council in a state where it exists and which requires a special resolution by assembly. Curiously, thus the council has no say in its own abolition. The constitutional prescription is for nomination is of persons with knowledge etc. But in reality political parties use or rather misuse this provision to favor those who are defeated in assembly elections or who are party workers or who are financially influential persons. The nomination of members to the council falls under the discretionary power of the governor and there have delays in nomination despite requests from high courts. This frustrates the noble objective behind it and deprives people of the benefit of their wisdom. It is a moot question as to how much of an impact the councils have made on the quality of governance and law making in any state compared with the money spent on them. This should be the point pondered by governments of states who have councils and those who do not have but propose to have one.

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Is positive thinking an inherent characteristic of a person or can it 69 be developed in one psyche? The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behavior and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parent behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavors. Such success not only gives more joy but also increases self confidence. Discovery, Coved acted as jet fuel, accelerating e commerce adoption, with more farmers coming online and inviting bids for their crops. This is expected to grow faster as the layers of payment guarantee and quality inspection modules will be a mix of physical digital are integrated in the existing market linkages platforms. More sophisticated technologies in agriculture beyond social, informational and e commerce layers, Aristech becomes more sophisticated. Take drones and precision farming for instance. The segment did witness a 17 growth in 2020, with farmers experimenting with drone based sprays. But, overall, there is a lot of headroom for adoption due to India farm holding patterns. Since 86 of farmers in the country have less than 2 hectares of land, it has placed a severe cost limitation on penetration. This layer of technology will be for the next few years as cost of the transaction is pretty high as of now. Platforms who are providing Input Output commerce would be the go

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Stretching s specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular stretching can not only help heal an existing back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people who regularly go to the gym know how helpful stretching can be. Performing dynamic stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is because the tightening of your muscles is the response of the body towards stress. All you need to do is focus on the areas of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Rural India the challenging contours of Aristech Solutions have to be customised with simplified UIs and localisation. Adding more modes of interaction, like voice, can go a long way in reducing the effort required to onboard users and the time a farmer takes to find value. Follow it up with social proof using influential farmers, and it can push usage in a given region to the next level. Another barrier to tech penetration is basic literacy and digital knowledge. Using any technology requires both. The younger generation of farmers may be tech savvy, which is why some mobile apps have already reached 1 million installs. Nevertheless, there is still a minor percentage that is hesitant. To increase the adoption rate among these older farmers, a better user experience is necessary. The code to cracking tricky adoption There are three Is to tech adoption: innovation, investment, and infrastructure. And they have to work in tandem to realise the full scope. Investment and infrastructure in agriculture are slowly being stitched together, but innovation still needs more firepower. Juxtaposed with the US, the Netherlands, or Australia, India is at the primary stages of building data models for Aristech. Once that layer

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I was sitting at a table close to the door at a cafe trying to have a conversation about a sudden outbreak of rats that I am noticing, but the flow was broken by the sound of Kamala Harris repeating What can be, unburdened by what has been in five different accents. When I searched for the origin of the sound, lo and behold, it was emitting from the phone of a sleepy doorman lying almost horizontally on his chair! Though it sounds absurd, I am absolutely sure that none of us are now getting surprised to see this phenomenon playing out every day, everywhere. Security men are busy talking to their muse back in the village. Housewives are busy on video call sharing cooking tips. Construction workers are busy watching hip-gyration of some lady dancing on a stage somewhere in rural India. Office staff in one office is busy chatting with office staff of other office on WhatsApp. Top executives in airport lounges are busy fooling their wives about how much they miss her by talking loudly on mobiles. Rich or poor, employed, or unemployed, Indians are busy, terribly busy. And this busyness is just the tip of the iceberg, as each of us is busy consuming porn in ten times the volume when we are not busy moving around like mindless zombies on internet landscape in public. As the screen time of India is rapidly moving up, now almost five hours per day thanks to the cheap data, it is getting common to complain about its impact on the productivity, using the same platforms, but it has suddenly occurred to me that this can be an hour of opportunity for India. Addicted to internet, we are now perfectly poised! For rapid economic growth! Kyu na hum is appatti ko avasar me badal de?! All we need to do is to increase the data price by 20x through taxation. This is a time-tested model. It was used by the British in China leading to opium wars; and it is currently used just as effectively by most large software makers operating in nations like India. First push a product in the market at a very cheap rate, the more addictive the better. Hook everyone to a point that they are so trapped in the gratification that they reach a point where they cannot survive without the fix. And then increase the prices and make a killing. It has worked every time, and can surely work again and again. This piece may appear to be written in jest, but I am almost serious. India has opted for cheap data without thinking about its impact of the human brain and now we have achieved almost 100 % addiction rate across India. The average screen time of 5 hours plus for a nation of 1.5 billion weak is not a joke. All of us now have only two mind-states, i.e., absorbing the daily fix flowing from the mobile screens or rapidly finishing whatever

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Without realizing that such a revolt will mean collapse of the technology cocoon and the source of corruption itself will die. Either way it moves, there is a real pot of gold at the end of this rainbow. In the evolving discourse on Jammu & Kashmir J&K governance, the push for statehood has gained renewed momentum, underscored by recent meetings between chief minister Omar Abdullah, Prime Minister Narendra Modi, and senior officials in New Delhi. While the call for restoring statehood resonates with some politicians and their supporters, the pathway forward must prioritize national security alongside self-governance. The lessons of the past, when political interference eroded security, serve as a cautionary reminder. By carefully balancing the federal structure, India can secure a peaceful and progressive future for J&K, ensuring that statehood does not mean a return to politically motivated practices that previously fueled insurgency and regional instability. J&K political history is replete with examples of local leaders placing personal or electoral interests above national security, with dire consequences. Before 2019, political leaders often pressured district authorities, including Senior Superintendents of Police SSPs, to release individuals with anti-national inclinations, such as stone-pelters and Over Ground Workers OGWs. For many young people, arrest was merely a temporary inconvenience, as local politicians quickly secured their release to bolster vote banks. This practice not only allowed radical elements to evade accountability but also inadvertently legitimized extremist behaviours, weakening law enforcement authority. This cycle affected even the families of these young men, who often found themselves at odds with their children actions. Many parents, watching their children turn toward extremism, felt disempowered as political influence intervened repeatedly to reverse law enforcement efforts. For these youths, the unearned importance conferred by political leaders emboldened them to continue down this dangerous path. This shield created by political figures fostered a culture of impunity, where security concerns took a backseat to vote-bank politics. The abrogation of special status in August 2019 marked a critical turning point, as centralized oversight from the Union government removed local political influence from security matters, enabling law enforcement to act decisively. Since then, J&K has seen a 70% drop in terror-related incidents, with stone-pelting episodes falling to near-zero in 2024. This shift from violence to stability, underscored by data from the ministry of home affairs, reflects the success of a governance model prioritizing national interest over political agendas. Furthermore, J&K recent election turnout serves as a testament to the region newfound stability. In local and assembly elections, residents turned out in historic numbers not seen since 1989, signalling a powerful shift from bullets to ballots.

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Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. Is well grounded, players will be able to solve more and better, forever changing the contours of Aristech. So, indeed, it is rather easy to envision pockets of Indian farmers exploiting technology to their advantage everywhere. Give or take half a decade more. From online retail to food delivery, the evolution of the marketplace model keeps embracing new categories. In a constantly changing ecosystem, not only are the buyers spoilt for choice, but sellers have an expanded scope of business as well. E commerce has transformed the way consumers shop in India. While the increase in internet and smartphone penetration in the country and the government digital push have spread digital literacy, the pandemic accelerated the shift. With people preferring to stay indoors to steer clear of the Covid 19 virus, more of them were pushed towards online shopping. This saw them turn to online even for essentials such as groceries and medicines, moving beyond the e commerce staples of fashion and beauty products. With ecommerce players doing well in riding the wave of digital adoption in the country, the marketplace has achieved a well rounded growth. Today, it is providing the right conduit for sellers to sell better and buyers to buy.

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And don't laugh and respect people's verdict. Back home, the idea of a consensus figure, even the fleeting mention of someone like Thol Thirumavalavan as an acceptable bridge showed how rapidly political imagination expands when power appears threatened. The public gasps at the proposal, parties deny it, backchannels hum, and soon the extraordinary begins to sound inevitable. What begins as rumour is first dismissed as immoral, then defended as practical and finally presented as statesmanship. In the script called politics, friendship and rivalry are often written in pencil with an eraser at the other end. Does the visit of US secretary of state and national security adviser Marco Rubio, his first to India, signal a reset in India-US relations? Convulsions in the Indo-US partnership under the Trump presidency have left Indians As trade wars and conflicts, such as the one in the Persian Gulf, impact global economies, including India's, it is important to recall the dynamism of two Indian sectors. In 1968, two entrepreneurs started TCS By Swami Sukhabodhananda Human beings rarely suffer because of one isolated incident. More often, suffering becomes a pattern. One person repeatedly feels rejected. Another constantly feels betrayed. Someone else keeps experiencing failure, humiliation or loneliness. In the childhood game of passing the parcel, the gift moves from hand to hand while the music plays. Each child holds it for a moment, hoping the song will stop. When it does, the Visiting US secretary of state Marco Rubio is gamely battling the Delhi heat in more ways than one. Across the table, Indian interlocutors are looking for words to describe trust deficit. India and US By Narayani Ganesh Large communities of OTT audiences across age groups and demographics are swooning over the new Mandarin Chinese historical drama series, titled Pursuit of Jade, starring two attractive leads a disgraced In April 1526, Babur defeated Ibrahim Lodi on the plains of Panipat, surprising the Hindustani army with his artillery and, even more so, with his cavalry's expert flanking manoeuvres, pressing Lodi's men upon themselves in Indian tourists find so many things amazing in Japan. Some we can and should bring back too. Here are six Japanese micro-philosophies, which we can learn, and really improve our life. Last year, I visited By AK Merchant In the 19th century, Shiraz, Iran, a 25-year-old youth took the title 'The Báb', meaning 'The Gate'. He announced that he was the prophet-herald of a new era, sent to pave the way for the TOI News - May 27, 2026 AI in the hospitality industry Malaya Rout works as Director of Data Science with Exafluence in Chennai. He is an alumnus of IIM Calcutta. He has worked with TCS, LatentView Analytics and Verizon prior to the role at Exafluence. He takes pride in sharing his knowledge and insights on diverse topics of Data Science with colleagues and aspiring data scientists. I was wondering about the ways AI can help the hospitality

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forecast when each invoice will be settled, creating unpredictable cash-flow gaps. Identify the client, contract, and invoice factors that drive settlement time to improve cash-flow forecasting. 3. Segmenting Guest Payment Patterns to Improve Cash Recovery (clustering) A hotel chain's revenue management team finds that identical billing interventions yield inconsistent results across its guest base. By examining historical guest billing transactions (spend composition, payment timing, folio complexity, and settlement behaviour), identify naturally occurring guest payment profiles that can guide segment-specific collection strategies and reduce revenue leakage. 1. Proactive Retention: Identifying At-Risk Frontline Employees in Hospitality (classification) Frontline hotel staff turnover inflates recruitment costs, strains remaining teams, and degrades guest satisfaction. Using employee demographics, role characteristics, scheduling patterns, engagement signals, and workplace behaviour data, identify which active employees are most at risk of voluntarily leaving within the next 90 days, enabling timely retention interventions. 2. Data-Driven Employee Performance Prediction for Hotel HR Decision- Making (regression) Hotel chains struggle to forecast individual employee performance before formal appraisals, leaving managers reactive rather than proactive. Using demographics, tenure, role characteristics, scheduling load, compensation data, engagement signals, and training history, predict each employee's quarterly performance score to enable targeted coaching and informed reward decisions. 3. Beyond One-Size-Fits-All: Discovering Latent Employee Segments (clustering) A large hotel group's HR team applies the same training, scheduling, benefits, and career development policies to its entire workforce, yet outcomes vary widely among employees. Leadership suspects that the workforce naturally fragments into distinct hidden personas, each driven by different motivations, work styles, and life circumstances. However, no framework yet exists to identify or act on these natural groupings. 1. Intelligent Guest Targeting for Upsell and Cross-Sell Optimisation (classification) A hotel chain's marketing team sends personalised upsell and ancillary offers (room upgrades, dining packages, spa bundles) to guests before and during their stay. Using guest loyalty history, booking behaviour, engagement signals, and property context, identify which guests are likely to accept an offer, enabling smarter targeting and higher revenue per available room. 2. Ancillary Revenue Prediction for Pre-Arrival Hotel Marketing (regression) A hotel chain's marketing team seeks to forecast the ancillary spend a guest will generate beyond room charges (covering dining, spa, and activities) during their stay. Analysing booking history, guest profiles, property attributes, and prior engagement can enable targeted pre-arrival promotions and smarter upsell prioritisation. 3. Uncovering Hig

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Apart from the problem in central institution, I have been great perturbed at the continuing unrest among medical students and junior doctors in various parts of the country. Partly of course this is a reflections of the generalization of the tensions that have become a worldwide phenomenon and of the fact that in a develop in society like our social change and economic frustration combine to create explosive sit-upon. But it is also clear that the whole system of medical education needs to be restrict and streamline in order to make it more effective instrument for meeting the growing requirement of our people medical education must become an integral part of broad health manpower development policy so that the heavy investment made therein bring a commeunsurea return to society especially to the walker section and those living in rural area with this intent government is actively considering the setting up of a high powered medical education commission which will entire problem on a nation basis and make a study in depts. of the various aspect of restrain medical education from the pre medical right up to the port gradate stander there are two ways in which this problem, can be finally solve done is a long range on e and the other is of as short range solution I mentioned on the floor of the House that the government had decided to set up a medical education commission because to the very system of medical education that we have now adopted and the we have inherited vary largely from the British involved a good deal of strain and pressure upon these junior doctors. This is not a new thing that we have introduced The British system of education which has been extant in India for many decades required that these junior doctors. This is not a new thing that we have introduced the British system of education which has been extant in India for May decades required that these junior doctor to go through a very tough time in order to get their post graduate degree and their further specatilaion. So sir this problem can Iodine fortification is what most countries relies on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth salts have iodine. Note that the salt used in processed foods, which is the major source of does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in

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Iodine fortification is what most countries rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt generally serves as the major source of iodine intake. One fourth of a teaspoon of iodized salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source of salt for most Americans typically does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the amount of salt consumed from processed foods and get your sodium from iodized salt. Seaweed, saltwater fish and seafood are natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. Is well grounded, players will be able to solve more and better, forever changing the contours of Aristech. So, indeed, it is rather easy to envision pockets of Indian farmers exploiting technology to their advantage everywhere. Give or take half a decade more. From online retail to food delivery, the evolution of the marketplace model keeps embracing new categories. In a constantly changing ecosystem, not only are the buyers spoilt for choice, but sellers have an expanded scope of business as well. E commerce has transformed the way consumers shop in India. While the increase in internet and smartphone penetration in the country and the government digital push have spread digital literacy, the pandemic accelerated the shift. With people preferring to stay indoors to steer clear of the Covid 19 virus, more of them were pushed towards online shopping. This saw them turn to online even for essentials such as groceries and medicines, moving beyond the e commerce staples of fashion and beauty products. With ecommerce players doing well in riding the wave of digital adoption in the country, the marketplace has achieved a well rounded growth. Today, it is providing the right conduit for sellers to sell better and buyers to buy.

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There are two elements in the Maharashtra political drama. The first, which is playing out, is who will form the government as of now it seems, a split in Shiv Sena is on the cards. Kenneth Shined and the BJP leadership are waiting for him to touch the magic figure of 37 rebel MLAs. If he has two thirds of Sena MLA count with him, Shined would be able to claim legitimately that he, not Buddha Thackeray, heads the Sena bloc in the assembly. This will pave the way for BJP to form a government with the Shined led official group of Sena, along with independents and smaller parties remember 20 such MLAs had voted for the BJP candidate in the recently held MLC elections. Minutes of the June meeting of RBI Monetary Policy Committee MPC provide an inkling of the probable impact on GDP following the 0.90 percentage points increase in repo rate since May. Currently, RBI estimates GDP in 2022 23 will grow 7.2. There are likely to be more repo rate hikes in future MPC meetings. Given this scenario, one estimate in the MPC minutes points to the possibility of an average GDP growth rate of 6 7 till end March 2024. Monetary tightening is inevitable but smart fiscal policy can ensure the average growth is higher. The surge in inflation is not because of excess demand. If anything, demand is tepid. For example, the per capita private consumption in 2021 22 was Rest 61,215, a level below the pre pandemic year. The source of inflation is the supply side. RBI is forced to tighten policy to head off second round effects. If the supply side is the source of the problem, the remedy lies in fiscal policy. To give an example, extra cereals issued free to counter the pandemic fallout are likely holding down the pressure for higher wages. Similarly, the two cuts in fuel taxes since November quickly influenced survey results of household inflation expectations. The current surge in inflation is fundamentally different from the last one during the UPA era, which was triggered by loose fiscal policy after five years of high economic growth. This round of inflation calls for readjusting fiscal policy to counter a growth slowdown. It can be done without threatening debt sustainability as inflation will push up nominal GDP growth and help Go and states overshoot budgetary tax estimates. Governments need to carefully time the removal of post pandemic welfare and also fulfill capital expenditure commitments. The latter will offset uncertainties faced by private firms and, thereby, crowd in new investment. This effect is important to limit the negative impact of rising interest rates on economic growth. Disinflation can be brought about without burying growth impulses. Average growth rates can be above 7, the minimum India needs in the medium term. Already in the midst of a humanitarian crisis since Taliban takeover last year, Wednesday earthquake, which killed 1,000 plus people in initial estimates, has put Afghanistan on the brink.

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Better a report from Global Data, a data and analytics company, states that the Indian ecommerce market is expected to grow by 21.5 and hit 74.8 billion in 2022. It also estimates ecommerce payments in India to grow at a CAGR of 18.2 between 2021 and 2025 to hit 120.3 billion. A fair and democratic platform an ecommerce marketplace is a fair and democratic platform, which allows for both control and flexibility at the end of both buyers and sellers. Focusing on addressing the growing needs of sellers, a slew of industry first marketplace policy changes and new capabilities is enabling an inclusive ecommerce ecosystem that contributes to the growth, prosperity, and empowerment of seller partners. Some of these changes include improving the ease of doing business on the platform with newer capabilities such as hassle free 10 min onboarding, fast payment settlement cycle, guaranteed ROI on ad spends, and lowest return cost for performing sellers. Furthermore, of the many channels that leading ecommerce companies have created over a period, commerce using social channels is the latest addition that is further democratizing this space. Evolved tools such as reselling and community buying are making provisions to reach out to a new set of consumers that have so far not been under the ambit of ecommerce. Management consultancy firm Redder pegged the reseller market in India at 600 million in 2020 and projected social commerce to become a 7 billion opportunity by financial year 2025. The current momentum and estimates of social commerce channels have laid a firm foundation to bridge the divide in digital and online retail. Technology can be a great leveler and ecommerce companies can handhold MSMEs to improve growth and profitability. Through analytics sellers can also get an insight into consumer trends and preferences to help them manage inventory and sell better. For the consumers, especially those out of the urban realm, ecommerce platforms are bridging the divide by using Indian language interfaces and adopting the latest technology to reach them irrespective of their location. Connecting a highly fragmented and dispersed demand supply gap Companies are growing the ecommerce marketplace segment in India with industry first innovations and equipping MSMEs and seller partners on their journey towards strong, sustainable growth. Backed by a low cost logistic network and affordability programs, companies are helping sellers to increase their footprint across the breadth of the country. However, a highly fragmented market like India, needs more. From payments to onboarding to cataloguing addressing some of the industry limitations that sellers face in these domains can help them grow their business and keep pace with the needs of the modern consumer. Investing significant resources into learning & development to address the needs of ecommerce sellers, irrespective of where they are in their journey, can help bridge the knowledge gap and bring them up to

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Of an even bigger disaster rescue efforts are reported to be inadequate, and food and medicines in severe short supply in the area. Afghanistan needs a massive aid effort and countries that can afford to help, India included, must act fast. That Taliban has asked for help is a first step. Aid givers must be aware however that the challenge is huge. Afghanistan disaster management system was poorly resourced even before Taliban came back. There are few aircraft and helicopters available to rescuers, and some reports suggest even for these qualified pilots are not easy to find. The pre Taliban, US backed Kabul government is, of course, responsible for this, because billions in financial help were lost to corruption. Nearly $19 billion was eaten up by fraud, wastage and abuse according to the US Special Inspector General for Afghanistan Reconstruction. This, in a country where over 7,000 people have been killed in quakes over the last decade. Worse was to follow Taliban takeover led to mass exits of foreign staff of humanitarian organizations operating in Afghanistan, since there were genuine security concerns. This led to a near collapse of the Afghan healthcare system even before the quake. Theoretically, the lack of trained staff can be tackled by India and other countries sending personnel along with rescue machinery, medicines and food. But Taliban does seem to be in full control of the security situation in Afghanistan, as highlighted by the recent IS terror attack on the Karta Parowan Gurdwara in Kabul. So, even if Taliban is eager to receive help, sending personnel to Afghanistan is a tough call for any government. And it particularly tricky for India. The quake affected region borders Pakistan, and any Indian rescue and aid team will be in constant danger of opportunistic attacks by Pakistan backed militant groups. New Delhi best option is to be very generous but work through the UN. After Union transport minister Nitin Gadkari congratulated the National Highways Authority of India NHAI on Twitter for having set a Guinness World Record by building a 75 km stretch of highway in Maharashtra between Amravati and Akola in 105 hours and 33 minutes, an Indian entrepreneur, IM Dhoolmitti, declared that he too would set a highway building record of a different kind. Jugular Vein went to interview him. Gita Jnana is described as both Brahmn Vidya and yog shastra, meaning knowledge of the highest reality and means to its attainment. While the Truth is expounded in the entire Bhagwad Gita, Arjun experience of the cosmic vision is described in the 11th chapter, called Vishwaroop Darshan Yog the Yog of Universal Form. After listening to several glorious manifestations of the Lord in the 10th chapter called Vibhuti Yog, Arjun now wants to behold Krishn immortal form with his own eyes. For this he is granted divine vision. Among all animate and inanimate things, Arjun sees the entire Kaurav force including chariots entering like a fast flowing river into

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Form of the Lord. When Arjun questions it in bewilderment, Krishn states that he is the all destroying Kaal, Time, and all those who have come into being, dissolve and merge in Him. Arjun is, thus, made to realize that the Divine being omnipresent, is contained in everything, and being omniscient and omnipotent, He does everything as part of divine play. Whether Arjun engages in the battle or not, his kith and kin have been vanquished and he is to merely become an instrument to enact what has already been done. For man, there is past, present and future. For the Divine, who is beginning less and infinite, three periods of time have merged into eternal now. Arjun is unaware of this and therefore suffers from mental breakdown. The all inclusive vision that is the basis of the Hindu way of life is universal in nature and is the birthright of the entire mankind, says Swami Chidananda. It brings the awareness that one being alone exists and what we see or perceive is nothing but this one and non dual being. This being the fact, how can we dare to treat anything with disdain or disrespect All things are moving temples of this great reality and are worthy of respect and reverence. Our whole life should be a dynamic and creative process of bringing maximum benefit and welfare to all. The objective of revealing the Lord universal form was to impart the secret of how to live in this world and yet remain in a state of inner communion with the Lord. In his parting message to Buddha, an equally beloved friend, in the 11th section of the Slimed Bhagavatam, Krishn asks him to see the Lord in everything around him. The Divine can be attained by a worshipful attitude to all around us. Consciousness is patent in something and latent in others but is ever present. The basis of all ethics, morality, and dharma lies in this grand vision of Vishwaroop, the cosmic form. It forms the basis of good behavior, compassion and kindness, reverence for life and respect among individuals. The vision of the Vishwaroop can free us from all the ills of our society by constantly rooting us in the Divine. Here Narayan is calling out to Nar, man, with outstretched arms to come and merge into Him and allay all fears. This is analogous to what Jesus says, Come to Me, all who are weary and heavily burdened, and I will give you rest. India solar energy sector provides a massive opportunity for growth. The country is endowed with vast solar energy potential with most parts of the country receiving 4 7 kWh per sq. m per day. India achieved 5th global position in solar power deployment with installed capacity of 54GW, grown by 20 times from 2.6 GW in 2014. This includes ground mounted, roof top and off grid distributed solar power. India ultra mega solar park model has been successful in up scaling solar.

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Although the latest virtual Bricks summit hosted by China sought to exhibit cohesion between the group members, the cracks were all too visible. While Chinese President Xi Jumping spoke about win win cooperation and the need to reject Cold War mentality, Prime Minister Namenda Mode highlighted the need for cooperation for post pandemic recovery and emphasised the various areas from vaccine R&D to the establishment of a shared satellite constellation where the platform is delivering for the people. But the fact that the summit was being held against the backdrop of the continuing India China border tensions and the Russian invasion of Ukraine could not be missed. There is no escaping the fact that Russia and China have formed a special compact between them to rewrite the rules of the global order. And for the foreseeable future the two countries will use their combined resources to achieve their mutual strategic goals. But these goals are likely to be against Indian interests. Already Russia invasion of Ukraine has put a huge strain on India defence sector which is significantly dependent on Russian weapons platforms. Similarly, the rise of an assertive China under Xi means that Beijing will not compromise on the border issue and keep pushing New Delhi on this as and when it politically suits it. In fact, these developments have already shrunk the scope of cooperation between India and China, and India and Russia. Nonetheless, nothing is permanent in international politics. The course of the Ukraine war remains unpredictable whereas China political trajectory has hardly been linear. Thus, it makes sense for Bricks countries to maintain contact and cooperate wherever possible. But as things stand, India interests lie in aligning more with the West to counter Chinese aggression and diversify away from Russian military equipment. Intelligence is always held accountable for the things that go wrong, even though it does provide invaluable intelligence warning most of the time. It is true that nations spend a lot of its resources to get the correct picture about impending threats and therefore any failure to predict or anticipate threats by the Intelligence Community attracts severe criticism. While there is a puzzling record of consistent failure to provide warning of urprise attacks by intelligence agencies world over, limitations of intelligence collections assessments are only partial explanation in in most cases as some evidence had actually been available pointing to an increased likelihood of an attack or preparation for it. Intelligence warning is itself only half of equation in preventing urprise. The other half is the responsibility of the civilian or military decision makers to act on warning. Often their cognitive rigidity comes in the way to act on intelligence warnings. In 1990, the US intelligence agencies had warned the civilian and military leaders of the attack by Saddam on Kuwait, they did not pay any heed to warnings and later termed

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Capacity deployments. The states Rajasthan, Karnataka, Gujarat and Tamil Nadu together accounted for 60 of the total installed capacity. In a move to encourage domestic manufacture of solar cells and modules, the Government of India imposed Basic Customs Duty BCD on solar cells and modules of 25 and 40 respectively. The cost of imported solar modules are expensive compared with the domestically manufactured ones. This gap is likely to be filled up to an extent, with the imposed basic customs duty and PLI scheme. At present, India is reliant on imports of solar equipment from other countries. In 2021 22, India imported nearly $76.62 billion worth of solar cells and modules from China alone, accounting for 78.6 of India total solar cell imports that year. Technology has become a vital aspect of all segments of our daily lives, and education is no exception. In recent years, Etch firms and technological solutions have pivoted the way teachers, schools and administrators operate. It even changed the way today tech savvy students learn. Now that we are headed to the post pandemic era, a few questions are frequently asked, i.e., Is the Etch period over What is next for the Etch firms, especially now that schools have re opened on a full time basis There are many ways to answer these questions. Firstly, Detach firms, in collaboration with schools, will continue to transform the Indian education system. With solutions like Enterprise Resource Planning ERP, Learning Management System LMS, and Content Management System CMS Etch will continue to serve schools, making all stakeholders lives easy. On the other hand, schools will continue to adopt modern digital platforms because these solutions not only match their pedagogies but it also bridges the gap between in classroom and at home learning, simplifying the process of learning for all the young learners. Secondly, these solutions allow teachers to move away from administrative work or non teaching tasks, allowing them to focus more on their students and the quality of education delivery. Hence, improving the overall learning outcomes. Also, with the help of digital solutions, schools are able to focus on one of the key mandates of having regular and professional development for teachers on a regular basis including helping them improve their digital literacy to handle the 21st century learning environment. Under the National Education Policy NEP 2020, the Ministry of Education has clearly laid out the segments where Etch players can contribute to improving Indian education at inside schools. The policy is promoting 21st Century Learning in all aspects. Starting from redesigning the preprimary to K 12 into 4 compartments and have mandated schools to pay attention to not only cognitive development but also character building, creating holistic and well rounded individuals, equipped with 21st century skills from an early age. This requires the curriculum and pedagogy in Schools to deliver holistic, integrate

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Did not provide any credible intelligence and launched operations. History provides several examples of such incidents resulting in urprises to the policy makers. In Kargil Conflict, there are a number of writings stating that the nation was surprised of the intrusion. The Kargil Review Committee RKC under Late Dr K Subrahmanyam examined the entire system with a view to identify the systemic deficiencies in a transparent manner. It not only went through the all the relevant reports but also interviewed officers, who were responsible for collection of inputs, preparing assessments and taking action on the reports. Besides, it also invited comments from general public and independent experts. It also scrutinised the captured documents and briefings of the Plows. Its findings were published in the form of a book entitled, From Surprise to Reckoning. Subsequently, others had also written on the issue including those, who had participated in the operations or were on important positions and gave their views that were different from the KRC findings. In the following paragraphs an attempt is made to place the facts in a dispassionate manner to understand clearly the issue. In the pre Kargil conflict period, there were 45 inputs, which were generated either by the different agencies or by the Armed Forces indicating the plans of Pakistan. Notwithstanding the fact that only 11 were shared with the JIC NSCS for making broad strategic intelligence assessment, it indicated that Pakistan was continuing with unabated efforts to project Kashmir as a flash point; its plans to intensify proxy war in and as the militancy had reached the second phase of a predictive analysis of the Indian experts, Pakistan could exert pressure on sensitive spots like Sachem, Retour Pooch, and Cargill underlined three attacks by the Pak Army on Sachem in Oct. 1998; creation of Border Action Teams comprising terrorists and ex Pak Army personnel; possibility of Pak regulars being directly involved in militancy; and pointed out General Musharraf aggressive mindset that did not bode well for India. There were three important inputs that provided intelligence warning, besides other inputs. First one was from the DIB June 1998 that there was an increased movement of the Pak Army on several posts across Kargil and movement of Pak fighter at Sardou airstrip. Second was report Oct. 1998, reflecting induction of two artillery and one mortar regiment in the area opposite Kargil and assessed that a limited offensive threat with alliance partners could not be ruled out. Third the BSF report Dec. 1998 indicating that about 500 Taliban Let militants were sent to Kashmir, fighter aircraft were landing every second third day at Sardou and a number of underground bunkers had been constructed. The response of the main consumer the Armed Forces as given in the KRC reveals their mind set. On the DIB report, DGMI stated these activities were a part of heightened alert and activity all along the border a

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Recently, the Supreme Court in India made a big decision about whether the government can take over private property for public use. This decision is based on something in the Constitution called Article 39(b), which says that resources that are really important to the whole community can sometimes be taken by the government and used for the common good. But this decision also sets limits on how the government can use that power. What Article 39(b)? Article 39(b) in the Constitution says that the government should aim to make sure resources like land, water, or minerals that help everyone are shared fairly. But the Supreme Court has now said that not all private property can be called community resources. This means that private property, like land or businesses, usually stays protected unless it something rare or extremely important for the public. When Can Private Property Be Taken? The court said that deciding to take private property for the community should happen on a case-by-case basis. In other words, each situation needs to be looked at individually to see if taking over private property is truly for public welfare. If it something like land needed for a road that would help everyone, then it could be considered. But if it just to build something that does really help the community, it might not be allowed. Judges Watching Closely this decision also means that judges will look very carefully at government plans to take private property. They all ask tough questions to make sure these plans are really for the public benefit. For example, if the government wants to take private land to build something, the judges will check if this truly serves public welfare or if it mainly helping private businesses. Different Opinions among the Judges Not everyone on the Supreme Court agreed. A couple of judges thought that all community resources, including some private property, should be more freely available for the government to use if it would reduce inequality. They felt that as some people get richer and others don, the government should have more power to balance things out. In summary, this decision means that private property is mostly protected, but there are exceptions if it really benefits the whole community. The judgment reflects how economic ideas in India are shifting, with more focus on market-driven policies while keeping some flexibility for the government to help the community where truly necessary. In an era where technological advancements surge ahead at exponential rates, it remains a paradox that human biology lags behind. While we witness efficiency increases not just by tenfold or a hundredfold, but by many orders of magnitude due to innovation, we as a species are remarkably similar to our ancestors from 1,000, 10,000, or even 100,000 years ago. Our core motivations, driving technological prowess and societal change, are still rooted in primal biology and the intricate dance of hormones within our bodies. Despite this biolog

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Smarter outlet staffing, and portfolio-wide resource optimisation without relying on predefined guest labels. Purchase Order Delay and Shortfall Prediction for Hospitality Procurement (classification) A hotel chain's procurement team manages thousands of purchase orders each week for food & beverage, housekeeping, and amenity supplies. Delivery delays and shortfalls frequently trigger operational disruptions and emergency sourcing costs. Predict whether a purchase order will experience a delivery exception to enable proactive supplier follow-up and supply continuity planning. AI-Based Analysis of On-Time Delivery Risk in Hotel Procurement (regression) Hotel chains procure thousands of across hundreds of vendors. When deliveries arrive beyond agreed timelines, properties face stockouts and guest experience failures. Identifying which supplier, logistical, and operational factors drive longer-than-agreed delivery times enables smarter reorder scheduling, safety stock optimisation, and proactive vendor management. Supplier Behaviour and Co-Purchase Pattern Discovery for Hotel Chains (clustering) Hotel chains source thousands of SKUs from hundreds of suppliers across diverse spend categories. Procurement teams need to uncover natural behavioural archetypes among suppliers, identify which items are routinely co-purchased, and map hidden patterns in hotel spending profiles (all without predefined labels) to drive consolidation and reduce costs. By Farida Khanam An ordinary moment can sometimes open the door to an extraordinary insight. This happened recently when one of my birds, a small bajri tota, suddenly flew out of its cage. Yes, the game is now a shiny product that's marketed. Yes, following EPL teams shows colonisation of our imagination. But, when teams your heart beats to become champs, you feel something that can't be bought. Good that SC recognised voting as a constitutional right. But, for that to have meaning, ensuring inclusion in voter rolls must be EC's positive duty. And the burden of justifying exclusion must shift to it. How do cockroaches feel about CJP fuss? In 1916, columnist Don Marquis created 'archy' the cockroach. A free-verse poet in its past life, it clambered on the newspaper's typewriter at night to write about surviving Delhi Gymkhana was a dispensation from the state to those who ran the state. But it served a function: a place for making deals quietly. The eviction order is today's India telling yesterday's India, your Lebanese poet Kahlil Gibran said, Let there be spaces in your togetherness, and let winds of heaven dance between you. Love one another but make not a bond of love: Let it rather be a. Does the visit of US secretary of state and national security adviser Marco Rubio, his first to India, signal a reset in India-US relations? Convulsions in the Indo-US partnership under the Trump presidency have left Indians As trade wars and conflicts, such as the one in the Persian Gulf, impact global economies, incl

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a disgraced In April 1526, Babur defeated Ibrahim Lodi on the plains of Panipat, surprising the Hindustani army with his artillery and, even more so, with his cavalry's expert flanking manoeuvres, pressing Lodi's men upon themselves in Indian tourists find so many things amazing in Japan. Some we can and should bring back too. Here are six Japanese micro-philosophies, which we can learn, and really improve our life. Last year, I visited By AK Merchant In the 19th century, Shiraz, Iran, a 25-year-old youth took the title 'The Bab', meaning 'The Gate'. He announced that he was the prophet-herald of a new era, sent to pave the way. Yes, the game is now a shiny product that's marketed. Yes, following EPL teams shows colonisation of our imagination. But, when teams your heart beats to become champs, you feel something that can't be bought. There is a specific type of joy experienced only by supporters of clubs that win something, after a very long time. This is joy tinged with disbelief, always panicked, as though it could slip away, any moment. East Bengal and Arsenal are league champions in the same season, after 22 years. Mere coincidence? The mathematics of this is so precise as to feel deliberate, as though some bored god of sporting symmetry shook off his ennui and decided it was time for the wait to end. For many like me, it feels too good to be true. Is it real, or will it, somehow, be taken away? The Supreme Court yesterday upheld EC's Special Intensive Revision (SIR) of electoral rolls in Bihar. The judgment answers four questions: whether EC had the power to conduct SIR, whether that power was exercised proportionately, whether the procedure violated the statutory scheme, and whether EC can scrutinise citizenship of voters. On each count, the court ruled in EC's favour, except to say EC can't be the final arbiter of citizenship. So, Bihar SIR stands, and what SC has sanctioned will now be repeated across the country. In 1916, columnist Don Marquis created 'archy' the cockroach. A free-verse poet in its past life, it clambered on the newspaper's typewriter at night to write about surviving New York with mehitabel, an alley cat who fancied herself to be Cleopatra reincarnated. He couldn't master the shift key, so Archy wrote minus capitals. By merging the two, we can say that the reviled roach has been reborn as that queen who reduced emperors to jelly. The CJP, 'archy-tect' of the current brouhaha, has 'mastered' the 'capital'. Dilli is trying to stamp on, spray and generally respond like aam janata does when a real cockroach crosses its path. So I used what Parsis call 'kasari na kaan' (super-sharp cockroach ears) to listen in on my creepy, un-evictable tenants. Bro-roaches preened at the newfound attention like first-time MLAs. Nymphs squealed in delight like the SoBo kind at getting a mention from stand-ups. A litigious type, long antennae quivering, demanded 'How dare that upstart CJP exploit our assiduously

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Over time, we ve come to understand that many hormones are released based on anticipation, expectation of favourable outcomes, and rewards. This principle underpins many systems and experiences in our modern world. Anticipation, Expectation, and the Hormonal Symphony Consider the entertainment industry, where TV shows often employ cliff-hangers a storytelling technique that ends episodes at moments of heightened tension or suspense. These cliff-hangers generate stress and a cocktail of chemicals, from dopamine to adrenaline, leading to significant anxiety due to uncertainty. This emotional rollercoaster keeps audiences engaged, rooting for outcomes, and craving resolution. That elections have taken place in both India and US this year, has kept the world awash in non-stop newstainment. But when it comes to supplying more rancorous theatre, Indian news TV has firmly held its lead. To it goes the historical honour of innovating the format where not two, not three, not four or six or eight but a whole ten some plus of panellists try to reach out to the audience by screaming over each other each prettily packaged into a teeny-weeny screen within the large one. It reminds you of the multiplying Mr Smith in The Matrix. US election TV is running behind on both this design and its hysteric quotient. On an American broadcaster, when a Palestine-supporting panellist was told by an Israel-supporting one, Yeah, well, I hope your beeper does go off, he was incensed: Did you just say I should die? Did you just say I should be killed live on TV? The Israeli panellist was thrown out of the show. An Indian channel would have instead milked such a seizure-inducing moment to its fullest. On a right-wing US broadcaster, after a pugnacious and TRP-thrilling interview with leftie Kamala Harris, the anchor actually admitted to a mistake. What a wimp Indian TV audiences don expect anyone saying sorry in the pursuit of what the nation wants to know. Election graphics is one area American TV has led. Colour-coded maps, magic wall, holograms et al have travelled west to east. But not only have we caught up with all that, jugalbandi effects from the Etta Kapoor zoom to The Dark Knight theme music raise the desk game to stunning levels. And finally, American anchors hesitancy to declare the election result early is largely foreign to Indian counterparts, who have a much bigger risk appetite for getting it wrong. Similarly, various life scenarios elicit distinct hormonal profiles: Recently, the Supreme Court in India made a big decision about whether the government can take over private property for public use. This decision is based on something in the Constitution called Article 39(b), which says that resources that are really important to the whole community can sometimes be taken by the government and used for the common good. But this decision also sets limits on how the government can use that power. What Article 39(b)? Article 39(b) in the Constitution says that the go

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Limited offensive was out of context and the queries raised by it were not answered though the officers told the KRC that their queries were verbally answered. On the third BSF report, the DGMO stated that this indicated the militants plan to infiltrate into J&K. Subsequently, the then Army Chief Gen Malik stated in his book, Kargil: From Surprise to Victory remarked that Pakistan succeeded because of major deficiencies in our system of collecting, reporting, collating and assessing intelligence. This was reacted sharply by several journalists and experts. Late Sri Raman, who was a member of the Task Force on Intelligence and a renowned security and intelligence expert pointed out that the policy of withdrawal from the posts during winter by the Armed Forces was a mistake which started from 1982 but the BSF continued to maintain posts and was able to push back Pak troops at Charbat La. Sri Vikram Sood former R& Chief questioned in his book, The Unending Game why the withdrawal took place when there were reports of unusual activity across the LoC since mid 1998. This was all more surprising in view of the fact that during the 1971 War it was noted that the Pak Army had occupied an important post in this region. Prior to moving towards the Brachil Pass to clear the Pak troops, the Indian side decided to eliminate the Pak post called the Ashoka Pillar, which Pakistan had occupied to dominate the 13 and 14 posts and the Leh Kargil Chunagund post. The above does not absolves the intelligence agencies or JIC NSCS from the charge for not being able to give accurate plan of the Pak Army but to indicate that the civil and military policy makers both should be prepared to accept the assessments without prejudices. It may be pointed out that it is not always possible to have access to the blueprint of adversaries and only pre incident indicators can be seen. This Pak plan was shared only with a few even in Pak Establishment as was clear for the intercepted tapes of Musharraf and Aziz. While the KRC was of the view that if all the 45 inputs had been seen together with the knowledge of unheld gaps, it could have foreseen the Pak plan, it must be said added that civil and military policy makers had to be willing to accept such an assessment. An examination of the KRC suggests that they were not prepared to accept anything beyond infiltration. The various inputs, which all were examined by the Armed Forces at different levels, did not see the need to develop those leads as they had been seen as attempts towards infiltration. Perhaps, in the post test period, the possibility of a conflict was not expected and therefore all the inputs were seen as indicating preparation for infiltration. In conclusion, it can be said that while dealing with Pakistan or China, both intelligence and Armed Forces civilian policy makers should consider all possibilities only then.

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The systemic oppression of marginalised communities by the criminal justice system is poorly understood and rarely questioned. Here how this is changing. In 1871, the British colonial government introduced the Criminal Tribes Act in India, a move that labelled several hundred nomadic tribes as criminals by birth. While the act was repealed by the Indian government in 1952, these criminalised tribes who came to be known as denitrified tribes DNTs or Vimukta communities remain oppressed and marginalised to this day. Take, for example, the Pardhis, a Vimukta community in Bhopal. When there is a wedding in a Pardhi family, they have to get permission from the local police station to organise the function. This involves submitting an application along with the guest list for the wedding. If they don follow these steps, it is assumed that the Pardhi community members who have congregated for the event are conspiring to commit a crime they will then be picked up by the police. The systemic oppression of Vimukta communities by the criminal justice system is poorly understood and rarely questioned. A caste less understanding of criminalisation Vimukta communities comprise various nomadic and semi nomadic tribes with diverse cultures and traditions, bound together by a shared history of persecution. Their lives and livelihoods have been criminalised for generations based on an abstract, and inherently caste less, understanding of systemic violence and oppression. Their criminality was viewed as hereditary a concept directly borrowed from India caste system where occupation is assigned by birth. And so, while they were criminalised by a colonial government, this move was rooted in and shaped by the institution of caste. It is casteism that was used to maintain the status quo and social order. When the Indian government repealed the Criminal Tribes Act, it was swiftly replaced by the habitual offenders regime in many states. This, along with many other laws, have been formulated that continue to criminalise the lives and livelihoods of Vimukta communities. For instance, communities whose cultural practices involve consumption of alcohol are routinely and disproportionately criminalised through excise laws that are meant to regulate the import, export, sale, and possession of alcohol. We also find forest dwelling and Adivasi communities being prosecuted under wildlife protection laws for collecting forest produce such as dry wood or mushrooms activities that are well within their rights under the Forest Rights Act, 2006. The rationality for the disproportionate criminalisation of these communities is derived from the institution of caste, and the institution of the police plays a pivotal role in sustaining this cattiest colonial legacy. Policing is centered around discretion, which refers to the freedom that police officers enjoy in deciding who is considered suspicious or who poses a threat to public safety. The habitual offenders regime gives the police the

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It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. Is positive thinking an inherent characteristic of a person or can it (69) be developed in one s psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases self confidence. Stretching s specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular str

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Other Vimukta community members also live under extreme surveillance. Many fear visiting local markets or choose to stay indoors after a certain hour, because they know they are being watched and worry that the police will pick them up from the streets. They self censor and discipline themselves because they are aware that their actions will be scrutinised. A criminalised existence also means that children from these communities drop out of school due to stigma. Imprisonment is a way of life that affects every aspect of the lives of these communities. Knowledge production to corroborate lived reality I first started interacting closely with the criminal justice system as a lawyer, representing people belonging to denitrified tribes. I realised very quickly that responding to individual instances of persecution is useful but inadequate, because people were being prosecuted due to their community identity. As part of our work, we routinely encounter instances where two people playing cards by the roadside were arrested for public gambling, or an individual found with a knife was arrested under the Arms Act, 1959 because they did have a license. These are petty offences, yet they form the bulk of everyday policing. And the habitual offender regime which is subjected to judicial oversight gives the police tremendous power. People who were criminalised under this regime have lived this reality for a very long time, however there was no empirical evidence to corroborate the systemic discrimination to which they are subjected. I co-founded the a criminal justice research and litigation intervention, in 2020. We aim to end the disproportionate targeting of marginalised communities by the criminal justice system. One of the ways in which we do this is by systematically studying FIRs and arrest records to surface and challenge the casteist manner in which the police wield their power. Through research studies that we conducted in the state of Madhya Pradesh, we found that The data that we have generated uncovers patterns of everyday policing that tell us who is being criminalised and for what offences. This data challenges the popular perception that the police control crime by going after those who commit heinous violations, such as perpetrators of sexual violence. Our research reveals that everyday policing disproportionately targets petty offences, thus criminalising different aspects of the lives of oppressed caste communities. This significantly contributes to their 360 degree persecution. We use our research to push back against the excessive criminalisation of the oppressed castes. The data and evidence generated enables the legal community to undertake strategic litigation under various laws. This includes advocating for the recognition of certain rights that are acknowledged by the law, such as forest rights that are criminalised by the Wild Life Protection Act, 1972. Additionally, it involves advocating for the decriminalisation of certain petty

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It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behaviour and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behaviour in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. Is positive thinking an inherent characteristic of a person or can it (69) be developed in one s psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting 60 per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavours. Such success not only gives more joy but also increases self confidence. Stretching s specific tendon or muscle can improve the elasticity of muscles, which in turn helps in achieving a comfortable muscle tone. There are several benefits of regular stretching, and it should be an integral part of every workout program. It not only helps increase your flexibility, which is an important part of fitness, but it can also improve your posture, body aches, reduce stress, and much more. One of the benefits of regular stretching is that it enhances flexibility. Being flexible has its own advantages, as it not only improves your day to day activities, but can also help delay the reduced mobility that comes with aging. Stretching 9on a regular basis can help increase your range of motion. You can either go for static or dynamic stretching as they both are effective when it comes to the increasing range of motion. According to the studies, proprioceptive neuromuscular facilitation or PNF type of stretching is more effective for immediate results. Regular str

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Back injury but can also prevent future back pain by reducing your risk for muscle strain and strengthening your back muscles. All the people future who regularly goes to the gym knows how helpful stretching can be. Performing dynamic prevent future stretches prior to exercise in the gym can help prepare your muscles. Not the only gym, but it can also help you improve your performance in prepare dance or an athletic event. It is only natural that your muscles get tense when you experience physical or emotional stress. This is prevent future because the tightening of your muscles is hundred micrograms the prepare response of the body towards stress. All you need to do is focus on the areas hundred micrograms of your body where you feel the stress, such as your neck, shoulders, etc. and stretch those parts of your body. Iodine fortification is what most countries performing rely on to encourage adequate dietary intake. In more than seventy countries that iodize salt fortification generally serves as the major source of iodine intake. One fourth of performing a teaspoon of iodized this is not a reliable source of iodine since there is no way of hundred micrograms knowing whether produce purchased in salts has about hundred micrograms of iodine. Note that the salt used in processed foods, which is the major source for most Performing Americans fortification does not contain iodine. If salt used in a processed food contains iodine, it will be listed in the ingredients list of that food. Focus on decreasing the hundred micrograms amount of salt consumed from processed foods and get from iodized salt. Seaweed, saltwater fish and seafood are fortification natural sources of dietary iodine. Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breast milk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of hundred micrograms knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread has some experts concerned that iodine deficiency could be on the rise again. Eating a healthy, balanced diet that includes iodine rich foods and iodized salt is key to good health. this is not a reliable source of iodine since there is no way of hundred micrograms knowing whether produce purchased in grocery stores is grown in iodine rich soil or not Iodized salt usually.

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Warning bells for today crisis in Shiv Sean were ringing for over two years. It not that Sean did hear them. It just that it did grasp the import of that warning. The leadership was lulled into a complacency by praise from self styled wokes, who have actually loathed the party over the years for its Marathi manoos slogan, and for its Hindustan. The Maharashtra community that nurtured Sean and the average Shiv Sainik, legislator and functionary had sensed what was going wrong. But the party top decision makers were responding to a different tune the one being played by a commentarial who wanted Sean to dump Balasaheb Thackeray legacy. Now that a seismic shock has struck, Sean is unlikelhy to be the same again. Women rights that are decades in the making can disappear overnight, was the sinking feeling across the world yesterday when the US Supreme Court overruled the 1973 Roe vs Wade decision and eliminated the constitutional right to abortion. At the level of US healthcare it will have a swift impact on the ground, with around half the states in the country expected to now ban all or most abortions. In political terms, it means a great setback for Biden presidency and a proportionate affirmation of Trump. The conservative movement will be very grateful for his judicial appointments that have enabled their wish fulfilment. But above all what this is a serious setback for the movement for women bodily autonomy, and for the larger idea that she gets to make decisions about herself. It is worth noting that half a century ago when American women won the right to abortion, only 20 of those aged between 25 34 were without a child as compared to 52 today, only 11 of those between 25 44 had a college degree as compared to 41 today, and only 17 of jobs in management for people aged 16 44 were held by women as compared to 45 today. Reproductive freedoms are deeply linked to economic freedoms. In the US itself the months to come will see legislative fight back against yesterday decision. But however dreadful the world feels about the US situation right now, the overall trend of liberalising abortion laws from developed to developing countries will not be impacted. In India neither is this a political issue nor is any conservative judicial revisiting of abortion rights on the table. It is nonetheless a cautionary tale on not taking any assaults on women rights lightly, for they can really snowball into society wide tragedies. A recent find of copper weapons in rural UP experts trace back to an age contemporaneous with the Indus Valley Civilisation IVC has sent ripples of excitement among those who follow the material evidence of India rich past. IVC, a bronze age marvel, is perhaps still the acme of the 162 year old Archaeological Survey of India work. And its lessons remain relevant to ASI today. ASI describes the maintenance of ancient monuments as its prime.

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Concerns there are 3,693 monuments under its ambit. Important as this task is, it worth asking if the current prioritisation has an adverse impact on its excavation activity. This is where the IVC chapter gains salience. Historian Nayanjot Lahiri observed that when ASI connected the dots and publicised the antiquity of IVC in 1924, it had a positive spin off on funding. For 2022 23, ASI budgetary allocation is an underwhelming Rs 1,080 crore. Given the richness of many cultures that lie buried, a couple of exciting excavations could nudge GoI to set aside more. Two changes will help the cause of excavations. GoI has tried different schemes to draw in more private funding into preserving monuments, without loosening ASI control over the core areas. It an approach that can free ASI resources. Advent of technology such as light detection and ranging change the economics of excavations. If deployed well, newer technology may well lead to another IVC like moment. Why is loser one of the most contemptuous things we can say to each other, even though loss is universal and inevitable Melancholy is seen as negativity, it is suppressed and pushed away. Vigour, cheer and righteous anger are all socially acceptable emotions, but sadness is associated with depression, and as a problem to fix. Bittersweet How Sorrow and Longing Make Us Whole, a new book by Susan Cain, reminds us to honour this most essential emotion. Some of us are temperamentally inclined this way, aware of fleeting time. A melancholic disposition means a tendency to states of longing, poignancy and sorrow, and a curiously piercing joy at the beauty of the world. But as we all eventually discover in our lives, light and dark, love and loss are paired. There is no sweet without bitter. Wellbeing is not perfect happiness it is a dialectic between positive and negative. At 50, AIADMK, the principal opposition party in Tamil Nadu, is facing a midlife crisis. At the core is the majority demand within the party to do away with the dual leadership of O Panneerselvam as coordinator and Edappadi K Palaniswami as the joint coordinator a compromise of convenience the two leaders struck after much turmoil following J Jayalalithaa death in December 2016. But when EPS OPS ceases to be a hyphenated entity, political ramifications are bound to be felt beyond Tamil Nadu, especially since AIADMK is the partner of BJP, which struggles to strike new roots in the south. Growth and expansion are buzzwords of this day and age. Everybody wants to grow at lightning speed, a three year old child wants to get rid of his tricycle and ride a bicycle, a graduate wants to become the CEO, the start up wants to become a unicorn, and so on. If there is one word that is anathema to contemporary aspirations and ambitions, it is limits. Nobody likes being told that they have limits. A mother telling her young child that a bicycle might be big for him right now.

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Would have many detractors. Some would outrightly say that she is ruining the child future by imposing limits on him. Similarly, someone telling their boss that the new plan for expansion is impractical would be seen as an impediment to the company growth plans. Everyone wants to be limitless soaring and ever expanding. Many would argue that if the Universe is limitless and ever expanding, why should we not be so For one, yes, the Universe is expanding, but it is in that state simply a cluster of gases. Living, breathing humans are a little more than gases zooming through nothingness. Limits are an essential quality of our beingness. For instance, the human eye can only see light wavelengths from 380 to 700 nm. Even here, our eyes have a structural blind spot where we can see anything. Similarly, we cannot hear what bats and whales can. Man is neither the fastest being on earth, nor the longest or strongest. Yet we hate the idea that we have limits or that we are limited in any way. Why Because having limits has become something of a buzzkill. If there is a limit to the amount of money we have, it is seen as a limit to our relevance in the world. If there is a limit to the amount of power we have, we see ourselves as weak and open to attack. But what if limits were meant not to bind but help us What if someone told you that limits on your pursuit of wealth were intended to assure that wealth did not impede happiness What if limits on power were designed to stop you from autocracy and dictatorial tendencies. We push our bodies day in and day out in gyms, with various protein shakes and powders, growth hormones and steroids. This disavowal of limits is the root cause of the recent tragic deaths of young actors, who were apparently physically fit. But their hearts gave away under the constant strain of pushing the body limits. The sun is limitless, but on earth it is limited by night. What if it tried to push the limits of day and night What if the earth decided to break the limits of gravity and go closer to the sun Limits are the natural order of things. Limits do not bind, when we live with our limits, our life then enjoys a sense of balance and harmony and becomes truly beautiful. To quote from the Manaus haste sangria, a compendium of Sanskrit aphorisms Atitrushna na kartavya, trushna naev parityajaeth Shaneha shaneshchaha bhautakvyam svayam vittammupajritamaha Avoid extreme yearning but do not avoid desire itself learn to enjoy all that you have earned in moderation. In a welcome move, the government has announced the deployment of a technical team to the Indian embassy in Kabul, Afghanistan, to ensure effective delivery of humanitarian assistance. This marks the return of Indian diplomats to the embassy in Kabul for the very first time since the Taliban takeover.

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Out of every national crisis. We squeeze through impossible gaps; they squeeze into ideological opposites. We thrive in the dark; they thrive by keeping the public in the dark. We both scurry away when the light is switched on. And,' he asked smugly, 'what do we both fear most. Growing up in a Manipur village, Ronaldo Laishram would spend nights looking up at the stars. Children have done this for a long time. Maybe even those who roamed African savannas where Homo sapiens evolved. Maybe even the questions that the stars make us whisper have remained the same: What is all of this, and what am I doing in it? Now leading a research team at the National Astronomical Observatory of Japan, Laishram can attempt the answers in an epistemic way. He's found a 12. 6bn year old galaxy protocluster and chosen to name it after Manipur's beloved Loktak Lake. Along with this stark reflection: Earth is very small and here we are killing each other. Scientists arrive at this perspective, both peering into the far corners of space from down here, and looking back at Earth from up there. On one side, Apollo 14 astronaut Edgar Mitchell called the profound cognitive shift experienced while viewing Earth from space, instant global consciousness. On the other hand, Voyager 1 took the famous 'Pale Blue Dot' image of this planet in 1990, from some 6. 4bn km away, it made Carl Sagan call out the terrible absurdity of inhabitants of one corner of this pixel visiting endless cruelties on the scarcely distinguishable inhabitants of some other corner. The Subaru and James Webb telescopes that Laishram works with today are capturing different data, with the same message. Look again at that dot. That's here. That's home. That's us. The borders we kill for are invisible from star distance. They don't exist in any cosmic sense. Plus, for all our searching, we have yet to find life anywhere else. Meaning, a) what we have here is extraordinarily rare, and b) nobody will be coming to rebuild what our wars destroy. But if thinking like this begins with gazing at the stars, and we can no longer see them in our cities, are even the seeds of peace becoming an endangered species? There is an old saying: Speak softly and carry a big stick. It means that a country should talk politely, but also stay strong and ready to protect itself. This idea fits India's situation today. This week, the foreign ministers of India, the US, Japan and Australia met in New Delhi. These four countries together are called the Quad. They discussed projects in important areas like minerals, energy, ocean safety and even building a port in Fiji. China was not happy. It said the Quad is like a private club formed against it. India, however, says the Quad is not against any one country. That is a smart thing to say, because India has to deal with China very carefully. India and China

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invest in India. For example, Chinese investors may be allowed to buy small shares in Indian companies without waiting for long government approval. India also wants to speed up approvals for investments in important manufacturing sectors. But China has never been a huge investor in India. Between April 2000 and December 2025, Chinese FDI into India was only about $2. 5 billion. FDI means foreign direct investment, which is when companies from one country invest money in businesses, factories or projects in another country. The problem is not only China. India also needs to become easier for foreign companies to work in. It needs better roads, ports, rules, contract enforcement, cities, housing and facilities. Big companies want places where it is easy to do business and easy for their workers to live. If Chinese companies invest more in normal, non-sensitive sectors in India, China may start seeing India more as a business partner and less only as a rival. At the same time, India still needs to stay strong in the Indo-Pacific region, where many countries worry about China becoming too powerful. India can learn from Southeast Asia. Countries in Southeast Asia have disagreements with China, but they still accept Chinese investment carefully. Chinese investment in countries grew from less than $4 billion in 2010 to about $17 billion in 2023. Even the Philippines, which strongly opposes China in the South China Sea, still accepts some Chinese investment in infrastructure projects. So India should do both things at once: welcome useful Chinese investment where it is safe, and stay strong with partners like the US, Japan and Australia in the Indo-Pacific. That is the real balancing act. By Jaya Row Whether you are an athlete, entrepreneur, musician, chef, or corporate leader, the urge to excel is universal. To improve performance, people usually acquire more knowledge, sharpen skills, or pursue advanced training. The genie of AI-aided or even AI-authored books is out. A literature Nobel laureate uses AI for her ideas. Dire implications for original human creativity probably won't reverse this trend. In 2016, a Japanese AI Congress picked a new CM midstream to try and blunt Karnataka's anti-incumbency instincts. But that won't address deep regional inequalities. Plus, don't bet on ex-CM being politically passive. In replacing Karnataka's longest serving CM, Congress By Farida Khanam An ordinary moment can sometimes open the door to an extraordinary insight. This happened recently when one of my birds, a small bajri tota, suddenly flew out of its cage. Yes, the game is now a shiny product that's marketed. Yes, following EPL teams shows colonisation of our imagination. But, when teams your heart beats to become champs, you feel something that can't be bought. Good that SC recognised voting as a constitutional right. But, for that to have meaning, ensuring inclusion in voter rolls must be EC's positive duty. And the burden of justifying exclusion must shi

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In August last year. And it should be the beginning of full resumption of our diplomatic mission in Afghanistan. True, there is still the matter of whether or not to recognise the Taliban regime. But the fact of the matter is that the Islamists are in charge in Afghanistan today. And India has rightly begun engaging the Taliban at the official level. Therefore, it makes immense strategic sense to reactive our embassy in Kabul. Not doing so will only aid Pakistan and China, and undermine Indian strategic interests in Afghanistan. That said, this is a risk given our history with the Taliban and Pakistan influence over the Islamist group. But unless we take that risk, we will jeopardise all the development work we have done in Afghanistan over the last two decades. We also need to retain the immense goodwill that we have created among the Afghan people. Plus, if India sees itself as a regional power, it can just sit back and let the chips fall where they may. Pakistan and China will run away with Afghanistan in that case. Thus, India needs to be bold here and return to Afghanistan. The advent of 4G, introduction of smartphones and an increased internet penetration heralded the early signs of transition in the Indian retail ecosystem. With the technology driving change in consumers buying behavior, the need for businesses to adapt became imperative. But, it eventually took the global pandemic for brands to trust and truly harness the power of digitization. Today, low prices of mobile devices, affordable internet and better connectivity have presented a massive opportunity for marketers to target vast, hitherto untapped audiences especially in the rural and regional sector. Bolstered with the affordability and accessibility factor, new age marketers, probably for the first time, can unlock the potential of the rural audiences via mobile marketing. While the basic tenets product, price, place and promotion of marketing remain the same, the mobile innovations have not only opened up more channels but also continue to change how marketers approach these decade old principles. With India rapidly becoming the world fastest growing market for mobile apps, mobile marketing is arguably the most impactful tactic for brand creation, its nurturing and product refinement in rural and regional areas. Need For Mobile First or Mobile Only Strategy With an increasing mobile penetration in the country, mobile first or mobile only strategy has gone on to become an intrinsic part of digital marketing as modern day brands try to find innovative ways to market themselves. The global pandemic played a key role in accelerating the adoption of technology driven tools among firms to stay relevant and competitive. Whether it was rural, urban, or even sunrise sectors like fin tech, pharma and end tech among others, everyone identified the need of finding new ways to target potential customers. This, in turn, led to the adoption of transformative practices like vernacular advert

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With the changing market situation. Similarly, voice technology, when combined with AR VR and machine learning, can facilitate a necessary change in the way brands communicate with audiences. Furthermore, digital payments have also superseded pre defined limitations of using technology as thoroughly highlighted by the exponential surge in the transactions made from UPI and e wallets across India. While the mobile first approach is more common, mobile only strategy is not for everyone. As witnessed in the fashion industry, mobile only strategy failed to meet desired objectives, especially when compared to the home service and utility sector where it has proved to be a game changer. Innovations To Engage Rural Audience Missed Call Mobile Entertainment Strategy India might have witnessed a surge in mobile and internet penetration but the fact that more people have an inclination towards using prepaid mobile plans means that the scope for mobile marketing is quite limited. In such case, specifically when targeting rural and regional audience, brands can opt for the dynamic missed call strategy which is not only economical but also quite effective. Without having to waste calling minutes, customers can opt for ads by giving a missed call on the number to request details of a product or services. This can do wonders for both the brand and the customer as they can both save time and money to meet their respective goals. In a bid to earn more share of voice and get more brand recall, enterprise businesses can also introduce a mobile entertainment channel that can be made accessible through a toll free number, offering free music, movie, news and ads for select products. Vernacular Messaging Despite its large population, India has quite a limited English speaking base when it comes to regions. While it was initially viewed as a major roadblock for marketing, it eventually turned out to be a major opportunity for marketing by the virtue of using regional languages. Regardless of their region, the new age mobile users are voraciously consuming information and content on their respective devices. Thus, in a bid to reach and engage rural and regional audience, modern day brands can communicate through text messages in regional or local languages which can not only build trust but also increase engagement. For instance, the Indian farming community is in constant need for information regarding innovations in their industry. To reach out to them, firms related to the farming industry can educate them about their products via push notifications in their own language for better impact. Video Ads Consumption Technological advancements might have changed the marketing landscape, but there is no denying that video ads still remain one of the most impactful and effective ways for promoting a brand. For long, television sets have been the ideal platform for video ads, but with a growing dependence on smartphones and mobile devices, video ads will continue to facilitat

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The lower force facing a slew of wars like in Afghanistan and Iraq had no option but to contract out military services to meet the burgeoning functional demands. Russia grounded Wagner and US grounded Black Water are companies that fulfill the demand of military services to their countries. British G4S and French Scope are also big players of this money making industry. In international so called peacekeeping operations of the present private military companies occupy an equal position with regular armies. Moreover, based on the conclusions of American experts, such military corporations will play an increasingly important role in armed local conflicts and wars in the future. Today, it is pretty evident from the experience of the conflicts in Afghanistan and Iraq that the existence of PMC influences the course of events, and sometimes they take on most of the functions of police and Army. These private armies always remain the favorite of dictators. The threat from these private armies is that these private soldiers are not accountable and loyal to the state but to their companies and owners. There is also much room left for illegal missions and political leadership lacking a democratic mandate. In the future, using private military force will expose deeper rifts in society and between states, between the rich and the poor. So, could it catalyze military involvement while perhaps leading to conflict escalation and impairing any controlling mechanisms of the executive power. In recent developments, the government has announced a new recruitment scheme for the Indian Armed Forces Tour of Duty Agni path. The new scheme of recruitment for youth will start in the coming days, and more than 46,000 youth are expected to be recruited for four years. The decision to implement such a method was taken by the Cabinet Committee for Security headed by Prime Minister, and Defence Minister announced it in the presence of the three service chiefs. It will open for all over India and all class. These new recruits will be forming with new ranks and new insignia. After four years, seventy five per cent of them will be thrown out of jobs with no pension and next job security. After four years, these Agni veers We are talking about a well trained, disciplined, experienced and motivated team of human resources, who were handpicked after being tested for their mental and physical abilities, went through years of rigorous training will be available in the market for new recruitment. If 45000 Agniveers enrol each coming year annually, After ten years, around three lac Agniveer with the average age of 27 years will be available for new jobs. Though they will be highly skilled, there will still be fewer job opportunities than a security guard, the preferable job of retired Army jawans. This type of job is preferable because a thirty five plus year old retired army jawan is already getting a good pension, with other ex army man benefits and a new job of private security guar

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Town which gives him but sure an additional income. In case of Agni veers, after getting out from a job of four years, there will be no pension and other benefits. They will be a job less highly skilled soldier with an age of only twenty one years even most preferable ex army man job of a security guard will not fulfill their livelihood. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students, getting per cent marks is success, for others it may not be sufficient. In a competitive examination, success means getting selected, whatever the percentage of marks. As for inheritance theory, since positive attitude is not a physical feature but a mental faculty, it cannot be purely hereditary. It can be developed. Moreover, parents play a major role in developing this quality of a child. A child, who watches his parents working hard, having faith in success through their words, behavior and body language, is likely to develop a similar attitude. The children of short tempered, over cautious and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parents behavior in front of their children. They must exude confidence, self belief and hope, especially in difficult situation, so that the children emulate these qualities. They must be taught the importance of being positive before, during and after the performance of a task. There is no better education for a child than watching his parents come out of a tough situation by means of earnest endeavors. Such success not only gives more joy but also increases self confidence. Whilst almost a lakh well motivated personnel will leave the forces each year, the policies for absorbing them in second careers have always been cloudy and unsure. Jobless Agni veers can money from these well trained young ex army soldiers. However, due to the lack of skilled youth in India, the unwillingness of retired army men, and the rigidness of the Indian Army towards already a shortage increasing influence of corporate giants over the be no less than a boon for corporate giants of the Modi government under the influence of corporates is the first step toward the disastrous concept of outsourcing military services and infamous private armies in India. The conception is proven and really a threat to not only public but also to republic.

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And internet might still need improvement, but it still offers a vast untapped market to businesses looking to promote their products or services. Thus, leveraging the power of the video content, brands can target rural and regional audience with product related ads to promote and drive customers. Hyper local Demographic Targeting Ads In the world of digitization, retargeting has brought new opportunities to the fore for marketers. Since it allows brands to deliver tailor made content or advertisements to consumers based on their geographic locations, retargeting ads can be a game changer when it comes to reaching or engaging local prospects. Localized marketing has, for long, aided local and small businesses with few locations but big brands, too, can reap its benefit something made possible via hyper local ads. With better and relevant messaging through hyper local ads, brands can become locally relevant and enhance their communication with the rural and regional audience in a culturally relevant manner. This, in turn, can allow businesses to improve their ROI, brand penetration and engagement in rural and regional areas. Way Forward Akin to other segments, mobile marketing continues to be influenced by the technological innovations in the future. With a significant enhancement of the consumer experience, our dependency on mobile devices as an integral part of our daily lives has reached an all time high which, in turn, continues to present new opportunities to marketers. Incorporating latest technologies to find innovative channels and using industry data to target customers in a better manner has allowed brands to negate the challenges of the ever changing market situations. Whether it the seamless integration of mobile apps, user friendly features such as voice search or innovations like augmented reality, mobile marketing has become a vital tool for firms in scaling business and accelerating growth. Similarly, when it comes to rural and regional audience, mobile marketing continues to aid companies in expanding their footprints in untapped markets. There is a surge in innovative concepts like Easy Pay which facilitates the quick and hassle free mobile recharges, bill payments and even ATM services to the rural and regional audience that is technologically challenged. Thus, in times ahead, mobile marketing can prove to be the probable solution for bridging the gap between the rural and urban sectors. A private military company PMC, Private Army or Private Force is a private company providing armed combat or security services for financial gain. These infamous mercenaries, PMCs, generally refer to their business as the private military and their staff as security or private military contractors. The private force has come big business and global in compass. The request for force is growing at an intimidating rate. The United States basically produced the ultramodern service constricting assiduity for its Global War on Terror. President Clinto

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Article 370 in Kashmir guarantees family rule and clan rule. Let us remember one thing. This is not the ordinary family rule that you have seen in other states of India. In Kashmir, family rule means that situations are created at ground level which perpetuate the conflict economy. Violent clashes are engineered where youths die or are injured, so that the cycle of violence does not end. This cycle of violence is further exploited by anti-India forces in Kashmir to create more violence, more unrest, more deaths of youths, more of burning Kashmir. Article 370 Robbed Thousands Of Kashmiri Men Of Their Childhood, Their Youth, Their Life Whose interests does burning Kashmir serve? Does it serve India? No. It serves Pakistan. All those Indian intellectuals who take the lofty stand that Article 370 should be restored in Kashmir should open their eyes to this reality. Kashmir under Article 370 robbed thousands of men like me of their childhood, of their youth. We were indoctrinated and conditioned by the system to become jihadis of varying degrees. Outside Kashmir, you may not even know what are jihadis of varying degrees terrorists, sleeper cells, Over Ground Workers OGWs. Thousands were killed, thousands were left injured or traumatized for life. Before you restore Articles 370 and 35A, restore our childhoods and youths. Restore the lives of those who were killed. If Article 370 is brought back, we shall have devastation in Kashmir again. It won take long. The fiza will become the same as before. Article 370 Guarantees Feudalism, Oligarchy, Nepotism, Corruption After the abrogation of Article 370, Kashmir is peaceful because people have completely rejected violence, clashes, protests. We do not want to see any more blood on Kashmir streets. I am Ready To Stand Alone At Jantar Mantar And Protest If Article 370 Is Brought Back. Article 370 key saath hamare youth ki taqdeerein Judi hain. The destiny of our youths is determined by Article 370. Article 370 guarantees feudalism, oligarchy, corruption and nepotism in Kashmir. It guarantees a region where jobs are doled out by the MLAs and the chief minister as if they are lords and masters, and as if no democratic systems exist in India. BJP Is The Only Political Party Which Has Brought Rahat, Aman, Sukoon To Kashmir 370 tootne se pehle, like everyone else, I was antagonistic towards BJP. The narrative built by the Hurriyat and the mainstream parties was that BJP is anti-Muslim. Now, Hurriyat has finished. Our mainstream political parties have assumed the role of the Hurriyat. They issue similar kinds of statements. For years before abrogation and even thereafter, our regional parties constantly drilled into us that BJP must be kept out of Kashmir. Mainstream politicians used to stand among the people and shout, You don know how khatarnak BJP is for Muslims. They make anti-Muslim policies. They will not give us religious freedom. They will not give us a place to do Ibadan. They will not give us space to prac

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Three centuries ago, the Mughals issued a Farman from Red Fort to brutally kill the great Sikh warrior who belonged to Jammu, Banda Singh Abrader. The Mughals met their unholy destiny in dust. Three centuries later, the Mode government is bowing before the sacrifice of Baba Banda Singh and his great 740 Sikh warriors at Red Fort on 25th June. Baba Banda Singh Abrader was a great warrior who defended India and defeated the barbaric Mughals and their savage jihad. His original name was Baba Madhya Das and he was a Baraga Sadhu. A meeting with Guru Go bind Singh in October 1708 at Handed transformed him into a socially committed warrior and grahastha householder to pursue the ideals of Guru Go bind Singh ji. Guru Sahib explained to him the barbarism of the Mughal rule of the day, which openly persecuted the Hindus and Sikhs for being steadfast in their Dharma. Hearing this, his blood boiled and he showed immediate readiness to go to Punjab to take up the gauntlet against such Islamic tyranny. He became Shishya sikh and Guru Sahib blessed him with divine powers in order to defeat the Mughal tyrants, particularly Wazir Khan of Sarhind who was responsible for the martyrdom of two Sahibzadas Two sons of Guru Go bind Singh JI. Baba Banda Singh Abrader commenced his journey as a valiant leader of the Indian forces towards Punjab with only twenty five Sikhs with him. His aim was the national awakening and liberation of the country from the oppressive rule of the Mughals. Though Independence came to India much later, it was Baba Banda Singh Abrader who first taught the Indians to fight, conquer and establish their Independent rule. Baba Banda Singh Abrader killed Wazir Khan, Governor of Sarhind in the battle of Chappar Chiri on May 12, 1710 AD and took in his hands the administration of the conquered territories. Baj Singh was appointed the Governor of Sirhind, with Ali Singh as his Naib, Bhai Fateh Singh Governor of Samana and Ram Singh was appointed Governor of Thanesar jointly with Baba Binod Singh. He issued coins and an official seal, not on his own name but on the name of Guru Nanak Dev ji and Guru Go bind Singh ji. Baba Banda Singh Abrader also introduced new samvat or the era commencing with the victory at Sirhind. He made Lohgarh or Iron fort his capital. He also established Sikh Thanas at various important towns, created sub divisions and placed them under the charge of honest sardars. All this was obviously an open demonstration of equality with the Mughal rulers. Baba Banda Singh Abrader did not want merely to weaken the Mughal power but to destroy its roots and branches and establish in its place national rule or self government. He, along with his 740 companions, was captured from the fort of Gurdas Nangab and brought to Delhi via Lahore, where all Sikhs were executed mercilessly, in the ground facing the kowari of Chand Chow.

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Base that the and its like minded partners and alike, can invest in and rely upon together. Yelled refers to this strategy as friend shoring. She states that in certain sectors, China have resulted in of the of critical goods inside China. And that the is not only in at home, it is also a strategy called friend shoring aimed at that can lead to supply. To create in critical supply chains with the large number of trading partners the can count on. It is for India and to critically grasp this position and to position the country to take of the desire to with India for mutual. Given India unique of the Chinese threat as well as the of access to critical technology, India does indeed find itself in a geo economic sweet spot in this respect. The More Than Just a recent piece in the Harvard by Hemans Tania Firm General Catalyst and Fared Zakary grasps this geo political entirely and builds a case for the United States and India to develop a corridor. It India that in addition to its highly skilled work force it has built up a digital public on the back of the piece also the success of Jo in broad basing and making. The of the piece is that must shift their of Indian from one of to one of radical this, in turn, will not only cycles of but also make Indian. However in order for both sides to this both countries need to slash the red tape and for the creation of the of ideas and to build a truly dynamic market. The of the India initiative on Critical and the second edition of which was held earlier this week is a to address such concerns. A Post Ashley Tellis of the to and one of the architects of the from the US side has emerged as a voice urging the Biden to curb their qua India. In his dated May he states, of India are. India with China, and its to it that New Delhi will never involve itself in any goes on to argue that India values with for the it brings but does not believe that it must, in turn the United States in any crisis even one a common threat such as China. While many in India foreign policy may agree with this they certainly will not the bet as one that is going to yield it even if that is indirectly. For example the Indo defence has grown at speed after the nuclear deal, similarly one can expect India trade with respect to digital goods raw materials and green and raw materials to boom under the umbrella of this this century between the and India. This is largely in line with an to bolster its middle class and base. Foreign Minister to the a to a question about still desire to uphold a post order, the response can serve as a substantial reply to Mr. Tellis

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Their dead bodies were also hung on trees at the gates leading to the city to petrify people and to discourage them from following Dharma. But not even a single Sikh embraced Islam or withdrew their allegiance to Baba Banda Singh Abrader. Here, even an English testimony is available. The members of English embassy John Sunman and Edward Stephenson had come to represent their case about the privileges to Mughal king Farrah Sitar. They saw the executions themselves and wrote about it in their dispatch, dated March to Robert Hedges, President and Governor of Fort William. They wrote that one hundred of them were beheaded each day. Baba Banda Singh Abrader and his son Ajani Singh were martyred on 9 June along with his other 18 companions near a gate en route the tomb of so called Sufi saint Nqutu us din Bakhtaran kaki at Mohali. The butchers first killed his son Ajani Singh in his lap. His soft body was cut into pieces which were hurled at the face of Baba Banda Singh Abrader. The heart of the child was thrust in the mouth of Baba Banda Singh Abrader. But Banda Abrader remained unmoved and sat in a composed state. Not even a single word of regret was uttered by him and he kept on saying: Hume Ander Sab koi, Bihar Hokum Na koi All by the ordinance are governed, none exempt G.G.S 1 After Ajani Singh, it was the turn of this saint soldiers BBSB who remained blissful even in the hour of distress. The butcher removed his right eye with a sharp knife and then the left one. His left foot was cut off next, but he continued to remain calm. Next, the butcher severed both his hands. However, his face was shining as before. Baba Banda Singh Abrader flesh was torn with red hot pincers and finally he was decapitated and hacked to pieces limb by limb, on his refusal to accept Islam. His glorious martyrdom validates Braga Jabir rendition in Guru Grant Sahib. Sonora so pehchaniye jo lada deen ke hait Purja kept mare kasha an chide kept There are about six places related to Baba Banda Singh Abrader in Delhi, identified by Dry Haran s Kauri Sago. Barapulla Flyover is named as Baba Banda Singh Abrader Setu, as the bodyparts of Baba Banda Singh Abrader were cremated over there. After being arrested from Gurdas Nangal, Baba Banda Singh Abrader and his Sikh companion were first taken to Lahore and then brought to Delhi. His first halt in Delhi was at Agharabad, where Baba Banda Singh Abrader and his companions were kept for a day and two. But where in Delhi or outside Delhi is Agharabad According to William Irvine, the present location of Agharabad could be the area within the present Badli Sarai and Shalimar Bagh. The Hyderpur locality also comes within it. It is clear from the reference of William Irvine that Shalimar was known as Agharabad during those days times but the.

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Pet tortoises are popular pets for many people since they are quiet cute especially as hatchlings, and do not shed any fur. But tortoises can live a very long time anywhere from 50 to 100 years. If you take one as a pet, be prepared to provide a lifetime of care and consider that your pet might even outlive you. Most tortoises are docile and tend to be shy, unless two males are put into an enclosure with each other. This is not advisable two male tortoises could become aggressive toward each other and even attack each other, sometimes resulting in serious injury. Most tortoises are too large to handle as adults, and it advisable not to handle them to any great degree when they are smaller, either. This can cause the tortoise stress, which often leads to illness if the stressful situation is ongoing. The biggest drawback to a pet tortoise for most people is their long lifespan. Larger tortoises, like the sulphate, can live for up to 80 years, so you shall need to have a plan for caring for a pet tortoise in their (and your) old age. Many tortoise species are fairly large and need a decent sized enclosure, preferably outdoors. Because of these preferable housing arrangements, pet tortoises are best suited for areas with milder climates. Depending on the temperatures where the tortoise originates and the area where you live, it may be necessary to bring pet tortoises indoors overnight or during cooler weather, and with the larger tortoises, providing indoor housing can be a big challenge. Some species also need to hibernate, which can be very stressful on the tortoise and requires special environmental conditions. When constructing an outdoor pen, you must make sure it is strong and that you bury your fences if you have In addition to propulsion systems, modern technology ships also feature advanced navigation and communication systems. GPS technology, for example, allows ships to navigate with pinpoint accuracy, while satellite communication systems enable crews to stay in constant contact with their home offices and with other vessels. Modern technology ships are also equipped with advanced safety systems, such as collision avoidance systems and lifesaving equipment. These systems help to reduce the risk of accidents and improve the safety of crew members and passengers. Finally, modern technology ships are also designed with the environment in mind. They are equipped with systems to reduce emissions, prevent oil spills, and protect marine life. In addition, many modern ships are built using eco-friendly materials and designed to be more energy efficient, reducing their overall carbon footprint. Overall, the use of modern technology in shipping has revolutionized the industry, making it safer, more efficient, and more sustainable than ever before. To provide its customers with world class shipping services. Of people. The same rules were used to thwart and defeat every enterprise. The same rules were used to arm twist the common people so that the

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What we call matter, whether an atom, molecule, mountain, river, or human body, is ultimately condensed energy. Matter is simply energy existing in a compact and organised form. Modern physics has gradually moved towards this realization. The difference between a stone and a beam of light is not that one is completely different from the other, but that energy manifests itself in different states and patterns. By discovering laws of energy, we have generated electricity, built machines, explored space, and unlocked the hidden structure of atoms. A scientist is one who understands the workings of matter through the language of energy. Yet an important question remains unanswered: Is energy the final truth of existence? If the universe is nothing more than a collection of particles and forces, where did consciousness come from? How did thought, feeling, imagination, love, memory, and the sense of 'i exist' suddenly emerge from lifeless matter? Something cannot arise from absolute nothingness. If consciousness exists in human beings today, then its possibility must have been present from the very beginning of creation. Billions of years ago, when the Earth had no plants, animals, or human beings, only subtle forms of energy existed. Yet hidden within those primitive forms was the dormant potential of consciousness. Gradually, through the long movement of evolution and the operations of nature, that latent awareness began to express itself. First came the faint stirrings of life in plants, then instinct and sensation in animals, and finally the self-awareness and reflective intelligence seen in human beings. This process may be compared to a seed. A tiny seed appears lifeless and insignificant, yet within it lies the possibility of a vast tree. Under proper conditions, hidden life within the seed slowly unfolds. In the same way, consciousness existed in a dormant form within the earliest states of energy and gradually awakened through the evolutionary process of nature. Indian spiritual philosophy describes this cosmic relationship through the concepts of Shiv and Shakti. Shakti represents energy, movement, and the dynamic force of creation. Shiv represents pure consciousness, the silent witnessing presence behind all activity. Just as a dance cannot exist without a dancer, energy cannot be fully understood without consciousness. The movements of nature, formation of stars, growth of life, and emergence of human awareness all unfold within a deeper field of consciousness. Electricity flowing through a wire cannot always be seen directly, yet its presence becomes evident through its effects. Similarly, consciousness manifests in varying degrees throughout existence. Reducing existence entirely to atoms and particles oversimplifies the mystery of life. A machine may process information with extraordinary speed, but it does not experience joy, sorrow, wonder, or the feeling of being alive. In moments of deep meditation, contemplation, or spiritual reali

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person repeatedly feels rejected. Another constantly feels betrayed. Someone else keeps experiencing failure, humiliation or loneliness. In the childhood game of passing the parcel, the gift moves from hand to hand while the music plays. Each child holds it for a moment, hoping the song will stop. When it does, the Visiting US secretary of state Marco Rubio is gamely battling the Delhi heat in more ways than one. Across the table, Indian interlocutors are looking for words to describe trust deficit. India and US By Narayani Ganesh Large communities of OTT audiences across age groups and demographics are swooning over the new Mandarin Chinese historical drama series, titled Pursuit of Jade, starring two attractive leads a disgraced In April 1526, Babur defeated Ibrahim Lodi on the plains of Panipat, surprising the Hindustani army with his artillery and, even more so, with his cavalry's expert flanking manoeuvres, pressing Lodi's men upon themselves in Indian tourists find so many things amazing in Japan. Some we can and should bring back too. Here are six Japanese micro-philosophies, which we can learn, and really improve our life. Last year, I visited By AK Merchant in the 19th century, Shiraz, Iran; a 25-year-old youth took the title 'The meaning 'The Gate'. He announced that he was the prophet-herald of a new era, sent to pave the TOI News - May 30, 2026 two friends. Same lifestyle. Opposite results. What happened when we stopped looking at blood tests alone? The authors are both 45, based in Mumbai. They have been friends since boarding school. This piece is co-authored by Vikram and Sameer. Two lifelong friends. Same food. Same habits. Completely opposite cholesterol numbers. One was told his terrible HDL was genetic. The other believed his perfect LDL meant he could eat anything. Then a deeper health analysis revealed both of them were wrong. This story changed how they think about health forever. We have been friends since we were thirteen years old. We went to the same boarding school in Nainital, the same college in Pune, and for the last twenty-five years we have met up in a hill station every November, where we have too much whisky and too many parathas. We are now forty-five and, in many ways, still live like teenagers. And until last year, we believed the two of us were on completely different health trajectories. Vikram first. For as long as I can remember, my blood markers have looked terrible. My HDL, the so-called good cholesterol that you generally want to be higher, has run between 4 and 7 mg/ld. Normal is usually considered above 40. I showed this to four different doctors over fifteen years. Every single one said some version of the same thing: This is probably genetic. We rarely see numbers this low. There may not be much you can do beyond managing overall risk. Sameer next. My numbers have always looked enviable. LDL at 30 mg/ld. and triglycerides at 26 mg/LD. I am the despair of

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Expanse of Shalimar at that time was much wider than it is today and its border touched Badli Sarai. Today, Badli is at one side of the outer Ring Road and Shalimar Bagh is on the other side of the road. The Shalimar Bagh Park was within Aghrabad that had a beautiful Shish Mahal. It can be easily assumed that in the surrounding areas of their garden, tents were fixed for Baba Banda Singh Abrader and his companions. It was from here that Zakariya Khan and Qamar us din Khan wrote a letter to Faarukh Sinyar that they had reached Agharabad along with Baba Banda Singh Abrader and awaited further instructions from the Emperor. The Emperor sent Amin Khan Bakshi to Agharabad to bring Banda Singh Abrader and his companions into the city of Delhi in the form of a procession at kowari adjoining Gurudwara Seeshganj Sahib, which is now converted to Langar Hall, residential flats for the staff and car and scooter parking in the basement. The 740 sikhs were kept at Kotwali Police Station under the supervision of Sarabrah Khan kotwal and orders were passed for their execution. These Sikhs were kept captive at the Chabutra kowari from 29th February, 1716 to 5th March, 1716 and then the series of their execution started. Martyrdom place of the Sikhs who accompanied Baba Banda Singh Abrader: The writer of Ibrat Namah, Mirza Muhd Harisi writes: So from 6th March 5th March 1716, 100 people were taken out of the prison and executed in front of the Chabutra kowari towards Tripolia building with three gates. In this way, 100 prisoners were executed every day and within a week all of them were killed. Thus their place for execution was somewhere near Gandhi Ground, where at present is Delhi Public Library. The Entire area was an open ground at the time. Sikh historian Dr. Ganda Singh writes: That starting from 5th March, 1716, continuously for eight days, every day 100 companions of Banda Singh Abrader were executed in this ground which is on the right side of the road going from the railway station towards the fountain and near Delhi Public Library. Tripolia Jail Tripolia jail is in Salimgarh fort, built by Salim Khan the youngest son of Sher Shah Suri in 1546 AD. In 1639, when Shahjahan got Red Fort constructed, he merged Salimgarh Fort within the Red Fort and closed the doors at its outskirts. To enter this fort one has to cross Red Fort as well. Very few people know about Salimgarh Fort. Aurangzeb converted this fort into a jail. The highlight of this jail is the building with three arches that exists even now. And that is why it is known as Tripolia Jail. After 1857, the British converted it into an army camp. In 1945, the patriots of the INA were imprisoned here. At Salimgarh Fort, we can see this jail even today. At present, this Tripolia Jail has been converted into a Freedom Fighter Museum at.

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The creation of the Chief of Defence Staff (CDS) post in 2019 followed years of deliberation, first proposed by the Group of Ministers after the Kargil conflict, and later recommended by the Shekatkar Committee in 2016. Initial concerns that this position might undermine the authority of individual Service Chiefs have faded, as the position has proven essential for unifying India defence forces in response to complex, rapidly growing security and geopolitical challenges. Far from disrupting the structure of the three Services, the CDS role has reinforced it. The CDS responsibilities are extensive and critical: they include providing holistic advice on critical issues such as joint strategy and planning, weapons procurement, manpower allocation and integrated operations. The CDS acts as the principal advisor to the defence minister on all Tri-Service matters and importantly advises the Nuclear Command Authority to take appropriate timely action. The CDS is responsible for introducing reforms to augment the combat capabilities of the armed forces including changes in strategic concepts, mode of fighting, and need for equipment based on advanced technologies. In essence, the CDS is responsible for preparing our armed forces for future wars. The CDS and its supporting officers are expected to continuously study the fast-changing nature of warfare from the ongoing conflicts and develop capabilities to face emerging challenges. Warfare is increasingly moving towards non-contact and non-kinetic modes expanding the battlefield spatially and temporally. The importance of new strategies and tactics, and the latest technological advancements are to be internalised for leveraging them to gain a strategic advantage. Three dimensions of current warfare are crucial. First, it is different from the traditional concept of warfare. Present-day warfare operates in a multi-domain environment where economic, diplomatic, cyber, space, information, and cognitive operations have a vital role and have the capacity to bypass traditional battlefield decisions. A US research study reveals that the PRC not only uses cyber and information warfare techniques but also neuro-strike weapons capable of disabling the cognitive capabilities of targets and controlling their minds. Since the main targets of cognitive warfare are civilians and armed forces personnel, civil-military fusion is central in countering it and integrated operations will be essential for the neutralisation of the adversary cognitive warfare capabilities including the hostile network of neuro-strike weapons. Cognitive operations have become important tools that can destabilise the nation without firing a single shot. Significantly this is recognised as the sixth domain of warfare. The CDS has a responsibility to analyse the impact of the tools deployed in multiple domains by adversaries and devise innovative solutions to counter them. Second, the use of technology is reshaping the traditional battlefields. Dron

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While DRDO is working on developing weapons based on advanced technology for future wars, it is desirable to involve startups in such projects. Third, modern warfare is closely linked with geopolitical dynamics and the complexities of global security and military alliances. They are significant for determining the threats and challenges facing the nation. This underlines that warfare goes beyond the battlefields into the domains of diplomacy, economics, and international law. The above demands that the top military commanders become strategic thinkers: they are not merely concerned with military strategy but its place in the overall national strategy in the changing strategic equations. This demands close interaction of the top military leaders with those who can continuously study the fast-changing security environment including global political dynamics and recommend calibration of our strategy and tactics to counter the emerging threats and challenges. The threshold of nuclear deterrence appears to have gone up requiring a review of our nuclear doctrine. The CDS is expected to act as the leader in these missions. In the UK, the CDS is assisted by a Vice CDS and several Dy. CDS to deal with different aspects. While this aspect may be considered by the government to take appropriate steps to meet India requirements, immediately two steps should be taken to strengthen the sporting structure of the CDS. First, the CDS should be assisted by a group of advisors comprising experts on warfare particularly in nuclear, economic, cyber, information and cognitive domains; scientists including startups for developing new weapons based on advanced technology; foreign policy experts for geopolitical developments etc. on lines of the National Security Advisory Board. This group can advise the CDS to ensure military strategy and overall strategy are aligned, use technology for developing new advanced weapons, and adopt innovative steps to counter hostile acts in different domains including cyber and cognitive spheres. Second, the Defence Intelligence Agency (DIA) must be strengthened to address rising security concerns. Greater integration between the Service Intelligence Directorates (SIDs) civilian intelligence agencies and the DIA, is essential. An institutionalised system to give top priority to DIA tasks by these agencies is pivotal. In addition, the DIA TECHINT and HUMINT capabilities should be significantly augmented. Calculated redundancy in these domains is essential like in other countries. The DIA also plays a key role in defence diplomacy, which is critical in today complex geopolitical environment. Therefore, a review of DIA resources and capabilities is urgently needed to enable it to fulfil its responsibilities effectively. The obstacles on the path, the speed and risks can vary, and the fine balance of state intervention must remain contextual to both current location and intended destination. Similarly, the Union sports ministry most recent le

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This place, Baba Banda Singh Abrader and his 18 companions remained imprisoned under a strict surveillance from Ist March, 1716 to 9th June, 1716 A day of his martyrdom Martyrdom Place of Baba Banda Singh Abrader, Mohali The martyrdom place of Baba Banda Singh Abrader had been identified and located way to back in 1970 with the efforts of Jathedar Santokh Singh, the then secretary of DSGMC, the subcommittee constituted under the leadership of Dry Ganda Singh, a historian of eminence. It consisted Dry Bhajan Singh Gani, S Gurbachan Singh Mastana and Braga Jaswant Singh Bandai Ratan, which prove that the martyrdom place at Mohali under a highrise gate and outside the dargah of Sufi Sant Bakhtiyar Kaki. Gurudwara Sahib was erected over these, which was originally in a room over the pillar of the gate. Later on, it was extended and a new look was given to the Gurudwara sahib. Almost all the Persian sources describe that Banda Singh Abrader and his four year old son were martyred near a gate going towards the tomb of Bakhtiyar kaki, after being subjected to immeasurable tortures. These important places help us locate the Shaheedi Asthan of Baba Banda Singh Abrader. These three places are Sulpher Water Pond, Tomb of Bakhtiyar Kaki and Tomb of Abrader Shah Ist. Cremation Place of Baba Banda Singh Abrader, Barapullah A mention of martyrdom place and cremation of the body parts of Baba Banda Singh Abrader are found in the book named Hakikat i Binav Uruj i Firka i Sikha. According to the book, the body parts of Banda Singh Abrader were cremated at Barapullah in Nijam us din. Details: Kindly see Dr. Haran s Kauri Sago; Identification of the places related to Banda Singh Abrader The Delhi Gurudwara Committee wrote a letter to the Delhi government and gave the information that the cremation of Baba Banda Singh Abrader took place near Barapullah. Hence, the name of Barapullah flyover should be changed to Banda Singh Abrader Flyover. The Delhi government accepted the request and changed the name of Barapullah flyover to Banda Singh Abrader flyover. Banda Singh Abrader established the first sovereign state after defeating the Mughals. We Indians, should be grateful to him and every text book should have carried the profile of this shining hero, who taught us how to fight against the tyranny and establish a sovereign state. It is very unfortunate that his achievements are not taught in the schools. This is the right time to give this unforgettable hero his due in history. His role should be placed in the right perspective before the readers. He was a great Indian warrior in the face of the tyrannical Mughal rulers of the Subas of Delhi and Lahore, after the assassination of Guru Go bind Singh. Ever since the world faced the pandemic, tech innovations and digitization of schools have enabled learning from home, benefiting students from across the world. Even though the EdTech sector had been around us for quite a long.

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The field of metaverse, there is still a need of better understanding of the concept among those who belong to the fashion retail space and explore the opportunities created by the metaverse as well as consider how to leverage it. The need of the hour for Indian Fashion and Apparel space is to create knowledge sharing platforms that can bring technology, ideas and success in Digital Fashion on one platform. For instance, the upcoming second edition of Asia s biggest Apparel Sourcing show, Apparel Sourcing Week that is scheduled to be held on 1st and 2nd July, 2022 in Bengaluru is going to take India s Digital Fashion to the next level with world s best brains and brands discussing its prospects and growth road map for India. Digital only fashion houses will go all out Digital fashion is a new found opportunity for the virtual fashion houses and some of the prominent digital fashion houses such as The Fabricant, Carlings, Republique, and Replicant. Fashion and among many others are capitalizing on this evolving consumer preference. Not just capitalizing, they are actually being trend setters in the segment of virtual wardrobe. Physical fashion brands have forayed into digital fashion only because many new digital fashion houses had already laid foundation in this segment. In real life, the consumers are using actual garments in their daily use, however with the advent of sustainability at the end consumers front, their wardrobes have gone minimalistic. On the other hand, a shopper s digital self is becoming more expressive on social media and in gaming industry with virtual clothing items which they never wear in real. What next the engrossing global metaverse market size is a whopping US $ 100.27 billion in 2022, half of that is contributed by the fashion industry. The game has just begun and it will pick more pace as it proceeds. Millennials, Gen Z and even older population are increasingly involved in virtuality and its offerings. On social media, virtual influencers, who do not even exist in real world, promote a fashion item. Apart from social media, NFTs marketplaces are becoming preferred destinations for shoppers for digital fashion products. The gaming industry, event hosting platform in virtual spaces, digital shopping malls, Immersive 3D real estate platform, NFT marketplaces and even holiday experience provided by brands into virtual space that s giving a further push to metaverse concept will continue to flourish. The concept of digital fashion largely depends on NFT Marketplaces, the advent of which has been an icing on the cake! NFT marketplaces are still in early phase of inception but they hold great promise where fashion brands can utilise the power of internet, put their products on their own and go on selling those items. Big luxury brands have already started exploring NFT Marketplaces, while many smaller fashion brands, retailers and designers are also joining the party of NFT in various creative ways and are selling fashion

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And addressing them with the most innovative solutions, for it is the only mantra to thrive in this space, despite unprecedented problems like the pandemic. The minimalism mantra has permeated the global architectural and housing scene in recent decades; a move championed by architects and homeowners who desire simple and sophisticated spaces. Minimalism in architecture has its roots dating back a century and is popularised by the Japanese Zen, De Stijl, the Cubist designs, and the Bauhaus designs. The 1920s was an important era in the development of minimalist architecture. While these different styles have their unique history and signature, they share a similar purpose sticking to just the essentials keeping things simple, clean, calming and clutter free. New York based interior designer Sharon Blaustein once explained that minimalism is about keeping the space simple and uncluttered, while accentuating the attractive architectural features and patterns of that space. Terms like clean lines, uncluttered, simplicity, reductive, and monochromatic always pop up in modern architectural design conversations, even those who do not consider themselves lovers of minimalism often appreciate the serenity and simplicity that a minimalist interior offers. In India, a traditionally colourful and vibrant society, this minimalist trend is sweeping through the built sector as more homeowners are beginning to adopt simpler, reductive designs. Global influences and minimalist patterns Minimalism is already a very established concept in Japanese architecture. Wrapped in terms like Wabi Sabi and Ma in local Japanese parlance, the concept of minimalism in Japan often emphasises simplicity above materialism. Japanese minimalism has grown in popularity and is today adopted in many parts of the world. Understanding that less is more, the Japanese would readily adopt a no frills design, but focus on pared down forms and clean lines. This gives inspiration to Indian homeowners who may want to keep things simple for any or many reasons. Evolving lifestyle has also led to a new concept known as home out of the home. What this means is that minimalism goes beyond aesthetic satisfaction to advocate functionality as well. For instance, balconies are no longer just a mere visceral part of the home, or a mere aesthetic appeal. They have become an integral part with very functional applications. More time is now spent in that section of the house than ever before. Balconies also provide a form of workspace for many homeowners, and this space can be better enhanced with minimalist architecture. Other areas in housing societies and apartments such as clubhouses and recreational facilities have also begun to see traces of minimalism creeping in, thus allowing for more space for kids and adults alike to play and workout, larger walkways and a general feel of clean, pure air in those areas. The essence of a clubhouse is for people, old and young, to relax, unwind and play around. B

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Making headlines through corporate releases, memes, gaming industry, virtual properties, and social media. Simply put, Metaverse is an extension to the physical world that goes online digital where people consumers can interact with their digital avatars. Fashion metaverse is a perfect blend of Technology and Sustainability No wastage, no landfills, and no pollution since everything is digital. Retailers and Fashion brands in India have now realised the huge potential of Digital Fashion and riding on this future of fashion to woo the largest consumer base of Millennials and Gen Z. How this buzz started Digital fashion seemed to be an incredibly bizarre concept until late 2017 as the concept endorses the clothing made out of pixels instead of textiles. Four years later, digital fashion became the buzz word in the industry. Thanks to worldwide restrictions during the pandemic that gave birth to Everything Virtual enabling Digital Fashion to become the need and fetching investment from the fashion industry stakeholders in the quest for tapping early opportunities. What s even noteworthy is the acceptance of tech savvy consumers for digital fashion that emerged originally from gaming sector and is now pushing its own boundaries to expand its horizon. Technology helps in smoother transition of brands into digital world One of the key catalysts in pushing this concept to the DNA of the fashion industry is collaboration. Fashion brands and retailers know they can t do everything hence they need to collaborate with tech companies to execute an idea leveraging innovative tech available in the market. Today, brands have been able to digitise their products and reach out to bigger audiences in the new digital realm, and one can wonder how they achieved this as retailers, traditionally, were resolute not to give up physicality! Recent developments in web3, blockchain, gaming, and computer graphics technologies as well as improvement in computational power opened new gates to the digital world. Designers create new models for only digital, and users can use them on their avatars in games. Recently some of the successful and noteworthy technology collaborations have paved way for digitisation of products and redefined consumer outreach in the post covid world. Luxury fashion house Burberry worked with a game developer Blankos to launch its own NFTs to tempt younger consumers. The Burberry NFT drop sold out faster than any other collaboration done by Blankos that preceded it. Spanish Fast fashion brand Zara has launched a brand new limited edition capsule collection called Lime Glam, designed to be worn inside the ZEPETO metaverse and are also available in physical stores. Ralph Lauren too came up with a new fashion collection inside metaverse in collaboration with ZEPETO where users can immerse themselves in a fully articulated virtual world with a personalized 3D avatar and socialize with other users. All these launches were successful and, going forward, the

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Their and were do out to them by their lords and master. Before the had to be paid at every level for the job. Even after the was a method to this. All India in Kashmir. Youth were all by the terror system. They were made to hate India through the network. When people were by system they hated India. The more they hated India, the more the youth were ready to take up arms against the state. This is how the was in Kashmir. This is the result of Articles and in Kashmir. This whole system of official end after the of Article. Now is time bound? Even a is made within the given time limit. If the keeps like this, people will pray for the here. Now there is no of any youth. There are no strike no and violent protest. Children are not impacted. Health services are not impacted. Now all the area. Why Feel Sparker Today you hear say that jab se starker aye hay, tab se hum ne Rabat Ki swan li hay. Now the years of feudal lordship are over in Kashmir. Strike call and herbal have become history are able to function and flourish. Now the has changed. Youths are clearing; they are securing jobs on merit. The so called leader jump at every new policy that the. But people know the truth. They can see the. The Covid pandemic has amplified the and nature of health threats while a for, public health expert and around the world. Given the big implication as a key indicator of, the Global Health Security Index data reflect the pandemic of countries around the world. Here a look at the Index 2021 data on how India has fared in and how India is to bounce back from another epidemic shock. The Global Health Index countries across six indicator and question. The six chief are: Prevent Detect, Respond, Health, Norms and Risk each of which is further for and seek answer to while India has shown in certain area given the in a few area as per the. Index data, India needs to look into it. Delivers undistinguished performance in Prevent category According to the Index 2021, with a ranking of 85 among 195 countries and a score of 29071, India has exhibited a rather undistinguished record in the Prevent category. Within this category, its ability to track and monitor anti-microbial resistance has been found to be most disappointing with a global rank of 814 despite having released a National Action Plan for AMR and established an Antimicrobial Resistance Surveillance Network in the country. The poor score is also possibly to do with persisting high use of antibiotics in the country that are recommended for restricted use by the WHO, notwithstanding low per capita consumption overall. Similarly, it is perhaps due to the lack of a national action plan on zoonotic diseases another indicator within Prevent as a whole despite bringing out a manual on Zoonotic Diseases and

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Key monetary policy tools, RBI also simultaneously takes the financial sector reforms forward with appropriate regulatory measures to strengthen financial intermediation. It will be interesting to discuss the impact of regulatory measures announced on June 8 that can have a long term impact on how the financial system would shape up in future. Among the various measures, RBI has provided thrust increasing scope of flow of credit to housing sector. Deepening digital infrastructure is proposed by connecting credit cards with UPI app. Transaction limit of e mandate is enhanced and setting up POS terminals for wider penetration of digital touch points has been facilitated. Let us look at how they are set to expand. 1. Housing loan thrust Looking to the rise in housing prices due to escalation in construction costs, RBI raised the housing loan limits that can be sanctioned by Urban Cooperative Banks UCBs for Tier I Tier II centres stands revised from Rs. 30 lakh Rs.70 lakh to Rs.60 lakh Rs140 lakh. Similar limits for Rural Cooperative Banks RCBs is raised from 20 lakh to 50 lakh for RCBs with assessed net worth less than 100 crore and from 30 lakh to 75 lakh for other. This will boost rural housing as these banks have deeper connect with hinterland. State Co operative Banks StCBs and District Central Co operative Banks DCCBs can now lend to commercial real estate residential housing projects up to 5 percent of their total assets. This was also essential as the recent data release on the sectoral economy by National Statistical Organisation NSO indicated fall in construction activity. This could get push if these revised limits are put in place. The scopes of activities to Urban Cooperative Banks UCBs are enlarged. Harmonising regulations of financial entities UCBs can now offer door step banking to their customers like any other commercial bank. It has to improve its internal infrastructure and risk management capabilities to provide that kind of service. With this move, they will gear up to do so. RBI has been trying to rope in UCBs with main stream banking system so that their reach at the grassroot level could be explored for financial inclusion. Expanding Digital infrastructure The Payments Infrastructure Development Fund PIDF Scheme was operationalised by the Reserve Bank in January 2021 to incentivise the deployment of payment acceptance infrastructure such as physical Point of Sale PoS, mPoS mobile PoS, Quick Response QR codes in Tier 3 to 6 centres and North Eastern States. It is noteworthy that close to 12 million new POS terminals have been made operational under the scheme in last 3 years. Looking to its wider penetration covering vendors and micro entrepreneurs, the scheme is modified enhancing the subsidy amount, simplifying the subsidy claim process, etc. This is expected to further accelerate and augment the deployment of payment acceptance infrastructure in the targeted geographies. The purpose is to enable micro payments to be rout

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Amul was quick on the draw with the nomination of Droupadi Murmu for the next President of India. Its cartoon comes with the caption setting a President Put MurMaska on bread. It the kind of wordplay that is Amul bread and butter. But it also raises an intriguing question. Does the historic precedent set by someone who might become India first tribal woman President risk eclipsing everything else about Droupadi Murmu As soon as her name surfaced the media was filled with stories about masterstrokes, electoral implications for upcoming polls, the Adivasi role in the Hindutva project and whether she would be a rubber stamp president. It puts the Congress in a quandary as it has to figure out whether it is wise to oppose a tribal candidate when one of the few states left in its shrinking kitty is Chhattisgarh with a large tribal population. All of those calculations might be true. Identity politics is necessary because that is one way to measure representation and one cannot underestimate the importance of seeing one identity represented in government. One might argue about whether the presidency of Barack Obama made a qualitative difference in the lives of people of colour in America but seeing his face in a parade of white male POTUSes does count for something. But the danger of identity politics is it reduces the complexity of a human being to one word Adivasi or Muslim or gay. Identity traps are hard to avoid especially with under represented communities. Disney Ms Marvel is making headlines with its first Muslim South Asian superhero. But whether viewers keep coming back will depend on how compelling its storyline is. It will have to be more than first Muslim desi superhero. I remember watching an Indian television programme on LGBT issues a few years ago. Filmmaker Nishit Saran who happened to be gay had died tragically young and his mother Minna had become a champion for LGBT rights. But in the programme she said, Nishit was not just a gay boy. There was much more to Nishit. Her wistfulness still echoes because it is so easy to erase that much more from the lives of others. That was clear in the recent hearings during the nomination of Ketanji Brown Jackson as US Supreme Court justice. K C Cole writes in Wired.com I found myself miffed at how the media identified her almost exclusively as First Black Woman true, but also, in a way, generic. Cole writes that while milestones and identity matter, the problem is some people never got past First Black Woman. Identity is a complex multi splendored beast. It is not, as Cole thoughtfully reminds us, an equation where both sides are equal. That is something worth remembering while covering the candidature of Murmu. Snippets of her biography have emerged her career in the BJP, her stint as a governor, stories about her humility, her RSS connections, the tragedy in her family life. Some of this is relevant to her candidature.

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Changed the way we thought about our health. Vikram's report suggested that he did not carry the more common known genetic variants typically associated with extremely low HDL. Instead, the broader picture pointed toward severe insulin resistance and metabolic dysfunction as major contributors. The clinical counselor walked me through it on a call the following week and suggested three specific interventions: Six weeks later my HDL had moved from 6 to 15 mg LD. Still far below optimal, but for the first time in years, the trend had meaningfully reversed. More importantly, the underlying metabolic picture was improving. Sameer's report was, in some ways, even more confronting. He carried a rare variant in a gene called APOB. Some variants in this gene are associated with unusually low LDL cholesterol and triglyceride levels because the body clears these particles more efficiently than average. In some populations, these variants may occur in roughly 1 in 1,000 to 1 in 3,000 people. So all those years of my numbers are great, I can eat anything were not necessarily proof that his lifestyle was healthy. The report also flagged that his uric acid was 7. 8, his homocysteine was 18, and his his-CRP, a marker associated with systemic inflammation, was 4. 1. While his genetics appeared protective in one area, they offered no such protection in others. He had focused so heavily on his cholesterol panel that he had overlooked several other important markers linked to long-term metabolic and cardiovascular health. Here is the lesson we extracted from all this and we want to share it because we think it truly matters. A blood test alone tells you what is happening with things like cholesterol, sugar, and inflammation. But it often does not tell you why those numbers are what they are. Vikram was told his problem was purely genetic when it may not have been. Sameer assumed his health was excellent because one part of his biology looked exceptional. Our doctors were working with the tools they had available at the time. The encouraging part is that those tools are evolving rapidly and becoming more accessible than ever before. So both of us are getting our parents and children tested so they can start acting earlier with a more complete picture. And both of us, separately and together, have become deeply annoying to our old school friends, who may soon stop taking our calls. Mira One is an integrated diagnostic that brings blood biomarkers, pharmacogenomics, and whole genome sequencing together into a single easy-to-read report. This helps your doctor understand not only what may be going wrong but also how your body is likely to respond to specific medications. It only needs to be done once. More info here. Supreme Court affirms, 'Caste' and 'Tribe' are a matter of faith, not birth The Apex Court's ruling in the case of Chinthada Anand v State of Andhra Pradesh & Ors in March, 2026 is arguable one of the most important ruling for the Scheduled

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complete severance from the tribal way of life and loss of community recognition, the foundational basis for Scheduled Tribes status will stand eroded are the words of the Apex Court in its judgment in Chinthada Anand case. While the judiciary has confirmed that a Scheduled Caste person cannot enjoy statutory benefits available to SCs without professing Hindu religion, in the case of Scheduled Tribe it is not so straightforward. Tribals in India are officially exempt from core Hindu personal laws (like the Hindu Marriage Act & Hindu Succession Act (HSA) and are governed by their own customary practices. This has created a conflict between customary laws and constitutional rights yet again and at the center of this conflict, this time, are the tribal women. The Apex Court believes that the current customary practices of certain tribal communities are violative of Article 14 and 21. The Hindu Succession Act has carved out an exception for the Scheduled Tribe. It does not extend to STs. The Union Law Minister had made a statement in the Parliament in 2024 that the Government was exploring the possibility of extending HSA to tribal women but the nudge this time has come from the highest Judicial body. The Hon'ble Supreme Court in its 2025 judgment in Tirith Kumar & Ors v Daduram & Ors urged the Central Government to bring about legislative reforms to address the gender inequality embedded in tribal inheritance laws by withdrawing the exemptions under the HSA to include tribal women. When the daughter of a non-tribal community is entitled to an equal share in her father's property, there is no justification for denying the same to the daughter of a tribal family, said the Hon'ble Supreme Court. However the relief in Tirith Kumar came by way of the Central Provinces Act of 1875 that gave wide powers to the courts to pass orders in the interest of justice wherever there was a legislative vacuum but after the repeal of the 1875 Act in 2018, cases that arise post 2018 will pose a challenge to the Apex Court in upholding the constitutional principles of equality when it comes to succession rights of tribal women. A similar case had come up before the Apex Court in 2022, where the Hon'ble Supreme Court had yet again directed the Central Government in Kamla Neti (Dead) through LRS v The Special Land Acquisition Officer & Ors. Case to examine extending provisions of the Hindu Succession Act to tribal women. This direction from the Apex Court came in the backdrop of a Scheduled Tribe woman being denied right to succession to her ancestral land whereas her brothers and uncles inherited the property and the compensation thereof. A large population of the Indian tribal especially in the Chhattisgarh-Jharkhand-Orissa belt converting to Christianity has been the Achilles' Heels for the BJP and the RSS that have not been able to contain these religious conversions to its satisfaction. The Apex Court's ruling in Chinthada Anand might have created an opening for

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