

At senior and junior positions alike in every multinational company around the world. Within the country itself, Indian engineers have excelled in and drastically advanced AI, machine learning, robotic process management, etc. The demand and supply gap in India tech talent stands at 21.1%, the lowest among the top tech countries in the world, including the US, China and UK. India has the potential to be the robotics and AI capital of the world. The Indian tech industry is one of the fastest growing, poised to touch USD 245 billion in FY23, according to NASSCOM. It has proven the same through its successful innovations building the in-demand India Stack. With Generative AI, too, India tech talent will be the trump card that propels growth in its AI story. Innovation playground-catalyzing on the business landscape For anyone to win at Generative AI, it is vital to consider the purpose it serves for businesses and at the consumer front at large. With the variety of demographics and subsequent industry sectors available in India, the Indian market has the potential to serve as a diverse test bed for Generative AI. Businesses have leveraged the open-source nature of LLMs to equip their existing workforces with more efficient tools, which are being further deployed to serve a diverse audience with unpredictable use cases. The country provides a landscape that can help developers learn through At senior and junior positions alike in every multinational company around the world. Within the country itself, Indian engineers have excelled in and drastically advanced AI, machine learning, robotic process management, etc. The demand and supply gap in India tech talent stands at 21.1%, the lowest among the top tech countries in the world, including the US, China and UK. India has the potential to be the robotics and AI capital of the world. The Indian tech industry is one of the fastest growing, poised to touch USD 245 billion in FY23, according to NASSCOM. It has proven the same through its successful innovations building the in-demand India Stack. With Generative AI, too, Ind

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On a remote patch of celestial wilderness near the moon south pole lies the wreck of the Chandrayaan-2 lander, a testament to the soaring ambitions of India lunar programmer and the difficulties of achieving them. Its predecessor, the Chandrayaan-1 orbiter, made history in 2008 by confirming the presence of water ice on the moon. The more audacious Chandrayaan-2 in 2019 was to deploy a lander called Vikram. However, Vikram crash landed in a spray of lunar dust, leaving it, and the small rover inside, inoperable. Tamil Nadu governor RN Ravi is back in the news. On Thursday evening he unilaterally dismissed a minister, V Senthilbalaji, who in judicial custody. Late in the night, he put his decision on hold. By Friday afternoon, the state government announced it would disregard his communication on the dismissal. There no room for doubt as the constitutional position is clear. Ravi was wrong to unilaterally dismiss the minister. The Constitution makes it clear that the governor is to act on the advice of the CM when it comes to the composition of the council of ministers. The period till 1967 was largely uneventful in the history of engagement between governors and states. Subsequently, when the incidence of opposition coming to power in states rose, decisions of governors often led to judicial disputes. Consequently, the apex court has a body of verdicts that gives a clear picture of the limits of a governor power. An important verdict almost 50 years ago Shams her Singh vs. State of Punjab said that the Constitution does not envisage the governor running a parallel administration. The discretionary powers of a governor are limited. Governors sometimes seem to yearn for the British Raj 1935 legislation that gave them discretionary power and even allowed them to chair a meeting of the council of ministers. That era is over. Sitting on bills cleared by the assembly or trying to unilaterally change the council of ministers disrupts a state governance. As most such cases end up as judicial disputes, it further clogs the system. Ravi conduct in this matter and a tendency

Bezos tortoise but both promise deliverance and see earth as a ticking time bomb. Musk aims to make humanity into a multiplanetary species and colonise Mars. His plan is to err form the inhospitable planet by warming it up with nukes. He wants a society of homesteaders, starting with a million people by 2050. Bezos, meanwhile, is attached to the earth, but it has finite resources, and infinite growth demands more. He wants to ship out the mines and factories and give earth a break. He envisions bases on the moon with solar panels, water to be split and recombined into rocket fuel and mini missions to mine asteroids for heavy and rare earth metals. While neither of these dizzying plans has made visible progress and the last time someone went to the moon was still half a century ago, these companies send up thousands of satellites, as do others offering low-orbital joyrides. One person paid for his ashes to be blasted into space. Today, earth is ringed by a halo of space trash, with dead satellites, shrapnel, paint chips, tools, the junk of the International Space Station, and so on. We keep producing this litter, travelling at furious speeds. There is no way to clean it yet a harpooning method has been proposed, but it unclear who pays for this cosmic janitorial service, without return on investment. Is anyone in charge? Well, not quite. Space has seen massive deregulation and privatisation, with NASA now relying on private contractors to send up cargo and astronauts. An Obama initiated bipartisan bill in 2015 launched this commercial space age, stating that extraterrestrial minerals belong to the entities that extract it. Companies are going full speed into a gold and platinum rush. The book critiques the assumption of humanity dominion over everything else, and the religious rhetoric that has long provided cover for colonialism and violent extraction. Republicans like Mike Pence invoke American ingenuity and divine sanction for boots on the moon. No wonder these ventures are called missions, says the book. The jockeying for military supremacy during the Cold Wa

This amount. They are hired for Rs 300 a day and clean the river manually by entering the toxic foam with literally no protection. The sexagenarian who is from Shimla complains of frequent bouts of illness caused by the toxic foam. For Keel who is from Pasha, there are hardly any other employment options. Another pathetic part is dirty and damaged marshal jackets were provided to them. The boy was depressed because he lost his class topper spot. Friends, one must always remember that not all days are the same. No individual can give their best performance 24 x7 x365. Not just in your profession but also in your relationships, there can be low moments. Observe the performance of our sportspersons, and get the secret to success and happiness. Be it Viral Kohli or Saunika Newhall, no one can consistently perform their best. A streak of bad performance must never be a reason for disappointment. Never be sorry if you face a low day. Do not consider occasional non-productiveness as a setback. Rather sit back and introspect. Feeling dejected or not being able to give your best is a part of everyone routine. Human life is like the ECG report of your heart it goes up and down both simultaneously. One would worry when it does go down because a straight line would mean you are dead!! Hence when you are on your low vibes, you must plan to re-energize yourself. A day full of downward trends must be considered an indication to refuel your mind-body energy. Rest assured, an opportunity to grow further, lies ahead. It is always wise to measure our productivity over a long-term range. This helps us shield ourselves from the frustration arising out of routine failures. Never rate or judge yourself based on your current day performance. We must learn a lesson from the stock market traders. They know perfectly well that not all days could be their best return days. These people are always mentally prepared to accept a loss or a no-return day. They believe in their chances to bounce back and create wonders. Once, I went to a friend, Ladd Pinto. He was an expert in making. Usually, he wa

With an apology for appropriating the most famous opening lines from a different classic It was the best of times. It was the worst of times. Oh, what a ride it has been. Historically low interest rates globally spurring a flight to equities that previously only preceded recessions. Home bound idle investors binging on stimulus checks, fueling a stampeding bull run with unprecedented retail participation. New instruments that few have been bearish on and fewer still have understood. And as if this were enough, a major conflict in a European nation, supply chain disruptions, energy prices shocks and global uncertainty just as inflation hits record highs, forcing central banks to start raising rates and reining in the free money. The music has stopped. If I told you a decade ago that an image of a Jack Dorsey tweet was converted to a non fungible token, sold for \$2.9mn, auctioned on Open Sea for a reserve price of \$48mn and received a top bid of \$7, you had dismiss this as gibberish and me as drunk, delusional or both. Today, it is an apt summary of the craziness that ensued, and the mayhem that may follow. The bust bugle has sounded before when Softbank faced issues, or later when Covid kicked in, there was a fear of tech valuation corrections. Instead, the realization that the billion souls cooped indoors for extended lockdowns would binge on tech games, e commerce, home delivery, OTT and more led to a spectacular tech rally. Zoom became the darling of the era, for users and investors alike. Crypto popped like no asset has since Tulips in 17th century Amsterdam. And unicorns today are fast becoming as ubiquitous as the cattle on our roads. But unicorn balloons have begun popping, and will continue to pop for a while. Astronomical ratios are coming undone in the light of public market scrutiny, and the contagion is spreading to private markets. Late stage private capital which became the norm around the middle of the last decade with rising Series letter sizes, check sizes and valuations is growing scarce as the Tigers and Softbank of the world re assess their priv

Will doubtless see more of this on Indian shores as well, where the most touted tech IPOs have taken a battering. This battering has repercussion not just for the companies that got them, but for those who were hoping to list soon. And for their investors, who will experience an even greater pressure to deliver real returns. This pressure could be good it could bring valuations back in check, and it could reorient investee companies to focus on their business model with rigor. It could force investors to look at companies that build deep moats in deep tech that can provide sustained, long term income and returns. Scale matters, but revenue matters more, and if one is optimistic, one could wager the current shock will serve as a major correction towards the latter. But it could also fuel a flight to safety, where VCs double down on more of the same, betting on even more of the kinds of companies umber of x, marketplace of y that we frankly are choking on in India. Every TAM total addressable market analysis that seeks to divvy up the consumer wallet fails to account for every other VC funded juggernaut that is going after that same, limited pie, and that will fail to convert attention to dollar. This is the Gatsby Epoch the gala that enthralled participants and onlookers alike, is running out of bubbly, and it remains to be seen how VCs react. Will they roll up their sleeves, get creative with who they back and what they demand of them, or will they tap another source of easy capital to drum up promises that are always just over the horizon, to create more unicorns that, on closer inspection, turn out to be rainbow colored horned rhinoceroses. I guess we will know in a year or so. The Covid 19 pandemic in India has brought entirety of resources together from various sectors. The medical, financial, and technological infrastructure have contributed together to fight against the spread of coronavirus and assure the treatment of patients at all levels. With all the efforts, India has achieved a phenomenal recovery rate with the successful vaccine drive. According to t

Of its damage, forcing inflammatory immune response leading to tissue damage and oxygen deprivation that further caused deaths or if not death, then long Covid. The most common symptoms that people have been experiencing are tiredness or fatigue, difficulty in breathing, cough, difficulty in concentrating, headache, anxiety, joint or muscle pain and many more. The reason why Omicron could not do much damage as other variants is because the number of people who have gained immune protection against Covid 19 through vaccination have contributed to the concept of herd immunity. This makes it difficult for Omicron variant to inherently cause severe condition than earlier variants. Currently, in India, we have booster shots for Coaxing, Covishield & Sputnik. The Coaxing booster dose capability to neutralize the coronavirus highly contagious Omicron and Delta variants showed promising results in its booster dose trials with more than 90% of all individuals boosted with Coaxing. For Covishield, positive results were observed from a preliminary analysis of an ongoing safety and immunogenicity trial. It showed that Vaxzevria Covidshield in India , when given as a third dose booster, increased the immune response to Beta, Delta, Alpha and Gamma SARS CoV 2 variants. A separate analysis of samples from the trial showed increased antibody response to the Omicron variant. A unique comparative study conducted at the Italian Spallanzani Institute with Italian Russian team of researchers shows that the Sputnik V coronavirus vaccine demonstrates higher virus neutralizing antibodies to Omicron B.1.1.529 variant than 2 doses of Pfizer vaccine. Sputnik V develops a wider pool of antibodies to different epitopes which utilizes the spike protein in a proline stabilized form directed mainly to the specific epitopes, which were highly affected by the mutations in the Omicron variant. Sputnik V has been authorized in 71 countries with a total population of over 4 billion people. As labs and scientists still conduct tests for mixing and matching over the country, we hope we have enough ways

Like you need to have related software installed in your computer to do any work, software is installed in cloud computing and you can do your work from any web browser. Not only that, in cloud computing you can also work from mobile because it requires only a web browser. As I try to explain by taking an example, you must have an e mail ID, that too is a part of cloud computing because many things are stored on your email like someone sends a photo or sends a file. It remains on email, you just have to open any web browser whether it is computer or mobile and after that you can use it. In the same way, there is web hosting in which if people make their own server and run the website, then it will cost a lot and it will not run properly, but using cloud computing, the website remains operational for 24 hours. Advantages of Cloud Computing The advantage of this is that you can do more work at less cost. Secondly, you get more speed because all these software or files live in the cloud and on a good server, it is fast. The biggest advantage of cloud computing is that you can increase the resources according to your work and use, so that you pay money for only what you use. Cloud computing provides advanced computing resources available on demand, that scale as needed, with regular updates and without the need to buy and maintain an on premise infrastructure. Speculations in stock markets are not new. Many speculate where markets will go in the future and base their investment decisions on it. If you can speculate correctly, options trading can turn out to be quite rewarding. So, what is it and its various aspects Let find out. Understanding Options trading involves options. Options are tradable contracts that allow you to trade in instruments at a pre decided rate in the future. However, it does necessitate you actually to buy the instrument in question. To put it otherwise, in an option, the seller gives you the right to buy or sell an asset at a specific price in the future in lieu of a payment called premium. Key terms related to Options Trading Before going ahea

You can monetize your prediction through options trading. You enter into an options contract with the seller specifying the strike price say Rest. 650, and the expiry date. The options contract gives you the right to buy the stock from the seller anytime at the strike price before the expiry date. Now suppose the price of the stock has gone up to Rest. 750, you can immediately exercise your options contract, buy the share from the seller at Rest. 650 and sell it in the market at Rest. 750. You will make a profit of Rest. 100 per share. However, if the stock price remains constant or falls, your loss will be equal to the upfront premium paid. Thus, with options, your loss has an upper limit which is the premium paid up front. However, your profits have no upper limit. In other words, the potential is unlimited. Options Trading How to do it Now that you have an idea of options trading, let us understand how you can do it. To involve in it Open a trading account If you hadron have a trading account, open one with a broker. However, if you have an existing equity trading account, you hadron need to open a separate account. To trade in Futures & Options, you might need to submit some additional documents such as income proof, tax returns, etc. You can get information about the additional documents from your broker. Once submitted, the broker will activate the Futures & Options F&O trading facility. Pick Options to buy or sell Once the F&O option is enabled, you need to pick the options to buy or sell. As said, the call option gives you the right to buy a stock at the strike price, while the put option gives you the right to sell stocks. Predict the strike price The next step involves predicting the strike price. For example, if you feel that a company share trading at Rest. 150 will go up to Rest. 200 in the future buy a call option with a strike price of less than Rest. 200. However, if you feel that the price will dip to Rest. 100, buy a put option of the strike price of above Rest. 100. Determine the expiry date Monthly options contract expires on the last Thursday

He shared a message with me Your best performance can vary every day, and not all days could be the same for you. Thus, this blog took birth. In the dynamic landscape of modern business, characterised by rapid change and technological advancements, digital transformation has emerged as the key driver for change across industries. As organizations increasingly adopt technology-driven processes and automation, the cultivation of a skilled workforce capable of adapting and thriving in this new environment has become imperative. Within this context, human resource specialists play an indispensable role in the development and implementation of comprehensive training and retraining programs that can ensure the sustained competitiveness of employees. The pursuit of reskilling and up skilling can be implemented in various ways, depending on the organization size and objectives. **Foreseeing Future Skills To craft a successful development and retraining plan, the initial step entails the identification of crucial skills required in the future. HR professionals must engage in close collaboration with business leaders, subject matter experts, and stakeholders to comprehend the evolving demands of the organization and the broader industry. Such an evaluation should encompass not only technical proficiencies like data analytics, artificial intelligence, and cyber security, but also soft skills such as critical thinking, creativity, and adaptability. Cultivating a Culture of Continuous Learning The cultivation of a culture that embraces lifelong learning is paramount to enhancing skills and ensuring the effectiveness of up skilling and reskilling initiatives. HR professionals must actively foster a growth mindset within the workplace, accentuating the intrinsic value of acquiring new skills and knowledge. This can be achieved through various means, such as promoting internal mobility, facilitating employee-led learning endeavors, and fostering a safe environment that encourages learning from failures. Such a culture of learning, when instilled systematically, can bolster employee**

Program and access specialized resources that may not be available internally. A continuous Evaluation and Adaptation Sustaining skill development initiative necessitates their ongoing implementation, which in turn demands constant evaluation and modification. HR professionals must regularly assess the effectiveness of training initiatives, seek employee feedback, and analyze how newly acquired skills translate into business outcomes. This iterative approach enables organizations to identify areas for improvement, modify training strategies, and align improvement initiatives with emerging market trends. In the digital transformation age, HR professional role remains pivotal to organizational success. By establishing robust training and retraining initiatives, HR departments can empower employees with the necessary skills to navigate the evolving digital landscape. The tactics elucidated above serve to cultivate a culture of learning within organizations, enabling them to harness technology, innovate, and maintain a competitive advantage in the digital age. Yashoda Mendadkar lives in GP Vashi Haveli of Tala block, and volunteers as a wades Mitra a primary health worker for her village. Yashoda is thrilled to recount how she has had the privilege to ensure three young pregnant women in her village had safe, on-time deliveries in July 2022, right in the middle of the rainy season. She steadily supported the young women from the time of their ANC check-ups, through the 9 months until the delivery. She took the initiative to call 108, for each of them, escorted and stayed with them at the hospital until they safely delivered healthy babies in Mhasla RH. She made arrangements for ambulances for the travel back home for the mothers and the infants post-delivery. One of the new mothers says, We could have been able to arrange all of it so quickly. Thanks to Yashoda-tai, things happened so smoothly. I could have been happier! However, not all women are as fortunate as these 3 young women. Rural India still struggles with health care, especially for women. Multiple factors

To empower additional local health volunteers to complement the efforts of ASHAs and Anganwadi workers is being recognized as critical. Last Mile Health Uganda, BRAC Bangladesh, Community Health Expansion program Ethiopia, and Angara Foundation India, are fine examples of organizations which are working in this direction. Shades Foundation network of wades Mitra volunteers with primary health care training and equipment for easy healthcare access in rural communities is another such initiative, which has been demonstrating positive results. Telemedicine and Tele-ICU The COVID-19 pandemic served as a prompt for the of use technology for health care. The success of telemedicine facilitated by the E-Sanjeevani app is inspiring. Tele-ICUs are another tech innovation that can support this effort in our country, where most ICU beds are located in tier 1 and 2 cities. Tele-ICUs improve access to emergency and critical care provided in rural semi urban health centres, where a team of non-specialist doctors manage critical patients under the virtual guidance of specialists who are based in metro cities, saving time, money and lives. ECHO Foundation has done interesting work in leveraging technology for cancer care and mental health across the globe, including India. Accessible sanitation & Clean Drinking Water Lack of toilets have major health repercussions. Diarrhea and other water and vector borne diseases thrive in areas without water. This poses a greater health threat for women and girls in rural areas, who are forced to walk long distances to relieve themselves each day. this is often done early in the morning or late at night to avoid passers-by. The infrequency not only causes physical distress, but also makes them prone to urinary tract infections UTI and kidney problems. Access to a clean toilet can prevent these complications to a very large extent. Institutional delivery We have enough evidence to show that delivery at a health facility and access to emergency obstetric care helps bring down maternal mortality. The impact of Government schemes such as Janine Su

Obligation to execute a trade. Higher return potential If chosen at the right strike price, options trading has the potential to offer higher returns. However, for this, you need to speculate correctly and choose the optimum strike price. Acts as a hedging tool Options trading can act as a good hedging tool. If you own a company stocks, by exercising the put option, you can hedge against losses in case the stock price goes tumbling. Easy liquidity Transactions in options trading are swift. Hence, your money is not locked up for a long period of time, unlike trading in shares. At the same time, options allow you to trade in various instruments, including stocks, currencies and index products, thus widening your choice. The Bottom line However, like others, you need to adopt due diligence while doing options trading. Have a clear understanding of the mechanism and analyses your risk appetite before going ahead. Do through research and go ahead only when you have covered all the bases. With consumers having an array of choices in the virtual world, retaining their attention has become critical for companies. Gamification , which has become a buzzword over the last few years, helps keep users engaged, thereby making them spend more time on an app. This is becoming increasingly relevant in e commerce, where the core shopping experience has traditionally been a transactional affair. By integrating game mechanics into the shopping journey, e commerce players can transform this perception to make the experience more fun and engaging. Greater engagement and its benefits Amid consumers shrinking attention spans, gamification has become critical for consumer internet companies. Particularly for e commerce entities, it helps boost user engagement while improving their experience on an app. Linking users goals with the objectives of the business fosters a completely new experience, which is both enjoyable and valuable. For instance, retailers are gamifying portals by incorporating loyalty schemes that come with a points based system, offering bonus membership rewards and discou

Need to secure our food and planet for generations to come! The task of feeding all is indeed daunting. India is also no exception though our farmers have ensured that our granaries are abundant year after year even in extreme circumstances. Much advancement in the public and private sector have also helped our farmers to adopt best and diversified farm practices! However, the quantum and pace of efforts need to be revisited as the challenge of food security has acquired a new dimension in view of Covid 19 pandemic and challenges posed by climate change. The United Nations estimates that the pandemic plunged 77 million more people into extreme poverty last year and many developing countries can recover because of the crippling cost of debt repayments and that was before the added impact of the war in Ukraine. The food security and nutritional status of the most vulnerable population groups is likely to deteriorate further due to the health and socio economic impacts of Covid 19 pandemic, according to the State of Food Security and Nutrition in the World 2021 report. High costs and low affordability also mean billions will not be able to eat healthy or nutritious food. The continuous environmental degradation also does not augur well for the agro food systems, creating a likelihood of severe recurring food crises. The writing on the wall is clear that agro food systems which are environmentally sustainable is the only way out. Learning from past mistakes is definitely important, but it is also equally important to adopt a collaborative approach among stakeholders to reduce uncertainty and allow producers, consumers, traders and processors to make informed decisions, which not only have the least environmental impact but are also remunerative for the multitude of small farmers in the country. No doubt prevention costs less but solidarity is not a charity anymore, rather it is a collective responsibility. An ever growing population estimated at around 8.5 billion in 2030, 9.7 billion in 2050, and 10.9 billion in 2100 will be driven largely by increasing numbers of pe

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Offered five nectar elements of its climate action. These included reaching 500GW non fossil energy capacity tapping 50 per cent of its energy requirements from renewable energy reduction of total projected carbon emissions by one billion tones from present levels reduction of the carbon intensity of the economy by 45 per cent by 2030, over 2005 levels, and achieving the target of net zero emissions by 2070. Our agriculture is already facing the brunt of climate change, extreme weather patterns, unprecedented flooding, drought and new complex pests and diseases. Innovation, integrity, responsibility and collaboration have been the cornerstone of our multifaceted pursuits. There is an urgent need to adopt sustainable practices. We must provide farmers with modern tools and equip them with know how so that smallholding farmers carry out agro practices responsibly that protects our environment. We must walk the talk about seed treatments, biological products that protect crops from pests without harming the environment, bio stimulants that enhance plant health and digital interventions that ensure that seeds are sown at the right moment and inputs are applied in the minimum necessary quantity. Climate smart practices will help farmers mitigate and adapt to climate change by a growing more from less through input optimization b reducing soil based carbon emissions through conservation agriculture and c building crop resilience through the right technology use. We must continue to make ambitious new global commitments to reduce agriculture carbon footprint and to help farmers deal with the extreme weather patterns caused by climate change. We must work towards creating an enabling environment to help farmers and society sustainably recover from the ongoing effects of the coronavirus pandemic and possible repercussions of climate change, which is affecting agriculture and environment alike. The triumvirate of technology, service and training will go a long way in helping farming become carbon neutral and reducing the climate footprint of our operations in line with the

Leading to the gigantic problem of mental stress. This is a common phenomenon these days. The troubled residents are less aware of the related laws, and their rights and therefore are not able to do much about it except talk to a neighborhood residents association or a social worker, without any results. Most even don't know that sound pollution comes within the definition of air pollution under Indian laws and that there are appropriate provisions in the law to deal with such a problem. Historically it used to be only the loudspeakers at marriage, and religious or political events used to be the main villain. These days even the construction sites on every residential corner are a headache for the entire neighborhood for several years. It is not out of place to state here that the Indian laws, the enforcement agencies, the society at large, the religious communities, the business communities, everything, and everybody have failed to sensibly deal with the simple subject of sound pollution which has attained alarming proportions and dimensions across India. The gross immaturity and lack of sense of social, community and environmental responsibility are starkly evident from the above. Urban green spaces, forests and the climate change It has become evident that it is difficult to awaken humans who appear to be in deep sleep when it comes to the Forests and urban green spaces. Urban green spaces are being destroyed at an alarming rate with brutality. There is a general lack of awareness about the laws protecting the trees in urban spaces and complete insensitivity on behalf of the local bodies at the metro level towards the subject. Green spaces in urban areas are being rampantly snatched away for construction activity. The development plans of municipal corporations and other local bodies are tailor made, the rules twisted to suit the interests of the construction industry. Forest and wildlife are also at receiving end An increase in air pollution and rampant deforestation for commercial purposes has led to tremendous climate change including reduced rainfall which i

Educate the masses about the importance of the environment. We still continue to use plastic and thermocol this speaks a lot about how much we care about our environment. With some glamour and publicity attached to the recycling projects, environment related CSR projects are seen to be doing their bit but still at a very small scale. Effective regulatory institutions, appropriate compliance mechanisms, transparency in formulating laws, and stringent enforcement of such laws are the key needs of the hour. It is a tremendous task, and we don't even know how we are going to achieve it! Till now, India has witnessed several landmark cases which laid down great principles for the protection of environmental subjects. In The famous Ganga Water Pollution case, the Hon'ble Supreme Court of India stated the importance of certain provisions which protect our environment. Article 48 A also made sure that the State will take the right steps to protect and safeguard the wildlife of the country. The Hon'ble Supreme Court stated the importance of the Water Prevention and Control of Pollution Act, 1974 which helps maintain water quality. In this historic judgment of 1987, the Court said that Just like an industry which cannot pay minimum wages to its workers should not be allowed to exist, an industry which cannot set up a primary treatment plant should not be allowed to continue its existence. The above and several other landmark cases have upheld the principles of Polluter Pays and Absolute liability on the polluters and infringers of environmental laws. The Indian judiciary has till now attached extreme importance to environmental issues which are very heartening. However, there is an urgent need to completely revamp the umbrella law that is the Environment Protection Act and make the enabling and enforcement provisions sharper. In this context in 2014, the Subramanian Committee set up by the Ministry of Environment submitted its report with key recommendations including enacting a completely new umbrella law for the protection of the environment. The then national go

Last week Union home minister Amit Shah said, in these very columns, that for the Modi government national security is not a matter of politics. It is about putting Nation First. Our government cannot compromise with national security and integrity. The Making of New India, May 30, 2022. Yes, national security and integrity cannot be compromised with. Yet the government and BJP do not seem to recognise that religious intolerance and bigotry remain the biggest challenge to India national security and integrity. That it took diplomatic censure from strategically and economically important Gulf countries for BJP to take action against two spokespersons, whose appalling comments on TV and Twitter have been known for days, says everything about how much political discourse has coarsened in this country. That the MEA chose to describe these well known BJP figures as fringe elements adds an element of farce that nonetheless instructive, because it shows the bind Gol finds itself in. You cannot distance yourself from a mess by stretching the truth. And it a mess that did just happen over one fervid news TV debate or one unacceptable tweet. It a mess that been building for some time. Dangerously divisive rhetoric and state police actions and responses that would have been rare even a few years ago have become so frequent as to almost lose their power to shock. Shrill identity politics of all variety is not new in India. What is new is the relentless aggressiveness of the Hindu Right and what has been absent is any critique from central BJP or government leadership, even when some of this aggression turned particularly nasty. That lack of intervention has been the oxygen for right wing rhetorical fire, as well as an implicit green light for various official agencies to lose even the presence of neutrality. Bulldozing houses, slapping sedition charges on history professors and university students, evicting hawkers selling non vegetarian food, creating controversies out of halal meat and names venues, not to mention strange lower court receptions to this mosque is a temple pe

Can engender or wink at. Costs can outweigh benefits both domestically and internationally. Cold calculations, if not good sense, should force a BJP rethink. Recent political developments in Karnataka and Tamil Nadu offer insights on the complexities of coalition politics. In TN, C Ponnaiyan, organisation secretary of AIADMK, said that political ally BJP is trying to grow at the expense of his party. Soon after, leaders in both parties tried to paper over the cracks but the cracks will likely show again. In Karnataka, former chief minister HD Kumaraswamy of JD S claimed that he allowed his 14 month coalition government with Congress to crumble in 2019 on account of the mounting frustration in trying to manage the partnership. Durable political coalitions are infrequent in India. Among types of coalitions, ones between national parties and regional outfits are perhaps the hardest to manage. Take the case of the AIADMK and BJP. There a reasonable degree of congruence on key political issues, but that inevitably leads to at least partial overlap in terms of the social coalition they wish to stitch. An ambitious national party trying to expand its footprint will lead to frayed ties. The acrimonious fallout between BJP and Shiv Sena, long standing allies, was partly caused by clashing ambitions. The seemingly unwieldy coalition governments at the Centre between 1998 and 2014 were perhaps an aberration. Successful coalitions are also about partners reining in ambitions, something the Congress JD S in Karnataka did not do. The experience of political parties in these two states provides a sense of the scale of the challenge opposition parties have in trying to create a common platform to take on BJP in 2024 general election. However, if accommodation is hard to realise, Maharashtra provides an example of another kind of trigger to coalesce. The fear of being overrun by a juggernaut is the glue that binds the constituents of the improbable Maha Vikas Aghadi. The system of providing security to select public figures and VIPs is widely misunderstood and public scrutiny of i

Roadmap to self realisation is uncomplicated as it lays emphasis on performing one duties with sincerity and honesty while remembering God as the manifestation of the Mahanaam, divine name. There is no need to renounce worldly ties. One is only required to follow the path of moderation neither abstinence nor over indulgence as one anchors one life to God in the form of Mahanaam. It is the crystallisation of truth as it arises from the depth of each individual consciousness and has a pristine quality like sources of holy rivers. As one performs duties in the reverberating aura of the Mahanaam, the ego is swept away by its overpowering force. In such a state of surrender to a Divine drama that is enacted on the stage of human consciousness, desires, disappointments, sadness, attachments and human bondages, that are all subsets of the human ego, are washed away as one experiences the effects of Satchidanand. According to Dadaji, many of the rituals, rites and ceremonies that have become entrenched in life as part of customary religious practices are ostentatious and have nothing to do with human salvation. They propagate a culture that promotes a few and thrives on the weaknesses of many. To Dadaji, human suffering is directly connected with karma, action and prarabdh, destiny. Such sufferings cannot be diminished through rituals and one has to go through them with fortitude. However, we can insulate ourselves from the pain and anguish through the overpowering effect of Mahanaam on the aham, ego, which is the root cause of suffering. When you do your deeds in the name of God through the Mahanaam, you are automatically absolving yourself of the consequences of such deeds, according to Dadaji. You are so immersed in the Mahanaam that it, in a sense, anaesthetises the effects of joy, sorrow, pain, agony and ecstasy and attributes of pride, vanity, arrogance, despair and depression that stem from them. In that state, you are in the world and yet out of it as an instrument of Divine will and experience the bliss of surrender and Oneness with God as part of the larger pict

Vijay Kumar, murdered in broad daylight by a lone pistol packing gunman. To suggest that this has the Central Government worried and under pressure, and rightly so, would be an understatement, especially as the annual Amarnath Yatra is set to commence at the end of the month after a gap of two years thanks to the pandemic. As per the Union Territory Chief Secretary between 6 8 Lakh yatris are expected to make the pilgrimage this year, double the numbers of 2019. Given the numbers, duration and distances involved, their protection has always been a source of concern, which is likely to be further elevated this year, given the change in tactics adopted by the terrorists. As was to be expected mainstream media has already commenced pointing fingers at Pakistan Inter Services Intelligence and the jihadi groups that it supports and finances, for this uptick in violence, especially the targeting of minorities. That has how the Pakistani state has operated over the past three decades and expecting them to behave any differently may be just wishful thinking. This, despite the fact that the ceasefire on the LOC has been holding out as Pakistan finds itself in very difficult circumstances politically and economically. However, the truth of the matter is that this present situation is something that our security establishment, especially the army, have brought upon themselves. All theoretical teachings on the conduct of counter insurgency emphasise the point that insurgencies, unlike terrorism, are purely political movements. They can only be resolved through political solutions aimed at not just destroying the insurgent narrative, but more importantly, meeting the aspirations of the people. The task of the Security Forces is thus clearly cut out, requiring them to dominate and neutralise insurgent forces so that the violence perpetrated by them is reduced to levels that allow civil administration to carry out their routine functions. The incontrovertible fact is that insurgencies fade when they lose support of the people. Studies of the Jammu & Kashmir insurgency will reveal

I am rather struck by Qatar demand for an apology from India on what Nupur Sharma said in a debate. Perhaps Qatar does not watch Indian TV debates where two sides can get quite heated when opinions are expressed. Qatar s one English TV channel is pretty one sided no heated debates there. Even though it can be seen in India, I bet it cannot by Chinese in China. This brings me to my point of the stunning hypocrisy of some Arab States. China is countries that not only abuses Muslims but have taken away their right to pray, to honor the Prophet, or even say Names. It is a well known fact that nearly all Muslim states including Pakistan do business with China and happily consume their products. There have been no Twitter storms on putting millions of Muslims in reeducation camps to take the Islamic teachings out of them, or forcing them to eat pork and drink alcohol. It is even recorded that children are taken away from parents to become good communists. In short, China has blasphemed enough for the two plus billion Muslims to get really angry but not a word is said against it. Bilal Bhutto and Imran Khan can attack one Nippur Sharma and radical preachers can say Off with her head but no Muslim world leader I know of has demanded that China must give its Muslim population human rights and the right to follow Islam or they will stop doing business with it. In fact, China brings down mosques by the hundreds and builds malls, toilets and whatever they want on the sites, yet Qatar stays silent, but lectures India, where a Muslim political leader has openly said that if India would just remove its police force for 15 minutes, Muslims would kill thousands of Hindus. Last I heard he was still free to spew his hatred and try and divide Hindus and Muslims. There have been several hurtful and denigrating things said about Hindu Gods and Goddesses in India and abroad but I don t see Hindus reacting in violent ways or anyone having to get Z security because of it. As I write this thousands of people, some who I know off are being protected for life in various countries because of

As compared to men women are diagnosed with cervical cancer every year, and 60,078 of them die of this disease in the country, followed by breast cancer Global Burden of Disease Stud. These are worrying numbers more so as these are preventable. Digital technology and AI have the potential to bring a much-needed paradigm shift. Non-invasive screening tools for anemia and cancer can be used at community and primary health center level for mass screening. Mobile medical vans improve access to health care by bringing services to the doorstep. While the pandemic demonstrated the resilience of India public healthcare infrastructure, it highlighted existing gaps. Lessons from the recent past can be effectively leveraged to create a robust system, which can empower the women in our villages to live healthy and fulfilling lives. Indian agriculture stands as a pillar of the nation economy, supporting the livelihoods of millions. Reports suggest that, as of 2023, the sector employs almost 42 percent of people in the country. However, it faces formidable challenges that impede its progress and hinder the farmers prosperity. One of the greatest hurdles lies in the extensive harvest and post-harvest phases of India agricultural landscape. This is largely owing to inadequate access to reliable market information, absence of supply and demand forecasting, fragmented supply chains, scarcity of proper storage facilities, and the overwhelming presence of intermediaries who devour the farmers profits. However, solutions are on the horizon. While the lack of equipment and infrastructure undoubtedly hampers progress, we must not underestimate the critical importance of awareness and capacity-building among smallholder farmers. Empowering them with knowledge and training on post-harvest handling and storage techniques will prove pivotal in curbing food losses. Equipping farmers with skills in precise harvest timing, effective crop drying methods, moisture management, and safe storage practices will arm them with the tools needed to mitigate losses and protect their hard-earned yields. H

The immense potential for growth and profitability, they facilitate adopting modern practices, cutting-edge technologies, and innovative techniques. By integrating technology into farming practices, farmers can access advanced tools and methodologies that enhance productivity, optimize resource utilization, and reduce environmental impact. This transformation empowers farmers to maximize their farm income, expand their market reach, and secure a sustainable future for future generations. Building infrastructure Agriculture companies understand that farmers require more than just financial assistance they need access to knowledge, technology, credit, inputs, marketing channels, and value-addition opportunities. To address these needs, these companies forge strategic partnerships and business models that prioritize collaboration and mutual growth. Bringing together a network of experts, offers farmers valuable insights, training programs, and access to cutting-edge technologies. They facilitate credit and financial services, ensuring farmers have the necessary capital to invest in their operations. Furthermore, they connect farmers with reliable markets, enabling them to showcase their produce, negotiate fair prices, and engage in value addition activities that enhance the profitability of their products. Additionally these companies provide them scientific storage techniques and facilities which at times become the cornerstone for enhancing farmers credit profile as most of the Banks backed by such Collateral management companies extend healthy liability lines to such produce owners. These holistic services help empower farmers, foster sustainability, and create a thriving ecosystem that benefits all stakeholders. What does the future of agriculture look like? The possibilities are awe-inspiring. Despite its contribution to the gross domestic product GDP diminishing slightly, agriculture and allied sectors continue to exert influence, accounting for 20.2 percent of India gross value added GVA in 2020-21. The industry remains a reliable source of livelihood for a st

And the nation rejoices in the bountiful harvests that sustain its growth and prosperity. For centuries, religion has been an integral part of Indian society, and people have relied on religious institutions and practices to seek solace, guidance, and connect with the divine. However, with the rapid advancement of technology and the increasing penetration of the internet, the religious sector in India too has undergone a significant transformation in recent years. The emergence of faith-tech platforms and digital technologies have revolutionized the way people practice religion, access religious content and connect with their spiritual leaders and communities. The widespread use of smartphones and accessible internet connections have made it easier for devotees of all socioeconomic backgrounds to have a seamless spiritual experience virtually. The integration of faith and technology has not only enabled devotees to access a variety of services such as online astrology consultations, online dirhams, e-pujas, and e-donations to temples but also made worship more accessible to all. Here are some factors that have contributed to the evolution of the religious sector from offline to online in India: Internet Penetration: Internet penetration in India has increased rapidly in recent years, with over 700 million internet users in the country as of 2020. This has led to a significant increase in the number of people accessing online spiritual content and services. The availability of affordable data plans has further fueled this trend, making it easier for people to access online spiritual platforms even in remote areas and tier 3 & 4 cities Convenience: Online religious platforms offer the convenience of accessing spiritual content and services from anywhere, anytime, without the need to travel or adhere to specific timings. This is particularly beneficial for those with busy schedules, who live in remote areas or have physical limitations that make it difficult to attend physical religious events and stand in long exhausting queues. Online platforms, such as live stream

Working towards an inclusive and prosperous India. Our tradition is not tolerance, but respect and acceptance for all traditions. We respect and we accept all traditions as true. India's culture does not consider anybody as others. Arid Mohammed Khan also said, We should pay more attention to what the Prime Minister is repeatedly saying and what the RSS chief is repeatedly saying that we want our tradition of inclusiveness to be strengthened. Nobody is to be excluded. That is our cultural heritage. We need to strengthen that. Perhaps instead of criticising India, the Gulf Nations should learn from India. As for their hypocritical handling of China, I can only add The World is neither blind or deaf. Their silence on China is deafening, and it is certainly not helping the Uighurs, but then it seems their criticism is only for democracies. Autocratic nations love their mirror image, even when it goes against their faith. Army to sustain itself along the this put the Government in a spot as it was then unable to follow through fully on the steps that it had initiated. 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 phys

Such success not only gives more joy but also increases self confidence. At the end of the day democracy can hardly be expected to flourish if the government is fearful of de notifying the territory as a Disturbed Area, which would have led to withdrawal of the Armed Forces Special Powers Act, and its natural corollary, the withdrawal of the army from internal security duties. This was an extremely critical step that needed to have been taken as the insurgency had lost support of the masses that had, had enough and were focused on receiving the fruits of development and seeing a drastic improvement in their quality of life. While there was still some truth to the apprehensions expressed by the army, they were certainly not to the extent made out. 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 gy

Interestingly, this phenomenon is not just restricted to Jammu and Kashmir, but just as applicable in the North East. There is no denying the fact that vested interests, within the political bureaucratic security establishment utilise AFSPA to keep the Army in situ, thereby ensuring that the status quo remains, with all the perks and privileges that it provides due to the prevailing lack of accountability. As to whether the military leadership is complicit or has had wool pulled over its eyes, is another matter. Indeed, while the situation has taken a turn for the worse, there is still an opportunity for the Central Government to take corrective measures. For a start it needs to remove AFSPA from the hinterland and keep it only along five odd kilometers of the IB LOC. Leaving aside a few Rashtriya Rifles units for dealing with contingencies that may be beyond the capabilities of the Police and CAPF, remainder Rashtriya Rifles must be rationalised and employed in the Counter Infiltration role along the IB LOC, as was done in Punjab. 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 to 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

Use it is time for Mr. Mode to consider other avenues as well or all that was gained by his fearless and well thought out action will be lost as the region once again descends into paroxysm of violence. We live in an increasingly dangerous world. Old power structures are waning and new ones emerging. Countries are jockeying for influence. As suggested by the number of foreign dignitaries visiting New Delhi to seek its support, India, with its large population, will inevitably be a player in this new Great Game. In this fraught external environment, national unity is immensely important as outside powers will be looking for internal divisions to exploit. Unfortunately, our ever present divisions based on religion, caste and language are re asserting themselves today. In part, the causes of this divisiveness are economic. When the overall economic pie is not growing fast enough according to JP Morgan, our real GDP is still 6 7 below the pre pandemic path and jobs are scarce, positive sum games that grow the pie turn into zero sum adversarial games where every leader strives for a bigger share of the pie for their community. This can already be seen in the increasing job reservations for locals in various states. And, of course, governing party politicians seek to deflect from their economic underperformance by raising issues of identity that distract people from their lived reality. The biennial 2022 Environmental Performance Index EPI recently released its cross country ranking of 180 countries using 40 performance indicators. India ranks last. However, the report methodology has found complete acceptance in India as it uses data from multiple sources, including government data, but does not generally accept information directly from governments. Notwithstanding the peculiarities associated with the report, it does have useful insights. The most important ones are that the ranking does not accurately reflect India performance, and in indicators such as air quality it a reminder of the need for urgent action. Reports such as EPI need to be seen in the light of two a

Consumption in 2019 for air conditioning was just 25 of the world average of 272 kWh. This gap will narrow with growth and its environmental impact can be disproportionately smaller with the newest technology. EPI also shows that India performance on air quality is abysmal. That why Go promulgated an ordinance in 2020 as it needed immediate attention. Pollution Control Board data shows that poor air quality is mainly on account of post harvest practices in agriculture and natural causes. Their solutions lie within. For instance, not all farmers burn stubble to clear fields. Where stubble has an economic value and hence a market, it is not burnt. Governments can compress coordination timelines to link farmers to a relevant market. Cost effective solutions to reduce the impact of natural causes such as dust need attention right away. Finally, rethinking the role of public transport is indispensable. In another step towards indigenisation of military platforms, the defence ministry has given the initial approval to projects worth Rs 76,390 crore. This includes the construction of eight next generation corvettes for the navy, procurement of wheeled armored fighting vehicles, and the manufacture of Dornier aircraft and Sukhoi 30 MKI aero engines by Hindustan Aeronautics Limited. All the proposed capital acquisition will be under the Buy and Make Indian rubric. The thrust on indigenisation was overdue. The war in Ukraine has starkly brought home the reality that India is too dependent on foreign defence imports, particularly from Russia. With at least over 50 of India overall military assets of Russian make, New Delhi has been forced to walk a diplomatic tightrope on the conflict. Plus, the performance of Russian military platforms in the war has been poor, with a large number of armored fighting vehicles breaking down. Thus, India has to get out of this position where its foreign policy is constricted and a large part of its military arsenal may not deliver desired results. That said, indigenisation has to be done smartly. For the proposed construction of the eight ind

Emergence both on how the controversy broke and what impact it may have. What does the Nupur Naveen episode tell BJP in Congress, a Mani Shankar Aiyar can make remarks that cost the party? But BJP is not like Congress. It is a highly structured organisation. It brainstorms information and arguments spokespersons should present. So, how did a national spokesperson and the head of the BJP Delhi media cell say what they did? Which came first, the chicken or the egg? Which came first, India as a nation, or India as a Constitution, India as an ageless civilisation or India as a political invention? That was the crux of the debate that Congress leader Rahul Gandhi had at a recent event in London with an Indian civil service officer, Siddhartha Verma, who is on a Cambridge scholarship. Taking exception to Rahul's statement that India is not a nation but a Union of States, a political construct, which was formed 75 years ago, Verma retorted that it is not a Constitution which makes a nation, but a nation which frames a Constitution, and cited ancient scriptural texts as evidence that a civilisational India existed much before a political India. The verbal sparring match was another bout in the ongoing contention between a political opposition which espouses a secular, pluralist state as guaranteed by the Constitution, and those who champion the concept of a cultural nationalism, bedrocked on age-old religious precept and practice, which is the shibboleth of right-wing Hindustan. Far from being the last word on the subject, the argument between Rahul and Verma will further fuel the ongoing contestation about India's true identity, whether it is a modern republic founded on a secular Constitution, or a cultural continuum born in the womb of untold millennia. India is often likened to an elephant, large, patiently lumbering, long-lived and unique unto itself. It is also the elephant in the old parable of the blindfolded men who tried to describe the animal through the sense of touch and could come to no agreement, because one of them felt the trunk, another the tail, and another the four legs.

So the point is, look deeper into things. People may use the same words, but they don't use them with the same meaning. Listen to the meaning rather than only listening to the words. If all you listen to is the words you will never understand people. Our words come from the intellect, from the personality, which has often become so fake that we don't mean what we say. Communication has become a social etiquette it doesn't really come from our heart or our being. Scientists tell us that words carry bio electric energy, so the depth of meaning is proportionate to the depth of the speaker. If the speaker is a sincere and heart oriented person, he will speak few words with profound meaning, and convey everything through his body language, his eyes, his warmth and through facial expressions. You will be naturally drawn to this person. And how that will be helpful in your own inner growth, one may ask. The next step, which makes this meditation complete, is supplied by Oslo this will be very helpful for your own inner growth and observing your own change of gears. Just watch people. It is easier to watch people than to watch yourself, in the beginning, because people are more objective, and there is a little distance between you and them. And you can be more objective about people because you are not involved in them. Just watch. When somebody is saying something, listen to his face, to his eyes, to his being, to the gestures, and you will be simply surprised how, up to now, you have lived only with words. A person may be saying, I love you and his eyes may be simply denying it. A person may be smiling with his lips and his eyes may be ridiculing you, rejecting you. A person may be saying Hello and holding your hand, and his whole being may be condemning you. This is the language behind the language. Let everybody who comes to you be an experiment in awareness. Then, by and by, you will be able to watch yourself. Direct the entire flood of your own life energy upon yourself and try the same technique when you say to somebody I love you, listen to what you really are saying, n

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 Ishan, Pollard, and to an extent the captain really backfired. Joffra 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 Bumrah in the bowling. They should have retained Boult. There was no dreaded spinner in the lineup. Sums 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 lea

G A Kulkarni, V P Kale, and many more in this list. We had musical geniuses like Put Bisen Joshi, Late 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 is 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

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 Sena and Maharashtra have done the same. Not to be left behind the factionalism plagued BJP in Rajasthan has also followed suit. Read also Shiv Sena MLAs check into Malady resort ahead of RS elections despite legislative devices like whips and the Raja Sabah vote not held by secret ballot, a party not being able to trust their legislators is 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. The pandemic years, 2020 and 2021, accelerated climate action and the world rallied around Net Zero. Corporates and nations competed to announce their Net Zero pledges. This rush of eco consciousness has now left us with over 700 companies, including a fifth of the world largest 2000 public companies, and over 120 nations representing nearly 50 of global GDP with Net Zero pledges ranging in timeline from 2025 to 2070. At COP26, India has announced its commitment to become net zero by 2070. Large Indian companies, nearly 30 of them, were quick to join the net zero movement with varying timelines. So far so good. Now, how are we going to get there we need to under

Possible in traditional settings and can therefore enhance the overall religious experience for individuals across age-groups and segments Over the past few years, there has been a significant evolution in the way religion is practiced in India, with a growing number of people turning to online platforms to connect with their faith. This shift has been driven by a number of factors, including technological advancements, changing societal attitudes, and the sheer convenience of online platforms. The growing acceptance and adoption of faith-tech platforms for religious practices have transformed the way people perceive and engage with religion in India, thereby creating new avenues for spiritual exploration and growth. In recent years, the concept of green and sustainable living has gained significant attention worldwide, and India is no exception. As one of the fastest-growing economies and the most populous country in the world, India faces unique challenges in terms of environmental sustainability. Rapid urbanization, increasing energy demands, and the need for affordable housing have led to a re-evaluation of traditional real estate practices. Consequently, the real estate industry in India is witnessing a paradigm shift towards green and sustainable homes, making them the future of real estate in the country. Green buildings may save up to 30% of energy and 50% of water, according to studies. With a focus on reducing greenhouse gas emissions, improving energy efficiency, and adopting renewable energy sources, the country is actively working towards a greener and more sustainable future. In line with this vision, the real estate sector has embraced the concept of green homes as a key driver of change. Green and sustainable homes in India go beyond mere energy efficiency. They incorporate innovative design elements, sustainable materials, and advanced technologies to reduce environmental impact and enhance the quality of life for residents. These homes prioritize the use of renewable energy sources such as solar power and wind energy, reducing dependence on fossi

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

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 establish

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 sai

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 o

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 to be a good source of iodine as long as the

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 Lok Sabha 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

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 s

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 Thackeray 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 junglefication 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 marry

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 spiri

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 trad

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 cor

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 Sena 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

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 SC

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 pare

Fluctuations in currency exchange rates can also affect the cost of education for Indian students studying internationally. Parents need access to informed counselling services that provide comprehensive information on scholarships, grants, and other financial aids available to students. Sound financial advice can assist parents in making informed decisions, enabling them to optimize their savings, investments, and loan options effectively. This guidance empowers parents to navigate the intricate landscape of education finance with confidence and ease. Systematic Approach to Saving One of the biggest challenges that parents face is budgeting for their children education. Many parents are unsure about how much they need to save and how often they should invest. Traditional saving methods like fixed deposits and savings accounts may not keep up with the rising cost of education. Therefore, investing in instruments that can sustain inflation, such as equity mutual funds and SIPs, can help parents earn better returns. Monthly investment is another way in which parents can accumulate a significant amount of money over time, which can be used to pay for their child education. The evolution of fintech has transformed various sectors, and education planning is no exception. Today there are technology-enabled tools dedicated to education planning that serve as a game-changer for parents. They offer holistic financial planning through a range of tools and services, including counselling, education scholarship, and loans. This helps parents create a budget for their children education based on their income and expenses. Regular monitoring of investments, tracking of expenses, and personalized counseling can empower parents to make the right financial decisions for their children education. With the rapid advancement of digital tools and platforms, technology has revolutionized the way educational institutions, students, and parents approach planning for educational journeys. Today while penning down this heartfelt letter, I can help but feel how we should celebrate and car

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 r

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

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

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 i

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. The answer is the 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

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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 it. 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

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 i

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 cossetting, 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

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 Jinping 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 medi

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 majoritarianism. 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

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 respe

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 operatio

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

Is positive thinking an inherent characteristic of a person or can it 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 a specific tendon or muscle can improve the elasticity of muscles, which in turn

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, th

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 majoritarianism. 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

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 counter

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. Th

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 t

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 jo

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

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 tele medicine system, and not just bring it out of cold storage during emergencies. A regularly utilised tele 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

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 pl

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 ecosys

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 financi

Encouraging trained Tibetan healthcare professionals to volunteer in nearby Indian hospitals. Serving an interconnected Himalayan world As documented in Gluck Pal sang film Prayers Answered 2009, following the Dalai Lama visit to Tutu and with his personal encouragement, a group of village students were enrolled in the neighboring Tibetan Children Village school. The children are culturally Tibetan and Muslim, and the school provides resources for both those parts of their identity to flourish. The TCV formerly, the Nursery for Tibetan Refugee Children was founded in 1960 to care for orphaned Tibetan children and those who had been separated from their families. It now comprises a network of eight residential schools and four day schools across India, as well as youth hostels, colleges, and vocational centers. It serves 16,726 children, a large number among who come from the Himalayan states in India and neighboring countries. Many like historian Side Wahid have lauded the success of the TCV model of schooling, and advocated it for the wider Himalaya. The Tibetan community in exile has also helped preserve Buddhist heritage, inter faith harmony, and wisdom traditions across the Himalaya. The Dalai Lama personal presence, his philosophy of secular ethics, and his patronage and encouragement of organizations on the ground have enhanced the material wellbeing, self-esteem, and cultural pride of Himalayan peoples be they Buddhist, Hindu, or Muslim. In these parts of the country, gratitude and reverence for the Dalai Lama have flown organically and reciprocally for centuries before the rupture caused by his exile. In the six decades since, his unifying role among Himalayan Buddhist communities is widely recognised India first deputy prime minister Sardar Vallabhai Patel had written to Prime Minister Nehru of India responsibility towards the Tibetan people in 1950: The tragedy of it is that the Tibetans put faith in us; they chose to be guided by us; and we have been unable to get them out of the meshes of Chinese diplomacy or Chinese malevolence. From the 1950s onwards

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 E

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 election

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 Cov 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

India has long been reputed for its entrepreneurial spirit. The country has forged 100 unicorns; beyond those, over 63 million micro, small and medium enterprises provide employment to hundreds of millions of workers across sectors. And, in the past few years, the country has witnessed the emergence of a new type of micro entrepreneur: the content creator. Think travel bloggers, comedians, foodies and even Virat Kohli, minus the cricket bat. These digital age, creatively oriented entrepreneurs known as creators are participating in the passion economy, through which they can share their skills and personality as monetizable brands. Creators reach their audience through a platform, like YouTube or Integral, while often but not always marketing themselves on social media channels. In the last ten years, the passion economy has swelled to over \$100 billion globally, creating significant value for creators, platforms and other players. In India, content consumption on passion economy platforms within one year of the pandemic, as lockdowns pushed users online and compelled many workers to find new sources of income. In a world that increasingly relies on social media, every online interaction presents an opportunity for companies and advertisers, who now see social commerce as a key part of their marketing strategy. They are tapping into the power of consumers finding ideas, products and entertainment through people they know or admire. Meanwhile, those who create content relish the flexibility not available in traditional corporate jobs. Above all, it has become sustainable with comprehensive benefits and lucrative pay, in some cases to convert a passion into profit. Indian users crave content In India, a confluence of factors have created a massive and growing audience that constitutes a huge demand for content. Network coverage has improved and gotten cheaper starting at less than \$2 per month thanks to deep telecom penetration and substantial industry changes. The rapid adoption of online connectivity among India 1.2 billion phone subscribers occurred alongside the

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

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 imagi

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

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 parti

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 Affa

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 Ministers 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 visi

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

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't see films for certification! Commoners watch. He was unaware of Adipurush as he was busy shooting for the Vaccine War !! Then, what does the Censor Board do? Let's understand India film certification law. The Cinematograph Act, 1952 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.

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

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 Indo 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 disrupti

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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

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 Depa

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

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

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't 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 dimens

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

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

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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,

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 ultima

A payment technology that could make trading with the yet to be released BRICS currency easier. Suspected Agenda of China Reports suggest that China is using BRICS as a weapon in its quest to dethrone the U.S. dollar as the global reserve currency. The Chinese government is said to be eyeing for the U.S. dollar collapse with BRICS is believed to be the stepping stone to turn the idea into a reality. However, the other three countries India, Brazil, and South Africa seem to be skeptical about the prospects of China dominating the world. They fear that Xi Jinxing could impose his vision of the global order, when the new currency appears on the international stage. Recent reports indicate that India gross domestic product GDP touched US \$ 3.75 trillion by FY23 and is well poised to reach the US \$ 5 trillion mark by March 2026 if it sustains a growth rate of 6.5 7 percent in coming years. Its GDP was US \$ 2.2 trillion in March 2015 and it then embarked on its growth despite the massive pandemic crisis. In August 2013, Morgan Stanley classified Turkey, Brazil, India, South Africa, and Indonesia as Fragile five countries struggling to grow. But India not only emerged out of the fragile group of economies but has now become the 5th largest economy in the world. It was the 10th largest economy in 2014 15. Now India surpassed France, Brazil, Italy, Russia and the UK to elevate to 5th rank. Indian economy now is on a firm footing, well poised to be the 3rd largest economy soon, latest by 2030. India growth reflects its resilience and potentiality when many economies in the world are struggling to fight the slowdown triggered by the pandemic and geopolitical risks. It will be interesting to look at some of its growth drivers in recent years that propelled GDP to the current levels. Though it is difficult to collate all policy interventions and reforms initiated in the last decade, some strategic differentiators could be brought together to look at how India could grow when many are trailing. Structural reforms: The Make in India initiative was launched in September 2014 as p

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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

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

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 professi

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't 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

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 comm

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, o

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 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. 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 so

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 over and nervous parents may assume similar characteristics when they grow up. Psychologists, therefore, prescribe a code of conduct for parent behavior in front of their children. They must exude confidence, self 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. Stream doing challenging tenures with Infantry. Brave heart like Man Naveen, Capt. Kengruese, Capt. Vijyant Thapar and others have proved this concept. Certainly, officers are no less patriotic. Unfortunately, despite political concurrence, the proposal was buried between North and South blocks. It is time to institute organic cadre for the lines of Coast Guard. To foster a whole of nation approach, modified Todd scheme should be piloted by common induction through Army, both at officers and jawan ranks. Initially, the proposal can be applied to border guarding like Borders security Force BSF, IndoTibetan Border Police and Armed Reserve. Later, it can be extended to others. The assurance and hype of Corporates waiting to lap up, Todd released lot, needs to be proved by them, by absorbing reskilled soldier s of vocational institutions like Army ITI Tambala, Pathankot and others. At one stage, corporates were given offers for customising training programmers, linked with assured placement obligation. Unfortunately, response to all such initiatives has been lukewarm. One is reminded of tenure in Nagaland, where disappointed aspirants for government jobs, joined self styled Nag a armies. The major beneficiary of this scheme would be private security age cites, as they will get a younger and better trained workfor

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 wh

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 is 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 is around 1,031 and 532 per million in Australia and Germany, respectively. However, there are other reasons why it is 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 is important for Govt and state governments to double down on public messaging about Covid protocols. Concurrently, there is a need for a renewed push on vaccination. The booster uptake 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 is unwise because India has used a rapid rollout of vaccination as an effective strategy to normalise, as compared to China's self-defeating zero Covid.

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

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

Chain technology, creating a risk of fraud or theft. One of the most significant advantages of using block chain technology for furniture purchases in the metaverse is its ability to create verifiable ownership. Block chain technology creates a permanent record of the transaction and ownership, ensuring that all parties involved can access this information whenever they wish. This creates a secure and decentralized way of managing virtual assets. It prevents the possibility of virtual assets being stolen, duplicated, or lost, and enables users to trade and sell virtual assets with the same security that is available to those trading real-world assets. In conclusion, block chain technology is transforming the way furniture purchases are made in the metaverse, creating a more secure, decentralized, and transparent way to transact. It offers users a range of advantages, including lower fees, secure transactions, and verifiable ownership. With the growing popularity of the metaverse, we can expect to see more users using block chain technology to purchase virtual goods, including furniture for virtual homes. As the world becomes increasingly digitized, it can be difficult for older adults to keep up with modern technology expectations. However, the benefits of staying current with technology are numerous, especially for older adults. It can help them live more independently, stay connected with loved ones, and even improve their cognitive health. It is important to acknowledge that adapting to modern technology can be daunting for anyone, regardless of their age. However, it is important to remember that there are resources available to help older adults learn and practice new technology skills. New age companies dedicated to the older adults as their audience, offer a variety of classes taught by knowledgeable peer instructors who can help older adults learn the ins and outs of modern technology. Additionally, many companies, organizations, and community centers offer courses and workshops to help older adults adapt to modern technology. Why do it now? One of the mos

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 like Amazon Alexa 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

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 Vasishth 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 re-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 Vasishth* 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 *the 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 Vasishth*, 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 Vasishth, 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's burden, somewhat, and show him the light. In the process, we, too, get glimpses of w

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 interve

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Mohammed Shami a good length in today cricket is a thing of uncertainty. Not to batsmen as it used to be, but to the bowlers. It can turn a bowler into a menace or a novice because batsmen practicing range-hitting find it easy to line-up length balls. There are few as good at it as those from the Caribbean. But, with a little bit of nip or some extra bounce from the surface, this batsmen-bowler dynamic can revert to the traditional. All it requires is a little patch of grass in the right position, or sometimes even a foot-mark or a crack. Little else about fast bowling is as intricately dependent on the nature of the pitch as a ball on a good length. Not the Yorker obviously, and not even the bouncer which requires more from the body than the turf. This zone was best exploited by the likes of Glenn McGrath, Vernon Philander, and Ryan Harris in the past. You can add Mohammed Shami to that list from those going around today. On Thursday, both Jason Holder and Kemar Roach showed early that there was something on this Old Trafford pitch in that area. Particularly running in from the Brian Statham end. Four of the five wickets the duo picked came from this end. Jasprit Bumrah would later pick up his first wicket (Braithwaite nicking behind), after changing over to the Statham end, and then one more next ball (Fabian Allen LBW by one nipping in). It was from this end that Shami launched India s attack and he did it take long to find his spot. It was in the quintessential Shami zone, where his real threat comes through. His upright seam is most useful when there is help off that length, breaking the ball in or out. The skids pace gets exaggerated with the batsman unsure how to line the ball up. The line when just outside off threatens edges, stumps, pads and more. In his first over, Shami had Gayle edging one inside and then beat him on the outside. Then, he had go on to have Sunil Ambries playing off the inside half of his bat, hit him on the thigh and generally make him look all at sea. It was also from this end that Shia Hope creamed a boundary off that Shami length.

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 programmes 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 child

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

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 programmes that offer mentoring, guidance, and information. These programmes 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 programme 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 programme 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 strate

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

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Delineated a few key steps that nonprofits can take when working with migrants. Interventions along the source destination corridor The corridor approach is cognisant of the entire process and experience of migration from the source to the destination, which helps identify the opportunities and challenges faced by the migrating worker, their family, and the larger community in both contexts. Interventions that cover both source and destination regions have a larger impact compared to interventions that cover only one of them. The corridor approach helps facilitate interstate coordination and seamless access to services for the workers and their family members. This works well when an organisation has a presence at both the source and destination regions or through collaborations between organisations at the source and destination areas. For example, Aajeevika Bureau a nonprofit that works in Rajasthan, Surat, Ahmedabad, and Mumbai is able to cater to workers who move from rural Rajasthan to destinations such as Udaipur, Ahmedabad, or Mumbai. Gram Visas and CMID have been working together on a source destination safe migration programmer. When workers from Odessa Kalahandi district were unable to return to Kerala for work, Gram Visas was able to bring migrants from different villages together and obtain travel insurances for them. On being informed about the migrants needs by Gram Visas, CMID identified potential formal employment opportunities for the workers who were arriving. It also provided a vehicle for their travel from Odessa to Kerala, and the workers were tested for COVID 19 on arrival. Additionally, the workers were provided the requisite support to open bank accounts. If there was ever a grievance, it was addressed through synergistic efforts. Build the programmer on evidence Evidence informed interventions can substantially improve the programmer response by ensuring better target efficiency and impact. In source areas, understanding the level of migration, differential migration rates by ethnicity, and the expectations of the workers can facilitate th

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. T

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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 o

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 an

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-

The weekend brought disturbing images of incessant rain in north Indian states, floods and landslides leaving behind a mud and sludge trail of destruction and debris. Himachal Pradesh, Punjab and Delhi are seeing devastation caused by sudden and huge downpours, turning scenic landscapes into battered battlefields, inhabitants attempting to be resilient. The continuous downpours have shattered the relative peace and quiet of Himachal valleys. Rivers rage unrestrained engulfing communities and roadways. Communities that inhabit these areas, battered yet unbroken, face this treacherous situation with unshakable strength and compassion. The breadbasket of India, Punjab, is now a picture of soggy fields and crushed hopes. Farmers are in despair. Flooded housing societies in Chandigarh and Panchkula are yet another reminder something has gone terribly wrong somewhere. In Delhi transformation of streets into canals has disrupted the city everyday rhythm. Renowned for its adaptability, it tries to rise to the occasion, residents offering a helping hand and refuge to those forced out by their localities and houses getting flooded. Climate Change unleashes torrential fury the extreme weather is a sobering reminder of the need to address climate change and its wide-ranging effects. Heavy downpour events have become more frequent and intense over the past several years. There will be more severe downpours and longer showers because the atmosphere will store more moisture due to the rise in Earth temperature caused by greenhouse gas emissions reports have made it amply clear, showing evidence of a warmer climate leading to these extreme weather events. These extreme precipitation events impact communities, particularly those that are marginalised in our society, and they often are at the receiving ends of devastating floods, landslides, and other forms of destruction caused by a rapidly changing climate. It is a stark warning that urgent action is necessary to stop the causes of climate change, reduce greenhouse gas emissions, and prepare for the new normal of more regular and

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've 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 boys 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 Jinping in Tamil Nadu. As I noted several years ago in this post, formal does not have to be heav

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 down 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

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 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. 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't 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 o

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 to 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 alt

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

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 shar

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 losco 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 currenc

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 site

Viswanathan Amanda Vishy or the new prodigy Rameshbabu Praggananandhaa 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. Gol 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. Gol PLFS puts joblessness at 4.6 for June 2021. CMIE April 2022 data says the rate is 7.4. Even when Gol data for 2022 comes, the gap won change much. Youth unemployment estimates between CMIE and Gol show even wider gaps. Although the period of survey and the age groups covered are not the same, it striking that unemployment in Gol 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, in

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 e

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's 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

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 re

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 the

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

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 truttred 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 bohuruppee 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 extra

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 partness. 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

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, Satyarth Prakash, Dayananda wrote that idolatry is adharm. Ins it blasphemous from the perspective of millions of Hindu devotees Should Satyarth Pra

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 s

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 softwa

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

Easily opt for a job in the Fitch sector. Against this backdrop, let take a look at how technology intersects with different industries and business domains Fitch In the finch segment, companies have been using new age technologies to bolster their offerings. For instance, finance domains like broking, banking, lending, investment, digital payments, crypto, and insurance have been using Cloud Computing, Artificial Intelligence, Machine Learning, and Block chain to provide secure and seamless financial services. These finch solutions further integrate their solutions for seamless operations in the logistics, healthcare, gaming, and manufacturing sectors. Detach The Detach showcases an increased demand for tech talent and programmers. In fact, the need for Cloud technology experts is over 50 among startups and large businesses. Simultaneously, the demand for web based tech talent is approximately 25 in startups and 10 in MNCs and other companies. Healthtech With the use of technology such as artificial intelligence and machine learning, the healthcare industry is developing new and improved methods for identifying the disease, diagnosing ailments, and providing effective treatment. They are gradually making surgical processes and emergency care more efficient. The use of advanced technologies further enables healthcare organizations to manage the continuously increasing demand seamlessly. Aristech By deploying technology, the Aristech segment is attracting investments. It is aimed at revolutionizing the sector. The emerging verticals in the segment like digital agriculture, market linkage, better access to inputs, and farming as a service (Fas) are witnessing a boost in stakeholders. Logitech Using tech enabled solutions has contributed to continuous growth in the logistics sector. This has opened new employment opportunities for professionals adept in IT and its encompassing technologies. Non tech enterprises and FMCG the demand for tech talent in non tech enterprises has increased. For instance, companies like HUL have been hiring professionals with expertise in B

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,

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 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

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 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. 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, im

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

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 trend

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 ri

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

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 to 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 pursu

Violent protests erupted in parts of India Hindi speaking belt against Gol 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, Gol 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, Gol needs to quickly design a more effective package to help demobilised Agni

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 Blirstown 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

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

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

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've 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's day and age. By virtue of this, innovation is taking place at a rapid scale and new trends are emerging on a daily basis. In fact, to such a great extent that it's difficult to keep track. Therefore, with my experience of 10 years in this industry, I've 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 Instagram 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

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,

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 senio

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 squar

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

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't 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.

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 gro

Destroyed, modified, or lost. It remains safe. Therefore, Deify streamlines acquisitions, enhances investor confidence, and lowers costs. Conclusion Deify and real estate could together explore many more possibilities. The technology is evolving at a rapid pace, and owners and investors can benefit significantly from the innovations in the space. If traditional financial institutions welcome decentralized alternatives, Deify can truly change the face of the real estate industry. Investors of all categories can create a diversified portfolio and maximise returns. The industry could see disruptions like peer to peer mortgages verified on block chain replacing traditional financing, fractional ownership REITs denominated in crypto increasing accessibility, and tenants paying rent in tokens.

Meta Description: The integrated ecosystem of 5G and Iota has the capability to transform the fortunes of businesses provided these new technologies are synergistically combined with each other.

Integrating 5G and Iota: What do numbers say Sample the following statistics and you all instantly realize the enormous potential that the integration of 5G technology in Iota devices offers: According to Cisco, a total of 500 billion Iota devices will be integrated with 5G technology in near future. This number includes sensors, actuators, scanners, and medical devices among others. Another credible name in the IT industry, Ericsson AB has predicted that by the end of 2022, a total of 550 million 5G subscribers will be part of the latest iteration of mobile broadband. The report further reveals that 5G integration in Iota devices will witness an unprecedented rise in the next couple of years. Asia Pacific will become the second fastest growing hub of the 5G network and account for approximately 10% of the global subscribers base. This revolution in the customer segment will also spill over to the industrial sector and catalyze the adoption of 5G in Iota devices. What are Iota and 5G technology The prospects of 5G technology and its implications for Iota devices have been a matter of profou

Important strategic and tactical decisions related to organisations. Take, for instance, the use of IOT devices in the Healthcare Sector. Today, a wide variety of customer data in hospitals, health centres, infirmaries, etc is recorded on IOT 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 IOT Complementary forces now all the data collection and aggregation can be done more efficiently if IOT 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, IOT 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 IOT devices to realise their full potential. In terms of benefits for specific industries, 5G technology and IOT 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 IOT 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 IOT devices in the healthcare sector. In the education sector

Is positive thinking an inherent characteristic of a person or can 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 specific tendon or muscle can improve the elasticity of muscles, which in turn helps in

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 Gol 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

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 Gol did well to offer a onetime waiver on age, it would have been better to have a credible pathway for lateral entry into paramilitary f

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 t

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 ameliora

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 o

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 inf

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 source

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 don

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 an

The study also found obesity to be a major risk factor for diabetes among adolescents. Research shows that urban adolescents are more likely to suffer from NCDs than rural adolescents, mainly due to lifestyle factors such as physical inactivity, unhealthy diets, and excessive screen time. Adolescents from lower socio economic groups are also at a higher risk of NCDs, as they have limited access to healthcare services, education, and information on healthy lifestyles. Therefore, it is crucial to intervene when children are in the early adolescent years so that healthy habit formation and lifestyles for the future can be encouraged. In 2011, based on the school education model for tobacco control, we developed a two year school based programmer for diabetes awareness and prevention. Through a network of teachers and student peer leaders, the programmer aimed to educate 11 14 year olds about the benefits of increasing physical activity and improving dietary intake. We used peer led group discussions as well as age appropriate, compelling games and activities to teach adolescents good lifestyle habits. For example, the game of snakes and ladders was used in classrooms to explain the difference between healthy and unhealthy dietary choices, with a bag of chips depicted by a naked and eating fruits and vegetables represented by a ladder. We realised though that it was first important to build awareness among teachers in schools. For this, we worked with various partners such as CINI and SRU Innovations to conduct workshops and learning sessions about NCDs with teachers. The teachers were encouraged to carry out these games with children in classrooms, and integrate the messaging of healthy eating habits and physical activity through their teaching. 3. Collaborate with multiple stakeholders In order to enable the prevention of NCDs in a country as large as India, programmers must be designed keeping scale in mind. A gamut of knowledge, research, and learning already exists in the form of public and private organizations that work on NCD screening, prevention, and managem

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

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 70 recruits 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

Former Army Chief has pointed out four advantages of the scheme. First, the 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 referenc

Career in the Armed Forces attractive on the basis of life time employment offered by two or three secondments 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 Sista, 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 responsib

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 mid 1990s, 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 Pakistan that is natural because they were forced to unhinge themselves from their roots and had to struggle a lot before destiny smiled on some

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 Pakistan Now 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 re

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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 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 Chhamb-Jaurian 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 sector? I feel Chhamb should

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 jeeps 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 recru

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 d

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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 fo

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 t

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 e

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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 w

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His visit, India and Vietnam signed a Joint Vision Statement on India Vietnam Defence Partnership towards 2030, to enhance the scope and scale of existing defence cooperation, and also inked a Memorandum of Understanding Moue on Mutual Logistics Support. India is the first country with which Vietnam has made such an agreement. There has been a substantial follow up action for strengthening of relations with 1234 countries. On the side lines of the Special 1234 India Foreign Ministers Meeting, External Affairs Minister, Jaishankar had a series of bilateral engagements with his counterparts from Brunei, Indonesia, Malaysia, Singapore, Thailand and Vietnam and signed several agreements. India and Brunei agreed that cooperation in the fields of trade and investment, hydrocarbons and petrochemicals, space, agriculture and pharmaceuticals should be further strengthened. With Indonesia, India signed an agreement on exemption from visa requirement for holders of diplomatic and official service passports and a Moue between the Narcotics Control Bureau NCB of India and National Narcotics Board of Indonesia on combating illicit trafficking in Narcotic Drugs, Psychotropic Substances and their Precursors. India and Indonesia decided to impart fresh momentum to the relations with focus on economic and trade ties including in sectors such as palm oil and hydrocarbons. India and Singapore agreed on the need to give the relationship a new impetus for further growth through greater ministerial level engagements. India and Vietnam exchanged an Moue on cyber security between CERT In, Ministry of Electronics and Information Technology, India and VNCERT, Ministry of Information and Communications, Vietnam, was exchanged. India is focusing greater attention to 1234 not merely to enhance trade but to achieve the objectives of IPOI and this relationship has emerged as the key pillar of the Indian foreign policy. The need for greater strategic and economic coordination between 1234 and India cannot be underestimated. The India 1234 relations rest on two pillars 1234 as an important strateg

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't 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 percent

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

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

An inherent of a person orkut oneday 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. Still some others hold some extent but can be to some degree. There is also a section of people, who that all depends on or luck. We need to adopt find to the. No onemore can get even after efforts, nor can one fail has for. For some per cent marks is success, for others it may not be sufficient. A mental faculty, that beliee. It can be playing a major roletace this quality of and child. A child, who watches his hard, having faith in success through their words, and likely to develop a similar attitude. The children of and may assume when they grow up a code of conduct for in front of their There is no for a child than his come out of a tough by such success not only gives more joy but also or muscle can improve uscles, which in turn helps in tone. There are of and it should be every. It not only helps your which is, but it can also body this reduce stress, and much more. One of the benefits of is that it. Being has its own as it not only your day to day but can also help delay the that comes with aging a regular basis can help You cannot either go for static or as they both are it comes to the motion to the or type of is more can not only help heal an existing back injury but can also back pain by your risk for muscle strain and back muscles. All the go to the gym know how can be prior to exercise in the gym can help Not the only gym, but it can also help you improve your in dance or an It is only that your get tense when you because the iodine in milk so breastmilk tends be a. To protect their smart homes. Multiple Apps Are Required To Control Smart Homes One of the intriguing myths around smart homes revolves around the need for multiple apps to control the house. While this is true that a few smart home solutions need people to download third party apps to acquire control of the house. It is equally significant for th

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, 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 ar

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 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. 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 perfec

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 to 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 as

A good length in today cricket is a thing of uncertainty. Not to batsmen as it used to be, but to the bowlers. It can turn a bowler into a menace or a novice because batsmen practicing range hitting find it easy to line up length balls. There are few as good at it as those from the Caribbean. But, with a little bit of nip or some extra bounce from the surface, this batsmen bowler dynamic can revert to the traditional. All it requires is a little patch of grass in the right position, or sometimes even a foot mark or a crack. Little else about fast bowling is as intricately dependent on the nature of the pitch as a ball on a good length. Not the Yorker obviously, and not even the bouncer which requires more from the body than the turf. This zone was best exploited by the likes of Glenn McGrath, Vernon Philander, and Ryan Harris in the past. You can add Mohammed Shami to that list from those going around today. On Thursday, both Jason Holder and Kemar Roach showed early that there was something on this Old Trafford pitch in that area. Particularly running in from the Brian Statham end. Four of the five wickets the duo picked came from this end. Jasprit Bumrah would later pick up his first wicket (Braithwaite nicking behind), after changing over to the Statham end, and then one more next ball (Fabian Allen LBW by one nipping in). It was from this end that Shami launched India s attack and his did not take long to find his spot. It was in the quintessential Shami zone, where his real threat comes through. His upright seam is most useful when there s help off that length, breaking the ball in or out. The skiddy pace gets exaggerated with the batsman unsure how to line the ball up. The line when just outside off threatens edges, stumps, pads and more. In his first over, Shami had Gayle edging one inside and then beat him on the outside. Then, he had goes on to have Sunil Ambris playing off the inside half of his bat, hit him on the thigh and generally make him look all at sea. It was also from this end that Shai Hope creamed a boundary off that Shami length. Typically su

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 wor

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 sty

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

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

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. G

Be yours for sure. I hear this quite often and heard this again just last week, My Gmail account has become a mess and I think I should abandon this one and create a new one. It a common sight you get too many useless emails every day adding to the already accumulated several unread emails. You start losing important emails in that daily tsunami. Also, the thus far benevolent Google must already be coaxing you to buy a plan as you are inching if not footing towards the free account storage limit 15 GB. Creating a new Google account may appear a quick fix but is not a good idea for the long term. If you have multiple email addresses for single purpose, you will create an overhead of tracking several of them. It also a great inconvenience to your audience when you have too many email addresses. Also, if you keep one of your accounts inactive, Google will eventually try to free the resource by scrapping your account. But at the same time cleaning up your Gmail account would look like a Herculean effort. And if you are looking for that Alpheus River to clean your Augean stables, read on. Let do this in two parts. In the first part, I will offer you simple steps to clean your Gmail account. In the second part, I will recommend a method that will ensure that you won clutter your account, in the first place. Part A How to clean your Gmail account Google account comes with multiple Apps, such as Gmail, Google Drive, Photos, etc., and respective storages. All those storages are added up to check the upper cap of the disk space offered in the free Google account. Making your account spotlessly clean may not be required. Instead, we will try to get maximum returns on your investment of time. The first step will be to take the stock of the situation and understand how much space each app is using. Use this link and scroll down and look at your usage. You might be even surprised by the results. You may like to prioritize based on what app needs the most attention. We will focus on cleaning your Gmail account in this post and reserve the rest of the Apps for the later ones. 2.

And stop at a stage where the list is too long to process and salvage worthwhile space. Let use the other criterion now. 5. Look for a sender from who you are getting or had got several emails and you are sure that you don needs those emails anymore. Typically, these are newsletters sort of mails. Grab the email address of the sender and enter it in the search bar along with the from keyword, for example, from newsletter hatch. The filtered results will have all the emails from that sender. In a typical situation, results may run into several pages and Gmail would show 1 to 50 of many, in despair How to select all the emails across these pages to delete is a question. There is a way. You will need to do it in 2 steps. A Select the check box in the menu above inbox. That will select all the emails on the page. As soon as they are selected, you will see a hyperlink Select all conversations that match this search just below the checkbox. b Go ahead and click on the hyperlink. Once Gmail confirms that it has selected all of them, you will start smelling the victory and will click on the delete button on the Gmail toolbar. Give confirmation to Gmail for deleting. Phew A big burden off Go back to your mails to look for the next senders and continue deleting in the bulk. Part How to process emails to not to accumulate too many emails our strategy here is to keep count of your unread emails to zero. Yes, you are hearing it right Zero You should process your emails as regularly as possible. Of course, I am not advising you to watch for every notification, but the idea is to not let the number of emails grow to such a size that you need a big time slot to clear them, which you will never get anyway. Please note that what I am advising here is to process the emails and not doing related work. Make a quick first pass for deleting those emails that you don even want to open. You need to take a clear and hard decision here. Gmail offers a delete icon right on each mail item when you hover on it. Click on the delete button to delete a particular item. If you are regularly deleti

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't 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

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 artific

Gol 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't be 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 adverse

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, Gol 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, Gol 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 enou

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

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 commun

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. Bajar and Juar 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 night

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. Aspersion, accusations, 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

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 rat

Growing relations with the United States, Japan and Australia has led to the resolve of Quad Quadrilateral Security Dialogue to address the strategic and economic challenge posed by China in the Indo-Pacific Region. Security threat posed by China at her border and in the neighbourhood would always be India priority while engaging at multilateral forums. This makes the Western and Democratic countries India partners of choice at the international level. The upswing in India defence engagements with the is a testimony to India prioritising its national security over balanced multilateral commitments, it is opined. Then, as a major power in the Indian Ocean Region, India has also diversified its relations with the Middle East, particularly the Gulf countries and the African countries. The recent plurilateral initiatives involving the Middle Eastern countries, the India, Israel, the United States, and the and India, Saudi Arabia, the and the are aimed at boosting connectivity between the Middle East and South Asia to counter China. Multilateral engagements are important for India. However, with China overbearing presence in the groupings such as the and the India is likely to strengthen its engagements with the forums and mechanisms countering China, as India stands to gain little from the current state of the and dominated by China. In my early years, I lived in Jaipur. Other than a Santander Road, which appeared in my address, I did not hear or care much about roads. At 8, when I moved to my hometown Rishikesh, I found that the city had two perpendicular roads that defined the main boundary of the city. One was Hardwar Road, and the other was Dehradun Road. Hardwar Road took you to Hardwar, and Dehradun Road took you to Dehradun. But as a kid who thought about things that did need to be thought about, I often thought about why neither Dehradun nor Hardwar has a Rishikesh Road. In fact, there were so many people not half as many as now who came to Rishikesh from so many cities, including those two cities, but none of their cities had a road named Rishikesh Road. While

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 infection

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

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 wo

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 ever

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

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

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 perform

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

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

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't know and can't 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 not get an opportunity to be in touch with the restaurant and does not 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 play a major role in 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 a hygienic environment is very expensive, but most people tend to forget the fact that not maintaining a hygienic environment is e

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 impact 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,

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 resili

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 t

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 ex

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 to 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's routine day psyche. The opinions differ in this vital question. Some people believe that can be side from parents, and cannot believe. Others believe that like other qualities it can be 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 the

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 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 a

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

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

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

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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 ver

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't shy 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 day

Being able to produce and detect sound in an environment where light penetrates only a few hundred metres 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 Kashm

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 land 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 arr

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 cha

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 Farooq Abdullah and former diplomat and Bengal governor Gopalkrishna Gandhi turned down offers to become the opposition nominee. Although governing BJP 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't match their ambitions. For, many opposition parties are in direct contest with the Congress in state polls. This is true for Trinamool Congress, BSP, Akali Dal, TDP and even the Left. In fact, TDP, BJP, BSP, Akali Dal and YSRCP stayed away from selecting a united opposition presidential poll candidate. But an anti-BJP bloc without Congress does not work either. After all, Congress still has the second largest number of members in the country after BJP. Therefore, the only way a united opposition can pose a serious political challenge to BJP today is if Congress starts winning in north and west India. These are reg

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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 Farooq Abdullah and former diplomat and Bengal governor Gopal Krishna Gandhi turned down offers to become the opposition nominee. Although governing BJP 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't match their ambitions. For, many opposition parties are in direct contest with the Congress in state polls. This is true for Trinamool Congress, BSP, Akali Dal, TDP and even the Left. In fact, TDP, BJP, BSP, Akali Dal and YSRCP stayed away from selecting a united opposition presidential poll candidate. But an anti-BJP bloc without Congress does not work either. After all, Congress still has the second largest number of members in the country after BJP. Therefore, the only way a united opposition can pose a serious political challenge to BJP today is if Congress starts winning in north and west India. These are reg

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. Leade

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 pace of 6.4 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 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 m

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

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 & Ors 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 Rajya Sabha election in accordance with article 54 and 80(4) respectively. The parliament has a remedy of joint sitting of Lok Sabha and Rajya Sabha to resolve disagreement between the two in respect of non money bills. There is no such provision for the two houses of state legisla

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 c

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

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

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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 t

The state of mind where someone hospital plan pushes their limits and has the belief of self right from the very beginning is known as confidence. The freedom from ever doubting your actions is what confidence is all about. Friend this is the role key to success. If a person has complete confidence in his own capacity they he or she has already won half the battle. We see people taken in schools, colleges and work places who have got a lot success due to being active, more forward and more confident with their decision. This is what makes them stand out from the cored. But when it comes to a person how cannot trust or believe in you. Successes hard to get. They become more prone to failure. They also find it super hard to get back on their feet can carry on. On the other hand a pad that has confidence gets to enjoy success and all the press that come along with that state of mind one of them being that even a v very difficult job seems to be less of problem then it is. Back on their feet and carry on. On the other and a pew who has condition to enjoy success and all the perks that come along with that state of mind. One of them being that even a very difficult job seems to be less of a problem then it is secondly it helps you face your failure and learn from it. For such a person, this is a lesson to learn and grow. It helps you to issue ride believe that you will excel and improve in your next attempt. If you lack this ability there is high challenge. It is hard for such people to take a stand. They are most likely tube very big challenge. It is hard for such people to take a stand. They are must likely to be taken for granted. I once you start being confident on one can stop you reaching great height s in your life. The state of mind where someone pushes their limits and has belief of sleight from the very beginning is known as confidence. The freedom from ever doubting your actions is what confidence is all about. Friend this is the sleek to success if a person has complete confidence in his own capacity then he or she has already. Won half the battle. We see p

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 speaki

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 mammogr

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 writ

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

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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 neighbourhood & 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. In 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's 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

Guests of honor of the central government, who are empowered to clear central budgets for promoting tourism in the state, then what hope is there for anyone within the state We all have experienced altered bowel habits like constipation, diarrhea, abdominal cramps, etc. but with few medications or rest or fasting, we get relief and move on. But mind if the symptoms persist and if you notice blood in stools, this could be an alarm to get a fecal occult blood test or a Colonoscopy done to rule out colonic neoplastic. Colorectal Colon and Rectum cancer CRC is the third most common cancer in males and the second in females. The loss of health due to the cancer and or the consequence of the treatment may result in psychophysical, functional and social impairment; all of these affect health related quality of life If we have risk factors like lack of physical activity, low fiber high diet, obesity, excessive alcohol consumption, family history of Colon cancer, inflammatory bowel disease Ulcerative colitis Cohn disease or Genetic syndromes like Familial adenomatous polyposis or hereditary non polyposis colorectal cancer Lynch syndrome, early screening to catch at earlier stage helps, because it could begin as non cancerous polyps with no symptoms and easily removed with endoscopic surgery. Type of common CRC is Adenocarcinoma with grades like mild, moderate severe depending on various morphological factors, but also other tumors can occur uncommonly like Lymphomas, Carcinoids, Sarcomas, GIST Gastrointestinal stromal tumors. etc. In the present era CRC are 100 Preventable, Treatable, and beatable if picked up early due to enhanced Diagnostic capabilities with molecular genetics available to remotest areas. Hereditary syndromes can be diagnosed with IHC or FISH MSI H, MSH2, MMR, APC Protein truncation etc. Also, our Radiological modalities like CT, MRI, PETSCAN can pick up smallest possible tumor. Staging is done with respect to TNM, which means status of Tumor, Nodes and spread to distant organs Metastasis . The health of patient will depend on the stage, the treatment mo

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

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

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, 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 on

Stretching a 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 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. 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

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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

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 to 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. As 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 embra

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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 thei

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 Shinde 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, Shinde 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 Shinde 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 Rs 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

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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 st

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 Di

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 learni

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 Jinping spoke about win win cooperation and the need to reject Cold War mentality, Prime Minister Narendra Modi 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

Did not provide any credible intelligence and launched operations. History provides several examples of such incidents resulting in surprises 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 Schem, Retour Pooch, and Cargill underlined three attacks by the Pak Army on Schem 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. Ther

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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

Surprises can be ruled out. For improvement in the system, it is necessary to identify the shortcomings clearly and plug them. Studying past battles and operations can help leaders both civil and military understand their responsibilities and the negative role of cognitive rigidity? Hence, our past operations should be studied without prejudices, in the word of Michael Howard, not to make us cleverer for the next time, but instead to help make manoeuvre leaders wise forever. Is positive thinking an inherent characteristic of a person or can it 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,

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't 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, commu

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 crimin

And with activists and lawyers from the community to determine how they want to make meaning of the data that is generated. The knowledge that is produced corroborates and validates what oppressed communities already know. But it also becomes a medium through which we center their voices and a weapon to fight intergenerational criminalisation. The act of generating and documenting data and evidence that challenges the casteist status quo is an act of reclaiming and telling one own stories. One of the key UN sustainable development goals SDG 2030 aims to reduce global poverty level at least by half the proportion of men, women, and children of all ages living in poverty in all its dimensions according to national definitions. Accordingly, like many economies intending to achieve SDG poverty goals, the public policy of India has also been well aligned meticulously to alleviate poverty gradually in all its forms to foster better living conditions for people in all its 771 districts, 28 states, and 8 union territories. The effectiveness of poverty reduction policies has to be studied from time to time to intervene and reform to be well on track to achieve the SDG targets. Now the poverty level assessment has been undertaken by Nitti Aayog to enable policy interventions and to increase rigor in the implementation of policies. It collaborated with a host of Indian and global institutions to undertake the study and evolve metrics of poverty measurement. As far as the Indian entity is concerned, it collaborated with the National Family Health Survey NFHS. It is a large scale, multi round survey conducted in a representative sample of households throughout India. Three rounds of surveys have been conducted since the first survey in 1992 93. The NFHS survey provided state and national information for India on fertility, infant and child mortality, the practice of family planning, maternal and child health, reproductive health, nutrition, anemia, and quality of health and family planning services. Each successive round of the NFHS survey has had two specific goals a to provi

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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

Warning bells for today crisis in Shiv Sena were ringing for over two years. It not that Sena 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 mantras slogan, and for its Hindustan. The Maharashtra community that nurtured Sena 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 Sena to dump Balasaheb Thackeray legacy. Now that a seismic shock has struck, Sena is unlikely 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

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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 Gol to set aside more. Two changes will help the cause of excavations. Gol 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 jo

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

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 princip

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 thei

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

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, se

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 par

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't 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

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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 g

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 a

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 Mughal 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

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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

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 Agharabad 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 Sali

This place, Baba Banda Singh Abrader and his 18 companions remained imprisoned under a strict surveillance from 1st 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 establishe

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A good length in today's cricket is a thing of uncertainty. Not to batsmen as it used to be, but to the bowlers. It can turn a bowler into a menace or a novice because batsmen practicing range hitting find it easy to line up length balls. There are few as good at it as those from the Caribbean. But, with a little bit of nip or some extra bounce from the surface, this batsmen bowler dynamic can revert to the traditional. All it requires is a little patch of grass in the right position, or sometimes even a foot mark or a crack. Little else about fast bowling is as intricately dependent on the nature of the pitch as a ball on a good length. Not the Yorker obviously, and not even the bouncer which requires more from the body than the turf. This zone was best exploited by the likes of Glenn McGrath, Vernon Philander, Ryan Harris in the past. You can add Mohammed Shami to that list from those going around today. On Thursday, both Jason Holder and Kemar Roach showed early that there was something on this Old Trafford pitch in that area. Particularly running in from the Brian Statham end. Four of the five wickets the duo picked came from this end. Jasprit Bumrah would later pick up his first wicket Braithwaite nicking behind, after changing over to the Statham end, and then one more next ball Fabian Allen LBW by one nipping in. It was from this end that Shami launched India's attack and he didn't take long to find his spot. It was in the quintessential Shami zone, where his real threat comes through. His upright seam is most useful when there help off that length, breaking the ball in or out. The skiddy pace gets exaggerated with the batsman unsure how to line the ball up. The line when just outside off threatens both edges, stumps, pads and more. In his first over, Shami had Gayle edging one inside and then beat him on the outside. Then, he'd go on to have Sunil Ambris playing off the inside half of his bat, hit him on the thigh and generally make him look all at sea. It was also from this end that Shai Hope creamed a boundary off that Shami length. Typically such a sh

Significantly in the current scenario. In the Indian context, the EdTech sector is expected to surpass all growth estimates and will reach the \$10 billion mark soon. For a sector witnessing consistent growth, it is crucial to focus on connecting with the customers from a marketing perspective and this article will help us know why. Dispersing positive news about EdTech as a concept The EdTech organizations must ensure that the end consumer knows and understands the benefits of their services, and how they are revolutionizing the entire education system. Consumers should be aware of EdTech companies' key messaging to carry forward the legacy of the education sector. Although the format and mode of learning have changed from offline to online, the ultimate goal remains the same. The role of social media in building customer connect Various sectors, including EdTech, have been leveraging YouTube as one of their biggest marketing platforms to drive awareness around their offerings and target the right customers. However, they should also include other social media platforms like Facebook, Instagram and Twitter in their marketing strategies. These channels will not only help EdTech players keep customers updated about new courses, subjects, teachers or content but also serve as a medium for customer relationship management CRM, and, therefore, stay more connected to their end-users. From an entrepreneur's perspective, it saves a lot of time and money. In addition, the use of social networking sites allows you to reach a much wider group of customers than using traditional methods, especially when promoting EdTech companies. Activating internal communication channels, sharing feedback, and building employee value and trust help integrate a brand with social media customer service standards. Pinpointing the shortcomings of conventional teaching methods EdTech is also addressing multiple pain points of the traditional education system. For instance, personalized coaching, 24/7 access, lesser evaluation time and an extensive content pool. India has followed the conventional

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 kn

Structure is stripped to its main function, achieved by using carefully selected materials, simple forms, plain, and neutral colours, as well as reducing ornamentation to achieve true class and elegance. It is important to note that such pieces of functional simplicity turn out all too well in a display of true sophistication, not achieved by doing too much, but by doing the most important in the most stylish and classy way. The new outlook and prospects for India's housing industry India is famous for traditional designs, replete with ornamentation and opulence. This culture of ornamentation largely reflects on the architecture where the maxim has remained, the grander, the better. But a lot is changing today, as more architects and homeowners are beginning to adopt simpler and classier designs, a monochromatic colour palette and a light interior. The need for non-vital and non-functional household items is becoming increasingly irrelevant. Post-pandemic lifestyle changes and the work-from-home culture also mean more people are spending more time at home, requiring dedicated space to work, and generally enjoying the ambience. This is one factor that's promoting the rise of minimalism in India, experts say. Furthermore, minimalism is helping more Indians lose some of the traditional burdens of exterior and interior designs. The future is a minimalist design and living a clutter-free life. It is becoming clearer with evolving trends that minimalist architecture holds the key to elegance and sophistication. Rather than have contrasting elements interplaying in one structure, the perfect blend of simplicity and functionality has shown that one doesn't need so much to do so well. A look at the patterns, shapes, neutral colours, and the design elements of minimalist structures across India and beyond reveals this sophistication because the emphasis is on the structure and not on any embellishment. The future is certainly looking promising for minimalist architects. Experts say it is not exactly a function of limitation, but of choice. However, being minimalist can free

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 avata

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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 mark

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 P

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Has been taken to be in the position in the world. India capacity for priority diseases including national diagnostic capacity for defined core tests and capacity for testing during public health has been found to be second to none. However India has fared poorly on the related indicator of supply chains. With a rank of its and the ability to scale up transport and testing systems during seem to fall short. Similarly, on case based the ability to and treat or isolate with it has been ranked at 47th. However, for real time and reporting, India has fared with a rank. Yet within the India has stumbled the most on data and indicator with a lowly rank of 95. This poor coverage and, data integration, issues of privacy and of health data, and data sharing with countries. India was ranked in workforce, again a mediocre outcome. Against the need for trained every year, India has merely over in the country today. Health category a paradox at 56th rank, India appears to be placed well in this category given its large, low per capita income and gaps. However, on a closer look at such as such as access to primary level health services and a for the right to medical care, its abysmal rank is clearly a bottom of the heap. On the other hand and it has also exhibited world class efficiency within this category by way of ranking first on indicators such as with workers during a public health and control and of. India ranks on medical and also depicts its resilience in a public health. Has a mixed record in Norm category while the overall rank denotes a poor for norms category, there are positives too. For instance, India has emerged among the best on such as ranked and to Sharing of Genetic Data ranked. Yet, it is rather to find that on a somewhat similar indicator of cross border agreements on public health and animal health emergency response, it is ranked alongside the India has well on indicators such as for and rank and Health and Risk rank. Mediocre in Risk and most wanting in Respond categories Although India has delivered mediocre in the risk category with an overall rank o

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 s

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 li

For presidency, some but not all of it adds up to more than First Santhal Woman President. In India as we get more mired in identity and sub identity politics, candidates in many parts of the country just become a stand in for their caste groupings. But at the level of the presidency all of that becomes symbolic. One cannot say the tenure of Ram Nath Kovind as President helped the cause of Dalit empowerment in India. Nor did Pratibha Patil term advance the rights of women. It is unfair to put the weight of tribal advancement on one Droupadi Murmu shoulders. It is not her responsibility to make right historical wrongs. Nor is her nomination reparations for the same. But it is an opportunity for many Indians to take stock of their attitude towards Adivasis. In her book Whole Numbers and Half Truths, Rukmini S writes a four state survey showed upper caste Indians tend to think the lack of educational and income attainments of SC ST Adivasi groups was really a lack of effort although many in the same groups believed they themselves needed state assistance. She also writes about interviewing the family of an adivasi farmer in Madhya Pradesh who died waiting to sell wheat in a seven day line at a government procurement center. The family served tea and gave her freshly harvested sweet potatoes. On the way back a local journalist who had accompanied her asked their driver to stop at the nearest tea stall. He admitted he had pretended to be fasting at the farmer home because as a Brahmin he could not bear to eat or drink at the Adivasi home. Now Rashtrapati Bhavan might become an Adivasi home. But in the paeans and think pieces around that, let not lose sight of Droupadi Murmu herself. The Shiv Sena dissidence conundrum is not nearing any solution. The ranks of the dissidents are swelling day by day creating great excitement for opposition politicians in the state as well as TV anchors parked outside Radisson Blue hotel in Guwahati. But in all this drama, most politicians and the media together have battered out of shape the poor anti defection law, creating a lot of conf

Party in the house, he or she is liable to be disqualified. But the law carved out two exceptions under which a member could escape disqualification. One exception was in relation to a split in the original political party, resulting in one third of the legislators moving out and forming a separate group. In such a situation that group was not liable to be disqualified. But because this exception was greatly misused by politicians remember the ayaram gayram culture, it was later removed by Parliament through an amendment. Even the first condition for a split, namely, that it has to occur in the original political party was ignored and the split in the legislature wing alone came to be counted. The second exception is with regard to merger. Under it, if a political party merges with another political party and two thirds of its legislators agree to such merger, they will not be disqualified. This is the exception which has been misused in all cases of defection that occurred during the past eight years or so. As had happened in the case of split, here too, the members take notice of only the number. They started acting on the assumption that all that is required under the law is for them to secure the two third number and move out of their party. In all such cases, the Speakers who determine the defection cases, have, for obvious reasons, supported them. As it happened, all those legislators straightaway joined the ruling party. However, Para 4 of the 10th Schedule which contains this exception makes one thing clear. The merger shall be deemed to have taken place in the original political party only if not less than two thirds of the legislators agree to such a merger. The law is also clear on the point that the merger has to first take place between two original political parties. If no such merger takes place, the exception does not become applicable. However, in a recent judgment of Bombay High Court in Girish Chodankar vs Hon Speaker Goa legislative assembly, it was held that the merger of two third of members of a legislature party with another party shall be

Be one member or it may be all the members. Of course, it is subject to the exception of merger. The anti defection law was enacted not to facilitate defection but to eliminate it. This is one cardinal fact which the legislators and the political class as a whole seem to have forgotten. That is the lesson the Maharashtra developments teach us once again If one is to look back in the past decade or so, the rapidity with which transformation has touched upon the Indian logistics sector is simply mind boggling, to say the least. Thanks to the constant integration of standardized and upgraded technology, we have been keeping up successfully with the change that the sector is witnessing globally. By 2025 India logistics market is anticipated to hit the 380 Ban Dollar mark with a of 7 8 per cent. Its contribution to the country GDP stands at a stunning 14.4 per cent, which is much higher than the contrasting global average of 8. A slew of technological advancements coupled with government backed initiatives to strengthen the road and infrastructure of the country has provided the much needed thrust to developments in logistics. Unnecessary costs have been trimmed downed significantly and logistic service providers now have the opportunity to empower their customers by providing them with customised solutions. Such advancements have led to more investments being poured into the sector and have helped it emerge as one of the key sources of employment generation. Consequently, an improved and robust logistic sphere brings about global trade integration, optimal use of national transport assets, better competitive exports, and low import costs. To begin with, the sheer magnanimity of scale at which the government is functioning to improve transportation in India is commendable. It projects a sanguine future for the logistics industry in India. The PM Gati Shakti yojana a 7 pronged project is nothing less than a breather to the transportation networks of India that had debilitated from years of poor upkeep and low maintenance. A multi modal promise to improve roadways, highw

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Up looking to the wider adoption of up for making electronic payments that are currently linked to bank accounts, the scope will now be widened to link it with credit cards. It will be a breakthrough reform as the customer cannot presently use the credit card on goes by using up for petty payments as easily as using a digital wallet. In order to begin permitting linking of debit cards, repay credit cards will be allowed. Once the nice puts the ecosystem in place, repay credit card holders can link them to up and can use it for all purposes. It will increase user convenience and card issuers will be benefited with higher utilization of credit limits. It will be another strategic initiative to widen the use of up app for retail payments. Other credit card holders may also get the facility in due course. Looking to the popularity of e mandates on cards for recurring payments with additional factor authentication at the time of initiating mandate, the limit is raised. The existing limit for such e mandates is rs. 5000 mandates which will now be raised to rs.15000 to automatically make payments for periodical commitments. This will further improve the culture of using digital means to settle payments. The regulatory measures will be instrumental in enlarging scope of digital connect. Banks need to invest on cyber security as more and more products are put on up increasing its sensitivity. As the world gradually unfolds to the post pandemic era, it is becoming increasingly difficult for students to pace up with the rapidly demanding education scenario. About two years ago, when the covid 19 pandemic brought the entire world to a standstill, we all got accustomed to a new lifestyle of living. The hustle bustle of everyday life came to a halt and people started adopting the approach of working from home. The lifestyle for students across different age groups was no different, they got conditioned to the digital ways of learning, which opened an all new horizon for their learning experience. Everything got digitalized and the travel time to school also become null, owing t

Young students In this scenario, it is imperative for parents and relatives to not put any undue pressure on the students, or else it will only end up hampering their personal as well professional growth and wellbeing. What are some common signs and symptoms of stress among students some of the commonly noticed signs and symptoms of stress among students include physical symptoms such as irregular bowel movements, getting sick frequently, involuntary shaking or twitching, change in eating habits, changing in sleeping habits, nausea, fatigue, constant headache, and nail biting. Emotional and cognitive symptoms such as chronic worrying, impaired concentration, anxious feelings or thoughts, trouble with remembering things, restlessness, reduced desire for activities, and anxious feelings and thoughts. How can students manage stress progressively do not know where to start from here are some tips and tricks for students to manage stress and pressure in the post pandemic era. Take a pause and breathe! We understand that life feels like a complete race at this age when you are constantly working hard to meet your personal goals and ace your educational ambitions. However, do not be too harsh on yourself while trying to make the ends meet. Always make time to take a pause and spend time with yourself and your loved ones. Time management is the key studies show that one of the main root causes behind students undergoing stress is because of not being able to keep up with their to do list! In this case, time management is the key to peace and happiness. Try to follow a pre defined routine that makes time for studies as well as leisure activities. And most importantly, dont cheat on yourself while sticking to your routine. Confront the stress factor there is no point in living your life in oblivion. So, one of the best ways to manage stress is to identify and confront the stress factor. Try to discuss with your parents about what is bothering you and follow an open minded approach to find a solution for your problem. Treat yourself for little joys life is all about celebrat

India had seen such a mammoth rally. And ram Lila ground was jam packed to hear the likes of jayaprakash Narayan jpg, chary kriplani, korari decay, atlas behari Vajpayee, chandrasekhar and many more. People were reaching the venue on ditch buses to cycles and even on foot. Those were the days when nobody thought metro rail will ever be a reality in Delhi. That was a rally against the alleged autocratic rule of Mrs. Indira Gandhi government. After India stunning victory over Pakistan in 1971 war, Mrs. Gandhi became a changed person. Ken govind acharya rightly says that the story of the emergency did not begin on june 25 1975, when it was imposed. It started after Indira Gandhi as prime minister won the Bangladesh war after sweeping the general election against the grand anti congress alliance. The slogan of garb hate was extremely catchy and, in early 1972, she was being likened to the goddess drug. It goes without saying that the victory went to her head and within a couple of years, her son sandal Gandhi also started playing a dominant role in politics to help his mother and also to carve out a place for himself. This led to the lumpenization of the congress. And crowd at the ram Lila ground cheered veteran of 1942 quit India movement jpg when he thunderously recited armchair Singh dinar evocative poetry singhasan khaki kayo key junta await hair. Those were the heady days as Indira Gandhi was found guilty of violating electoral laws by the Allahabad high court. Jpg called mars Gandhi to resign, and advocated a program of social transformation which he termed sampoorna karate total revolution. Instead Mrs. Gandhi proclaimed an emergency on the midnight of june 25, 1975. In his very spirited speech despite his ill health, jpg had asked the military and the police to disregard unconstitutional and immoral orders of the government. Bop leader arum jitney used to recall the events that unfolded after the rally which he attended and organised with his above friends. After attending the ram Lila ground rally i came back to my Narayan home late in the evening. I was at t

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Jai parkas nearing, korari decay, choudhury chairman Singh, atlas behari Vajpayee, like. Advent had been arrested. The police station in timarpur nearby Delhi University was the center of this activity. All the detained leaders had been taken there and transferred to specific jails in Haryana and Delhi. Meanwhile, arum jitney along with his co above workers reached Delhi university campus by about 10.00am to organize a protest. This was the only protest against the emergency which took place that day in the whole country. An effigy was burned by them in protest. The news of the protest attracted a large number of policemen to the Delhi university campus. The declaration of emergency under article 352 of the constitution was accompanied by a notification under article 359 wherein fundamental rights under articles were suspended. All the newspapers were subjected to pre censorship. A representative of the censoring authority sat in the office of every newspaper and news agency. No news critical of the government could be published. The right to oppose the government was taken away. No protests were allowed anywhere in the country. The Supreme Court in perhaps the worst amongst the post independence judgments, in the habeas corpus case, ruled that even though political detainees have been illegally detained, they have no right to approach the court and seek relief. The government took the position that even if a detainee was killed, the court could not be approached. And again going back to ram Lila ground, it has witnessed many momentous political rallies, public felicitation functions as well as condolence meetings in the past. When the freedom struggle was on, Gandhi jig, pt. Nehru, sadder Patel, maulana azad and other top leaders of freedom struggle addressed largely attended rallies here. A very interesting anecdote is associated with Mohammad ali jinnah with this very ground too. It is said that when he was addressing a rally organized by the Muslim league in 1945, some people sitting close to make shift stage started shouting, maulana jinnah zindabad. Hearing

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. 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 hea

Leadership in Southern Asia and the 5th ranking among lower middle income countries, India is in an optimal position to push towards more equitable International Health Reforms IHR and Sustainable Development Goals. In the current flavor of the month controversy, a storm has been stirred by the controversial remarks of Among Lila Raghu, a monk from the International Society for Krishna Consciousness. His interpretation of the teachings of revered spiritual leaders Ramakrishna Paramhansa and Swami Vivekananda has sparked a heated debate, igniting a firestorm of criticism and backlash. The crux of the controversy lies in the claim that Raghu has taken the words of these esteemed figures out of context, distorting their teachings to fit his narrative. This is not a trivial matter. The teachings of Sri Ramakrishna Paramhansa and Swami Vivekananda have guided millions on their spiritual journeys, their words serving as a beacon of wisdom and enlightenment. It is thus essential to correct any misunderstanding. One of the highlights of this controversy is the misunderstanding in interpreting the phrase Joto mot toot Path, a Bengali aphorism that translates to as many opinions as many paths. This phrase is a testament to Ramakrishna belief in the universality of different practices. Ramakrishna never said, All religions are true. He said that all religions are valid paths to God Head. In essence, Sri Ramakrishna taught that any religious practice if undertaken with devotion. God would correct any errors that a particular approach may have. He held the conviction that all religions, in their myriad forms and practices, ultimately lead to the same destination the realization of God. In the face of Among Lila Raghu controversial remarks, it is crucial to revisit and reaffirm the essence of Ramakrishna teachings. His message of religious tolerance and understanding is not just a historical footnote but a guiding principle that is profoundly relevant in our contemporary world. As religious differences continue to sow discord and division, Ramakrishna words serve as a beacon, r

And starvation. The rest were steeped in depression due to the Pagan culture read Hinduism they inherited from their forefathers. Bruisers and other European scholars left no stone unturned to reveal the dark, evil, and profoundly sullen religion Hinduism was compared to elitist Christianity. The youth of India were in dire need of motivation and strength, both physically and mentally. In this context, Vivekananda emphasized the importance of physical strength and activity, including playing football. Taking this particular quote out of context is unfortunate as it is overtly evident in every one of his lectures which spoke about the greatness of Hinduism, including the Gita. It may be remembered that Swami Vivekananda had the guts to talk about Hinduism and Gita in a foreign land, sometimes in front of hostile listeners. When somebody asked Swami Vivekananda why it was necessary to play football to understand the Gita, a religious text, Vivekananda responded, Gita is the great book of brave people and renowned persons. Therefore one who is full of valor and service only will be able to understand the secret of the esoteric verses of the Gita. This response highlights Vivekananda belief that physical strength and courage are prerequisites for understanding the profound teachings of the Gita. Swami Vivekananda emphasis on physical strength was not a dismissal of spiritual pursuits but rather a recognition of the interconnectedness of the physical and spiritual realms. He believed a sluggish and lethargic body could not be a vessel for intense thoughts or spiritual understanding. His statement reflects this belief: You will understand the Gita better with your biceps, your muscles, a little stronger. Swami Vivekananda teachings were not about choosing football over the Gita but about understanding the importance of a healthy body for spiritual growth and realization. He believed that physical strength and activity could serve as a foundation for spiritual understanding and the practice of Karma Yoga, as described in the Gita. Just as Lord Krishna, an avatar of Vishn

Every cow on this planet should be the highest spiritual ideal. The cow is no near to God than any other animal or human being. Hinduism always considers human birth the biggest boon as it enables one to reach the Godhead. Moreover, it is scientifically proven that plants, like animals, are living beings and respond to stimuli, suggesting that they, too, can experience pain. If we were to follow the argument that one should not consume beings that feel pain, we would also have to stop eating plants. This reasoning underscores that spirituality and enlightenment are not confined to dietary habits. Spirituality and enlightenment are profound states of being that transcend the physical realm. Dietary choices do not limit them but are instead about realizing the self and the universe. It is also true that a non vegetarian diet, particularly meat is more likely to create an aberrant mental state perturbing meditation and other practices. But that may be for the common practitioners trying to waddle on the beach to cross the ocean. These menial considerations do not hold water for an entity believed to be an original Saptarishi one of the seven rishis taught by Shiva, the Adiyogi, yoga for spiritual enlightenment brought on earth by the request of Sri Ramakrishna to deliver Bharat back to its pristine spiritual days! Few thinkers have had so enduring impact on both Eastern and Western life as Swami Vivekananda; he inspired the likes of Freud, Jung, Gandhi, and Tagore. He blended science, religion, and politics to explain Hinduism to an animosity ridden Western audience. Vivekananda introduced Westerners to yoga and the universalist school of Hinduism called Vedanta. His teachings fostered a more tolerant form of mainstream spirituality in Europe and North America, forever changing the Western relationship to meditation and spirituality. Thus Swami Vivekananda fish and meat consumption does not diminish his spiritual stature or enlightenment. Instead, his teachings and wisdom continue to guide and inspire millions on their spiritual journeys. Instead, people stuck to suc

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 to 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 health 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 en

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Little patch of grass in the right position, or sometimes even a foot mark or a crack. Little else about fast bowling is as intricately dependent on the nature of the pitch as a ball on a good length. Not the Yorker obviously, and not even the bouncer which requires more from the body than the turf. This zone was best exploited by the likes of Glenn McGrath, Vernon Philander, Ryan Harris in the past. You can add Mohammed Shami to that list from those going around today. On Thursday, both Jason Holder and Kemar Roach showed early that there was something on this Old Trafford pitch in that area. Particularly running in from the Brian Statham end. Four of the five wickets the duo picked came from this end. Jasprit Bumrah would later pick up his first wicket (Braithwaite nicking behind), after changing over to the Statham end, and then one more next ball (Fabian Allen LBW by one nipping in). It was from this end that Shami launched India attack and he did take long to find his spot. It was in the quintessential Shami zone, where his real threat comes through. His upright seam is most useful when there help off that length, breaking the ball in or out. The skids pace gets exaggerated with the batsman unsure how to line the ball up. The line when just outside off threatens both edges, stumps, pads and more. In his first over, Shami had Gayle edging one inside and then beat him on the outside. Then, he had go on to have Sunil Ambries playing off the inside half of his bat, hit him on the thigh and generally make him look all at sea. It was also from this end that Shia Hope creamed a boundary off that Shami length. Typically such a shot would have received a bouncer riposte. The bowler can then claim to have the morale upper ground. But at Old Trafford, Shami could afford to go one better. He proceeded to bowl fuller than the 6 8m lengths that he was targeting. It resulted too in what could be arguably (Holder did something similar with KL Rahul) the ball of the day the seam upright, the ball pitching and breaking in sharply to go between bat and pad and onto the top of t

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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. Baba rammed in 2011 when he started his fight against corruption from there with his fast. Still, the ram Lila ground rally of 25 June, 1975 would remain etched in the memories of all those who came there on that momentous day. On June 24, the US Supreme Court overturned Roe vs Wade in its long awaited decision in Dobbs vs Jackson Women Health Organisation involving a challenge to a Mississippi law banning abortion after 15 weeks of pregnancy. Wasting no time, 11 states have already banned or greatly restricted abortion, and others are poised to do the same. According to the Centre for Reproductive Rights, this makes the US one of only four countries to remove protections for legal abortion in 25+ years. It also puts the country at direct odds with global trends. As the Centre reports during the last few decades, monumental gains have been made in securing women right to abortion, with nearly 50 countries liberalising their abortion laws. While some of these countries have abolished their existing abortion bans, of the kind now being advanced in parts of the US, others have introduced more incremental changes, such as India recent increase of the gestational limits for terminating a pregnancy. Kerala electricity regulator on Saturday raised the average tariff across consumer categories by 6.6%, the first hike in almost three years. The increase was modest as the state government electricity distribution company discom sought an average increase of 18%. The dissonance between the regulat

And there are cash flow problems all through the chain in the power sector. Gol has tried to address this problem for two decades, but with negligible success. Two critical benchmarks are never met. For example, the Uday scheme aimed to eliminate the deficit between electricity cost and revenue by 2018 19 and simultaneously lower the aggregate transmission and commercial losses to 15%. In 2019 20, there was a deficit of Rs 0.6 per KWh between electricity cost and revenue, and AT&C loss was 20.9%. Gol efforts revolve around financial engineering and the incentives are not strong enough to nudge states to make durable changes. Currently, Gol is in the midst of another effort, a revamped distribution sector scheme, to solve the problem. The efficacy of the scheme will be enhanced through two measures. Regulators need to act on an existing law to notify a road map to adjust tariffs in a way that brings them within 20% of the average cost of supply. Separately, the learning of the pilot projects of DBT for electricity subsidy carried out in states such as Kerala and Himachal Pradesh need to be debated. A transition to DBT is the only durable solution as public pressure on state governments will lower incidence of payment delays. There perhaps an even larger leadership failure in Shiv Sena than the alleged aloofness of Thackerays. The high number of rural MLAs who have deserted Sena is indicative of how Matoshree preoccupation with Mumbai and cash rich BMC has meant a costly neglect of rural and mofussil Maharashtra. In an ultra competitive political landscape where every successful player is deepening expanding its social base, sitting pretty on one laurels is not a winning strategy. BJP has been a top class player in this game, transforming itself from a middle class upper caste party to a big tent accommodating numerous social groups, the marginalised among them. But there are other examples. In Tamil Nadu, Dravidian parties preserve electoral dominance and don let national parties expand too much because they have worked hard to expand their caste and class coalitio

Intense competition for votes also makes voters feel engaged and empowered. Immobile organisations lose connect with today restless and aspirational citizens. It is unlikely that many people, other than students of chemistry, have heard of scandium, yttrium, lanthanum, cerium, praseodymium, neodymium, promethium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium and lutetium. Together, this group of 17 is known as Rare Earth Elements a better known term whose demand is on the rise for many critical applications in modern manufacturing, including electric vehicles, renewable energy and high tech electronics. India is almost 100% import dependent for most rare earths. Interestingly though, India has great potential for domestic production possessing the fourth highest reserves of rare earths in the world. And the ministry of mines is proposing to capitalise. Why are rare earths strategic Rare earths are used in small quantities but have qualities that make them essential. Neodymium, for example, is a critical component for permanent magnets and has the ability to carry material 1,300 times its own weight. Neodymium based permanent magnets are key components in EV traction motors and wind turbines. Currently, the demand for these in India is small, at around 900 tonnes per annum, because domestic manufacturing of EVs and wind turbines is still limited. What the hell is a baked rosogolla You mean to say that Bengal fought over the rights over the original rosogolla with a neighbouring state and then changed it to this abomination the Bad shah of sweets being given the Bad shah treatment, like Genda Phool Call me a purist but I am very intolerant to remixing food. Keep fusion for the nucleus, and not my plate. When I pay for Bengali Biryani, I want to eat exactly that, not Bengali Biryani with an Awadhi touch, just as you would want your mineral water to have with a touch of tap water written in fine print. But it seems I am increasingly in the minority when it comes to the taste of food remaining unchanged. Fusion and experimenta

The Supreme Power right within us and we turn to alcohol, drugs and other intoxicating substances for succor. It is in this context that these words of Socrates have assumed an added significance. In the Chandogya Upanishad it is repeatedly stated, at team as, you are That, which suggests that the Supreme Lord, the Higher Power, is right there in the innermost recesses of our Being. Meister Eckhart, the great German philosopher and mystic, taught that the seed of God is within all of us. Just as a farmer plants a seed, waters it, takes good care of it, and ensures that the little plant blossoms into a big tree, we too can realise our full spiritual potential by leading a pure life and performing regular meditation over a period of time. eone implanting false memories in my mind. By observing a mango tree over many seasons wherein thousands of mangoes are produced, we can say with confidence that the potential for these mangoes was present in the single seed from which that tree sprang. Similarly, one should remain aware of the fact that the God seed is present in all of us, waiting for water, intensive care and proper nourishment to make sure that the seed grows quickly and properly. The Divine thus is the essence of every person in the universe, what Emerson called the Over soul. Even though God is one and indivisible, yet he lives in every one of us; it is for this reason he appears to be many. It is a paradox that God, despite manifesting himself as the colorful universe with myriad diversities, remains immaculately pure and untainted. And completely transcends the Universe. Thus, his two aspects immanent and transcendent though apparently opposed to each other, should be understood as two sides of the same coin. In the final stages of meditation, when all the selfishness that separates us from the Supreme is eradicated, we discover this Self in the depths of our Consciousness. In yogic terminology this sublime state is called Nirvikalpa Samadhi wherein no duality of consciousness is experienced; in this state the seeker soars high in the realm of Pure Consciou

Its weight for decades, and has not yet been able to convince the world at large that the continuation of India as a liberal democracy is absolutely essential if democratic values have to prevail and human rights preserved in the contest for a new democratic global order. India is surrounded by states on the verge of collapse, like Pakistan and Sri Lanka, and another huge dominating power on its northern borders, China, which is winning the economic war, resulting in raising the prospect of a period of a dictatorial hegemony having far more fatal consequences than people in the western countries are able to envisage. India inability to win the competition for soft power is disastrous because the Indian political leadership has stayed astonishingly quiet on the atrocities committed by China on Tibetans and their Muslim minorities. China is literally involved in grabbing more land in the Himalayan regions, raising the prospects of a huge conventional war. India needs to fix its house in a way that makes it an attractive place for all minorities. It also needs to welcome the Sikh refugees from Afghanistan and Pakistan, as they face severe persecution, and it needs to give fair chances to its Muslim population to participate in the democratic exercise and get a fair gain from economic, social and cultural participation. America, too, has its blunders. As if it was not catching enough headlines for the wrong reasons, such as gun violence, extreme inequality and racism, America Supreme Court judges have now effectively ended the constitutional right to abortion for millions of poor and young mothers in the US. Historically, this will be rightly perceived as one of the major steps backwards in improving the rights of women at large. How can such acts of political polarization by Supreme Court judges ever go well with the progressive attitudes prevailing in the European Union and UK, where women right to make the final decision over their bodies forms the basis of many new laws adopted across the continent. Abortions are safe in Europe, and women can decide to take an abor

To give birth, resulting in an increase in adoption cases. Such cases have been reduced drastically. It is alarming that half of the states in the US are expected to introduce new restrictions or bans on abortion. America has better things to do than passing laws to take a step backwards for women rights. The global contest for a new world order has begun, a sort of new cold war is already a reality, and both America and India need to win this war of opinion in their favor. China is offering infrastructures to poor countries and in return gaining access to cheap energy and rare resources needed to strengthen its production of goods, which in return makes it comparatively a stronger state as days go by, and one day we might have to live in a global order based on Confucian values and not democratic values. We have more or less lived in a world order dominated by US for last three decades, but because of disastrous foreign policy mistakes in the Middle East, Afghanistan, and now in Ukraine, US is now emboldening the bond between Russia and China, which will prove detrimental to the continuation of a democratic world order. American policy makers are not realizing the threat from China, which has gradually increased its military might and is also winning the battle of hearts and minds in Africa. Both America and Europe need to champion the reproductive rights of women and willingness to share wealth, knowledge and lifesaving drugs and vaccines. Having had such a big surplus of vaccines, yet lacking the will to share it with poor countries of the South, does not send a good signal to people living in the global south. Especially America is losing the sight of a future where it could possibly get dethroned by a rising power, China, resulting a huge loss of democratic rights for many people. But before America enters the contest it needs to gets its own house in order by preventing the country from getting further polarized. It also needs to strengthen its relations with India because it offers an alternative to Asians, where progress in economic wellbeing can still be

Down and with it, many of their niches developing products are being lost, wiped out like dinosaurs by the comets of capitalism. 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 features a major role in developing this inheritance quality of a child. A child, who watches his parents working hard, having faith developing in is likely to develop a similar feature attitude. The children feature of short over and developing feature nervous parents May developing assumes similar inheritance characteristics when they grow up. Psychologists, therefore, feature developing prescribe a code feature of that feature the children emulate these qualities. They must be taught the feature importance of being positive before, during inheritance and after the performance of a task. There is no developing better education for a child than watching developing inheritance feature his parents come out of a tough situation by means of earnest feature endeavours. Such success not only gives more joy but also increases developing self. Instead strange new mutations are being inheritance feature sprouted sands in panache or inheritance some developing other variant of great 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 muscles 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 muscles those parts of your body. And one wonders if the last two years of a global pandemic have not taught us that fish and seafood are natural sources of dietary iodine. Dairy products muscles also supply iodine in the diet at varying levels. During lactat

Pet tortoises are popular pets for many people since they are quiet, cute, and tortoises 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 tortoises might even outlive you. Most tortoises are unassertive and tend to be shy. Unless two males are put into an enclosure with each other. This is not advisable as male tortoises could become aggressive toward each other and even attack each other, tortoises sometimes resulting in serious injuries. Most tortoises are too large to handle as adults, and it is advisable not to handle them to any great degree when 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 tortoises their long Lifespan. Larger tortoises, like the sulfates, can live for up to 80 years, you will tortoises need to have a plan for caring for a pet tortoise in their old age. Many tortoise species are fairly large and need a decent sized enclosure, preferably outdoors. Because of these preferable housing arrangement, net tortoises are best suited for areas with milder climates. Depending on the temperatures tortoises where the 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 tortoises very stressful on the tortoise and requires special environmental conditions. When tortoises constructing an outdoor pen, you must make sure it a tortoise is strong and that you bury your fences if you have a burrowing pet tortoise. Pet tortoises are popular pets for many people since they are quiet, cute especially as hatchlings and don shed any fur. A day in the life of an ecofriendly tableware producer, who shares how her first formal job as a leaf crushing machine operator helped her gain independence and support her family through a difficult time. My name is Rima Seth. I live with my in laws, husband, and th

The dominance of major platforms. One such solution is the Open Network for Digital Commerce. It is a ground breaking government-led initiative designed to establish a unified digital infrastructure for all key participants within the digital commerce ecosystem. This inclusive ecosystem encompasses a diverse range of stakeholders such as merchants, payment gateways, logistics providers, and regulators. The primary objective of this platform is to foster an open, interoperable, and highly secure network, facilitating the seamless integration of numerous digital commerce applications and services. According to data obtained from the Indian Brand Equity Foundation India social commerce sector has the remarkable potential to expand exponentially, reaching a substantial valuation of US\$16 20 billion by FY25. This projected growth indicates an impressive compound annual growth rate. The ONDC initiative represents a pivotal component of the government overarching vision to cultivate a digital-first economy. As the government champions the ONDC, its aim is to empower logistics and small retailers alike and empower them to embrace the limitless possibilities that digital commerce offers. Promoting E-commerce and Allied Sectors The ONDC network protocol has the potential to revolutionize the e-commerce sector in India. By connecting various small- and large-scale e-commerce enterprises, ONDC creates an open and integrated platform that allows buyers and sellers to conduct digital transactions, regardless of their service provider. According to the insightful remarks made by the Chief Executive Officer of ONDC, the purpose of ONDC is to tackle the underlying challenge arising from a platform-centric model that has resulted in market concentration, a concern acknowledged worldwide. ONDC fosters healthy competition and reduces the dominance of a few major players, such as Amazon and Flipchart. Small retailers can now reach a wider customer base and expand their market presence which gives them an opportunity to level the playing field in the e-commerce industry. Seamless Colla

To expand their business by providing innovative solutions for efficient last-mile delivery. These tech-driven solutions include real-time tracking, route optimization, and automated delivery notifications. One such example is Ships last-mile modules, which integrate seamlessly with the ONDC network. Ships advanced technology helps logistics companies streamline their last-mile operations, improving delivery speed, accuracy, and customer satisfaction. Logistics providers can overcome the challenges of last-mile connectivity by leveraging technology while making the ecosystem more robust and reliable. Conclusion The Open Network for Digital Commerce is set to revolutionize the e-commerce landscape in India. With its open and integrated platform promotes healthy competition, facilitates seamless collaboration between logistics companies and small retailers, and enables them to reach rural markets. The impact of on logistics and small retailers cannot be overstated. This game-changing network protocol opens up new avenues for growth, drives inclusive economic development, and strengthens last-mile connectivity. As the e-commerce industry continues to evolve, innovative solutions like and complementary technologies like Ships last-mile modules are set to reshape the future of e-commerce in India, empowering small retailers and delivering unparalleled convenience to customers across the country. Today is July 11 and marked as World Population Day and I want to highlight one of the pressing issues of early marriage and adolescent pregnancy which are interconnected social issues that persist in many parts of the world, including India. While progress has been made in reducing child marriage rates globally, India still faces significant challenges in addressing this complex problem. Adolescent pregnancies, defined as pregnancies occurring in girls aged 10 to 19 years, have been on the rise in India. This concerning trend presents numerous challenges for the well-being and development of both the young mothers and their children. Why the rise in adolescent pregnancies Stil

Skills training, and economic opportunities can empower girls and women, enabling them to make informed choices and delay marriage. We need to ensure access to comprehensive reproductive healthcare, including family planning services, can help prevent adolescent pregnancies and promote the health and well-being of young girls. Besides all this, implementing comprehensive and age-appropriate sex education in schools can empower adolescents with knowledge about reproductive health, contraception, and responsible sexual behavior. Ensuring easy access to affordable and reliable contraceptives, along with counseling on their proper use, can help reduce unintended pregnancies among adolescents. We need to continue to invest in girls education, skill development, and promoting gender equality can empower them to make informed choices regarding their reproductive health and delay pregnancies until they are ready. Strengthening healthcare infrastructure, particularly in rural areas, can provide adolescent-friendly reproductive health services, including counseling, prenatal care, and safe childbirth facilities. Last but not the least, engaging communities, parents, and other stakeholders in raising awareness about the consequences of adolescent pregnancies is crucial. Encouraging supportive environments and breaking social barriers can help address the issue effectively. Today we complete 24 years of the Kargil Conflict which stands as a poignant reminder of the valor and sacrifice displayed by the Indian Armed Forces. It was a conflict that challenged the nation resilience and unity and showcased the unwavering determination of the Indian soldiers to protect their homeland. The Kargil conflict erupted in May 1999 when Pakistani soldiers, disguised as militants, infiltrated the Indian side of the Line of Control LoC in the Kargil sector of Jammu and Kashmir. The aim was to seize strategic positions and disrupt Indian control over the region. This incursion took India by surprise, leading to intense fighting in the treacherous mountainous terrain. India response to the Karg

My husband, who worked at a bookstore, lost his job and it was a very difficult time for us. We could even afford basic groceries for our family. A few months after my husband lost his job, a team from Indus tree came to our village. They met with our SHG and introduced us to their work. I joined their team soon after and underwent training for a brief period before becoming a machine operator. Ever since I started this job I have had a steady source of income, and the situation at home has been much better. I spend the first hour or so of my day on household chores. I then move to the kitchen to prepare food for myself and my family. As we are a large family, I usually cook at least four different dishes. Today I am making dal, rice, a curry, and a tangy mango dish that is a specialty here in Odessa. This is the busiest hour in our house. My children are preparing to leave for school and my husband is getting ready to oversee the installation of a tube well in the village. Nowadays, he works closely with our serpent and helps people apply for government documents like Adhere and PAN card. I give my in laws their breakfast first. As my father in law is an 80 year old diabetic with a heart and BP problem, it is important for him to take his medicines right after eating. I then sit down to eat my breakfast. At the production unit, we work in two shifts. I work during the second shift of the day, from 1 7 pm, so it time for me to head out. It takes me about 30 minutes by foot to reach the unit. When I joined Indus tree, I went through their 6Y training in which I learnt about different soft skills that would be useful in my new workplace. I also underwent gender training, where I learned about my rights as a woman. Since undergoing the training, I have become more aware of the discrimination that I, and all women around me, face. I remember one incident vividly. One of my neighbors, who is an upper caste man, raped another neighbor daughter in law, who is Dalit. I also belong to the Dalit community. As is always the case, the matter never came to light. Whenever we a

In total, with one machine assigned to each machine operator. Every machine has two dyes one for 15 inch plates and the other for 12 inch plates and both can be operated simultaneously. Once I vet confirmed that the raw material has been loaded, I put on my safety equipment an apron, a cap, and a mask because of and turn on the machine. The temperature of the machine needs to be at degrees Celsius. If the temperature is too high or not high enough, the three layers of the plate won stick together. It takes about 30 minutes for the machine to heat up. As soon as the machine is hot enough, I insert the dry leaves, which are pressed into plates. After working for an hour and a half, we break for lunch. There is an emergency switch that we press to shut the machines temporarily, before stepping out to eat. The machine room and lunch room are different. Not even a drop of water should come near the machines. There are 12 of us in the leaf pressing department, with six women on duty in each shift. We usually take our lunch break together and chat while we eat our food. Today I vet carried my own tiffin, packed with food that I cooked earlier in the day. Often I forget to carry my tiffin when I leave in a hurry, and have to call my children and ask them to bring me my lunch. We return to the machine room after lunch. As one of my colleagues is not feeling well, she steps out to go to the washroom and requests me to keep an eye on her machine. It gets really overwhelming to oversee two machines at the same time, and I m relieved when she returns to her station. Even though all of us are extremely careful while working, sometimes we make mistakes. If a plate or bowl is defective and it does pass the quality check, we have to rework it on the machine. We create two separate piles of approved and rejected products. The plates and bowls that are approved are sold in local markets, in small shops, or in wholesale to an export house in Bhubaneswar. People in my village use plastic abundantly. And so sometimes I take the plates and bowls from the rejected pile and use them at ho

Break, I settle down on a chair for the next couple of hours. Usually one has to stand while using the pressing machine. However, I m older than many of my colleagues and I find it difficult to stand continuously for such long hours. This is why I requested a chair, and after I started using it some of my colleagues teased me, saying, and Rima VIP ban gayi. Rima has become a VIP. I cook food for everyone as soon as I return home, and we sit down for dinner. This is the only time when the whole family gets together to eat and discuss their day. I catch up with my children, husband, and in laws. I also tell them about my day. I ensure my in laws have everything they need, and that my children have all gone to bed. After cleaning the kitchen and the house, I call it a night. I really do enjoy the time that I spend at the unit. Initially, when I started this journey, I was apprehensive about being able to balance my work along with my responsibilities at home. However, it been smooth sailing so far. At Gallerie Nvya, Square One City Walk Mall is an ode to the banyan tree by award winning artist Aparna Bidasaria. Nature is her inspiration, the banyan tree in all kinds of climes and moods as it becomes her subject of deeper intonations and study. At one glance here are a suite of works that calm the senses and create an oasis of contemplation. In myriad ways these studies take us back to ancient East Asian artists who depicted all kinds of flora to evoke intellectual thought and spirituality rather than just portraying the beauty of the natural world. Blossoming banyan in the same way Aparna creates multiple corollaries in colour, almost like a silent praise for the banyan ability to bloom vibrantly up through the many seasons in the rays of the sun. From the many moods in the autumnal accents of the fall Buddh, to the verdant fertile notes of spring the banyan for Aparna is particularly eye catching, and also considered a symbol of inner beauty and strength while undergoing its many seasons. Here, in her titled work Falak you can sense a deepened praising of the virtue

There is nothing more precious than our eyes. It is because of them we can see the beautiful world, do our work, and live precious lives. But due to the lack of knowledge on how to maintain healthy and good eyesight, many people lose their vision and need to wear specs to correct them. With the modern lifestyle that involves continuous usage of mobile phones and computers, it is high time that we take care of our eyes and maintain good eyesight. The secret to maintaining good eyesight starts from the food on your plate. To prevent cataracts, you need to add nutrients like lutein, omega three fatty acids, zinc, and vitamins C and E in your diet. You can find these nutrients in green leafy vegetables, salmon, tuna, eggs, beans, orange, and other citrus fruits. Eating a balanced diet will also help maintain a healthy weight, which lowers the odds of diseases such as type 2 diabetes, which is the leading cause of blindness in adults. First of all, you should avoid unnecessary touching of eyes, but if you feel they itch then do it with clean hands. Many germs and bacteria live on hands that can come in contact with your eyes, causing eye infections such as bacterial conjunctivitis or pink eye. Rubbing of eyes is one of the ways how people catch cold viruses. Taking a good night sleep has several benefits such as it helps and makes our immune system stronger. You will feel the difference when you get a good night sleep as this rest will enhance the health of your eyes. Smoking causes several health issues like chronic lung diseases, cancer, etc. It also exposes your eyes to high levels of oxidative stress. Smoking increases the risk of a variety of health conditions that affect the eyes. Yet never overbearing the banyan in Aparna diary grows in hidden as well as secluded places emanating a faint, delicate fragrance of longevity. With these characteristics, the banyan embodies the lyricism with simplicity, solitude, humility, and nobility as in the Prussian deep blue work Jugnoo. Aparna uses simple, sparse brushstrokes to depict

Jackson Pollock, the show features paintings depicting the banyan in different stages, from tender shoots to old stalks, some upright and strong, some supple and bending down. The banyan is also portrayed reacting to wind, rain, showing its adaptability. Indeed every viewer walks away with a soothing quietude acknowledging the resilience and modesty of one of the world greatest trees that preserves in the very dignity of its own living. The show Falak runs till July 24th at Square One, City walks Mall Sachet. Fitch in the truest sense is the application of technology to offer new financial products and services to new market segments in an economically viable manner. India is among the fastest growing finch markets in the world and has over time managed to change the face of the banking industry with several banks switching to digitization as well as paperless and cashless processes. Overtime the Indian banks and financial services providers have gradually adopted technology to improve reach, customer service, and operational effectiveness within the evolving market. However, nothing beats what did to the Indian and world economy; we suffered heavily due to unforeseen economic disruptions caused by temporary limitations on public activities and regional lockdowns. One of the key sectors that were affected the most during was the MSME sector. While several entrepreneurs reported the inability to stay afloat during these tough times, finch set out to design tailored solutions which addressed all the pain points and allowed to reach their full potential. Thus, fitness became a catalyst for scaling they solved a wide variety of problems with their low cost innovative solutions and brought about a revolution in their ecosystem. Besides providing key solutions to some of the pain points listed below, fitness helped reinvent themselves by adopting digital solutions for their business, acquiring new skills and diversifying their customer base. Collateral free loans: In India the segment contributes to almost 40 of the total exports business and yet it finds itself in dire

Like voice based confirmations have become the recent fad. It has largely reduced a merchant dependence on monitoring the phone for confirmation, or even preventing lost payments. This offering empowers merchants to record the net amount corresponding to the merchant collection along with voice based confirmation thus reducing his efforts to constantly check his account. Fitness enables merchants with innovations helping them to carry on businesses with both flexibility and convenience which results in growth, even in these challenging times. Data Privacy and Consumer Protection Despite a sizeable market, the last 2 years have seen a complete overhaul in the work setup. While companies set foot to create a hybrid working space, the focus on strengthening cyber security frameworks become important. As more services are going online, enterprises will gather huge volumes of customer data to gain insights. This is where finch solutions on data protection, acquisition of consumer data and forming safe API come in to play. These solutions act as a safety net which helps both respectively. By now finch players understand very well that they have an edge here over the traditional banking schematics and that most MSMEs have reached the inflection point. However, for the betterment and smooth functioning of the economy both need to work collaboratively. Fitness shepherd MSMEs to move up the ladder by initially assisting and gradually catalyzing their operations to greater heights. In the last few months, there has been a lot of discussion on data protection law in India especially after the report of the joint parliamentary committee on Personal Data Protection Bill, 2019 PDP Bill was released. The joint parliamentary committee deliberated upon the PDP bill for almost 2 years and it failed to reconcile the various dissents raised by various stakeholders. In order to understand the real problem being faced, we need to understand of the background of the law. The PDP Bill in its present structure has been mostly inspired by the data protection laws of the European Union EU wh

Are supervisory authorities exclusively to supervise and control the processing of personal data whereas in USA there is no such supervisory authority in fact there are rules for the government and private sector works on self regulation instruments. The more detailed regulation like the one in the EU increases the cost of operations whereas the self regulation system existing in the USA reduces the cost of operations and thus provides better environment for the growth of data centric or data based companies. In the above background, lets us now discuss about our PDP Bill and the regulatory approach taken under it. Under the PDP Bill, it looks that the government wishes to supervise the private corporations like it is done in European Union however, unlike the EU, wishes to keep government bodies out of the purview of this law. This was given a name of a co regulatory model which was suggested by the Justice AP Shah Committee in 2012. Later, in 2017, this view was endorsed under white paper of the committee of experts on a data protection framework for India prepared under the chairmanship of Justice B. N. Srikrishna. It was noted that the co regulatory model was proposed because control regulatory mechanism may be too rigid and may lag behind rapid technological changes and on the other hand, a pure self regulation approach may lack enforcement and may lead to a situation where the objectives sought to be achieved by a data protection law are, effectively, not met. The author feels that the co regulatory model is at the center of whole dilemma or controversy surrounding PDP Bill today. Earlier, we have seen the reasons for difference in the regulatory models of the EU and the USA. The EU perceived fear against private companies and the USA perceived that the data should not be misused by the government. It appears that the PDP Bill is based more on theoretical approach rather than the practical approach. The committees who worked on the subject should have also highlighted and discussed with the outcomes of these models. Like for example the fact that only one in

Data will be burdened with all kinds of obligations. This is to me neither serves the purpose of protection of our personal data nor creates conducive environment for growth of our big data companies. So, we are going to lose on both fronts. I just hope good sense prevails over the people at the helm of affairs so that in future we could avoid repeat of regulatory disaster like Nestle Maggi saga. I am sure, that is the last thing India is looking to achieve today through its data protection laws. A penny saved is a penny earned is a proverb frequently attributed to Benjamin Franklin. In other words, it a good idea to save money, not waste it. So, in case you want to level up your financial life and you know that cutting expenses will only get you so far, start thinking about ways to add income. Most of us have a lot of household expenses. One way to simplify your life and save money is to reduce your living expenses as much as possible. When you lower your monthly household expenses, you all have more money to invest in your future or pay off debt. While saving for the future can seem overwhelming, if you start by just putting away a little more money each month, it may be easier than you think. Saving money every month by carefully reviewing recurring monthly expenses, figuring out ways to trim those expenses and sticking to a budget is the secret to be on top of the ladder of financial deficit. One of the smartest things you can do every month to save money is to comb through your monthly expenses and see where you can cut costs i.e., marking your wasteful expenses. On an average individual spend 38 to 40 of his earning on household expenses. Here are nine common monthly expenses and tips for saving money on each of them. 1. Housing If you have a mortgage payment, consider saving money by refinancing your mortgage if interest rates are lower than what you are currently paying. This could give you a lower mortgage payment and save you a lot over the life of the loan. If you are a renter, you can compare loan installment with rent paid per month, if both are same

Will not only reduce cost but you can also avail discount coupons and other gift vouchers. Transportation Getting from one place to other costs more than you might think including car parking and petrol refilling, Among the approaches you can take to drive down transportation expenses are Buying electronic car rather than buying or leasing petrol diesel new car. Sticking to your car recommended maintenance schedule to keep it running smoothly. Cutting back on speeding and hard braking to conserve gas. Carpooling or walking when possible. Insurance Paying insurance not only protect you from future contingencies but also give you tax advantage. While choosing insurance policy, one which secure the future with least insurance premium should be selected. You also can cut insurance expenses by exploring discounts, such as those for bundling policies from the same insurer. 6. Credit Card Paying all expenses through credit card is the best way to plough back your finances into investments. We can claim the benefit of credit period and enjoy the fruits of our hard earned money, provided all payments of credit card has to be done within due period to avoid any interest penalty. Creating a budget Creating a budget will help you lower your expenses because you can identify where you are spending too much money. A great first step to creating a budget is to make a spending plan. Use software such as Personal Capital, which will help you track and manage all of your accounts in one place. You can see your income, expenses, net worth, and more. You can also employ the cash envelope budget system if you want or need more control over your finances. Invest in instruments with fixed returns Warren Buffett once said, The first rule of an investment is does lose money. And the second rule of an investment is don forget the first rule. We should not put all eggs in one basket. So, we should diversify our investment to mitigate risks. For example, invest some savings into bank fixed deposits, mutual funds, government pensions schemes and so on. The idea is to invest regular amounts in

Your investments and be consistent When it comes to investing, regular investments are more beneficial than a lump sum. In a regular investment, one has to invest a particular amount every month irrespective of the price of the asset. Some investment products like mutual funds have options like systematic investment plans SIP with options to automate your investments. They deduct a fixed amount every month from the bank to invest in a fund. This process takes out emotions out of investing and avoids any delays in putting your money to work. It will also make you a disciplined investor. Before choosing investment, we need to take into consideration factors like time period involved, inflation rate, amount of investment and tax to be paid. We should do expense planning and cash management this will align our spending habits and will help us to reach our biggest money goals. It is rightly said, Do not save what is left after spending, but spend what is left after saving. Communication Design, specifically, is a much discussed vocation decision in the plan. The exceptional field is loaded with promising open doors in visual communication, movement, UX and UI plan, data plan, and print media plan, to give some examples. The discipline is a mix of plan standards, sight and sound devices, and liveliness. It fills in as a general media language to draw in and illuminate the interest group about an item or administration. Today, Communication Design is an imperative creative device for building brands, helping deals, or supporting a compassionate reason. The promotions on TV, your number 1 portable applications, and computer games are every one of the pieces of Communication Design While the scene of Design Education in India is quickly changing with an expanded number of plan establishments, understudies finishing their tutoring don know about the assortment of configuration streams or professions, nor in the greater part of cases, have the chance to encounter direct designing, even less so what the significance here to take part in a particular course of plan in a stream

To future generations of Indians, reminding them of the profound dedication of their Armed Forces. As a nation, it is our duty to honor and remember the brave soldiers who laid down their lives in defence of our land. Here, is something I wrote as a tribute to every soldier who was a part of Kargil Conflict. Obesity is a growing global health concern, and its association with various medical conditions is well-established. Obesity is associated with multiple other diseases such as type 2 diabetes, heart disease, high blood pressure, obstructive sleep apnoea, joint pains, PCOD and many others. One such condition that has gained attention recently is the link between obesity and hernias. A hernia occurs when an organ or tissue pushes through a weak spot in the surrounding muscle or connective tissue. A hernia typically presents with a lump in the affected area which increases on straining and decreases on lying down. It may also lead to chronic pain. If the hernia gets complicated then the swelling may not decrease on resting and can be very painful. Rarely it can lead to obstruction. It is important to understand the connection between hernias and obesity for those seeking to manage their weight along with hernia. Some of the reasons why hernia is seen more commonly in patients with obesity are as under Given these considerations, healthcare providers may approach the treatment of hernias in individuals with obesity with a more cautious and individualized approach. In patients with obesity, weight loss measures such as diet and lifestyle modification, drug therapy or sometimes even a bariatric surgery may be recommended before hernia surgery to decrease surgical risks, improve outcomes and reduce recurrence. The rich land of art, culture, creativity India contribution to the world in lending its Art & Culture is huge. One such industry we impact is the Handicrafts we produce. What started as a hobby for housewives in small cities umpteenth years ago, has led itself to being one of the most important sectors in the country economy employing over seven million people

To go online with their products and become competitive. But naturally, the resistance stems from lack of training. Educate a Woman, Educate a Nation, By All Means Despite the contribution to the economy and being a favorable export destination, Indian handloom weavers bring home less than INR5000 month as per All India Handloom Census. E-commerce With digitization sweeping over industries, especially post the pandemic, it should be a blasphemy to not build our e-commerce portfolio. Unfortunately, Indian artisans are largely missing from the scene. As per a survey by Digital Empowerment Foundation, approximately 20% of artisans have received any training in digital selling. Inaccessibility, language barriers, limited entrepreneurial skills amongst other reasons lead to them losing out big. We need to close this gap. Further, they are either bogged down by the e-commerce giants or unable to pay the expensive fees to multiple avenues at the same time to increase their visibility. To tackle these issues, the Ministry of Commerce and Industry launched an ONDC, The Open Network for Digital Commerce initiative to help & encourage artisans for digital selling. It more like an online market and community-led network that displays products and services from all participating e-commerce platforms that are a part of its network. This is especially beneficial for small artisans. Up skilling training That the game will change once we train & up skill women artisans is undeniable, but why and how is the question. With a humungous representation of women in this industry, uplifting them as a society will not only break through the age-old gender discrimination but also help them find financial security and social inclusion. One way is to expose them to the microfinance program that provides them with the financial resources they need to start their own businesses. Straining programs can support them with the skills they need to produce high-quality handicrafts. Further, mentorship programs can connect women to a pool of experienced artisans who can help them in rising in the ind

The introduction of messages, figures, and realities with info graphics and make them interesting to the peruse or watcher. Data fashioners are liable for mixing non visual components and designs to make an outcome that requests to the end client. UI UX Designer and UI planner essential obligation is to make a computerized item or plan that is natural and intelligent enough to tackle the issues looked by end clients. Their primary goal is to improve the general insight of the client. In the event that it is a versatile application, the UI UX planner should research, test and plan the specialized construction on which the application runs. Web and App Designers the touchy development of applications and sites has fuelled the rising requirement for imaginative and in fact, sound sites and application architects. The relentless development of computerized innovation and the steadily expanding cell phone use are obvious indicators that web and application architects will constantly be popular. The key occupation of web and application fashioners is to fabricate sites and applications that capacity for different gadgets. They are liable for decisively captivating the client with the right designs, varieties, and texts. Vocation valuable open doors in this field are perpetual, and those with the ability to comprehend and carry out imaginative thoughts are consistently overwhelmingly popular. Type Designers Text styles are pervasive. Right from this article that you are perusing now to those utilized in sites, applications, magazines, papers, solicitations, leaflets, announcements, and store shows, the universe of text styles is broad. A sort of creator is an individual behind this large number of textual styles. They are the inventive personalities who plan art typefaces and text style families as a calling. Print Media Designer Print planners are liable for planning instructive, engaging, connecting with, and attractive components for the peruse. They have some expertise in conceptualizing plans, getting ready mockups, and making the last draft for printing. Profoundly

Far we vet come, let start at the beginning. Our Silicon Age began with Morris Tanenbaum, who fabricated the first silicon transistor at Bell Labs in 1954. A year later, there were 250 PCs in use across the world. Fast forward to 1975 and the Intel 8080 microprocessor was powering the world first commercially successful PC, the Altair 8800, which sold 2,000 units. The rest is history. Today, PCs are our human touch point in the digital world. No longer glorified typewriters or data processing tools for scientists and big organizations, we host meetings with colleagues across dispersed offices, live stream football matches from across the world, paint in 3D and virtual reality, and compete in online games against global competition. In a global health crisis, PCs helped keep us connected to our friends, families, and coworkers. New world, new expectations From our laptops to tablets to smartphones we rely on ubiquitous computing technology to navigate, enhance, and access the modern world. In fact, Tech analyst company IDC predicts that in total there will be 41.6 billion connected Iota devices by 2025. The digitization of many parts of our lives, accelerated by the Covid 19 pandemic, has reshaped our expectations of the PC. The Indian PC market is no different. It managed to continue its growth despite the ongoing supply and logistical challenges. According to the latest report by research firm IDC, the traditional PC shipments witnessed a 44.5 year over year Yoyo growth in 2021 Jan Dec, continuing the upward trajectory of PC sales in India. The India PC market comprises desktops, notebooks, and workstations. A total of 14.85 million PCs were shipped during the year, making it a strong year for PC sales in India. While the Notebook PCs continue to dominate the overall category with more than 80 share, the desktop segment also maintained upward momentum and it grew by 30 Yoyo. Moreover, the pandemic alone put the importance of the PC into perspective by rapidly accelerating the shift of education & the workplace to online models, with the PC at its center. While PC

Hybrid architecture, a compute intensive workload like gaming and 3D design can run on the P cores with background tasks or multithreaded workloads like image rendering running on the E cores. No matter the user or workload, this new architecture reduces lag and improves multitasking. The history of the PC is one defined by innovation and collaboration and every forward thinking technologist should have the opportunity to move the industry forward. Therefore, Intel has committed to breaking down walled gardens and building an open environment through its Open Compute Project, which applies the benefits of open source and open collaboration to hardware to rapidly increase innovation across the technology industry. We truly believe that creating huge opportunities for developers and users to enjoy faster, more immersive, and impactful experiences is a key factor in reshaping and accelerating the future of the PC. The sky is the limit Computing capabilities now augment every aspect of our lives, spanning across a multitude of form factors and device types. Soon, we will all have thousands of devices at our immediate disposal, all performing some tasks or the other that falls squarely in the realm of computing, whether it our smartphone or smart device for controlling the lights in our home or calculating the safest trajectory for our self driving cars. In fact, we expect that by the end of this decade, every human could have one pet flop one quadrillion of compute and one petabyte of data, less than one millisecond away. The kind of compute performance we have at our fingertips would have been considered inconceivable in 1954, or even just a few decades ago. We, at Intel will continue to redefine the PC experience, but it not a job for one or two companies. By nurturing a culture of openness and collaboration, we will create a thriving ecosystem that will prove that when working together, the sky truly is the limit. What would have been the thoughts that rushed through the mind of Ottakarathevar Panneerselvam as he stood there, booed by 2,000 odd members of the AIADM

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. 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. 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 party If this is going to be his Dharmayudham 2.0, he has to do more of action than meditat

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 on a regular basis can help increase your range of motion. 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. 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. 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. 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. 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. Remained deputy for the stability of the government. The other option is to go for jugular. OPS might strike an aggressive pose if he gets a resounding not just encouraging response from people and party cadres outside the general council and district committees. This would mean an all out fight that could end with his expulsion fr

During lactation, the breast concentrates iodine in milk so breastmilk tends to 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. 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. 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.

spun the web of treachery. True cadres and people will decide my future. Sasikala, meanwhile, had embarked on what she calls a revolutionary tour to defend the rights of Tamil soil and dignity of women. She told reporters on Sunday that she would set right the party and make it win under a single leader. Two ambitious two journeys. Shall the twain

RKC NAWADA BSF HCM Skill Test Practice Link- https://rkcnawada.online/bsf-head-constable-ministerial-typing-test/Eng_Test/login.php

BSF-HCM-TEST-Dated-2023-07-28-Test NO.-10058

Candidates are advised to carefully read the instructions given, in order to avoid disqualification, error and timely loss. After reading the instructions carefully, click on the check box to proceed. After candidate logs into the system, Mock typing test of 10 minutes will start wherein Candidate will check keyboard operational functionality by typing the Mock Text passage. There will be a break time of 5 minutes after the mock test candidates can use this time to get their query resolved for any faulty system, keyboard or mouse. The Actual Typing Test will begin after the break time as per the information given below as applicable to the candidates and tests respectively. The Question Paper for Typing Text will be either in Hindi or English and will only be in English Based on the Language choice mentioned in the application, Candidates will only be able to give their Typing Test either in Hindi or English 10 minutes will be given to attempt Typing Test Eng. Hindi and 15 minutes for Test. Candidates will be able to do a practice typing test of 10 minutes before the actual typing test Candidates appearing for English Typing should chose the Typing Test Keyboard Layout as English US only. Candidates appearing for Hindi Typing should chose the Typing Test Keyboard Layout as Hindi In script, Hindi Krutidev, Hindi Remington GAIL, and Hindi Remington. Do not use special keys or any key at the time of the examination, which is not necessary for the typing of the words given in the displayed text. Do not type any special characters symbols except those mentioned in the displayed text. Candidates will have to select the Keyboard Layout before starting of their Test however Keyboard layout can also be changed during the Examination Keyboard Layout selection Pane can be moved to the side of the computer screen so that it does not disturb while giving the Typing Test Keyboard Layout selection Pane can be moved by clicking on the MOVE button given on the Keyboard Layout Pane and holding it with the help of Mouse. Type the word words mentioned in the displayed text without an

Online Advertising is the art of using the internet, as a medium to deliver marketing messages to an identified and intended audience. It is helpful for attracting website traffic and brand exposure, but first and foremost, online advertising is designed to persuade the targeted customer to engage in a specific action like making a purchase. There are many different types of online advertising mediums. Some of them are content marketing and social media marketing. Once you have established a clear social media marketing strategy, you can start to consider advertising on social media platforms. Most social media sites now easily allow advertisers to utilise their reach and promote their products from within the platform. They also include good analytics tools to assess the success of the investment made. This might include a promoted tweet or post, a promotion of user generated content or even an entire campaign that is released across multiple social channels. Content Marketing is another great way to get a brand and message in front of the right people. Its primary focus is to attract organic traffic to a website by improving the SEO of a site, but once you have the strategy and content in place, you can increase its reach and engagement by paying for the content to feature on appropriate websites. Paid advertising can help to increase the ROI of content marketing. That means, without promotion, the production costs can often outweigh the potential return. Native advertising, a form of paid media, is a clever way of creating an ad that follows the theme of the site where it is placed. It is intentionally designed to look like the media where it appears and is sometimes referred to as an advertorial or sponsored content

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BSF-HCM-TEST-Dated-2023-07-28-Test NO.-10060

The party if this is going to be his Dharmayudham 2.0, he has to do more of action than meditation. Roadshows, as Dhinakaran had proved, can be impressive if you spend a lot of money. OPS have no option but to loosen his purse strings. A show of strength is important for him at this juncture, but money won is enough to take his journey forward or back to his past prominence. The first thing he needs to decide is whether to go on the offensive at EPS or just speak about himself, his sacrifices, how he the righteous man was wronged, how he was handpicked by Jayalalithaa to be the standby chief minister twice first time between September 2001 and March 2002 and the second time from September 2014 to May 2015 when she was forced to vacate the seat following judicial orders, besides having a stint following Jayalalithaa death on December 5, 2016, a tenure that ended in his dramatic exit and the rise of EPS, how he had remained EPS deputy for the stability of the government. The other option is to go for EPS jugular. OPS might strike an aggressive pose if he gets a resounding not just encouraging response from people and party cadres outside the general council and district committees. This would mean an all-out fight that could end with his expulsion from the party where his faction is hopelessly outnumbered by EPS supporters. What are his options in such a scenario floating a new party will be an expensive proposition with an uncertain future, so he may look at the BJP on one side and V K Sasikala on the other. While joining the BJP would be a meek surrender with minimal returns, going back to Sasikala would mean giving EPS a semblance of a fight. Channels of communication between OPS and Sasikala, as also with Dhinakaran, have been open for a long time. A Sasikala OPS Dhinakaran team, however ironical that may sound, can make the division in deeper, on thevar goundar lines. And that would be bad news for EPS especially in the thevar dominated south. On his way to Then on Sunday told reporters at Madurai airport everyone will soon know who spun the web of treachery. T

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. Baba rammed in 2011 when he started his fight against corruption from there with his fast. Still, the ram Lila ground rally of 25 June, 1975 would remain etched in the memories of all those who came there on that momentous day. On the Maharashtra political crisis, media reports are speculating that the scale is tilting in favor of the Shiv Sean rebel faction. Let, though, look at possibilities in the context of legislative procedures and various court rulings. Official Shiv Sean asked the deputy speaker of the Maharashtra assembly to disqualify rebel MLAs, but the Supreme Court on Monday gave time till July 12 for these MLAs to respond to the deputy speaker notice. In a radical move to choke off energy revenues for Russia, G7 nations will now try to manipulate and limit the price of Russian oil. Behind the risky proposition is the acknowledgement that sanctions and embargoes already imposed by EU, US and their allies have had little impact on Russia war making ability against Ukraine. On the contrary, the squeeze on Russian oil has actually elevated global crude prices which continue to be well above the \$100 per barrel mark helping Moscow earn more for its war chest. True, EU has already pledged to block 90 of its Russian oil imports by the end of the year. But with exemptions for countries like Hungary and pipeline supplies, Russian oil continues to flow at elevated prices, aiding inflation and pushing up cost of living. The G7 plan, though a long shot, seeks to undermine the so called Russian oilogopoly through price caps. Although details are yet to be fleshed out, initial reports indicate that it will work by lifting sanctions on insurance for cargo ships transporting Russian oil in return for a price deal. Theoretically, this should incentivise countries to accept the price cap. Also, London

They also aid them in representing themselves in marketing events in India along with instilling an R&D arm where they can come & share their feedback basis which they offer help where needed. In conclusion, history is testimony to the fact how investing in is the most effective way to tackle poverty & help a family be healthy, wealthy and create better communities. Yes, India is making strides becoming one of the leading & lucrative export destinations globally. So, this is the time to help women artisans, the backbone of the industry to emerge on the scene as leaders, entrepreneurs and not be limited to just being the invisible artists working behind-the-scenes delivering the growing export orders but represent the country & its brilliant Art forms. Auto rickshaws and buses in Bengaluru have just been displaced as potential killers on the road, at least early in the morning. It the two-wheelers and cars ferrying kids to school. Sleepy children clinging to their even sleepier mothers and fathers, rushing to beat the school bell. With good reason, some schools, I understand, don allow them into class unless parents are able to give a sufficiently good reason for the delay. I m a potential victim of these speeding parents as I amble along the roads of Bengaluru. I am forced to use the roads as the pavements are blocked with garbage, internet cables, empty beer bottles and, worst of all, dog poop. Pet parents proudly walk their dogs for their morning and evening discharge of faecal matter but are cavalier about leaving it for others to slip on and break their bones. That may be not their stated intention but it often the end result. It another matter that the perceived threat of speeding parents has ended in more disasters than already have. So, sleepy parents race through Bengaluru roads, with equally, if not more, sleepy kids browsing their homework on cellphones or swallowing their breakfast. They vet got tough teachers on their minds; parents dread the prospect of coming up with creative excuses which will get their kids into class. Why they don leave t

And inspire to save the planet from impending doom. The entire month has almost passed, and the majority of us continued to live in blissful ignorance of the perils of plastic pollution. Oh, what an ignorance! Did you know there was a global movement encouraging us to reduce plastic usage and waste for a whole month? Yeah, neither did I. It seems like the organizers of the Plastic Free July forgot to send out mass messages to inform us about this life-changing month. How could they expect us to be aware of such an essential cause? Ah, forgetful professionals. Plastic Free July is a global movement that encourages individuals, businesses, and communities to reduce their plastic usage and waste during the entire month of July. The campaign simply aims to raise awareness about the environmental issues associated with single-use plastics and to inspire people to make more sustainable choices in their daily lives. The initiative was started in 2011 by the Plastic Free Foundation, an independent non-profit organization based in Australia. Since its inception, Plastic Free July has grown into a significant global movement, with millions of participants across the world taking part each year, but that them, not us. Imagine all the opportunities we missed to post selfish with reusable water bottles with captions like Saving the planet, one sip at a time! We could have jumped on the bandwagon and felt superior to those who were still using plastic bags and bottles. Alas, it too late now, and the moment has passed. But fret not! While Plastic Free July may have slipped through our collective consciousness like a slippery plastic bag floating in the wind, the bigger issue at hand remains. Sustainability is apparently something we should all care about, or so they say at least. Apparently, it won be possible to save the planet unless every single one of us changes our way of thinking and acts like perfect eco-warriors. Of course, the idea that millions of individuals need to change their habits and make sustainable choices seems utterly impossible. How can we be expected

Connected sensor that is embedded in a cow collar that tracks and transmits information about the animal behavior, sleep, movement, and diet may be used on a smart farm. With the help of this information, farmers can rapidly identify and treat any sick cows in the herd. When a cow is weighed and milked, the same connected sensor can recognise it and notify producers if it is underweight, overweight, or if its milk might be contaminated. In the future, the milk from that cow can be carefully inspected and treated by a veterinarian. How to make sure that smart farming is powered by dependable Iota networking. The success of smart farming in modernizing farms entirely rests on dependable Iota connectivity across a secure network. As with asset tracking, smart farming depends on connectivity, which necessitates sending sporadic, small amounts of data. Narrowband and LTE-M are two examples of low-power, wide-area networks that perform well in this situation despite intermittent or inconsistent network connections or rare access to a power source, which is typically the case in the fields. Recently, low-power use cases like smart farming have been addressed by 5G specifications. Each device needs an Iota SIM or semis technology to connect, regardless of the network type, whether on a local cellular network or a private network established up by the farm. Having said that, it is critical to remember that linked sensors for smart farming and other types of technology embedded into farming machinery spend a lot of time outside. Therefore, every component of the device, including the Iota SIM or semis technology, must be durable enough to withstand adverse weather and humid or moist situations. End-to-end security solutions can be used to make sure that credentials are provided to the device and all data is exchanged in a safe way over the air once connectivity has been established with a reliable Iota SIM or semis technology. In order to do this, the GSMA guidelines advocate integrating an Iota SAFE applet into the Iota SIM or semis in order to provide a secure communication.

Tehran and Washington, something that suits Russian and Gulf Arab interests. Venezuela presents its own political challenges for the Biden administration. So this will need work. The West wants to weaken Russia, even if it damages the global economy, including Western ones. Level headed approaches will consider facilitating Moscow Kyiv negotiations. Every new plan to punish Russia hurts the global economy.²⁹ The Performance Grading Index is Gol big effort to publish a multidimensional tracker of outcomes and inputs in school education at the state level since 2017. However, since primary education has received the high priority attention many Centre state welfare schemes have, it hard to spot significant transformations. This week the PGI District report for 2018 19 and 2019 20 was published, giving district level data that compares learning outcomes, teaching quality, access and equity, physical infrastructure, digital learning and governance processes. Both progress and backsliding are evident. Eighty four indicators were tracked, including average scores in various subjects pulled from National Achievement Survey NAS data and physical and digital infrastructure in schools from the UDISE database. Details of fund utilisation, attendance monitoring, transition retention rates from primary to secondary schooling, and teacher pupil ratios depended on district authorities providing the data. In a large country, this reporting and aggregation of grassroots granular data to district state levels can tell us a lot about the state of education. But data serves its purpose best when it contemporaneous. The latest PGI report is from 2019 20 and the learning outcomes are gleaned from 2017 NAS data. Much has changed subsequently. The pandemic disrupted two successive academic calendars. NAS 2021 survey showed stark drops in average scores across classes in English, Moths and EVS from the 2017 edition. PGI reports for 2021 22 must be published quickly to help policymakers respond. Recent reports also suggest teachers are struggling to bridge learning deficits accumulated ove

Urged people to cut down on tea because the country imports tea and for that it has to borrow money News report the minister exhortation to his fellow citizens to forego their daily cup which cheers but does not inebriate has created a toofan in a tea cup. The call to say so long to oolong has caused a public outcry. The Opposition has cited it as a body blow to the spirit of democracy, citing the case of a neighboring country where erstwhile chaiwalas can aspire to the highest public office of the land in a sub continental variation of the American success story of Log Cabin to the White House. Even as tea stall operators across the nation took out protest marches in Karachi, Lahore, Rawalpindi and other cities and towns, a top level ministerial meeting was held to discuss whether Pakistan all weather friend, China, which was where the beverage had originated in the first place, could be prevailed upon to provide, gratis, tea with sympathy to its hard up ally which was holding out not a begging bowl but an empty cup of pekoe. Meanwhile, to highlight how desperate the country economic situation had become former prime minister and cricket star Imran Khan had made an official declaration that the sum total of his assets included four goats, an assertion which prompted critics to say that it explained why during his tenure of office he had made a bakra of the nation and shown himself to be the joker in the Pak. Eminent economists brainstormed in an attempt to figure out the reason for Pakistan financial woes which had brought it to the brink of bankruptcy, and discover where all the billions of dollars given to it by the US over the years had gone. In an unrelated development the ministry of defence indented for a 6 increase in its budgetary allocation to beef up the nation air force, army, navy and nuclear arsenal, not to mention funding its training camps for a local offshoot of the Boy Scouts movement which wore black masks and wielded AK 47s. In yet another unrelated development, the government categorically rebutted the rumor that Pakistan Inter Services Intell

What is mysticism? Mysticism is a never ending endeavor to find out the link between finite and infinite. And when that link is established, Shiv vary comes true, that is, Shiv vary materialises. Para and Amara in Brahman Bandana, while ascribing so many attributes to Brahman, it has been said that He is Parish. What is Parish? Para and apart are two counterparts of each and every existence. Para and apart are two portions two counterparts of the same entity. The seen portion is called apart and the subjective portion is Para. Now, what you see or do with the help of your sensory, motor organs or that external object, in the first phase, is apart and your sensory and motor organs are Para the Para counterpart of that apart. And in the second phase, the next interior phase, those gates or organs are apart and the mind is Para. Then in the next inner phase, your mind is apart and the unit spirit is Para. And in the final phase your atman, your unit spirit, is apart and He is the Supreme Para. He is the Lord of all Paras. Hence, he is called Parish. Best Existence So, when one withdraws one propensity from the objective world towards subjectivity, one attains that Parish. One becomes one with that Parish, and therein lays the secret of sadhana. So, the Supreme Entity is Parish and is also the Prabhu. Pra means Prakrsta, which is the best and bhu means being. Prabhu, therefore, means he best existence. It is said that He is Sarvendriyagamay He cannot be achieved by any Indira. What are indris? There are five motor indris, five sensory indris and the 11th one is the mind. Mind is also an Indira; that is why the Vedas too say, that is, where all the expressions of indris, where all the inferences fail and where mind too fails, that is Supreme Subjectivity. When that mind along with indris is withdrawn and placed into Him, then it is pram sthiti, supreme stance. In that stance, there is no fear. Sarvendriyagamay Satya it is the Supreme Truth, that is, where it is fully established, it is called atya. And what is at ? Sat means hat which undergoes no metamorphosis. So, in

Gaming is now experiencing multiple issues. On one side, the Central government has moved to cater to the concerns of key industry players and the users by appointing an Inter Ministerial Task Force to draw progressive regulatory frameworks for seamless functioning and robust growth of the industry. On the other side, it is speculated that the GoM has recommended levying 28 GST on the whole contest entry amount for the online gaming platforms and has treated it at par with casinos and lotteries, which is betting and gambling. This may prove counterproductive for the industry which is otherwise plagued by detriments stemming from misconceptions around the definition and functionality of online gaming. The GoM seems to have completely overlooked the legal status and or judicial recognition given to online skill gaming by bringing it at par or clubbing it with betting and gambling. The online skill gaming industry thus deserves a pragmatic, globally prevalent progressive tax regime that recognises the industry functionality in its own light. Mentioned below are factors that depict a concrete and meticulous difference between online skills gaming and gambling casino games, and why the two cannot be clubbed together under a common umbrella. **Legal Status** Several landmark Supreme Court judgements have stressed upon the legal validity of online games of skill. Following these judgements, the High Court has also corroborated the legal status of online games of skill. Online skill gaming companies in this light are compliant with the rules presently in place. Lotteries and casinos, as well as games that involve betting and wagering these legally come under the ambit of gambling, betting or wagering. Online games of skill have even been granted protection under Article 19 1 g of the Constitution of India. Therefore, these online games of skill need to be treated differently than online games of chance like lotteries and casinos. **Legitimacy of Business** As aforementioned, since online games of skill have been held to be legitimate by the Supreme Court of India and afforded pro

On chance elements. Casino games harvest revenue from all amounts wagered in the casino, after paying the winners their victory spoils. Casinos have to pay tax on initial deposit, whereas the proposed levy of 28 GST on online gaming would mean that the gaming platforms shall have to pay tax on the entire consideration every time a user enters the contest. Such taxation on online gaming, which in fact is a mass entertainment medium that spans over 40 crore users across different demographics, likely to put the entire industry on a back foot compared to casinos which is accessible only to few high net worth individuals and available only in a few Indian states. Transaction Means For skill based online games, transactions happen via the digital operating platforms itself. With technology, all platforms are moving to strengthen their transactional portals and increase security, in order to curb any frauds or scams. Since the means for the transactions is online, there are records to back up all relevant data and information on every transaction. Physical formats lack this, especially in lottery or casino games. Value Determination Given the digital nature of all transactions for online skill based games, all records can be tracked. This makes the value of supply in such a business easily determinable. For other formats in this regard, especially physical in terms of lotteries and casinos, it is nearly impossible to track every transaction or record that takes place. This amps up the difficulty in registering the value of supply. If the misconceived and unsequestered notions of different state governments on online gaming are used as the basis for policy establishment for this sector, the outcome that follows would be detrimental and perhaps lethal to the growth of this sunrise sector. Illustratively, higher taxation may discourage FDI introducing newer barriers to entry and the overall development of this sector would come to a screeching halt, which would contradict Government vision on India becoming a global gaming hub given the potential it has to generate employm

Been arrested just like others who have issued far more insightful and hurtful statements. In the end the court may grant Zubair bail and may also rap the police on the knuckles for their impaired judgment, but a court delivered vindication is unlikely to change one basic fact: That Zubair has not served the cause of free speech but actually imperiled it. For a while now Zubair has shaped his fact checking into a dog whistle. Very often this impish raconteur has called for actions against those who he has claimed have deliberately hurt sentiments, especially of Muslims. In the Nippur Sharma case for example Zubair pointedly mentioned that she had been punished by the BJP for merely hurting minority sentiments but was suspended for something far graver tarnishing the image of the Prophet himself. Zubair was obviously fully aware of the implications of casting Nippur Sharma as a blaspheme. Islamists were soon threatening to behead her on TV and in a grisly video after actually carrying out the act on a tailor who supported Nippur. Before tweeting Zubair could have paused to think that Sharma remarks on the Prophet have been a subject of debate even among Islamic scholars, with varying interpretations of what been stated in the Hadith. Zubair ended up playing to the Muslim gallery and its self proclaimed right to feel offended in the face of any imagined provocation. If Zubair was a free speech crusader he would have been mindful of the chilling implications of his dog whistling. It was only after several ardent believers threatened to behead Nippur that he tweeted to condemn them. Today, after giving voice to the furies of religious obscurantism Zubair is hoist on his own petard. A Hindu devotee has pressed charges against him for his allegedly blasphemous tweet mocking lord Hanuman. It could well be that the Hanuman Bhakt is over reacting but under the law he has recourse and thanks to the likes of Zubair he now also has the right to feel equally offended as his Muslim brothers and sisters. The trouble with a society where everyone invokes the right to feel offend

There is nothing more precious than our eyes. It is because of them we can see the beautiful world, do our work, and enjoy life. But due to the lack of knowledge on how to maintain healthy and good eyesight, many people lose their vision and need to wear specs to correct them. With the modern lifestyle that involves continuous usage of mobile phones and computers, it is high time that we take care of our eyes and maintain good eyesight. The secret to maintaining good eyesight starts from the food on your plate. Is positive thinking an inherent characteristic of a person or can it 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 it 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 meanings 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 behavior in front of their children. They must

Should avoid unnecessary touching of eyes, but if you feel to itch then do it with clean hands. 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 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. Many germs and bacteria precious live on hands that can come in contact with your eyes, causing eye infections such as bacterial conjunctivitis or pink eye. Rubbing of eyes is one of the ways how people precious catch cold virus gears. Takin

A foot mark or a crack Little else about fast bowling is as intricately dependent on the nature of the pitch as a ball on a good length. Not the Yorker obviously, and not even the bouncer which requires more from the body than the turf. This zone was best exploited by the likes of Glenn McGrath, Vernon Philander, and Ryan Harris in the past. You can add Mohammed Shame to that list from those going around today. On Thursday, both Jason Holder and Kumar Roach showed early that there was something on this Old Trafford pitch in that area. Particularly running in from the Brian Statham end. Four of the five wickets the duo picked came from this end. Sprit Bum rap would later pick up his first wicket Braithwaite nicking behind, after changing over to the Statham end, and then one more next ball Fabian Allen LBW by one nipping in. It was from this end that Shame launched India attack and he did take long to find his spot. It was in the quintessential Shame zone, where his real threat comes through. His upright seam is most useful when there help off that length, breaking the ball in or out. The kiddy pace gets exaggerated with the batsman unsure how to line the ball up. The line when just outside off threatens edges, stumps, pads and more. In his first over, Shame had Gayle edging one inside and then beat him on the outside. Then, he had gone on to have Sunil Ambries playing off the inside half of his bat, hit him on the thigh and generally make him look all at sea. It was also from this end that Shia Hope creamed a boundary off that Shame length. Typically such a shot would have received a bouncer riposte. The bowler can then claim to have the morale upper ground. But at Old Trafford, Shame could afford to go one better. He proceeded to bowl fuller than the lengths that he was targeting. It resulted too in what could be arguably Holder did something similar with KL Rahul the ball of the day the seam upright, the ball pitching and breaking in sharply to go between bat and pad and onto the top of the stumps. Shame other wicket in his first spell of had come with him shift

It is a long procedure, a lot of hard work is required and then the results will come, said Shame 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 hte morning, the ball was seaming and cutting and there was not proper bounce. One thing was to keep focusing on your line and length. 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, Ti 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 inclu

As Indians, we adore Gold. Gold is a joyous and auspicious sign for every special occasion, including family gatherings. Despite its high price, Old Gold remains one of the most dependable metals and has deep-rooted significance in Indian history. Indian markets place a high value on Gold. Selling Old Gold has traditionally been a way to get money during a financial crisis. Most Indian households frequently sell their Gold for cash. For investment motives, people purchase Gold or give it as wedding gifts. Selling unwanted Gold at your home and readily accessing the much-needed cash would be prudent. Given the current price of gold jewellery in India, now is the best time for Old Gold sellers to trade their gold jewellery, including coins, and bars, to reputed gold dealers and get a reasonable price. Selling Old gold jewellery is the most suitable strategy for arranging funds for unforeseen expenses like buying new house property, medical emergencies, child education, and family weddings. Why Should You Consider Selling Old Gold? The domestic gold market has had an average return of 13.0% over the past five years, reiterating how Gold is resilient to economic shocks and volatile world events. Most analysts predict that due to the ongoing inflation problems, Gold will continue to outperform other asset classes in 2023. India is one of the world largest consumers of Gold and has historically been a popular form of investment. Its primary selling qualities include high liquidity and the ability to beat inflation. It is unnecessary even to mention the allure and prestige associated with Gold. It simple to buy and sell Gold. You can sell the Gold and receive cash immediately if you need it. You can keep the Gold with the bank as security and request a gold loan if you don want to sell it. In India, due regulatory norms you will receive only 70% value of the gold while availing gold loan which may not suffice the expense requirement. In addition, you need to pay additional average interest to the gold loan availed thereby increasing the financial burden. Understanding th

Fund Selling Old Gold is a Timeless Choice in India Gold is a safe haven asset when there is a crisis or much volatility. The majority of Indians believe that gold investments are the finest ones, and demand is not expected to decline. Gold is regarded as India most reliable and valuable metal and has found a place in Indian hearts and homes. If you require immediate cash, you can sell Gold online. When you type sell gold near me into any browser, a list of the closest gold dealers will appear if you have gold ornaments to sell. In contrast to former times, you may get the true value of your Gold by selling it to legitimate Gold Buyers, where the worth of old gold jewellery will be assessed in complete transparency. Two years ago, speaking at the World Leaders Summit at the Glasgow COP26, Prime Minister Narendra Modi declared that India would achieve net zero emissions by 2070. In international relations, especially in matters related to climate change and its global effects, India position on some of the critical issues holds importance for countries in the developing world. At the same time, he set a five-fold Panchamrit goal on climate while unveiling a vision of sustainable lifestyle. The two pledges and the twin objectives require right fabric of growth-oriented policy framework enabling conducive business environment. The question that now looms large over much of corporate India is how the world largest democracy can be the pathbreaker in the pursuit of making this planet the best place worth living in. In other words, how can corporate India be the flagbearer of this pursuit? Globally, the automotive and logistics sectors contribute significantly to greenhouse gas emissions 24 percent and 15 percent, respectively and the situation in India is no different. When the Petroleum Ministry Energy Transition Advisory Committee submitted its final report recently, it recommended a complete ban on diesel-powered four-wheelers across cities with over a million population by 2027. This is to ensure that Indian cities must adopt green energy technologies such as elect

Prices and taxes, including carbon taxes to finance additional investment. There would be overall job gains in a net zero economy but what needs to be ensured is a just and equitable transition for the workforce employed in fossil fuel industries. Clearly, additional investment and policies will be required to reskill displaced workers and train future generation of workers in a net zero economy. Additionally, the government as well as corporate houses must work towards creating new employment opportunities for those who will be adversely impacted. An EV ecosystem will be developed with true global integration of supply chains, products and customers. Therefore, encouraging partnerships with countries that have untapped rare minerals mines, training and refashioning generations of specialized engineers, extensive charging networks, capital-intensive research initiatives like industry-academia and start-ups working collaboratively driving businesses to go beyond Indian borders to prospect for mines and minerals will be crucial if India is to remain or, in the least, take a central position in the global EV race. It is now generally accepted that green technologies EVs, renewable energy and sustainable agriculture will play more impactful roles across industries and drive value. Several reports suggest that while in 2020 green tech and sustainability market was valued between \$10 and \$12 billion, by 2030 it is expected to reach close to \$75 billion. Developing economies, and most certainly India, will have to usher in policy and find innovative ways for employability-focused training and skilling of generations of engineers. Business advisors around the globe are advocating cooperation with several countries on EVs and the components that go into manufacturing them. In this endeavor, Indian business houses, who have taken large steps to usher in EVs, must remain fully engaged with the government and create the conditions and opportunities for self-sufficiency in EV battery manufacturing capabilities as sustainability leads to scalability. The developed world can sup

What is mysticism Mysticism is a never ending endeavor to find out the link between finite and infinite. And when that link is established, Shiv vary comes true, that is, Shiv vary mater. 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. in Brahman Bandana, while ascribing so many attributes to Brahman, it has been said that He is Parish. What is Parish Para and apart are two counterparts of each and every existence. Para and apart are two portions two counterparts of the same entity. The seen portion is called apart and the subjective portion is Para. Now, what you see or do with the help of your sensory, motor organs or that external object, in the first phase, is apart and your sensory and motor organs are Para the Para counterpart of that apart. And in the second phase, the next interior phase, those gates or organs are apart and the mind is Para. Then in the next inner phase, your mind is apart and the unit spirit is Para. And in the final phase your atman, your unit spirit, is apart and He is the Supreme Para. He is the Lord of all Paras. Hence, he is called Parish. Best Existence So, when one withdraws one propensity from the objective world towards subjectivity, one attains that Parish. One becomes one with that Parish, and therein lays the secret of sadhana. So, the Supreme Entity is Parish and is also the Prabhu. Pra means Prakrsta, which is the best and bhū means being. Prabhu, therefore, means he best existence. It is said that He is Sarvendriyagamay He cannot be achieved by any Indira. What are indris there are five motor indris, five sensory indris and the 11th one is the mind. M

He is the Supreme Subject. So, what is necessary and herein lies the charm is that while doing japa and dhyana, you should think that He is seeing you, you are His object. With the GST Council believed to initiate measures to tax online gaming at the same rate as gambling, here a lenticel that breaks down the concrete differences between the two, explaining why they should not be clubbed together As an industry that has forayed into the big leagues in the recent decade, online gaming is now experiencing multiple issues. 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. On one side, the Central government has moved to cater to the concerns of key industry players and the users by appointing an Inter Ministerial Task Force to draw progressive regulatory frameworks for seamless functioning and robust growth of the industry. On the other side, it is speculated that the GoM has recommended levying 28 GST on the whole contest entry amount for the online gaming platforms and has treated it at par with casinos and lotteries, which is betting and gambling. This may prove counterproductive for the industry which is otherwise plagued by detriments stemming from misconceptions around the definition and functionality of online gaming. The Go seems to have completely overlooked the legal status and or judicial recognition given to

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Therefore, these online games of skill need to be treated differently than online games of chance like lotteries and casinos. As afore since online games of skill have been held to be legitimate by the Supreme Court of India and afforded protection under Article of the Constitution of India, this affirms the legitimacy of their business. Gambling operations like lotteries, casinos, etc. are considered res extra commercial which means that they do not have the right to trade and profession guaranteed under the Constitution like online skill games. 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 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. 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 online games of skill have a transparent and well defined execution format. The players pay a participation fee to enter the contest. This participation fee has two components. First component is platform fee which is retained by the platform operator. The second component is the prize pool money that gets collected in a trust account held by the platform operator, which eventually gets distributed to the winners after the contest, is complete. Online games of chance on the other hand, have varying systems in place, depending on the game. Lottery encompasses a distribution scheme wherein t

Any frauds or scam since the means for the transactions is online; there are records to back up all relevant data and information on every transaction. Physical formats lack this, especially in lottery or casino games. 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 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 nature of all transactions for online skill based games, all records can be tracked. This makes the value of supply in such a business easily determinable. For other formats in this regard, especially physical in terms of lotteries and casinos, it is nearly impossible to track every transaction or record that takes place. This amp up the difficulty in registering the value of supply. If the misconceived and unsequestered notions of different state governments on online gaming are used as the basis for policy establishment for this sector, the outcome that follows would be detrimental and perhaps lethal to the growth of this sunrise sector. Illustratively, higher taxation may discourage FDI introducing newer barriers to entry and the overall development of this sector would come to a scree

Identity is relevant to the story. Perhaps taking a cue Zubair legal team too invoked his Muslim identity saying had he not been one he would also not have been arrested just like others who have issued far more insightful and hurtful statements. In the end the court may grant Zubair bail and may also rap the police on the knuckles for their impaired judgment, but a court delivered vindication is unlikely to change one zealously guarded as it has been basic fact: That Zubair has not served the cause of free speech but actually imperiled it. For a while now Zubair has shaped his fact checking into a dog whistle. Very often this impish raconteur has called for actions against those who he has claimed have deliberately hurt sentiments, especially of Muslims. In the Nippur Sharma case for example Zubair pointedly mentioned that she had been punished by the BJP for merely hurting minority sentiments but was suspended for something far graver tarnishing the image of the Prophet himself. Zubair was obviously fully aware of the implications of casting Nippur Sharma as a blaspheme. Islamists were soon threatening to behead her on TV and in a grisly video after actually carrying out the act on a tailor who supported Nippur. Before tweeting Zubair could have paused to think that Sharma remarks on the Prophet have been a subject of debate even among Islamic scholars, with varying interpretations of what been stated in the Hadith. Zubair ended up playing to the Muslim gallery and its self proclaimed right to feel offended in the face of any imagined provocation. If Zubair was a free speech crusader he would have been mindful of the chilling implications of his dog whistling. It was only after several ardent believers threatened to behead Nippur that he tweeted to condemn them. Today, after giving voice to the furies of religious obscurantism Zubair is hoist on his own petard. A Hindu devotee has pressed charges against him for his allegedly blasphemous tweet mocking lord Hanuman. It could well be that the Hanuman Bhakt is over reacting but under the law he has recourse and th

Following the gruesome murder of Kanhaiya Lal in Udaipur which was plainly an act of terrorism the course of investigation suggests that governments think this was not an isolated local incident. Gol yesterday directed the National Investigation Agency to take over the probe, with the search for international links being a key dimension. Rajasthan CM Ashok Gehlot echoed the view. He said the murder was meant to spread terror and the information available indicated the two perpetrators have contacts overseas. It bears mention that the two terrorists, Mohmmad Riyaz Akhtari and Gaus Mohammad, who have freely admitted to murdering Lal, apparently belong to groups that believe that the punishment for blasphemy must be death. Indeed, the most chilling aspect of what Riyaz and Gaus did was the videography, reminiscent of ISIS style brutality. Clearly, what happened in Udaipur requires a multi level and multi agency response. A thorough investigation by NIA into Lal murder, with the state government cooperating, and quick, definitive results are the best first responses to the act of terrorism. Interminable delays do great harm to the cause of fighting terror, especially when social situations are volatile. The other crucial job for investigators is to figure out whether Riyaz and Gaus are part of a deadly pattern that will emerge over time. If that the case, it imperative that agencies are proactive in their response. There also the question of the quality of local policing. The victim, Lal, had communicated a threat to his life in a formal complaint. For sure, the state has suspended an assistant sub inspector in Udaipur for negligence. But this horrifying incident shows the cost of states reluctance to implement even most basic police reforms. In state after state, and in incident after incident, local police forces have been found wanting even when clear indications of threats have been available. And finally, all political parties must keep an eye on groups and individuals who can say or do things that aggravate an already volatile situation. The MVA government had r

Membership cannot delay the floor test. Meanwhile, Constitution Tenth Schedule Para 4 allows a breakaway faction comprising two thirds of a political party to stay in the original party or merge with another political party or a new party without facing disqualification. If it is proven that Kenneth Shined has at least 37 Shiv Sena MLAs with him, the Uddhav faction faces a tough road ahead. Uddhav hopes had rested on mollifying some rebels after their return to Mumbai. But despite his placatory stances, there was no sign of detente, which has now culminated in his resignation. It remains to be seen how Shiv Sena politics plays out in the days ahead: After proving his mettle, will Shined go back to playing second fiddle to Thackeray The MVA experiment is most likely over. Alternatively, can Shiv Sena and BJP rebuild their old partnership There are no easy answers to these questions. With the BMC, Thane and Kalian Dombivli civic polls coming up, Maharashtra politics will be in great ferment for the foreseeable future. In today digitally interconnected world, semiconductors are our constant companions. Semiconductors store our smiles memory chips help us connect to our loved ones communication chips wake us up in the morning logic chips and even aid in monitoring our vitals sensor chips when we are asleep. They are also the guiding force behind the navigation system while we drive and enable us to parallel park effortlessly. It began with laughter. Adding an at the beginning of the word, turned it into distinctly unfunny laughter. So, I started making a list of these single letter metamorphoses saving it for a rainy day when all other column subjects had been washed away. Or, better still, when I could use it in a prevailing context. This week provided both. In a wet monsoon week, a political storm broke out in Maharashtra. The gale force winds blew Kenneth Shined and his do nath Sainiks all the way across the subcontinent to Guwahati, and could also blow the roof off our MVA sarkar. Voila! My single letter spellimorphoses fitted perfectly into this maelstrom. Starti

Uddhav & Son to make Mumbai easier on the eye is there for all to see. But that just the view of the Woke, now being mocked by the awakened real tigers. Pleasing Sob and saying Boo to the state is the alleged error justifying their unleashed error. Switch m with p and you find partisan governors granting immunity with impunity to rebels. My spellmorphosis can keep clowning around this sordid three ring circus. Who will continue to underline the Thackeray patrimony, and who else will undermine it How many will stay; how many stray No help will create hell turning the Uddhav eulogy into an elegy. The BBA (Bachelor of Business Administration) programme has evolved dramatically during the last few decades. With the changing corporate landscape, there is a tremendous demand for motivated business people with the specialised expertise and knowledge needed to deal with a variety of difficulties. The three year degree programme provides students with the necessary information, skills, and competence, as well as the capacity to lead and manage multiple business activities and enter the world of entrepreneurship. A foundation in business administration aids in sharpening skills for profitable work prospects after completing the degree. A BBA is a professional degree that teaches all of these skills. A competent entrepreneur should be able to turn ideas into marketable products and services. The three year programme offers a wide range of courses to assist students develop vital business skills, including leadership, communication, critical thinking, and decision making, which they can apply in the future for a successful career as an entrepreneur. Candidates will be able to comprehend a company setup, methods, and progress after completing the course. Many candidates prefer to work in an organisation before starting their own business. With the required internships each semester, the BBA course plays an important role in allowing them to comprehend the procedures and find loopholes. Candidates who complete these internship programmes will be able to think outside the box.

Supply chain analytics: A supply chain analyst is one of the most popular courses for people with a business administration background. Supply chain management is becoming increasingly important in the overall administration of a company. A professional who understands the supply chain and knows how to evaluate and exploit data for peak performance is required for a company to be at the top of its industry. As a result, a job as a supply chain analyst is a fantastic option, and one that is in high demand. After completing the course, students can work as sourcing analysts, materials analysts, production analysts, inventory analysts, demand planning analysts, and supply chain modelling analysts in a variety of industries, including automotive, retail, e commerce, and consumer packaged goods.

Blockchain expert: BBA is no longer confined to sales managers, business consultants, and HR managers; it now encompasses a broader range of professions. By enrolling in a Blockchain course as a BBA graduate, one can become a Blockchain professional. As a blockchain expert, you will need to create blockchain based solutions, prototypes, and proofs of concept. To do so, employ a distributed ledger to create smart contracts and distributed apps. Blockchain specialists are needed by companies in a variety of areas, including banking, software, and healthcare. One can work as a Blockchain Application Architect, Business Analyst, Blockchain Manager, or Blockchain Consultant after completing the programme.

Digital Marketer: In today world, this is one of the most popular post BBA courses. The digital marketing industry is currently valued at \$68 billion. And, among other things, it is rapidly growing, making this one of the greatest courses after BBA. During the course, SEO (Search Engine Optimization), SEM (Search Engine Marketing), Content Marketing, Analytics, and other important skills are covered. Following completion of the course, students can pursue a profitable job as a Digital Marketing Manager, Social Media Manager, or SEO Specialist. With business dynamics changing on a dai

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By making Eknath Shinde Maharashtra new chief minister BJP has in effect transformed the Shiv Sena rebellion into a successful coup. Political implications of this tactical move by BJP are many, and we will come to some of them later. Let first recognise that the fall of the Uddhav Thackeray government is the seventh time since 2014 that a democratically elected government has collapsed after losing its assembly majority through defections or rebellions. In all cases but one, BJP formed the new government, thus turning poll defeats into victories outside the ballot box. By making Eknath Shinde Maharashtra CM BJP demonstrated its tactical nous. It also corrected the 2019 tactical error when BJP lost Shiv Sena as a partner by playing the role of big brother too hard. Devendra Fadnavis playing deputy to Shinde, a Maratha hailing from politically crucial Satara and base in Thane, means Sena bigger faction re enters NDA with respectful accommodation. For Sena rank and file, with a Maratha Sainik as CM, the charge of betrayal made by Thackeray father and son will lose some sting. Moreover, CM Shinde stands a better chance to woo Uddhav camp followers than deputy CM Shinde. Unlike Uddhav who never forgave BJP for reducing Sena to its junior partner, Shinde may be easier for BJP to work with. Shinde is the CM but BJP will likely keep many key portfolios. He also helps BJP 2024 cause. With 48 Lok Sabha seats, Maharashtra is second only to UP in importance. In his resignation speech, Uddhav had thanked Sharad Pawar and Sonia Gandhi, suggesting that he was comfortable in MVA. If Uddhav Sena, NCP and Congress fight 2024 together, it makes sense for BJP to have a dominant and happy Sena faction as its ally. The Thackeray clan comeback depends on winning the cadre. Sena workers are unique in that they wield much more influence than foot soldiers of other parties. There of course the possibility that in the coming days both Sena factions will engage in some muscular politics. Bruising showdowns, to which Mumbai is no stranger, may follow. But it important to note that Shinde MLA

The front of the Opposition Parties, reportedly with 26 Political Parties has named their front INDIA, Indian National Developmental Inclusive Alliance to take on Narendra Modi led NDA in 2024 Lok Sabha Elections. It will be interesting to find out from the name INDIA, a new avatar of earlier UPA, what do the alphabets INDIA, in reality connote. Indian It is worth noting that all these parties are either centered around a Family, Caste, or Region & have no love or respect for the indigenous Indian or Hindu culture of the country. INC also falls into the same category, also being a family-based party. National Among the parties, Indian National Congress is the only Party with All-India Presence, professing overtly to be a party committed to a Secular ideology, a misplaced line of thinking, particularly in the case of India. All others claim to be secular in this sense in their outlook, which itself is a flawed idea, when everyone is aware that of all the religions, Hinduism is the most tolerant religion in the world as is obvious from what Hinduism believes in, There is only one truth which can be reached in different Ways, or Ekam Sad Vipra Bahuda vadanti (एकम सद् विप्रा बहुदा वदन्ति). Developmental The parties claim that India has not progressed, rather regressed under Narendra Modi, disregarding various welfare measures taken by the incumbent government to ameliorate the condition of the poor & vulnerable sections of the Indian society, acknowledged even by the United Nations Development Programme (UNDP) in its recent report on reduction in Multidimensional Poverty in India covering the period 2005-06 to 2019-21 & also various reforms carried out by the government since 2014 which improved India position on GDP from 10th position in 2014 to the 5th position, also acknowledged by the International Financial Institutions like IMF, World Bank etc. Inclusive These parties claim to follow the policy of inclusiveness and claim to represent a cross-section of the poor & vulnerable sections of the society. However, this is not borne out by the facts. All these parties a

Who want to lead the combined opposition to take on Narendra Modi, besides Rahul Gandhi, Mamata Banerjee, Nitish Kumar etc. With differences emerging even before deciding the leader, it is hard to believe that they will remain united after the election, looking at the past experience. However, Congress has always hinted that a Prime Ministerial Candidate to take on Narendra Modi in 2024 can be only from Congress. Presence of Sonia Gandhi at the recently held meeting of INDIA alliance leading the meeting as also Congress unilaterally submitting the No Confidence Motion against Narendra Modi led NDA has been a clear indication of the intentions of the Indian National Congress. The allegation that NDA under Narendra Modi has downgraded the Constitution & Democracy is not likely to cut ice with the electorate, particularly the poor, downtrodden & vulnerable sections of the Indian society. They are naturally going to look at the track record of the Narendra Modi led government in providing them relief through various welfare measures. A look at the perceptions of the Urban electorate makes it clear that PM Narendra Modi has won their hearts & that his & the country stature after his visit to United States, France & also the Muslim countries like Egypt & Kuwait & the reception he received there, worthy of a leader of a world power has impressed them. Excepting the committed voters of the opposition parties, the floating voters are therefore likely to vote for NDA in 2024. As regards the Rural electorate, looking at the welfare measures taken by Narendra Modi government like providing toilets, water to households through taps, and providing gas connections are likely to play a crucial role in garnering votes for the NDA. Last but not the least, Modi outreach to the backward Pasmanda Muslims as also his act of steadfastly supporting a ban on Triple Talaq, leading to a swing in the votes of Pasmanda Muslims as also of the female electorate from the Muslim community towards NDA cannot be ruled out. In Indian National Developmental Inclusive Alliance or INDIA vs National Dem

Of arguing through the media. Coming back to the subsidy retention, this is a good continuation of the FAME-II subsidy, because it is not yet clear if a FAME-III subsidy scheme will be green lit by the Government once the remit of FAME-II finishes in March 2024. Even if a FAME-III comes to fruition, one still has no idea whether it will include electric two-wheelers or mainly focus on solving for charging infrastructure. Manufacturers, therefore would have had to potentially live without subsidies from next year, going as addicts call it, cold turkey. However, going cold turkey is not easy and many fail. Thus, a gradual reduction of the subsidy will help the industry adapt to a future where there are lower or possibly no subsidies. Just like you do not wean a baby off the milk bottle in one go, you do it slowly, gradually. The reduction of subsidies will also help the industry adapt with products that users want. The 40 percent subsidy on the total value of electric two-wheelers led to the creation of excellent, albeit high-powered two-wheelers with rapid acceleration, speeds that could easily cross and sustain 100 kilometres per hour and very high ranges. Unsurprisingly, ever since the reduced subsidy has been announced, the two leading electric two-wheeler start-ups in India, Ather and Ola have announced less powerful products based on their existing platforms. The generous subsidies allowed the likes of Ather to sell their powerful scooters like the 450X without making a loss and also funded their development. New products like the 450S might actually be a better fit for India and help electric two-wheelers drive into the mass market. Despite selling over 100,000 units in May (the last month of the old subsidy scheme), electric two-wheelers are still well under 10 percent of the overall two-wheeler market. But I believe that the electric revolution in two-wheelers has only just begun. These new products, which might be less powerful but more practical and affordable could be the opening that the industry needed and also help them prepare for the eventual weaning

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Use plastic ban beginning from today will be an effective counteraction is in doubt. Tonnes of plastic waste are dumped at landfills or out into the open oceans where they disintegrate into tiny microplastics that find their way into marine life or terrestrial animals. From there they eventually enter the human food chain. The Central Pollution Control Board had estimated that India generates around 9,200 metric tonnes of plastic waste daily. This is most likely a gross underestimation. Gol notified the Plastic Waste Management (Amendment) Rules, 2021 in August last year, prohibiting 20 single use plastic items by 2022. Nineteen of those will be banned from today, including ubiquitous plastic cutleries. Plastic carry bags with a thickness less than 120 microns will be banned from end of December. True, experts have pointed out that the scope of the ban is too small. But even the current effort is unlikely to succeed in a meaningful way. The problem is that alternatives to everyday plastic items are far more expensive. For example, paper straws cost five times as much as plastic straws. With such economics, the single use plastic ban is likely to hurt small vendors and manufacturers disproportionately. And given current inflation levels, there are far greater incentives to breach the ban. Remote possibilities of paying steep fines and jail time won blunt that incentive. A better approach would be to work with the plastic industry to foster innovation and boost production of compostable plastics. In fact, Gol should support the creation of an entire waste management system around compostable plastics from labelling to setting up industrial composting units. These are tougher jobs than issuing ban orders. But they have a much better shot at reducing the damage plastics do. Implementation of GST exactly five years ago was considered as the largest post Independence tax reform. It became a reality after preparation of more than a decade. How did this most difficult reform come about Political commitment to GST: The first and foremost was the political will of Gol under

During the reign of the 11 year old puppet ruler, Duleep Singh. Obtained by an act of larceny akin to taking candy from a kid, the fabled 105.6 carat gemstone now reposes in the Tower of London as part of the Crown Jewels, held hostage under the beady eyes of Beefeater guards while Westminster turns a conveniently deaf ear to India repeated demands for its release from unlawful custody. But if the Kohinoor still remains a Kohi door, a distant prize, according to a government spokesperson, since 1976 India has managed to retrieve 216 antiquities from foreign possession. Earlier this year, as a curtain raiser to the Australia India summit, 29 heirlooms from the country ancient past were redeemed from Down Under. In a variation of the Vande Bharat rescue mission which flew stranded Indians home from abroad during the pandemic, a number of notable artefacts have been given a red carpet homecoming to their country of origin, including an image of Avalokiteshvara Padmapani which has been spirited away from Gaya in Bihar and ended up in Italy. However, the sad state of too many of our heritage monuments, which bear the scars of less than benign neglect on the part of officialdom as well as deliberate vandalism by the lay public, might not cause some to wonder if, as in the case of the human diaspora, the objects of this other diaspora are not better off in their adoptive countries than they might have been in their homeland. In which case this alternative form of ghar wapsi, like the original variant, may indeed be a mixed blessing. We keep drawing boundaries around ourselves our imaginary limitations, our equally imaginary sense of belonging to one category of people. Some differences exist, like that of gender. Some differences are created like that of caste, creed, colour, nationalities and religion. One of man intrinsic qualities is to look for and make differences. That is how we identify each other. Passports ask for identification marks to make you stand apart from another. So, our obsession with national boundaries, be they in the form of visas and entry permits

Off The journey was arduous. A few kilometres into their journey, one of the four friends said, We are going to earn. Kings award only those who are learned. Why are we taking this illiterate friend of ours along No king will award him anything. I will not share my earnings with him. Fair enough, thought the second friend. I agree entirely. I think he should return. You go back, he said. The third friend restrained them and said, What use is wealth that is not shared It is wealth only as long as it is useful A narrow minded person differentiates between what is his and what is someone else . To the magnanimous, all people are his family vasudhaiva kutumbakam. The two friends were equally large hearted to see their folly and agreed to let their illiterate friend accompany them. The rest of the story is oft told. On their way they came upon the skeletal remains of an animal. The educated friends got excited. Between them they had the knowledge to bring the animal alive. But wait, cautioned the illiterate friend, it looks like the skeleton of a lion. If it comes alive, it can kill us. The friends shook their heads in intolerance. He climbed a tree. Three of them brought the lion alive and were, sure enough, eaten up. So, reflected the only one alive that even though his friends had been wise enough to recognise the merit in the idea of vasudhaiva kutumbakam, the desire to exhibit their power of knowledge clouded their vision at the time of a true challenge. They could not pause to give him a serious hearing as they did not consider him their equal. The inscription at the entry to our Parliament originates with this story. This is the spirit with which its halls resonate. Ever since it was made public that the Railways was making EQ test mandatory for its top posts applicants, it has created a commotion among the public service community. Going beyond what is Emotional Quotient, raison deter of this alien quality emotional itself for the public servants is under question. But more studious among them went a step ahead to see what this EQ test entails. Well, it was tol

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Also talked about keeping disruptive emotions and impulses in check. Now this was the big spoiler even without their junior colleagues telling them so. But the nightmare was nowhere coming to an end. Barely had they got over the shock of self management, facing them was this seemingly benign criterion of social awareness. Well, having attended the official social gatherings over the years, not to mention national and yoga days, it would be a cake walk; or so they imagined. But no, apparently this wretched psychologist Dr. Daniel Goleman defined social awareness as being empathetic and caring. Sympathy, yes (with those not been able to make it to the promotion list), but Empathy what was that, never heard of it. And is there any such thing as caring for others in our public service even public have become used to the uncaring treatment meted out to them. However, it was the fourth parameter that acted as a salve to their EQ battered feelings: relationship management. This was something they were past masters of! Right from ACR (annual confidential reports to house allocations to postings, everything boils down to the relationship management. And an intelligent official can very well manage Emotional Intelligence score too, with an appropriate sort of relationship management. But it is better being safe than sorry. Last heard, a proposal is being mobilized to appoint a commission that would devise a country specific EQ test so that the country top officials do not have to be dependent on the borrowed and dated philosophy or psychology. Yet to be developed indigenous EQ test methodology is tentatively named as BHRAM Bhavnatamak buddhi Holistic Random Assessment Method. The merger of mobile services companies would be a welcome development India Pak Border of in World for industry was in India overcrowded was to acquire Indian Wireless start of services by the Consolidation in India's overcrowded telecommunications industry was perhaps inevitable. What is interesting though is that the current wave of mergers and acquisitions, which started in November 2015 with Relia

Electricity plays a huge part in our everyday lives. Whether it is at home, school, the local shopping Centre, or even our workplace, our daily routines rely heavily on the use of electricity. The coronavirus crisis reminds us that electricity is more indispensable than ever but we fail to realize the danger lurking around us at office, work place and homes. Electrocutation accidents are one of the top reasons for death occurring commonly in India. As per the National Crime Records Bureau NCRB statistics, at least 3,000 people die every year in electric power related accidents in the country. The data highlights the magnitude of the problem, especially in older buildings which leads to life threatening ramifications as these older buildings do not have residual protection devices built in installed. Cities in Europe and other developed countries have 100 per cent compliance to ELCBs RCCB. The galling laxity In India is often taken in the decision of investing on electrical circuit protection devices. It is difficult to comprehend that this basic piece of information is neglected. With the increasing electrical load and higher dependence on electrical and electronic equipment, it is mandatory that our electrical infrastructure has built in Residual current protection devices. Some of the safety tips that can be adopted to help our loved ones to stay safe: In a society acutely conscious of hierarchies and optics that go with it, there an unusual phenomenon recurring in Indian politics. Defender Vadnais became the third politician from Maharashtra in the last 25 years to settle for a lesser post after having been chief minister. In the preceding MVA government, Ashok Chauvin was a cabinet minister in charge of public works. Between December 2008 and November 2010, he was chief minister of the Congress NCP coalition government. His father Shankarrao Chauvin too agreed to become a minister in a Maharashtra government a few years after he had been chief minister. Another Congress chief minister who agreed to a junior role after having been chief minister of Maharashtra wa

Or professional qualification which can surpass experience in the difficult art of making choices when faced with messy tradeoffs. Good economy and bad banking can never go together. But will privatisation usher in good banking? Why at all the banks that were once private, were nationalised in 1969 and later liberalised in 1991? These are some questions that occur to any customer of a bank when he sees that the union government would like to privatise the nationalised banks by amending the Banking Companies Acquisition and Transfer of Undertakings Act, 1970 in the monsoon session of the Parliament. 1970 Banking Act required the union government to hold at least 51 percent of equity. When Mrs Indira Gandhi overnight nationalised the banks in two bouts first in 1969, fourteen and second in 1980, six banks with different capital thresholds, it was just not a political move. Banking as a public good, was not within the reach of millions, more particularly, the neediest, in the rural areas then. When the first stage of reforms started in 1991, nationalised banks were found to have achieved the expectations, ushering in barefoot banking and phenomenally improving the reach through the Lead Bank Scheme and Service Area approach, al bait at the cost of efficiency. The reforms helped cleaning up the banks balance sheets, introduced asset liability management, prudential management, and better and responsible customer service. Within fourteen years, they became symbols of inefficiency reflected in large accumulation of non performing assets NPA. Inclusive banking approach, post 2005, led to the creation of banking correspondents BCs, Small Finance Banks, Small Payment Banks. While in 1991 there were 76 scheduled commercial banks, excluding the regional rural banks and urban cooperative banks, the comparable figure now is 93. From 60,220 total bank branches in 1991 35,206 rural, 11,334 semi urban, 8,046 urban and 5,624 metropolitan branches, the total grew in 2022 to 158,373 rural branches 52,773, the least to grow, semi urban 43,683 branches; urban branches 30,638, and 31,2

The decadal data between 2000 and 2020 indicates growth in advances in both private and public sector banks and their NPAs too. However, to expect banks to lend without NPAs will be amounting to calling on banks to give up risk appetite. Also, creating mega banks and Bad Bank would extinguish neither their toxic assets nor reduce their losses. The government ignored the experience of the 2008 recession that warned oo big to fail banks would demand more resources from the exchequer than earlier, when they created the monolithic SBI and merged major PSBs to be just ten now from 28 in 1991. Private banks, foreign banks, and PSBs are not on par in the eyes of the regulator when it comes to meeting the priority sector obligations. While agriculture, small industries and small businesses, housing for the poor, education for the poor and transport including boats and catamarans were the priority sectors post nationalisation, their composition and content changed dramatically during the last thirty years. Indian Banks Association, the lobbying agent for the banks, negotiated for redefining the priorities from time to time. The forty percent of total lending earmarked for this purpose is diluted for the poor and disadvantaged the very purpose of prioritisation. Shaktikant Das, RBI Governor, speaking at Ahmedabad University in 2019, recalled the status of banking pre nationalisation: Five cities in the country, viz, Ahmedabad, Mumbai, Delhi, Kolkata, and Chennai accounted for around 44% of the bank deposits and 60% of the out standing bank credit in 1969. This led to the widespread political perception that, left to themselves, the private sector banks were not sufficiently aware of their larger responsibilities towards society. Quoting RBI History of Banking Vol III, he said, nationalisation of banks was thought of as a solution for greater penetration of banking that excluded 617 towns out of 2,700 in the country. And, even worse, out of about 6,00,000 villages, hardly 5,000 had banks. The spread, too, was uneven The 2008 recession also led to demand for nationalisation i

Online Advertising is the art of using the internet, as a medium to deliver marketing messages to an identified and intended audience. It is helpful for attracting website traffic and brand exposure, but first and foremost, online advertising is designed to persuade the targeted customer to engage in a specific action like making a purchase. There are many different types of online advertising mediums. Some of them are content marketing and social media marketing. Once you have established a clear social media marketing strategy, you can start to consider advertising on social media platforms. Most social media sites now easily allow advertisers to utilise their reach and promote their products from within the platform. They also include good analytics tools to assess the success of the investment made. This might include a promoted tweet or post, a promotion of user generated content or even an entire campaign that is released across multiple social channels. Content Marketing is another great way to get a brand and message in front of the right people. Its primary focus is to attract organic traffic to a website by improving the SEO of a site, but once you have the strategy and content in place, you can increase its reach and engagement by paying for the content to feature on appropriate websites. Paid advertising can help to increase the ROI of content marketing. That means, without promotion, the production costs can often outweigh the potential return. Native advertising, a form of paid media, is a clever way of creating an ad that follows the theme of the site where it is placed. It is intentionally designed to look like the media where it appears and is sometimes referred to as an advertorial or sponsored content. However, there are many reasons to reflect on the positive elements of this taxing year. In the midst of fear and uncertainty, so many Montrealers stepped forward to help their neighbors with shopping or cooking or other help. Companies shifted their activities to help in the battle against COVID 19. And, of course, the greatest heroes of all, hea

Been born to you. A baby born in a manger brought an amazing promise to the world. For Christians, today is the celebration of that promise. It also is the culmination of a holiday season that, despite the hype and commercialism, touches hearts and minds in a way that cuts across religious lines, more so than any other holiday we celebrate in America. It has for generations come to represent a special time of giving, of caring not only for ourselves and our own families but also others in need. It is a special time for our children and a poignant time to remember our own childhoods. The memories we make at this time last far into the year after the season has passed. Whether you believe in the Christian faith or not, the message of hope and redemption is a compelling one. The impact of the birth of the baby Jesus has been worldwide. His life and teachings reconnect us with all that is good in the world. Families will be gathering to celebrate the memories and gifts of sharing and love that have bound them together for a lifetime. Volunteers will feed and support the needy. And many, many prayers will be spoken in hopes that peace, love and compassion among us all in this troubled world will be embraced anew. Such is the powerful legacy to the multitude of generations that have come after that one which witnessed the extraordinary birth in Bethlehem being celebrated this day. It was a birth that made the world a different place. We hope that, today of all days, those who feel lost may be found; that those who mourn will find comfort, and that many will be welcomed home. We pray that the issues that divide us can be forgotten today. That we will remember that we create our own joys and can always choose hope and seize that promise extended so long ago, in a manger in Bethlehem. When genuine love is extended to our families, friends and neighbours, we just may find that the miracle and mystery of Christmas still has the power to change the world. There are as many traditions for Christmas as there are those who observe it, but a common thread is the time spent with I

But Christmas is a moment to 2515 reset the clock, if temporarily. It is a time to appreciate the richness of life and those here and who have gone who contributed to it. The New Year and its challenges will come soon enough. Somewhere there is a child in need of clothing, a senior who needs a helping hand and a loved one who wants the simple gift of time. The familiar backdrops all need tending to, from the tree and cakes to the piles of wrapping paper littering the floor. This is a time for reacquainting with family and friends, faith and treasured traditions. Christmas will be gone before you know it, and there no pleasures today like adding to the memories. If anything, this Christmas comes at a perfect moment for self reflection, as the nation faces a new chapter in history and as the world looks to America as much as ever to help restore moral order. That says a lot about the standing Americans have in the world, our common identity and the character we bring to global affairs. That bond is easier to see in the holiday glow on the street. It a great launching point to be reminded that the human spirit is an expansive thing, that others are fuller and more giving than they might appear. Today is a moment to take a break, to revel in the company at home and to rekindle the feeling of those earlier years with the sight of a child under the tree. That might seem hard to do with temperatures pushing 86 degrees. But there is a comfort and a rhythm to this holiday that defines this time of year. The best of us is brought out in the spirit of giving, in the hope we see and in the goodwill we show our fellow man. This is an enduring holiday because the joy and optimism it brings is something to hold, share and help pass down to the next generation. The Christmas season is here. It the time of year when we celebrate joy, peace and goodwill towards all men, especially in a year filled with many hardships. So many people have lost loved ones in this pandemic and are going through their first Christmas without them. Families are struggling to put food on the table. Many

Alternative investment managers have started relying significantly on cutting-edge technology to assist them to create and deliver their bespoke deal flow management strategy. To truly help most alternative investment firms, deal flow solutions are expected to be customizable and flexible as every firm strategy tends to be unique. Therefore, the solution should be capable of supporting the diverse needs of different asset classes in the alternative investment industry such as Private Equity, Venture Capital, and other Private Market investors. Unleashing the Power of Technology: Revolutionizing Deal Flow Management Technology is changing deal flow management in new ways. Deal flow solutions with data analytics and machine learning algorithms can process and analyze massive volumes of data, revealing valuable insights and trends. These solutions offer automation tools that reduce human error and give investment professionals more time to make strategic decisions. Further, these solutions enable investment teams to access consolidated information in real-time and promote stakeholder engagement and deal flow transparency with built-in communication features. Advanced deal flow solutions offer robust features prioritizing automation, making deal flows more effective. With a strong emphasis on seamless data capturing, such solutions ensure that information travels effortlessly from one interface to another in real time. For example, a funding request from the promoter of a company received via email or web form is automatically captured, eliminating the need for manual data entry. By streamlining this process, alternative investment firms can save valuable time and resources, allowing them to focus on strategic decision-making. Moreover, the software advanced capabilities enable the compilation of relevant data and the generation of comprehensive reports tailored to the organization specific needs. This level of automation enhances efficiency and provides real-time insights, empowering investment managers to make informed decisions promptly. What Capabilities Alternati

The food processing sector is not only essential to how we conduct our daily lives, but it is also a significant economic pillar. The segment has immense potential to grow and contribute significantly to the country economy. The government of India has set a vision for the sector to achieve a target of doubling its contribution to the GDP by 2030. The route our food takes from the farm to the plate has undergone a sea of change over a period. Food processing refers to the conversion of raw agricultural products into value-added products for human consumption. The products we consume have made it through several processes, such as harvesting, cleaning, packaging, grading, preserving and transportation. The raw products from agriculture, dairy, plant based/poultry meat, etc. undergo processing involving cutting-edge technology for post-harvest processing. Though the food process sector continues to innovate on adopted methods of spray drying, colorants, artificial sweeteners, preservatives, addition of newer trends like plant-based meat, ready-to-eat, bakery ingredients, sugar free ice creams and healthy oils have reinvented and shaped the food processing industry in the country. The food processing sector is one of the critical drivers of growth and has been acknowledged as a high priority industry by the government of India, as it has shown enormous potential for creating employment opportunities and generating income in the country. Although at present, the sector in India is at a nascent stage, it has shown promising growth in recent years. This industry is expected to add 9 million jobs by 2024. Foreign direct investments in India food industry totaled \$4.18 billion between April, 2014 and March, 2020. By 2030, India annual household consumption is believed to quadruple, making it the fifth-largest consumer in the world. The sector size is estimated to be around US\$322 billion, and it is expected to reach US\$543 billion by 2025, growing at a CAGR of 14.6%. The food processing industry in India is primarily concentrated in the northern and western regions of the

And expanding the sector reach in the eastern and north-eastern regions of the country. The industry should also aim to reduce food wastage and increase the utilization of by-products and waste generated during food processing. To achieve this vision, the industry should adopt modern technologies such as AI, IoT, and block chain to improve the supply chain efficiency and reduce wastage. The premier technical institutions, such as the IITs, can play a significant role in developing these technologies and providing training to the industry professionals. The government should provide support in the form of incentives and subsidies to promote the adoption of these technologies. The industry should also focus on developing new and innovative products, especially in the organic and health food categories, to cater to the changing consumer preferences. The farm sector should also focus on increasing the production of raw materials suitable for food processing and adopt modern farming practices to improve the quality of the produce. However, the adoption of technology has dramatically changed so many aspects of our lives, and it is thrilling to see how the food services sector has witnessed change as a result. It incorporates automated quality control and effective work models to maximize consistency and profitability. The sector's integration of AI and automation, will increase total efficiency, and quickly servicing customers by establishing contemporary solutions like snack portals with heated and locker-styled compartments. With the aid of mobile order-ahead tools, contactless service, and reduced person-to-person interaction, this new strategy will enable labels to serve customers at their leisure. From in-store to official online portals to a variety of e-commerce platforms, these Omni channel customers are evaluating products and comparing their features across multiple platforms. Consumers now have multiple ways to interact with brands, and FMCG companies ensure that all their functions work together to provide a positive experience for their customers. Brands are wi

We believe these are what all of us need right now. Look for ways to help one another this Christmas. Reach out to loved ones to tell them how much they mean to you. Because the greatest gift you can give someone is love. This Christmas is going to be very different for our community. The COVID 19 pandemic will alter many of our familiar traditions. Yet, this Christmas is a perfect day to reflect on that story deeper meanings, which are as relevant today as they were two millennia ago. Those lessons are not specific to Christianity. Indeed, almost anyone can find inspiration in the story of a young, weary family, making a difficult journey and the birth of a baby boy into the lowliest circumstances that would later change the world. There are families in similar situations today. Thousands of families in Canada struggled to keep a roof over their heads this year. Thousands more lost their jobs to COVID due to a ravaged economy, and, tragically, thousands more lost their lives to the disease. And yet, so many of us who face tremendous obstacles and terrifying adversity kept moving, working, and pushing forward out of faith that things can get better. Small acts of courage change the world around us, sometimes insignificant, obvious ways, but much more commonly by touching one or two lives with hope and encouragement that ripple out endlessly. The holiday season is, coincidentally, the time of year when we are most generous with our time and money. We are tremendously giving people, donating millions of dollars to charity and volunteering countless hours. This generous spirit unites us all. Hopefully, the Christmas story reminds us that we need not give frankincense, gold and myrrh or more modern expensive gifts to show love and admiration. As for making the season special, we all have to adjust our Christmas plans this year due to COVID. We won't spend the holidays with family and friends who don't live in our household. But there are still many ways to enjoy the season. Listening to all your favorite Christmas music is always a great way to have fun. Decorating your i

The present government gives the impression that growth comes from the rich and the rich do not cry on inflation. They can pursue non inclusive growth agenda more effectively if they change the institutional architecture, so that expenditure on institutions meant for delivering to the poor can be minimized, if not eliminated. This is undesirable both politically and economically. While privatization by itself is not bad, the timing and motive behind the move at the moment is suspect, particularly after the consolidation of PSBs took place. The views expressed are author own. The author is an economist and risk management specialist. All of those are lights in the darkness, beacons of hope and charity in a once in a century pandemic that has brought the world to its knees. But we still have to get through Christmas. For Christians, Dec. 25 is a holy day of great joy, celebrating the birth of Jesus Christ. Even for those not of the Christian faith, it is a time traditionally spent with family and friends. Instead, if we heed the advice of scientists and medical authorities, all across this country, there will be people who spend these days alone, separated from elderly parents, longing to see grandchildren, reaching out by telephone and Face Time and Zoom to try to replicate the love and togetherness that usually accompany this holiday for so many of us. 4PL logistic segment in the country includes: Tech at its core As supply chains grow ever more complex and fragmented, technology will take an increasingly central role in how the industry develops and overcomes those challenges. As a result, the demand for new technologies in supply chains has increased significantly and logistics now stands before a crucial inflection point that will see profound changes to how the industry operates. Fundamental to this technological revolution will be the establishment of clear industry data standards potential of new technologies such as AI and block chain. At the same time, taking advantage of these new technologies will require an underlying shift in the way both than one size

Jammu and Kashmir has been known for communal harmony, and even local terrorists will not be able to tarnish this reputation. If we look at the recent past, then we can say that the identity of Kashmir is protected in India. Fundamentally, Kashmir is the land of Rishis and Sufi saints, and their message is deep rooted in the hearts of Kashmiris, irrespective of faiths and beliefs. Not only that, it has the capacity and scope to expand, creatively vocalise, and mature. It also has excellent prospects to spread its outcome all over the country. The convergence of Mahayana Buddhism and Islam in some parts of Persia and Central Asia resulted in the evolution of Islamic mystics. The Sufis founded several orders by incorporating Hindu and Buddhist philosophies. The meeting of two great traditions of Saivism, the Hindu monistic philosophy of Kashmir, and Erfan of Muslim. It gradually took place, giving rise to a unique order of Rishis whose philosophical beliefs led to the idea of religious tolerance and shared faith in God, which Kashmiris always cherished. Somnath Dhar, Jammu and Kashmir, National Book Trust of India, New Delh. Rishi Sufism, a social, cultural and religious space where several Hindus and Muslims once practised their faiths, was one of the most prevalent expressions of Kashmiri at in the century. The Rishi Sufis practice shaped the concept of the immanency of God, respect for all religions, beliefs in miracles, reincarnation, meditation, and asceticism from Hinduism and the spirit of Eightfold Paths from Buddhism. It incorporated these into the concept of transcendence of God and to the spirit of the Five Pillars of Islam for launching the syncretic space for inter religious interactions. The ethno cultural symbiotic consciousness, and Hindu Buddhist inter religious symbiotic spiritual consciousness, shaped the evolution of the Kashmiri at. Kashmir at is a concept of tolerance and inclusivity of all faiths and beliefs, thus respecting all religious traditions and festivals. It embodies communal harmony, literary heights, spirituality and symbiotic relat

Thus, the minority community of approximately 3,50,000 people, mainly Kashmiri Pundits, were driven out of the Kashmir Valley and continued living in exile. Ultimately, the whole erstwhile state of Jammu and Kashmir was engulfed in this cross border terrorism sponsored by our adversary. In addition to other things, these radical elements want to destroy the basic fabric of Kashmir, i.e., Kashmiri-ness. When the people of Jammu and Kashmir suffer, the magnificent metaphysical and mystical ethnicities augmented by Rishis and Sufi saints bring succor to them. There have been conversions, sometimes peaceful while at times by force. J K witnessed conversions, various changes in administration and transfers of power. Nevertheless, neither the adaptation nor forced migrations could obliterate their mutual trust, love and psychological bondage amongst the various communities. Ironically, the converted people did not change their surnames after conversions. People of Jammu and Kashmir take pride in their culture as the society is deeply inclined toward the culture of Rishi Sufi mysticism. People chose not to lose their diverse spiritual identity, which is neither unequivocally Hindu nor Muslim. This culture and spirit of a singular identity, irrespective of individual religious beliefs, sometimes confuse people outside of J K. However, Kashmiris with pride refer to it as Kashmiri-ness, in simple words, Kashmiri-ness. The people of Jammu and Kashmir, especially of Kashmir Valley, continued to live in harmony till 1989, when Pakistan aroused the communal sentiments of the majority population of Muslims in Kashmir and changed the course of a passive, otherwise secular in nature, into a violent ridden communal movement. Pakistan forced an ideology of fundamentalism, which was alien to the Kashmiri society where Sufism flourished, divided the People based on religion, thereby complicating the ethno religious identity of the Kashmiris. For terrorists from the other side of the fence, religion was merely a tool to exploit the vulnerabilities of the masses and tear apart the socio cu

Many faiths and belief systems regulate the people of India. Kashmir civilisation is a splendid reflection of India civilisation, which promote composite culture and pluralism. So far, Pakistan has tried to weaken the very spirit of Kashmiri at, but Pakistan must appreciate that in a struggle between secularism and fundamentalism, the former is always the winner. The faith of the people of J K in the socio cultural fabric of Hindu Muslim is indestructible. We must not see this conflict in J K between Hindus and Muslims but as between national and anti national forces. The Pakistani strategy during the insurgency phase was to create social and communal disorder and weaken the secular base. Pakistan was under the impression that Kashmiri at had no psychic roots in the state, except in the plural reverence for other religions. This misapprehension encouraged Pakistan to transplant its fundamentalist ideology to combat the liberal Hindu ideal of the brotherhood of man, which comes from the Indian philosophy of Sarva dharma sambhava. At the United Nations Framework Convention for Climate Change UNFCCC 26th Conference of the Parties COP26 in Glasgow last year, Hon ble Prime Minister Narendra Modi outlined a five point strategy to drive positive climate action. Besides committing to increase non fossil energy capacity to 50GW by 2030 and meet half of all energy needs from renewable sources; India also put forward its goal to reducing at least one billion tonnes of total projected emissions between now and 2030. This eventually would place India on the path to achieving Net Zero emissions target by 2070. India has the lowest per capita emissions at just 1.9 tonnes of carbon dioxide per head, compared with 15.5 tonnes in the US and 12.5 tonnes in Russia, as per 2019 data. Thus, the new roadmap for a cleaner future has strong implications for the business sector. Our new roadmap is underpinned by the new Environment, Social, and Governance ESG reporting requirements for the business sector. The Securities and Exchange Board of India SEBI has called for mandatory disclosures

Needs comprehensive support reporting is an extra burden on these enterprises, and with several of them challenged by the impact of the COVID 19 pandemic, prioritising ESG standards, especially for companies in the manufacturing sector, calls for committed in house capacity building. ESG practitioners can support this transformation through MSME specific ESG reporting protocols and frameworks. From corporate to social to ESG For a long period, corporate reporting centered on governance measures followed by an emphasis on social responsibility. In both these, the country has set an exemplary model, with India probably being the only one where CSR spending is mandated by percentage profits, specific areas of action, and annual reporting. ESG reporting, not too surprisingly, is still in the nascent stage, with just about 125 companies representing mostly the construction and building materials, metals and mining, oil and gas, and chemicals sector disclosing their sustainability performance. For example, the environmental pillar calls for commitments regards energy usage, reducing the carbon footprint, waste management, pollution monitoring, natural resource conservation, managing hazardous waste, and toxic emissions. While the social pillar must factor in employee welfare, vendor relations, gender equality, and social welfare programs. Likewise, the governance pillar underpins the need for business ethics and legal best practices. ESG is fundamental for long term value creation Transitioning to this broad ESG framework is fundamental to long term value creation and in meeting stakeholder expectations which is key to future proofing Indian businesses. For MSMEs, specifically, proactive ESG reporting will bring an added incentive of being able to attract new investments, especially from ESG focused funds. To build businesses fit for the future that the nation envisages, it is important that we commence an inclusive ESG journey now. We must support the sector take that first decisive step without delay to map out grassroots level strategies for carbon footprint reductio

A multisystem inflammatory disease like Psoriasis requires constant attention to control the inflammation and prevent frequent flare ups. If mismanaged, psoriasis can cause a range of health complications such as hypertension, diabetes, kidney disease, skin problems and cardiovascular diseases. Correct treatment can not only alleviate the symptoms but also treat persisting skin problems. With treatment adherence, patients can get clearer skin, which can further motivate them in long term management of Psoriasis. Therefore, regular communication is fundamental for the right treatment, advice, and information. For psoriasis management, there are several safe and effective therapy options available today. Determining the right treatment method depends on several factors including the patient disease severity, risk of comorbidities and susceptibility to various risk factors. Advanced therapies, including biologics, have added to the options of therapeutic treatment of moderate to severe Psoriasis. They are highly effective in successfully disrupting the disease cycle. It has a favorable risk reward profile and is well tolerated by patients. This has proven to improve acceptance and facilitate better adherence. Psoriasis patients need holistic treatment and support, right from the initial stages. We need an understanding of the barriers to treatment adherence and accessible information for both patients and clinicians. There is a clear need in India for multi stakeholder interventions, uniting patient groups, specialists including dermatologists and rheumatologists, the government, industry bodies and private players towards establishing a patient centric model of care while driving emotional and social support. In early February this year, the National Payments Corporation of India NPCI in a proud revelation announced that our neighbor, Nepal would be the first foreign country to adopt India UPI Unified Payments Interface system. In yet another significant win, a couple of years back, tech titan Google in a letter to the United States Federal Reserve Bank applauded th

Your bank account to a mobile application like Google Pay, Phoneme, Pat, BHIM, etc. thereby making transactions safely using just the UPI ID of the receiver. Unlike in net banking wherein, one needs to share sensitive information such as account number and IFSC code, UPI ID also known as Virtual Payment Address VPA does not contain any sensitive information and thereby mitigates the risk of frauds. The robust tech platform enables users to transact seamlessly across various modes scan a QR code to make payment, send money to UPI ID or phone number, or even send a collect money request. However unfortunately the unique construct and simplicity of UPI is being leveraged by fraudsters to lure and target users who conduct transactions carelessly. This makes it even more pertinent for users to take charge of the situation with adequate knowledge, scrutiny, and responsible behaviour so as to keep fraudulent transactions at bay. Below are some fraudulent practices that one must be aware of Phishing One of the most popular forms of fraud is Phishing, wherein fraudsters send unauthorised payment links via SMS. Since these fake bank URLs will look almost identical to the original URL, customers may imprudently click on the link which will direct them to the UPI payment app installed on their phone and will prompt for an auto debit. As soon as the user grants permission, the amount gets debited via UPI on real time. Malware Malware is yet another popular form of cyber fraud users fall prey to by clicking on fake URLs that are downloaded from a fake e mail attachment or an unsecured website. Clicking on the fake URL infects one device with a virus/malware, which is specifically designed to extract and copy data thereby stealing the financial information stored on the device. SIM Cloning Here once the scammer clones a SIM, he will have access to the user bank account details and ID proof which are then be easily used to reset the targeted user UPI id. Vising In this case, scammers may call or interact with the targeted user while posing themselves as a bank representative. Aft

Adds a new payment account or makes a transaction. In other words, every transaction is authenticated with the UPI PIN, which acts as a safety net and prevents fraudsters from misusing the app on a device or making a payment from an account as the UPI PIN is known only to the user. The paramount rule here is Never reveal your PIN to anyone. Here fraudsters may try to misuse the request money feature on payment apps. But what one needs to remember is that if money has to be credited it will never ask for the PIN. Beware of counterfeit apps There are many fake apps that may look similar to the original bank app and are easily available for download. Installing such fake apps, makes sensitive information vulnerable to fraudsters. Personal information of users are extracted under the guise of some important banking service or transaction. While UPI is definitely one of the safest and most secure platforms for cashless transactions, but as with the platform, the onus equally lies with the users as well to observe safety standards and practices. In case of UPI, customers fall prey to fraudsters owing to their own ignorance and lack of knowledge. It is therefore extremely important that even while we adapt to contactless payments such as UPI, we are mindful while transacting digitally and are responsible to keep a tight check on any form of inadvertent behavior. We are in an era where the rate of finch adoption is bizarrely exceeding the rates of Fitch Innovation. It is important to study factors causing tangible impact in digital adoption in specific demographics for fitness growth and scalability. This article points out trends that see skyrocketing adoption of digital payments in rural India. Increasing smartphone penetration there is an exponential increase in the rate of smartphone penetration in India which was estimated to be 54 percent in 2020 and hiking towards 96 percent by 2040, which is almost everyone equipped with a smartphone? Mobile payments have been a joy for customers urban and rural ever since its inception. Players in the Fitch arena are constantly i

Of so many features like Digital Ledger, Inventory, e Point Of Sale and Nonbanking. Nonbanking single handedly raises the bar of rural digital adoption, since most rural populations engage in B2C businesses involving layers of payment cycles towards vendors and stakeholders. Neo banking in a store payment collection app includes bulk/individual payouts, list of inward outward transactions, some with options even for availing loan and insurance. Pricings are cheap, merchant paperwork, background checks and integrations needed are umber fast and simple. A classy merchant dashboard with notifications of activities happening on the digital payment app is crucial. Simplicity Most rural mobile app users need it simple. The outlook of the app needs to be uncluttered, simple and self explanatory. The navigation, workflow and concluding acknowledgements, although internally complex, should look simple and straightforward to the user while not forgetting the presentation of the app in a minimum of 6 to 7 regional languages. Speed Those few seconds between end payment and paid are deemed high on human anxiety and so very crucial. The psychology of the rural human mind says, the more time taking digital payment is, the more unreliable it could be. Rural India is big, almost 70percent of the country and it is a sector where money is earned largely in forms of labor through sweat and blood and this kind of money lost panic is a can complain issue. Speed increases the sense of security in the minds of rural merchants. An edifying campaign that digital payments is secure and risk free The news of Digital Fraud is increasing and awareness about the security in digital payments is key. Fitness are incorporating defensive mechanisms for fraud detection and risk prevention and rural merchants are feeling a sense of security in depending on digital payments. But more than the problem of infrastructure it is the people distrust towards sophisticated technology. There is a quote that says, A superlatively advanced technology equals magic. While there are many advantages and amazing feat

A highlight of Census 2011 was the surge in urban settlements over the previous decade. The count was 7,933 urban settlements. About 65% of these settlements did have a master plan, according to a Nitti Aayog report in 2021. Moreover, almost half of them continue to be governed as rural entities. It problematic because urban India is not just the primary engine of economic growth, but it where most of the future population growth is expected. GOI estimated that urbanisation contributed to almost 60% of GDP, and almost 75% of the population increase by 2036 will be on account of urban growth. The problem has two dimensions. First, states have undermined the spirit of the 74th constitutional amendment of 1992 that envisaged the transfer of the urban planning function to an elected local government. Second, inadequate devolution of powers has deprived master plans of a sense of reality. They are out of sync with the evolution of urban settlements. A common critique is that they are inflexible and overemphasis zoning. The problem here is that master plans, which take a macro view of urban areas, failed to account for the informal nature of urban India employment market. Consequently, zoning plans run into unexpected growth of clusters linked to informal jobs. The end result is that basic urban infrastructure is either patchy or non-existent. Master plans remain essential to prevent chaos and enhance the quality of urban life. They require action on two fronts. Political power has to devolve to urban local governments. With it, greater ownership by the political executive can inject a dose of reality into master plans. The surge in India daily mean rainfall since the last week of June again showed up the poor state of urban India infrastructure. Marooned vehicles and chaos in big cities made headlines. However, the disruption in smaller urban centers has probably been worse. If the infrastructure in big cities is inadequate to deal with the monsoon, emerging urban areas deal with another problem. Infrastructure does exist. In the sphere of higher education institutions

So, when floods and landslides occur, accident and tragedy are built into the terrifying numbers. Facility management, leasing, broking network, and property consultation. As the real estate sector expands, there will be a broader positive multiplier effect on related industries and persons involved. By targeting double-digit GDP growth, India can unleash the true potential of its real estate sector, fostering economic growth, creating employment opportunities, and fulfilling the aspirations of its citizens. Watching clouds can transport you to a realm of unparalleled serenity and bliss, where the boundaries of reality seem to dissolve into a painter canvas. As you lie on the soft grass or lounge on a cozy hammock, your eyes fixate on the ever-changing dance of clouds across the vast expanse of the sky. Each fluffy mass morphs into unique shapes and forms, stimulating your imagination to conjure images of animals, mythical creatures, and dreamy landscapes. The gentle breeze carries the clouds along, painting the sky with hues of cotton candy pink, golden orange and serene blues. The warm rays of the sun filter through the white canopies, casting a soft glow that envelops you in a cocoon of comfort. The world around you fades away as you become immersed in this celestial spectacle, where time seems to stand still, and the stresses of everyday life dissipate like the morning mist. The act of cloud-watching instills a profound sense of calm and freedom, akin to being transported to a paradise where worries dissolve into nothingness. As you marvel at the boundless sky, a sense of perspective emerges, reminding you of the vastness of the universe and your place within it. The transient nature of clouds serves as a reminder of life impermanence, urging you to savor the present moment and appreciate the beauty in fleeting things. The tranquility that accompanies cloud-watching is not just a product of the external scenery; it also stems from an inner connection with nature. In this enchanting setting, you can find solace and peace of mind, allowing your thoughts to wande

Learning process accordingly. This means that teachers can focus on our unique needs and abilities, helping us excel at our own pace. Timely feedback and improved assessments Have you ever wondered if there was a way to get immediate feedback on your assignments? AI can help with that By using AI-powered assessment tools, our teachers can grade student work quickly and give us feedback right away. This way, we can understand where we need to improve and build on our strengths. Identifying and bridging learning gaps In India, we face disparities in access to quality education in different regions. AI can help us bridge this gap. By analyzing data, AI can pinpoint areas where students need more support and resources. This insight allows policymakers to allocate educational resources more efficiently, ensuring that every student has an equal opportunity to succeed. Streamlining administrative tasks AI can also assist our teachers and school administrators in managing administrative tasks more efficiently. By automating processes like enrollment, record-keeping, and scheduling, our teachers can devote more time to teaching and mentoring us. This can lead to a smoother educational experience for everyone. Lifelong learning and up skilling: AI can facilitate lifelong learning by offering personalized, on-demand courses tailored to individuals evolving career goals and interests. With AI-driven platforms, professionals can stay updated with the latest developments in their fields, ensuring they remain competitive and adaptable in the job market. Early intervention for struggling students AI can play a vital role in helping students who might be struggling academically. By analyzing data, AI can identify students who need extra support and intervention. Early identification of learning difficulties can prevent students from falling behind and give them the necessary help to succeed. AI-powered content and curriculum AI has the potential to transform the content and curriculum, making it more relevant and engaging for students. By analyzing vast amounts of data on student

Electric vehicles EVs are launched globally each year, and it is estimated that by 2040, one in three cars sold will be EVs. The EV disruption in the automobile industry is also quite democratic, as the focus on new technologies has presented an opportunity for new players to enter the sector. Many established automobile manufacturers have been slow to act, giving EV startups the opportunity to gain a foothold in the market. However, despite these opportunities, EV startups need a supportive ecosystem to help them grow and achieve their full potential. This is definitely the case in India, where young EV entrepreneurs face a host of challenges such as a lack of access to raw materials, testing equipment and quality talent. There are some positive factors such as India abundant supply of renewable energy resources and expertise in automotive manufacturing. The government has been taking steps to nurture a conducive ecosystem in India for a while, with mission plans and incentive schemes for manufacturing EVs and EV components as well as encouraging consumer adoption. However, many of these schemes are largely empowering established companies and could do more for small and medium sized EV players. The government is doing its utmost to support the Indian EV ecosystem, but the industry must also take the baton forward. This collective approach will help EV startups face a number of challenges. The challenges are many There are many struggles that EV startups deal with but given that it is a relatively new and innovative technology in a capital intensive industry, Research Development R D is unsurprisingly a huge challenge for many startups. In 2019 20, the world top 20 car manufacturers spent close to a combined INR 7 lakh cores on R D in EVs numbers that startups will struggle to match. While this is obviously a constraint, startups do have the advantage of agility and flexibility as they are not beholden to existing manufacturing processes and product designs. Nevertheless, critical components like batteries are still expensive as they account for 40 of an EVs cost

Like motor test benches, mixed signal oscilloscopes and cell/battery cyclers some of which can cost 3 5 cores each. Even if the funding could be raised by startups to afford these R D costs, talent remains a major bottleneck that prevents India from being globally competitive. Countries like the USA and China have been investing in automobiles and EVs for so long that their EV industries have developed immense expertise in the field. India is unfortunately still lagging behind and many organizations struggle to recruit quality engineers. This struggle is especially worse for startups, many of whom struggle to compete with the pay packages and benefits that large manufacturers like Tata Motors, Mercedes Benz and Mahindra can provide. All of these struggles are occurring in the backdrop of major supply chain crises the EV production process has been called a manufacturing hell because of its numerous bottlenecks. The process of making automobiles involves high fixed costs, and complicated coordination with different suppliers to source various materials and components. These are issues that are mitigated by economies of scale but that requires significant capital and investment there is a good reason why the gap between making a prototype and mass producing an EV is ominously called the valley of death. Many startups are unable to find investors who have sufficiently long term thinking Funding difficulties are also the main reason dissuading startups from exploring new ideas. Even with investors, the situation can arise where their expectations are not in alignment with the company vision. EVs: Long term opportunities that are not a zero sum game It is clear that EVs have immense potential to both deal with climate change as well as fuel economies. While there is significant competition between different companies of varying sizes and even different technologies, anyone who has spent any time with EVs realises that EVs are not a zero sum game. The scale of the problems and their sheer variety mean that multiple companies will be needed to provide a variety of EV sol

a consultation model, which would help early stage startups advance R D development by avoiding recruitment constraints. Engineers working in such a model would interface with multiple technologies and use cases, which would expedite the pace at which they gain functional expertise. This is precisely the type of long term thinking that will be required by these ecosystem creators, and there is no type of organisation where this is more required than venture capital firms. Many of them are still learning about mobility and climate technologies and how to invest in them. This limits the potential of EV startups to scale enough to transition beyond the valley of death and begin production. The opportunities for the EV industry to drive another era of growth in India is immense both from the economic activity generated by the manufacturing and development of EVs by Indian startups as well as the activity generated by the use of the effects it could have on logistics and transport industries are extremely exciting. There are certainly challenges that will need to be overcome, but the truism that challenges are just another word for opportunities has never been truer. With the right support and movement, the EV ecosystem can help power India into a new era of clean mobility Many established automobile manufacturers have been slow to act, giving startups the opportunity to gain a foothold in the market. However, despite these opportunities, startups need a supportive ecosystem to help them grow and achieve their full potential. This is definitely the case in India, where young EV entrepreneurs face a host of challenges such as a lack of access to raw materials, testing equipment and quality talent. There are some positive factors such as India abundant supply of renewable energy resources and expertise in automotive manufacturing. The government has been taking steps to nurture a conducive ecosystem in India for a while, with mission plans and incentive schemes automobiles involves high fixed costs, and complicated coordination with different suppliers to source various

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Following World War II, the United States of America anointed itself the leader of the free world, committed to planting the flag of democracy globally. Much of this global positioning was facilitated by a celebration of its constitution. The constitution, though written in dense legal prose, enshrined the concepts of liberty, equality and freedom. Nourished by a powerful Supreme Court and gushing popular culture portrayals, it became the global gold standard for constitutional documents. Oil producers and refineries exporting downstream products have had a good run this year. Consequently, on June 30, Gol levied an indirect tax on them to capture a part of the windfall gains. The levy of indirect taxes in the form of cess on domestic crude production sold at import parity prices, and on export of petrol, diesel and aviation turbine fuel will accrue entirely to Gol. This is because a cess is not part of the divisible pool of taxes that has to be shared with states. Last week, the GST Council had a two day meeting where steps to reform the structure of the indirect tax by closing some exemptions and correcting inverted duties were approved. Its a welcome move. GST has withstood stress tests in 2020 21 when the economy contracted. It withstood the challenge and its resilience is now beyond question. However, GST remains a work in progress. For example, the Council needs to extend GST to important economic inputs currently outside its purview. Notably, petroleum products and electricity. One of the aims of GST is to improve Indians economic competitiveness by removing the cascading impact of taxes. Keeping petroleum and electricity outside GST will not help us realise this goal as input tax credit is unavailable when they are used in economic activity. States are reluctant to subsume these products into GST as they feel Gol has eaten into the divisible pool of taxes by resorting to cess and surcharge. They have a point the share of cess and surcharge in gross tax revenue increased from 10.4% in 2011 12 to 15.3% in 2018 19. Both levels of government face fiscal pr

Right that such ideal functioning is made difficult by the party in office expecting judicial endorsement of every governmental action and opposition parties likewise expecting support for their causes. But judging by the parameters of constancy and transparency, it is perhaps equally indisputable that painful gaps remain in courts answerability to the Constitution that are entirely of their own doing. For example, despite Article 20 2 safeguarding against double jeopardy, and also an SC judgment that subjecting an individual to numerous proceedings on the basis of the same cause is violative of fundamental rights, the clubbing of multiple FIRs into one jurisdiction is yet to become a procedural commonplace. Nupur Sharma is just the latest to experience this. In a much more widespread malaise, the elemental concept of bail not jail has yet to be internalised by the judicial labyrinth. On the transparency front, judicial appointments themselves present the most glaring gaps. In a strongly worded minority opinion when SC struck down the NJAC Act, Justice Chelameswar had written that transparency is an aspect of rationality and the need for transparency is more in the case of appointment process. The judgment too had underlined the need to enhance the collegiums transparency. And yet, great opacity still persists in appointments, as also in case listing. Constitutional matters like challenges to the nullification of Article 370 sit delayed before multi judge benches, with poor explanation. These are challenges that are very much within the judiciarys domain to address. It can do a far better job of keeping faith with the Constitution, plus the citizens and their civil liberties. Last weeks Bricks summit was bookended by some excitement over the possibility of the group expanding by accepting new members and reports that Argentina and Iran had applied for membership. What this obscures, however, is the fact that amid the evolving geopolitical situation, the Bricks mechanism appears to be undergoing an identity crisis. There is a deepening contradiction at the heart of

Buying it for a cousin or neighbour. When a hetero couple is having fun, only one of them can miss a period. The other just has to say, Dent be hyper. Women who stare anxiously at calendars with fingers crossed could be wishing for or against. Some women want kids, have them. Some women have kids, dont want them. Some women dont want kids, dont have them. New moms and babies face each other warily. Some moms baby talk to the baby even when the baby is a badly in his 50s. Some moms hand baby to nanny and are pleasantly surprised when baby grins one day and there are 32 teeth in its mouth. Babies themselves roll their eyes when you bring in a second bundle of joy, your back up baby in case first is misplaced. Firstborn wants it returned pronto and loses all composure when told but you wanted a sibling. Brought up on films where babies are born after two flowers shake a lot, Indian kids routinely suffer heart attacks in biology class. They go back home, look at their parents and shake their heads, Nah, not them! Pills, pull out, prayers no method is foolproof, so, oops, here we are. Not all of us were planned; ova just cant be trusted around a sperm. As condom companies are routinely burnt to the ground or sued for school fees, celibacy cannot be recommended highly enough if populating the planet is not on your to do list. While we pester the newlywed for good news, a quick first pregnancy always sparks backward counting; the baby better look preemie. When married women ask about birth control, they are told to wait, what if they want more kids, eh? When unmarried women do, they are asking for a friend. Life is a divine creative force. We are not dependent solely on instinctual drives but also possess virtues of awareness, reasoning, common sense, reflection, will, logic, morality and discerning real and unreal. These virtues bestow immense freedom of making choices. We are not separate from other creatures. We carry within the entire evolutionary memory beginning from marine life, amphibians, reptiles and mammals. However, beyond a certain threshold of upliftment,

Autopilot mode these internal reflexes have the power to recreate the same reflexive outcomes and repetitive behaviors. Thus, what we are today is because what we were in the past and what we will be in the future depends on what we are today. Samsara constitutes our deep rooted tendencies, habits, consistent patterns of reactions, behavior, outlook, feelings and way of perceiving. Findings suggest that the brain hardwires repetitive learning to conserve energy and resources so that the same can be redirected towards new learning and behaviors. For example, initially, learning to drive a car was cumbersome. We lacked coordination and while we paid attention to some functions, we missed others. However, over time, we developed skill and dexterity to coordinate all functions together and mastered driving. Today, we hardly pay attention to where the steering is, how to change the gear or accelerate. We drive effortlessly. Skill mastered is now part of our subconscious and in a split second we drive and navigate without any difficulty. The pattern we sow as samsara directs and influences our future actions and outcomes. My outcome how I drive today is entirely based on how I learnt driving in the past. That why, my style of driving is consistent and uniquely different from others. Generally, samsara are helpful and essential for navigating our lives. However, they become unhelpful when past samsara start coloring our present and restrict our vision of seeing things as they are. When internal, past conditioning unconsciously shapes our present perception, we get stuck in the karmic groove that restricts us from moving forward. Loosening the grip of such samsara is a challenge, but planting strong intentions and constant repetition helps in creating a corresponding groove or tendency. Scientific evidence suggests that nerves that fire together, wire together. Deeper the groove, more likely we tend to follow that track just like water flowing through channels. Thus, by moving from conscious towards unconscious and automatic, we can reprogrammed ourselves. Recently, I came

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Fake note of Rest 2000 either innocently or ignorantly knowing fully well that carrying fake currency is illegal. She gets her stuff and walks away home coolly. The neighboring shop keeper exercises his right to get back his Rest 2000 claiming that the note is fake. The main shop keeper, who sells the goods on no profit incurs loss because of no fault on his part. However, why didnt he notice that the note was fake, in the first instance itself and lodge a police complaint? He might have thought that by doing so, he would lose a customer, and any way, the note will be safely passed on to the neighboring shop! While we are discussing the deal as a transaction among three people, we should not forget that the real culprit is the person who printed fake note, and the whole system which has not been able to catch the thief since its printing and circulation. A close introspection reveals that all of us, so called general public are a part of the corrupt system, and the existing rules will not help out in coming to an ethical solution. We wear different hats depending upon what suits us. Sometimes, we behave like the lady who walks freely with a corrupt note, showing innocence or ignorance of the procedure. At times, we behave like the neighboring shop keeper, who shows self interest, not even bothered to ask how did it happen, and what could have been done to improve the system. More often, we behave like the shop keeper, and take a chance till we are caught by someone. Unless we change our mindset and come together to address the issue from an ethical angle, the fake notes and corrupt practices are bound to remain forever. What are the take away messages from this episode? It is not fair to target someone as corrupt without addressing the whole system. The solution, which is not simple, perhaps, lies in good governance which rewards good practice and punishes the corrupt practice. For example, in this case, investigation should be conducted and severe punishment should be inflicted against all persons who are found guilty of printing fake currency. At the same time,

Many rules, but we need officers who are competent, assertive and ethical. Mathematics will offer solution which is correct. But ethics will offer solution which is right. Our education system should try to integrate Mathematics with ethics. It should happen at homes, schools and society. Lets wait for a day and date with MATHEMETHICS! The horrifying video of two radical Islamists beheading an innocent tailor in Udaipur shocked India. This is neither the first nor the last time it will happen but we need to take threats seriously, as, Kahayan All could have been saved. He reported the threats to the police but apparently it was ignored. The fact is that many people in India supported Nupur Sharma as she was made a scapegoat. No one spoke of what led her to quote a correct passage from the Hadith. Mullahs and Malians should realise that if they make fun of Hindu Gods, then others will question their belief systems. It pains me to see this terrible tragedy becoming a political slugfest. All parties must realise that Islamic radicalism hurts everyone and every community. There are millions of law abiding Muslims but there are also a few politicians and preachers who want to divide the country. They see India thriving and doing well and this upsets them. They would rather have riots and mayhem. The only way to stop them is to identify them and shame them on social media, print and TV. Such people want power at any cost even if it means sowing divisions and hate. There are tough solutions that our intelligence networks will have to follow. Warn hate preachers and jail them. Check regularly on what is being taught in Madrassas. If possible offer good schools instead of Madrassas. Members of the community should ensure that there is no violence after the Friday prayers. Teaching the good parts of any religion is fine but to incite people to riot and throw stones and burn vehicles and buildings cannot be condoned. Why should there be incidents of stone throwing by angry youngsters after the most Holy day of the week, where they ask Allah and Prophet Mohammed, to give them

Jobs living in expensive neighborhoods. I know this as a fact as I personally have had a debate at a Lit Fest with a high ranking IAS officer who went to the best school in India and was a Muslim from one of the best known families in India but thought that Madrassas were great education for Muslim children as they could get jobs as clerics. I was too polite to counter him with Why did you not go to a Madrassa then? Or to point out to him that had his parents not sent him to the best of schools, he would not have had the opportunities that made him what he is and why would he want millions of kids going in for an education that gave them only a few choices either to be a cleric or a teacher. But since I knew his family personally, I can say I was aghast at his attitude. This is what I think is a mindset problem with some people in high places who are such hypocrites that they actually think that their children deserve better than other peoples kids who they use at every opportunity as useful idiots. These people are very much a part of the Breaking India forces. They are cynical and rich and care little about uplifting the poor. They will hit out at the leader of their own country who has genuinely distributed welfare, medical, food, banking and housing to all those who need it be they of any religion or caste. They will try and vilify all Indians and India in any forum national or international. Such people will sell themselves to cynically denigrate the very country that has given them everything. Every nation has such people. Some call them traitors but I say they are pitiful, pathetic losers. I was appalled to see a recent huge gathering of a minority community in Rajasthan, where every speaker was openly telling the people gathered there to come out in huge numbers again on Friday, June 17, after their Holy prayers and bring women and children along to show displeasure against Nupur Sharma and the BJP government. This despite the fact that Nupur has an FIR against her and has been removed from the party. Some so called leaders even want her hanged in a public

Of education in India. Waking up can be a truly blissful experience, like emerging from a cocoon of serenity into the world of possibilities. As the sun gently kisses the horizon, the first rays of dawn seep through the curtains, illuminating the room with a soft, golden glow. The transition from slumber to consciousness is a gradual one, allowing the mind to slowly shed its dreams and embrace the present moment. In these tranquil moments, the mind feels clear, unburdened by the worries of yesterday or the uncertainties of the day ahead. The feeling of waking up refreshed and revitalized is unparalleled. The body, having rested and rejuvenated during the night, feels light and ready to take on the day challenges. The mind, too, feels sharper and more receptive, as if it has been polished during the night slumber. It is a time of renewal and hope, a chance to start anew, leaving behind any regrets or mistakes of the past. As the senses gradually awaken, they take in the beauty of the morning the soft chirping of birds, the rustling of leaves, the subtle aroma of brewing coffee or fresh flowers. The world seems to come alive with every passing moment, and there is a sense of connectedness to nature and all living things. Perhaps what makes waking up truly blissful is the opportunity it brings. It marks the beginning of a new day, a new chapter in one life, filled with endless possibilities and opportunities for growth. It is a chance to pursue dreams, connect with loved ones, and make a positive impact on the world. With each sunrise, life is granted another chance to savor the sweetness of existence and embrace all that it has to offer. In conclusion, waking up is a gift of renewal, a moment of peace and serenity that allows us to embrace the world with a refreshed perspective. It is a time when we can savor the simple joys of existence and find gratitude in the beauty that surrounds us. Every morning, we are presented with the opportunity to make the most of the day, to create new memories, and to savor the bliss that comes with being alive. It a pleasant evening

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Appointment scheduling, and issuance of digital certificates. As a result, more than 140 countries have shown interest in adopting it. In line with the philosophy, Vasudhaiva Kutumbhakam (the entire world as one family), India has developed these technologies as free and open source software for all countries to leverage to accelerate digitization and promote collective growth. The development of these open-source software, data, AI models, standards and content for social good, also referred to as digital public goods (a result of synergies arising from the combined efforts of the government, the community and the Bazaar market). The government (Sarkar) hosts and maintains the products such as the India Stack, DIKSHA and CoWIN with an aim to leverage the power of technology and digital infrastructure, to create an inclusive, empowered, and digitally-enabled society. The India Stack consists of multiple products of which the Aadhar, e-auth and e-KYC is run by the Unique ID Authority of India. Similarly, eSign is run by the Ministry of Communications and Information Technology, Digilocker by the Ministry of Electronics and Information Technology and UPI by the National Payments Corporation of India. The community (Samaaj) has also contributed solutions, such as the platform by eGov Foundation, which facilitates easy access to government services for citizens, and the e-developed by inspirit, an open-source software development kit that enables Aadhaar authentication and key processes for businesses. These initiatives are supplemented by engagements such as hackathons and conferences, like those organized by FOSS United which provide a platform for collaboration towards the shared goal of developing technology for social good. Lastly, the market (Bazaar) has also contributed to the ecosystem by innovating and developing. For instance, the Namma Yatri app by JusPay enables open mobility and affordable auto rides by connecting drivers directly with the customers. Similarly, the Pincode app by PhonePe offers hyper local shopping offerings to bring small merchants

Networking opportunities, DPG boot camps, stipends, and potential job opportunities, while working on challenging projects be it adding core product functionality, or creating prototypes to push the limits of technology. DPG builders can showcase their projects, hone mentoring skills, and connect with an active C4GT community. DPG adopters can get prototypes or products built that leverage open-source technology and open standards for their own applications and access the mentor network to help them ramp up on using these. Mentors can nurture talent for their organizations, access potential adopters, and scale their products. Participants can also join the Discord community, access curated content, and explore potential job opportunities and commercial projects for deploying and scaling. Through C4GT, new market opportunities will be unlocked with a number of startups participating, students and professionals being educated about the Rotech ecosystem, and open-source advocacy being championed. These efforts will invigorate the active community of contributors, and create a robust foundation for future innovation with open source and Digital Public Goods in India. By unleashing the power of community, C4GT aims to serve as a catalyst for the open-source movement and provides a platform for individuals to build for Bharat and from Bharat, for the world! says the jawing had mental health issues. Question: Why was a mentally troubled jawing on duty with an assault rifle? Concerns have been rightly expressed that the jawing seems to have also targeted passengers from the Muslim community. But the point is that had he not been armed and on duty his state of mind would have claimed lives. Such incidents are not isolated. In January, Nab Das, Odessa health minister, was shot dead by a policeman using his service revolver. The assassin has mental health issues. When it comes to incidents of fratricide in the Central Armed Police Forces, GOI informed Parliament that the underlying causes are usually traced to personal issues. The job undoubtedly stressful. The question is w

In our cities If India is to become a 10 trillion dollars economy, security is of the greatest importance and for that we will have to work on a war footing against the Breaking India Forces. With climate change being recognised as a more immediate threat, energy efficiency has taken center stage in the priority list of nations, economies and companies that aim to be sustainable, going forward. India has set a target of achieving Net Zero by 2070 and to meet half of its energy needs from renewable sources by 2030. Currently, the country ranks fourth in the world in terms of carbon dioxide emissions, after China, the United States and the European Union. Upgrading to higher efficiency technology is the need of the hour while there is a lot of interest in sustainability, many companies may not know that the technology needed to help them to meet their energy efficiency goals and reduce their energy costs is already available. Upgrading to high efficiency motors and drives is one of the simplest and most cost effective ways to reduce industrial energy consumption and related greenhouse gas emissions. The overall impact of upgrading from outdated systems to the latest energy efficient technology can be staggeringly high for the planet. For instance, switching the world 300 million odd industrial motor driven systems to better optimised and high efficiency options could potentially cut down global electricity demand by up to 10. If manufacturers across sectors are willing to commit to these changes and shift to a more sustainable business growth model, it will be a huge boost for India climate action plan. Investing in energy efficiency can guarantee long term benefits while some businesses still feel that the initial investment and upfront costs acts as a hurdle, many have realized that the quantum of return on investments on the cost of adoption of energy saving measures shows rapid payback. And this is across industries be it a production led industry like cement, or a service led industry like hospitality. These sentiments are reflected in a recent energy efficienc

Their equipment to the best in class energy efficient rated ones, while more than half are carrying out audits for building energy efficient management systems. Digitalisation enables sustainability Digital solutions and the Iota can play a big role in enabling companies to improve the sustainability of their operations. Bringing connected equipment, continuous remote monitoring, real time data, and analytics together can give companies the insights they need to make the right decisions at the right time. They can perform self assessments and energy audits to calculate how much energy and money they could save by modernising their drives and motors. These audits will be helpful for developing the long term strategy for modernization, energy savings and reduction in carbon emissions. As the adoption of digital technology accelerates, new types of services will proliferate to enable companies to make better use of data, which will further enable them to improve the energy efficiency of their operations. Indian industry is taking a gradual stride towards implementing energy saving measures as sustainability is growing to become a necessity rather than a nice to have value in business models. The transition to a carbon neutral future is possible only if organisations are ready to become true change makers and scale up their investments in energy efficiency. Money management is a skill that should be taught to children from a young age. The values imparted to us by our parents tend to stick on in our minds well into adulthood. Even now, whenever I meet an elder from my family or someone else family, my immediate reaction is to touch their feet as a mark of respect, a habit no doubt honed by years of my mother whispering such diktats of politeness in my ear! Assuming that the lessons learned in childhood stay with you lifelong, I would argue that as a father or mother for that matter, you owe it to your kids to teach them the importance of managing money from a young age. This will hold them in good stead as they go through the various stages of their lives, from their

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There is no correlation between the amount of money you have and your happiness quotient. However, as long as you have enough money to be comfortable, the stress alleviated by not having to worry about your next month rental payment or other bills can and will make you feel lighter. In a similar vein, people who choose careers purely based on the remuneration they receive will inevitably reach a point where a certain emptiness will take hold which no amount of money can fill. One of the world greatest athletes, Rafael Nadal, has stated on more than one occasion that there will always be someone with a bigger house than you, a bigger TV than you, a better garden than you. You have to be satisfied with what you have achieved rather than viewing it through someone else lens.. This is a very valuable life lesson as it relates to how transient the joy provided by material possessions really is. 2. The old fashioned piggy bank as a primer for real world banking The old adage of saving money for a rainy day is one which I think is supremely important and is something kids should learn from a young age. In fact, all 3 of my kids had piggy banks from the age of 3 onwards in which money given them to my relatives or as gifts were deposited. More importantly, I did not allow them to break their piggy banks but would instead offer them an incentive in terms of a top up aka interest should they continue keeping their savings in the bank. This is a very simple way of teaching kids how banks work and prepares them for when an account is eventually opened for them at a bank. In a similar vein, when they insisted on breaking their deposit in order to buy a long desired gift I am not completely heartless!, I would make a small deduction, aka an exit fee which is what is usually charged by several banks or funds when you break an investment prior to its full term. 3. The concept of Hell Money This is a concept which is more appropriate for older teenagers and was first taught to me by one of my professors at Harvard. The idea is that as soon as you start working you should start sav

Teach kids the fundamentals of investing in the stock market and more recently, crypto. If, like me, you believe that everyone should learn to invest money responsibly, this truly can be done without learning how to invest in stocks. My 8 year old had his first exposure to stocks when he had peer over my shoulder when I had be reviewing my stock portfolio while putting him to bed, which always coincided with the opening of the US stock market. I still remember him telling me Dad, why have you invested in Their products are cheap knock offs and the quality is terrible!. With WISH down almost 90 since its listing price, I should have listened to my son rather than Nobel prize winning analysts! I have since given him a virtual portfolio to play around with and more than anything, it loads of fun and teaches him investment management at a young age. I am also incredibly bullish on crypto despite the market downturn at present and even enrolled my older two kids in a crypto beginners course so that they understand the fundamentals of crypto as an asset class.

5. Help Kids Make Eye Opening Calculations Teaching teenagers in particular the value of money is very important, especially if they are raised in an environment in which money is an issue. A concept which I particularly love is to calculate the cost per use. For e.g., suppose your teenage daughter wants to buy a pair of 100 jeans and she plans to wear them twice a week for 2 years. You divide 100 by 208 and the cost per use is 0.48. Alternatively, suppose she wants to buy a one off 200 dress for a costume party which she can wear on any other occasion. The cost per use is 200. Then leave it up to your child as to whether she really thinks the dress is worth it or not. The covid pandemic has been a nightmare for academics. Online classes and laboratories were a poor substitute for on campus learning. Undaunted by covid, campus placements in the current academic year broke all records at IIT ISM Khanabad. For most students, core sector jobs were not the first choice. Software, IT, consulting, and banking still rule

Today students are transactional and rightfully expect a good return on their investment in money and time. The Institute can step in by leveraging lectures, laboratories, exams, and internships to influence the students mindset. But first, the fundamental issues of mathematics and grades will be addressed. Mathematics has been the key to engineering education as it gravitated from empiricism to science. The central issue here is the flexibility in dealing with mathematics. With the advent of software such as MATLAB, should core mathematics courses be taught as rigorously, with detailed proofs, as in earlier times Given that the type of mathematics required in different departments vary, should students from all departments be required to go through two to three common mathematics courses For example, electrical engineers need intimate knowledge of linear algebra and complex numbers, and metallurgical engineers don ! Many students fear mathematical proofs. They simply memorize them without appreciating their elegance. Consequently, compulsory mathematics courses should cater to the needs of most departments. Moreover, it should be utilitarian, liberally sprinkled with engineering examples. Electives can be designed to serve the specific needs of different departments and the mathematically gifted students. For mathematics in engineering courses, my take is simple. Equations tell a story, dying to be told! Students need to understand the physical meaning of each term in an equation, understand their applicability, and solve them with software such as MATLAB and ANSYS. This also helps engineers make quick ballpark solutions to complex problems, for example the extra force experienced by a ship from sudden gusts. Grades may not be synonymous with learning. Good grades often require strategies to ace exams. Barring a few exceptions, it also has to do with memorizing, mechanically solving problems, looking up previous years questions, and advice from seniors. A student can solve a difficult problem on Newton first law but still struggle to correlate it with her real li

There is provision for involving them in IITs as Adjunct Professors or Professors of Practice. Discovery has a beautiful video series Impossible Engineering. Here, students can get a firsthand understanding of the challenges and the consequent innovations in some of the trickiest engineering projects such as the floating bridge in Seattle or the high altitude Qinghai Tibet railway. Absolutely riveting engineering! Individual courses should also have a library of case studies, much like the management institutes. A case study of the design and manufacturing of different components of a Tesla and its integration would be extremely motivating. The use of software to make students aware of the design and dynamics of engineering systems can be truly insightful and inspiring. Cars have evolved from a boxy to more streamlined shapes to reduce air resistance drag for increased fuel efficiency and elegant looks. We may have mathematical equations for drag as a function of shape, but, as they say, seeing is believing. Using fluid dynamics software, a student can see how the pattern of air flow changes with body shape and results in changing drag. Moreover, software allows students to see through complex opaque reactors such as a 110 m high, 15 m diameter iron blast furnace which operates at a maximum temperature of around 1550 o C. The use of technical software, which requires core engineering knowledge, is prevalent in all spheres of engineering ranging from electronics to mining. Traditional IT Infosys and consulting Accenture companies have also started providing technical services in mining. Thus, a career in technical software could be equally rewarding as a career in a typical software firm. Designing and manufacturing requires that students have a practical feel of engineering systems. After all, compact, energy efficient motors for electric vehicles cannot be fully designed on computers. Experiments are needed to validate and test different motor designs. Unfortunately, laboratories are the neglected holy grail of Indian education. How do we make laboratories magnet

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Over water, time and again. And despite numerous Water Dispute Tribunals being set up, resolutions are few and far between, resulting in immense loss of water resources. This despair at never ending disputes is even more pronounced when the monsoons arrive. I know that there is so much water which could be harnessed from rivers brimming with rain water, if only states would settle disputes quickly and amicably. First, a short history of water disputes and constitutional provisions. Water status in the Constitution Under the Constitution, entry 17 of the State List, deals with Water which includes Water supply, irrigation, canal, drainage, embankments, Water storage and Water power. Entry 56 of Union List empowers the Central Government to regulate and develop interstate rivers and river valleys to the extent declared by Parliament to be expedient in the public interest usually during a flood situation. Hence, for all practical purposes, unless there is an emergency situation, Water continues to be a state subject. And this is most unlike Power, which despite being a manmade resource has been kept under the Concurrent list. A short history of disputes Let take a quick look at how the fight for water has evolved over the years and what have been the key reasons for disputes. The British Raj: When India was governed by the Bruisers, there were too many Interstate water disputes even though Water was even then a State subject. The reasons could be several viz. strong Central government taking most of the decisions for states, large size of the states, less population and so less requirement of water for agriculture, pattern of irrigation being protective providing irrigation to only about 30 of the command area the area which was serviced by canal water compared to intensive irrigation now, which needs much more water. In the British era, the approach towards irrigation from canals was mostly to prevent famine, hence mostly protective in nature. The 1956 formation of states: The States Reorganization Act 1956 resulted in creation of several new states. The result was

The tribunals comprising professionals from various fields sought for extension of time which was liberally awarded. The tribunals usually took a long time in coming up with the award. The reasons for delays have been many fold. The quasi judicial nature of proceedings of the tribunals have been time consuming. Doubts on data pertaining to the availability of water and on the requirement of water and its usage are raised by different parties. The participating advocates, bureaucrats and technocrats try to get maximum for their respective states, to keep the political bosses on their right. Some long standing cases the long and arduous path which resolution of conflicts through tribunals, would take, was witnessed by the first tribunal itself. Krishna Water Disputes Tribunal, the first to be formed in 1969 Karnataka, Andhra Pradesh and Maharashtra were the states involved gave its verdict in 1973. But decades later, the concerned states wanted a review and the second Krishna Water Disputes Tribunal was formed in 2004. This tribunal gave its verdict, which was reexamined on Andhra Pradesh request. During this period, the new state of Telangana was formed and it became the fourth party to the dispute. This case is still pending in the Supreme Court. The Cauvery Water dispute is a living example of how long it could take to settle the battle over water. Sharing of waters of this river has been a source of serious conflict between Tamil Nadu and Karnataka since pre independence days. The genesis of the conflict rests in two agreements in 1892 and 1924 between the pre Independence Madras Presidency and Kingdom of Mysore. The Government of India constituted a tribunal in 1990 to look into the matter. But all the involved states continued to fight and finally in 2018, the Supreme Court pronounced its verdict by reducing water allocation to Tamil Nadu thereby satisfying some of Karnataka demands. The Power sector has not witnessed such long standing disputes and whenever disputes have arisen, they have been expeditiously resolved with the center playing a proactive role. H

Years ago, whenever I told anyone that I wanted to study sociology, the response was always the same: And what will you do with that degree? It is a question that has bugged every humanity and arts graduate at some point in time. However, with time, ideas have changed, preferences have evolved and the assumption, that a degree must springboard into a career is no longer the norm. This assumption for a very long time sustained the traditional STEM (Science, Technology, Engineering, and Mathematics) education, but what people do not tell you is that employers today are looking for skills that this basket of traditional education falls short of supplying with. In India too, the higher education is reflecting tumultuous shifts with area studies programs in particular gaining precedence among the youth. Area studies programs offer exciting avenues for students to explore new visions for the discipline one that advocates greater pluralism, diversity and critical reflections. Area studies, in general, embodies a tradition that is deeply rooted in the understanding of the complex patterns of political, economic, cultural and social changes that constitute and are constituted by the globe today. With a grounding in social sciences and humanities, these new-age programs provide the students with the opportunity to study a geographical region from a variety of perspectives and grant them the space to be theoretically and methodologically innovative. While appraising the area studies program, it is important that attention is paid to the area studied, where it is studied and more importantly how it is studied. Flipping through the websites and brochures of numerous area studies programs in Europe and in other parts of the world, one could discover that these programs are mainly cantered on the geopolitical aspects, issues of governance and policy and rarely discuss the cultural, literary, and educational contributions of the area studied. However, the courses should aim in providing a holistic learning experience rendering a unique opportunity to study. It should let students