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must happen at the local government level. Cities like Mumbai and Pune in Maharashtra have prepared CMPs unassisted, while many states in Karnataka and Punjab have done it with the central government support. Paris climate agreement India thrust toward electric vehicles (EVs) partially stems from its commitment under the Paris climate agreement to reduce greenhouse gases, transition to clean energy, and contribute to mitigating the after-effects of climate change. India had committed to reducing emission intensity from 33% to 35% by 2020 and pledged to increase non-fossil-based energy resources to 40% of installed capacity by 2030. The ease of doing business India e-mobility push can catalyse the country digital and consumer product innovation and help modernise the manufacturing industry. With the high expectation and anticipation of demand, production will need to keep pace. The priority areas of innovation include lithium-ion batteries, motors and drives, and ultra capacitors. In 2021, the government rolled out Production-Linked Incentive Scheme (PLI), which aims to incentivise the domestic production of Advanced Chemistry Cell (ACC) batteries and reduce the dependency on imports. A need for chargers, stable power supply and grid stability will also increase. E-mobility will have an impact on various sectors of the market. From energy storage to the electric component manufacturing sector or ancillary automobile industry and Electric infrastructure provider, every industry benefits from E-mobility. The market potential for electric vehicles is immense, and with the right policies, this space can be easily tapped. India has taken several initiatives to promote the growth of electric vehicles, and with the right push, the EV production can be ramped up to meet the demand India is a surplus agri-producer and after the first green revolution, we have become a self-reliant producer in agriculture. The country has enabled food security and is even leading the way in food export to bring in foreign exchange. The first green revolution was achieved by correct agricultural research in India and today we again stand at the cusp of something monumental. With the growing need and awareness about sustainable agriculture, there is a need to invest in the right data analysis, technologies and practices to grow sustainably. Sustainable agriculture can herald the second green revolution with high-yielding crop varieties, proper crop rotation, sustainable irrigation, modern farming methods, agri-tech and policy and marketing support. This will help the agriculture sector and agro-based industries, including the agri-tech sector. Agriculture accounts for almost 60% of employment in India. It has a huge scope for improvement and a proper transition to sustainable practices. The sector and those involved in it need to be more aware of the process, especially at the grass root level. This means that farmers must be skilled and knowledgeable about what to grow and when to grow it. Currently, most of our crop patterns are based on obsolete data. Accumulation and analysis of current data as per the current climate pattern can help farmers understand their land bet

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Besides the private sector and endeavors at the individual level, the government plays a major role in augmenting sustainable practices to ensure food security in the future. There needs to be an ecosystem in place for sustainable growth. Efficient green financing can provide an impetus for growth for sustainable practices. Incentivizing adopting these practices will help ensure maximum yield with eco-friendly practices. Tertiary sectors such as storage, cold link logistics, food processing etc. can also be aligned and strengthened via different incentives etc. This will help in reducing wastage and distress selling practices, further fortifying the sector against unforeseen climate issues. Sustainable practices, water-saving technology, efficient production and processing can help bring down agriculture costs directly proportional to the end costs to the consumer. With lower costs, increased productivity and sustainable growth, the yield can be increased thus ushering in the second green revolution. In addition to the ban on the two-finger test, Indian courts must address other issues of gender stereotyping in rape trials. The per valium examination, colloquially known as the two-finger test, has been used in rape cases to check for signs of sexual intercourse, especially to establish if the victim is habituated to sexual intercourse. On October 31, 2022, the Supreme Court in State of Jharkhand vs Shailendra Kumar Rai, reiterated the ban on the two-finger test, adding onto dozens of similar judgements. In the judgment, the court observed that the test is scientifically inaccurate, patriarchal, and an affront to the dignity of sexually assaulted women. The court further underlined that the probative value of a woman testimony does not depend on her sexual history. The court also directed the Union and state governments to ensure that medical professionals who continue to conduct the test be held guilty of misconduct. While the judgment can be applauded for its intent, it has missed the opportunity to address some fundamental issues of gender stereotyping in rape trials. Dismissing the two-finger test while maintaining gender stereotypes The Supreme Court has long questioned the use of the two-finger test the SC observed that the two finger test and its interpretation violates the right of rape survivors to privacy, physical and mental integrity and dignity. High courts have also taken a similar approach. In State of Gujarat vs Ramesh Chandra Ramabhai Panchal (2020), the Gujarat High Court observed that the two-finger test is an unscientific method of examination. Various other high courts have stated that this test has no evidence medical or forensic to back it up, and thus should not be relied upon. None of these judgements, however, consider the issue of gender stereotyping in rape cases. In fact, the judiciary approach itself is rife with contradictions. Even in seemingly progressive cases where courts have tried to assert the irrelevance of victims sexual history, they have simultaneously vilified the victims by typecasting them as women of promiscuous character and easy virtue. For instance, in SC relied on State of Uttar Pradesh vs Muns

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The basis of the two-finger test or other problematic practices and stereotypes. Comments on the rape survivor character, problematic conceptions of consent, and reliance on extraneous circumstances to discard material evidence are run-of-the-mill characteristics of rape trials. Our findings from an extensive review of 263 rape judgements passed by the Mumbai City Civil and Sessions Court between 2015 and 2020 are a case in point. We found that The two-finger test was conducted on the rape survivors in six cases. In one case, the test was conducted on a 14-year-old child by a male medical examiner; the judge relied on the result of the test to conclude that the rape survivor was habituated to sexual intercourse, dismissed her testimony as unworthy of credit, and acquitted the accused. Even if the two-finger test was conducted, the court nonetheless found reasons to question the rape survivor character. It assumed consent if she was found to be sexually active or because she had had sex with someone else after the accused had allegedly raped her. In The State of Maharashtra vs Ganesh Named Bhangre (2014), the court described the woman character as fishy merely because there were slight inconsistencies in her testimony about her menstrual cycle. In cases where there was proof of the existence of a romantic relationship between the rape survivor and the perpetrator, the court assumed consent on part of the rape survivor. Cases involving a promise to marry, elopement, or a consensual relationship had an acquittal rate as high as 95 percent. The court consistently failed to examine the existence of specific consent, thereby echoing the rape myth that consent to a relationship means unequivocal consent to sexual intercourse. In this case, for instance, the court assumed the sexual intercourse to be consensual as the parties used to meet each other out of friendship and the accused had proposed to the survivor. In most cases, the court looked for an ideal victim for her testimony to be reliable. Clarity on the details of the incident, reporting the crime at the earliest opportunity, and being visibly disturbed and distraught were a few characteristics of an ideal victim. Any deviation from this standard made her testimony unreliable. In one case where the father of the victim was the accused, the court alleged that a three-month delay in lodging a complaint creates doubt about the victim conduct. The court thus dismissed her testimony. Based on our findings, we have little reason to believe that the renewed affirmation of the ban on the two-finger test will change how the judiciary approaches cases of rape. Although this test has been banned, other patriarchal stereotypes persist. The findings from Mumbai help understand how the two-finger test is not all that is amiss with how rape cases are treated in courts of law. Judging women on the basis of their sexual history, the lack of a nuanced approach to consent, and dismissing credible testimonies are some other practices that need to be examined. The findings indicate that a ban on the two-finger test will not necessarily lead to a judicial approach that takes women dignity and integrity seriously.

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Had given suitable responses in 1967, 2020, and 2022. However, they were merely tactical responses to defend the areas. They may find it difficult to understand the cause of Indian hesitation to have an appropriate overall strategy to apply pressure on China. Some questions, like why India bothered too much about the sensitivities of China, while the latter did not care, would be interpreted differently. Some may argue that there is too much economic dependence on China and that decoupling is impossible. They may argue that India trade with China increased after the Galwan Valley clashes, and that too in China favour. Some may quote the useful idiots, who point out that with the formation of the Strategic Support Force (SSF) in the PLA, India was unable to match the Chinese prowess in the intelligentised warfare. Some may say that there was a lack of willpower to challenge China. They may quote the opposition remarks to justify their assessments. Hence, a clear understanding of the situations is relevant. The present article tries to find an answer to the above-mentioned issues and suggest a suitable strategic response to the Chinese encroachments, which are not limited to the Indo-Tibetan border but also cover other regions in its periphery like the East China Sea (ECS) and the South China Sea (SCS). The Tawang incident is yet another act on a long list of such acts that includes the Depsang, Chumar, Galwan, and Tawang incidents. Going by this pattern, it can be concluded that there will be other such incidents in the future as well. There is a need to recognise the Chinese strategic objective holistically. While it is true that the Chinese expansionist policy became more active in the 21st century, this country has followed the expansionist policy since 1949. After occupying Tibet, China not only forced out the Dalai Lama and his supporters but also occupied the Indian territory in eastern Ladakh and clandestinely constructed a highway in the region. The Indian response was to accept that, and this whetted the appetite of China for further expansion. It did not accept the Jonson-Ardagh line. Now it is also not accepting the Macartney Macdonald Line, which it had informally accepted until 1959. Subsequently, China occupied Lingzitang Plains to the west of this line. However, at that time, they left the Chip Chap Valley and the Galwan Valley. After the 1962 war, China changed the LAC, which included these two areas, and began to push westwards beyond Samzungling and Khurnak Fort by anywhere from 10 to 100 kilometres. In addition, the Chinese intruders often destroy Indian bunkers. Since 2006, they have started claiming the entire Indian state of Arunachal Pradesh. This was preceded by the 2005 agreement, which was implemented only in violation. Thus, the Chinese LAC is in fact continually expanding, and this is the basic reason for China not resolving the issue. China is trying to move beyond its current position in the Depsang sector as it provides access to the Karakoram Pass and a shorter route to Shaksgam Valley, which was illegally ceded to China by Pakistan in 1963. For India, this has a great strategic value as it separates the Chinese

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Finance minister Nirmala Sitharaman presented the interim budget today, revealing a comprehensive set of measures that underscore the government commitment to green energy, environmental sustainability, and climate action. The budget places a "strategic focus on the energy sector, signalling a decisive move towards" a more sustainable and environmentally conscious future. Electricity Revolution In a ground breaking move, the government plans to empower 10 million households through rooftop solarisation, providing up to 300 units of free electricity monthly. Finance Minister Sitharaman emphasized that this initiative, inspired by the Prime Minister resolve on the consecration of Sheri Ram Mandir in Ayodhya, is expected to save households up to 15,000 to 18,000 annually. Surplus electricity can also be sold to distribution companies, creating a dual benefit for consumers and the broader energy grid. Green Energy for a Net Zero Future The commitment to achieving net zero by 2070 takes center stage in the budget green energy measures. Viability gap funding will support the harnessing of offshore wind energy potential, aiming for an initial capacity of one gig watt. Additionally, the establishment of coal gasification and liquefaction capacity of 100 million tonnes by 2030 aims to reduce imports of natural gas, methanol, and ammonia. Mandatory blending of compressed biogas (CBG) in compressed natural gas (CNG) for transport and piped natural gas (PNG) for domestic purposes is set to be phased in. Financial assistance for biomass aggregation machinery to support collection further emphasizes the government commitment to diverse and sustainable energy sources. Driving Electric Mobility Recognizing the critical role of electric vehicles (EVs) in reducing emissions, the government is set to expand and strengthen the EV ecosystem. Support for manufacturing and charging infrastructure will be complemented by incentives to encourage greater adoption of e-buses for public transport networks. This move aligns with the government forward-looking strategy, addressing the deficiency of public charging stations, which stood at 6,586 by March 2023. Expert Perspectives Experts commend the government strategic approach. Mohit Goyal, Partner at Mercados Energy Markets India, appreciates the hybrid approach. The budget focuses on enhancing diverse energy sources, encompassing both fossil fuels and clean energy. It introduces viability gap funding for offshore wind and coal gasification, along with supportive measures for biomass. Striking a balance, the government gives precedence to clean energy adoption on the consumption side. This commitment is evident through incentives for households installing solar rooftops and reinforcing the infrastructure for electric vehicle (EV) charging. Over the past decade, India has made significant strides in shifting support from fossil fuels to clean energy. Aarti Khosla, Director at Climate Trends, praises the budget strong intent towards a net-zero green economy. She says, The FM Interim Budget speech indicates strong intent towards building a net-zero green economy and lays a clear path for what to expect from the full budget

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Sectors, emphasizing the need for robust policies for exports and ease of doing business. The Government has indeed demonstrated a phenomenal track performance in the past 10 years, including the successful navigation through the Covid era. Overall, a realistic, consolidative, and sustainable Interim Budget. Parting Thoughts As India moves towards a more sustainable future, the interim budget establishes a robust foundation for environmentally conscious development. Recognizing the pressing need for a balanced and eco-friendly energy landscape, the budget not only tackles current challenges but also positions India as a global leader in climate action. If 2019-20 interim budget surprised everyone by announcing significant tax concessions and fiscal handouts in an election year, 2024-25 budget of Nirmala Sitharaman surprised even more by containing no surprises. It was just a vote-on-account. It reiterated government achievements over past 10 years, and focused on long-term measures that will make India a developed Budgets are embedded in a political context. The salient political message in Modi government last budget before the Lok Sabha election is unmistakable. They are confident. Confidence in vote FM stuck to convention while presenting her sixth budget. It was a vote-on-account, which is what an interim budget is meant to be. In a similar situation in 2019, the interim budget not only introduced an income support scheme for farmers, income tax benefits were also announced. The 2024 vote-on-account avoided change, signaling Modi is confident of returning to power. But surprise in store Tucked in the budget speech was the announcement that a high-powered committee would be set up to conduct a detailed study on the challenges arising from demographic changes. The uneven pace of a fall in fertility rates across states is a potential stress point on the federal architecture. Whether this is the only objective or there are other considerations in play will be clearer once the committee is set up. Modi second term saw deficits and debt surge after the pandemic outbreak. In its last year, Modi government began to pull back from the high levels of debt and deficit. In revised estimate (RE) of 2023-24, led by both a scale down in expenditure and tax revenue that beat expectations, fiscal deficit was brought down. It was point lower than the budget estimate (BE) last year. Capex questions A highlight of budgets since up in public investment. Effective capital expenditure increased from 6.4 lakh crore that year to 12.7 lakh crore in 2023-24. Revised estimates raise the question if there sufficient capacity to absorb capital expenditure at this pace. The fiscal by reduction in capital expenditure. It was lower by almost 1 lakh crore than BE. Tax buoyancy Tax revenue trend over the last three years has been positive. Gross tax revenue as a proportion of almost at the level it reached in the level has been stable over three years and has been driven mainly by income tax collections. Among taxes, income tax has emerged as the single largest source of tax, which signifies the tax system has become fairer. Disputes remain unresolved The missing reform in

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Applied in the SCS and ECS. While in the former, China has constructed artificial islands and militarised them, in addition to continuing to encroach into the EEZs of other nations and claiming the entire nine-dash area, in the latter, it has created ADIZ over the areas of Japan and South Korea. China nefarious activities, coupled with its perfidy, demand a multi-pronged strategy. At the international level, there should be a unified approach to pressuring China to accept the PCA ruling that is based on UNCLOS and international norms. This would imply that China would be unable to make unilateral moves throughout the Indo-Pacific region. The steps suggested under the Quad, Indo-Pacific Oceans Initiative, and Indo-Pacific Economic Framework should be implemented at the earliest possible time so that smaller nations may not become victims of its Belt and Road Initiative (BRI). The International Community should initiate the move in the UNSC to oust China from its permanent membership as it is not behaving as a responsible nation. It is violating international norms and laws, and as such, it has no right to be a permanent member of the UNSC. This should be included in UNSC reforms. At the second plank, India should, in a time bound manner, reduce its economic linkages with China. Alternative markets for imports should be identified in the short-term, while indigenous production should be encouraged in the long-term. It is encouraging to see that such measures are being considered in the upcoming budget. India has to give more incentives to entrepreneurs to establish manufacturing units. International cooperation with friendly countries would be useful. This step is central to punishing China for its misdeeds. At the third level, India has to firmly state to China that further talks will take place on the basis of the agreement made in 1914 by British India, Tibet, and China, which the Chinese delegate had signed but later did not ratify. At the fourth plank, India should extend moral, diplomatic, and political support for Tibetan self-rule. The decisions taken by China to crush Tibetan culture and religion must be opposed. The Tibetans are living in miserable conditions under China, as was clear from the statements of the International Campaign for Tibet (ICT) at the 14th session of the UN Forum on minority issues last December. The Tibetans underlined three aspects in this context. First, the Tibetans are facing more than seven decades of civil, political, social, economic, and cultural violations. The demographic pattern in Tibet has been changed by the CCP policies, converting Tibetans into minorities in the major towns of Tibet. Second, Tibetan culture and religion are now seen as significant threats to the CCP, which in turn implements wide-ranging policies to inicize Tibetan culture. Third, under XI Jinping, the control and surveillance of Tibetans have been considerably expanded, and the situation in Tibet remains a silent crisis, as illustrated by the self-immolations of more than 150 Tibetans since 2009. India has begun to give importance to the Tibet issue. When China objected to PM Modi extending his greetings on the Dalai Lama birthd

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Helps students develop a range of skills and competencies that are valuable in both their personal and professional lives. It teaches them how to think creatively and critically, how to identify and solve problems, and how to take calculated risks. It also helps students develop a growth mindset, which is the belief that they can improve and succeed through hard work, effort and learning. In addition, an education that focuses on building entrepreneurship skills can help students learn to be resilient and adaptable and can provide them with the knowledge and skills they need to start and grow their own businesses. Helps succeed in careers and industries one of the key benefits of including entrepreneurship skills in education is that it helps students develop the foundation they need to succeed in an increasingly global and dynamic economy. In today world, change is the only constant, and traditional jobs and career paths are no longer guaranteed. This type of innovative education teaches students how to think outside the box and to create value in new and innovative ways. It also helps students develop the skills they need to be flexible and adaptable, so they can succeed in a wide range of careers and industries. Students can take greater risk in life Entrepreneurship education fosters a growth mindset which makes them resilient and view failures as challenges rather than obstacles. On the other hand, a fixed mindset leads students to believe that one abilities and intelligence are fixed and cannot be changed. Research has shown that individuals with a holistic outlook are more likely to be successful and to achieve their goals, because they are more open to learning, be tougher in the face of challenges, and more willing to take risks. These skill sets help students with valuable knowledge by encouraging them to learn from their mistakes, and to persevere in the face of challenges. Developing aptitude to be effective leaders In addition to these personal benefits, entrepreneurship education also has the potential to benefit society as a whole. Entrepreneurs are the driving force behind economic growth and innovation, and by teaching entrepreneurship in schools, we can help foster a more entrepreneurial and transforming society. Students can also develop the much-needed expertise they need to start their own firms, and this can stimulate economic growth. It can also help students develop the aptitude they need to be effective leaders and innovators in a wide range of organizations. Being responsible and ethical citizens Furthermore, entrepreneurship education can help students become responsible and ethical citizens along with emphasizing the importance of ethical decision-making, social responsibility, and environmental sustainability. It teaches students how to identify and solve problems in their communities, and how to create value for all stakeholders. This is particularly important in today world; where there are many pressing social and environmental challenges that need to be addressed and to make a positive difference in the world. In conclusion, providing an education that includes entrepreneurship in the curriculum cannot be over

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Settings to ensure that they develop into versatile and holistic personalities. India is a surplus agri producer and after the first green revolution, we have become a self-reliant producer in agriculture. The country has enabled food security and is even leading the way in food export to bring in foreign exchange. The first green revolution was achieved by correct agricultural research in India and today we again stand at the cusp of something monumental. With the growing need and awareness about sustainable agriculture, there is a need to invest in the right data analysis, technologies and practices to grow sustainably. Sustainable agriculture can herald the second green revolution with high-yielding crop varieties, proper crop rotation, sustainable irrigation, modern farming methods, agri-tech and policy and marketing support. This will help the agriculture sector and agro-based industries, including the agri-tech sector. Agriculture accounts for almost 60% of employment in India. It has a huge scope for improvement and a proper transition to sustainable practices. The sector and those involved in it need to be more aware of the process, especially at the grass root level. This means that farmers must be skilled and knowledgeable about what to grow and when to grow it. Currently, most of our crop patterns are based on obsolete data. Accumulation and analysis of current data as per the current climate pattern can help farmers understand their land better and sustainably maximize yield and revenue. In terms of reach and internet connectivity, India has one of the highest internet and mobile usage rates. Agri-tech endeavors that decimate modern farming practices, weather patterns, modern irrigation techniques, finance control and marketing can aid farmers in owning their part in the supply chain. They can make informed decisions, adapt suitable practices, and get the best ROI. The sector can progress rapidly through sustainable agricultural practices including vertical agriculture, tech-powered tools, AI, waste management, enhanced storage, etc. Besides the private sector and endeavors at the individual level, the government plays a major role in augmenting sustainable practices to ensure food security in the future. There needs to be an ecosystem in place for sustainable growth. Efficient green financing can provide an impetus for growth for sustainable practices. Incentivizing adopting these practices will help ensure maximum yield with eco-friendly practices. Tertiary sectors such as storage, cold link logistics, food processing etc. can also be aligned and strengthened via different incentives etc. This will help in reducing wastage and distress selling practices, further fortifying the sector against unforeseen climate issues. Sustainable practices, water-saving technology, efficient production and processing can help bring down agriculture costs directly proportional to the end costs to the consumer. With lower costs, increased productivity and sustainable growth, the yield can be increased thus ushering in the second green revolution. Quality care is defined as safe and effective patient-centered treatment that achieves the targeted he

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Dependable framework of effective care might be established with the support of clinical decision support systems (CDSS), beginning with the cultural revolution of adoption in hospital information systems (HIS). Understanding the Clinical Decision support system, an enhanced learning system A clinical decision support system is intended to help healthcare providers by allowing them to analyse patient information and utilize it to help them establish a diagnosis. It gives information to doctors and primary care providers to assist them improve the quality of care. Clinicians can also utilise it to detect patient history cases that may suggest misdiagnosis or inappropriate medication dosing. It also sends out recommendations for preventive care, sends out alerts about potentially dangerous drug interactions, and warns practitioners about any redundant testing their patient will have done, saving time and money. Based on a patient information, clinical decision support systems can propose medicine doses and frequencies, as well as perform drug allergy tests. Need for the cultural revolution in hospitals Human brains are susceptible to errors especially while dealing with large volumes of sensitive information in a high-stress hospital environment. Computerized systems can filter through tons of data and can narrow down countless comparisons to a few considerable numbers of decisions say from hundreds and thousands to just a few. Studies and developments in healthcare is constantly updating their content with the latest evidence. Hence, CDSS employs a surveillance system that automatically analyses numerous medical sources on a regular basis and picks up newly published information to be reviewed by the expert team. For instance, the updated version of CDSS like Up-to-date comes with plenty of enhancements including care guidance for Covid 19 patients. Hence, it not only improves a clinician workflow but also provides satisfactory system performance that culminates into acceptable system reliability. Looking through the challenges, risking the quality of patient care should be non-negotiable. Hence, a cultural and behavioral shift is required at the earliest. This shift in mindset that entails the adoption of forward-looking tools like CDSS should be done at the hospital level. Moreover, the judiciousness of hospital management, the voice of healthcare stakeholders, leadership support, and eminent clinicians play a vital role in the success of CDSS implementation for wider adoption and its acceptance. Partita is a science teacher residing in a small town in Maharashtra. On Teachers Day, Partita rode her scooter to a school 10 km from home, wearing a yellow silk sari for this special day; she cheerily expressed that the road built in 2019 provided her with a sense of freedom and ambition. Not just roads, solar energy has electrified her house, and digital connectivity has allowed her to bond with students even during the pandemic. Investing in infrastructure does not just help Partita but millions who want to live their dreams. Infrastructure is a multiplier and catalyst of dreams and ambitions. The infrastructure sector is a crucial propeller of

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Yog is a comprehensive spiritual and philosophical system that deals with the body, mind, and spirit. The Bhagwad Gita describes yog as a transformative path that leads to inner peace, freedom, and spiritual realisation. But the word yog is now mostly associated with Hath Yog. Hath Yog works directly on the body to increase flexibility, improve cardiovascular health, and boost immunity. It also calms nerves, which helps enhance mental clarity and balance. These benefits are no doubt salutary, but they are not the ultimate goal of yog. It has much more to offer beyond physical fitness, which is why Hath Yog has been described in a classical yog text as his stairway to heights of Rajyog. Raja means king, and Rajyog is often referred to as the royal path of yog because it deals with self-mastery ruling over one mind and senses. It is the path that leads to spiritual sovereignty. According to the Gita, the highest yogi is not one who can hold the most difficult posture, but one who has mastered the mind and remains balanced in all conditions. The mind posture is more important than physical posture, and controlling our thoughts comes before controlling our breath. The first step of Rajyog is to know our identity that I am an immortal soul, not a perishable body. The body is the physical medium through which I, the soul, express myself and interact with the world. When I contemplate this truth, I realise that physical attributes i have been identifying with for so long my gender, nationality, religion, socioeconomic status do not define who I am. Before I was born with this body, I, the eternal soul, lived another life, in a different body, with another name, among other people who were my family. I have thus lived many different lives. The labels by which the world identifies me, only describe my current circumstances they are different in each of my lives. The soul is a sentient point of energy residing in the middle of the brain, from where it controls the body. When I experience myself as a soul, a deep and stable feeling of peace arises within me, because peace is the soul natural nature, its innate quality it not something to be acquired from outside. Once i am soul conscious, i have spiritually created a platform to honestly communicate my heart with God, the Supreme Soul. This is Rajyog it connects us to God through our thoughts and feelings. God, the father of all souls, is also a point of divine energy, but He is an ocean of pure love, peace, and spiritual power. When I immerse myself in God love, a deep healing begins within me. This process of purification ultimately frees the soul from the influence of innate weaknesses, restoring its self-sovereignty. The soul truly becomes the ruler of the self; I become a source of strength and hope for others. In the haunting silence of Kashmir Mountains where echoes of bullets long replaced the chirping of birds, where grief seeped into the soil and remembrance was a private ritual something extraordinary unfolded on June 29, 2025. That day, the victims of terrorism in Kashmir, long forsaken and forgotten, finally spoke. And for the first time, someone listened. For decades, the discourse on Kash

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This moral injustice is what compelled us to act. Young Kashmiris at the Save Youth Save Future Foundation felt a responsibility not only to counter the falsehoods being amplified globally, but to restore dignity to those whose voices were buried under decades of indifference. It all began during an internal discussion at the Foundation. As young Kashmiris who had witnessed narratives being distorted, we were growing increasingly disturbed by the way international discourse treated Pakistan as a stakeholder in Kashmir peace, when in reality, it was the primary reason for its pain. During one of our strategy sessions, a simple but powerful idea emerged: Why do we reach out to the actual victims of terrorism? Those who suffered at the hands of these so-called freedom fighters? Why do we amplify their voices? We began this initiative out of a simple but haunting question: How is it that thousands of people killed by terrorists in Kashmir have no mention, no platform, and no justice even decades later? Why had no one recorded their grief, their struggle, their sacrifice? This was not a journey of just weeks, but rather months. We journeyed from village to village, and from district to district. We visited Parlors where silence dwelled far more than talking. Families were terse and unwilling to talk, weighed down by fear and trauma. Many lost their loved ones, and alongside it, their sense of belonging as well. Society labelled them mukhbirs state informants because they had the audacity to not support terror had either a father or son that chose to oppose violence. Some were isolated. Others were hounded out of their homes. Most had never received a single word of consolation from any political leader, civil society group, or even their local community. When we first visited these families, the atmosphere was heavy with distrust and fatigue. Their eyes were tired, their voices hollow. They had become used to disappointment. One man told us, Jab sarkaaron ne kuch nahi kiya, and toh tum teen naujawaan kya kar loge? When governments did nothing for us, what will three youngsters possibly do? Another women said, Zakhm dikhane ka kya faida jab marham dene wala hi nahi hai? What the point of showing wounds when no one willing to heal them? But we made a promise to them: We will take your stories to the one statesman this land has seen in decades the Lieutenant Governor Manoj Sinha. That promise was not made lightly. We had no certainty, no guarantees. But we had conviction. And when we reached out to Lieutenant Governor Manoj Sinha, we were met not with protocol, but with profound sensitivity. When we said, Sir, these families want dignity. They want to meet you, he did hesitate. He replied, Main unse unke ghar jaake miloonga. Main unki kahani unki zubaan se sunna chahta hoon. I will go meet them at their homes. I want to hear their stories in their own words. perhaps, is a quiet cultural shift. One that re-legitimises leisure and restores dignity to doing something for its own sake. Schools must make time for unstructured exploration. Cities must nurture non-commercial public spaces. Parents must reimagine ambition. And we must not be rigid. Social me

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Creation of local economic hotspots and facilitates ease of doing business; the railway sector has played a vital role in achieving the same. The customer-centric strategy, coupled with the work of business development divisions supported by agile policy-making, has helped the Railways touch the 1400 MT Freight Loading mark for 1st time ever in Financial Year this is the proper lan network of cable to fact of computer. The railway sector has achieved these significant milestones due to increased capital expenditure; the railway sector has the highest-ever planned capital expenditure of $32 ban in new generation Vanda Bharat Trains and 100 PM Gait Shakti Cargo terminals for multimodal logistics are planned to be developed in the next three years. Roadways India is making strides in the road construction segment; it stands second in the world in terms of its vast and robust road network. India road network spans Lakh kilometres (as of 2021). The Government has allocated Rest is not taken by me and you so we are alert mode for ur actual exam lakh core under the National Infrastructure Pipeline for. India road network transports of all goods, and 90% of India total passenger traffic uses the road network to commute. Road development has been the torchbearer in decreasing the urban-rural gap and providing equitable opportunities to the masses. The roads sector will likely account for 18% of capital expenditure over FY 2019-25. National Highways Authority of India plans to construct around 25,000 kilometres of national highways in at an impressive speed of 50 km per day. Shipping While Railways and Roadways are often in the limelight, Shipping is the backbone of infrastructure development. Maritime transport handles around 70% of India trading in terms of value. The Government of India has envisioned The Maritime India Vision 2030, which has identified 150 initiatives to boost the Indian maritime sector; it estimates to invest core for capacity enhancement and world-class development infrastructure at Indian Ports. Projects like Sagarmala and Maritime India Vision are game-changers for the Shipping industry; they have the potential to generate annual revenue of INR 20,000 cores and can create 2 million direct and indirect jobs. Clean and Green Infrastructure India aims to reach net zero emissions by 2070 and meet 50% of its electricity requirements from renewable energy sources by. In the last six years, India installed Renewable Energy capacity has been boosted by over 2.5 times and stands at more than 141 Giga Watts. The global trend towards a cleaner infrastructure has pumped USD 70 billion in India during the last seven years. Redesign, Reduction, and Reuse are the core pillar of India Clean and Green Infrastructure. The growth-oriented and climate-friendly budget, with an increased capital expenditure outlay of 7.5 lakh cores, demonstrates India intent to facilitate a transition towards a clean and sustainable future. Infrastructure is empowering and thrusting India to greater heights. The newly announced PM GatiShakti plan strives to provide organised multimodal connectivity to diverse economic zones for the seamless movement of people, goods

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Until 2020, Balaam Meade Banda gale from Maharashtra Raged district lived in a dingy one-room accommodation in Mumbai and worked as an attendant at a local factory. The Pandemic forced Balaam to not just return to his home in Raged, but also to his generational occupation of farming. Lack of water in Raged only allows rain-fed paddy farming, limiting farmers incomes. The lack of other employment opportunities compels them to seek fortunes in nearby urban centres. But thanks to an innovative irrigation scheme (enabled by Swades), Balaam was able to break away from paddy farming to nurture a mango orchard that he is confident, will provide a comfortable life for him and his wife. The open space and cleaner air add to his quality of life. Balaam no longer wishes to return to the big city, and in fact encourages others in the community to return to more dignified lives in the village. Balaam is one of the many reverse migrants whose course of life was altered by the Pandemic. About 40 million migrant workers returned home due to the first lockdown (RBI Report, Sept. 2020). While the exodus exposed the vulnerability of the community, it also highlighted the potential of the rural labor force and the rural ecosystem. Following are ways in which reverse migration can benefit communities and what governments can do to facilitate its smooth transition. Revitalises agriculture: While most other sectors struggled to keep afloat during the Pandemic, agriculture remained a bright spot according to RBI, thanks to a normal monsoon, robust Kharif sowing and an influx of wage workers who came back to work on the fields as result of urban shutdown. The Ministry of Agriculture and Farmer Welfare estimated, a 39 per cent increase in the geographical area sown during the Pandemic, as compared to the previous years. The climate crisis, lack of innovation, youth fading interest in generational occupation etc. are a few reasons why communities are abandoning agriculture to pursue manual labor in the cities. We must work to make agriculture lucrative again, starting with leveraging agric-tech. AI-enabled technology and apps that provide end-to-end solutions such as soil-analysis, microfinance, weather forecast etc. must be made easily accessible. Governments must support FPOs/Farmer Groups that give them the agency to negotiate fair prices, secure better inputs at scale etc. Some government schemes provide platforms to farmers that allow them to directly sell to retailers, granting them higher bargaining power as a concept we must nurture this and find ways to make it most effective. Renews will to work: Leaving behind open farms, a slow-paced life and cleaner air, to live in cramped homes with large groups, work long hours and undertaking arduous travel often leaves communities disillusioned by the transition. It also renews their appreciation for the more dignified life that villages offer, where one works on one own terms. It pushes them to either return to generational occupations or diversifies into other farm and no-farm-based activities such as poultry, dairy, goat farming, kitchen gardens etc. basically push their boundaries to make things work in the homelan

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Trained to leverage government schemes such as Prada Mantra Mudra (Micro Units Development and Refinance Agency) Yojana that are curated specially to support small businesses in the rural landscape. Migration is a healthy consequence of a globalised world. In an increasingly connected world, one must be able to seek a life of their choice while exploring the vistas that the world offers. However, forced migration due to lack of employment opportunities, education facilities and poor standards of living compels people to live substandard lives while compromising on health, hygiene, work-life balance, family and so much more. The decision to return is not easy either it comes with the social stigma of a failed urban Endeavour. We must fight this stigma with stories of reverse migrants who have come home to flourishing lives like Chandra ant Pawar. Chandu was a small-time farmer from Mhasla in Raged, who worked odd jobs in Mumbai before returning to his village and taking up dairy farming programs with the support of a non-profit (Swades). Not only is he a successful dairy farmer today, but also the Sarpanch of his village in Mandathane. Not to mention, an inspiration to his community. For the many like Chandra ant who wish to find their way back, we as governments, corporate and the social sector must create an ecosystem welcoming of the reverse migrant homecoming. We often hear the terms malnutrition, hunger, and obesity, but the urgency of the problem is unknown to the masses. According to a World Health Organisation report, 45% of child deaths under the age of 5 years are linked to under nutrition. Millions of lives are lost every year due to poor nutritional standards and a lack of awareness and access to a healthy lifestyle. Malnutrition arises from the vicious cycle that starts with poverty. Low-income families have less access to resources to attain healthy meals, leading to insufficient nutrients in their diets, which subsequently lead to malnutrition. Another alarming factor is poor maternal health: improper care of a mother during pregnancy leads to deficiencies in the child, which results in prolonged poor health for the baby. War, conflicts, and political instability also lead to malnutrition through multiple indirect effects, as mentioned in a UN article, and have widespread implications on the overall growth prospects of a human in the longer run. Poor nutritional status hinders development, leading to low productivity and meager economic growth for an individual, and, in turn, the nation. To put things into perspective on the Indian landscape, according to the most recent National Family Health Survey 5 (NFHS-5) by the government of India, more than two-thirds of children under the age of 5 are anemic, and more than 35% of children are stunted (low-height-for-age). A study has shown that India loses approximately 4% of its Gross Domestic Product (GDP) due to malnutrition. It is saddening to see that even after India is an agrarian economy, with more than 60% of the population engaged in the agricultural sector, there are multiple reports of widespread malnutrition and hunger in the country. There are numerous facets of malnutriti

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Launched the Midday Meal Scheme in 1995 to tackle childhood malnutrition by serving food in schools and promoting education through the same program. The POSHAN Bahaman, also known as National Nutrition Mission, was initiated by the Prime Minister in 2018 to promote holistic, nutritional development of the citizens, with an emphasis on children, adolescent girls, pregnant women, and lactating mothers. The Parliament of India also enacted the Right to Food Act to provide subsidised food grains to millions of Indians. All these initiatives work in order to help the poor in India, one step at a time. There have been significant improvements in the nutritional scenario in the country in recent decades. Comparing the statistics from NFHS-1 which was conducted in 1992-93, with the latest NFHS-5 taken in 2019-20, there is a notable improvement in the variables of child nutrition. The percentage of stunted children came down from 52% to 35.5% over the span of three decades. The Midday Meal Scheme achieved great scale and is currently the largest lunch program in the world, serving more than 120 million children annually. Feeding India has partnered with 145+ NGOs to serve more than 42 million meals in 2021 across 39 cities. Through the support we receive from donors across the world through our online donation platforms and other in-house initiatives, we achieved a daily high of 2,10,and 000+ meals served to the underserved communities in the nation. Feeding India operates via multiple models of association that increase the nutritional support to low-income families through the Daily Feeding Program or a more curated systemic approach to tackling problems in the public sector through collaborations with governments of states, elected officials, and bureaucratic leaders. FIZ is working on large scale system transformation and welfare program delivery efficiency enhancement in collaboration with Indian Cabinet Ministers & chief ministers of states in the country, in the sphere of hunger and malnutrition. The aim is to enable the most vulnerable to become financially stable in the long-term by solving hunger for them in the short-term. Reducing the nutritional burden for the communities leads to alternative investments for their families, including better education and healthcare. While much has been done, there is still a long way to go to reach the goal of zero hunger. We need to find innovative solutions to address the concerns in this sphere, and then scale it at a Pan India level to reach the most vulnerable communities all around. There are multiple government organisations, and schemes working for the goal of eradicating malnourishment, as well as various private corporations or Non-Governmental Organisations working on similar lines. There is a need to promote public-private partnerships in order to maximise the scale and growth of the dedicated programs and there needs to be more conversation about the problem in the country to bring about awareness and the right action to be taken. Successful examples can be found in Swachh Bharat Bahaman, Beta Bache Beta Pahoa and Global Citizen Festival illustrating beautifully how together we can create a

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Only sends four. Also, in Himachal, BJP lost by a vote share of less than 1%. In Gujarat, BJP decimated Congress 52% vs. 27% vote share. New to Gujarat, AAP did rather well too, scoring 13% of the vote. BJP however, dominated. This, at the eight-year mark for the national government. A political war of words has very, very predictably broken out over Amitabh Bachchan comments at a Kolkata film festival inauguration. The veteran actor drew attention to how moral policing and checks on freedom of expression hamstring India entertainment industry today. A look back at how hurt-sentiment brigades have targeted most big releases this year establishes the factuality of Bachchan statements. As this is neither a new phenomenon nor unique to any particular ideological dispensation, all political posturing against it is hypocritical to the point of absurdity. It is beyond this posturing that the stakes are real and high. After a two-year slump and thanks in large part to southern surprises, 2022 will have a cheery box office report. Like every other entertainment industry, India opportunities are more global than before and so is the competition obviously. The public sphere that now includes a raucous social media is also more Babelic than ever. This means that outrage against some title, some song, some dialogue will only rise and rise. This is freedom of expression. This is fine. Governments have an altogether different role helping India economic and soft power grow alongside the industry. This month clash between Chinese and Indian troops at Tawang is yet another reminder that New Delhi must ratchet up military, diplomatic and geopolitical pressure on Beijing until it changes its strategic calculations. At this time the Xi Jinping regime calculation runs something like this: the global balance of power is such that China can change the territorial status quo in its neighborhood on its own terms through the use of military force. This approach succeeded in the South China Sea, and to some extent in Dolan and Galan. Beijing has learned that sustained application of military pressure under a certain threshold yields dividends. Unsurprisingly, it has opened a new pressure point along the frontier in Arunachal Pradesh. Not only does transgression and encroachment help China acquire its territorial objectives, it creates nervousness within India political leadership that Beijing can exploit to secure other political and economic goals. From Xi Jinping perspective, China has a pretty good formula. How do we change Beijing calculations? The long-term solution is to pursue sustained economic growth within a pluralistic, liberal democratic model that serves as a geopolitical counterpoint to China. Through periods of hostility, competition and bonhomie, we must not lose sight of this strategic, civilisational objective. The scorecard in this long-term competition is not merely the tally of troops, warships, aircraft and missiles, but per capita GDP and social capital. What about the near-term? The first task in changing Beijing calculations is for New Delhi to act differently and become more unpredictable. The army must continue its front-footed approach in c

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Over Taiwan. The second task is to use diplomacy to demonstrate India ability to affect China geopolitical profile. The Modi government refusal to be part of Xi Jinping Belt & Road Summit is a good example of how this works. Without India, the Belt & Road Initiative has become a trillion-dollar boondoggle of unsustainable projects and bad debts. Instead of gaining influence, China is facing nationalist backlashes in several countries that owe it money. It dare not write off the loans, for doing so will cause all others to demand the same treatment. India should stop supporting China grand geopolitical initiatives: be it the Shanghai Cooperation Organisation, BRICS, AIIB and so on. The foreign policy establishment should cool its enthusiasm for summits and high-level meetings between top political leaders. Over the coming decade, China has to contend with a vastly superior West in a global techno-economic competition. The focus of diplomacy ought to be to make Beijing realise that China needs India on its side, and that this comes at a price. The third task is to unapologetically be a part of countervailing coalitions against China. The Quad is a good starting point but must neither be taken for neither granted nor transformed into a broader entity looking at non-geostrategic issues. New Delhi has done well to commit itself to the maritime dimension of the Indo-Pacific, and it is good to see the Indian Navy participating in exercises in East Asian waters. I have long argued that this is the really big, consequential game: the more India demonstrates capability and willingness to project power in East Asian waters, the more we will be able to dissuade China along the LAC and in our immediate neighborhood. By expanding the canvas on which the India-China relationship plays out, India can create pressure points in places where Beijing feels more vulnerable. Maritime power is flexible and can be readily ratcheted up or down. It is important to have sufficient inventory of the capabilities: submarines, surface combatant ships and missiles that can be employed as needed. The configuration of India planned theatre command system must incorporate such thinking. Unless it feels the pain, China will be tempted to raise the tempo of transgressions in the coming years. New Delhi must deliver that pain in stronger doses until Beijing comes around. The good news that India is already on this path: what is required is greater resolve and investment. We can do without the chest-thumping and saber-rattling in the media which does little to help, and vitiates the space for diplomacy. The deepest desire of every person, perhaps every being, is to be happy. Some people are lucky and are happy by nature; they have something psychologists call a high set point. The rest of us have to find happiness. Fairly early in life, we develop our theory of happiness, that is, a belief about what will make us happy. This theory is usually unconscious but very deep and drives all our actions. One common theory of happiness is called the missing tile theory. We focus all our attention on what is missing and believe if only we had his we would be happy. The can be good grades, ge

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Neither have peace nor can he foster peaceful co-existence. We have to link our soul with God and body with the physical world for sustenance. Since the formless God is invisible to the naked eye, our mind often wanders wherever the eye goes. As a result, we are unable to develop any love for the Divine. And religion like the white light of heavens breaks into multicoloured fragments by the prisms of men and loses its gravity. Instead of uniting, it becomes a major dividing force. French philosopher Teilhard de Chardin, thinking deeply on the meaning of our existence and relationship with the Divine, expounds, We are not human beings having a spiritual experience, we are spiritual beings having a human experience. Today, we live in an exponential world where everything is growing rapidly: religion, science, technology, medical research, robots, academia, space exploration and the material world. Princess Maria Amor, founder president, We Care for Humanity, USA, a non-profit organisation, asks how does spirituality fit in such a world. She gives a unique example of a robot named Sophia that has become a new citizen of Saudi Arabia. Can a robot be given citizenship? she wonders. The world could be dominated by artificial intelligence one day, if we don realise that it is spiritual intelligence that enables human intelligence and human intelligence enables artificial intelligence. Sophia, the robot, is not capable of being spiritual, but its creator is. We have to agree that all of us are spiritual beings, born in this temporary body, which makes us human, and that what we are doing today is unfolding the spirituality in us. Poverty is a curse, but spiritual deprivation is worse. The human mind, therefore, requires a spiritual universe, anything less will never satisfy a thinking person. Philosopher St Augustin of Hippo writes, Restless are our souls until they rest in Thee, my God. This statement shows the implicit relationship of soul with God, like roots and fruits, explicitly summing up in the axiom: No God, no peace; know God, know peace. Spirituality is needed to release our spiritual intelligence, which is the foundation of the exponential world. For all this, we need spiritual guidance. The concept of one God for all foresees the idea of one religion for all that suits the whole human race. Spirituality is the essence of life and encompasses humanity. It develops body, mind and ignites the soul with strength and joy. The power and ability come from higher intelligence, and we are proprietary enabled by spiritual intelligence. Satguru Mata Sudiksha, spiritual head of the Sant Nirankari Mission, says that oblivious of his spiritual identity, man falls victim to all maladies because of his ignorance about God and the singular remedy for all this is to be consciously one with God. If God is all you have, you have all you need. It essentially means to Know One, Believe in One and Become One. The sky may be unlimited, but everyone needs a ground to fall back to. In reality that ground is spirituality. Across categories, the relationship between consumer behaviour and omnichannel retail has always been symbiotic, one that critical behavioural s

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The introduction of all things digital further exacerbated the earlier shift from buying to browsing. With the first shift, consumers stepped out to browse over the weekends when they could find the time. Once digital devices stepped into the threshold of their homes, especially mobile phones, browsing became an all-time activity. Gone were the formal, stiff environments where one relied on the expertise of an attendant to find the best from a limited range. Browsing went from being an awkward encounter to an enjoyable experience where one tap brought forth endless aisles without a hovering presence pressuring you to make a decision. It also allowed buyers to explore infinite options and assess them on various points like brands, price, quality, and discounts. Peculiarly, the jewellery industry did not see the first shift from small, family-owned stores to large, multi-brand outlets like other categories. The lack of alternatives for jewellery stores and consumers only accustomed to visiting stores to purchase presented no incentives for jewellers to create more and improve designs. However, with the advent of digital-first, omnichannel brands, the space saw a single jump from offline to online. While stores remained high-pressure, formal environments, the opposite was true online. Consumers could now freshly experience jewellery at their convenience and know they could complete their purchase after considering all aspects critical to them. Trends, comparisons, and information became available at the shopper fingertips, allowing them to make decisions more happily and confidently. Lately, since consumers are browsing throughout the year, jewellery has moved beyond being a weight and material marker to one of individuality and style. Young, cosmopolitan consumers aged 25 to 45 seek jewellery with a sense of modern wearability, thus taking these precious pieces beyond their investment value. Select few jewellery retailers now operate at the peak of omnichannel efficiency allowing consumers to start their journey online, browse creations of their choice offline and complete the purchase whenever and wherever they choose. The seamless integration between channels also furthers meaningful consumer education, engagement, and experience. To make high-value purchases like jewellery easier, brands offer policies like 100 certified jewellery and lifetime exchange and tap into innovative channels like the consumer home with services like Try at Home. With omnichannel jewellery retail, consumers are at the receiving end of the very best the freedom of choice and the freedom from the pressure to purchase then and there. The shift from limited, local options to global omnichannel brands indeed changed consumer behavior, which provoked an evolution in how the jewellery industry operated. What left to see is what the next wave of change brings. The school and, by extension, the classroom are the most important environments that shape societies, where gender equality is an axiomatic truth and not merely an ideal towards which one aspires. The school as such is even more important than the home in this regard. While the ethos in our homes is determined by seve

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Of hard work leading to achievements and rewards. Success brings some joy but like a drug-addict, you need bigger and bigger doses of success to feel good. No matter what you achieve, others seem to be more successful. This phenomenon is called the hedonic treadmill and, instead of happiness, it results in a mid-life crisis. At some point you realise this is not sustainable. I was a classic victim of this theory until I decided to get off the treadmill nearly 15 years ago. Since then I vet made a lot of effort to get to the bottom of what happiness really means. I vet learned a few things. All First, happiness has nothing to do with what you have or don have, whether you are successful or not. Psychologists and philosophers have concluded that happiness is synthetic or manufactured by the mind. The mind is its own place and in itself can make heaven of hell and hell of heaven, said the poet John Milton. In one famous study, one person wins a lottery while another has their arm amputated at about the same time; six months later both are at the same level of happiness they were at before the events. I recently met Saline Saraswathi who literally overnight lost all four of her limbs and her baby. Yet she did give up and today runs marathons, works at a tech company and is a motivational speaker. Far from being crushed by her losses, she is radiant, laughing. Mind boggling! So, one key to happiness is to tame the mind through meditation, to learn to dissociate from one thought, cultivate abundance and gratitude. This is what spiritual traditions have been advocating for millennia. All Second, as long as you focus on yourself, you cannot be happy. All kinds of negative thoughts including comparisons, envy and regret well up and can overwhelm you. The only reliable way to keep these at bay is to lose you in activities or commitments. When you are running or playing tennis or singing, you tend to lose yourself for a bit. It the same when you immerse yourself in something other than yourself whether that be raising a child, helping others, building a business or creating something. For a while you forget time, you forget you exist; it a phenomenon called flow. It impossible to feel down when you are in flow. All a third requirement for happiness I vet realised is freedom. Freedom means different things to different people. What matters most to me is freedom from want. Freedom in terms of how I spend my time and with whom I spend it. And most importantly, free from a need for approval or affirmation. Over this decade I made intentional choices to set myself free. I decided to walk away from a fancy job to become a social entrepreneur and writer. I learned to stop craving the spotlight and the need to be relevant. I regained control over my time and how I spent it. Whew! L A fourth driver is people. We are the sum of the few people we hang out most with. So, you consciously want to be around people who are positive, who accept you unconditionally and inspire you to become a better version of you. Joy and negativity are both more contagious than Coved. I Finally, happiness comes from cultivating acceptance. Life is under no obligation to give you what y

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If you look at the total ISBN numbers issued across the world, India ranks among the top 5 nations when it comes to the number of books published with over 100,000 books released every year in all languages. However, how many fiction writers in India undertake this profession as a full-time career? In all likelihood, this number would comfortably fall short of 1000. This raises a pertinent question what are the actual economics behind fiction writing, marketing, sales and everything related to this profession? The Publishing Industry Macro-level Insights There are three models of publishing in India today traditional, self and hybrid. In simple terms, traditional publishing refers to a contract between the publisher and an author where the former manages all the costs and overheads associated with publishing and pay an advance (in most cases) along with a fixed royalty per book. In self publishing, the author pays a publishing firm for all expenses including printing, editing, distribution with add-on costs for marketing, PR etc. in return for a 100% royalty (in most cases) for books sold. The hybrid model sees the author and the publisher split their costs and risk involved. Often in this model, the publisher takes care of the publishing costs but expects a guarantee from the author in terms of the number of copies sold. Every author dreams of a traditional publishing contract and hence I will focus on the revenue streams associated with this. That said, most of these streams are similar for the other two models also. An Author Balance Sheet Debit vs Credit Before you think of your earnings, it is important to be mindful of your expenses, especially for first time authors. Often, people think that writing does incur a lot of costs. This may be true but the marketing and sales aspects do have a cost associated with it, apart from your time investment costs. Here are some of the expected expenses you can budget for Agent fees there are two ways to land a traditional publishing contract. You can reach out to publishing houses like Penguin, Rapa, and Harper Collins etc. via their submissions mail id. This is a long process and you typically get a response after six months. The other approach is to send proposals to noted literary agents in the country like The Writer Side, Sinai, Lotus Lane, The Book Bakers etc. These agents work alongside publishing houses and pitch the stories on your behalf. The process is faster and typically the agents charge between 15-20% commission on your advances and a share of royalty too. It is important to note that these agents also have a strict criterion of selecting manuscripts. Editing & Cover Design Most traditional publishing houses offer these services and you can opt for it. However, if you want to opt for your own services, the charges for editing would start around Rs 15,000 for 50,000 words. A cover design can cost you anywhere ranging from Rs. 5000 to Rs 5 laths. A notable Indian author reportedly spent around Rs 3.5 laths for a single cover of his trilogy series. Marketing & PR Costs Writing a novel is only 30 percent of the process. It is marketing that will skyrocket your sales and PR that will estab

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The Shimla Agreement of 1972 represents a foundational diplomatic framework that continues to shape South Asian geopolitics. Yet, its core principles face systematic erosion from Pakistan enduring commitment to terrorism as statecraft. In the aftermath of Operation Sindoor and in light of US President Donald Trump misrepresented claims of mediating Indo-Pakistani peace, it becomes essential to examine how the bilateral framework of this historic accord remains both relevant and under siege. The agreement emphasis on peaceful resolution through bilateral negotiations stands in stark contrast to Pakistan persistent use of terror proxies, making India conditions for engagement not merely strategic preferences but existential necessities for regional stability. The recent remarks by Pakistan de facto ruler, self-styled Field Marshal Asim Munir, at the Naval Academy calling for the resolution of the Jammu and Kashmir (J&K) issue under the United Nations framework only serve to entrench a permanent deadlock. Historical genesis and enduring geopolitical architecture Signed on July 2, 1972, by Prime Minister Indira Gandhi and President Zulfikar Ali Bhutto, the Shimla Agreement emerged from India decisive victory in the 1971 war. The accord established several transformative principles: conversion of the ceasefire line into the Line of Control (LoC) with neither side seeking unilateral alteration, commitment to settle their differences by peaceful means through bilateral negotiations, and crucially, the exclusion of third-party mediation. The agreement geopolitical significance extended beyond mere post-war arrangements. It established that Kashmir would be a bilateral issue between India and Pakistan, excluding third-party intervention, a principle that has remained central to India diplomatic strategy. India demonstrated magnanimity by returning over 13,000 square kms of captured territory, while retaining strategic areas including Turtuk and Chalunka, signalling its commitment to peace within a framework of mutual respect. The bilateral framework served multiple strategic purposes: preventing the internationalisation of the Kashmir dispute, maintaining India agency in conflict resolution, and ensuring that dialogue addressed root causes rather than superficial symptoms. Together with the Indus Waters Treaty, the Shimla Agreement became a cornerstone for managing conflicts, facilitating dialogue, and avoiding large-scale war. Pakistan terror ecosystem: Systematic violation of Shimla principles Pakistan approach to the Shimla Agreement has been characterised by consistent violations through its maintenance of an extensive terror infrastructure that directly contravenes the agreement commitment to peaceful coexistence. Intelligence assessments reveal Pakistan as perhaps the world most active sponsor of terrorist groups, with its Inter-Services Intelligence (ISI) providing systematic support to designated terrorist organisations. Pakistan terror factory operates through a sophisticated network where the ISI orchestrates attacks via proxies like Lashkar-e-Taiba (LeT), Jaish-e-Mohammed (JeM), and Hizbul Mujahideen. The LeT headquarters in Muridke and JeM

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The attack, attributed to The Resistance Front (a LeT front), represented a shift from cross-border attacks to dividing India from within through communal targeting. Former Pakistani leaders have openly admitted this strategy. Ex-Prime Minister Nawaz Sharif hinted at state involvement in the 2008 Mumbai attacks, while General Pervez Musharraf confessed to training terrorists for proxy war in Kashmir. Most recently, Defence Minister Khawaja Muhammad Asif admitted that Pakistan had supported terror outfits for three decades. India non-negotiable conditions: Essential prerequisites for regional security India conditions for bilateral engagement stem from decades of experience with Pakistan duplicitous approach to diplomacy. The current policy framework, as articulated by external affairs ministry spokesperson Randhir Jaiswal, is uncompromising: terrorism and talks cannot go together. India non-negotiable preconditions include: dismantling of terrorist infrastructure in Pakistan and Pakistan-occupied Kashmir (PoK), handover of designated terrorists whose list was provided to Pakistan, cessation of cross-border terrorism, and recognition that any Kashmir discussions will focus solely on the vacating of illegally occupied Indian Territory by Pakistan. These conditions are not maximalist demands but essential prerequisites for sustainable peace. As Prime Minister Modi emphasised that terror and talks cannot go together, terror and trade cannot go together, and water and blood cannot flow together. The suspension of the Indus Waters Treaty remains in abeyance until Pakistan credibly and irrevocably abjures its support for cross-border terrorism. India insistence on bilateral engagement without third-party mediation reflects both the provisions of the Shimla Agreement and strategic wisdom. External affairs minister S Jaishankar has consistently maintained that India has been clear for 40 odd years that we would not accept mediation. This position ensures India retains agency in addressing terrorism-related issues while preventing Pakistan from internationalising disputes. The bilateral framework prevents the internationalisation of the Kashmir dispute that Pakistan has consistently sought. It maintains strategic autonomy in managing regional security challenges and ensures meaningful dialogue addresses the root causes of conflict rather than cosmetic measures. Trump recent claims of mediating between India and Pakistan fundamentally misrepresent the reality that the May 10, 2025, ceasefire was reached through direct dialogue between the two parties via existing military channels. Contemporary relevance and strategic implications Pakistan announcement of the suspension of the Shimla Agreement in April 2025 represents a strategic miscalculation that removes diplomatic guardrails preventing military escalation. This unilateral action legitimises India position that Pakistan cannot be trusted to honour international commitments while maintaining terrorist infrastructure. The suspension has far-reaching implications. With the agreement in abeyance, India is theoretically unconstrained in pursuing punitive measures, as demonstrated by Operation Sindoor succ

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Budgets etc. For PR, you can always write to media houses for organic coverage but an agency cost would start at around Rs. 20,000 per month. Please note these are the minimum figures and the fees only vary based on the agency capabilities & experience. Furthermore, a decent budget on Amazon starts at Rs 10,000 apart from the management fees. An Author Revenue Streams At the end of the day, you are making, marketing and selling a product. Do not consider your book as a baby as every parent finds it difficult to look beyond their child flaws. An author needs to be objective enough to acknowledge criticism, and work towards strengthening their product. This attitude will help your sales numbers. Book Royalty A traditional publishing contract for a first-time relatively unknown author will fetch you an advance between Rs. 25,000 Rs 2 laths. Your royalties may start from 5%- 8% and can increase based on the copies sold. Egg For the first 1000 copies, you may receive this amount but get a higher rate of 10-12% for 1001-5000 copies. Audio books Audio books are yet to capture a major market share in India so the current advances and royalty are usually on the lower side for first-time authors. You may get a contract anywhere from upwards of Rs 20,000 from a reputed service provider. The Film Rights Your traditional publishing contract will have a pre-decided agreement with your publisher about their share. The author usually gets the meatier slice in this. If you secure a production house deal through an agent like The Story Ink, there is a fee involved(10% -25%). A first-time author may get a deal starting from Rs 6-10 laths per book but with good sales numbers, content and sound marketing, you can secure a deal above Rs. 25 laths too. Production houses usually sign an option agreement of Rs 1 2 laths for a year before acquiring full book rights In conclusion, this is a bird eye view on the economics behind novel writing as there are several other avenues that contribute to the debit and credit columns in an author balance sheet. Happiness is a common desire. We all want happiness. Many of us are happy. However, many of us may have our own excuses for not being happy and not deliberately pursuing activities that can lead to happiness. One of the most common excuses for not engaging in activities that can give us happiness is a lack of time. In discussions on happiness in training programs and outside classes, this one thing comes up again and again in various forms such as I am too busy, I don have time, I cannot afford the time, my responsibilities take all my time, after work and commuting for work I don have time, so on and so forth. Many people want to be happy but are not and blame it on lack of time. However, there are five solutions to this. First, we do not need a lot of time to be happy. We can reap the benefit of happiness by finding short free time slots and engaging in activities that do not require much time such as a 10-second focus on our slow breathing while stuck at a traffic signal when the green light will take more than 30 seconds; a quick call to a close friend while waiting for a bus and so on. Second, we can create more free

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Above, that live as if you were to die tomorrow, and it will give us clarity on what really matters. Fourth, we can create more free time by reducing time on TV and social media, and avoiding participation in gossip. We need to create screen-free time for us and that will give us more free time. Fifth, even if all the four above suggestions fail for us, we can try to keep our attention on positive things in life and cherish what we are doing. Whereas time is important, our attention is also very important for happiness. If we also follow the second part of the quote that learns as if you were to live forever, then we need to learn the art of finding time for happiness. By flowing these five suggestions, I have observed people are able to find time for happiness and this should help those of us who blame lack of time for not being happy. It can also help those, who are already happy. The late nineteenth century Paris witnessed a historic change in the course of art movements when alternative art studios rebelled from the Academia des Beaux Arts -the gatekeepers of art- monopolized by elitist academics. Yet, trading of the rebel art was essential to economic sustenance of artists. André Level, a French connoisseur understood the need. He launched an art fund in 1904 by collecting capital from family and friends via an annual subscription model. The fund bought artworks of Gauging, Van Gogh, and Picasso, among others, with the capital raised. By 1914 the fund had sold 145 (out of 232) art works at phenomenal multiples of purchase price. More importantly, 20% of the sale proceeds went to the original artists. In India, Raja Ravi Varna (1848-1906) had already mastered the art of commercializing his realist paintings through lithographs and his printing press in Mumbai. Yet, it took the nation over a century to come anywhere close to Level art fund. Some efforts of the early twenty-first century (e.g. Ossian and Yare art funds), unfortunately, fell a prey to the vagaries of the global financial crisis of 2007-09. Nevertheless, the art market in India continues to accelerate. Since 2001, nearly Rs. 5,000 core worth of art (by top-25 Indian artists) have been auctioned globally; over half of which happened during the recent five years. Despite the Covid-19 pandemic, between 2020-21 the transaction volumes increased by 30% (to nearly Rs. 600 core). Compared to 2021, transactions in 2022 were already 17% higher by the month of August. As these auctions are dominated by HNI and institutional investors, are they important enough to be discussed on a national forum? Academic literature is unequivocal Walesh (2001) shows that art promotes economic prosperity. In a UK-based study, Bakshi, Lee and Mateo-Garcia (2014) report that not only do cities with creative workers enjoy a wage premium; art sector also generates innovation spillover into commercial creative economy. But, what will it take to bring art trading to retail investors in India? To promote trading at a larger scale, we need much more. So, here is a wish list Given large ticket sizes, retail investors may find it difficult to invest in art funds. However, with a critical mass of funds and commer

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We can strengthen the market for art. A vibrant market for art has far reaching economic implications. Should not art constitute our policy goals? It is usually a happy time when a baby is born but also a vulnerable stage as women nurture another life within them. There are many things that can add stress, including if your baby is born premature. A baby is premature if it is born before the 37th week of a normal pregnancy. Sometimes premature babies are called “preemies.” The neonatal intensive care units (NICU) at hospitals have become extremely cautious and careful dealing with preterm babies. Babies who are born prematurely are almost immediately transferred to the NICU within 24 hours of the birth and the length of the stay depends on the condition of the baby. When the time comes for you to implement your premature newborn care advice at home, you may feel extremely overwhelmed. It crucial to understand that it lowers the likelihood that your child will contract an infection while in the hospital, which benefits not only you as a parent but also your infant. Additionally, your baby gains from the comfort and positivity of your house, where you may forge closer ties with your newest family member. If your infant needs medical equipment, such as breathing support, make sure the healthcare teams does the following This has proven to have numerous benefits for not only the baby and mother but also the father. By putting your baby in a nappy and letting him or her lay on your chest underneath your shirt or a blanket so that they are securely fastened to your body, you can practice skin-to-skin contact. Skin-to-skin contact has several advantages, including easing any stress or pain your kid may be experiencing. Additionally, it encourages healthy weight gain, aids with establishing breastfeeding, facilitates your baby adjustment to its new environment, and helps control breathing and heart rate. 3. Breastfeeding your premature baby Breastfeeding is a crucial aspect of motherhood. Breast milk includes certain amounts of nutrients and vitamins that help your premature baby grow and develop more quickly and healthier, therefore breastfeeding has several advantages. Given that it was created specifically by your body for your baby, breast milk is considerably simpler to digest than formula milk. It is advised that you start expressing your milk eight to ten times a day and once at night if your baby is too early to breastfeed. This will help you maintain a healthy milk supply. If you vet never expressed milk before, a nurse or midwife can demonstrate the process for you. Your hospital or another source may be able to offer donor breast milk, which is your alternative choice. 4. Pay close attention to your infant sleep needs Your preterm baby sleeping throughout the day is typical since it aids in its growth and development. To ensure your baby is sleeping well, follow these simple guidelines make sure your baby is always on his or her back and never on the stomach, and that the surface is hard, flat, and free of any pillows. 5. Restrict outdoor visits and number of visitors Make sure your newborn spends the first few weeks of life at home. The e

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INS Mormugao, the Indian navy latest destroyer of the Project 15B class commissioned yesterday, signifies the substance of the navy hard power with an appropriate degree of symbolism as well. On December 19, 1961, the Indian Tricolour was raised in Goa and the Portuguese forces surrendered. Perhaps coincidentally, the ship has another symbolic connection: She first sailed for sea trials on December 19 last year on the day Goa and India were celebrating 60 years of liberation. A meeting in Kolkata on Saturday of the chief ministers representing states in the East Zone Council, which was chaired by Union home minister Amit Shah, made a couple of important observations on left-wing extremism (LWE). Shah pointed out that LWE had almost ended in the eastern region. Separately, states wanted timely funding by GoI for dealing with the remnants of the problem. The data is clear. LWE-related incidents and fatalities across India are declining. From 833 incidents resulting in 240 deaths in 2018, it was down to 509 incidents and 147 deaths in 2021. The cutting edge of the security apparatus, combating LWE is the police force of the states, which is backed by central paramilitary forces and funds. In this context, the surrender-cum-rehabilitation policies for LWE cadre initiated by states and backstopped by GoI financial reimbursement have produced results. Between 2018 and 2021, 2,295 LWE cadres surrendered. When dealing with an ideology committed to overthrowing the state, the security apparatus is at the core of the pushback. However, leaving aside a small number of ideologues, LWE has drawn sustenance from social and economic circumstances of its foot soldiers. Here, the real game changer has been India economic progress that has provided potential recruits an alternative narrative. India economic migration is mostly temporary, or circular migration. Research based on GoI sample surveys estimate that circular migration is about seven times larger than permanent migration. The 2017 economic survey summarising studies said migrants make up between 17% and 29% of the workforce. In absolute terms, that runs to 100 million people or more migrating for short durations to work. The survey made three observations that are important in the context of LWE. Language is not a barrier to economic migration, there a significant share of youth in circular migration and also an increasing proportion of women. Economic opportunities thrown up in western and southern states, and NCR, are the barely noticed dimension to depriving LWE of foot soldiers. States such as Jharkhand, Odisha, Bihar, Bengal and Chhattisgarh have all seen economic out-migration. India has turned the corner on combatting LWE. But if the gains of the battle have to be consolidated, economic growth has to be front and centre of any future strategy. Economic development is the foundation on which India can be secured from both internal and external threats. Although to a lesser extent than Ladakh and Arunachal Pradesh, Uttarakhand too is affected by increased Chinese military activities along the LAC. It is in this context that CDS General Chauhan has emphasised the security imperative to repopulate

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Little closer to accomplishing it. The really massive out-migration is from the hills to the plains, be they within or outside the state. This speaks to the decline of agriculture that has been the main livelihood in the hills. The fragmented landholdings and the topography of the region render it un-amenable to agricultural modernisation of the classic sort. Thus the tourism prospects that Chauhan has pointed to do seem a logical trail for alternative livelihoods. The very infrastructure whose shortage has driven the villagers away is what is needed to bring the tourists in: Road connectivity, electricity, drinking water, health facilities. This is doable and well worth the monies that would be spent on it. Only, as the 2013 Kedarnath disaster and others have been drilling into us, all the building has to be done with ecological sensitivity, or else it will be counterproductive. But Uttarakhand will make the nation stronger in more ways than one, if it can crack the code of sustainable tourism. With nearly 5 crore cases pending, the Indian legal system is almost changing the way society behaves. Why bother waiting for 20 years in the court to get compensation for a road accident, you might as well use might is right on the road itself. In this context there is huge scope for utilising a key pillar of the Fourth Industrial Revolution for ensuring timely justice for all: Artificial Intelligence. This is even as the less-than-a-month-old ChatGPT software is threatening to dethrone the Google search engine. No matter what the challenge in life, we always need to stay aware of the nature of thoughts that we harbor when things start to prove difficult: Do we think in defeatist terms and put ourselves down as losers? Or are we willing to take on any difficulty and build on the successes we have already achieved in life? We must be honest with ourselves and put things into the right perspective for the sake of our spiritual evolution. As the Brihadaranyaka Upanishad states in 1.4.8: If a man claims that something other than his Self is dear to him, and someone were to tell him that he will lose what he holds dear, that is liable to happen. Therefore, a man should regard only his Self as dear to him. When a man regards only his Self as dear to him, what he holds dear will never perish. The quote stands as a reminder of our priority when dealing with life challenges: instead of worrying about winning or losing, we should keep our focus on the Atman as our true, eternal Self. If on the other hand, we pursue only winning for the sake of a limited ego expressing itself in terms of I and mine, we will not have realised our full potential in life. Therefore, we need to approach any problem as a unique chance for growth. By doing so, any difficulty will be transcended. Winning and losing might still be of importance, but we will be less attached to the outcome of our performance. The gain will be more of a spiritual nature rather than a material one. As the quote emphasises, the Atman can never perish and we should view it as the only goal of all life. Through realising the self as Brahmn, which is the same everywhere and at all times, we will have gained i

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By giving a true definition of winning: Having found the source of joy and fulfillment, they no longer seek happiness from the external world. They have nothing to gain or lose by any action; neither people nor things can affect their security. Life is not about our performance in the outside world, but about keeping our focus on the Atman and always trying our best. In so doing we gain inner peace, strength from within and the will to always carry on. Why should we then still feel the need to fulfill finite and passing desires which do not make us happy in life? It is the performance of our actions in a spirit of Karmyog that will help us to be less attached to the outcomes in life. Krishn makes us aware of the spiritual heights we may reach whilst acting: dedicate your life to loving and realising God and become free of karma. Then no experience of spiritual knowledge will ever be lost. Nothing in life and no one can disturb us easily any more. In fact, we will face difficulties with a more balanced mental outlook. Our spiritual truths once gained are truly the only game in life we should attempt to master. By performing our actions with love and dedication, God will realise itself. We can only win. Issues related to climate change have become a major concern in recent years, and to address the issues effectively, governments of almost all countries across the globe have been encouraging the growth of the electric vehicle (EV) industry. In line with the global pursuit to reduce carbon emissions, India has also put a renewed focus on popularizing clean mobility by supporting the EV industry players with subsidies and supportive regulations. The overall automobile sector in the country, including electric vehicles and internal combustion engine (ICE) vehicles, currently is the fifth largest in the world and is expected to become the third largest by 2030. The industry contributes around 7.1 per cent of India Gross Domestic Product (GDP) and 49 per cent of its manufacturing GDP. While the automotive sector is valued at $ 222 billion, the net worth of the EV market in the country is expected to be just $ 2 billion by 2023 and $ 7.09 billion by 2025. However, India holds one of the largest untapped potential for the growth of electric mobility, especially in the two-wheeler segment. The penetration of clean and green two-wheelers on Indian roads is expected to witness exponential growth of 15 per cent by 2025 from just 1 per cent currently. According to the data from the Ministry of Road Transport and Highways, on August 2022, there were a total of 13,92,265 electric vehicles in India and the number is projected to reach 45 50 million by 2030. With support from the government and by leveraging modern-day technologies, EV industry players in the country has huge scope to work on the number of models, charging infrastructure, developing vendor ecosystem and providing financial incentives. For a fast-paced green transformation in India, the government needs to aggressively address certain challenges like the high capital cost, lack of adequate charging infrastructure, etc. While there is a steady improvement in EV sales in the country, around 63 pe

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Can now easily approach the local or state nodal agency for the installation of a private charging point. Furthermore, the government has issued a directive to permit the installation of EV charging points in malls, housing societies, office complexes, restaurants, hotels, and other public places. The government has also been focused on ensuring the safety of the batteries of electric vehicles. Recently the road transport ministry has constituted an expert committee to chalk out strategies for additional safety requirements in the existing battery safety standards. The government move, which came into effect on 1 October 2022, comes in the backdrop of the incidents of electric vehicles catching fire in different parts of the country. The amendments made by the government in the EV battery standards include safety requirements like battery cells, battery management systems, on-board chargers, design of battery pack, thermal propagation due to internal cell short circuits leading to fire, etc. The transport ministry is also seeking suggestions from all stakeholders to create a more safe and clean mobility infrastructure in the country. The various schemes and changed policies by the government have caused a significant rise in the electric vehicles sector, with the EV makers in India have committed an investment of over Rs 9000 crore in the last one year. India has set itself an ambitious long-term goal of reaching net zero emissions by 2070. In August 2022, India updated its Nationally Determined Contributions (INDC) under the Paris Agreement to reflect its aim of achieving 50% cumulative electric power installed capacity from non-fossil fuel based energy sources by 2030. The route towards achieving this is through transfer of technology and low-cost international finance. Despite India renewable energy push, dependence on coal is intertwined with the growth of the economy. Coal fired thermal power plants currently account for nearly 70% of power generation capacity in India. India is also the second largest producer, consumer and importer of coal. More importantly, production of coal is also deeply entrenched with the local economies of the districts in which it is mined. Explaining India dependence on coal, Coal Minister Pralhad Joshi had stated that coal is going to stay as a major source of energy in the foreseeable future. The Minister clarified that despite the push for renewables, India will require a base load capacity of coal based generation for stability and also for energy security. Notably, while India has committed to clean energy- the pace of transition to cleaner energy sources in India is to be viewed in light of the principle of common but differentiated responsibilities and respective capabilities, the transfer of climate finance and low cost climate technologies. At COP 27, India made a pitch for the phase down of all fossil fuels. This was rejected and the parties to the Sharm el-Sheikh Implementation Plan agreed only to accelerate efforts towards the phase down of unabated coal power. Unabated coal power refers to the consumption of fossil fuels in facilities without Carbon Capture Utilisation and Storage (CCUS). The Inte

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Time noted that oil and gas based electricity generation which India lacks provides greater flexibility in dealing with the intermittent nature of renewable energy. India would thus have to continue to rely on coal based power plants, the Strategy reasoned. With regard to CCUS, the Strategy stated that the economic, technical and political feasibility of CCUS is highly uncertain. Despite this note of caution, there are two government documents that make a case for CCUS in India. In July 2022, Ministry of Petroleum and Natural Gas in July 2022 had released the Draft 2030 Roadmap for CCUS for Upstream Exploration and Production Companies (Roadmap). The objective of this Roadmap was to provide a framework to make develop India as a sustainable and viable CO2 storage hub considering India huge spread of sedimentary basins. The Roadmap recommends the development of carbon markets, which will not only reduce emissions but also provide the required market support mechanism for the adoption of new mitigation methods and technologies. Additionally, it also stresses on the setting up rules and a standard mechanism to report, monitor and verify the reduction of CO2 and green-house gas emissions. In a similar vein the Niti Aayog study titled Carbon Capture, Utilisation and Storage Policy Framework and its Deployment Mechanism in India released on November 30, 2022 recommends a tax and cash credits policy to promote CCUS in the near term and a transition to carbon taxes in the long term. To reduce the emissions intensity of its GDP by 45% from the 2005 level by 2030, the government has taken steps to increase the adoption of green hydrogen and enable the development of carbon markets. In August 2022, the Lok Sabha passed the Energy Conservation Amendment Bill, 2022 which aims to mandate the use of non-fossil fuel sources including green hydrogen, green ammonia, biomass and ethanol for energy and feedstock in industries. The Bill also gives the power to the Central Government to establish carbon markets. In May 2022 the Ministry of Power had unveiled a plan for the replacement of thermal power with renewable energy. As per this plan, over the next 2-3 years, thermal power plants will be required to operate up to a technical minimum of 40% instead of 55% to accommodate cheaper renewable energy. To implement the same, in August 2022, the Central Electricity Authority released the draft Central Electricity Authority (Flexible operation of thermal power plants) Regulations, 2022.The visit of German Foreign Minister Annalena Baerbock to India on December 5 and 6 was expected to lead to progress over the proposed Just Energy Transition Partnership (JETP) between the G-7 countries and India. The JETP is a partnership through which finance is provided to the developing country party to transition away from coal. India, however needs to carefully mull over the impact that such a transition would have on the existing coal infrastructure which would affect millions of livelihoods. Shutting down existing thermal power plants would have significant legal ramifications and also carry demobilisation costs. While there was no mention of the JETP during the visit, it was h

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Most people believe it is safer to continue taking certain medications rather than risk slightly elevated blood pressure, blood sugar or cholesterol levels. But what if the "opposite is true. In recent years, many senior doctors have realized that we vet swung too far towards medicating lifestyle" diseases. Studies from the past two decades suggest that excessive medication can often be more harmful than no medication at all. This phenomenon is known as the J-Curve. Progressive doctors have been vocal against overmedication for controlling blood pressure, sugar, and cholesterol. As a result, guidelines for medication thresholds have been revised. However, these changes have been widely disseminated, leading many doctors to follow outdated guidelines. Later in this blog, I all present "evidence supporting" the revision of these guidelines towards more moderate medication thresholds. We all also delve into the politics of the pharmaceutical, food, and healthcare industries, and examine the roles government and media play in our health. Emerging evidence shows that previous approaches were flawed and potentially more harmful. Many doctors are now reevaluating their recommendations for treatment and testing. The increased specialization in medicine often leads to tunnel vision, neglecting the overall quality of life and mortality. Furthermore, our understanding of drug interactions is limited, and prescriptions from multiple specialists can lead to Adverse Drug Reactions. I all cover adds more in future blogs. Human Body is Self-Healing The human body is a remarkable self-healing mechanism, often smarter than we acknowledge. It adeptly copes with the diet and lifestyle it encounters. Elevated blood pressure, sugar, or cholesterol levels are often the body compensatory responses to various conditions. However, the body struggles with synthetic medications. These substances are foreign and can disrupt the body natural compensatory mechanisms. Moreover, they place a strain on the liver and kidneys, affecting them in ways not fully understood. To be safe, it advisable to first address diet and lifestyle changes, allowing the body to naturally adjust these health markers. Of course, always seek medical advice and discuss your preferences with your doctor. CURVE Concept It well-known that symptoms like high blood pressure or blood sugar are detrimental to health and, if uncontrolled, can lead to a shortened lifespan. Diseases typically follow a slanted S-curve, indicating that minor deviations from normal levels are less harmful and more manageable than more severe deviations. The impact on life expectancy is linear; a slight worsening of health markers is more concerning at advanced levels. For instance, a 10% increase in systolic blood pressure from 120 to 132 is concerning, but not alarmingly so. However, a 10% rise from 140 to 154 is significantly worrying. If it jumps 10% from 190 to 209, it becomes critical and demands immediate action. We also know that all medications have some negative side effects which may reduce our life expectancy. So clearly minimizing or eliminating medications should be a goal. Some BP patients are on a single pill whic

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Risk in Diabetes ACCORD study, initiated in September 1999 and sponsored by the National Heart, Lung, and Blood Institute, is a significant example. This study aimed to examine the effects of intensive glycemic control, blood pressure management, and multiple lipid management on major cardiovascular events heart attack, stroke, or cardiovascular death in patients with type 2 diabetes. The study, a landmark in its field, was supported by several collaborators: The American College of Physicians updated their diabetes guidelines in March 2018. Both revisions faced objections from those whose income was most affected. In US, the Food & Drug Administration FDA was pressured to disband the JNC, which had served for over four decades and transfer authority to the American Heart Association AHA and the American College of Cardiology. The American College of Physicians ACP 2018 diabetes guideline revision alarmed the American Association of Clinical Endocrinologists AACE so much so that they reinstated their own, more restrictive guidelines within seven days. I will discuss these issues in more detail in the coming months under the topic of the Politics of Diet & Health. For now, my aim is to inform you about the J-Curve and why it occurs. Many of you may not be aware of these recent revisions and could be overmedicating. I recommend discussing this with your healthcare providers as soon as possible. India is at the forefront of popularising millets as is evident from the mention of Millets in the Union Budget 2023-24. The Budget 2023-24 had highlighted the importance of coarse grains or millets as a means of sustainable cultivation with the potential of increasing incomes of small farmers in arid regions, besides providing food and nutritional security at the global level. Millets have been an integral part of the Indian diet for Centuries. Millets, in addition to providing numerous health benefits are also believed to be environment friendly due to their low water and input requirements. The United Nations had declared 2023 as the International Year of Millets IYM at the request of the Indian Government, with a view to raise awareness about and increase production and consumption of Millets. Millets in Ancient India Millets have been mentioned in some of the oldest Vedic Scriptures. The Yajur Veda texts identify foxtail millet, Barnyard millet, and black finger millet, indicating that millet consumption was very common pre-dating the Indian Bronze Age. Indian Vedic scriptures like Satapatha Brahmana are said to contain ample references to millets. In the present times, Indian farmers are said to have recognised Millet as an intrinsic part of the Indian culinary heritage. With increasing interest and research in the nutritional value, and benefits of millet cultivation, the government has been promoting millets on large-scale & had named 2023 as the year of the Millet. India initiative to popularise Millets Globally During her Presidency of G-20, India had organised a two-day Global Millets Conference in March, 2023 in New Delhi bringing together participants from more than 102 countries. The global conference, dedicated to the IYM 2023 had facilita

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I was staying with my relatives during my visit to New York. One evening, my cousin and I were walking along the road outside the house when one of the neighbours came over to join us. After a brief exchange of courtesies, she remarked, whenever relatives come to stay with us from back home, they often complain of being bored at first. So, how are you finding your time here with your relatives? I told her that since I was visiting with my daughters, there was hardly any room for boredom. My relatives were wonderful hosts, and between their warm hospitality and my plans to explore the city with my daughters, my days were quite full. Whatever time I had left, I devoted to reading and writing. All in all, I had settled in comfortably and truly felt at home. Further introductions revealed that the woman was originally from Kandahar in Afghanistan but had moved to Pakistan with her parents when she was only four. Later, when she turned sixteen, she migrated to the US to marry her cousin. I could help but find it amusing that, although we had only just exchanged pleasantries, she was already serving up her entire family history like an all-you-can-eat buffet! The lady then proceeded to update me on her immediate family. She had three children two boys, aged twenty-one and twenty, and a sixteen-year-old daughter. Without any preamble, she suddenly dropped the news that her elder son had just gotten engaged. Apparently, only four days ago, they had arranged a small ceremony for the engagement. What truly shocked me was learning that the fiancée was merely seventeen and still in school. Startled, I felt compelled to ask if marrying off such a young girl was acceptable. That completely alright among our people. I too was seventeen when I got married, she replied, unfazed by my disbelief. I could hold back. But you were a first-generation migrant. Don you feel your children, born and raised here in America, deserve better? Should there be progress in such matters? I tried to reason with her, hoping she had see my point. She brushed it off without hesitation. No. We stick to our tradition. In fact, my daughter is sixteen, and we vet already started looking for a suitable match for her too, she said, as though it were the most natural thing in the world. Finding no sense in prolonging the conversation, I excused myself and made a hasty retreat, my mind swirling with questions. What the point of migrating to a country that prides itself on better living standards and equality if outdate practices like child marriage persist, binding young girls in the same old shackles under a new sky? As I stepped back into the house, the carefree sound of my daughters laughter greeted me. I often tease them about marriage, but deep down, I am grateful they face no cultural or familial chains tying them down. There nothing to clip their wings or limit their dreams. They are free to chase the horizons they truly deserve, unburdened by traditions that could hold them back. However, it saddened my heart to know that, even in a land of opportunity, some girls are still shackled by age-old traditions that rob them of their childhood and choices. Whenever I meet global energy l

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Denmark, a small nation with a bold vision, generates nearly 60% of its electricity from wind. In the US and Germany, wind powers almost half of all renewable generation, while the UK relies on it for over a quarter of its clean energy. These numbers are just statistics they validate a fundamental belief: wind energy is essential for a resilient and secure energy future. Secondly, India is poised to play a pivotal role in the global energy transition, leveraging its vast 1.1 TW wind potential and 18 GW of integrated annual manufacturing capacity. As a trusted global partner, India contributions will not only meet domestic needs but also can cater up to 10% of global supply chain demand by 2030, as per the GWEC Wind Report 2025. India is set to lead and shape the new global energy order. Hundreds of computer training institutes sprang up overnight. Families broke FDs and took loans to enrol their children, hoping they had become coders and land jobs abroad. But what did most students actually learnt? Basic computer literacy Word processors and spread sheets while believing they were mastering programming. Even respected engineering colleges were spared. A decade ago, an IT honcho interviewed Computer Science graduates from a prominent REC in North India. None could answer basic questions. One student finally admitted: We have no faculty. No real tests. Everyone is promoted at the end of the year. Officially, we produce X number of engineers. But what do those numbers even mean? They just add up to the statistics that show this many computer graduates produced by the country. And the rot does start in college. It starts much earlier, in school. In the name of progressive policy, we decided not to fail any child till Class 8. In practice, this has been disastrous. Students who can cope with Class 5 content are pushed up to Class 8. When higher-level academic rigour begins, the foundation is too weak. They are set up to fail quietly or worse, coast through the system without ever knowing what they missed. Of course, then there is the great scam involving several exams for jobs except, perhaps those conducted by the UPSC. The way the system is gamed, is well, systemic. Yes, we can frame bulletproof policies. But unless they are implemented with integrity, were just papering over deep cracks. India aspires to be a global leader. But how will that happen if our talent supply chain is fundamentally broken? Worse still, our youth the supposed beneficiaries of this system are being consumed by distractions. Tick, reels, addictive apps. The ability to focus, reflect, grasp depth? Rapidly vanishing. And yet, society seems eerily comfortable with this decline. Were not just facing a crisis of education. Were looking at a future where mediocrity wears the mask of merit. Where shortcuts triumph over substance. Where effort is no longer rewarded and that should scare us all. Who can get away with tugging at a yoga guru beard, asking, is your beard real? Then throwing back his head and laughing before a large audience at a 2017 meeting for harmony in Mumbai setting off ripples of laughter all around? Tenzin Gatos, the fourteenth Dalai Lama, of course! He was

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Any climate finance flow needs to be seen in the context of historical responsibility and the commitment of developed countries to mobilise USD 100 billion a year by 2020 as climate finance. At COP 27, an agreement was reached to set up the Loss and Damage Fund. The Fund aims to provide adequate and predictable financial resources to assist developing countries that are particularly vulnerable to climate change in meeting the economic and non-economic losses and damages suffered on account of climate change. As India develops the legal and regulatory environment to ensure that the energy transition is just, equitable and smooth, there is also an opportunity to shape a fair and transparent architecture around the disbursal of money out of the Loss and Damage Fund and other funding mechanisms. Striking the right chord between the need of the hour versus the need of the future, simultaneously being cognizant of financing needs, will be key. People cannot wear saffron-colored clothes if they are living in India? Following news since past few days about how Deepika Padukone is disrespecting affron by wearing a saffron-colored attire in her new song Beshram Rang, of her new movie Pathaan. Is saffron color officially banned? Why are people even concerned about other person clothing? Our society has much more serious issues going on, another minute someone daughter is getting raped, or someone son, father, daughter, or mother is getting murdered but what colored attire Deepika has worn is more important than the red-blooded hands of the culprits. Is clothing a choice? People can wear what they want to wear society should stop linking everything to a religious point of view and making it a political agenda. What benefit will we have after banning a movie or after making them change their scenes? is it going to help poor people by providing them with shelter, food, or money? Are the cases of murders going to stop? Will it bring a decline in the number of cases rape? Society needs to understand the difference between the things that are important and the things that are not. What color clothes a celebrity is wearing and when are they going to marry, answers to these questions will not bring any change in society and to people living in this country but answering questions about why the cases of rape are still not declining, why the crime rate is heading up every day and also what can be done to stop all these crimes can definitely posit some change in society. The youth of the country should be focused on how they can bring change to society and not on a specific color. There are many accessories you can use to spruce up your living space. Empty rooms without home accessories look dull. Accessories fill up the room and make it look energetic. Given below are a few home accessories you can use to liven up your living space. Lamps Lamps are home accessories that lighten up dark corners of the house and brighten up living spaces. There are many types of lamps to choose from. There are small lamps as well as large-sized lamps. The small lamps are for tight corners. Whereas, the large-sized lamps are for spacious rooms. Some different types of lamps are floo

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Cushions, geometric cushions, and checked cushions. Yet again, there are themed cushions, which come in a variety of styles. There are also semi-plain cushions and plain cushions. Lastly, there are striped cushions also. Some cushions come with interesting designs like fringes or tassels. These go well in country-styled homes. Also, you place cushions in many places around the house. You can place them on the chair, sofa, couch, bench, chaise, rocking chair, window seat, etc. Then, there are cushions for the floor also. There are outdoor cushions also for places like the garden and balcony. These cushions have water-repellent and UV-resistant qualities. Novelty cushions are a good consideration for a child room. Novelty cushions are made to resemble any object like an apple or a dog. Flower Pot Home accessories like flower pots greatly enhance the interiors of a room or a balcony. They look really nice in the gardens also, with other plants that are rooted in the soil. There are so many different types of flower pots like classic designs, hanging pots, railing planters, metal pots, plastic pots, coir pots, and others. Hanging pots can be suspended neatly from the railings or bars of a balcony. They don take up much space and look really cute. Railing planters can also be put up either indoors or outdoors. Decorative pots are for a classic look and they beautify the home immensely. They come in different shapes and sizes. Metal pots can get very hot in the sun but they are very durable. They are painted in different colors to go in different types of homes. Coir planters are biodegradable with efficient drainage. They allow easy movement of air and water which is good for the plants. Vase Home accessories like a vase is good for holding flower bouquets. But sometimes, they look good by themselves too. Now you can place a vase on the table or the floor. Sometimes, you can also hang it on the wall of your house. Floor vases are heavy-bottomed and take up a lot of space. Also, the floor vase should have enough room to accommodate top-heavy flowers. A vase comes in many varieties. They can be made of glass, crystal, metal, ceramic, or wood. A bottle vase has a straight cylindrical body with a narrow mouth. While, a bouquet vase is for a thick bunch of flowers with heavy stalks. A bowl vase is for dry flowers. You will have to cut the stem short to fit the flowers inside a bowl vase. A wall vase is a good idea for compact homes. You should be able to separate the vase from the wall attachment for cleaning and refilling it. Crystal and glass vases look very good but they can break easily. Candle stand & Candle holder Candle stands and candle holders are home accessories that enhance the interiors of any room. Also, they come in handy when the lights go out. The number of candle stand you need depends on how often the lights go out in your neighborhood. You can either go for a freestanding candle stand or a wall-mounted candle holder. Candle stands are generally made of wood, glass, or metal. Choose one which goes with the interior of your house. You can choose a candle stand with a sleek design or ornate curvatures. However, make sure it goes with t

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A naturally beautiful spot in the house. Avoid mirrors in front of bathrooms. Mirrors overlooking a window or balcony are nice. Mirrors come in different shapes. Such as rectangular, round, oval, or polygonal. The frame of the mirror should also go with the interiors of your house. The frame of the mirror comes in various colors. Some colors are black, white, silver, and gold. You can also go for frames that are wooden. Sometimes, if you like minimalistic designs, then you can pick a frameless mirror. An oversized wall mirror looks good in front of the living room or dining room. Potpourri bowls A potpourri bowl is among a few home accessories that is also a home freshener. It rejuvenates and relaxes the members of a house. The potpourri bowl essentially contains a mixture that is refreshing. The mixture contains dried flowers, herbs, dried leaves, spices, essential oils, and other refreshing mixes. Herbs that it can have are eucalyptus, rosemary, sage, or thyme. Generally, the potpourri bowl is kept on the center table of the living room. From here, it will invigorate everyone. You can also place it along the corners of a room. They can also be used inside bathrooms to keep them smelling fresh. Potpourri bowls come in different aromas like rose, lavender, apple cinnamon, sandalwood, vanilla, lemon, strawberry, peach, orange, jasmine, and many others. The smell of potpourri lasts anywhere between 2 to 12 months. I m going insane! This sentence is mostly screamed by the family member or the person who cares for the seniors. As seniors age, they sometimes come across new experiences that can change their personalities. Aging is the phase of life where rapid physical and emotional changes occur, which can lead to different scary behavioral and personality changes in the parents that can confuse or worry the loved ones. Personality change is often completely normal and common throughout the lifespan, but dramatic changes that happen in older adults are generally a sign of deeper problems such as depression, anxiety or neurocognitive disorder. Memory loss and cognitive decline are two leading factors behind sudden or significant changes in personality. As the brain is affected by disease, loss of inhibition or even childlike behavior in elderly people can be the result. Some of the examples of behavioral change in the elderly are: Impulsiveness: Impulsive (unusual) behaviors may include making inappropriate, rude gestures or touching remarks to oneself or others. The part of brain that controls and manages behavior is so compromised that impulsive behavior cannot be controlled. Even people with modesty and great self-control in the early stages of life may feel some changes in their behavior with age due to significant changes in physical and mental condition. Aggressiveness or abusiveness: Behaviors like aggression or belligerence, apathy or depression may appear suddenly and inexplicably. People who have always been gentle, easygoing and calm throughout their lives may suddenly start to get angry. Often, older individuals experience a great deal of loss within a short period of time upon retirement, a major life event that can cause profound sad

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Poor Hygiene the issues of elders refusing to bathe and change their clothes and maintain good personal hygiene is far more common than most people think. Overspending or Extreme Frugality: Some seniors overspend on charities and scammers, while others refuse to spend a single penny on things they actually need. The good old joint family ecosystem has completely disintegrated but exposed the vulnerability of our elderly population. With the trend of nuclear family, many young people stay away from their parents who start feeling lonely and sad with age. Aging requires evaluation and medical assistance in time by a physician neurologist physiologist On November 27 this year, India took on the Presidency role at the G20 Summit and officially began heading the forum on December 1. The overall objective is to address issues that affect member countries on a macro level, particularly those that are of social, political, and economic concern. A core tenet of this year presidency is to make G20 a catalyst for global change, where action points will be inclusive and particularly focus on peace, harmony, and the betterment of lives across the world. As of now, there is no challenge that the G20 nations and the world at large face greater than food insecurity, which continues to increase by the year. The G20 comprises the world largest economies, accounting for 85% of the global gross domestic product (GDP), 60% of the world population and 75% of all trade. The ongoing climate crisis, the conflict in Ukraine, and most importantly, the Covid-19 pandemic are major challenges that have pushed hundreds of millions of people back into poverty. Food insecurity has emerged as one of the key challenges that need urgent and focused attention, a fact underlined during the recent COP27 Climate Summit as well. The G20 Presidency presents an opportunity for India to effectively mobilize resources, recognize and scale best practices, and create a global consensus on addressing food and mutually interlinked nutritional security issues. The State of Food Security and Nutrition in the World 2022 report highlighted that the number of people affected by hunger spiked to 828 million in 2021 an increase of 46 million since 2020 and 150 million since the onslaught of COVID-19. The report also highlighted how the global undernourishment rate increased from 8% in 2019 to 9.8% in 2021. The Global Hunger Index stated that over 1.5 million children under the age of 5 are currently undernourished and being denied basic nutrients and vitamins. India own examples of designing and implementing expansive, outcome-driven, impactful interventions to address food and nutrition security could become a template for other countries. While the expansive Public Distribution System (PDS) has proven to be a game-changer in terms of providing access to food to millions of vulnerable people, the government interventions like the Prime Minister Overarching Scheme for Holistic Nutrition (POSHAN) Abhiyaan, Pradhan Mantri Matru Vandana Yojana, Anganwadi Services scheme, and the Adolescent Girls scheme under the Integrated Child Development Services (ICDS) have shown promising results in ensuring nut

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As part of the POSHAN mission have the potential to be replicated globally, particularly in low- and middle-income countries that face similar challenges. Through the G20 forum, India can effectively leverage its position to mobilise resources and help countries facing food and nutrition security issues. India role and leadership would be crucial in ensuring a better tomorrow for millions of people across the world. At the recent World Sustainable Development Summit (WSDS), Indian Prime Minister Narendra Modi said, Energy requirements of Indians are expected to nearly double in the next twenty years. Denying this energy would be denying life itself to millions. The PM assertion holds great relevance even globally. However, while global leaders are committed to achieving net-zero emissions and carbon neutrality, the fact remains that fossil fuels like coal, oil and natural gas fulfill majority of world energy usage. India is not an exception to the averages, meeting around 77% of annual electricity generation from thermal plants (including 3% nuclear), owing to the abundance and affordability of coal compared to other energy sources. At present, India has a total Thermal capacity of 236.1 GW, and Renewable (including hydro) capacity of balance 165.9 GW. The highest peak demand in the country touched 215 GW in the current year and the same is expected to increase by 9% in the next year. This peak demand generally comes in the evening hours of summer season and since renewable capacity has limited contribution in meeting such peaks, a prominent valley in the exchange price can be seen during the afternoon hours. The gap between pricing at crest and trough is continuously increasing if the typical annual average daily curves of exchange price are compared for last few years. The gap is expected to increase further as we move forward with our ambitious plan of attaining 500 GW renewable capacity by 2030 which converts to addition of 35-40 GWs of renewable energy (RE) capacity annually. To absorb this additional renewable capacity, the need of the hour is to have a plan for an overall integration of the capacity into the grid, without compromising on the grid security and avoiding price variations. Globally, the leading cause of death due to cancer is currently attributed to lung cancer. Cancer occurs when lung cells divide uncontrollably, causing tumours to grow. Tumours in the lungs can cause breathing difficulty, which spreads to other organs in the human body after some time. According to the World Health Organization, cancer accounted for nearly 10 million deaths in 2020, with lung cancer accounting for 2.21 million cases. In India, lung cancer accounted for although anyone can develop lung cancer, certain factors like cigarette smoking, exposure to second-hand smoke, inhaled chemicals, or other toxins can substantially increase the risk. Records of 22,645 lung cancer patients were reported in India between 2012 and 2016. According to the Indian Council of Medical Research (ICMR), the number of lung cancer cases in India is expected to rise more than sevenfold by 2025. People with lung cancer do not face symptoms at an early stage A family his

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And asthma, ultimately leading to cancer. Air pollution is a rising concern for lung cancer Air Pollution causes a complex mixture of particulate matter and gases in the air. Particles from wildfires, nitrate particles from motor vehicle exhaust, coal power plants, black carbon emitted from gas and diesel engines, and other sources that burn fossil fuels, sulphur dioxide emitted by large coal-fired power plants, ozone, and carbon monoxide from fuel combustion are all examples of air pollutants. Small particles can become trapped in the lungs during breathing. A build-up of these particles can harm the cells of the lungs, causing inflammation. Persistent inflammation over a long period can cause changes in how these cells replicate. When these cells are damaged, another type of cell can begin growing, which might lead to cancer tumours. According to WHO reports, outdoor air pollution is responsible for 29% of lung cancer deaths and diseases. Residential radon exposure caused over 58 000 lung cancer deaths in 2016. The number of lung cancer cases is expected to reach 3,299,640 by 2040. India is a festival-loving nation that observes celebrations practically all year long. Our values and feelings are promoted through festivities, which are a vital aspect of Indian culture. In contrast to the past two years, shadowed by the scare of the coronavirus pandemic, this year festive spirit is alive and well-timed with plans to go pandal hopping, splurging all out, and greeting friends and family members. However, the importance of festivals extends beyond a country social and cultural integration because they have a significant economic impact. This year festival season could be a record-breaker for Indian retailers, with sales exceeding even pre-pandemic levels as consumers release pent-up demand during covid free festive seasons. After two years of low sales, companies in retail, fast-moving consumer goods (FMCG), and consumer durables are witnessing an increasing trend of revenge shopping with anticipation of a greater rebound in the holiday season. Festive sales will most likely be the driving force for FMCG and retail sales growth in 2022 as inflation has stabilised, releasing consumer demand from rural and urban markets alike. After effects of Covid-19 on the retail sector: People are going to shop more and update their outfits now that the lockdown has ended because they want to enjoy being back to normal and spend the money they saved during the lockdown. When things are tough, wise spending becomes more important. Consumers around the world tightened their purse strings and purchased more carefully in anticipation of prolonged unpredictability ahead, taking after previous recessions and economic crises. According to UBS financial savings and wealth tracker research data showed that the slowdown in spending by Indian households (HH) through the lockdowns has resulted in US$200bn extra net savings in financial assets. Most Indians increased their savings and curbed spends as uncertainty around the economy increased and despite the surge in job losses and pay reductions, these savings have grown because of people growing skepticism about what migh

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Was temporarily put on hold. Retail stores are reopening, and shopping has regained its position from being a chore to a go- to activity. This impetus is sure to give retail sales numbers a boost. Increased footfalls in the store: Unavoidably, Covid-19 crisis has expedited digitization and boosted e-commerce growth. Online shopping is more convenient and offers hassle-free doorstep delivery than traditional offline purchases. The overwhelming demand that customers are demonstrating for experience-driven retail interactions is not surprising. People expect to be pleased by new and inventive shopping experiences after a year of browsing the web, and brands are only too happy to oblige. As consumers grow more at ease and feel safer, revenge shopping will likely continue a trend of faster growth in online sales but also see more customers in-store. CBRE South Asia Pvt Ltd report around the retail perspective on the experience and its impact on real estate highlighted that Indian retail space will witness growing footfalls across retail and recreational spaces as the Covid pandemic ebbs. During the festival season, the FMCG industry typically sees increased sales in categories such as biscuits, chocolates, sweets, and candies when companies launch various types of gift packs to sell their products. Given that this is the first year since the pandemic that consumer buying attitude has been so positively optimistic, the 2022 festival season is shaping up to be one that brands are eagerly looking forward to. India is on a digital overdrive. Every aspect points out to the huge growth expected. For the record, India had 1.2 billion mobile subscribers in 2021, of which about 750 million are smartphone users. The country is expected to be the second-largest smartphone manufacturer in the next five years. With a young population, the demand for apps is naturally high, and there is an app for every function. This is expected to grow exponentially in the future too. For example, a report states that India digital payments market is expected to increase more than threefold from the current $3 trillion dollars to $10 trillion by 2026. If you extrapolate this data to apps, we can easily estimate a five-times increase in the number of apps from the present times in the same time period. This is because as India population grows, and more millennials join the workforce and get employed, there will be an increase in the demand for more apps. Similarly, as India gets more digitised and more sectors such as healthcare, education and logistics get digitally savvy, there will be an increase in the number of apps created and consumed. On the enterprise side too, there are huge number of apps, and every enterprise keeps on building new software. There are numerous reasons for this companies merge and get acquired while they also divest and diverge all the time. This typically creates a need for new IT in the shape of apps. At the same time, it is also true that some applications just get outdated, or outclassed and usurped by newer operational methods, new human workflows, new device form factors, and so on. Preparing legacy apps for the future As many legacy applicati

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Buy a new application? If we look at it from a point of functionality, there will always be some systems of record in any organisation backend systems that will verge on being legacy in one form or another. These are by no means applications that have lost their worth; they are doing the job they were assigned to do in the first place. The challenge we have is that the application is going to get forced, in terms of its modality and form, to evolve to modern platforms, protocols, and standards. The other not inconsiderable problem with legacy systems are the skills and knowledge transfer needed to understand, update, and maintain an often outdated system. When the underlying platform that any application works on changes, it typically forces some upper level of refactoring, replatforming, and migration. This is not all bad news; this process presents an opportunity for us to make that application better at that point. Can low code platforms help? Low Code platforms present a possible solution wherein we can still retain legacy functionality, and reduce the need for developing more apps. Low-code, rapid application development platforms offer the best of both worlds in the build versus buy discussion. Yes, you re purchasing a platform, but you can build what you need, how you need it, using the latest architectures and best practices. Your other option, a standard, non-low-code development center, would require additional skills in highly specialized focus areas such as security and user experience, driving up costs and slowing down development. Low-code platforms help in pushing the boundaries of what can be done with existing legacy systems (and upgrading when necessary). Agility is hence not an issue. Enterprise development platforms need to satisfy UX requirements of internal and external users, customers, and business partners. In this context, low-code development platforms can simplify UX design and help organizations standardize the look and feel of their legacy apps across touch points. Low-code platforms offer more than 200 pre-designed templates that satisfy approximately 80 percent of digital operations use cases. This helps in accelerating application development. Additionally, organizations can also save hundreds of thousands of dollars from ongoing vendor fees by using low code platforms to build new applications to replace legacy systems. Low code platforms can offer a new lease of life to legacy applications, which can result in improved scalability and greater corporate agility. This can greatly reduce the need for developing more apps. At a time when the world believes in recycling older things to create a more sustainable future, the same approach must be followed for apps as well. Whenever I go out, especially on foot, and see a vegetable cart or shop, I find a song on my lip, my eyes light up and I find happiness in my heart. This from a shining green piece of chili or a bright violet baronial or even from fresh brown potatoes still covered in some of the mud they were born in. I then go and buy them and collect as much as I can. After all, from my considerable reading of books, articles and What Sapp messages I have firm

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I keep the root vegetables in a cupboard. The size of this cupboard has also been slowly increasing. The rest being perishable need to be refrigerated. An almost similar, but less intense, fascination with fruits deserves its own piece which might find its way here soon. My fridge grew gradually from 120 or so to 165 to 225 liters. Then I got this amazing shiny double door refrigerator with a capacity of more than 300 liters. The space seemed infinite at first. The downside is that I often have a cauliflower sitting behind each door. I indulge in this activity regularly and am unable to stop myself. Why do I want to stop? My wet dustbin runs full all the time. With the quantities I buy, I have to make recipes with cauliflowers 3 day in a row to exhaust that one vegetable. Of course, then I feel that I am neglecting the other ones. So I become a little altruistic and give some to my maid and the other housekeeping staff. Most of them do not have a refrigerator at home and hence they have to use that ingredient the same night or early next morning. There is a small issue here because they are not always thrilled if I give them something like a banana flower which takes a lot of prep. This is my experience and having been a freelancer forever, I decide the menu in my household. (Any Millennial worth their salt will accept 30 years as qualifying for the forever tag) I have some close friends and relatives with the same infection of being attracted to fresh vegetables. I restrict myself to the carts and shops. They go a step further and visit the wholesale markets. This is where you can buy vegetables in bulk at very reasonable prices. I am lazy when it comes to going too far for my vegetables and do not have the time either. However, if you have a cook or some other family member is doing that delightful activity, you can go and get even more vegetables of even better quality. This may delight the maid and other people in the household who benefit from the distribution of excess veggies but is not all that appreciated as this leads to a lot more wastage. Since I am, after all, an executive coach I tend to look for lessons in everything. Reflection is of the utmost importance. I managed to collect a few measly learning as a result of my reflections. The Covid-19 pandemic has vastly altered the traditional nine-to-five office job. With many new industries emerging, graduates around the world are beginning to make the most of the changing landscape to develop their own business ideas. The biggest advantage is that if your business fails on the first try, you will gain the experience to build a company after university. Building your own business as a college student takes a lot of creativity, perseverance, and vision, but it can be a very rewarding path. Another important reason for starting a business in college is that it is when you are most creative, energetic, and imaginative. You have the stamina to put in the all-nighters, extra hours, and intense effort required to start a business. Do market Research you must understand the market in order to determine what works and what does not. Online surveys are the most effective way to gather informa

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Of time and money and the process of getting started is often more grueling than most students expect. Define your target market After developing an initial concept, it is critical to determine which demographic you will be targeting and how much these customers are willing to pay for your product or service. As a result, it is critical to conduct thorough market research to determine if there is sufficient demand and the presence of competitors. Find a mentor and build connections College provides a large network to help you meet experienced professionals and build upon your ideas. Once your company is established, it is critical to assemble a team of passionate and driven individuals to help it grow. You should contact your university careers office to learn about any alumni networks that are available to you. Contact other entrepreneurs and local businesses for startup advice and contacts. Join local Meet up groups and startup events to expand your network and meet potential investors, leads, and co-founders. Test your idea It is now time to test how your target audience will react to your product by implementing preliminary marketing strategies such as using social media. The trick is to select a social media platform that best aligns with your company goals so that you can target specific demographics of consumers who will be interested in your product or service. Build your brand You must develop a brand that will give you more credibility. A website, which does not have to be expensive, is a good place to start. Your branding strategy should be broad and include social media platforms such as Integra, Twitter, and Facebook. Social media marketing tools should make the process go more smoothly. Find funding options In the early stages of any business, financial growth is critical. If you want to generate cash flow for your startup, college is an excellent place to look for funding sources. Finance and scholarship offices can help you apply for loans, federal grants, scholarships, and fellowships that provide students with financial assistance. Following their electoral victory, Benjamin Netanyahu Likud Party and its far-right coalition are likely to form a government on December 21. With this, the longstanding political impasse in Israel is expected to end, which could help restore political stability in the country. Political stalemate that grappled the Jewish nation for about five years during which period Israel conducted four elections, has been injurious for the political health of the country, especially in the time of regional geopolitical churning. In that context, Bibi (as Prime Minister-designate Netanyahu is fondly called) electoral victory will not only provide internal stability to the nation but will also guarantee an astounding foreign policy overture. His astute political experience of being Israel longest-serving prime minister will come in handy while dealing with the internal and external challenges facing Israel. While the challenges facing the country today are immense, Likud Party coalition with far-right and ultra-orthodox parties in itself is viewed as an underlying challenge for the country overall development.

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It starts with a single allegation. No trial. No investigation. Just a complaint. And a man life begins to unravel, arrested without evidence, branded without proof, and condemned without a voice. And sometimes, like in the heart breaking cases of Atul Subhash, Manav Sharma, and Nitin Padiyar, it does end in court, it ends in the grave. These young men were not criminals. They were wrongfully accused, never proven guilty, and morally blameless. But the weight of public shame, media trials, and legal inaction crushed them. Their crime? Trusting a system that failed to protect the innocent. They died not because they were guilty, but because they were presumed guilty the moment their names appeared in an FIR. The pressure was unbearable. The support? Non-existent. Justice? Too little, too late, if at all. Our system arrests men on mere words, but offers no safeguards against falsehood. Society glorifies the accuser, vilifies the accused, and forgets the truth in between. And when the accusation is proven false if it ever is there no apology, no accountability, and no correction. The man is gone. The damage is done. False allegations are not rare mishaps they are deliberate acts of destruction. And men have become convenient scapegoats. This is not an attack on women. This is a demand for balance, fairness, and reform. We must punish perjury. We must protect the falsely accused. And we must remember that every human deserves due process regardless of gender. Because behind every fabricated case stands a real victim. And far too often now that victim is a man who did survive. We remember her as the Kaanta Laga girl with those big, luminous bedroom eyes and a pouty mouth, gyrating sensuously to a song that became an instant household hum. Twenty-three years later, at 42, Shefali Jariwala is gone, possibly as a result of anti-ageing treatments meant to preserve what God had already given her youth, beauty, popularity, relevance. While the cause of death is yet to be officially revealed, Shefali passing is a cultural reckoning as much as it is a personal tragedy. It is a judgement on all of us on this Age, our Society, and the beauty industry, which demands that the natural arc of a young woman beauty must be arrested, tweaked and preserved in artificial perfection. What does this say of us? When and why did ageing become something to fear rather than embrace? Just a few days ago, flicking through the latest Maxim magazine Hot 100: World Most Beautiful Women, what struck me was the sameness of the women featured. Sleek tresses, pouty mouths, glowing skins, darkly defined eyes, highlighted cheekbones, peeking boobs, bronzed legs, and of course Goddess bodies! It is tough to tell one airbrushed version from the other! A woman is no longer considered beautiful as she is. God forbid if she allows herself to be as nature intended. A sharp contrast to stars of yore Madhubala, Meena Kumari, Vyjanthimala, Waheeda Rehman, and generations of naturally beautiful women who did not spend the better part of the day exercising, running, injecting, lifting, scraping or airbrushing to look perfect. Their beauty flowed from a quiet grace and strength of character. A

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A woman cannot just be; she is created and recreated over and over again. Her beauty is defined by cosmetic effort, not inner radiance. She must sparkle all the time online, offline, on the red carpet. There is no room for a bad angle, a bad hair day or any day off. And she must never be seen to age. Tragically, Shefali will never do that now in any case. And sadly, this beauty is not being targeted for fun, health or self-expression, but to be noticed and endorsed. Beauty today is crafted for consumption, not merely as a pleasing presence. It has become a job well done! And a full-time one at that, requiring constant self-surveillance and visits to experts. The concept of self-care has truly been hijacked by an industry of perfection. False eyelashes, sleek hair, serums, lotions, contouring, Botox injections for wrinkle reduction, laser skin resurfacing, fat grafting to add volume, Glutathione and Vitamin C injections, thread lifts, cheek implants, micro needling, laser therapies, dermal fillers for lips, chin, and under-eye hollows, various facial slimming treatments, calorie counting Phew, the list goes on! None of this comes easy, or cheap. As such, anyone can be beautiful you no longer need to be born beautiful so long as you have the money and intent. An army of dietitians, dermatologists, personal trainers, cosmetologists, surgeons and stylists can do God job for you! Such immense effort obviously demands attention, admiration and moments of spotlight hence the need for authentication the struggle to be noticed, the scramble to pay and pose for paparazzi, to appear at the city most exclusive events, be featured in the glam magazines and to make it to the Hot 100 lists! Somewhere along the way, girls are growing up believing they must be flawless in order to appear beautiful; and that to be beautiful is more important than to develop a personality, character and self-worth. And that anything is par for the course, so long as it gets you noticed! The search for perfection is truly the enemy of personality. When fillers define your face, plumped up lips sculpt your smile, and your expression is perfectly symmetrical, where is the scope for Madhubala crooked slanted smile or Meena Kumari poetic eyes and cascade of flowing wavy hair? Icons all, they are etched forever on the canvas of history and our memory. Come down further, and even Madhuri Dixit, Zeenat Aman, Parveen Babi and Neetu Singh have their distinctly memorable presence. But, how many contemporary beauties will we actually remember? Living up to a template, they end up looking like clones of each other. Shefali death is deeply unsettling and cannot be just another headline to scroll past. It is an urgent wake-up call that must be heeded. Ageing is a quiet privilege, not something to be feared and fought against. And beauty must be treated as a quiet allure to be discovered; not constant visibility thrust in your face. Wrinkles are a sign of warmth and experience to be embraced, not erased. Women must allow themselves to be as Nature intended we need beauty of every time and clime wrinkled, weathered, warm and whimsical. A woman is beautiful with minimal effort what is required i

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One of the many facets of Narendra Modi personality happens to be his forward-looking ability. He is a true visionary and he knows how to best exploit every sector to reap the desired results. He coined the next 25 years period as Amrit kaal, which is so apt. On the occasion of Amrit Mahotsav of India independence, he envisioned Viksit Bharat and is fast progressing to achieve this goal in terms of development of the country. This is a testimony of his farsightedness. People noticed the visionary in him when he chalked out a detailed plan about all that the country needs to do over the next 25 years to be one of the top 5 nations. The recently presented interim budget is a reflection of Modi vision for the future. When we look at the decisions he took in the last 10 years, ever since becoming the Prime Minister, we realize his commitment to achieving his goal of Viksit Bharat. The recently launched Vikas Bharat Sankalp is a step in this direction, where information about how many people have benefitted from the different welfare schemes and how many more people are yet to be reached is collected. The Modi government is committed to making our country a trillion economy and only after achieving this goal will India be one of the top 3 economic superpowers in the world. The recently presented interim budget by finance minister Nirmala Sitharaman is a testimony of the fact that steps are being initiated keeping this goal in mind. This budget emphasizes that while prioritizing inclusive development and economic progress, the government has always kept all its policies people-centric. Lok Sabha elections will be held in the next couple of months. Usually, the election budget has a host of populous announcements. But no such announcements were made in this budget. The fiscal deficit is better than expected. In this financial year, the Modi government is trying to keep the fiscal deficit at 5.1 per cent. This will significantly help to increase capital expenditure in the private sector. The provision of Rs 11.10 lakh crore for infrastructure proves continuity of policies by the Modi government. This record provision of capital expenditure will give the desired impetus to employment generation. The budgetary provision for rural employment has been increased by 43 per cent to Rs 86,000 crore. No changes have been proposed in taxes and duties, thus bringing stability in the market and benefitting businesses. Modi government has proposed the uryodaya Yojana in this interim budget in which solar panels will be set up atop roofs of nearly one crore houses which will help reduce the annual expenditure on energy by nearly Rs 15,000 to Rs 18,000 for the poor. Provisions have been made to ensure that all Asha and Anganwadi workers get benefitted from the Ayushman Bharat Yojana. Three railway corridors and decisions like port connectivity corridors, dense traffic corridors will considerably reduce the cargo handling and transportation costs in the future. Modi government emphasis on infrastructure development is reflected in its decision of providing Rs 1.30 lakh crore for giving interest-free loans to states for infrastructure development. In short, this is a

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Challenged narrated how the central government Scholarship scheme had benefitted his family. He said that his elder daughter, the 12th grader at that time, could pursue her aspiration to become a doctor. She had got emotional while speaking with PM Modi. In 2016, a 6-year-old Visalia Yadav from Pune had written a letter to the Prime Minister informing him about her heart ailment and that she needed a surgery. Prime Minister immediately took cognizance of this letter, issued orders to the respective government departments and in the next 15 days, that girl underwent heart surgery. Later, during his visit to Pune, Modi made sure to meet Visalia family. These incidents are a fitting reply to all those so-called intellectuals who keep ridiculing and criticizing the personality traits of this leader. These instances also testify why Modi is so popular and loved by the common people. Those who keep ranting that Modi government is leading a mission of taking India to annihilation, need to revisit these instances. Those who have suffered because of red talisman the past, will definitely find this appealing. Some might also argue that many people have been similarly benefitted and patients have received medical aid even in the past, but it was never glorified by those Prime Ministers. They might also say that Prime Ministers are not supposed to be involved in such activities; their focus must be to only strengthen the financial, foreign affairs and defense policies of the country. The reason these instances like the one narrated by Ayub Patel need to be underlined is because Prime Minister Narendra Modi is always criticized and called Mat ka Saud agar for the Minorities. Mr. Modi asked Ayub if he had celebrated Eid and whether he had got any gifts for the girls for Eid. While targeting Modi in this manner, this congregation fails to realize the repercussions it will have on the society, especially on those who lead a hand-to-mouth life or those who want to stay away from religious indifferences. These people think that after they succeed in painting Modi image as anti Muslim, the Muslim leading a hand-to-mouth sustenance will never cast their vote to Modi government. That is the reason why they make certain allegations and try to put words in the mouths of the analysts to satisfy themselves. These critics need to be told that the Modi government is implementing its vision of abka Saath, Sabka Vikas and the benefits are reaching the underprivileged sections of the society. This is called Modinomics. Every year, budgetary provision of thousands of crores is made but since there is no chowkidar there is no watch on whether the schemes remain only on paper or whether it reaches the people who need it. But I will assert that this budget definitely has a bright future in store for all of us. The decrease in the number of votes does not affect the validity and legality of the President election because from essentially two-party competition in the past to the three-party competition this time, the proportion of votes decreased for of course, and this will be the same case in future. President-elect Lai Ching-te from the will have no problem in implementing g

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Propagating a far-right agenda which has been regarded detrimental to the overall political health of the nation. Such sentiments are reflected in President Isaac Herzog statement on the need for a leader who leads the process of connection and unification despite heading a coalition comprising homogenous composition. Netanyahu political expertise and his earlier inability to form a majority government in 2019 may compel him to change his course and take a moderate stand on most of the issues concerning the country. Rights concerning LGBTQ communities, Jews overseas and Arab Israeli status in Israel in that context will be a litmus test for the upcoming government. Netanyahu statement that his government will reflect the concerns of all of Israel citizens, without exception substantiates his upcoming coalitions moderate stance. While there are numerous underlying challenges facing the domestic affairs of the country, erosion of internal security, rise of extremists and Hamas strengthening, rising cost of living, polarisation of society are some of the concerns that require immediate fixing. On the external front, Iran constant funding of proxy forces to annihilate Israel, Turkey rising stature, Syrian concerns and Hezbollah domination in Lebanon are some of the everlasting challenges in front of the upcoming government. As these challenges will keep the upcoming Bibi administration engaged to a larger extent, however, the Israeli leaders personal bonhomie with his Indian counterpart, Prime Minister Narendra Modi, indicates that not only will the Indo-Israeli bilateral strategic partnership be strengthened but even at trilateral and quadrilateral levels, India engagement with Israel and other partners will see an increasing trend. The past five years showed that progressive development in Indo-Israeli relations have blossomed beyond Modi-Netanyahu personal bonhomie. However, further strengthening of the Indo-Israeli ties under Bibi is anticipated because Israel normalisation of relations with the Arabs was first discussed in the Warsaw Summit of February 2019 which was a precursor to the Abraham Accords and where Netanyahu was in attendance (as Israeli Prime Minister) along with the foreign ministers of Arab Gulf and other Arab countries. Likewise, Bibi also signed the most talked about Abraham Accords along with the Bahraini and Emirati foreign ministers. Given that India applies its strategic autonomy which makes it feasible for New Delhi to engage with all the regional powers in the Middle East alike through an independent, non-prescriptive, non-interventionist policy. Thus, any Indian inclusion to the Israeli-Arab interaction will have a multifaceted and multipronged benefits to all the partners. I2U2 (acronym for India-Israel-UAE-US) structured and immense development, in that context, is a living example of the partners commitment to achieve their collaborative and optimum goals. Israel success story in emerging and advanced technologies, India production capabilities and provision of vibrant market, the Gulf states financial capabilities and the US political commitment are likely to benefit the groups combined efforts. Focus on food and

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Role in not only increasing India arms imports from the Jewish nation but also in co-developing and co-manufacturing of defence equipment as part of Make in India and Atmanirbhar Bharat (self-reliant) initiative. Besides conventional sectors, agriculture and defence, the two countries are also exploring cooperation possibilities in cybersecurity, water conservation, film production, traditional medicines, innovation and space technology. Thus, in true sense, with Netanyahu assuming his Knesset responsibilities as the head of the government, India-Israel strategic partnership is likely to deepen further. The Covid-19 pandemic compelled businesses across sectors and industries to innovate and realign their strategies to stay afloat in the highly volatile market. The travel and tourism industry is no exception. Tourism was one of sectors worst hit by the pandemic. However, on a positive note, as travel restrictions across the globe are gradually easing out, the travel industry is currently witnessing green shoots after a long two-year period of severe draught. People are coming out in large numbers, to tick items off their bucket lists, traveling to and vacationing at their favourite destinations. The trend is everywhere, be it domestic or international travels or budget travel or even solo backpacking. In fact, it is interesting to note that India leads Asia-Pacific as far as intent to travel is concerned, with a whopping 50% expressing their desire to spend money on vacations, as per a survey by Travel Lifestyle Network. India ranks at the top among South Asian countries on the Global Travel Development Index. Tourism companies are offering attractive all-inclusive packages, alluring discounts, schemes and bundled offers to cater to this huge market, which is witnessing a fast-paced growth on the back of positive travel sentiments. Interestingly, the travel purchase pattern has undergone a shift of sorts in the post-pandemic era. While people do want to spend more on travel, they want to save money too. Now, people do not want to spend money at one go, rather, they are preferring an option where they can make payments in parts, or in a staggered manner. As a corollary, the travel-now-pay-later (TNPL) services are witnessing a blitzkrieg surge. Not only do they provide easy access to credit and affordable travel options, but they also are transformative in nature, considering the increasingly digital world that we live in. TNPL options allow travellers to buy travel plans and make payments through low cost EMIs or easy instalments. Most merchants collect the payment through automated routes, of let say credit/debit cards or bank details. Interest rates varies from one merchant or loan provider to the other, if they are applicable at all. TNPL recorded a 25% growth this year, vis vis 2021 and is slated to grow further as India outbound travel is estimated to cross $42 billion by 2024. This is not surprising if we take into account the fact that all major airlines, OTA, banks and other financial intuitions are putting in big money in this trend. As per available data, international travellers, newlyweds and small nuclear families are driving this

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The flexibility of such schemes are helping travellers to fulfil their pent-up travel desires. Many travel aggregators are partnering with banks and fintech companies to offer such services to travellers. Moreover, several young Indians do not have access to credit cards but they would want to meet their travel expenses for instant travel plans, maybe a festive occasion or a long weekend with friends for that matter. For them TNPL is a viable tool because the process of payment is hassle-free and quick, augmenting the overall travel experience up by several notches. In fact, TNPL is one of the fastest growing payment options available today and travellers are considering it for making payments for flights, train, buses and hotel bookings. It is not unknown that several economies around the world thrive on the tourism sector and while these countries are benefitting from the revival in tourism, tourists are also benefiting from the choices being made available by fintech entities. While on one-hand traveling became more expensive post COVID, some of which can be attributed to increased preference for hired vehicles as opposed to opting for public transport for health and safety reasons, there are solutions available now which are affordable and accessible. There should be a word for missing the mountains. Those who have grown up in middle-class homes know that international travel is a luxury not everyone can afford. Like many modest Indian families, mine too made do with road trips and train trips for the longest time. It wasn until the mid-twenties that I could travel abroad, from Delhi to England to America on a merit scholarship to countless other cities, countries, continents. Yet for all the awesome sights one encounters as a world traveler the dreaming spires of Oxford and the Louvre in Paris, the scintillating Marina Bay in Singapore and sparkling Tarkwa Bay in Lagos, San Francisco Golden Gate Bridge and the Statue of Liberty in New York India majestic mountains still hold their own. As a teenager, standing in the lap of the Himalayas after a long road trip, there was a deepening sense of solitude, of undisturbed peace, a still moment in time when fatigue just faded away and none of life little vicissitudes mattered. Before that, the Himalayas were a motivational poem in a Hindi class: Khada Himalaya bata raha hai daro na aandhi paani mein, khare raho tum avichal hokar sab sankat toofani mein. The names of its ranges were a geography lesson: Shivalik, Himachal, Himadri. They were steeped in myth, like the legend of Nanda Devi who is said to have climbed up and merged with the snowy summits to escape a particularly insistent prince, becoming deified as the patron goddess of the holy mountain temple. The mountains were in the Chhayavadi writer Jaishankar Prasad literary call for India independence from colonial rule: Himandri tung shring se prabudh shuddh bharti, syayamprabha samujjwala swatantrata pukarti. From a foreign policy perspective, the Himalayas have long confounded conventional political equations of state sovereignty. But it is only in being surrounded by their towering peaks that one fully realizes their impervious strength,

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In the freezing Antarctic waters, the astronaut and aerospace engineer Kalpana Chawla became the first India-born woman to travel to space on a NASA mission. Yes, the topic of women travels is fascinating. The mountains can also be a metaphor for scaling all kinds of other heights. In giving a talk at the local Michigan chapter of a United Nations Initiative for girls last month, I asked the group of young women what their greatest fears were, and the steps they were taking to conquer their own mountains. Students have the same question for me: what is your greatest fear, Professor? The fear of stagnation, perhaps, and of losing faith in the idea that the arc of the moral universe bends towards justice. The first time I stepped out of the airplane on an international flight and gazed at the morning sky, its flecks of pink and gold, here and there a straying wisp of cloud, I remember thinking it the same sky, the same blue canopy that shelters us all. As above, so below; all lands and people are one, the world is one family. Vasudhaiva kutumbakam. Yet as a traveler you soon realize the limits of such idealism. For racism is far from dead in the West. Britain has a new Indian-origin Prime Minister, who took over an imploding economy due to his predecessor deficit-financed growth model, but you may still have a European roommate who will refuse to share a bathroom with you. In America you may cry from the word-wounds of a white feminist boss who says maybe it does not hurt that much when you show up for work despite being in physical pain. Women of color are not supposed to feel pain, especially those who are at the bottom of academic hierarchies, and sometimes all the education cannot rid humans of their inhumanity. Oh, there will be so many challenges, but there will so much love too, such friendship and empathy from unexpected quarters that your heart will brim over. What does not break you will make you stronger. Khada raha jo apne path par lakh museebat aane mein, mili safalta jag mein usko jeene me mar jane mein. You may dream of the Himalayas, often. Yes, there should be a word for missing the mountains. A word as enduring as the mountains, as comforting as a cup of cardamom tea in a winter cottage. Such as hiraeth, a Welsh word of longing for lost homes and landscapes. Hiraeth is phonetically similar to Hindi heraye remember that song Nadiya kinare, heraye aayi kangna? We could also make up new words, in many different tongues, to celebrate our ancient memories of mountains, the unabated nostalgia, the yearning to heal past hurts and keep moving forward. Our vocabularies may be rich, but we need to keep crafting new words. And new worlds, where we are, and are seen to be, human. Where we are travelers, pushing ourselves outside of our comfort zones even in small ways, because familiarity may bring comfort but challenges bring growth. And where all young girls, regardless of their background, are taught that they, too, can climb every mountain. What are you doing on New Year eve? I am tired of this question. As tired as I am with the answer: Working. December 31 of most of my adult years have been spent before a computer, editing copy on

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Of India has campaigned for several public demands through the past 14-plus years the paper has been in Tamil Nadu. Notable among then was Bring back auto meters, our 2012-2013 campaign to make autorickshaw drivers turn on the meter and go by the actual fare. After a series of stories, photographs, confrontations and lobbying over a year, the state government, following a Supreme Court order, in August 2013 announced revised autorickshaw fares and made meters mandatory. The success was short-lived, but it gave us the conviction to be the catalyst for change. Equally concerted were our efforts to find solutions to civic issues waste management, water supply, transport, public health through our Chennai Patrol campaign, which was rolled out in other cities of Tamil Nadu as well. We have walked the talk to reclaim pavements for pedestrians and forced the government hand to relay storm water drains the proper way. Less tangible would be the impact we had on politics and policies, but as every party and every government has, at some point in time, been unhappy with our criticism, it was an acknowledgment that we are doing the right thing. There is still garbage on the streets and sewage in our water pipes, land sharks continue to eat into our lakes and marshlands (though at a slower pace than earlier) and corruption continues in government offices. This means our you included efforts don end with a solution, but they begin with the next problem. So, what do we plan to do in the coming year? Much will depend on what you want. All I can say is that our future campaigns will see you and me, as citizens, as part of the problem as much as the solution. We can blame the authorities endlessly, but at times we have to blame ourselves. For driving after drinking, driving the wrong way down a one-way street and jumping red lights. For mixing our degradable and non-degradable waste at home. For bribing the revenue office clerk to get a patta. Just as I sat down to write this column, P K Sreenivasan, a veteran journalist in Chennai, sent me this message: Why don you write about Tasmac overcharging? I believe this is as important as the auto meter. We ve done several stories and the courts have given several directions in this regard, but still, the tippler continues to be fleeced. So, while contributing to our collective efforts to make Tamil Nadu a better place to live in, a Tasmac bill with MRP printed on it will be my non-fungible token for 2023. In common thinking, calligraphy pronounced kaligraphy, kali as in petals in Hindi is a form of artistic writing. However, calligraphic style can lend itself to unorthodox expression check out Parameshwar Raju idols? or even creative art the Ganesha strokes popularised by Achyut Pallav. Although a reasonably popular art form, calligraphy has never been given its due status in the academic or creative circuits. In modern times, it has generally been treated as a happy indulgence for the kid with the good handwriting. At a time when the cursive is being shunned like a curse by the Gen Z which finds it an alien script, even that indulgence is to be encouraged. But is that all there is to calligraphy? There was a time

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As a subject of learning. The pandemic gave a shot in the arm to calligraphy as trainers cropped up week after week to offer online training on Integra. That, in one of the savoury outcomes of Covid-19, has spawned budding calligraphers all over the country. Now, all they need is professional training and guidance. With its tremendous potential for commercial applications such as book covers, wedding invitations and presentations, and nowadays, even in art such as painting, calligraphy offers expansive scope. Unlike most other art forms where expression takes precedence over context, calligraphy demands good knowledge of scripts. Calligraphy is about finding your inner self through letterforms, without tampering with their structure. And that can be challenging. Palav video on the national anthem by 15 different calligraphers in 15 Indian scripts depicts the extent of familiarity and control a calligrapher needs to have with his script to afford free and comfortable expression without compromising on the nuanced definition of each letter. Hingeing on typeforms as it does, calligraphy involves a certain understanding of one linguistic roots and scripts. This is where the academia come in. In most design schools, calligraphy is taught only in English. That not only limits self-expression but also denies the young access to the rich repertoire of Indian letterforms as well as the opportunity to explore other scripts. Indian scripts should be included in school curricula as elective disciplines at the very least, if not mandatory, in order to foster interest in writing and subsequently calligraphy. Thankfully, the New Education Policy prescribes study of Indian scripts in schools. How well this proposal will be received by the states remains to be seen. Much like calligraphy, Indian neglect of its heritage of ancient Indian scripts is evident from the abundant horror stories about antique brass and copper plates being melted by scrap dealers for the metal! At the recently concluded Callifest 2022 in Surat, speaker after speaker shared their experiences of diving into the vast treasure trove of ancient Indian scripts if only to understand the genesis of modern scripts. It is fascinating to know that most modern Indian scripts have evolved from the Brahmi script that is also easy to write. Of course, the first evidence of Indian scripts is on stone. Curiously, we draw a long blank on inscriptions from the Harappan period up to the Ashoka period, said communication designer Ashok Parab. Inscriptions on the Sanchi stupa from the Mauryan empire, depicted on the reverse side of the Rs 200 currency note, were fortunately well-preserved and helped decipher the Brahmi script. In an interesting insight into the prevalent culture of the time, anyone who donated even a nickel for the stupa found their name inscribed on it! The Bahubali statue at Shravan Belgola has poetic inscriptions of Nandisena dating back to 7th Century and is probably the earliest inscription in Kannada. Similarly, Tamil is found on the walls of Kanchi Kailasanathan temple in Kanchipuram. Till paper manuscripts emerged around 14th century AD, Indians wrote on stone, brass and copper, wo

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Art forms. Therefore, to meet the growing peak demand and to achieve a smooth integration of RE power into the grid, we need to take firm steps on flattening the daily demand curve through Supply Side as well as Demand side management: Promoting the pump hydro storage. Considering that the battery storage system might take few more years to become viable in India, focusing upon pump storage hydro projects is going to yield a better solution in terms of supplying peak power by storing the RE power during off-peak hours Promoting distributed generation. India must ramp up its rooftop solar energy production capacity, which currently stands at a mere 7.5 GW installed so far, compared to the planned 40 GWs by the end of this financial year. Similarly captive generation should further be streamlined. Promote Flexi generation scheme, either through retro-fitting as well as through bundling solar capacity within existing Thermal Power plants. Retro-fitting improves the flexibility of a Thermal power plant in varying (ramp up and ramp downs) generation levels at a faster pace, to meet dispatch schedules as required by the Grid. At the same time, we need to study the impact of operating thermal assets on reduced capacity, on continuous basis, over the life cycle. In promoting the Renewables, we need to safeguard our base load assets since retrofitting has been adopted for the first time in India and we need to be cautious while implementing such schemes for any irreversible adverse impact. Policy interventions to enable re-commissioning of 25 GW of Gas based power plants, not operating on account of limited gas supplies allocated to power sector and abnormally high international prices of LNG. This may include initiatives towards Strategic acquisition of gas assets abroad. As the world second most populous country, India is home to a burgeoning middle class with an increasingly large amount of disposable income. This has led to a boom in the luxury residential real estate market, with developers catering to the needs of this growing demographic. Some of the key trends that have emerged in recent years include an increasing preference for branded properties, a shift towards smaller cities. And secondary markets, and a growing demand for smart homes equipped with the latest technology. While the Indian luxury real estate market is still in its early stages of development, it is clear that it has immense potential for growth in the years to come. Market outlook According to industry experts, the luxury residential real estate market in India is expected to grow significantly in the next few years. The country rapidly growing economy and burgeoning middle class are creating a large demand for high-end properties. Developers are responding by constructing more luxury apartment complexes and villas. In addition, many foreign investors are interested in the Indian market, attracted by the potential for high returns. As a result, the luxury residential real estate market is expected to boom in the coming years. Prices are likely to increase as well, making an investment in this sector even more attractive. Nonetheless, some experts caution that the market is

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Becoming increasingly scarce, making it difficult for developers to acquire the land they need to build luxury homes. Another challenge is the high cost of construction. Due to the cost of materials and labor, luxury homes often come with a hefty price tag, making them out of reach for many buyers. Moreover, many of these homes are located in remote or rural areas, which can make them difficult to access for potential buyers. Despite these challenges, the luxury residential real estate market in India is expected to continue to grow in the coming years. It is here when the boutique realty players come into play. They build international quality homes, cater to the minutest details with perfection and deliver on time with transparency in the CBD area of the city. Huge opportunities The luxury residential real estate market in India is growing rapidly, fueled by a booming economy and an increasing number of aspiring buyers. According to a recent report, sales of luxury homes in India increased by 30% in 2022, and prices are expected to continue to rise. This trend presents a great opportunity for developers and investors who are looking to tap into this lucrative market. There are a number of factors that make the Indian luxury real estate market especially attractive. First, there is a large and rapidly growing pool of potential buyers. In addition, the country has a favorable investment climate, with a stable political environment and strong economic fundamentals. The luxury real estate market in India is ripe with opportunity for those looking to get involved. Thanks to strong economic growth and an expanding pool of aspiring buyers, the market is poised for continued growth in the years ahead. Points to take care when buying In recent years, India has become one of the hottest markets for luxury residential real estate. However, there are a number of concerns that buyers should be aware of before making a purchase. One of the biggest concerns is the issue of title deeds. In India, it is not uncommon for sellers to falsely claim ownership of a property, leaving buyers stranded without a home or a refund. Additionally, there have been cases of builders disappearing after receiving payment for a project, leaving buyers high and dry. Another concern is the quality of construction. In many cases, luxury homes in India are built using substandard materials and poor craftsmanship. As a result, buyers often find themselves facing costly repairs shortly after moving in. Finally, there is the issue of security. Many luxury homes in India are located in remote, isolated areas, making them vulnerable to theft and vandalism. As such, it is important for buyers to consider all of these factors before making a purchase in the luxury residential real estate market in India. Positive trends in the luxury residential real estate market in India In recent years, there has been a growing demand for luxury homes in India. This is largely due to the country rapidly expanding economy, which has led to a rise in the number of high-net-worth individuals. As a result, many developers are now catering to this market by constructing upscale residential buildings that

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Each year, as monsoon clouds gather over Maharashtra, a river of humanity flows across the state, taunting ashen skies with bright saffron flags and drowning thunderclaps in chants of Vitthal, Vitthal . With over a million hearts beating as one, the Pandharpur Wari, a nearly 800-year-old pilgrimage rooted in Maharashtra Bhakti tradition, is an extraordinary spectacle of faith in motion. Ashadhi Ekadashi (July 6) marks the culmination of the legendary Wari, when lakhs of Warkaris, devotees, arrive in Pandharpur on foot to seek the blessings of Vitthal, a form of Vishnu, and his consort Rukmini. In the three weeks leading up to Ashadhi Ekadashi, they walk more than 250 kilometres from towns such as Alandi and Dehu, singing, dancing and chanting alongside palkhis, palanquins, bearing padukas, sandals, of revered saint-poets, notably Sant Dnyaneshwar and Sant Tukaram. Over the years, the Wari has grown in scale, now drawing an estimated 10-12 lakh participant, not just humble villagers original torchbearers of the tradition but also a new wave of pilgrims urban, global and curious. That because the Wari, more than just a physical march, is a pilgrimage of the soul, representing a timeless model of integrated transformation. An important act in Bhakti Sadhana, practice of devotion, is Abhigaman Fully immersing oneself in the Divine by aligning the body, mind and soul setting aside worldly distractions walking towards the object of one devotion with intention, reverence and humility. As warkaris walk in step, chant in unison, sing in chorus, and participate in communal rituals, they enter an altered state of consciousness where personal anxieties and boundaries dissipate to make way for heightened calm, mindfulness and togetherness. By braving odds such as vagaries of weather, aching muscles, blistered feet, irregular meals and inadequate sleep, they build resilience and gratitude. This makes every step deeply therapeutic, turning shared hardship into shared solace. In this collective meditation, each warkari becomes a seeker as well as a sanctuary, deriving inner strength from outer journey. Focused on the present moment, they heal through community immersion and collective transcendence. The Wari is also a marvel of grassroots mutual aid and welfare, thriving year after year on an extensive, decentralised network of support where villagers and townsfolk along the Wari route welcome strangers as kin. Homes morph into free accommodations, temples into community kitchens, and schools into clinics. In a temporary yet earnest welfare ecosystem, functioning without heavy institutional apparatus and powered by human generosity and compassion, farmers offer their harvest, doctors provide free consultations, shopkeepers distribute supplies without payment, even damp clothing or shoes are exchanged for dry ones a throwback to simpler times of empathy, mutual care and shared responsibility. The collective spirit of the Wari reflects ideal democratic values in action, where everyone is equal regardless of caste, class, gender or status, and the guiding force is humanity, not hierarchy or power. This embodies anthropologist Victor Turner concept of communitas

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Bigger problem is that clean air policies are fashioned without scientific insight or robust data. Some actually hurt the environment Public backlash has forced the Delhi government to walk back from its initiative to impound end of life vehicles. But before this, the sudden outrage over the directive to stop refuelling diesel vehicles older than 10 years and petrol vehicles older than 15 years was somewhat amusing. True strength lies in standing up for what is right, even when faced with insurmountable challenges. This timeless lesson from the spiritual struggle of Karbala has inspired man towards goodness, nobility, valour and strength for centuries. Hazrat Imam Hussain stand against injustice has inspired courage of conviction for individuals of diverse races and different countries. It is said that one can judge the character of a man by how he treats those who can do nothing for him. The legacy of Hazrat Imam Hussain (a.s.) continues to illuminate the path of all those who seek to do good and do right, even though it may seem difficult or even impossible. Whether the battle is against the tyrannies in the world or against our own evil impulses, only those shall win who refuse to yield and those who march forward with unshakable belief in themselves. When faced with the most insurmountable challenges, Hazrat Imam Hussain stood firm and courageous. He was always defined by selflessness, humility and truthfulness, declaring, I have risen to seek reform in the nation of my grandfather. I would like to bid the good and forbid the evil. One of the most poignant stories of the selflessness of Hazrat Imam Hussain was his compassion and understanding towards his 72 followers after they were surrounded by a vast and powerful enemy. On the eve of the battle, he gathered his followers and told them kindly, You are free to leave the enemy seeks only me. He gave all of them the choice to leave in order to save themselves from certain death, but his followers were devoted to him. Driven by love and loyalty, none chose to leave. Hazrat Imam Hussain magnanimity as a leader and the steadfastness of his followers are powerful lessons in leadership and loyalty even in the face of overwhelming odds. Hazrat Imam Hussain remained steadfast in his commitment to mercy, dignity, and humanity. In the parched desert, he personally provided water to soldiers from the enemy army. When Hazrat Imam Hussain caravan was halted by the troops of Hur ibn Yazid near Kufa, he observed that the enemy soldiers and horses were exhausted and parched from their journey and were in dire need of water. Hazrat knew that these soldiers had been sent to stop him on his way and to ultimately attack him in the battle. Nevertheless, he showed exemplary compassion and mercy and ordered his companions to give water to the enemy soldiers and their animals. Through personal examples, he showed how he did not differentiate between friend and foe when it came to human values and nobility. When he saw a soldier who was too weak to lift the water bag and drink from it, Hazrat Imam Hussain gently held the bag and helped him so that he could drink. Given the current state of strife, tensions and ag

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High on this opportunity, the Indian SaaS industry has seen tremendous growth in the past few years, especially in the startup space. According to an EY-CII Research Report, the Indian SaaS market is expected to grow in scale to account for almost 7-10% of the global market. Currently, Indian SaaS accounts for a mere 2-4%, the report stated. Currently, India has over 2,000 SaaS companies, as opposed to around 1,000 companies in 2018. Almost 18 SaaS startups have already attained unicorn status. There are other enablers for the growth of the SaaS industry in India, besides the global demand for technology. Typically, SaaS companies require minimum infrastructure and on-ground resources. This permits the companies to yield high profit margins and also compete with global peers by offering competitive rates. Despite the potential, the SaaS sector was sidelined by investors for many years up until 2018. More recently however, things have changed. According to a Zinnov-Charatae report, titled India SaaS: Punching through the global pecking orderf, overall funding for Indian SaaS startups is expected to touch $6.5 billion this year, from $4 billion in 2021 an increase of 62.5%. That about to change in the coming times, especially with new funding models emerging in the market. The revenue-based funding model is a great fit for the SaaS business, which is a highly profitable and revenue generating segment. Most SaaS startups charge a subscription for their services. This gives them a unique leverage compared to other models a recurring revenue stream. SaaS and other founders with subscription-based models are now able to leverage their recurring-revenue as a new asset class and raise funding without diluting equity. In fact, momentum has been rapidly building as more finch and capital providers have built platforms and products to capture this unique and fast-growing opportunity. It simple to see why revenue-based financing is fast-becoming the preferred alternative globally for SaaS founders who can now leverage their future revenue to secure upfront capital today. This model is transparent, simple, fast, and fair. It why so many finch platforms have emerged in this space in recent years. Additionally, there is respite from variable interest rates and equity dilution, something that founders hold very dear. Experts believe that this will be the decade of bootstrapped SaaS companies. All market trends today indicate that the SaaS industry is going to be the next D2C, especially with subscription and premium models gaining popularity. The Zinnov-Chiratae report estimates that the collective revenue from SaaS startups in India is likely to reach USD 100 billion by 2026. With the Indian SaaS startup ecosystem poised for such phenomenal growth, VCs and investors are hungry to get a piece of the pie. However, it is the alternative-financing models like RBF that are poised to have the most impact potential in the long run as SaaS entrepreneurs look to define their own future. The advancement of information technology has significantly altered the entire business sector, with many industries implementing various IT solutions to boost sales and improve cust

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The Food and Restaurant industry in recent years has been adopting Software-as-a-Service (SaaS) solutions to assist and empower staff and customers at every stage of their encounter. Innovative cloud-based web and mobile-enabled suites are connecting restaurant outlets, service providers, and suppliers with a click of a button. At the same time, the adoption of SaaS is automating backend operations by providing a single dashboard for managing inventory, procurement, and ordering; facilitating warehouse and logistics solutions with digital transparency, monitoring, and other features. The Indian SaaS market was estimated at $3.5 billion in 2020 and is projected to reach $15 billion by 2026, increasing at a CAGR (compound annual growth rate) of 27 per cent between 2022 and 2027. Here is how SaaS adoption in the Food and Restaurant industry is improving the customer experience: Helping Food Outlets Reach Wider Customers Before the online platform, the food business model was very specific and restricted to major cities. Expanding business operations and opening eateries in different geographies necessitated not only large financial investments but also a slew of other factors such as adequate human resources, a better location to establish infrastructure, and separate expenditures to advertise the brand and build a loyal customer base. Taking advantage of the SaaS offerings, India food brands are now able to scale up faster with an organized, digitally led supply chain network. Simultaneously, this has made it possible for customers in remote areas of India to relish multinational and trending cuisines from all over the world. Supply Chain Visibility for F&B Supply chain management is imperative in many sectors, particularly in the food and beverage industries. SaaS supply chain tracking solutions can assist prevent losses by maintaining transparency and allowing supply chain employees to monitor shipments remotely and in real-time. If something unexpected happens, they can ensure that refrigeration systems are operational or redirect trucks to deliver to a more convenient location. Supplies can get spoiled due to mishandling or temperature abuse, which can jeopardies people health in addition to wasting money. SaaS Supply Chain Management solutions indirectly help restaurants build trust with food lovers. Menu Cost Optimization Efficient SaaS tools can swiftly analyze operating expenses to help restaurants set the best price for the food. Menu engineering is the practice of calculating the cost of a recipe based on raw material prices. It then suggests adjusting ingredients, reviewing item prices, revising serving sizes, and other changes to create price-optimized menus while maintaining customer standards and expectations. Data-Driven Decisions The intelligent application of technology is essential for the success of any food-related business. The SaaS platforms provide a data-driven home screen from which restaurant managers can easily supervise customer satisfaction indexes and returns on marketing and sales initiatives. This new method of acquiring and processing data offers intriguing insights into the Food and Restaurant industry, as it b

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With special focus on millets, he vowed to make India a Global hub for Millets Research, by making the Indian Institute of Millet Research in Hyderabad a Centre of Excellence for sharing best practices, research, and technology at the international level. The Union Budget 2023-24 had also acknowledged the role of small farmers in contributing to the health of Indian citizens by growing these nutritious millets. Strengthening India resolve to promote production and consumption of Nutria-Cereals, the Indian government has decided to support the Indian Institute of Millets Research, a premier Agricultural Research Institute engaged in basic and strategic research on sorghum and other millets under Indian Council of Agricultural Research. Coordinates and facilitates Millets research at National level through All India Coordinated Research Projects on Millets, Pearl Millet, and Small Millets, and provides linkages with various National and International agencies. The vision of IIMR is to transform millet cultivation from subsistence farming to one which is globally competitive, through cost-effective and environment friendly production, processing and value addition technologies, and supply chain networks. Benefits offered by Millets are said to be resilient and nutritious small-grain cereals that provide affordable and diverse options for people, especially to those affected by food insecurity and malnutrition. Millets are also believed to enhance the sustainability and resilience of agri-food systems by emitting less greenhouse gases, improving soil health, and supporting crop rotation. Importance given to the millets is hoped to provide financial stability to small farmers involved in production of millets and a healthy life to the citizens. Export of Millets Currently, India exports millets to several countries, including the United Arab Emirates, Saudi Arabia, and Thailand. According to data from APEDA, the export of millets from India has seen a steady increase over the past few years, with a total value of around. The growing demand for millets globally presents an opportunity for Indian exporters. The Government of India is reportedly collaborating with other countries to raise awareness and develop new markets for millets, especially in Africa and Southeast Asia where there is a large demand for millets. However, logistical issues, competition, and trade barriers are said to be the challenges faced by Indian millet exporters. By adopting a strategic approach and working with industry partners, it is opined, India can supplement UN efforts in achieving the Zero Hunger, the SDG Goal 2 of the United Nations attitudes and feelings, they are truly equal. Take as an example the case of a developed society, where you might have students from migrant communities attending regular co-educational schools. Whereas in their home environment one of these students, a young man, for instance might be treated as royalty, his sister might still be considered to be a second-class citizen. Yet, when they get into mainstream education in their new country, such gender misconceptions get broken down and such distinctions disappear. Instead, subject to the sam

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None of us are truly equal. We are all blessed with individual abilities and characteristics and, if you ask me, the whole concept of equality among people should not be measured in terms of such characteristics but in terms of equality of opportunities that we have access to. Classrooms lend themselves to this really well. In the amen and yet nurturing learning environment, young men and women learn to evaluate their own unique abilities while being the foil to one another. They also learn to compete with one another, which, ideally, should be replaced by a need to only compete with their former selves. It is needless to say that an ideal school should also teach them to disregard the need to act and perform according to the social perceptions of how a man and woman should behave. They should no longer need to hold on to gender-based beliefs, such as If I do that, I am a good man or woman. They should also do away with beliefs like She managed to do that despite being a woman and men are not supposed to do that and, instead, focus on being the best versions of themselves, devoid of gender-related social norms and differentiation. Sadly, achieving this remains a theoretical goal in a single-sex classroom. By contrast, it is a given in a co-educational one. Being a student in a co-educational school also comes with the added advantage of operating in what is a slice of real society. Society is not made up of one gender. Typically, in a single-sex school, students grow up not knowing what a normal interaction with the other gender is really like. Thus, when they finally find themselves in a situation where they have to mix with the other sex, they either shy away from the interaction or go to the other extreme. In contrast, in co-educational schools, interaction across genders is a normal part of day-to-day functioning, providing an excellent foundation for the development of realistic, meaningful and lasting personal and professional relationships in later life. I guess the administrative ease of running single-sex schools and the possibility of a more tailored curriculum is what prevents these educational institutions from being completely defunct. Still, if someone wants their children to be taught in a realistic environment, where they do just learn about but are exposed to diversity, mutual understanding and respect, and comfort, confidence and collaboration with the other sex, then they should certainly send them to co-educational schools. It is said that nostalgia is like rose tinted glasses through which the past always looks better. Well, whether rose tinted or not, one does long for those days when the shop from where you bought a product, remained a single-point contact for anything related to that product whether that be its spare parts or be it after-sales service. That is how life-long relationships were stuck with shop owners. But then the development started and this single-point contact with a particular shop was the first thing to disappear. In the name of smoother and efficient customer service, the point of sales of the shop and the place for service were delinked. And with that went away that relationship with the shop, whi

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A landmark Global Biodiversity Framework GBF was hammered out in Montreal on December 19 under the umbrella of the UN Convention on Biological Diversity. It important for a couple of reasons. Biodiversity now will be accorded seriousness in the effort to limit environmental damage. And there are some realistic measures among the four goals and 23 targets for achievement by 2030. The most important goal is that the level of biodiversity protection which today is limited to 17% and 10% of the world terrestrial and marine areas respectively will now be enhanced to 30%. The term biodiversity represents the collection of all living things on earth. Scientists have identified about 1.6 million different species, only a part of what is believed to exist. This biodiversity is the result of at least 4 billion years of evolution that has left all forms of life intricately wound together. For example, many insects serve as pollinators that are essential to agriculture. The three primary direct causes for biodiversity loss are land use change 30%, over-exploitation 20% and climate change and pollution 14%. Formulating biodiversity protection as a step against economic development is inaccurate. Consider India experience with rice, the most important food crop by output. Between 1950-51 and 2016-17, India rice production increased over fivefold to about 110 million tons a year. Yet, during the same period the area under rice cultivation rose just 1.4 times to 43.19 million hectares. This was achieved without India being an exceptional performer in productivity and agricultural practices. It shows the extent to which technological advancement has offset fears that may have been valid 50 years ago. In this context, one of GBF suggestions merits mention. It calls for reform of subsidies that undermine biodiversity. Realising this goal is in India self-interest and something GoI and many states seek. Technological progress makes the possibility of enhancing biodiversity protection without sacrificing economic output achievable. This takes us to the challenging issue of financing biodiversity protection. GBF target is to raise annual international financial flows to poorer countries to at least $25 billion by 2025 and $30 billion by 2030. The poor track record of meeting financing targets in combating climate change is bound to lead to scepticism. Despite this drawback, there a lot in the GBF that is achievable and also in sync with India vision. That reason for optimism. In conversations about the challenges of ensuring discipline in schools it is commonly heard that, You cannot even say anything to students these days. The logic of this plaint is that corporal punishment CP has ended and this has left teachers powerless to do their jobs properly. We need look no further than at two painful news reports over the past week to see that reality continues to be quite different. A Delhi teacher attacked a Class 5 child with scissors and threw her out of the first-floor classroom window. A Karnataka teacher attacked a Class 4 child with a shovel and also shoved him from the first floor; the child died afterwards. The way in which the two teachers preceding aggressi

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Possible student behaviors through positive disciplining, even parental engagement. Because the evidence is clear that CP cannot help students educationally or psychologically, only damage them. Additionally, what the Delhi and Karnataka incidents suggest is that schools need systems for monitoring teacher mental health too. Punishing them after an unhinged attack on hapless students is small consolation if they should perhaps not have been permitted near the students in the first place. Despite the hiccups in Delhi and Himachal Pradesh, BJP landslide win in Gujarat has, once again, shown that Narendra Modi is to the ballot box what Amitabh Bachchan is to the box office: a guarantor of blockbuster success. There is little doubt that the PM emphasis on development rather than the populist doling out of freebies was largely responsible for the lotus party thumping victory in the state. But the Opposition, as represented by AAP and Congress, helped in adding impetus to the saffron juggernaut by failing to provide a united front and splitting whatever anti-incumbency votes there might have been, making victory a shoo-in for BJP. Time and again the Opposition has been more in opposition to itself than to its ostensible electoral adversary. The result is that the dance of democracy a choreographed tango for two, or more only too often turns into a tangled tug-of-war within the Opposition, giving BJP a walkover. This makes for poor politics, in that an effective Opposition is essential for a healthy democracy. Moreover, in that elections have become a spectator sport as keenly watched as IPL matche it makes for onlooker tedium, like watching minnows being trounced by a whopping big whale. Another win for Team Modi? So, what new? In the spirit of true sportsmanship, and in the larger interests of democracy as well as viewer entertainment, PM Modi and his trusted lieutenant, Amit Shah, might consider giving a few informal training classes to their electoral contenders on how to win friendly allies and influence polls. Online coaching sessions to this end might be modelled along the lines of the much-publicised JEET tutorials which help students pass exams, and be deemed a public service. Such a gesture of goodwill would also chime with the PM mantra of sabka Saath, Sabka Vikas. To the extent that the ab necessarily includes the Opposition, the opportunity of Vikas should also be extended to them by giving them a tip or two on how to improve their performance. So why not give Rahul, a helping Hand, and Kejri, a nudge of Upward mobility? Causality is central to all natural sciences. It is studied from the perspectives of physics, biology, chemistry, geology, quantum mechanics, computer science, mathematics, researches, Ayurveda, philosophy so on and so forth. The cause and effect theory is the basis of the all human endeavors in the quest of knowledge. The word causality means that all effects must have specific causes due to fundamental interactions. Cause is why something happens and effect is what happens as a result. The cause precedes its effect. From the insights gained out of the theory of special relativity, the word precede is observer-dependen

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This code has been unravelled in scriptures. For any factor to be deemed as karan, three conditions should be fulfilled unvaryingly and simultaneously. One, Ananyathasiddh, effect cannot be conspicuous without cause; two, Niyat, whenever effect exists, the cause is present invariably and third, Purva Vritti, cause should exist prior to effect. Hence, the antecedent which invariably and unconditionally precedes an effect is called a cause. As we delve deeper into the world of quantum physics, causality effortlessly wanders towards the realms of philosophy. Things at that scale are understood as probabilities than actualities, which do not lend themselves to a definite linear cause and effect interaction. The theories change radically at particle level, but reality is that which, even when you stop believing in it, does go away. As the subtlety vicissitudes, so does our understanding of events and things. The dawn of general relativity and especially of quantum mechanics has questioned numerous conventions of classical physics, and also the very relationship and notion of causality: what if the concepts of cause-effect, causal thinking and equipment-evoked responses were dropped in favor of a different way of understanding? The theory of cause and effect does not apply to Brahman and Priority, in equilibrium. Both are anode, without beginning, no cause; anent, without end, no linear effect; and nifty, eternal. In priority, the causative elements of creation of Rishi, non-equilibrium, are Nave Karan Drays, nine causative components. They are all physical observer independent and swayed but, there is no cause for them; they are just there laid out in the fabric of creation. Nine substratum elements of creation are, the navy karan drays, namely akas, ether; vatu, air; agni, fire; jal, water; prithvi, earth; mann, mind; atman, consciousness; kaal, time; and disha, space. They were there even before humans arrived; they will be there even after all life forms vanish. They are the cause and all the effects emanate out of them. As theoretical physicist John Archibald Wheeler put it: Every item of the physical world has at bottom at a very deep bottom, in most instances an immaterial source and explanation; that what we call reality. This brings us close to our understanding of the ultimate reality Sat Chit Anand as mentioned in our scriptures. Sat is not the limited existence of transient objective phenomena. Chit is not the consciousness of perceptible objective phenomena. Anand is not the emotional happiness associated with the experience of objective phenomena. It is the field of eternally conscious existence. Have you, like me, found yourself testing your luck at the Delhi Airport? The high passenger congestion at the airport, led me to nearly miss my flight recently. The Digi-Yatra program is a proposed biometric boarding system that uses facial recognition technology at Indian airports, to create a seamless, paperless, and contactless check-in and boarding experience for passengers. The main benefit of the system is that it is expected to reduce congestion at airports. The Digi-Yatra in its pilot phase is being rolled out in Delhi, Bengaluru and

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Digi Yatra, as use of the App itself is entirely optional to passengers. The policy mentions that consent of users will be taken for sharing their face data at airports checkpoints. The policy also clarifies that in case data is shared by the App for any additional services, explicit consent regarding that would be required. The Union Minister for Civil Aviation, clarified in the official press release of the Digi Yatra App in December 2022, that there would be no central storage of personally identifiable information, and that passenger data ID and travel credentials are stored in a secure wallet on the passenger smartphone itself. He further clarified that the uploaded data would utilize block chain technology and all the data will be purged from the servers within 24 hours of use. In theory and intent, the Digi Yatra Policy says all the rights things. But several inconsistencies emerge. The lack of a proper personal data protection framework in India means that there does not even exist broad guard rails for collecting and processing personal sensitive data by the state. A trifecta of concerns detailed below combined with a conspicuous absence of terms of use and a privacy policy on the app makes one wonder how much the Digi Yatra App compromises a person right to privacy. Firstly, the Digi Yatra policy 2018 provides that the data purge settings can be changed based on security requirements on a need basis. The policy also discloses that traveller information may be shared with any authorized security, or government agency as needed. With such far-reaching terms, it is likely that one biometric data may be put to uses other than for accessing airports. Secondly, it is not clear what recourse a citizen would have for loss of data or any data breaches that occur to Digi Yatra. The App does not identify any person or entity that would take accountability for any difficulty caused to a person, or address grievances of users of the App. Given that the App deployed at an airport may be developed by a private developer, there is no clarity on which entity would be responsible for grievance redressed of users of the Digi Yatra App. Thirdly, the proposed Digital Personal Data Protection Bill gives sweeping rights to the state to collect and process digital personal data. Provisions of the Security Practices and Procedures and Sensitive Personal Data or Information Rules, 2011 to the Information Technology Act, 2000 also permits Government Agencies to collect information, without obtaining prior consent from the provider of information, for specific purposes. The recently released paper by the Nitti Analog on Responsible AI for All analyses the Digi Yatra App from the perspective of embodying the seven principles, namely safety and reliability, inclusivity and non-discrimination, equality, privacy and security, transparency, accountability, and protection and reinforcement of positive human values. Though it makes recommendations for strengthening the adoption of these principles, the lack of a robust data privacy law means that the entire framework that uses sensitive personal data is built on a weak foundation. Tech-enabled solutions are the need

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Neighbor challenges the Indian government in terms of its political and security scenarios that may play out in the times to come. India is dependent on imports of critical products and services from China. In 2018-19, 92% of import of rare earth metal by value and 97% by quantity were sourced from China. Other bulk commodities that India purchases from China include electrical machinery and equipment, laptops, nuclear reactors, boilers, organic chemicals, fertilizers, monolithic integrated circuits-digital, lithium-ion, solar cells, urea, etc. On the other hand, in 2021-22, India exports to China were only 5% of its total shipments. The most exported commodities included ores, slag and ash, organic chemicals, mineral fuels oils, bituminous substances, iron, steel, aluminum etc. Light Naphtha was India most valued export. Critical minerals are mooted as a new base for US-India multilateral collaboration, visible in the Quad critical and Emerging Technology Working group, that aims to develop supply resilience among Quad members. The focus on critical minerals supply chain started after the China-Japan Senkaku-Diaoyu island dispute 2010, followed by a rare-earth embargo imposed by China. US, European Union and Japan are the major importers of rare earths. Due to this the US House of Representatives passed H.R. 761 which declared rare earths an essential for economic growth and national security. India has also initiated measures to cut dependence on China for key raw materials under its vision to become self-sufficient. India being the pharmacy of the world, as the third-largest manufacturer of medicines by volume, India has one of the lowest manufacturing costs globally. About one in three pills consumed in the U.S. and one in four in the U.K. are made in India. Yet, India $42 billion pharmaceutical sector is heavily dependent on China for key active pharmaceutical ingredients or API chemicals that are responsible for the therapeutic effect of drugs. For certain critical drugs India dependence on China is almost 90%. This makes it difficult for domestic companies to find alternative sources at competitive prices in the short run. As per a government scheme launched two years ago, 32 plants across India have begun production of 35 APIs by March this year which is expected to lower dependence on China by up to 35% before the end of the decade, according to an estimate by ratings firm ICRA Limited Indian affiliate of Moody. Moreover, for the pharma sector, the government has appropriated over $2 billion worth of incentives for both private Indian companies and foreign players to start producing 53 APIs that India relies heavily on China for. Likewise various domestic industries are dependent on China for procuring raw materials and intermediate products required by them. The case study of the automobile industry reveals 24 percent of all the auto components being imported in India are from China. China holds a 24 per cent share in auto tyres and tubes imports. Government of India launched the production linked incentive scheme in mid-2020, at the time when military tensions with China were high. The PLI program aims to incentivize companies acro

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Opportunistic takeover of domestic firms FDI restriction, reducing import dependency for APIs Promotion of Bulk Drug Parks and PLI Scheme, there is a De facto ban on the import of Chinese power equipments. Imposition of anti-dumping duties on certain aluminum goods and chemicals to protect local manufacturers plus identification of 12 sectors to make India a global supplier and cut import bills. Border tension between India and China has escalated the demand by Indians to boycott Chinese goods. Such patriotic emotion can be justified but cannot be so easily implemented. Implications of such boycott need to be realised before blindly jumping into it. No country including India can afford to eliminate its import of its critical products. However, it can diversify this dependence by reducing China part in it. For this India can partner more with the U.S., Europe, South Korea and Japan. Moreover, self-reliance in major sectors where India is a net-importer is the best way to strengthen the market by using technology and capital to its advantage. China recognition as a global power is due to its export-led growth strategy. China has the largest share of total world export at $2,494,230 million which earned her the status of world factory. Many analysts are expecting China exports to fall as global economies are heading into recession and slowdown, burdened by reduced demand, soaring prices and rising interest rates. India has started working towards Aatma Nirbhar Bharat and when this goal is achieved to a point where we are strong enough domestically and have alternative sources at competitive prices then we can afford to boycott Chinese products. Our world is undergoing rapid urbanisation. Today, over 55 percent of the world population is living in urban areas as per a UN report. As per the same report, India urban population is estimated to stand at 675 million in 2035, making it the second highest in the world. Rapid urbanisation also brings forth many challenges, one of which is inescapable traffic. Millions of people around the world begin and end their day stuck for hours in traffic; the gridlock of tires and tarmac whether it is a daily commute or a weekend escape. In 2021, Mumbai ranked fifth for having the worst traffic in the world, while Delhi and Bengaluru tied for the number eleven. As a result, Mumbai residents lost over five days in traffic, while Delhi and Bengaluru residents lost four and a half days. In addition, economists estimate that traffic-related accidents are projected to cost the world economy $1.8 trillion between 2015 to 2030. Thanks to advancements in technology and better network coverage, traffic congestion and potential accidents can be avoided. Technologies such as artificial intelligence AI, machine learning ML and the internet of things Iota are helping us reimagine how transportation should be managed. Powered by smart cameras, computer vision, and robust storage solutions, Intelligent Transportation Systems ITS around the world are a key part of a smart city movement. Intelligent Transportation Systems ITS uses a combination of advanced information and communication technologies to improve the safety, efficien

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Panic no longer arrives with a bang. It slips in quietly these days, through headlines, notifications, WhatsApp forwards, and hushed conversations at tea stalls. We don go looking for it, yet we are always on alert. Each day begins not with calm, but with a mental scan: What gone wrong today? That quiet vigilance turned into a roar in mid-June, when a flight from Ahmedabad crashed moments after takeoff. Eyewitnesses recalled smoke, confusion, sirens and the wreckage near a medical college hostel. It felt close, raw, devastating. A few days later, while watching disturbing reels from the crash site, a neighbor of mine broke down. My husband travels so much by air, she whispered, eyes still glued to the screen. Her tears were just for the victims, they were for the quiet fear we have all begun to carry. This was an isolated event. Barely a week later, on June 19, a flight from Guwahati to Chennai sent out a mid-air fuel emergency. It was diverted to Bengaluru. Thankfully, the plane landed safely. But those minutes in the air were anything but calm. Some passengers were visibly shaken. One described how quiet it got, no one speaking, just sideways glances and hands gripping armrests. Time, they said, seemed to stretch. And this was the last. Since then, several other mid-air scares have made headlines each one deepening that quiet, collective anxiety we now live with. Not just in the skies. The ground feels shaky too. Exam paper leaks shattering students futures, rising anxiety over women safety, job insecurity even in well-paid sectors, and the everyday violence that flashes briefly across our screens before the next shock replaces it. It not just news anymore. It personal. Meanwhile, beyond our skies, the world feels like it simmering. The conflict in the Middle East has deepened. Missiles, drone strikes, cities plunged into sudden chaos. Sirens shriek overhead. People are running. Embassies are sending out alerts. There noise, panic, movement. It does feel far away now. It seeping into headlines, homes, and hearts across the globe. Troops deploy. Warplanes roar. Haunting images of scorched skylines flicker across our feeds, numbing us into regularity. Global anxiety does wait for official declarations anymore. It travels faster, through timelines and dinner table whispers. This is just news, it our nervous system now Somewhere along the way, we stopped reacting to crises with shock. Now, we pause, brace, scroll and keep moving. This is desensitisation. It survival. A friend shares how she now watches and scans the faces of the airline crew before even stepping into a flight. Not that I am paranoid, she said, just trying to be more alert. Another told me her colleague broke down quietly after a stretch of long meetings. There was no single trigger, just the weight of it all: deadlines, parenting, news updates, bills, and that unnamable unease that lives in our bones now. We are not just living through anxiety. We are living with it, like background noise that never shuts off. Why even silence feels suspicious now Periods of calm now feel eerie. If nothing goes wrong for a while, our minds start preparing for something to snap. That the new nor

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In India, we call it tension. We don always have a clinical word for it. We sip chai, forward motivational reels, do a small puja, and say I all manage. But inside, we are restless. Even happiness feels uneasy now. A child success brings with it the stress of what lies ahead. A mother, thrilled about her daughter admission to a renowned university in Kolkata, is already making frantic calls, asking if the campus will be safe for her timid child. Today, even gentleness feels like a risk. Weddings, too, now come with footnotes. There travel chaos, stifling heat, or that nagging sense that something might go wrong. Joy, it seems, always arrives with disclaimers. And still, we keep showing up. Smiling in meetings, replying to texts, booking tickets. Because functioning has become our disguise. Sleep is essential for our survival just like food and water. Yet, almost two out of three people in the US don get enough sleep. One-third sleep six hours or less, double the rate from 50 years ago. The CDC now calls insufficient sleep a public health epidemic, and about 60 million Americans suffer from chronic sleep disorders. What more alarming is that children are sleeping less than ever. In just two decades, they vet lost nearly an hour of sleep per night, which may be contributing to rising rates of obesity, depression, behavioral issues, and poor academic performance. Why are we sleeping less? Modern life has fundamentally altered our relationship with sleep. Artificial lighting, screen exposure, and endless demands on our time have delayed bedtimes and shortened sleep duration. There is also a cultural narrative that celebrates those who power through on minimal sleep as if needing rest is a sign of weakness. But sleep is not a luxury. It is a biological necessity that affects every system in the body. Sleep is vital for brain development, especially in children and adolescents. The deep sleep phase is when neural pruning and memory consolidation occur critical for learning, emotional regulation, and behavior. Children need significantly more sleep than adults. A child who sleeps less than required may appear hyperactive, not sleepy often leading to a misdiagnosis of ADHD. Sleep also affects growth hormone release, immune function, and appetite regulation in children, setting the stage for long-term health outcomes. The body has an internal clock, or circadian rhythm, which regulates sleep and wake cycles over a 24-hour period. This rhythm is governed by the suprachiasmatic nucleus (SCN) in the hypothalamus, and it is sensitive to light, temperature, and activity. Melatonin, the sleep hormone, is secreted by the pineal gland (and gut) after sunset in response to darkness. It signals the body to prepare for sleep. However, exposure to blue light from screens can suppress melatonin production, delaying sleep onset. When circadian rhythms are disrupted as in jet lag, shift work, or irregular sleep schedules it can affect metabolism, immunity, and even increase cancer risk. Emerging research shows a strong connection between gut health and sleep. The gut micro biome influences circadian rhythms and vice versa. Poor sleep can disrupt the gut barrier, inc

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Example, for it to be able to recognise a bike as a bike and a human as a human, it needs an immense amount of training. In other words, AI and DL need to analyse hundreds or thousands of hours of video to learn and become more accurate or better. Data and storage Data is crucial for an intelligent transportation system. This data must be captured, stored, and processed to gain insight from it and to use those insights to improve the safety and efficiency of the transportation system. Storage is the foundation of an ITS. A smart camera requires a storage solution that is specially designed for it. Storage can also be located at the edge in the camera. This helps in case there is a network interruption, and the video footage cannot be shared and recorded at the backend. Today, there are high-capacity cards that are designed specifically for the mainstream security camera market. While ITS implementations are still nascent, the market could recover 175 million hours of travel a year, prevent 53 million gallons of fossil fuel consumption a year, and reduce CO2 emissions by 10 billion pounds a year. The important point to note is that data will continue to play an important role in putting intelligence in an intelligent transportation system and storage will continue to be fundamental to it all. India having reached the landmark of becoming the 5th largest economy in the world and is on the march to reach the $5 trillion milestone by FY27. The march will require a 13-14 growth in nominal terms or 9-10 in USD adjusting for currency depreciation. While there are several drivers to the growth the core strength lies within India is its population of 1.4 billion and its demographics. India has a relatively young population with 26 below 14 years and 67 between 15-64 years, in comparison to the developed world US 17 over 65 years, Europe over 21. This core strength is the backbone behind the resilience and growth of India demand. Indian consumer demand for goods and services will remain robust for not just the next decade but next few decades. Can consumption take India into the developed league? For any economy typically the private consumption or domestic household consumption is the largest share of GDP. For India it is 60, for US 68, Japan 54, Germany 52 and UK 60. However, going back in time, US in 1960s had a population demographics similar to India today and its share of consumption was also similar to India today around 60. The per capita income of US in 1960 was $3000 versus India per capita at $2277 in 2021. However, in the growth from $560 ban economy to $25 trillion at a CAGR of 6.4, the share of consumption has moved to more than two-thirds at 68 as of 2022. While alongside the demographics has also shifted to an ageing population, the country status is also cemented as the largest in the world. India consumption share to GDP at 60 clearly shows the promise to contribute meaningfully to accelerate its growth. In addition to the share in GDP it is also worth looking at the mix. Along with the growth, the mix may also warrant a shift: the composition of private consumption is usually food, clothing, transport, housing and services like trans

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Clothing, education and health have 5 share each. Overall, services have a 48-49 share followed by non-durable goods at 44. Durable and semi-durable have only 2-3 and 6-7 and in aggregate less than 10 share in overall consumption. In comparison, US consumption basket has only 7-8 of food with the highest component being housing and household utilities at 17, followed by health care at 15-16. Overall, services are the largest share with 2 3rd of the total consumption, non-durable goods 22 with durable goods share at 13. Germany, which is the fourth largest economy, has 15 share of food in its consumption basket. The highest share garnered by housing and utilities at 25, followed by transport and communication at 16-17 and recreation at 10-11. This comparison suggests that India in comparison to developed world has its consumption share highly skewed to food and non-discretionary items. The consumption mix is suggestive that perhaps an average Indian consumer spends more on necessities and less on surpluses, comfort and luxury. With a 1.4 billion population, India will remain a consumption driven economy and the share of consumption within GDP may even rise. But for growth and place among developed nations the mix of consumption may also warrant a change as the shift in mix to higher value products will be the driver of value growth. If you are in the luckiest 1 of humanity, you owe it to the rest of humanity to think about the other 99. This quote by Warren Buffett sums up the spirit of philanthropy wherein online fundraising platforms are acting as facilitators to ensure that the benefit of philanthropy reaches the masses. The rise of online medical fundraising platforms in the past decade has lent a helping hand to people in India by empowering them to raise money for various causes. The integration of technology by these platforms has simplified and amplified the fundraising process, making it easy for campaigners and donors to ensure the optimal utilisation of their donations. However, there could also be instances where miscreants might deceive the donors and the campaign beneficiaries. We list down some do and don s to be a more diligent and informed philanthropist. Donate on the fundraising website and not in personal bank accounts of miscreants A donor should be vigilant about the bank account details shared on social media and messaging platforms like WhatsApp when donating to a campaign. It is possible to come across campaign donation links shared by your inner circle and close networks on social media. The details of the campaign may be accurate, but the account details, including virtual bank accounts and UPI, could have been changed while sharing it on social media by imposters. Always click on the fundraiser campaign source link available on the crowd funding website and ensure you donate through the website itself so that the donation reaches the intended beneficiaries, thus warding off the potential of any fraud. If you will not donate via debit credit card, it best to ensure that you donate through virtual bank account details UPI details available on the online fundraising website source link to ensure that your money will re

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Logistics is a vital aspect of growth. A well-run logistics industry has an impact on a country overall competitiveness and economic development. In 2021, India logistics sector was projected to be valued at $150 billion, making it a key enabler in the country ambition of becoming a $5 trillion economy. Despite the launch of major mega logistics infrastructure projects in recent years, India plummeted to 44th place in the World Bank Logistics Performance Index (LPI) 2018, down from 35th place in 2016. Multiple issues plague the sector today, including last mile and capacity deficiencies, a lack of digital integration among stakeholders, a shortage of skilled manpower and slow adoption of technology. For example, Himachal Pradesh is a state where road transport of vital pittance. The State is home to several industries and manufacturing units that are vital for prosperity. Industries are key contributors to the state growth and generate employment for a number of families in Himachal Pradesh as well as nearby bordering States. Logistics efficiency is a function of infrastructure, services and human resources. Industries in Himachal Pradesh face a lot of operational issues due to issues in the transport segment that is dominated by Unions. Transportation cost is a big component that impacts the operation cost for the companies. For the ease of doing business, the transport cost should be at par with the market. The streamlining of the transportation value chain is crucial for the business and livelihood of many honest transporters who are working independently and can afford the unrealistic token fee to join such unions. The LEADS (Logistics Ease Across Different States) ranking of Himachal Pradesh improved to 20th for the year 2021 as compared to the 22nd position secured in the LEADS 2019. However, there is a huge scope for improvement. The vision of the National Logistics Policy (NLP) is also to develop a cost-efficient, sustainable and trusted logistics ecosystem in the country for accelerated and inclusive growth. The logistics cost in India is high compared to other developed economies. It is imperative to reduce the logistics cost for improving the competitiveness of goods. Reduced logistics cost improves efficiency across various sectors of the economy, encouraging value addition, competitiveness and enterprise worth. The importance of the logistics sector in servicing core sectors propelling India economic development has never been greater. Organizations around the world are looking at India as a unified manufacturing hub and a market serviced through responsive, efficient, and cost-effective logistics services. Hence the emphasis on developing a strong logistics sector will be the backbone of India ambitions to become a manufacturing superpower. To close the gaps in the logistics ecosystem, a holistic strategy will be required. When I was watching the iconic Hindi movie last time, two scenes appeared to me significant from a conflict resolution perspective. In one, Gabbar Singh proclaims to the villagers that he protects them and in return they provide him with money and goods, hence there is nothing wrong with it. This situation eme

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For the safety of the villagers it is a good idea to listen to the dictates of the dacoit. One villager uses the word, Ahimsa (roughly translated nonviolence), and urges the people to give up the path of violence and conflict with Gabbar. Gabbar in his message to the villagers implies that he is simply helping the people, and in return people provide him with goods and money. He further implies that by recruiting Veeru and Jai, Thakur and the villagers are following the path of conflict. He is protecting the villagers from dangers, and the best possible way of peaceful coexistence is that villagers listen to his dictates. But there are multiple issues here. The villagers never asked Gabbar for help. Also, as the plot of the movie reveals later, Gabbar message is a veiled threat that unless they listen to the bandit dictates, all misfortune will befall them simply implying that if they do not follow the dictates of the bandit, and his goons will devastate the village and kill inhabitants. From Gabbar perspective, he is doing a service and the people must buy his service. Here there is a parallel between Gabbar argument and the arguments made by the apologists of colonialism and imperialism that the colonial powers were promoting development and education in the colonies. The theory of white man burden is founded on such logic. Regarding the debates between the villagers as to what course to follow after Gabbar men killed Ahmed, the question of violence and nonviolence is striking here. The villager raising the question is there not something called Ahimsa? Falls into a trap. While the argument of the Gabbar, as elaborated earlier, represented the argument of the oppressor, the argument of the villager represented the argument of the oppressed that are unwilling to fight for justice. Such a position cherishes the status quo, which in this case implies that the villagers listen to the dictates of the bandit without objection so that they can live peacefully. If the villagers disobey and protest, their fate will be like that of Ahmed. Better to meet Gabbar demands, than living a life of suffering and death. This argument may appear sound, but for leaders like Gandhi, the apostle of nonviolence, such a notion of Ahimsa is nothing but cowardice. This Ahimsa also legitimizes oppression and its various manifestations. Nonviolence that teaches cowardice has to be rejected, but the larger question remains when to practice nonviolence and when to wield weapons? Mahabharata says, Ahimsa Paramour Dharma, Dharma Hamas Tathaiva Cha nonviolence is the supreme virtue, so too violence for the protection of Dharma. The significance of this shloka is certainly much deeper, and it opens the larger dilemma of violence and nonviolence when to wield weapons and when not? Arjuna had the same dilemma as he saw his relatives and friends on the other side. He even mulled the idea of giving up the kingdom for which he was supposed to fight. What was the worth of a kingdom gained by waging a fratricidal war? The dialogue between Arjuna and Krishna, famously known as Gita, offers many useful lessons on violence and nonviolence. Arjuna was told by Krishna to fight. From a s

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And smart; finding out places for buying the spares of those smart gadgets itself became a highly skilled computer game. Why? Because nowadays, companies go out of their way to hide contact details of service centres and customer care. Indeed, it appears that they measure their own smartness by the degree of obfuscation they create at the expense of poor victims, their customers, I mean!. It is not very surprising really considering that new-age companies take pride in calling themselves not as a product company but technology platforms, where humans are reduced to mere data-points and algorithms. Recently, I was looking for a simple spare part of a smart home device manufactured by a global company, which, in its own words, is fearless in testing new ideas and pushing our own boundaries. Naturally, their website did not give any straightforward clue to either buying accessories or to the nearby service centre. But my perseverance led to that wonder of wonders, the new-age solution to any and everything related to already hooked-in customers. Yes, you guessed it right, that omnipresent chat bot that comes with such enticing names. But like all such apparition-led help, in this case too after a series of multiple-choice. A failed to reach that particular clarification I was seeking because ever-smart creators of such chat tools ensure that the most relevant question is never there on the drop-down menu. But, in this case, I was pointed to another expert chat link. I started chatting with bated breath and high hopes with this expert, and soon, not so unexpectedly, reached a dead end. With renewed vigour the next day, I started afresh and managed to dig out a customer care number. And God bless those souls who thought of IVR Interactive Voice Response. Whole philosophy behind IVR seems to be to straitjacket the callers so that their basic questions remain unanswered. So, here too after choosing options of multiple times, I was directed to that very chat link. I must say that this time very helpfully, I was sent this link through a text message that failed me miserably the first time. And that smart device? Well, that has become smarter merrily roaming around the house without performing the very function it was designed for! The legal system in India, unlike other sectors, has been slow in digitalising. The rate of penetration of legal tech in India is very low. With an incipient 10 penetration level, the size of the domestic LegalTech market is $380 million now. This spells growth with a huge potential but there are a few roadblocks. Let look at existing realities: Most administrative processes used by legal professionals in India are ad-hoc and archaic as they rely on paper-based systems, leaving immense scope for inefficiency and delay. Often the process of discovery and legal review is fragmented. As a result, non-substantive administrative tasks like filing, case allocation scheduling and document management take up 45-55% of a legal professional time. Just the act of issuing summons, something that should be relatively straightforward in the age of technology, accounts for 1 4th of the life cycle of a civil suit or 273 days. An estimated R

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Especially the gathering of data. India is currently generating upwards of 32,397 petabytes of data. With rapid digitalization, electronically stored information too has increased. This is bound to increase the time taken to gather data for litigation if it is done manually. For instance, an enterprise with over 1000 employees and operations across different regions will have data scattered across offices or devices of remote employees. Similarly, an average enterprise in India, has to navigate a series of complex processes just to complete the process of discovery. Collecting data and investigating it is not an easy process. Say offices across the country and HQ in Delhi. If they want to investigate data located somewhere else, doing it manually creates bottlenecks. It takes days or weeks to put together the information in one single place. With automation this time scale reduces drastically. In an instance of litigation or internal investigation, they manually gather data from each of these regions. IT teams across these regions compile the data, transfer it to the cloud, load it back to the hard drive and send it to the legal team. Perusing through each and every piece of information is a cumbersome and lengthy process. If the company adopted an automated e-discovery tool, legal teams can gather data even from remote endpoints within the click of a button and have data that is indexed, analysed and presented for review within a matter of hours. Besides, if the e-discovery software has production and presentation capabilities, it ensures all data is in one single same format, eliminating the need to operate multiple tools to access different data sets. In addition, data silos and the margin for error is also greatly reduced with e-discovery software. E-discovery software ensures accurate indexing of data. When presented in court, the indexed files present for easy review and perusal, reducing the burden of having to look through numerous sheets of paper. Forensically sound process of discovery: The process of discovery for civil cases in India is defined by the Code of Civil Procedure. Indian civil litigants are required to file an application with the court to gain access to discovery documents. The law also allows the parties to a legal suit to give notice, at any time during the suit, for inspection of any document referenced in another party pleadings or affidavits. This requires forensically-sound data to be ready or it would lead to an inordinate number of delays. In addition, the process of discovery of electronic evidence is defined in the Information Technology Act. This intersection can make data gathering, compliance and review a lengthy process. Additionally, establishing a chain of custody for each piece of evidence can make or break a case and the risk of inefficiencies persists if data is gathered manually. When there is a breach in the chain of custody, critical documents can be deemed inadmissible. E-discovery technology ensures that chain of custody is recorded whenever data is collected. For instance, if critical evidence pertaining to a case is recorded on a specific device of an employee located in a different state, th

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Her life-blood? Does he sit down to his meals with a quiet mind and enjoy himself in the company of his wife and children? Or, does he run to the rescue of his mother? Mahatma Gandhi rightly argued, hate evil not evil doers as the goal is to fight evil. He successfully used nonviolence weapon against British oppression. There is an argument that had Gandhi fought the Nazi Germany or the Stalinist Russia, his fate could have been different. This argument might have some salience but it does not undermine Gandhi or his principle and practice of nonviolence. It is true that nonviolent protests met with violent oppression from the oppressors in many places. The famous German theologian, Dietrich Bonhoeffer, was influenced by Gandhi and had letter exchanges with him. He wrote to Gandhi in 1934, It is the great admiration which I am cherishing for your country, its philosophy and its leaders, for your personal work among the poorest of your fellowmen, for your educational ideals, for your stand for peace and nonviolence, for truth and its force, which has convinced me, that I definitely should come to India. The question which I beg to put before you, is, whether I could be allowed to stay with you in your ashram for a while to study your movement. But Bonhoeffer had a sad demise at the hand of the dictator as he was protesting his oppressive rule. There is perhaps no definitive solution to this dilemma of violence and nonviolence. From a larger perspective, unless violence is extirpated from the human mind, from its daily behaviour and practice, violence will continue, explicitly as well as implicitly. Human society needs some sort of spiritual transformation, which addresses violence at its very roots and genuinely empowers human individuals to live in harmony within themselves, and with the world and nature. The Covid outbreak in China, US and Japan has prompted Centre to ask states to step up vigil. The visuals from China are indeed alarming and tragic. The country messed up its Covid strategy with the zero-Covid approach. But there no room for complacency in India. The Omicron variant of the virus may have run its course naturally through the Indian population and we may have got better vaccines than the Chinese had access to. But the moot point is that we have done well in the booster programme and there no certainty what the impact of newer mutations will be. Read also: Amid China Covid surge, got asks states to step up vigil additionally, boosters don seem to be available at most hospitals anymore, suggesting that vaccine production has slowed down, because the offtake was encouraging. Bharat Biotech has appealed for inclusion of its intranasal vaccine in the Cowin portal since it has been approved for emergency use as a heterologous booster after passing safety and immunogenicity trials. This must be expedited so that citizens have access to another vaccine besides Covishield and Corbevax. Countries like the US have also updated their vaccines for newer variants. Some countries have already approved a fifth shot of the vaccine. India may want to consider another precaution dose for those most at risk. With the economy back in full swing, w

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Electric vehicles (EVs) are self-propelling automobiles used to transport passengers and goods from one place to another. They include hybrid electric vehicles (HEVs), battery electric vehicles (BEVs), and plug-in hybrid electric vehicles (PHEVs). They run by getting energy stored in batteries and they are charged by self-charging devices, including regenerative braking systems and turbochargers that can turn kinetic energy into electrical energy. China has thrown down the gauntlet once again in the automotive sector, with record EV sales getting 5 million a year. The dual-credit system two types of credit that must be accumulated to avoid penalties is a key driver. Although majestic, the results are not good enough. Much of this has been accomplished with sales of small and micro cars, an artificial result that decreases pressure for supply chains but is ultimately not the consumer preference. A shift towards accessible versions of larger vehicles will be needed as policy drivers fully phase out in the coming years which is a more difficult task. With other parts of the world, China success is leading to cross-pollination, which could be key for mainstream Electric Vehicle adoption. BYD and NIO have announced plans to sell EV models soon in Europe. The biggest obstacle to this may be political. The EU has a history of banning low-cost (or undercutting) Electric Vehicle imports from China, for instance, a tariff of up to 83% was appealed to e-bikes at the start of the craze a few years back. In June 2022, within Europe, the EU established a landmark internal combustion engine (ICE) ban for 2035, and later it said that e-fuels will be banned for light commercial vehicles (vans) and cars. The ban represents almost 9-10 million electric car sales annually by 2035 using the current vehicle sales data. Given EU countries sold nearly 1.8 million electric cars in 2021, the targets, which are over a decade away, now look achievable. On how all EVs have made their strong place in the Indian market In 2022 EVs sales have given much-needed validation. EVs are not only selling themselves but the Indian government has been playing a great job backing up EV production and demand expansion. Apart from the overarching role played by the state government and central government as policymakers. As far as electric penetration is concerned India is at an inflection point for all types of Electric vehicles. 3.5 lakh units of EVs were registered on September 1st, 2022 where Uttar Pradesh succeeds top position for EV registrations in the country, followed by Tamil Nadu and Karnataka. E-rickshaw/e-kart category (top speed less than 25 km/h) controlled the market where 45% of three-wheeler sales increased, which has been seen in the market. Sales of all EVs are expected to increase by 68% CAGR through 2027. The e2Ws and electric auto categories which are three and four-wheeler EVs will be accountable for the increased sales (including e-rickshaws). A fixed duty cycle and the initiatives by small businesses which include large businesses and local groceries shops such as Dominos to adopt electric vehicles for last-mile deliveries will ground steep sales of two and thr

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Represents an enormous and positive market outspread in a few years in Indian Electric Vehicle Industry. Electric Vehicle expansion will bring several opportunities for businesses to invest in. There are many easy and safe ways to put your hands in the EV sector for profitable business opportunities. India is said to comprise one of the largest education systems in the world and our reach in medical science is very much established with strong pillars. Pharmacists are critical professionals in delivery of healthcare in the country as they bring in-depth knowledge of medicine composition, formulation and usage. The quality of pharmacy education has a direct impact on the quality of healthcare offered to people in any nation. We have approximately 17 lakh registered pharmacists and all of these are dependent on the education they receive to pursue their goals and ambitions in life, as well as define the future of holistic patient care in the country. Significance and impact of pharmacy education Pharmacy professionals are expected to play an important role in healthcare delivery by providing advice and guidance to patients regarding safe and effective use of medications. They are considered an important interface for patients for getting valuable advice on dosage, administration frequency, time of administration, and preventing adverse drug reactions and drug-drug interactions. Adverse drug reactions or ADRs are as dangerous as it sounds. Every medicine, vaccine or treatment that an individual takes might come with a few side effects depending on various conditions. If the pharmacist has a sharp knowledge of pharmacology and is well-versed with good prescribing practices, s/he can prevent the patient from experiencing serious ADR or reporting back to their physician for dosage modification or change of drug at the first sign of ADR. India is a vast country, ranking second in terms of population and as diversified a land as are the diseases, making the role of an informed pharmacist, especially in rural areas, even more important in the healthcare continuum. Including a drug standard monitoring procedure in the country will not only prevent people from consuming harmful OTC pills but also give them access to the right medicines. People are unaware of having such a program or procedure. No doubt, the central government has done a commendable job in spreading awareness about drug safety and seriousness towards the right medical aid, but spread of such informative messages in many remote locations is suboptimal. In such a situation a pharmacist plays a critical role for safe treatment administration in rural and urban areas across the country. What is the role of a pharmacist? Are they receiving the right education & direction? Healthcare workers are finally in the spotlight after the chaotic times of the Covid-19 pandemic. The role of a pharmacist is gradually evolving from a dispenser of medicines to an expert in the field with multidisciplinary health care systems. They have the opportunity to get trained and shift in clinical management, laboratory diagnostics and more. Pharmacy education is seen from an industrial and product-oriented perspect

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Do not accept to be the in cash and all are in to out online and channel as on the line. Don fall for support many piont the donors to donors for don those donors who seek refund from a need to be the course of their fund raiser. They might receive call from to have point to their cause. They may pretend to be office police officer etc. Here, they might claim to have donated a support amount greater than they to be point to, and would ask for refund. Such instance should be reported to the to avoid act refund request can be duly by the cry fund platform. Fault medical and report active there could be a more pen pencil details. For has not to the pen name from medical while retaining every other detail. They would then to create a fake on. However with due such attempt is avoided. Physical check are also by field sent support by some to confirm the of the from the from seek support in need of fund for cause to be the are often will to accept any kind of help from any body who each out to them may pose as and claim to start a on their behalf. They tend to demand a certain amount to register on the false pretext of them with. It is crucial to know that people can direct create a on any online crowd funding without the need for an. These form have price plan support including a platform fee to host a. Hence it is time to stay vigilant of such and their fraud activities. It is an act to give back to society. But it is to ensure to be your help reach the needy. Hence stay vigilant to ward off yes at from the point of the thing taken deceiver while a noble cause. And never let your nature stand in the way of giving back to society solely because to be the of a few. Be an and in a world of fast fashion, it really become hard to. Keep track of what to wear on numerous occasion without feeling guilty of one-time statement wardrobe pieces you can never repeat. Let just admit it, we all want to ace our fashion game without people noticing us repeat any outfit, even if it our favorite. As a fashion creator, I have often been overwhelmed with this guilt too. I have to keep trying on number of outfits for my viewers and yet manage everything I wear in the manageable excuse of space i.e. my wardrobe. So, how do I do it? Thankfully, Indian outfits come to my rescue and I get to ace my A-game by going all creative with n number of combinations that I can create with Indian basics. And if you want to learn how do I make it happen, let dive right in with my exclusive styling tips Absolute must have Indian basics in your wardrobe Comfy sarees your 6 yards of absolute grace: When you are going to create your basic wardrobe, opt for as many beautiful patterns of sarees in a comfy fabric as you can. These sarees can go a long way in styling you up as ghagras, DIY tie-me-down- gowns, and so many more outfits. You can always look up some style inspiration from your favorite creator and figure out a number of ways to style your saree where you can stand out with grace. You all not only look elegant but people will fall for you and your creativity with just one long, beautiful piece of fabric. Make sure you have some accessories handy like belts and blazers to go along

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The steadfastness and the resoluteness of Hazrat Imam Hussain has become the template for all those globally who challenge oppression of any kind. Hazrat Imam Hussain famous declaration regarding upholding goodness and nobility underlined his unwavering commitment to social reform and the sanctity of moral ethics, which was anchored in his benevolence and grace towards all. These virtuous qualities had always defined Hazrat Imam Hussain (a.s.) He was always known for his kindness, charity and love for the poor. It is said that one day when Hazrat Imam Hussein was riding through the streets of Madina, he came across some beggars who had gathered to eat the food that they had begged for during the day. The beggars saw Hazrat Imam Hussain (a.s.) and invited him to join them. Hazrat was not allowed to take anything given in charity (Sadaqah) as he was from the family of the Holy Prophet Muhammad (SAW). Sadaqah is forbidden (Haraam) for all members of the family (Ahlul Bayt) of the Holy Prophet Muhammad (SAW). When the beggars called out to him, Hazrat Imam Hussain got off his horse and gently sat down with them. He explained to them that although he would love to eat with them, he could not do so and also explained the reason. As an alternative, he invited all the beggars to his house for food so that they could all eat together. In this way, Hazrat Imam Hussain showed by personal conduct how one could always choose to be kind to others, especially those who are poor and unprivileged. He taught us the valuable lesson that one should not compromise one values for anyone, but at the same time one can gently explain the reason for one decision so as not to cause hurt to anyone. It is said that the supreme quality for leadership is unquestionable integrity. Through his personal conduct, Hazrat Imam Hussain (a.s.) laid the highest and most lofty standards for leadership and set blazing, shining examples for others to follow. Mahatma Gandhi wrote of the lasting legacy of the battle of Karbala not just for Muslims but for all of mankind. I learned from Hussein how to achieve victory while being oppressed. my faith is that the progress of Islam does not depend on the use of sword by its believers, but the result of the supreme sacrifice of Hussein, the great saint, he wrote. Indeed the life of Imam Hussain (a.s.) is an eternal testament for the highest virtues that define humankind. The humble potato holds an unlikely economic lesson for Bihar. The Potato Paradox illustrates a startling truth: suppose you have 100kg of potatoes, which are 99% water by weight. You let them dehydrate until they are 98% water. How much do they weigh now? The surprising answer is 50kg! The paradox exists because we focus on the small percentage drop in water. But by changing the water percentage from 99% to 98%, you re effectively doubling the proportion of the dry potato stuff within the entire potato. For that fixed amount of dry stuff to double its proportion, the overall total weight has to shrink by half. That tiny 1% shifts in composition triggers a massive transformation. In poor economies like Bihar, policymakers often overlook such counterintuitive dynamics: minor s

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One of India oldest inhabited regions with a more than 3,000-year history, Bihar tourism potential is rooted in unique blend of ancient heritage, multi-religious significance, and cultural endowments. Bihar offers a rich tapestry of spiritual and historical significance, encompassing Bodh Gaya Mahabodhi Temple (where Buddha attained enlightenment), the ancient scholarly legacy at Nalanda and Vikramshila ruins, prominent Sikh sites (the birthplace of Guru Gobind Singh, featuring Takht Sri Harmandir Sahib and 12+ historic gurdwaras), key Jain pilgrimage centers like Pawapuri (Mahavira nirvana spot) and Kundalpur (Mahavira birthplace), notable Sufi shrines (Maner Sharif and Bihar Sharif showcase medieval Islamic architecture), and the Hindu Pitripaksh ritual of Pind Daan in Gaya Ji performed to offer homage and prayers to deceased ancestors, with the belief that it liberates their souls and ensures their peaceful journey to the afterlife. Moreover, it offers diverse experiential tourism, from culturally immersive Chhath Puja and the Sonepur Cattle Fair, to ecotourism adventures at Valmiki Tiger Reserve, Kakolat Falls, and the Kaimur Hills, complemented by unique handloom crafts and local cuisines. Sites like Gaya Ji, with its Mahabodhi Temple a UNESCO World Heritage site attracting over four million visitors in 2024 and the Pitripaksh rituals drawing more than half million pilgrims, demonstrate latent demand that remains underleveraged. Moreover, recent figures from April 2024 till May 2025, suggest Bihar welcomed around 75 million tourists, with just less than a million foreign tourists, signalling substantial interest if the experience can be improved. Tourism labor intensity offers broad employment for semi-skilled and under-skilled workers. The state revised Tourism Policy (2025) lowers hotel investment thresholds from 10 crore to 5 crore and includes incentives for inclusive hiring, potentially catalyzing hospitality growth and jobs in construction, services, transport, and local handicrafts. Industrial corridors and manufacturing clusters around pilgrimage hubs further indicate synergies between tourism and broader economic activity, suggesting that strategic investment could reverberate through supply chains and value-added sectors. Yet infrastructure bottlenecks dampen Bihar promise. Public transportation is still patchy: although 166 new deluxe buses (20 reserved for women) were flagged off recently in Patna and other districts, intra- and inter-district connectivity to key sites often remains inconvenient. Hotel shortages especially at varied budget tiers limit accommodation choices. Basic amenities like clean public toilets, rest areas, and information centers are inadequate. Health facilities in tourist locales lag behind, raising safety concerns. Addressing these gaps need not be revolutionary: targeted upgrades in transport links, lodging, and services could substantially raise the effective value of Bihar attractions. The fragility of tourism-driven economies means that reputational shocks reverberate widely. Studies identify poor infrastructure, limited connectivity, and scant media coverage as prominent constraints in Bihar tour

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This holy festival is celebrated every year on twenty fifth December as a celebration of the birth of Jesus Christ with full joy and gaiety. Christmas festival is celebrated with great pomp. This day is celebrated as birth anniversary of God Jesus Christ. This festival is celebrated in country and abroad with its customs and traditions. On this festival decorating the Christmas tree and cutting cakes going to church and gifts from Santa Claus has a different significance. Christmas festival has special significance for people of Christianity. According to the religious book Bible of Christianity Jesus Christ was born on this day however different views have been given regarding the birth date of Jesus Christ. Jesus spent his entire life in the wellbeing of others and inspired people to follow the right path he is also known as liberator and protector of liberating people from suffering. At same time Jesus performed many such miracles due to which he was not only called the messenger of God so his birthday was celebrated as Christmas. On this day all schools and colleges and government and private offices have their holidays. The history of this holy Christmas celebrated with joy and cheerfulness is associated with birth anniversary of Jesus Christ. Birth of Jesus Christ had already been predicted that a man on earth would be born who would grow up to be an influential king and his kingdom would have no limits and he would be savior of the world the painter and will be the right guide. After this when Jesus Christ was born in a cowshed from womb of mother Mary in Bethlehem in Israel his prophecy came true. After which his birthday was celebrated as Christmas festival. Christmas feast is especially associated with Santa Claus. My family consists of my father, mother, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he goes to office even on a Sunday. I know he is doing very well because I have heard people talking of him with respect. Once in a while he notices me and is then very affectionate. I love him a lot, because I know that he is always there, even though it is only in the background. I do get angry any longer when he introduces me to his friends by my nickname and says that I am studying in Class Six, when I am actually in Class Seven. Mother is warm, caring and impulsive, but not the world greatest cook. However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and try not to let that bother me. Then there is my brother. I seriously feel something should be done about brothers, especially elder ones. He teases me mercilessly and considers me a blot upon the surface of the earth. What is worse? He expects me to fetch things for him and does not allow me to use the telephone or listen to my favorite singer. And, of course, watching my favorite television programmer is simply out of question. A

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Countries that iodize salt generally serve 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. This holy festival is celebrated every year on twenty fifth December as a celebration of the birth of Jesus Christ with full joy and gaiety. Christmas festival is celebrated with great pomp. This day is celebrated as birth anniversary of God Jesus Christ. This festival is celebrated in country and abroad with its customs and traditions. On this festival decorating the Christmas tree and cutting cakes going to church and gifts from Santa Claus has a different significance. Christmas festival has special significance for people of Christianity. According to the religious book Bible of Christianity Jesus Christ was born on this day however different views have been given regarding the birth date of Jesus Christ. Jesus spent his entire life in the well being of others and inspired people to follow the right path he is also known as liberator and protector of liberating people from suffering. At same time Jesus performed many such miracles due to which he was not only called the messenger of God so his birthday was celebrated as Christmas. On this day all schools and colleges and government and private offices have their holidays. The history of this holy Christmas celebrated with joy and cheerfulness is associated with birth anniversary of Jesus Christ. Birth of Jesus Christ had already been predicted that a man on earth would be born who would grow up to be an influential king and his kingdom would have no limits and he would be savior of the world the painter and will be the right guide. After this when Jesus Christ was born in a cowshed from womb of mother Mary in Bethlehem in Israel his prophecy came true. After which his birthday was celebrated as Christmas festival. Christmas feast is especially associated with Dairy products also supply iodine in the diet at varying levels. During lactation, the breast concentrates iodine in milk so breastmilk tends be a good source of iodine as long as the iodine intake of a mother is adequate. Plants grown in iodine rich soil are also good sources. However, this is not a reliable source of iodine since there is no way of knowing whether produce purchased in grocery stores is grown in iodine rich soil or not. Iodized salt usually adds less than about three hundred micrograms iodine daily to the diet. Most multivitamin mineral supplements contain 150 micrograms of iodine. With the safe upper limit of daily iodine intake for adults set at 1,100 micrograms by the IOM it is unlikely to hit an excess amount when including a multivitamin and including natural sources of dietary iodine. The trend of eating less table salt, dairy and bread

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CRPF-hcm-Eng-Test-Dated-2025-07-08-Test NO.-21448

Christmas tree and cutting cakes going to church and gifts from Santa Claus has a different significance. Christmas festival has special significance for people of Christianity. According to the religious book Bible of Christianity Jesus Christ was born on this day however different views have been given regarding the birth date of Jesus Christ. Jesus spent his entire life in the wellbeing of others and inspired people to follow the right path he is also known as liberator and protector of liberating people from suffering. At same time Jesus performed many such miracles due to which he was not only called the messenger of God so his birthday was celebrated as Christmas. On this day all schools and colleges and government and private offices have their holidays. The history of this holy Christmas celebrated with joy and cheerfulness is associated with birth anniversary of Jesus Christ. Birth of Jesus Christ had already been predicted that a man on earth would be born who would grow up to be an influential king and his kingdom would have no limits and he would be savior of the world the painter and will be the right guide. After this when Jesus Christ was born in a cowshed from womb of mother Mary in Bethlehem in Israel his prophecy came true. After which his birthday was celebrated as Christmas festival. Christmas feast is especially associated with After China suddenly opened its doors widely to the SARS-CoV-2 virus, a flood of Covid cases and deaths are being reported by global media, even though official counts from that country are low. While all reports need verification, there is little doubt that China has many vulnerable people who were unexposed to the virus earlier or had not been fully vaccinated. Low vaccination rates among the elderly in China are of particular concern. Taking cognisance of rising case counts in China, Japan, South Korea and the US, GoI has issued new advisories. Rise in Covid cases in China, Japan, US and parts of western Europe hospitalisation has also increased in these places prompted the Centre to put state governments on alert. While the China surge can be understood as an outcome of the withdrawal of its flawed zero-Covid strategy, the worry is that different sub variants appear to be driving the surge in different countries. In Beijing, the BF.7 sub variant is dominating infections while in US the BQ.1 and BQ.1.1 sub variants accounted for 70% of cases. Covid infections continue to remain flat in India but partly this could also be due to reduced testing. Daily testing now is in the range of 1 lakh tests against 2-3 lakh tests per day in November. With home testing kits also available, it will be difficult to get early warning of an uptick in India unless states get back into testing mode and send as many positive samples as possible to Inacom labs for genome sequencing. Rise in OPD consultations and hospitalisations could also offer clues. While NTAGI has assured that hybrid immunity from vaccination and natural infection will stand the Indian populace in good stead, it is definitely a worry that the Indian vaccination programme has lost steam since the receding of the third wave earlier this year. Though

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Mild illness seems low. India must also similarly prod its vaccine companies to keep updating their vaccines and provide requisite funds for the purpose. The Centre has advised people to mask up in crowded areas, a sign that mask mandates could return if cases rise. Poor masking was the reason the Delta and Omicron waves swamped us so fast. Meanwhile, GoI must incentivise booster dose production and start another campaign promoting the third shot. As a wave of infections sweep China, some of the patterns are familiar. Multiple media reports said that Chinese were stocking up on basic medicines, leading to shortages. This was corroborated by an announcement that China will speed up imports of relevant medicines. Given both the scale of China population and the criticality of their pharmaceutical industry in the supply chain, the impact has been felt in India. The prices of key active pharmaceutical ingredients (APIs), which are the essential ingredients in making medicines, have increased recently by 12-25%. India had both the technical know-how and manufacturing facilities to make many key APIs. However, over the last few years, China superior cost competitiveness undermined India domestic capability. In 2018-19, APIs and key starting materials used in their production made up 63% of total pharma imports. Consequently, following the outbreak of Covid, GoI introduced a PLI scheme in July 2020 to encourage domestic manufacture of a target group of 41 products, including aspirin and penicillin. Till August, GoI data showed that 51 companies had received approval under this PLI scheme to begin new plants to make APIs. However, only about 25-30% of the companies have begun manufacturing. PLI today is the flagship manufacturing scheme of GoI. Both in terms of public messaging and budgetary support it been prioritised. Despite its importance and the public health emergency India experienced, the pace of rollout leaves a lot to be desired. It hard to justify the lag in execution. Unlike semiconductors, it an area where Indian industry has a track record. The lag also points to larger challenges if India has to capitalise on the move towards relocating supply chains out of China. Cost matters here and slow progress adds to it. We need to move faster. Hark the pricey Front Page sings Ad-ver-tising deluxe things. Soaring price, cash payment mu-ust. Buyers scalped, and ground to dust. Marble lobby, golf course lu-ush Potties with Italian flush. Villas, pools and towers so h-high FOMO says that you must buy! Hark the herald adverts sting, Glory to the lure of bling!! Jungle bells, jungle bells, Cheetahs all the way Oh what fun it is to find A Kuno full of prey. LIIlunch! Stalking through the grass On stealthy paws so light. Oh what a roar it is to bring A chital down tonight! Crrrrunch! Jangled nerves, jangled nerves! I-G such a fright Oh what a pain it is to take A flight from there tonight. Hey! You better be good, You better not try To flunk your grammar Coz I am telling you why. Santa Clause is com-ing to town! Better dot your i, And cross your, Know where to put apostrophes. Coz Santa Clause is com-ing to town! He knows you re bad at pronouns. He kno

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Young boy who had come to him to study Vedanta has led many to presume that the Swami meant football can teach more than the study of the Bhagwad Gita. Swamiji was actually talking of the need to be bodily strong even to pursue spiritual education. In his memoir, What I Talk About When I Talk About Running, Japanese writer Haruki Murakami too says that he took to running to develop the tenacity and resilience needed for long hours of writing. In the process, Murakami became a prolific marathoner too. It is this need for physical resilience and strength that Swami Vivekananda was talking about. Spiritual study is like a marathon. It is like a FIFA World Cup. A series of them. One needs a high level of body fitness and mental balance to reach the goal. The 2022 FIFA World Cup in Qatar mirrored the Bhagwad Gita in many ways. Victory and defeat, hope and despair, happiness and sorrow, selflessness, devotion, karma and jnana, the great universality of mankind all was on display on the field. Inspiring captains like Lionel Messi of Argentina and Luka Modric of Croatia exemplify Gita shlok 3:21: Whatever a great person does, that other people also do, imitate; whatever they establish as the standard, that other people follow. Rising high on scoring goals, sinking low on giving them away, teams swayed to the cadence of the great dvandva, duality, of life. Kylian Mbappe unrelenting remorse after losing the final was in stark contrast to Lionel Messi all-accepting smile when Mbappe scored 2 goals in 97 seconds to level the score at a time when Argentina was quite sure to win. Messi was a picture of equanimity even as his dream of winning the World Cup was being tossed about on the unpredictable waves of change. Krishn says in verse 2:38: Having made pleasure and pain, gain and loss, victory and defeat the same, engage in battle for the sake of battle; thus you shall not incur sin. The advice is clear. It is equanimity that ensures success. Equanimity in the face of all situations is the secret method of keeping the mind ever open and ever ready to take the right action. In the Gita shlok 2:48, Krishn advises: Perform action O Dhananjay, abandoning attachment, being steadfast in yoga and balanced in success and failure. Evenness of mind is called yoga. No game is played to lose. Krishn is simply driving home that it is the more equanimous and the more balanced ones who win the day. Equanimity is not possible when the mind gets clouded by duality. This duality of vision seeing victory and defeat, happiness and sorrow, faith and doubt at the same time shatters the single pointedness of vision needed to ensure success. And then, when it comes to the crunch of deciding the winner through penalty-kicks, like it did in the hard-fought final between Argentina and France, it is the calmer, more balanced minds that zero in on the goal and take home the trophy. To Kylian Mbappe and the French team one can quote the famous Gita verse 2:47: Your right is to your work only and never to its fruits; let not the fruit of action be your motive, nor let your attachment be to inaction. The village is the pillar of India. Annie Besant famous saying, The destruction of Indi

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Consider the welfare of the farmers or invest in rural infrastructure. The Indian government firmly believes that the nation economic growth is heavily reliant on how well rural areas are doing and how well the rural masses are doing. The government is making special efforts to foster an entrepreneurial culture in rural India. The government not only encourages the agricultural sector but also promotes non agricultural sectors. For instance, the Ministry of Rural Development is implementing the Startup Village Entrepreneurship Programmed (SVEP) as a sub scheme under the Deendayal Antyodaya Yojana National Rural Livelihoods Mission (DAY NRLM) with the objective of helping the rural poor to set up enterprises at the village level in non agricultural sectors. There is a need to understand social entrepreneurship and business in rural areas, focusing on how social entrepreneurship influences both local economic development and the development of human potential. Rural social entrepreneurship is built on fostering native talent for entrepreneurship and the ensuing expansion of indigenous businesses. It sees opportunities in rural areas and combines a distinctive combination of resources from both within and outside of agriculture. By developing new means of production, new markets, new goods, and job possibilities, rural entrepreneurship adds economic value to the rural sector and ensures ongoing rural development. Rural social entrepreneurship refers to the emergence of entrepreneurship in rural areas that harnesses invention and creativity, produces low cost manufactured goods, promotes exports, and employs millions of peasants, all of whom contribute to Sustainable Economic Development. The physical, social, and economic environments are the three environmental areas in which difficulties arise. Weak infrastructures, restricted financial access, a lack of networks, and the ongoing movement of the rural population are the key rural problems that entrepreneurs must overcome to build a successful firm. Along with their difficulties, rural areas can present opportunities and possible competitive advantages for rural business owners. Their primary area of innovation related competitive advantage should be rural. Serving society while also making a profit is the direct and main goal of rural social entrepreneurship. Since most entrepreneurs are only in the industry to make money, rural social entrepreneurship differs from economic entrepreneurship in that its primary goal is to provide creative solutions to address societal issues rather than to make money. The government motivates the youth to focus on research and identify the critical areas to be explored by social entrepreneurs in India rural development. The Indian government has been taking continuous initiatives to promote social innovation, social entrepreneurship, and social enterprises, but much more needs to be done through the active participation of the country citizens. A rural social enterprise is a participant in the social economy whose primary goal is to benefit society rather than its owners or shareholders. A youth NGO has been working within Rajasthan. It works with crucial actor

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Years to gas-powered cars and 100 more to the space shuttle. Hundreds died in discovering these steps forward. Now imagine the wheel being able to learn from varied sources, travels, observing birds etc. then remember and not repeat its mistakes, and evolve. Add ever improving computational skills. This Smart Wheel will reach the space shuttle stage in a fraction of the time. This is Generative Artificial Intelligence Gen AI. It is already here and represents a once in centuries opportunity for India. Gen operates through deep learning and self-directed knowledge searches in very large and disparate data universes. This learning is used to autonomously solve highly complex problems. Unlike automation where humans delegate tasks, Gen creates its own, ever-expanding work sphere. Five properties differentiate Gen from past technological leaps. The structure and economics of entire industries will transform, affecting sectors as diverse as Financial Services, Entertainment, Health, Agriculture and even Environmental Protection. For the first time in history, white collar roles will be replaced. Functionally, the General effect will be seen in three big areas. Customer service can take-over almost the entire primary interaction being seen with chat bots for starters. Research, Innovation and Creativity the ability to pull patterns out of hitherto unconnected datasets and birth new ideas will lead to more Eureka moments and reduce the drag of repeated mistakes. Production and Process Optimisation creating brand new patterns of production that break the mold of existing practices. The recent cancellation of software contracts to our IT majors is a canary in the coalmine about the imminent existential threat. The financial impact is enormous. McKinsey estimates that Gen can add up to $4 trillion annually to the global economy. Likely an underestimate, it is expected to add $1.5 trillion by 2030 to India GDP. Naturally, investments are flowing in. The US government invested $1.7 billion into the field as part of its non-defense investment, and another $1.1 billion as part of its non-classified defence budget in 2022. Private investment has been higher. Between 2013-2022, investment grew nearly 20 times. In 2023, investment in Gen and related areas was about $27 billion with $18 billion coming from Amazon, Microsoft and Google. India is at a crossroad. There is a path of inaction leading to results paralleling the Industrial Revolution. Then, some countries invested in industrial technology and gained a huge advantage over those that did. The result is colonisation of Asia and Africa and the exploitative colonial pattern of trade. Those that do not invest will become the new exploited colonies. The more attractive path parallels the discovery of oil by Arab countries. Arab countries have been a dominant voice in the global economy based on their control of crude, and having a major share of Gen will have a similar power. Global dominance in Gen needs large datasets to help train, trained manpower for research and product creation, and capital. Serendipitously, India has two data and people, and crude offers a way to solve for capital. First, India has

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If we harness our human and data reserves, the universal need for Gen products India, applications will pull capital in. India was once the centre of global production textiles, hand-tools. Then industrialization killed our advantage. Gen offers an opportunity to recapture our place in the global economy, and for longer. These columns have long supported the idea of a Uniform Civil Code, as a path to further both secularism and gender equality. But the bill tabled in the Uttarakhand assembly this week undermines both these goals. Society does stand still. The meaning of right or wrong, just or unjust, even traditional or modern, keeps shifting in new directions. Consider that most enduring stratification, patriarchy. Its look has been changing decade by decade, let alone century by century. Male domination could hardly remain impervious to young Indian women literacy rising from 40% to 96% since 1981. A society undergoing such momentous changes wears out older laws at an express pace. Like India new criminal law codes, this is the most welcome quality of the Uttarakhand UCC bill. To meet the needs of society as they are, rather than as they were. But such legislations need revision wherever they suffer tone deafness. Particularly to young people thinking, living, doing. A lot of this dissonance is centred around assertions of individuality. Marriage is seen as being in service of family, live-in relationships are not. Why does the Uttarakhand govt feel the need to properly justify its plan to aggressively track live-in relationships, even though this is unprecedented? Because it is assumed that all parents will tacitly consent and clap. Lawmakers and judges are often only loyal to their parents generations. Their jobs require them to be much more open. Young people are pulling away from past scripts to write uncharted stories. Old headed institutions are made anxious by this confident adventurism. But while greybeards entrenched power can inflict setback after setback on young guns, there is no stopping this tide. They will keep pursuing legalisation of gay marriage, criminalisation of marital rape, surrogacy rights for singletons, mandatory paternal leave, unsurveilled live-in relationships. Yes, the young lack the political heft of usual identity-based mobilisations. Yes, they don threaten other people life or property. They only challenge worldviews. Like income taxpayers, 3% of whom contribute to 48% of total collection, they have no vote-value. And yet, disregarding young people voices is a giant socioeconomic self-goal. How will young people chained up by past social mores, individual desires bent to bygone codes, live up to their potential? That is why it is in urgent national interest that lawmakers be guided by what the Supreme Court said in its landmark Right to Privacy judgement. State should not intrude upon a citizen personal liberty. In fact, protection of liberty is one of the state key remnants. State is Papa. In any case, Papa does know best. Those fearful of change should crush those pushing it. Bill to prevent exam cheating tackles supply side. Key question: why there is a huge demand for cheating. Students who spend years

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That is necessary but not sufficient. Demand measures Students are absent from bill provisions. They are buyers of dodgy services that lead to exam malpractice. It is likely that anti-cheating law sidesteps addressing demand issues because core problems are beyond its scope. Craze for govt jobs ASER 2023 survey of rural students threw up insightful results about their aspirations. Most popular choices among boys were army and police posts. Police was a popular choice amongst girls too. ASER survey showed that underlying virtually all responses were students assumption that good jobs are only to be found in govt institutions. Quality matters But govt jobs are a small fraction of total jobs. But student responses showed they are preferred because they offer job security and pension, and command octal respect. This feeds into a huge coaching ecosystem and eventually creates demand for clearing exams and for means to cheat exam systems. So, this bill may deter cheating to an extent but it is unlikely to really dent it. What students need are better quality jobs. Forbes reports that 50 of consumers who had a great brand experience said they would post about it on social media. In marketing, it is crucial to actively prioritise experiences. For instance, a single positive brand experience can increase a customer loyalty and propensity to enthusiastically recommend the company to others. Also, according to 93% of customers, live events have a bigger impact on them than TV advertisements. Consumers are more likely to support a brand when they have personal experiences with it and have the chance to learn more about it, its values, and the people who created it. What Is Experiential Marketing? Through creative and engaging branded events, experiential marketing is a cutting-edge marketing method that engages the target audience. These interactions go beyond simple product sales to help consumers identify with businesses. Customers stick with a brand not just because they are happy with the products, but also because they have a special bond with it and its message. Experiential marketing increases brand awareness through activities, pop-ups, installations, and events that are all highly shareable on social media. How Experiential Marketing Builds Brand Loyalty It creates an authentic experience Authentic brand connections with customers generate a lasting impact. But what precisely is authenticity? According to Merriam-Webster, being authentic is staying loyal to one own character, spirit, or personality. How does this apply in the worlds of business and marketing? When a business develops its brand, it takes into account every facet of its personality. We are all multifaceted individuals, and a brand should be no different. Being authentic as a brand entails conducting business while remaining loyal to the organisation mission, spirit, and personality. It entails putting words and values into practice; the principle of walking the talk. Since authenticity fosters trust, it encourages brand loyalty. Since authenticity fosters trust, it encourages brand loyalty. And trust creates a connection between consumers and brands. Through genuine interactions t

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And reinvestment. Media attention and digital outreach remain underutilized. Though government plans have included social media campaigns and influencer engagement to build Brand Bihar, implementation is uneven and fragmented. A cohesive online presence user-friendly websites in multiple languages, interactive itineraries, virtual tours, and responsive social channels can broaden reach at relatively low cost. Coupling this with local storytelling highlighting untold histories, community experiences, and niche attractions can differentiate Bihar in a crowded tourism market. Walk the walk has become a popular trope, meaning practise what you preach. But walking the walk has other, more consequential meanings. In the Australian Aboriginal community the walkabout is a traditional rite of passage, a coming of age from youth to adulthood, which requires the adolescent male to go alone into the bleak desolation of the Outback following the engines, the trails in the bush left by generations of his forebears. More than a trial of physical and mental endurance, the walkabout is the initiation of an individual seeking a sense of oneness with the land of his ancestral legacy, a holy communion linking a single consciousness with the universal. In contemporary investment idiom Random Walk Theory refers to the principle of unpredictability that underlies the rise and fall of stock markets. An often used analogy for this is that of an inebriate who wanders aimlessly about and ends up not knowing where he is. Stock market analysis apart, Random Walk Theory is used in a number of disciplines, from the sociology of group behaviour to devising military strategy. However, as cognitive scientist Alexandra Horowitz shows us in her delightful book, On Looking: Eleven Walks with Expert Eyes, we don t have to venture into the Australian wilderness, or be a market analyst, or military strategist, to learn new ways to walk the walk. Horowitz begins her walkabout of discovery by noting how our ability of mental concentration, of focusing and harnessing our minds to immediate tasks, enables us to get on in the practical, workaday world. But this laser-like concentration also blinkers us and narrows our field of outer and inner vision. By the act of reading, you are marshalling your attention to these words you are ignoring the vast majority of what is happening around you the events unfolding in your body, in the distance, and right in front of you. So, while concentrating on reading, or anything else, is essential for us to get on with everyday living, it also makes us literally lose sight of a world unseen and unlived. Horowitz explores this unlived world by taking eleven walks of the same block of her native New York City with eleven different companions, ranging from Pumpernickel, her curly-haired, sage, mixed breed canine buddy, to an artist, a geologist, and other Experts, each with a different way of seeing the same things. Minor clashes between my dog preferences as to where and how a walk should proceed and my own indicated that I was experiencing an entirely different block than my dog I had become a sleeper on the sidewalk what my dog showed me was that my att

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The next time you go for a customary stroll, make it uncustomary by taking along a walking companion, with two legs or four. Who knows what new world, or worlds, you might find yourself in? In the age of elfin, we are becoming a society's focused mostly on ourselves. Everyone lives in their own small world and on their mobile. People smile in photos and project a different image in videos and reels on social media. We often care more about success and image than our real feelings and this keeps the cycle of stress and sadness going. So the relevance of Guru Dutt films grows even more significant. Guru Dutt films delved into the depths of pathos like no other. His characters compel us to embrace our emotions. As a filmmaker he gives dimensions to failure and breathes life into heartbreak. Guru Dutt films explored the depths of human emotion like no other. With the magical influence of cinematographer VK Murthy, they were elevated to poetic artistry. Whether it was the renunciation of worldly attachments in Pyaasa, or the personal grief and contemplation on the tragic existence of Chhoti bahu in Sahib Bibi aur Ghulam, or the encounter with the unpredictability of life, judged solely by power and material wealth in Kaagaz Ke Phool, each story offered a distinct viewpoint, and every sorrow was palpable and poignant. The genius of each of his films resides in the fact that the intricacy of emotions is expressed through stark simplicity in dialogue, employing very few words. Nonetheless, the cinematography that captures the pain and the importance of the moments within the films urges the audience to empathize with the protagonist suffering. The starkness present in the frames shocks the audience, remaining both poetic and unforgettable. His themes were far ahead of his time. Guru Dutt delved into the solitude of the artist, the harshness of a materialistic society, and the emotional vulnerability of humanity. His brilliance is evident not only in the films he created but also in his ability to elevate cinema into a profound, poetic, and emotionally impactful art form. What distinguishes Guru Dutt is his distinctive visual approach. His manipulation of light and shadow particularly in masterpieces such as Pyaasa and Kaagaz Ke Phool was ground-breaking for Indian cinema. These films transcended mere storytelling; they embodied visual poetry. A few words about Kaagaz Ke Phool are necessary. The film is often seen as quasi-autobiographical, reflecting Dutt own experiences as a filmmaker dealing with an unhappy marriage, a complex relationship with his muse and a profound sense of loneliness and despair. It is a story about a film director whose fame is now fading. His past success and present pain are shown side by side. In the end, he returns to the studio his true place. This non-linear story takes the audience on a deep and emotional journey. As we move between his past and present, we feel his pain more strongly. We know these are flashbacks, and that makes them even more touching. This theme of a director downfall, isolation, and inability to find comfort in fame or relationships directly resonates with Dutt own feelings of emptiness and depressi

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The roles of businesses in rural regions don stop there, though, and since most of the labor force continues to be villagers, it important to maintain a standard of living for them. This could involve creating social infrastructure and offering workers respectable pay and benefits. Many of the villages most urgent issues, including rural poverty, the high unemployment rate of the rural people, diminishing quality of life, and depopulation of rural areas, can be promptly resolved by taking entrepreneurial initiatives. The expansion of rural businesses is directly tied to the increase in business activity and income of the rural population. The key social indicator will be the increase in per capita income; reserves for the development of this part of the village should be sought among the populace; these indicators include knowledge of people, skills, health, and demography. Again, though, none of this is conceivable without sound social infrastructure development. By redesigning and re engineering business models and value chains, creating new clusters and networks, or forming new relationships or collaborations between public, private, and third sector organisations, social enterprises frequently develop and run new solutions to societal challenges. They also play a crucial role in driving social innovations. Rural social entrepreneurs must understand that the extended reproduction of social, human, and labor potential and its qualitative development are among the most critical issues at the current stage of village development. The goal of rural social entrepreneurship should be to effectively address this issue. As a result, it should be underlined that active support for the growth of social activities requires an understanding of opportunities and a high level of social responsibility. Rural social entrepreneurship also plays a significant role in achieving the five pledges, or Paanch Pran for While the comments of Bilawal Bhutto Zardari against PM Modi at the UNSC briefing on the counterterrorism were certainly new low even for Pakistan, it was not totally surprising given the fact that Pakistan is a prisoner of the anti-Indian mindset since Partition and anti-Indian sentiments are on the increase both because of domestic factors and external encouragement. Though Pakistan keeps on striving to have a separate identity, it remains bogged down in the anti-India vortex. It keeps on struggling to subsume its own disparate ethnicities in a shared and passionate adherence of Islam but the differences remain irreconcilable. Pakistan has declared several ethnic groups as non-Islamic. Even others are looked down upon by the Punjabi Sunni Muslims. Shia Sunni divide has witnessed several violent incidents. Mujahirs are treated as second rate citizens. Governors have been assassinated on grounds of blasphemy. The Pak Establishment uses Islamic religion not only to unite different ethnic groups but also as an instrument to gain access to the finances of the West Asia. Gen. Zia had no qualms in radicalising the Pak Army because of this factor. Radical Islam is used as an instrument to sponsor terrorism against India. Since Partition, India and Pakist

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Given primacy to the Pak Army in the nation polity. It is rightly stated that the Pakistan Army has a nation and not that the nation has an army. The 1971 War with the creation of Bangladesh is unpalatable to the Pakistanis and they hold India responsible for its break up. Since then, the Pak leaders keep on harping for taking revenge. The Pak Army and ISI keeps on planning to break up India. It creates problems not only in Kashmir but also in Punjab. The K 2 (Kashmir and Khalistan) plan was hatched by them under Gen Zia and efforts in this direction still continue. The abrogation of Article 370 added another issue. The political leaders of all parties have assured the public in Pakistan that the resumption of any dialogue with India will be contingent upon policy reversals by India concerning the autonomy of Kashmir. To go back on that promise without extracting concessions or assurances on Kashmir legal status would be seen as an unacceptable compromise. Since this is not happening, their frustration results in spewing venom against the Indian leadership. The anti-Indian rhetoric becomes shriller and louder with the increasing domestic problems within Pakistan. Political radical leaders and the Pak Army continue to project India as an enemy. The Pak Army, which determines policy towards India, also uses these sentiments to justify their approach and to strengthen its hold on the Pak governance system. India remains at the center in the Pakistani politics. Imran Khan has accused Shehbaz for secretly trying to improve relations with India, keeping their business interests in mind. Hence, the necessity for Shehbaz government to project their hostility towards India. The Pak Army has interests in projecting India as an enemy. Given the fact that the domestic population is fed on anti-India sentiments, it helps the Pak Amy to have control over the governance. All political parties radical groups as also the Pak Army encourage hatred towards India. That Gen. Bajwa wanted to have peace with India should be taken with a grain of salt. It was during his tenure that the Pulwama attack took place. The possession of nuclear weapons has not impacted on the Pak Establishment approach towards India. The Kargil conflict amply proves it. Pakistan sees the nuclear overhang as a shield behind which it could not only continue cross border terrorism but also escalate its attacks to progressively higher levels, though full scale wars are unlikely to take place. In view of the foregoing, it was not surprising to see that soon after Gen. Asim Munir took over as Pak Army Chief, he visited PoK and said that if his country was attacked, the Pakistani armed forces will not only defend every inch of our motherland, but to take the fight back to the enemy. Similarly, when India offered to help Pakistan during the floods and there were suggestions to resume diplomatic dialogue, Pak PM Shehbaz publicly ruled out any such initiative on account of the Indian policies in the disputed region of Kashmir. Interestingly, there was no proposal for resumption of the dialogue process. He only wanted to make a point before the domestic population. India has made it clear that unless

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Instigated terrorism. This violence has emanated from their Special Terrorist Zones and exported to all parts of the world. Make in Pakistan terrorism has to stop. Minister of State for External Affairs Meenakshi Lekhi aptly pointed out that Pakistan record as a terror sponsor had led to its inclusion in the grey list of the Financial Action Task Force (FATF). Unless Pakistan does away with its policy of using terrorism as an instrument of the state against India, any improvement in relationship is not possible. While India is trying to put diplomatic pressure on Pakistan to stop sponsoring terrorism and discussing at various forums, Pakistan has so far not shown any inclination towards it. Pakistan is encouraged to continue its nefarious activities as it is getting support from foreign countries. It gets help from China, which keeps on blocking the UNSC action against the designated terrorists. China also provides weapons and financial assistance. Saudi Arabia is reported to be providing multibillion dollar financial support to Pakistan. Joint Pak China efforts are to involve Turkey in the CPEC that would help Pakistan to meet its debt obligations and would help in changing the status of PoK. The US has also recently provided Pakistan with a $450 million package for what Pentagon termed as F 16 Case for sustainment and related equipment. This attracted a remark from the Indian Foreign Minister that US was not fooling anyone by saying that the support for Pakistan Air Force F 16s was meant for counterterrorism. However, the US considers that this serves its strategic interests and therefore it continues to provide financial assistance to Pakistan. Therefore, Pak economic troubles do not come in the way of supporting cross border terrorism. Any hope of a change in the Pak policy of sponsoring terrorism is unlikely to take place in near future. Pakistan hostility along with its asymmetrical strategies are imposing significant constraints on India. This demands counter constraint strategies by India to change the strategic calculus in Pakistan. For this, India needs to develop effective leverages against Pakistan to bring an end to its sinister activities. This is the only option India has under the present circumstances. Not much can be expected from the International Community as different segments have different interests. The concept of good and bad terrorists does not allow any unified approach. We are inching towards the end of the biggest football event in the world the FIFA Football World Cup. Hosted by Qatar this year, more than 2.45 million people attended the first 48 matches, according to data shared by FIFA. It interesting to note that of the 1.8 million tickets sold in the first two phases, more than 23,500 were purchased by Indian football enthusiasts. This is a telling fact about India growing craze and appetite for the game, which has in recent years been whetted by access to top quality action from Europe best leagues and the growth of the sport domestically. However, despite the increasing interest, the performance and ranking of the national teams have a long way to go, with India still far from going toe to toe against the b

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Sridevi-putri Janhvi Kapoor spirited performance in the freezing thriller Mili has taken the critics by surprise to see her come out on her individual performance in the Malayalam remake of the National Award-winning film Helen (2019) and make her mark with the film. Janhvi of course takes her acting genes from her illustrious mother Sridevi who is hailed as the first female megastar of Indian cinema. When Janhvi debuted with Dharma Production Dhadak (2018) shortly after her mother sudden demise, the country was sympathetic to Janhvi debut and looked forward to the film in homage to Sridevi and with an inquisitiveness to see her daughter launched into the film industry, where her mother worked for 50 years in 300 films across 5 languages. Each press conference and public appearance dogged Janhvi with questions about Sridevi and the vacuum she had left behind not only in the country but also in the Kapoor family. Dhadak also called for mighty comparisons with her mother while Janhvi had to put it across through various interviews that people must not compare her to her mother and look at her individually with even her father and Sridevi husband Boney Kapoor appealing to people to look at Janhvi beyond Sridevi. After all, life could be cruel for the daughter of Sridevi and a son of an Amitabh Bachchan as comparisons with their mighty parents who strode the film industry like a colossal for decades could be a humongous burden. Masses often remark them as ridevi ki beti or Amitabh ka beta. It took years for Abhishek Bachchan to come out on his own, while Janhvi treads a cautious path forward as a performing actress. Amidst the path she took post her debut; Janhvi had to battle years of the nepotism debate (though not as severe as others had to endure) as not only Sridevi but also as popular cross-over producer Boney Kapoor daughter. Janhvi knew the opportunity as a tarkid she had got could not be taken for granted and had a huge responsibility to establish her in the film industry while making her parents proud. Before last week release Mili, which saw Janhvi in her father Boney Kapoor production, Janhvi has essayed strong female characters since her debut film. Her role in Gunjan Saxena-the Kargil Girl drew wide acclaim for her performance as an Indian Air Force combat pilot during the state of war. Her chilling portrayal in the role of Sameera, a nurse in the Netflix film Ghost Stories left an indelible mark in minds of the audiences with her first double role in comedy-horror Roohi. She has carefully chosen women-oriented roles rather than glamorous ones in movies with dominating heroes. Though Mili has crashed at the box office (like most Hindi films post-Covid-19), there is a beating heart to her performance and her honesty to portray the titular role of a struggling woman stuck in a freezer. To singularly command an 80% occupancy in a suburban theatre on a Saturday night, for a new-generation actress is a feat in a challenging time for Hindi cinema. While Janhvi will remain Sridevi daughter, and though it is some way ahead for Janhvi to sharpen her acting skills, she seems to be in the right direction with honest and earnest performances. T

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Its national and international scope. Identities have been crucial for individuals to survive well socially, and for states and cultures to become worthy of emulation in a given time and context. Beyond that identities are of limited use and certainly timeless in character. Rather, the greatest of empires, let alone philosophies, saints and sects have often belonged to those who overcame their inhibitions of identity. There is no reason to presume that the Shaivite Raja raja was bound by the identity of his time or tried to bind others, either as a king or a devotee. The king that he was The thirty years before Raja raja ascension to the throne were a period of great uncertainty for the Cholas. It was during Raja raja nearly thirty years rule from 985 CE to 1014 CE that the Chola kingdom was back in vogue as the most powerful south Indian kingdom. The reign of Raja raja I and his son Rajendra I brought political unity to the whole of southern India at a time when northern India was reeling under repeated Islamic inroads, notes K a Nilakanta Sastri in his 1958 book, A History of South India. Raja laid the ground of Chola dominance across the Indian Ocean all the way up to Lakshadweep, Maldives and Southeast Asia, and brought glory to one of the longest ruling dynasties helping its continuity for almost 250 years after him. On the military front, Raja formidable army and navy also ruled the roost in Kerala, Kalong, Karnataka and Sri Lanka by pushing back the Cheraw, Pandas, and Sinhala, among others. Raja the ruler The great emperor is also remembered for streamlining the administrative, revenue collection and irrigation system through systematic land surveys and reorganisation of the kingdom into governable units. He is also known for creating an effective audit system and strengthening local self-government by giving autonomy to village assemblies and public bodies. Raja the individual Born Arulmozhi Varman, Raja raja-I, literally the King of Kings, adopted the title on his ascension to the Chola throne in 985 CE. Although, as a prince, Arulmozhi had gained a name for himself, courtesy battlefield successes against Sinhala and Pandya army. Raja was a king with many wives and had at least one son and three daughters. Although, in the family, he was deeply influenced by his elder sister and did not hesitate in seeking a good advice on matters of state. Another evidence of his wily traits happens to be the marriage of one of his daughters to a Chalukya prince. Raja the devotee king The Shaivite Raja relationship with the predominant faiths was regal. He encouraged Buddhism, supported Shaivism and facilitated construction of Buddha Shrine at Nagapattinam and Buddhist monastery at Anairnangalam village. Possibly Raja most timeless contribution happens to be the magnificent South Indian architectural gem the Shiva temple of Brihadeeswara in Thanjavur. N Vanamamalai wrote in the journal Social Scientist in 1974 that Raja built Brihadeeswara to commemorate his victories in battle, proclaim the greatness of the Chola dynasty and to dazzle the subjects of the empire with the magnificent edifice. Sastri terms the era of Raja and his son as the silver ag

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Medium will ensure that it is seen worldwide by people across languages, geographies, and cultures. It will not only enhance the appeal of Tamil language, history, and culture, it will also bring adulation for India and increase our soft power. It is a pity for award-winning filmmakers and politicians to get into an identity argument after such endeavors. This is belittling the phenomenal accomplishment of telling the historical-fictional story of a great king who ruled a thousand years ago and influenced lands and cultures beyond his shores. For decades, Srinagar cinemas were dead, remembered only in the laments of a lost yesterday. Now, a silver jubilee of years since the first multiplex arrived in Delhi in 1997, Kashmir city of beauty and anguish too is home to one. The development two cinemas also opened in south Kashmir Shopping and Pulwama districts recently is a constructive move even though it comes with its share of security challenges. Kashmir is forced out of cinema theatres in 1990. Extremists enforcing a conservative version of Islam ordered them shut. In 1999, three cinemas Broadway, Neola and Regal dared to reopen. But on the first day of Regal reopening, grenades were tossed at viewers coming out of the hall. One person died. The message had been delivered. The theatres morphed into paramilitary barracks, malls, hospitals and ruins. Rocky, the protagonist of the new Kannada film K.G.F: Chapter 2 is described by admirers as a storm, a deluge and god. He, however, introduces himself in one scene as the CEO of India. At any other moment in time, this title would have been just another instance of bombast in men-centric commercial Indian cinema. In 2022 though, Rocky words not only signal his ambitions, they could well be interpreted as a bugle call from southern Indian filmmakers who have, in recent months, mounted an unprecedented challenge to the Hindi film industry long-running hegemony. Over the past decade, the media and entertainment industry has undergone a revolution. The demand for streaming media skyrocketed with the proliferation of smart phones and the accessibility to the internet. The OTT wave gave it further momentum by offering on-demand content, based on individual preferences. Evolving technologies, consumer preferences, and even external factors like the onset of the Covid-19 pandemic impacted the streaming wave, making it the most preferred medium of content consumption for viewers across the country. While there were only two OTT providers in 2012, today there are over 40. Boston Consulting Group predicts that the OTT content market is at an inflection point in India, likely to reach $ 5bn in size by 2023. Connected TVs, often referred to as a smart TV, are becoming increasingly popular. As per the India CTV Report 2021 Mapping Connected TV (CTV) Viewership in India and the Opportunities for Brands report, 78 percent of respondents own a smart TV and 93 percent of this smart TV users access internet-based content. This reflects a growing trend of viewers discarding their traditional cable and satellite subscriptions in favor of subscriptions to streaming or VOD formats. While everything has changed about broa

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Technologies, licensing fees, delivery mechanisms and more make traditional broadcasting hardware-dependent and capital-intensive. For a very long time, the process of broadcasting remained unchanged, with no significant innovations in operational workflows or systems. Viewership was predictable and advertising revenues flowed in, helping broadcasters generate revenue. The internet brought about a change in this behavior, impacting the business model of the industry. From consuming content on a common family television set, viewers started using personal viewing devices. The internet reached the far corners of rural areas. Young consumers across the country viewed videos while commuting or traveling. To serve these new consumer preferences, new models were pioneered by the likes of YouTube and Netflix. Today consumers are cancelling TV subscriptions and showing higher preference for streaming TV in favor of personalized content and on-the-go culture. The traditional model was one too many a fixed technology providing a fixed set of content that viewers consumed. But OTT changed the game, placing viewers in the driver seat and giving them the power to shift gears as and when they want. Viewers can now choose what they want to watch, any time they want to watch it. The media and entertainment industry has been built around the audience, and the fragmentation of consumer behavior needs new business and technology models. Broadcasters need to adopt an operating model that helps them effectively cater to consumer demands, rather than the traditional cape model, which is limited and inflexible in scope and scale. New consumer behaviors are unpredictable. The operating model needs technology that can provide the type of infrastructure that mirrors the new consumption patterns. The case for migrating to the cloud The broadcasting business is all about storytelling; whoever can tell the best story has the best chance of succeeding. Moving to an operating model with streaming technology simplifies the entire environment, allowing the focus to be on content. Earlier, there were many dependencies broadcasters not only had to tell the best story, but they had to have the cape to invest in satellite and cable technology that gave them access to consumers. With OTT platforms, the cost of broadcasting has reduced, with fewer entry barriers. So, the only thing that matters is the ability to tell a great story. Traditional broadcasters have an edge here they have been understanding audiences and telling stories for a very long time. When moving from an on-perm to a virtual operational model, many broadcasters are faced with the question how do I create a digital infrastructure that will help me keep pace with fast-changing consumer trends? As with all digital transformation, the answer is cloud computing. Cloud offers the perfect model for OTT providers, allowing streaming media services to scale up or down on demand, only paying for what they use. Netflix started their journey to the cloud in 2008, after a major database corruption meant that they could not ship DVDs to their members. When they completed the migration, they had eight times as many streaming m

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Reaching a podium finish on the global stage seven medals including Neural Chopra ground breaking gold at the Tokyo Olympics 2020, 22 golds at Commonwealth Games 2022, plus more in badminton, hockey, boxing etc. We can manifest this for football too if we start making long term commitments to its development. It will be worthwhile. Let Aim for The World Cup Football is known as the beautiful game a game that has, for decades, brought the world together through the grandeur of its spectacle and experience. Legions of fans sit glued to their screens or in packed stadiums as their favorite teams fight for the ball, score goals by the skin of their teeth, and deliver nail biting finishes. India has the potential to be part of this story and legacy. There a growing fan base and love for the sport in India. A research conducted earlier this year by FC Goa revealed that there are 160 million football enthusiasts in India. That more than 10% of our population! If we can harness this love and hunger for the game in the right direction and put in resources at the grassroots level, we could have India participating in a FIFA World Cup in the future. The right place to start this journey is with children. Sports for a Healthier and Happier World We need to give every child in India a chance to play. Inspiring them to take up sports such as football can lead to their holistic development across physical, mental, financial, and social dimensions. There are multiple benefits of playing sports: In addition, sports are all about participation and inclusion. It has the power of binding people of different ethnicities, abilities, and economic standing together to achieve a common goal. By enhancing the wellbeing of children who are our future sports eventually lead to a better community and planet. Adopting Sports as An Investment Opportunity So, how do we create a sustainable sports ecosystem, where raw talent is identified and groomed from an early age? It requires vision and generous long term investments of time and resources from corporates and the government among other stakeholders. Creating world class athletes does not come cheap. You need the best coaches, sports nutritionists, physiotherapists, counselors, and robust infrastructure. In 2018, our then sports minister revealed that India spends just 3 pause per person, per day on sports. In comparison, in 2017, EU nations spent roughly Rest 6.5 per person, per day on sports and recreation. Business leaders and corporates who are passionate about sports and wellbeing need to take a leap of faith and make such investments. Rest assured, money and success will follow. Such sustained investments will lead to more job creation, generate income for clubs, athletes and people working in the sports industry, increase tax revenue for the government, improve infrastructure and develop political and social cohesion. Sports Gives Us Real Heroes Perhaps a more intimate and inspiring outcome of developing a culture of sports is that it gives us real life heroes to look up to. Heroes who have fought adversity to flourish and given us modern day fairy tales of courage and success. They are a living affirmation of how

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Are filling this gap by bringing high standard health treatments to patients. As far as elective surgeries in India are concerned, their high cost often puts them out of reach of a large segment of the population, which constitutes a large gap in the healthcare system. While the conditions necessitating an elective surgery are usually not life threatening, they can lead to complications if the surgery is not done on time. For example, if a patient puts off surgery for removing gallbladder stones, it might lead to infection, and in some cases may trigger an emergency situation. India accounts for 20% of the global disease burden because an overburdened public health sector is simply unable to provide treatment to all those in need. New age healthcare providers are filling up that healthcare gap and making the entire process of going for elective surgery easier, affordable, and accessible. With their patient centric approach, these new age healthcare service providers, which are still relatively a recent phenomenon, are democratizing surgical care in India with their unique patient care models. Leveraging tech, surgeons & equipment In a way, elective surgeries are becoming the healthcare equivalent of plug and play digital platforms that dominate retail shopping, transport, and hotel bookings. Digitization has improved access to top class healthcare, including elective surgeries, and has obliterated geographies that earlier divided urban and rural locations. New age healthcare providers can potentially cut surgical costs by more than 50% by circumventing the reasons that raise costs of private surgical care, such as the distant location of large hospitals, fragmentation of the affordable healthcare infrastructure in smaller towns, and underutilization of surgeons and OT spaces. These companies provide access to an online network of hundreds of specialist doctors that facilitates transparency in the healthcare ecosystem. They provide access to elective surgeries from a range of ambulatory and daycare surgery providers. They also take care of the patient through the treatment journey starting from the first OPD visit, diagnostics, admission, surgery, discharge process, and follow ups with the surgeon. Medical advances have made surgeries for conditions like hernia, prostate, piles, fibroids, and kidney stones possible with daycare instead of longer and more expensive hospital stays. This plug and play model enables all those who use such a platform to benefit from the model by increasing operation theatre utilization, substantially enhancing the earning potential of surgeons, and slashing the expenses of patients. These new age healthcare providers follow an asset light model that benefits both surgeons and patients. Elective surgeries do not have an urgency, but patients demand a higher level of service at a price that is cost effective. Many of these new age healthcare service providers establish smaller facilities for elective surgeries and have a panel of surgeons as well. Unlike a large hospital, new age healthcare models need not always invest to set up an expensive OT but can rent one from smaller hospitals which brings down operational co

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Of infection, and helps feed more positive samples to genome sequencing machines, improving real-time intelligence of the Covid situation. Knowing the dominant and most dangerous variant is important even for vaccine development, selection and upgrades. Genome sequencing is key to future pandemic preparedness too. The ongoing surges in some countries are thus an opportunity for India and Insacog to hit the ground running. With China abruptly abandoning its zero-Covid policy, a horrendous picture of collapsing healthcare systems is being reported from there. While making sense of the developments there is made hard by the fact that China is not always keen on sharing data in a transparent manner and its official figures can be quite misleading, latest reports do show that the BF.7 subvariant is the most infective variant present in that country. The fan in our bedroom at home would be on its last legs, if fans had legs. Apparently, fans have something called bearings and, after 26 years of use, our fan bearings are ready to give up the ghost. The electrician tells us there little point in putting in new bearings as something else is likely to go wrong. So we have no option but to buy a new fan, a decision we come to reluctantly. Our reluctance is caused not so much by the cost of a new fan but by an innate inclination to get old things repaired instead of replacing them with new things. In this we go against the current trend of the times that, literally, are changing in that more and more people prefer to retire gadgets of everyday use, even though they still have working life left in them, and replace them with the latest model of the item in question, be it a smart phone-cum-camera or should that be camera-cum-phone? or anything else. It not just advances in technology which dictate that people must get the very latest mobile phones, laptops and similar devices, even while the old ones they have are still perfectly serviceable. Having the state-of-the-heart iPhone, or Apple, is a style statement, a symbol of status, both social and tech savvy. In this regard Bunny and I are retro. Both our computers belong to the Jurassic Age, as do our cellphones. Bunny still recalls with proprietorial pride the ancient refrigerator belonging to her parents which they had inherited from one of their parents and which was still going strong, as indeed is our own fridge of venerable years. In today climate of compulsive consumerism, such cases are the exception to the rule whereby consumer durables refrigerators, TV sets, and such-like should more appropriately be renamed consumer endurable thanks to the frequency with which they are replaced, even while they are still in perfect working condition. However, because of all these needless replacements, there one product all of us make use of which is in very urgent need of repair and for which there is no replacement: a product called Planet Earth. The recently launched Draft Personal Data Protection Bill has brought back conversations on how privacy and data protection issues manifest in different sectors. One area of particular concern is the digital data rights enjoyed by workers doing platform mediated lab

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The Indian economic and financial environment has made the salaried class go thru the wringer while other income earners are not even scratched. Salaried class are the targeted class for being bulldozed over. The above makes it clear that you cannot hope to be wealthy if you are earning a salary. The wealth disclosure needing to be made at the time of contesting political office clearly shows that the agriculturist is having a great time on wealth generation. The businessman (small or big) is next in wealth generation. The self-employed is next. The salaried employee is nowhere in the race. These are troubling signs. The Indian economic and fiscal future is not as rosy as is being made out to be. We would do well to take corrective measures. An employee is an essential and integral part of National GDP. As India ages and it will in the next 30-40 years, there will be no real driving force to push national GDP. At that time, the price of ignoring the well-being of the employee by income tax and other authorities will become known. The media (print & visual) is full of stories of increased consumption driving economic activity. It conveniently omits to mention that much of the increased consumption is thru taking on higher Debt and not thru higher earnings. This difference between spending from higher income and spending by taking on higher Debt must be understood. As the Indian economy expands (albeit at a rate much slower than desirable) generating higher income, spending on consumption are increasing. Sadly, much of this consumption is driven by personal Debt which has become more easily available. We are aware that Debt brings it onerous responsibility of timely payment of interest and principal dues and any failure in this matter can spoil your personal credit rating increasing interest costs and reducing potential for further borrowings. We must never forget that due to full and complete income tax deduction at source on employment income (salary income) the employee will always pay full income tax on their salary income after considering all the available tax deductions. There is no escape hatch available to him. Escape routes are available for agriculture income (non-taxable), self-employed (non-disclosure) and business income (with multiple tax shields and often inadequate disclosure). Also, a salaried employee pays tax on salary income. On his savings he pays income tax again on income from interest and dividends. If this secondary income gets reinvested by him into MFs (dividend option), shares (dividends), corporate and banks deposits (interest). Actually, the salaried savings class are taxed 3-4 times on other income flowing the same primary income source salaries. Also, the salaried employee has no scope for fighting inflation which every 8 years makes his savings value half. Being non-risk oriented, very little goes into capital market investments with a significant majority of savings in fixed interest securities, with one exception of real estate. Many buy their own residences, but that is illiquid investment. The other fixed interest savings lose their value thru inflation. All the annuity & pension plans sold by authorities a

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Inflation is an enemy of the salaried savings class and an Iron friend of the wealthy (their assets values keep increasing). The bigger picture not being currently addressed is that a small minority of eligible income tax payers cannot carry the weight of national individual income tax. This must break down and will take the nation fiscal stability and prudence along with it. Too often is it stated by Govt officials and media commentators that the salaried class has it good if they are employed in the organized sector. Nothing could be further than this statement for wealth generation. The media is full of stories of lakhs of Rupees worth of Performance bonus and high value of ESOP's (sweat equity). However, these fancy remuneration packages are only for maybe less than 0.25% of the employees class. The majority of employees (regardless of position) can only hope for a modest & moderate corpus at retirement which by no definition can be considered WEALTH. The maximum savings grace could be an upper middle class existence. The film tragic conclusion where the filmmaker succumbs to loneliness eerily anticipates Dutt own untimely death by suicide, rendering the film a haunting elegy to his internal battles. Dutt struggles with depression, insomnia, and alcoholism are subtly integrated into the film narrative and character development. Guru Dutt's anguish, vulnerability, and quest for meaning infuse Kaagaz Ke Phool with an authenticity and depth that have allowed it to resonate with audiences and critics long after its initial release, transforming it from a commercial failure into a celebrated classic. In Kaagaz employs expressive camera movements, including tracking shots and dynamic pans. These techniques lend a fluid and vibrant quality to the visual storytelling. Mirrors and reflections are used symbolically to depict the characters fractured identities and inner conflicts. The symbolic employment of reflections acts as a visual metaphor for the protagonists; shattered identities and emotional turmoil. A stark contrast between light and shadow creates an atmosphere that is both visually captivating and emotionally resonant. Another aspect of his genius was his skill in harmonizing music, lyrics, and narrative. The songs featured in his films were not simply interludes; they were integral to the storyline, often articulating sentiments that dialogue could not convey. He knew when the lyrics needed to be given full voice and when to turn down the music. In his films sometimes songs start abruptly and sometimes also end abruptly. Collaborations with luminaries such as Sahir Ludhianvi and S.D. Burman infused his films with a deeply moving musical essence. Guru Dutt also exhibited exceptional sensitivity in his portrayal of women. Characters like Waheeda Rehman in Kaagaz Ke Phool and Meena Kumari in Sahib Bibi Aur Ghulam were multifaceted, resilient, and emotionally rich especially at a time when most female roles in cinema were simplistic. Guru Dutt spent his formative years in Calcutta and learned dance at Uday Shankar academy. Later, he moved to Bombay and joined a group of former IPTA members at Navketan, the company that would eventually pro

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The intersection of science, technology, and agriculture stands as the cornerstone of Bihar economic landscape. Embracing modern advancements, the state agricultural narrative has transformed, focusing on sustainability, productivity, and farmer welfare. The amalgamation of cutting edge techniques, from precision farming to biotechnological interventions, has revolutionized cultivation practices. Through initiatives like the Agriculture Roadmap III, the Jaivik Corridor Scheme, and technological support for floriculture and vegetable production, Bihar showcases a commitment to sustainable farming. Moreover, the strategic integration of technology, market linkages, and capacity-building programs has empowered farmers, bolstering their knowledge base and market access. With a focus on water management, seed quality enhancement, and specialized programs like Makhana Development, Bihar agricultural sector is on a trajectory towards resilience, innovation, and recognition on a national scale. In conclusion, the integration of science and technology has significantly transformed agricultural practices in Bihar, fostering productivity, sustainability, and efficiency in a sector crucial to the state economy. Initiatives such as the adoption of precision farming techniques, access to information through technology platforms, biotechnological interventions, water management systems, and capacity-building programs have empowered farmers. The state government support, evident through schemes like the Jaivik Corridor Scheme, BRFSY, and Makhana Development Program, underscores a commitment to leveraging technological advancements for agricultural growth. The emphasis on certified seeds, training programs, and the recent achievement of GI tags for indigenous products like Mithila Makhana demonstrates Bihar dedication to innovation and agricultural excellence. These efforts collectively contribute to elevating agricultural practices, improving farmers livelihoods, and positioning Bihar agricultural sector on a sustainable and prosperous path forward. In an era marked by rapid digital transformation, the Indian government has embarked on a journey to revamp the regulatory landscape for the broadcasting sector through the proposed Broadcasting Services Regulation Bill, 2023. This ambitious draft, released for public consultation in November 2023, seeks to modernise the regulatory framework, expanding its purview from traditional television services to include emerging digital platforms like Over-The-Top OTT services. However, beneath the surface of progress lies a network of complexities and concerns that demand careful scrutiny. The fundamental premise of the draft bill is to create a unified legal framework encompassing a wide spectrum of broadcasting services. This extension includes traditional television services, cable and satellite operators, and, notably, the burgeoning realm of OTT platforms. While the aspiration to adapt regulations to the evolving dynamics of the sector is commendable, the devil, as they say, lies in the details. Mandatory Registration and Inclusion of OTT Platforms One of the key provisions mandates the formal registration of all br

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Such as Internet Protocol Television IPTV and OTT services, adds a layer of complexity to an already elaborate regulatory landscape. Content Evaluation Committees And Self-Regulation The establishment of Content Evaluation Committees CECs is presented as a mechanism for encouraging self-regulation among broadcasters and network operators. While the concept of self-regulation is laudable, the devilish details, once again, raise concerns. The requirement for broadcasters to adhere to a program code and gain certification from the CEC introduces an element of subjectivity that could impede creative expression and journalistic freedom. The proposed three-tier regulatory structure, involving self-regulation, self-regulatory organisations, and a Broadcast Advisory Council, seems comprehensive on paper. However, the devil lurks in the specifics of these structures, especially the potential for government influence and control. The appointment of a grievance redressal officer and the reliance on self-regulatory organisations and an advisory council inherently carry the risk of regulatory capture or biassed decision-making. Concerns Raised by Digital Rights Advocates the Internet Freedom Foundation IFF has rightfully raised concerns about the draft bill potential impact on digital freedom. The parallels drawn between the proposed codes for digital platforms and those applicable to cable TV raise alarms. The fear of increased censorship and self-censorship due to potential over-compliance highlights the delicate balance that must be struck between regulatory oversight and preserving freedom of expression. The IFF emphasis on the potential consequences for online free speech, journalistic expression, and artistic creativity is not unfounded. The broad discretionary powers bestowed upon the government in terms of punishments create an environment where platforms may opt for caution, leading to a chilling effect on content creation. Delegation Of Rule-Making Powers and Lack of Specificity Another aspect that merits critical examination is the excessive delegation of rule-making powers to the Centre, leaving numerous provisions to be determined at a later stage. The draft bill reliance on phrases like as may be prescribed and as notified by the Union Government raises concerns about arbitrary rule-making, lack of clarity, and potential abuse of power. The absence of specificity and safeguards against arbitrary rule-making leaves stakeholders, including broadcasters and network operators, in a state of uncertainty. This uncertainty, spanning over 70 pages of the draft, introduces an element of unpredictability that could stifle innovation and hinder the growth of the broadcasting industry. Impact On Digital Platforms Technology policy experts and legal professionals have rightly pointed out the potential ramifications of applying a program code to all online content creators. While the intention may be to ensure content quality, the subjective nature of terms like good taste and decency introduces ambiguity. The dynamic nature of the digital space, thriving on creativity and diverse expression, could face constraints under a regulatory framework that leans

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Gig workers, creating fears around safety, labor rights and the infringement of basic freedoms like the right to livelihood dignity. Given that female labor force participation is already low, it is important that strong digital data rights are put in place for gig workers so that there are no additional barriers for women to enter the workforce. A long history of surveillance For long now, employees have become accustomed to the idea of being under the surveillance of a CCTV camera. With the promise of protecting employees from harm, CCTVs are seen as benign devices that increase safety. But it is often forgotten that the sharp lens of these cameras track employees and survey them at all times. However, surveillance tech of today has expanded beyond CCTVs and uses advanced technology embedded in a variety of devices from smartphones to smart watches. As they are attached to us continuously at all times, these devices are ideal tools for intrusive surveillance, especially if technologically intended and enabled to do so. This makes smart movable wearable devices ideal tools for platform based aggregators to monitor their workers, who are always on the go and are not restricted to one physical premise. These aggregators have made use of these surveillance technologies, using their stronger negotiating power to compel gig workers to use surveillance enabled movable wearable technology, justifying it under the garb of enhanced user experience. Since these devices are never detached, aggregators use them to constantly monitor and track their workers, blurring the lines between on-duty and off-duty hours. Several concerns have been raised by gig workers about the intrusive qualities of this monitoring from nudging them to work during their off duty hours to receiving calls compelling them to log back into the app. A gendered lens towards surveillance is discomforting for all gig workers, but it is important to acknowledge the heightened effects it has on women where constant monitoring can leave a grave psychological impact. This is largely due to the diminished social status of women they are already constantly monitored by society and face scrutiny about their expected behavior in a patriarchal society. The extension of this mindset into the workplace is extremely problematic as it is another encroachment into the agency of women. Instead of becoming a place where women can enjoy freedom, agency and economic independence, workplaces just become another place where patriarchy is mirrored. There is also a significant psychological impact of surveillance technology that emerges from fears about physical safety. Recently, surveillance measures have been undertaken by state governments such as Telangana and Uttar Pradesh, ostensibly for the safety of women. Yet many have raised concerns about such measures, questioning their efficacy and highlighting their potential misuse by people in power. This reveals that even when deployed with the best of intentions like safety, surveillance technologies can make women feel unsafe rather than protected. Surveillance of women gig workers The potential damage that the misuse of surveillance technologies can caus

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Can therefore be misused to curtail the human rights of women (such as the right to a livelihood) but it can also potentially be used to curtail labor rights. In June 2021, there was also an attempt to survey ASHA workers in the guise of a worker management app. The ASHA workers protested against the installation of a surveillance app by raising the legitimate concerns of greater scrutiny and harassment from higher officials. The move was also seen as an opportunity to suppress the voices of the ASHA workers from exposing the faulty governance processes of upper management and prevent worker collectivisation efforts. With unionisation being a big concern for platform aggregators, it is not a stretch to imagine that they would use surveillance as another digital barrier to suppress the voices of women platform workers. The issues faced by women in the gig economy as a result of surveillance tactics ultimately culminate into making workplaces unsafe for women. This, at the very least, creates stressful working conditions and can potentially lead women to quit their jobs, which would have second order effects on the financial independence and the agency of women. Workplaces are not just a conduit for women to achieve autonomy but are symbolic of how societies enforce aspirational ideals like equality and freedom. As such, there is a greater onus upon us to ensure that workplaces use emerging technologies to alleviate existing inequalities in society and not exacerbate them. According to UNICEF report on the state of the world children (2021), one in every three internet users are under 18 years of age. This statistic is even more relevant for India, brandishing the world largest internet user base, of which two-thirds fall in the age bracket of 12-19 years. This means that effective regulation of processing of children data while ensuring their informational privacy is crucial for the growth of a globalised digital economy. After multiple rounds of public consultation, the Digital Personal Data Protection Bill, 2022 (2022 Bill) has taken some important steps towards fostering the digital economy by relaxing the mandate on data localisation and removing criminal penalties. However, the norm around the age of consent pegged at 18 years, and the verification requirements thereof for processing children data requires further deliberation for dual reasons. First, it may raise challenges pertaining to compliance and business efficiency for companies. Second, it can hamper children access to information in the digitalised world. Age of consent in the information age The definition of a child has seen no change from the earlier versions. Clause 2 (3) of the 2022 Bill defines any person below the age of 18 as a child. This entails that the data of these people cannot be processed without the consent of parents and the verification of their age. This position is at variance with several progressive regimes globally. The United States Children Online Privacy Protection Act has capped the age of consent at 13, and verifiable parental consent is needed only for those who are younger. Europe General Data Protection Regulation suggests a range between 13 and 1

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Clearer when we look at the legislations which differentiate between adulthood and maturity. For instance, Section 82 of the Indian Penal Code, read with Section 83, states that any act by a child under the age of 12 years shall not be considered an offence, while the maturity of those aged between 12 18 years will be decided by the court. Moreover, a child between 16-18 years can also be tried for heinous offences as an adult if the Juvenile Justice Board, after assessing his mental and physical capacity finds him capable of committing such an offence. The labor laws of India, like the Factories Act, permit children above 14 years of age to be employed in non-hazardous industries. Moreover, in services like the National Defence Academy, the minimum age of the candidate at the time of the commencement of the course is just 16 years. These provisions appreciate the practical necessities and the evolving maturity levels of children wherein following a blanket 18 years limit for all purposes is not tenable. We live in a time where information awareness has fastened the pace of mental growth in children, who now demonstrate the capability to become stakeholders in the internet building. Teenagers are exhibiting a deep understanding of technology and are even contributing to the growth of the digital economy with their innovative ideas and entrepreneurial skills. The absence of a graded approach to consent can hamper such opportunities. Verifying and seeking consent The mandatory age verification requirement and the need for parental consent poses the risk of making the entire internet age gated. Technology companies would have to verify the age of every user to determine whether or not parental consent is required. This may lead to onerous and unnecessary compliance costs for companies. From a privacy standpoint, a deluge of questions arise that need to be considered. Firstly, how will this verification process be carried out since the provision currently does not specify the procedure and states that the same will be prescribed later? Secondly, how will this data collection for the purposes of verification interact with the principles of data minimisation? These questions are even more significant for companies that traditionally do not collect any user data and use privacy as a value proposition. The Age-appropriate Design Code passed in California puts the onus of children privacy on websites and apps. Experts have flagged that this might force companies to deploy facial recognition technology to verify the age of users. Hence, it is important to have a mechanism that respects privacy and does not lead to excessive collection of data. Moreover, expecting children to seek consent from parents is not always possible or even practical especially given the generational digital divide. Accordingly, this may restrict internet access for teenagers owing to reasons like lack of parent adeptness to digital technology, gender stereotypes etc. Competing interests The Personal Data Protection Bill, 2019, exempted the requirement of parental consent for accessing counseling or other child protection services. However, the 2022 Bill does not make any such d

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It is also important to have more discussions on Clause 10 (3) of the 2022 Bill, which bars any kind of behavior tracking and monitoring by technology companies. While the intent of the drafters of the 2022 Bill is legitimate, we need to deliberate if this may create obstructions in protecting children from sexually offensive content or predatory behavior. Moreover, several end-tech platforms conduct specific assessment of each child needs and abilities and accordingly tailor their training materials and course curriculums. It will be important to consider these challenges which are likely to emanate during the implementation phase. A sustainable co-regulatory model with emphasis on integrating privacy by design principles at the initial development phase should be encouraged to strengthen child safety while not disproportionately deterring young users from making optimum use of the internet. Such a model of shared responsibility with the platforms along with revisiting the prescribed age limit in accordance with global standards will ensure that the core objective of the provision which is to secure the best interest of the child is upheld in all scenarios. That it took 69 years after $91 Independence for India to merge the Railway Budget with the Union Budget is an indication of how difficult it can be to junk colonial-era traditions that may have outlived their utility. In $1924, when the first Railway Budget was presented, the Railways entailed more funds than Indias expenditure on all other aspects of administration combined. So it made sense to present a separate Budget. That equation changed long ago, and now the Railways outlay is just @6$ percent of the total expenditure proposed in the Union Budget for this year. In fact, revenues from the domestic aviation business are more than the Railways traffic earnings. Nearly $2.5 lakh crore has been planned this year as defence @$#87 expenditure, but it found little mention in the Finance Ministers Budget speech. Yet, the ritual of the Rail Budget has continued even as the economy opened up over the past @#25 years. A key reason that it lingered so long is Indias fractured polity and the tendency of coalition partners to demand Railways as a juicy portfolio with its possibilities for populist posturing and patronage. With the luxury of a majority in the Lok Sabha and a Railway Minister like Suresh Prabhu who has refused to use the Rail Budget as a launchpad for new trains and railway lines, the NDA has thrown its weight behind a plan that takes taken will now be over in two days the tabling of the Economic Survey by the Union Budget instead of three. Railway Ministers will no longer need to conjure up fancy and often regurgitated promises about new, improved services for passengers without charging them the operational costs of reaching their destination. The pressure to hold commuter fares has skewed the Railways freight rates year after year. Indeed, the change is already being felt; tweaking of tariffs outside the Budget has begun. Consider the changes in coal freight and the introduction of flexible pricing on premium passenger trains. However, the Centre needs to now seriously consider

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Technology is continuously shifting due to the rise in internet accessibility. Post Covid, digital adoption across sectors has surged dramatically. With the speed of change having entirely altered the world we live in, it is not only important to provide consumers the products they want but also to understand when, where and how they want to buy them to redefine the sense of convenience. With continuous technological innovation in addition to millions of food delivery apps, grocery apps, and apps for travelling in the city making our daily life convenient, why would one want an essential doorstep fuel delivery service that would cater to one fuel needs? With the day to day growing demand of India daily fuel consumption and diesel being the most widely consumed form of fuel by industries, the demand is constantly increasing with every passing month. In the month of November, diesel saw a staggering 27.6% rise in sales as compared to same month, last year. With technological innovation being fundamental to the core of the Oil and Gas industry, innovations are focused on leveraging computing as well as technological resources, consequently, solutions have enormous potential when it comes to improving communications and addressing the industry unique environmental challenges, as well as the demand and supply gap of the fuel industry. These technological shifts are shaping the industry operations along with its offerings, marrying old and new product practices, and unlocking resources previously considered unattainable, thus resulting in improvements in efficiency and productivity whilst reducing the impact of operations and products on the environment. Players in the sector who have been efficient and swift to adapt view the power of digitization as the key to unlocking the benefits they seek and can gain a significant competitive advantage over rivals. The impact of leveraging digital initiatives will only grow as the industry continues to grapple with uncertainties, volatilities, and external threats. The oil and gas sector has, from its outset, always been wide open to innovation and every kind of modern technology. Automation has constantly shaped, and reshaped every stage of the industry, from exploration right through to final usage. One such technological development is he Doorstep Fuel Delivery model, which is the ordering of fuel via an online mode that allows access to fuel at a convenient location, reduces transportation costs, reduces environmental impact, and provides timely as well as hassle-free delivery. Every year, billions of tons fuel is illegally stolen, adulterated, or spilled in transit. With the doorstep delivery model the fuel is centrally monitored and completely reduces the chances of any illegal activity thus ensuring quality delivery of fuel at the consumer doorstep. In 2017, The Petroleum and Natural Gas Ministry started considering the idea of legalisation of home delivery of High-Speed Diesel. This idea led to the Ministry announcing a trial project for fuel delivery to consumers doorsteps in March 2018. The project participants were the government, start-ups, Oil Marketing Companies (OMCs), and Petroleum and Explos

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Anytime and anywhere but also helps bulk consumers save big on their fuel bills as it provides with the option of centralised billing for multi-site and multi asset customers. This also enables them to use technology to track and monitor fuel management & consumption. In addition to this, fuel delivery companies have various modes of transportation which helps in reducing dead mileage by delivering the fuel in the most suitable mode and not half empty trailers which will in turn increase the carbon footprint. This will also help reduce the national fuel import bill. The legalisation of doorstep diesel delivery has further opened up a huge previously untapped market. According to an industry report, the mobile fuel delivery market is anticipated to record a CAGR of 6.8% during the forecast period (2022 2032). The increased scope is backed with safety-related challenges and concerns rose by authorities. Regulatory issues are something every on-demand fuel delivery app must address sincerely to run sustainable operations. Fuel delivery start-ups are taking necessary precautions and measures like using high-quality tanks, and security systems to restrict unauthorised entry and safety systems to cut off main tanks during an exigency, dealing with improper security systems, inadequate fire safety arrangements, improper logistics planning, and inefficient route management. They also, make sure not to exceed the regulatory amount for the fuel being carried for additional security. Mobile fuel in the future, it is the present Growth in mobile fuel delivery would continue to be driven by several factors, such as the global supply chain and fuel trade economics, structural limitations of the current distribution model, shifting consumer requirement patterns, and technological disruptions. The government is also aggressively supporting the idea of Doorstep Fuel Delivery. The ever changing needs of customers have forced companies to adopt new profitable solutions to meet those needs in fact according to an industry report, Last Mile Delivery Market will grow with 20.3% CAGR Through 2030. With start-up tying up with various government and private bodies for marketing various products, it gives boost to the oil and fuel industry for the country. The doorstep diesel delivery is not just one of many necessities but the absolute need of the hour. With various payment aggregators and methods available on fuel delivery apps, there is a successful partnership being established with various finch to make fuel availability on credit a priority for consumers. Just as the goodness from soil trickles up to the last of leaves in a plant, a well-connected and digitized energy network has the potential to take India and the MSME in fuel industry to successful heights and unfurl its innate potential. Ever since the Industrial Revolution during the late 18th century helped mankind move to machines, historical events and technological developments have only been accelerating climate change rapidly. The highly connected world that has been fuelled by traditional sources of energy for a long time since the Industrial Revolution is now chasing sustainability and electrificatio

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To tackle it. Entrepreneurs and startups are leaving no stone unturned to address facets of climate change and its impact on humanity through innovations. They are thinking about various stakeholders businesses, individuals, governments and what each of them can do for all of us to make the world a more climate-conscious one and ensure the well-being of all species that inhabit the Earth. Exemplifying that small efforts can make a huge difference, climate tech startups today are touching upon the areas of energy (storage access generation, alternative energy sources), transportation (EVs, micro mobility & logistics, low-carbon fuels), carbon (removal storage, carbon offsets), climate management (emission tracking, ESG), food (alternative protein, tackling food loss and wastage) among many others. There are also startups focused on ensuring that the transformation of the massive workforce to work on climate is well underway. This will be the biggest game changer in the years ahead as we accelerate lifting awareness of the now 8 billion souls that inhabit our pale blue dot. From a venture capital point of view, the share of climate tech in India equity impact investing market has more than doubled in the past six years, according to the recently released India Climate Finance Report (2022) by the Climate Capital Network. However, despite the obvious interest in this sector, not many climate tech ventures scale up across stages and segments. Of the 112 Indian climate tech ventures that raised their Seed round of funding between 2016 and 2019, only 50% have raised a subsequent round as of August 2022. It was also found that a majority of enterprises continue to remain in the Seed stage even 3 to 6 years post initial capital fusion. A larger flow of such capital to sustainable climate-tech innovations will not only deliver benefits to the environment but also bolster India ability to achieve its sustainable development goals (SDGs). We are looking at a world where the network effects of these multiple initiatives need to start showing results soon. Here is why these startups and their innovations are critical to ensure the future of humankind. Thinking on the bleeding edge of climate tech Startups, as we have historically seen, are unafraid to question the status quo. By getting down to the root of the issue, entrepreneurs are able to identify some of the fundamental shifts needed in overturning climate change. Some climate-tech startups are getting down to the basics and driving action against climate change at an individual level via climate education and enabling a healthy pipeline of climate-ready talent across industries and roles. Through a curated curriculum structured around climate change, the community is preparing people to work directly on climate change. You can be a developer, a marketer, an influencer or anyone if you want to make a difference, there is a path for you to work on climate change and drive impact. In a bid to get corporates to join hands in cutting emissions, some companies are helping in achieving their sustainability goals by measuring, reducing, reporting and acting on their carbon footprint whether in their supply

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Whenever I meet global energy leaders whether in Davos, New York, London, Denmark, Germany, or New Delhi two key insights stand out. Firstly, nations that have successfully navigated the energy transition share a common thread: wind energy is central to their renewable revolution. Denmark, a small nation with a bold vision, generates nearly 60% of its electricity from wind. In the US and Germany, wind powers almost half of all renewable generation, while the UK relies on it for over a quarter of its clean energy. These numbers are just statistics they validate a fundamental belief: wind energy is essential for a resilient and secure energy future. Secondly, India is poised to play a pivotal role in the global energy transition, leveraging its vast 1.1 TW wind potential and 18 GW of integrated annual manufacturing capacity. As a trusted global partner, India contributions will not only meet domestic needs but also can cater up to 10% of global supply chain demand by 2030, as per the GWEC Wind Report 2025. India is set to lead and shape the new global energy order. And yet, here lies the paradox. It time to let wind rise: Need for a level playing field with solar the global energy transition is built on a simple yet powerful premise: wind and solar are competing forces, but complementary pillars of a clean energy future. There no either-or it a unified approach that unlocks their true potential. Together, these technologies can power up to 80% of India renewable energy demand, and they must be championed with equal ambition and intent. When India set its sights on 500 GW of non-fossil fuel capacity, wind and solar were meant to be joint trailblazers. Yet, a decade later, solar has soared past the 100 GW mark, while wind energy the pioneer of India clean energy journey remains at 50.6 GW, underscoring the need for wind power to accelerate its growth to meet the ambitious target. Solar energy has benefited from robust policies, regulations, incentives, and promotional support, making it scalable and economically viable. Now, it imperative to extend a similar strategic push to wind energy, enabling it to play a pivotal role in meeting the growing demand for round-the-clock renewable power. India 100 GW wind energy target for 2030 is within reach, with a strong foundation already in place: 50 GW commissioned, 40 GW bid out, 25 GW of commercial and industrial demand, 20 GW of wind projects under development, and 6-8 GW wind projects are under execution. With a level playing field with solar, India wind energy capacity can not only meet but exceed expectations, with the potential to advance the Vikshit Bharat target of 400 GW by 2047. Empowering India rise as a global partner with a strong supply chain network Wind energy is not just a green solution; it deeply rooted in India economic fabric. As of 2024, with 64% local value chain leadership, according to the Bharat Climate Forum, wind power far outpaces solar 20%) and EVs 17%). Additionally, Wind ecosystem has the potential to achieve 75% local content by 2026 and 85% by 2027. Every megawatt installed turbocharges the local economy fueling MSME growth, driving local job creation, and fortifying Ind

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Notably, the wind generation curve closely aligns with the Indian power demand curve, both during the day and across all seasons. This high correlation enables wind power to deliver greater value, resulting in a lower cost of energy for end consumers when wind has a higher composition in the energy mix. Moreover, wind power alignment with demand patterns helps mitigate the challenges posed by solar duck curve, where mid-day generation peaks don serve peak morning and evening demand. By generating power during these critical periods, wind energy provides a more reliable and efficient solution, underscoring its importance in India energy landscape. As renewable energy RE) penetration increases, the demand for Round-the-Clock RTC) power solutions grows to ensure a stable and reliable energy supply, mitigating the intermittency of solar and wind power. Wind power ability to generate electricity during peak morning and evening hours, coupled with its lower variability compared to solar, makes it crucial for keeping energy costs low in the RTC energy mix. By incorporating a larger share of wind energy, the RTC mix can optimise costs, reduce reliance on expensive peaking power plants and energy storage solutions, and ensure grid stability, ultimately providing affordable electricity to consumers, as emphasised by the Central Electricity Authority CEA). What support needs to be given to wind industry? Grid planning in India should prioritise wind power as a core component due to its unique geographical advantages. Notably, most locations suitable for wind power generation can also accommodate solar power installations, offering a hybrid power potential. However, the converse is not always true, as many areas ideal for solar power may not be viable for wind power. By keeping wind at the core of grid planning, India can harness the benefits of both wind and solar power, optimising energy generation, improving grid stability, better grid utilisation and reduced payback for grid investments. By harmonising policies and incentives, India can unlock the full potential of both solar and wind power, ensuring a balanced and diversified renewable energy mix that supports the country energy security and sustainability goals. Well-defined certification norms are crucial to ensure renewable energy products meet India grid and climatic conditions. Robust standards for design, quality, and performance would guarantee reliable operation, contributing to long-term power assets and enhanced energy security. To achieve India ambitious renewable energy RE) goals, accelerating the development of grid infrastructure are paramount. Fast-tracking grid infrastructure upgrades and expansion will enable the seamless integration of renewable energy, reduce transmission losses, and ensure that the benefits of RE investments are fully realised. In conclusion, as India charts its course towards a sustainable energy future, it is imperative to recognise the pivotal role wind energy can play. By providing a level playing field with solar power, India can unlock the full potential of wind energy, drive economic growth, and ensure energy security. With its unique ability to deliver lo

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Notably, the wind generation curve closely aligns with the Indian power demand curve, both during the day and across all seasons. This high correlation enables wind power to deliver greater value, resulting in a lower cost of energy for end consumers when wind has a higher composition in the energy mix. Moreover, wind power alignment with demand patterns helps mitigate the challenges posed by solar duck curve, where mid-day generation peaks don serve peak morning and evening demand. By generating power during these critical periods, wind energy provides a more reliable and efficient solution, underscoring its importance in India energy landscape. As renewable energy RE) penetration increases, the demand for Round-the-Clock RTC) power solutions grows to ensure a stable and reliable energy supply, mitigating the intermittency of solar and wind power. Wind power ability to generate electricity during peak morning and evening hours, coupled with its lower variability compared to solar, makes it crucial for keeping energy costs low in the RTC energy mix. By incorporating a larger share of wind energy, the RTC mix can optimise costs, reduce reliance on expensive peaking power plants and energy storage solutions, and ensure grid stability, ultimately providing affordable electricity to consumers, as emphasised by the Central Electricity Authority CEA). What support needs to be given to wind industry? Grid planning in India should prioritise wind power as a core component due to its unique geographical advantages. Notably, most locations suitable for wind power generation can also accommodate solar power installations, offering a hybrid power potential. However, the converse is not always true, as many areas ideal for solar power may not be viable for wind power. By keeping wind at the core of grid planning, India can harness the benefits of both wind and solar power, optimising energy generation, improving grid stability, better grid utilisation and reduced payback for grid investments. By harmonising policies and incentives, India can unlock the full potential of both solar and wind power, ensuring a balanced and diversified renewable energy mix that supports the country energy security and sustainability goals. Well-defined certification norms are crucial to ensure renewable energy products meet India grid and climatic conditions. Robust standards for design, quality, and performance would guarantee reliable operation, contributing to long-term power assets and enhanced energy security. To achieve India ambitious renewable energy RE) goals, accelerating the development of grid infrastructure are paramount. Fast-tracking grid infrastructure upgrades and expansion will enable the seamless integration of renewable energy, reduce transmission losses, and ensure that the benefits of RE investments are fully realised. In conclusion, as India charts its course towards a sustainable energy future, it is imperative to recognise the pivotal role wind energy can play. By providing a level playing field with solar power, India can unlock the full potential of wind energy, drive economic growth, and ensure energy security. With its unique ability to deliver lo

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To restore forests and improve carbon markets. With all these kinds of startups hard at work, it is clear that small but strategic and consistent efforts can make a difference to the larger challenge at hand. What does the future hold? While climate tech initiatives across the world are already making some much-needed strides, the biggest impact can arise from those ideas that manage to tackle multiple dimensions where climate change and its impacts manifest themselves. There are many unknown unknowns from CO2 exposure changing nutrient values of our food, from the research we know on zooplankton and algae in the oceans (findings of Dry Irakli Loladze research at the University of Arizona) to the revival of a 48,000-year old zombie virus from the thawing permafrost. We are not even 1% there in our understanding of these complex and centuries-long relationships. We need more innovative solutions, mathematicians, data scientists, tools and technologies to sharpen this understanding while we shoot a moving target. The future desires hard work and the opportunities are endless. For India and countries across Southeast Asia, another conundrum posing the nations is maintaining a balance between achieving growth and keeping climate impact in check. Startups working on climate change in these regions have the onus of not only capturing the demand but also bearing in mind that climate change in developing nations hits hard on their populations, erasing the decades of development achieved. The success of climate tech startups will, therefore, lie in how they can help developing nations achieve sustainable growth and get there faster with a deeper sense of responsibility than the rest of the world. As of 2021, climate tech accounted for roughly 14 cents of every venture capital dollar invested, according to PwC State of Climate Tech 2021 Report. This number is only expected to go up as more investors also rank tackling climate change high on their priority lists. Through global networks and collaborations, growth that is fruitful for the planet can be achieved. After all, there is no competition when it comes to climate change as we are all envisioning the same goal a cleaner and better planet to live in. This is the only one we have till Elon Musk figures out the way to Mars. The real estate sector hit a few boundaries this year; the economic growth remains a decent 7% for the current fiscal, performing better than many other major economies grappling with recession, India displaced the United Kingdom as the fifth largest economy of the world, and the stock market reached an all-time high in November 2022. This power hitting continued in a 360-degree style. Good news from the office market sector is that gross leasing of office space is likely to touch 50 million sqft. this year, led by pent-up demand, making it the highest ever in history. Further, vacancy fell by 30 basis points to 16.7%. Consequently, rents also went up in a few markets owning to the supply-demand mismatch. Flex space operators emerged as the second biggest occupier segment after the technology sector, with around 17% share of Gross Leased Area. During Q3 2022, gross absorption of I

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The is likely to an apk to continue and create demand for more poll up to setup a ball taken in the circus to across many part of India. The and policy maker need to look at the pen to pin sms some such as reforms in project and reforms in land and labor laws. There is also an urgent need to create Rental Housing stock in cities. Currently, the rental yield from in the range of from and the much needed stock of rental housing. The to step in here and create the right for private sector players to and pad this issue in a better manner. When you think of a Dhanda Isa kehte hai Profit, pot the young angry in the Guru movie comes fresh to our. In contrast to that if you look at a tractor rental business nahi hai bhai, week ten Bigha Maan lo aur tweleve Bhaada le lo is a very common to settle the rent to be paid for tractor. A good as needs to cut pose improve the topline by, and find credible buyers amongst other benefits. In India, are still a far cry from the and what needs to be changed via sector is currently driven by beliefs and there is a little sense of when it comes to overriding the for farmers at the lower rung of the ladder. Aristech must help the take benefit of and most enable a profit mindset a good in the context of running a is one that takes efficiency and hence to the next level. This is how agro tech is the game for and related in India. Aristech can add value in layers along the value chain in agriculture. In recent years, agro tech startups have attracted in private equity investments. The and emerging ways to the business models are helping the agro value chain players as well in and. The public and private sector also have come up with strategic that are helping the growth of digital in rural India has shown significant. The geopolitical uncertainties and high inflation have caused enterprises to downsize in the and Euro zone. This, in turn, might have repercussions on the job and office market in India for 2023. The corporate world, particularly the technology segment, might choose to go slow on expansion. In India the office segment acts as an indicator for real estate. When employment opportunities and office expansion go slow, the sale of residential spaces also witness sluggishness. After a steady run of two consecutive years, there is a possibility that in 2023, the industry might slowdown. Despite the uncertainties, there are a few sectors that look promising Data Centres, Healthcare, Senior Living, and Co-living among others. The Atma Nirbhar Bharat and Make in India campaigns have started to show some result in sectors like Aviation Defense Nonrenewable Energy, and other frontier technology areas. Growth and increased by on a Yoyo basis over the last 5 years. Agribusinesses in India are limited in terms of operational visibility, traceability, real-time data accumulation, standardization, quality assessment, broad market access and lack of business insights. Agri-tech is helping these businesses gain a wholesome view of the business with tech-powered tools. AI-tech along with advanced data analytics, operational optimization, automation and access to finance is helping farmers gain digital and business literacy wi

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The Dirty Truth about What We Throw Away, Where It Goes and Why It Matters by Oliver Franklin-Wallis is nothing less than a dirty history of humanity. Our crisis of "waste is well-known. But it also a crisis" of wastefulness. A third of the world food is wasted. Fast fashion giants like and Zara add 25,000-35,000 new products in a year. Globally, only 1% of clothing is recycled. The waste industry is a vast, networked global enterprise. It sorts your trash, brokers and trades paper to mills, metals to foundries, reuses glass, turns food into fertiliser, sends castoff clothes to secondary markets. Western countries have long offshored their waste to poorer countries. China imported scrap steel, copper, aluminum, paper and even plastic to use as raw material to make itself into an electronics powerhouse. That blighted its soil and water; one study found that 81% of children tested positive for lead poisoning. China stopped doing this. Now, Malaysia, India, Vietnam, Thailand have also announced tighter curbs on plastic imports. But bans only push the activity into shadows. Western countries don have the capacity to process their waste at scale, and countries in Global South can source enough waste to locally feed demand. Organised crime loves the waste business: it profitable, relies on underpaid workers and escapes scrutiny. Japan yakuza, Italy mafia, gangs in Honduras all work in waste crime. Today, it has also gone corporate, but Big Waste multinationals have also been accused of antitrust, bribery and accounting fraud. We dump our waste in the margins, and on the marginalised. 20 million people make a living as waste pickers, often women, the elderly, or migrants. The book examines landfills around the world, and energy-from-waste plants. Rubbish produces methane, landfills ooze leachate, a putrefying smoothie of every chemical and byproduct you can think of. Other landfills have thick foundations or plastic walls but that also means that stuff can break down, just sits there entombed. There are no simple answers because the waste industry is bound up with the global economy, its rampant consumption and its inequalities. And recycling is a mirage. It works for metals, glass, and to some extent, paper. But not for plastic. Things degrade as they are recycled. Mixed, contaminated and multilayered plastic is mostly impossible and unprofitable to recycle. Chemical recycling was much hyped, but few plants that tried it have shut down. Labels that declare compostable or biodegradable plastics are, in fact, neither. But crucially, the book shows that the waste crisis is not one of litterbugs like us, but of companies producing it. One estimate says that 97% is produced by industry, 3% by households. It is land, forests and people we lay waste to. Coca-Cola, PepsiCo, Nestle, all lobby to duck responsibility, and abandon recycling targets once pressure lifts. Others, like tech and luxury companies, destroy their own unsold products or dead stock to keep this supply from undermining the brand. The waste industry does clean up after this modern economy, it enables it. A zero-waste or circular economy will never be a closed loop, but the challenge is to

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We can choose to be happy or unhappy; positive or negative; proactive or reactive; victim or victor. We can either wait for the storm to pass before we take any action, or we can go to work regardless. We run the risk of being held captive by waiting and watching if we let situations dictate our responses. To avoid becoming victims, the only real choice is to act amidst the storm. Thus, choice is an extremely essential ability that we need to cultivate and practice. It not something that happens effortlessly or naturally. Each choice has a consequence. Discovering and pursuing what we find meaningful in life is the key to making good choices. When we align our choices with our purpose, we experience a sense of fulfillment, joy and freedom. The first step towards making good choices is to discover your purpose in life the meaning and significance of your existence. Look within and ask yourself some fundamental questions: Who am I? What is my true nature? What is the goal of my life? What are my values and principles? What are my responsibilities and duties? We find answers to these questions by studying our ancient scriptures, like Upanishads and the Bhagwad Gita. These answers empower us to make choices based on our true Self, our higher Self. When choices are based on these factors, we create freedom, happiness and peace for ourselves and for others. We then realise that we are one with the Supreme Reality, the source of all existence. We manifest our divine potential, thereby transforming ourselves and the world. However, be aware of the dangers of making bad choices influenced by our ego, attachments, desires, fears, doubts and ignorance. Choices based on these factors create bondage, suffering and misery for ourselves and others. We lose sight of our blissful identity; forget our divine, infinite, creative, and powerful potential; and limit ourselves to the transient, superficial and mundane. Life is a rich and precious gift. The measure of its greatness lies in what one has done with it. If one has not learnt how to manage life and gain bliss, permanent happiness and immortality, then it is a life wasted. The study of Vedanta helps clarify our thoughts and provide us with the proper perspective on the choices required to lead a stress-free, successful, meaningful and fulfilled life. The power of choice is the power of God. It is the power of creation. It is the power of love. It is the power of freedom. It is the power of joy. It is the power within you. floriculture holds significant value, the Bihar government is supplying top-tier plant materials to private nurseries and conducting training programs for farmers to boost flower production. The state technological advancements have facilitated a shift towards growing highly profitable flower varieties farming methods, including the use of drones, satellite imagery, and soil sensors, have empowered Bihar farmers to employ precision agriculture. This technology enables efficient resource management, reducing water and fertilizer usage while increasing crop yield. Consequently, it minimizes waste and promotes sustainable farming practices in the region advancements, notably through mobile

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Minimising losses across the food value chain Aristech can help the agricultural community create a blueprint for the future of agriculture. A lot of innovations around farm input and farm produce supply chains are just also around the corner but still what remains largely to be solved is the delivery of these technologies. In India due to the history of our demographics, the ones who are building the technology are always from the same segment as those consuming this technology. This is where we need to move out of our Minimalist, clean and what works in western world cities mindset to let build for OUR farmers mindset. Following the unprecedented two year school closures thanks to the pandemic, 2022 saw the primary schooling system sputter back to life. After an on-now, off-now mode of the first quarter thanks to the Omicron Wave, we have had schools across the country function more or less consistently since April. Bringing back a dormant system to life, and adopting to the old normal has been challenging for of the investment inflows in 2022. Mixed use projects witnessed 100% increase from the same period last year. The hospitality sector went into overdrive with occupancy rates remaining around 60%. The strong recovery in demand propelled steady increase in average room rates across all categories of hotels; the leisure sector outperformed pre-pandemic average rates. With businesses gradually improving, corporate travel and MICE segment began to swell too. The average rates went up by almost 40-45% on Year-on-Year basis. The residential sector also had a brisk time. Overall sales across tier-I cities increased Weighted average price across tier-I cities increased by 7% compared to last year. Prices increased in all cities12% in NCR, 11% in Kolkata, 10% in Ahmedabad, 7% in Hyderabad and 5% in Pune. Bangalore and MMR prices remained mostly stable. Overall, among the many hits, there were a few misses as well. Affordable housing took a beating as the developers focused more on the luxury segment. For example, the supply of total number of dwelling units in the 30 lakh category, which was around 1.14 lakh in 2019, fell below 80 thousand in the current year. for Educators, Parents, Administrators and most of all, children themselves. But as is the case with every dark cloud that passes over us, there are always some silver linings that we can learn from and carry it forward into 2023 and beyond. One, Health and Safety measures in Primary schools are not a nice to have but a must have. The pandemic may have receded, but the lessons learnt on frequent hand washing routines, keeping unwell children (and staff) at home, frequent deep cleaning of school premises, and periodic sampling and testing of food and water served needs to be a standard operating procedure at every primary school, given the lower immunity that very young child may have. Two, keeping children at home to protect them from the outbreak has had long term repercussions on their emotional and social health. Many western countries opened up their schools far earlier than India; in fact certain Scandinavian schools never closed India saw its pubs open far before schools did. In the

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Definitely not at the primary school level. At this level, the engagement a young child has with learning solely through a screen is at best a compromise. The true benefits of technology would come into play when these are put into enhanced learning methodologies inside (and out of) a classroom, rather than trying to substitute the classroom. The gains made in curriculum delivery and engagement through 2022 via Ed-Tech should and will be seen enhancing the classrooms of the future, where virtual realities and ramifications play a large part in delivering curriculum in the class. Four, it takes a village to raise a child they say, and there is no time that this has been truer. Teachers, Administrators and Parents will all have to come together and work closer than ever before to see children settling back to what is a completely new routine for them that of attending school with other children. And lastly, but by no means the least, the true heroes of our society were defined in the pandemic and in 2022 and they are our teachers. Not paid the big bucks of corporate lives, these men and women work endlessly and tirelessly towards their passion of educating young minds, and it is definitely time we celebrate them for what they truly represent. Their innovations during the times of the lockdown helped our children continue their education despite all odds, and yet it was this community that saw the largest chunk of laid-off or furloughed employee groups in the country. Perhaps it is time that the Government, the Parents and the School Administrators come together to ensure that more and more young people join this noble profession, and are rewarded with something a little more than just their passion. If there was an important lesson 2022 taught us, it was that traffic to the internet will be more from devices other application end points than from human users. Productivity enhancements and reimagining the way traditional things are done is amazing and we have not even scratched the surface of what is possible. For instance, wearable and contact contact less health vitals monitoring devices connected to the internet are offering lifesaving use cases if access to data is provided in the right context at the right time to hospitals. IOT devices on cars trucks transport and many others are bringing with them significantly better ways of doing things and driving innovation. However, there is a caveat. All of this comes with access to critical infrastructure components, user and company data. If these are tampered with or fall in wrong hand, it can be a serious threat. Cyber security is often thought of as an ongoing battle between hackers and security experts, and this conflict is escalating even as technology advances. While this is the glamorous side, in reality, the threats are due to improperly secured networks that accidentally leave sensitive data exposed due to unwary employees using unsecured devices. To prevent a small lapse from turning into a multi-million loss, the need of the hour is for organizations to shore up constant, automated vigilance in terms of cyber security. The rapidly changing geo-political scenarios such as the ongoing Rus

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The state of mind where someone pushes their limits and has the belief of self right from the very beginning is known as condience.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 condigece 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 people in schools college and work place who have t o a lot of success due to being active more forward and more confident with their decision. This is what makes. The state of mind where someone pushes their limits and has the belief of self right from the very beginning is known as condience.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. Attacks were blocked in the last 60 days and a total of 61,713 open vulnerabilities were found. This is a jump of 50% between August and September 2022. An average of 40 vulnerabilities per site was found totaling to 41K and around 30% were open for more than 180 days. Trend 1 Customers are increasingly taking the virtual patching route. With this, hackers will no longer get an opportunity to discover and exploit any security weaknesses. It will become possible to keep out hostile traffic and protect against unknown and newly discovered vulnerabilities. With virtual patching, security teams can

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One Saabs application was hit with 270M Dodos requests over a period of 5 days. About 32% of apps have had a Dodos attack in the last 60 days, which increased from 20% during August- September. After removing this anomaly, Dodos as a percentage of total attacks have increased to 10% in November from 7.5% in August. Trend 3 URI specific rate limiting is preventing 47% of Dodos attacks. GEO fencing and IP blacklisting are the other weapons that customers choose for protection against Dodos attacks In conclusion Enterprises need to deploy not just AI-powered tools, but also back it up with human expertise to ensure all the test cases and controls are evaluated in a continuous basis. AI ML can become the productivity enhancers for human decisions and iterative processes but not a complete replacement for covering the entire attack surface and smooth functioning, completely eliminating risks, and or covering all vulnerabilities. The above insights are a clear reminder of the existing and emerging risks, and underscore the importance of integrating a holistic managed application security solution for all enterprises irrespective of their revenues or industries. A proactive stance in defence is the need of the hour and the biggest learning for 2023. Barely a week after the recent face-off between the Indian army and the PLA in the Tawang sector of Arunachal Pradesh, reports indicate that Eastern Air Command (EAC) had conducted a major air combat training exercise in the sector. Whilst such exercises are planned well in advance, with recent Chinese attempted intrusions, the focus of the exercise would clearly have shifted to send a clear message of deterrence to the PLAAF and towards this, the recent operationalising of a Squadron of Rafale fighter in EAC will certainly have added weight. Elsewhere, it had been reported that the last batch of the 36 Rafale aircrafts ordered by India through a government to government agreement in 2015 had arrived in the country. With this, the IAF will now have a full complement of one Squadron each of Rafales operational, to cover both the Ladakh and Arunachal sectors. That the Chinese with their expanding air power infrastructure in Tibet, will not have taken note of this development across the LAC with equanimity, is because they understand the potential of this threat and its operational value more seriously than perhaps we seem to have done if our casual approach to accretion to our air power resources in general and the Medium Multi-Role Combat Aircraft (MMRCA) procurement in particular, is any indication (more of which later). Chinese approach to air power is best exemplified by President Xi Ping address to defence officials on an inspection visit to their air force headquarters in 2014, when he had called for a stronger air force and urged the air force to adopt an integrated air and space defence capability not only to boost the country military power but also to offer balanced strength in defensive and offensive operations. Towards this, the Chinese have been working on a strategic plan in aeronautics driven by the highest political leadership, the vision of which talks of developing aeronautics with Chine

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Range limitations operating from elevated bases in Tibet. In sharp contrast to the Chinese approach to accretion of their air power potential, a brief recap on how we have approached our own, is worthy since there are vital national security lessons to be learnt. Additionally, this is perhaps an opportune moment to discuss issues relating to national air power priorities when national security is still fresh in national consciousness and when some military minds continue to view air power merely as a supporting asset ! As it stands, the IAF remaining requirement for the MMRCA is still meandering in ministerial corridors and with older aircraft phasing out, its combat squadron strength in continuing decline. To recapitulate, a procurement process for 126 fighters that was set in motion in 2001, finally resulted in Rafale being selected for IAF MMRCA needs in 2008. The process then remained deadlocked for various reasons mainly to do with indifference to national security needs rather than driven by technical or commercial considerations. Reportedly, the then Defence Minister preferred to put his clean image considerations before national security ones, thus soft-pedaling the process. With a change in government and an IIT technocrat as Rakish Mantri, attitudes changed dramatically as Nation Go hale article in the Print of March 2021 titled Why Menorah Paprika biggest contribution to Defence Ministry was breaking the Rafale logjam, described in some detail. This culminated in the Prime Minister announcing in Paris that in view of the critical operational needs of the air force, he had requested the French president for a quick supply of 36 Rafale jets in flyaway condition through an inter-governmental agreement on terms better than those demanded by Assault as part of a separate process. Mercifully, for national security and the operational potential of the IAF and not-withstanding naysayers, at least this truncated process has reached successful fruition. At the time of the PM announcement, both the strategic community and observers of the Indian aeronautics scene were taken by surprise, used as they were to the indifference of our defence procurement process and which, as Paprika admitted after taking over, invariably got us into a loop or vortex with no solution in sight. Not surprisingly, many imagined motives, other than operational ones and this created a furor not just amongst political opponents of the government, but eminent media publications and even so-called do-gooders who ended up approaching the Supreme Court, only to be rejected. In this writer view, not only was a freewheeling debate created nationally much of it based on limited knowledge and selective leaks, rather than on hard facts, but underlying this were not genuine national security interests, but vested and parochial ones. Not surprisingly, even the highest court rejection of such cases failed to silence the naysayers. This writer believes that a democracy that draws sustenance from harming larger national security interests at the altar of political or personal expediency is doing so at the cost of lives that serve in its armed forces. Providing the wherewithal to the

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That every institution in the country wakes up to the reality that peace along our borders is a pipedream and our soldiers, sailors and airmen will continue to lose their lives on a daily basis to keep us secure. We owe it to ourselves to equip them to carry out their bounden duty and who best than those elected through our democratic process? The ancient Chinese military treatise, The Art of War, attributed to Sun Tzu, a military General, strategist and philosopher advises, Know your enemy and know yourself and you can fight a hundred battles without disaster. Indian democratic institutions would do well to ponder over just one important aspect of this thought, namely air power For the last eight years, for Rahul Gandhi and Congress it been a case of Dilly Door Sat. Now, as the Bharat Judo Yare is in the national capital, are Rahul Gandhi and Congress any closer to national saliency? So far in his career, there been an on-off, now-you-see-him-now-you-don t quality to Rahul Gandhi s campaigns, and his rivals have dubbed him Pappu. Renowned film director Saeed Mirza (Salim Langde Pe Mat Ro, Naseem) was a close friend of Kundan Shah, who among other things, helmed the iconic politically-aware comedy, Jaane Bhi Do Yaaro. Shah passed away in 2017. Mirza has penned a book, I Know The Psychology Of Rats the title is a quote by Shah. In an interview with Avijit Ghosh, Mirza talks about Shah s worldview, why he prefers writing to making films nowadays and The Kashmir Files As someone who collaborated with him on several projects, how would you describe the journey of Kundan Shah the filmmaker? He was a very passionate human being and very concerned about the time in which he lived. I think he was trying to get into a structure and a form that could express his angst about the state of affairs in India and the world. He was trying to figure out a path that he could travel as an artist and as a creator. He experimented with all kinds of forms: the grotesque, the absurd, the ascetic and the brutalised. And at one point of time when Kundan got into mainstream cinema, he realised he was t getting anywhere. They just wanted him to be funny. The seriousness with which Go is approaching the Covid outbreak in a number of countries is evident from the rollout of Bharat Biotech s intranasal vaccine on Cowing. Incovacc has the potential to give a push to the flagging precaution dose programmer because it does to require intramuscular injection and has therefore a better chance of piercing through the vaccine hesitancy that kept building up as the Covid threat receded. But BB has to accelerate its production capabilities and arrive at a rational pricing. India s vaccination programmer has largely been a success. Which is partly why the Omicron surge in January this year did to wreak much damage. But vaccination momentum was lost subsequently. Nearly 6 crore adults missed their second dose. Around 1.2 crore 15-17-year-olds and 3 crore 12-14-year-olds are unvaccinated, and 7 crore senior citizens haven t yet got booster doses. There was no clarity on how long hybrid immunity from vaccination and natural infection lasts. Because of this, governments must focus on t

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Ramana Maharshi emphasises the importance of understanding our true nature in our evolutionary journey. As we know ourselves better, a shift occurs in how we perceive and respond to events and happenings around us. What appeared significant becomes less critical as our focus shifts to the larger canvas of life. Nature has designed each of us differently. Our innate tendencies significantly influence and impact our decisions and responses to situations. The model of Six Thinking Hats, developed by Edward de Bono, a Maltese physician, is an excellent framework that helps individuals arrives at prudent decisions. He illustrates this with six coloured hats white denotes logic, yellow represents unconventionality, green signifies venture someness, black suggests caution, red underscores empathy, and blue represents balance. For instance, logic dominates decision-making in individuals who are white hat oriented. People with a preponderance of unconventional and creative traits belong to the yellow hat category. The green hat denotes a dominant trait of and risk-taking. In contrast, the black hat represents an extreme sense of caution and adherence to norms, as found in people who prefer finance and audit professions. The red hat exemplifies people who demonstrate qualities of care and empathy for others. By symbolically donning each of the hats and adhering to the defined traits, we can arrive at five different solutions to a context. These solutions exhibit five different biases. The blue hat approach helps attain balance, control temper and optimise the five options, overcoming the tendency of innate individual biases. This model enables effective addressing of diverse and challenging professional and personal situations. Ultimately, the guiding philosophy of prudent decision-making lies in understanding ourselves and others through a candid process of introspection. All spiritual teachings stress the importance of this inward focus and goad us to overcome the habitual tendency to drift externally. The American preacher William Ellery Channing says, Peace is the fairest form of happiness. This peace is what each of us longs for through fulfilment at work, hobbies, relationships and acquisitions. The more we strive to combine prudence with devotion in any situation, the better our chances of attaining peace and tranquillity. It is said that the supreme quality for leadership is unquestionable integrity. Through his personal conduct, Hazrat Imam Hussain as. laid the highest and most lofty standards for leadership and set blazing, shining examples for others to follow. Mahatma Gandhi wrote of the lasting legacy of the battle of Karbala not just for Muslims but for all of mankind. I learned from Hussein how to achieve victory while being oppressed. my faith is that the progress of Islam does not depend on the use of sword by its believers, but the result of the supreme sacrifice of Hussein, the great saint, he wrote. Indeed the life of Imam Hussain as. Is an eternal testament for the highest virtues that define humankind. Knowingly or unwittingly, we are constantly striving for lasting fulfilment in all areas of our lives, including home, work, leisu

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The Sanskrit words santushti and sukh-shanti capture the essence of this. Pleasure, on the other hand, is a short-term experience, which brings its share of pain soon after our desires are met. A more sustained sense of fulfilment leads to peace and contentment. Spiritual texts coax us to seek this with an inner focus through meditation, self-inquiry and a gradual enhancement of our inner awareness. American investor Warren Buffett stresses the importance of building our inner scorecard as opposed to the outer scorecard. This implies that we identify and choose a meaningful purpose, and a vocation suited to our temperament and aptitude. This propels us to engage in what we love. Devotion combined with prudence in choices we make aids us in pursuing our passions; the why of life takes precedence over how. Comparison with others ceases, replaced with a healthy competition with oneself in pursuing and perfecting what we enjoy and love. Moreover, with its strong local value chain leadership and potential to cater to global demand, India can emerge as a trusted global partner and manufacturing hub for wind energy solutions, further solidifying its position in the global energy transition. It is time to let wind rise and harness its power to propel India towards a resilient, secure, and affordable energy future. The steadfastness and the resoluteness of Hazrat Imam Hussain has become the template for all those globally who challenge oppression of any kind. Hazrat Imam Hussain famous declaration regarding upholding goodness and nobility underlined his unwavering commitment to social reform and the sanctity of moral ethics, which was anchored in his benevolence and grace towards all. These virtuous qualities had always defined Hazrat Imam Hussain as. He was always known for his kindness, charity and love for the poor. It is said that one day when Hazrat Imam Hussein was riding through the streets of Madina, he came across some beggars who had gathered to eat the food that they had begged for during the day. The beggars saw Hazrat Imam Hussain as. and invited him to join them. Hazrat was not allowed to take anything given in charity Sadaqah as he was from the family of the Holy Prophet Muhammad SAW. Sadaqah is forbidden Haraam for all members of the family Ahlul Bayt of the Holy Prophet Muhammad SAW. When the beggars called out to him, Hazrat Imam Hussain got off his horse and gently sat down with them. He explained to them that although he would love to eat with them, he could not do so and also explained the reason. As an alternative, he invited all the beggars to his house for food so that they could all eat together. In this way, Hazrat Imam Hussain showed by personal conduct how one could always choose to be kind to others, especially those who are poor and unprivileged. He taught us the valuable lesson that one should not compromise one values for anyone, but at the same time one can gently explain the reason for one decision so as not to cause hurt to anyone.

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Vaccine Gemocavac has languished after emergency use authorisation in June. The mRNA technology must be encouraged, owing to the promise it holds out for cancer treatments. Centre must again start publicising unused doses lying with states for clarity on vaccine availability. Governments must do more to encourage vaccination and bolster vaccine supply. Clipping women as wings in the name of protecting them is a defining feature of regressive social views. Even now, it can still take long struggles for a woman student pursuing higher studies to persuade her family to permit her to travel a distance or join a hostel. The university too can continue policing her in loco parentis, giving her curfews that jar in contrast to the freedoms enjoyed by male students. The absurd justification offered by a Kozhikode government medical college when some women students challenged their 9.30pm curfew in court, underlines how obdurate double standards continue to hinder women from realising their full potential, even at the very institutions that have the responsibility of creating equal opportunities for them. The college authorities said that absolute freedom on attaining the age of 18 may not be appropriate and good for the society as maturation of prefrontal cortex is fully accomplished at the age of 25 years. By this very un-medical logic even as women get their MBBS and MD degrees and start saving the lives of others, all without equal access to libraries or laboratories, their own will remain bitterly restricted. This is painfully close to Victorian notions of hysterical women and blaming women themselves for crimes against them. Universities should be investing in ensuring a safer environment instead. Your mandate is to empower women students, not infantilise and undermine them. It is that time of the year in India when we celebrate festivals and joyously embrace the comfort of rituals. But could these rituals be holding the key to lasting change in health behaviour? Consider Pooja. She is 24 years old and lives in rural Bihar. Pooja is pregnant and, like many women of her community, she is anaemic. Anaemia can be dangerous to her and her baby s health. She needs to increase her iron consumption. Fortunately, there is a solution: iron and folic acid (IFA) supplements. They reduce maternal anaemia and neural tube defects in the baby if taken in the early stages of pregnancy. Pooja must take a tablet every day through her pregnancy. The tablets are low-cost and offered for free by the public sector. But pregnant women like Pooja are not taking the supplements early enough or consistently enough. Why? We have many potential answers: beliefs around the necessity of treatment, concerns about side effects, trust in the system, convenience in refilling tablets, and mental models about medicines and health. But are we missing a critical piece of the puzzle? What if we were to tell you that women in rural Bihar are already spending substantial time and effort to mitigate health risks during the critical period of pregnancy? That they are already implementing solutions? That current biomedical solutions are not filling a gap but, in their minds, are second bes

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As the elaborate Japanese business card exchange ritual. Rituals help people connect with others, enhance well-being, and aid people in managing risks. Pregnancy is one of the most stressful and risky times in a woman s life. And indeed, in our research, we find that this period is highly ritualised. In Bihar alone, we documented hundreds of rituals governing health, nutrition, and child-rearing during the perinatal period. The ritual of chhathi (sixth-day ritual) is widely practised in Bihar and has parallels in many cultures. It serves to initiate the new baby into the community and protect the infant. It also corresponds with the end of the perinatal period, which has considerable biomedical significance in modern medicine. Most traditional health rituals like chhathi are not incompatible with biomedical recommendations. In fact, traditional health rituals and biomedically recommended practises can often be combined with positive outcomes. Consider the ritual of reciting the azaan (Muslim call to prayer) in a newborn s ear before initiating breastfeeding. Prior to hospital deliveries, home births were common, and maulanas (respected religious elders) were called to recite the azaan. However, in recent times, it has become difficult to call a religious leader to the hospital, and this can delay the immediate initiation of breastfeeding. We have documented a clever modification of this traditional health ritual to accommodate the biomedical recommendations of immediate breastfeeding; families now call maulanas over a mobile phone so that the azaan can be recited to the newborn. When examined carefully, biomedical practices are also ritualised. You are given an exact schedule of medication. The medicine is given to you by a doctor or someone you trust you do not necessarily know the biomedical reason for the medicine or the schedule. You swallow the medicine exactly as dictated by the doctor. Doing this allows you to feel more in control of a stressful situation. As your health improves, you are much more likely to trust the prescription and stick to it a second time. The question, therefore, is not about persuading the community to replace one ritual with another (biomedical) one. Rather, it is about carefully studying existing rituals and integrating relevant biomedical practices with them to increase compliance and adherence. In this context, our work in Bihar is only a starting point. Similar to the community we studied, every community has distinct rituals that we should strive to understand. Biomedical experts will need to connect with local cultural experts dais (midwives), religious and community leaders, and opinion makers who may not necessarily have a biomedical background. Such local experts can help explain the role an existing ritual plays in the community, and how it can be evolved to include practises endorsed by the biomedical community. Rituals exist because of an intricate network of influencers in the community. A key node in the health network is the community health worker (such as ASHA workers, anganwadi workers, and auxiliary nurse midwives). In our research, we find that the community health worker, wherever she is ac

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The phase I of the Mahakal Lok project was inaugurated in Ujjain that was the first capital of Scindia Marathas in Madhya Pradesh, by Honourable Prime Minister Narendra Modi on 11 October, 2022, as far as details of this project are concerned they are as follows, the total cost of the entire project is around Rs 850 crores. The Mahakal Path contains 108 stambhs (pillars) which depict Amanda Tandem Swoop (Dance form) of Lord Shiva. Many religious sculptures depicting the life of Lord Shiva are installed along the Mahakal Path. The area of plaza is spread over 2.5 hectares and is surrounded by a lotus pond which contains the statue of Shiva along with water fountains. The entire premise will be monitored 24×7 by Integrated Command and Control Centre with the help of artificial intelligence and surveillance cameras. Ujjain is an ancient city, in this article we shall learn more about the Maratha period of Ujjain history when Scindia dynasty ruled it from 1732-1947. The year was 1234, this year the holy city of Ujjaini, once the capital of Avanti Janpada (literally a region where people set their foot), known by several names like Pratikalpa, Padmavati, Avantika, Bhogwati, Amravati, Kumudwati, Vishala, Kushasthati cried a lot. Ujjaini, carries with it the history of several by gone centuries, and still shows a glimpse of the glorious history of India, but the memories of the year 1234 bring only tears in the eyes of Ujjaini. Central India was shaken to the core by the neighing of the horses of arriving Turks, there was gloominess in the air and a news was circulating that Iltutmish, the Mamluk Sultan of Delhi would attack Ujjaini, and so it happened. Ujjaini, an example of co-existence of multiple religions and state secularism, was the home of the great Buddhist emperor of India, Ashoka, where his wife Devi gave birth to his children Mahendra and Sanghamitra, who propagated Buddhism in present-day Sri Lanka then known as Sihaladweep. It has been the city of the great Hindu emperor Vikramaditya and many sages of Hinduism, and according to Jain beliefs, King Samprati, who built 1,25,000 Jain temples on the advice of Acharya Aryasuhastisuri, made idols of 1,25,00,000 Jain Tirthankaras and renovated 36,000 Jain temples, was born in this city and made the city proud. This great Ujjaini city was destroyed by the Turkish invader Iltumish, the centuries old temple of Baba Mahakaala, was also destroyed in the attack of this Mamluk Turk from Delhi. But in time people hid the Jyotirlinga of Baba Mahakaala in the Koti Teerth Kund, this Jyotirlinga remained safe in this pool under water for about 500 years. Ranojirao Scindia liberates Ujjain from Mughals and establishes Scindia dynasty in Ujjain Finally the time came when the clouds of slavery dissipated and the Maratha warrior Shrimant Ranoji Rao Scindia defeated the Turks-Mongol Timurid Mughals, established his administration in Ujjain in 1732, took out the Mahakaala Jyotirlinga from the Koti Teerth Kund, got the Mahakaala temple rebuilt and installed with Hindu rituals the Mahakaala Jyotirlinga in that temple, as it was once established in the old Mahakaala temple. The Nizam of Hyderabad for his Mughal ma

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Of this city in 1732 after centuries of Turko-Mongol and Afghan rule, Ujjain was ruled by the Maratha dynasty of Scindia. Ranoji Rao Scindia ordered the reconstruction of the Mahakal temple and almost all the temples in Ujjain including Shaktipeeth Harsiddhi temple, and the reconstruction of several ghats on the Sherpa River, restarting the Simhastha Kumbh at Ujjain after a gap of about 500 years. The administration and rule of Scindia proved to be economically beneficial for Ujjain and Ujjain saw a religious renaissance in this period. The Scindia dynasty ruled from its capital at Ujjain from 1732 to 1810 over their vast empire that stretched from Attack to Cuttack and from Bharuch to Prayagraj. Banker Queen of Gwalior Maharani Baiza Bai Scindia, widow of Maharaja Daulat Rao Scindia, made Ujjain her abode during Jayaji Rao Scindia minority. Baiza Bai Scindia lived in Ujjain from 1847 to 1856 and during her stay she built a magnificent beautiful temple of Shri Krishna in the center of the city, known as Gopal Mandir, in which the silver gates of Somnath temple of Gujarat brought back by Great Maratha Mahadji Scindia to India from Afghan ruled Lahore after conquering it in 1785 are kept and pilgrims can still see them. Baiza Bai Scindia spent her personal money and not state money to take care of and maintain the hospice of Maharishi Sandeepni in Ujjain which also happened to be the school of Lord Krishna and his brother Balrama once. During her time, Patni Bazar, Sabzi Mandi and Sarafa were in the most prosperous condition in Ujjain. Many religious festivals and processions, which are still in vogue in connection with Mahakaala, Gopal temple and Sherpa Ghats, have their origin in her religious faith. Making of Modern Ujjain The first Cotton Mill was established in Scindia State in Ujjain in 1880, in the rule of Maharaja Jayajirao Scindia, but substantial credit for Ujjain modernisation goes to his son Maharaja Madho Rao Scindia I. Maharaja Madho Rao Scindia I first and foremost among his many great gifts to Ujjain was the supply of pure and fresh water. Although Ujjain is situated on the banks of river Sherpa, it did not have the benefit of adequate and pure supply of water. The river became thinner every summer and Cholera almost every year seemed inevitable. This disaster was averted by the construction of water works in 1906. One of the first SPECIAL ECONOMIC ZONES in India was established by Maharaja Madho Rao Scindia I and it was named Madhonagar Freeganj, the result was a well laid out colony with fine roads and trees. The land was divided into blocks of which 1060 had been allotted by the end of 1937-38. On these were built excellent shops and houses which were owned by settlers from Bombay, Indore, Poona, Ratlam, Bhopal, Dewas, Aligarh, Mathura and other places. Modern conveniences such as water, electric light, telephones and post office were provided and residents of Madhonagar Freeganj were exempt from Ujjain Municipal taxes. Widening of roads, construction of several new roads, supply of electric lighting, clubs and hotels were some of the development works that Maharaja Madho Rao Scindia I undertook in Ujjain. He is credited with

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This initiative harnesses biotechnology potential in developing crops resilient to drought and pests, as well as fortifying their nutritional value. For example, the introduction of genetically modified crops, such as But cotton, in specific Indian areas has demonstrated success by effectively managing pests and amplifying crop yields. Media platforms like YouTube, WhatsApp, and Telegram channels. Under this provision, anyone engaging in systematic business, professional, or commercial activity through online papers, news portals, websites, or social media intermediaries is required to adhere to the Programme Code and Advertisement Code. This expansion implies that not only streaming platforms but also independent and citizen journalists utilising platforms like YouTube or Integra for news dissemination will be subject to the same obligations as OTT broadcasters. The broad scope of the bill raises questions about the potential impact on occasional content posting and even the status of journalists on platforms like Twitter. To Sum It Up As India navigates the contours of its broadcasting regulation through the draft Broadcasting Services Regulation Bill, it is imperative to critically examine the complexities and potential pitfalls. While the government intention to modernise regulations and keep pace with industry changes can be seen as a forward step, a delicate balance must be maintained between oversight and the preservation of democratic values. The concerns raised by digital rights advocates, legal professionals, and technology policy experts emphasises the need for a more detailed and transparent approach. Striking the right balance involves crafting regulations that acknowledge the diversity of broadcasting platforms, uphold freedom of expression, and provide clarity and specificity to prevent unintended consequences. As stakeholders engage in the ongoing public consultation, a collaborative effort is required to refine the draft bill, ensuring that the regulatory framework not only keeps pace with industry dynamics but also fosters innovation, creativity, and the democratic spirit of the digital age. There will surely be participants in the experiential campaign who have heard of or used your brand previously, even though not everyone who participates in it will be a customer. Read about their opinions on social media using the campaign hashtag indicated above or get in touch with them directly through brand ambassadors. Be receptive to any criticism they may have for you. If necessary, adjust your tactics and upcoming marketing initiatives based on their feedback to increase customer happiness. Creating unforgettable memories Traditional advertising that you see when browsing the web does leave a lasting impression. Digital marketing and social media exposure do not produce memories. Billboards, banners, and other generic advertisements don produce memorable moments or distinctive experiences. They are only momentary expressions that don even get a second of our attention before we click or tap. Experiential marketing is a powerful tool for fostering memories. A live event or sequence of experiential events that jolt the customer ou

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Building brand loyalty requires creating an event that is shared and actionable. Between the person sharing the content and their audience, social sharing fosters trust. It extends the event momentum far into the future and outside of its original scope. To increase the share ability of your event, take into account a hash tag campaign, a picture booth, or a competition. Conclusion Experiential marketing creates buzz for brands and, more importantly, creates brand loyalty; that is what keeps businesses alive. When brands are authentic, memorable, organic, and shareable, consumers see the value, and they see trust. And that is what creates loyal and lifelong customers. Downloaded their admit cards for the exam clearly shows that they are inspired to sit in the exam. Those clamouring for exam postponement are aggravating the woes of the students who, despite all odds during the pandemic, have been most resolute to study relentlessly for the progress of their self, society and the nation. With lockdown restrictions being lifted gradually, life is returning to normalcy. Educational institutions are also ready to conduct the classes of the new academic session in the online mode. Considering all these factors, even the Supreme Court has categorically said: We find there is absolutely no justification in the prayer made for postponement of the examination In our opinion, though there is pandemic situation, but ultimately life has to go on and the career of the students cannot be put in peril for long, and full academic year cannot be wasted. In support of their argument, proponents of postponement cite health concerns due to Covid 19. However, NTA has announced very detailed standard operating protocols to be followed during the examinations. The Supreme Court took cognizance of these efforts and further added: the examination is going to be held with due precaution and it is not going to be postponed. Should we heed the advice of the highest court of the land? Chief secretaries of all states administrators of UT's have been instructed to make arrangements for the movement of candidates escorts exam personnel without any hindrance. Health secretaries have been instructed to ensure the implementation of Covid 19 guidelines at the exam centers. District collectors and top police officials have been asked to maintain law and order as well as ensure crowd management. From my own experience, while conducting the Graduate Aptitude Test in Engineering exam as its organising chairman in 2024, with nearly a million students in attendance across the nation, I can say with confidence that state and district administration officials have always extended all the necessary support during these exams. I have often seen them taking pride in helping us conduct these national entrance tests. With so many committed and considerate warriors on the call to serve the students interests and best wishes pouring in for the students from across the nation, there is no reason to postpone. As a nation, it the future and interests of the students that matter to all of us and nothing else.

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Gram, linseed and sugar cane and varieties which gave satisfactory results were released for distribution, 45,838 lb. of pure seed were distributed from the Central Farm at Ujjain, Bull breeding was done here too, and a herd of Malwi cattle was maintained. A Central Veterinary Hospital was built in Ujjain during Madho Rao Scindia I reign and GWALIOR ELECTRIC SUPPLY CO. had a power house in Ujjain. Jiwajirao and Ujjain On the demand of the All India Hindu Mahasabha, Maharaja Jiwajirao Scindia got the Bi-Millenium of Emperor Vikramaditya of Ujjain celebrated with great pomp in his state. Scindia Oriental Research Center was established in Ujjain by him and he presided over the function when the foundation of Vikram University Ujjain was laid. The Scindia family built two big palaces in Ujjain, Vikram Mahal and Maharajwada, and got the Kaliadeh Mahal repaired, a school used to run for the education of girls in the Maharajwada built by the Scindia royal family. Even after Daulatrao Scindia shifted the capital of the Scindia Empire from Ujjain to Gwalior in 1810, the Scindia family continues to have a special relationship with this great city, every year the head of the Scindia family the titular Maharaja becomes part of the Shahi Sawari of Baba Mahakal, and we sincerely hope that this tradition continues. The United Nations defines sustainability simply as meeting the needs of the present without compromising on the ability of future generations to meet their own needs. Environmental sustainability is important to preserve natural resources like clean air, water, land, wildlife and eco-systems. Sustainability is now a crucial factor into Food and Beverage (F&B) industry business practices. Within all areas of the industry whether it be fish, meat, poultry, dairy, plant-based foods, ingredients, bakery, or beer and beverage, companies are incorporating the UN Sustainable Development Goals(SDGs) into their corporate strategies. The COVID-19 pandemic broke food supply chains and emphasized the need for a more resilient industrial model. But pandemic is not the only cause. Climate change effects, drought, crop failure, wars, and logistic issues are all factors in rising global food insecurity. The F&B industry requires greater efficiency at transporting food from points of surplus to places of famine or shortage. Climate Change Effect Climate Change is seriously affecting the food supply by lowering crop yields. As per a survey, every degree Celsius increase in global mean temperature can lower wheat yields by up to 6%, rice by up to 3.2%, maize by up to 7.4%, and soybeans by up to 3.1%. As the human population is expected to grow to nearly 10 billion by 2050, to feed them is going to be a huge challenge. The F&B industry needs to reduce their impact on environment and natural resources. A report suggests that the food sector contributes to around one third of total greenhouse gas emissions and almost two thirds of freshwater withdrawals annually. The power consumption of this industry is very high with energy needed not just for processing, but also to grow and harvest crops and transport food to process plants. F&B packaging is usually environmenta

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Like restaurants and grocery stores insist on sustainability. For instance, McDonald SupplierCode of Conduct holds that uppliers are responsible for managing, measuring and minimizing the environmental impact of their facilities, including greenhouse gas emissions, waste management, and water consumption. Packaging The F&B industry is rapidly shifting to eco-friendly packaging materials. Biodegradable plant based material packaging is being preferred. Biodegradable packaging is produced using biopolymers which can be safely consumed, degrade quickly, and often be created from waste plant products There is smart packaging with embedded sensors that can track the temperature, humidity, freshness, etc of the food inside, helping consumers make a more informed decision about how long to store food. Products in the food and beverage market have a relatively short life cycle, which means that product disposal and recycling options are an important part of eco-friendly purchase decisions. Brands are actively promoting their recyclable packaging. For example, PepsiCo has pledged to eliminate virgin plastics from its Pepsi brand bottles. Waste food management Reducing and prudent management of food waste is vital for F&B sustainability. More companies now use food that would otherwise go waste. Besides, there a rise in brands using food waste and byproducts from their own or other brands processes. Countries like India confront problems in the process involved in food products right from harvesting, packing and transportation to stores and to the eventual consumers. There are lot of issues in transportation and logistics. Innovative technology can be used effectively to tackle them. As for example, the refrigerated containers are now being used to transport food products like fruits, vegetables, meat, fish and other processed foods. This technology keeps the food products fresh for at least a month and can thus be shipped to the destination and help meet demand and reduce waste. F&B industry is well aware of the importance of environmental sustainability and are making efforts to achieve it by prioritizing sustainable food sourcing, using eco-friendly methods for processing, reducing gas emissions, prudent food waste management, switching to renewable energy sources and recyclable or biodegradable packaging. The industry realizes its responsibility for a healthy environment and takes concerted initiatives and invests in R&D to achieve Sustainable Development Goals. An ethical, green and clean F&B is the future we look forward to. The vacation & second home market in India has come from strength to strength. Chronicling global trends, wherein the importance of vacation homes has risen sharply, the segment looks promising in India as well. It is no more just about spending time with family during the weekend or organizing friendly get-togethers. Rather it is becoming a prudent investment option for home buyers, backed by their rise in demand. Although the concept of vacation homes has existed for some time, the pandemic proved to be a game changer for the segment. During the covid times, when there was virtually no international travel and non-essential

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Mountains in the Himalayan ranges to the lush green rural backyard of the Western Ghats to the picturesque turquoise blue water sea beaches, buyers are investing in second home and vacation properties like never before. The market will continue to grow at an accelerated pace in 2023. Meanwhile, here are some of the key trends that will be notable to watch out for. Appetite for the local culture & flavors: Vacation homes will have more local flavor in the times to come. In the design and interiors of the properties, there will be increased use of local embroideries, potteries, crafts, paintings & arts, etc. Similarly, there will be an increased focus on using fresh local cuisines in food rather than conventional ones, which most residents consume in cities. A vocal for locals be it in furnishing, design, or food will make the stay more memorable and engaging. It will give the visitors the much-needed relief from the clichéd lifestyle that they are mostly used to. The Rise of Vacation Home Communities with Serviced Amenities: Hitherto, vacation and rental homes have been largely an unorganized business run by local developers. However, as the segment gains momentum, big developers are getting lured towards it. The entry of big players will help in creating large gated vacation & second home community projects with numerous serviced amenities such as cafes & bars, meeting centers, doctors on call, concierge, laundries, reading zones, retail plazas, and much more. Likewise, many projects will see plenty of adventure sports eco-tourism activities to help visitors have a more fruitful time during their stay and get recharged. Blurred boundaries b w tourism, healing and vacation stay: The space b w tourism, hospitality, and stay will blur. New layers of amenities will be added to make the stay more enriching. There will be added facilities such as yoga, meditation, Reiki, massage & spa, holistic learning, spiritual packages, etc integrated with the regular stay. Likewise, we will see more of innovative concepts such as Zen garden, artificial woods, organic farming, horticulture, etc. Many projects will add hobby training programs such as cooking, baking, sports, etc. Partnership with co-working players With the concept of remote working, workation, digital nomadism, flexible & hybrid working models gaining momentum, there will be increased partnership b w co-working entities and second home operators to offer co-working workstations in the picturesque countryside and tourist destinations. Already the concept is popular in the USA and soon in India as well it will become popular stemmed by growth in demand. Earn greater returns with a simple portfolio and goal based investment behaviour. Retail investors are living in exciting times. Despite a global recession looming large, here at home Nifty and Sensex hit all-time highs in December. So, what does this mean for those of us invested in Systematic Investment Plan (SIP)? Should we exit on a high or play the long shot by continuing with it? Should we add an SIP to our portfolio or start anew. Let unravel this mystery together. In the past quarter or so, there certainly has been a flattening out of the

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SIP investor, it would be wise to hold your horses. Don let short-term market fluctuations distract you from your goal. What happening in the market today will be inconsequential two-three years down the line. This learning also applies to those on the fence about starting an SIP. There no good time to start an SIP like now. Irrespective of market conditions SIPs give average return given by the index during the investment period. So, down, up or sideways, any market is good enough to start an SIP. Having said that, it is important to clarify that investors should not consider SIPs as an alternative to fixed deposits. Unlike fixed deposits, which are more or less lossless investment vehicles, mutual funds do carry an element of risk. So how does one become a wise investor, cut down risks and manage greater returns? The honest answer to that is to keep things simple. Keep your portfolio clean. Lose the cash drag. Often investors only invest a portion of their funds and are left with sizeable cash in their hands. What they do not realise is the potential of the cash if property invested. When you set out to invest, look at how much cash you have in your kitty. Ask yourself if you can get better rewards by deploying your cash in an investment tool. Another trick of the trade is to not chase returns. Taper your expectations because returns seldom work in straight lines. Ideally, you can expect a return along the lines of inflation plus equity-based premium. In the Indian context, a realistic long-term gain expectation would be 4-5 percent inflation and 5-6 percent equity-based premium. The best advice to retail investors that any expert can give is: start an SIP and lay it out over a long time frame such as 10 years. Statistically, goal-based investment yields better results than any other methods of investment. Set out with a goal even if you start small. Add an SIP to your existing one anytime during this time frame and increase your chances of higher returns. As a thumb rule, remind yourself that every time the market slips significantly, you ll invest some more. This will not only nurture investment discipline but also help you achieve the goal you started with over a period of time, without dealing a blow to your wallet. SIP is a great investment machine for the long run. With a little bit of awareness and discipline, investors can unlock the potentials of SIPs in yielding far greater returns. Start small, set a goal, taper your expectations and hold on to your SIPs for longer periods. A bullish market may look lucrative for withdrawing that SOP for a small kitty but resist that urge and you shall be rewarded in the future. As they say, good things come to those who can wait. On 15th November 2022, our planet officially touched the 8 billion population benchmark and India accounts for nearly 18% with over 1.4 billion and counting. Technology and modern medicines have played a major role in extending our average lifespan and associated comfort. One of the essential medicines to revolutionize healthcare and positively impact life expectancy, across the globe, has been antibiotics. Penicillin, the first antibiotic, alone, is estimated to have s

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Excessive and prolonged exposure to the sun can cause our skin to burn. This is why people use sunscreen as protective barrier for the skin. Sunscreens come in various strengths, measured as SPF Sun Protection Factor, which enables us to enjoy the warmth of the sun while shielding ourselves from its harmful effects. If we think about our human existence, a similar parallel can be drawn. Our soul was given the gift of this human existence for a supreme purpose: to find its way back to its Source, the Creator. Although the physical world is many reflections away from the true reality, it remains a unique and precious opportunity for the soul. It is here, in this human form, that the soul has the chance to experience and reunite with God. However, the physical world also presents many hazards to the soul. Just as unprotected skin can be burned by the sun, the soul, too, can be burned by the many distractions and attractions of the environment in which we find ourselves. These distractions on the physical, emotional and intellectual levels draw the soul away from its divine purpose. To safeguard against these distractions and to navigate this world safely so it can make the most of the time it has in this human form, the soul needs a shield, which can be referred to as the Soul Protection Factor. So, what is it that troubles the soul, and how can it be protected? While the body is home to both the soul and God, it is also where the mind resides. The mind, a lover of enjoyment, and ever in pursuit of pleasure and stimulation, lures our attention the outer expression of the soul into the distractions of the outer world. Absorbed in satisfying physical needs, emotional desires, and intellectual pursuits, we ignore the spiritual dimension of our lives and wile away the precious time given to us. The key lies in recognising the golden opportunity of this human birth. It offers each of us the opportunity to experience God directly. Once this realisation dawns, we begin seeking ways to connect with God. The first step is spiritual awakening an inner shift from our dreamlike state of identifying with the body and mind to recognising our true nature as spirit. Such an awakening becomes possible through the grace and guidance of a spiritual Master. By teaching us the technique of meditation, they help us embark on the inner spiritual journey. In meditation, we withdraw our attention from the distractions of the outer world and focus it within. In the stillness of the inner realms, our soul connects with the light and sound of God. As this connection deepens, the pulls and pains of this world begin to lose their hold on us. We bathe in the sunlight within that is not scorching, but gentle, loving, and calming. With this inner stability, we become oblivious to the ups and downs of life that disturb our peace and keep us from progressing Godward. Meditation, then, serves as the Soul Protection Factor, shielding our soul from the influences of the outer world that keep it from realising its goal. Collective living was practiced and experienced and this is how they learnt. The domestic animals and the birds were fed first.

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Even now in some parts of India the first cooked roti is offered to a cow. It was a common practice to shout if anyone was hungry in the vicinity, if no one responded then one would have his food. And today we take photographs of death bound hungry child, without doing anything for the child, and win awards for this photograph. Very one was involved in all aspects of Gurukul functioning, from account keeping to cleaning, cooking, or taking care of animals. As far as living a life was concerned everyone was an all-rounder. Obviously, women did not complain that men did not do household chores. The more one aspired in life the more difficult and challenging life awaited him or her. The person was required to have more experience and this was extremely taxing. To be a king was so arduous that most chose not to be one. We know of Buddha or Mahavir to have renounced the king post and leave the kingdom. That was not to seek spiritualism as we are taught in storybooks, they stumbled upon spiritualism. Many such have renounced kingdoms just that we are not told about them. They simply did not want to be kings as the duties were extremely demanding and without any personal gain or they knew there were better things to do. Shastras mention 64 art forms, including dance, music, painting, sculpture, and others. But what is the deeper purpose behind these diverse expressions? The Sanskrit word for art is kala, which means hat which brings out or manifests joy. Thus, the purpose of art is to evoke joy and uplift the heart. However, every art needs a locus the artist. Without an artist, art cannot manifest. So, the two main aspects are: art and the artist. Once, a deeply moved listener asked a performing artist, your music touches our hearts but what touches yours? The artist replied, Money. If the heart is driven only by wealth or applause, the artist can neither soar high nor journey far. What truly matters is the intent behind the art. No matter how gifted an individual may be, their greatness is ultimately measured by the height of their altar of devotion and dedication. Attitude determines altitude. If the driving force is limited to wealth or recognition, true greatness remains out of reach. There is a well-known story about the legendary musician Tansen. He once told Emperor Akbar, My Guru, Swami Haridas, is far greater than i am. Curious, Akbar visited the saint, for Swami Haridas would not enter the royal court. After listening to his music, Akbar admitted, your guru is indeed greater. But why? Tansen replied, because he sings for God, while I sing for you! Greatness lies in what resides in the heart nothing can be greater than God. Why should our dedication be to Him? Because He is the very source of all creation, and creation cannot exist without knowledge. When our devotion is offered at this supreme altar, the art is transformed. An altar in life, alters life. The Valmiki Ramayan and Tulsi Ramayan are timeless masterpieces, composed and sung by great saints whose legacy continues to inspire generations. When graced by divinity, an art form transcends time and becomes immortal.

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Because pathogen resistance to vaccines is not common. As per WHO, diseases prevented by vaccination do not require antibiotic treatment. By keeping our vaccines up to date and using antibiotics only as advised by healthcare professionals, we as individuals will play a major role in curbing the growth of AMR in India. With a race to net-zero well underway, VC investment is one of the most significant boosts a country can have to meet this imposing target. Small countries like Bhutan and Suriname have proudly reached this goal, while larger countries like Uruguay, Finland, and Austria are pushing for a ten-year time period to achieve this goal. The majority of countries across the world have set a target of 2050, giving them three decades to alter policy, mobility, and infrastructure to bring their emissions down to the figures promised by their heads. India aims are also long-term, where we saw Prime Minister Narendra Modi set a timeline of 50 years to achieve net-Zero by 2070 at COP26 last year. India Push So Far The country ambitious goals have been coupled with policy changes, most recently at COP27, where leaders put forth a commitment to ensure Low Carbon Development or LTS which provides several breakdowns per sector (most notably in Renewable Energy, Biofuel & Hydrogen mobility, and Infrastructure changes) which will assist India goals. India goals have been well-supported by record investment by venture capital firms (VC) in the climate-tech sector in conjunction with profound policy changes, most of them specific to the EV and Clean-mobility sector, along with a host of changes to renewable energy and phasing-down of fossil fuels. State-wise, there has been a decarbonization bill from Tamil Nadu and varying EV subsidies and incentive policies from Delhi, Haryana, Uttar Pradesh, and Karnataka. Mobility has taken the lead in climate-tech funding support, with carbon-reducing tech and agriculture following. With this move, investments in climate tech are gaining momentum in private investor circles spurred on by their focus on thesis areas targeted at climate change. The definition of these thesis areas has come a long way, allowing for subsequent funding to be earmarked toward them. However, even with $2 Billion invested, it makes just under 2% of India $1 Trillion needed by 2030. With government and government subsidiary grants, there has been great support for bootstrapped start-ups in the sector by NITI Aayog and Alpha Capital, amongst others. The investments, policy, and groundwork on EVs in the last five years saw many start-ups grow and scale this year Ather Energy, Ola Electric, Magenta, etc. and this has encouraged the ecosystem in a significant way (from financing to policy); the duration is worth noting, and why climate tech is the next big focus area. India specific aims at COP27 by Bhupendra Yadav include a greater focus on renewable energy, e-mobility, ethanol-blended fuels, and green hydrogen. The follow-up to this, which can be expected in the budget session in February 2023, must emulate the same vigour that is needed across the country, in public and private sectors and reinforced by Finance Minister, Nirmala Sitharama

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Digital solutions VC funding and government support can provide a well-needed shot at reaching India climate goals. Reverse shoulder replacement is a special kind of surgery. This is performed for patients over 65 years old with inability to lift or move the arm above the shoulder level, which happens due to a complete tear of a group of muscles called the rotator cuff in the shoulder joint up of muscles called the rotator cuff in the shoulder joint. Most of these tears can be repaired using arthroscopy. However, if the patient neglects this condition and presents late, when the retraction of the muscles is severe and the muscles would have developed severe atrophy due to fat accumulation, then it can be repaired. Patients with an irreparable rotator cuff tear suffer from severe shoulder pain and disability due to their inability to lift the arm. Sleep also gets disturbed due to pain. Reverse shoulder replacement performed in such patients helps them to lift the arm completely as the biomechanics of the shoulder gets changed due to reversing of the ball and socket position. Patient can move the arm after the surgery comfortable. Pain also comes down completely. In a reverse shoulder, the position of the ball and socket is reversed using a prosthesis (implant). Patients can move the arm without the muscles once it done. This surgery is also done for elderly individuals over 65 with severe comminuted fractures of the head of the homers (arm bone), which cannot be fixed with a plate and screws. It also one of the best options for patients with significant arthritis along with a tendon tear, where a regular shoulder replacement can give the optimum function. Reverse shoulder replacement technique has helped many elderly patients who had lost hope of using their arm due to irreparable tear and bad fractures with successful results. The reverse prosthesis can be put into place with screws on the socket side that hold it into the bone of the shoulder blade. The ball then screws into the plate, which has been attached to the socket. The part of the prosthesis placed into the arm bone is secured with cement, which bonds the metal to the bone within a few minutes. The plastic socket piece is then pressed into the end of the stem, where it is securely fixed by locking into the metal piece. This allows the socket to rotate on the ball so that the shoulder motion can be restored. The muscles around the shoulder also help keep the reverse prosthesis in place. This surgery is performed under regional anesthesia or in general anesthesia, depending on the patient's age and the associated complications. Patients should support Ethos Houser for a period of three weeks in a sling after the surgery. However, physiotherapy can be started in two days time to start the range of motion in shoulder joint. Patients should be able to get back to their normal routine within a time frame of 4 to 6 weeks. One such case of a 64-year-old lady was treated by Dry Raghu Nag raj at Fortis Hospital Cunningham. The patient had complaints of pain in the right shoulder, the patient sustained an injury during an accident. The pain was neglected for 2-3 years, and she was unable t

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And should have assisted in some surgeries before they could perform them independently. The European Union recently adopted the Digital Markets Act with an aim to level the playing field in the digital platform services sector by ensuring anti-trust compliance by big tech companies in digital markets. In this context, the DMA adopts an ex-ante approach in as much as it identifies potential antitrust practices beforehand in order to pre-emptively regulate the behavior of select big tech companies. The DMA designates and regulates only those big tech companies as gatekeepers, which have at least 45 million monthly individual end users and 100,000 business users and control at least one & quota core platform service & quota such as marketplaces and app stores, search engines, social networks, cloud services, advertising services, voice assistants and web browsers. In addition, the gatekeepers must also have an annual turnover of 7.5 billion in the EU or a global market value of 75 billion. These gatekeepers act as gateways for smaller players in digital markets to have access to new customers. The DMA prevents the usage of personal data for targeted advertisements without users consent. The legislation also allows smaller players to inter-operate with big tech services. For instance, customers on Signal will now be able to message their friends on WhatsApp. It will also prohibit the so-called gatekeepers from favouring their products and services over third-party sellers and service providers registered on their platforms. This would also entail businesses registered on their platforms to have the ability to partner up with other e-commerce and social media platforms. Other requirements include placing additional options for operating systems, virtual assistants and web browsers and enabling users to install and use apps that are downloaded from third-party app resources and uninstall pre-installed apps. In case of breach of these provisions, sanctions will be imposed on such gatekeepers. The EU firmly believes that it will foster and inclusive environment for all industry players in the digital space through the DMA. The legal landscape in EU took close to five years to come up with a framework that may disrupt the industry but the Indian government intention to copy paste these regulations to a developing economy could have catastrophic impact. Inter-ministerial consultations are happening between the Ministry of Electronics and Information Technology (MeitY), Corporate Affairs, and Competition Council of India (CCI) to pass legislation similar to DMA to regulate the Indian digital market space. However, there is a need for the Indian government to take a step back and ponder whether India does need one more regulation. Introducing a stringent legislation might discourage the major tech firms from expanding in India and come to have a negative impact on India vision to be a USD 5 trillion economy in 2024. Gatekeepers possess the ability to heavily invest in their research and development and tailor solutions to the needs of the Indian market. They have also facilitated an easier and faster adoption of e-commerce and social media by consumers

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EU like DMA can de-rail Digital Bharat movement. Furthermore, if firms are being subjected to regulation based on their size, it could come at the cost of MSMEs who harbor ambitions of going global and might cause inhibitions. Thus, India may end up missing opportunities to make its mark in the global value chain. Lastly, there is no guarantee that restricting the operational practices of Big Tech companies will foster healthy competition amongst all players in the digital ecosystem in a developing market like India. While regulation is the need of the hour, stakeholder consultations do need to be considered so as not to discourage the already well-established players or disincentives domestic companies from going global. Rather the answer lies in conducive policies that allow MSMEs to reach where Big Tech stands today Senior care in India had been largely overlooked as a major industry until 2022 when Rattan Tata helped put it on the map and make it a part of the national discussion and attention. At 84, he is continuing to lead the way in entrepreneurship by investing in senior care startups to address loneliness and openly discussing how this is an issue for seniors. Contextually this industry has so far been grossly overlooked because the population was predominantly young. Still, as the proportion of older adults increases in the general populace, they are also starting to demand more attention, services, and products that cater to their needs. Endeavors by the Government Slowly but surely, the Government of India is starting to take note of the growing senior demographics and looking to attend to their needs. As per a recent announcement, pensions will increase in order to help them be more aligned with rising inflation as the cost of living increases. While this is a huge asset, people are also seeing trends in personal retirement savings becoming a key financial investment for the seniors of the future and those aging into seniority. It not just the government that is taking note of the importance of an older demographic and their economic well-being. Legacy industries like banking are now looking to include digital financial literacy as a tool to support their aging customers. Leading banking institutions like ICICI Prudential have come forward to offer resources about financial tools for saving and investment to older adults. Awareness building around investments for retired life, types of mutual funds, and how various funds and other investments work, among others, to assure older banking customers have the tools they need to remain digitally financially active and grow their savings could be extremely useful for those who struggle to understand complex products. Growing Entrepreneurship New companies with wider offerings for seniors other than just eldercare are emerging. There is a new focus on services and products beyond assisted living for older adults that explore the ideas of a content, independent lifestyle. Startups are starting to create services for an aging population who want to stay active and engaged, within a safe community. As more and more older adults are looking for activities to do in retirement and ways to con

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Bridge the communication gap. Virtual opportunities to stay fit and healthier are also becoming common activities that people are taking up. Older adults are learning new technologies through virtual classes where they can ask questions and get answers. These technology skills are not just being used to follow passions and connect with others but also for many older adults to augment their income. With pensions steadily lagging behind the cost of living, more and more older adults are looking for additional income from home. They are learning to use technology to make payments, gain financial literacy, and to get business done. Others are utilizing remote work opportunities that are available in their industries. The senior care sector is just starting to get the attention it needs to revolutionize the industry truly. As more and more older adults start aging into the senior market, living longer, and having more economic buying power, industries will need to shift gears to include this demographic in their marketing strategies if they want to remain competitive. While the market started to get the shift it needed in 2022, I see it growing even further in 2023. Initial investments and discussions have shown that this market is ripe for growth, and smart investors and entrepreneurs will be focusing on solutions for this demographic in the new year. Plus, industry leaders will continue to expand further to offer more diverse services to this demographic. Recently there a very significant prominent and obvious shift in the demand for financial services. Apparently it has occurred as a result of the population being predominantly young and the remaining generation adopting technology at an increasing rate. Improved and quick technology-based services are what the younger generation wants. Indian FinTech start-ups are quickly upending established banking models. But still, the majority of people view banks as the safest option, particularly when it comes to depositing their hard-earned savings. Therefore, despite the challenges caused by legacy infrastructure that prevent banks from implementing changes fast, they do have a strong, established clientele over the long run. In 2019, India had a consumer adoption rate for FinTech that was 87%, higher than the global average of 64%. Even after the pandemic broke out, there was no decrease in consumer demand, and the industry grew dramatically until 2020. According to a statistic survey from April 2020, 33% of respondents still use the digital mode for a variety of financial services, including paying brokerage fees and making regular payments. For instance, according to statistic values, the volume of UPI transactions increased year over year by 70% in February 2021, and the value of those transactions increased even more. With more than 2,100 start-ups, India is a significant FinTech sector and one of the fastest growing in the world, coming in second only to the US. In India, the industry has experienced significant expansion, with two-thirds of start-ups appearing in the last five years and operating in a variety of sub-sectors, including peer-to-peer (P2P) transactions, lending, insurance, and mob

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This channel, traditional banking is essential to any economy. They provide lenders with the opportunity to earn interest. Adyta Pure, a former managing director and chief executive officer of HDFC Bank, made the statement on the fifth day of the Business Standard BFSI Insight Summit. He added that banks and finch companies would coexist in the future and grow through cooperation, and there would be room for everyone. Numerous Fitch start-ups can readily succeed because there is little regulation of the industry. They are more responsive to customer needs and operate more quickly, but the lack of laws and regulations makes it a risky sector for consumers. As a result, most retail and young investors feel comfortable choosing traditional banks because those institutions are held accountable by a regulatory authority in the background. On the other hand, the introduction of Fitch into the market has been positively received by conventional financial service providers. The majority of banks have now introduced an expanded Fitch version of their banking system via online banking websites and applications, allowing their customers to use online banking features including mobile payments, peer-to-peer lending, and digital security. Fitch and traditional banking can enhance the quality of their services and features and have a greater impact if they work together in the long run. Deposits are held in enormous quantities by banks, compared to very tiny sums by Fitch. Banks and Fitch may work together to improve financial systems in order to make the most of this, and Fitch will also profit from the substantial funding. The COVID pandemic has completely upended our way of life and not for a few days or weeks but months on end, with ever looming uncertainty about what the future holds. Being confined to closed spaces with stringent restrictions around mobility has taken its toll on children and adolescents more than anyone else. A study published in December 2022 from Stanford University (Gothic et.al) shows that pandemic related stress has physically altered the brains of adolescents, making them appear much older than their real age. This should give all of us a reason to pause and examine the effects of what this will have on our future generations. It is reported that around 330 million youth, in India alone have been affected by the disruptions caused by the pandemic (UNICEF). This includes school closures, lack of developmentally normative social interactions, inability to engage in physical exercise, access healthcare etc. Children look up to their caregivers in time of distress to seek comfort and reassurance. The unique challenge the current environment raises is that adults are also struggling with the grief of losing loved ones, loss of livelihood, stress of being under lockdowns amongst other stresses. This has significant impact on the mental health of youth. Child abuse has skyrocketed in the past 2 years as a trickle-down effect of these dynamics. Nearly 1 in 4 youth worldwide experienced depressive symptoms and 1 in 5 experienced clinically worse anxiety during the first year of COVID (Racine et.al, JAMA). Rates of self-harm and sociali

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However, it is pertinent to consider the timing and the messaging behind the inauguration of this Hindu temple. While providing the Hindu community an additional place of worship in the, the construction of this temple allows both India and the INDIA to project the strength of their respective soft power. For India this temple signifies the increasing appeal of its soft power. India has already been promoting different aspects of its culture and way of life across the world. Prominent among these are yoga, music and cuisine. Indian philosophy, already appreciated and followed in many countries in the world, would further get a boost through this Hindu Mandir in Abu Dhabi. Coming less than a month after the consecration of the Ram Mandir in Ayodhya, this temple in Abu Dhabi would send a strong message to the domestic audience in India about the growing influence of Sanatan Dharma. Also with foreign policy becoming an integral part of India domestic political discourse, the ruling BJP would leverage a Hindu temple in the INDIA, a Muslim country, as a success of India foreign policy and India growing stature at international level. The INDIA too would look to benefit from the construction of this temple for enhancing its soft power credentials. Firstly, the Hindu Mandir in Abu Dhabi would build upon the already strong ties between the INDIA government and the Indian Diaspora. There are almost 4 million Indians currently living in the INDIA. The Indians are also the largest ethnic group in the INDIA. The Indian workforce, comprising from highly qualified professionals to skilled and semi-skilled workers, form an important component of the INDIA economy. The Abu Dhabi Hindu temple is important for the INDIA for its own domestic Indian audience. Secondly, this temple is another step from the INDIA to forge closer ties with India. The past one decade has witnessed India expanding its engagements with the Gulf States, particularly with Saudi Arabia and the INDIA. India ties with these two countries have moved much beyond the traditional arc of foreign relations which was dominated by oil trade and remittances from the Indian Diaspora in the Gulf. However, India ties with the region are now multidimensional. In case of the India-INDIA relations, the two countries are not only strategic partners but have also concluded Comprehensive Economic Partnership Agreement in 2022. INDIA is the first Middle Eastern country to sign this agreement with India. This agreement is also expected to pave way for India to conclude a similar free trade agreement with the Gulf Cooperation Council. For the INDIA, India is one of the most important countries that would be part of the former transition to post-oil economy. Both are already working in this area with the INDIA making investments in India in the renewable energy sector. India and the INDIA are expanding their cooperation by participating in plurilateral initiatives such as the India-Israel-United States-INDIA and the India-United States-Saudi Arabia-INDIA. Apart from strengthening relations with India, an additional Hindu temple on its territory allows the INDIA compete with Saudi Arabia. The two Middle Eastern

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Their headquarter in the kingdom by 2024. The two countries have also clashed over oil production at the OPEC summits. The INDIA has dissented Saudi Arabia taking a lead role in the organization. The INDIA has also accused Saudi Arabia of forcing the former to an oil production cut which caused the INDIA to consider an option of leaving the OPEC. Similarly, in Yemen, although initially both the INDIA and Saudi Arabia intervened to restore internationally recognized government of Abdrabbuh Mansur Hadi, later the INDIA supported the Southern Transitional Council, a separatist movement which was deemed necessary by the INDIA to protect its economic interests in the Red Sea. As a part of diversifying its economy, Saudi Arabia has been implementing several reforms to project itself as a moderate and liberal country instead of a conservative one. The latest step in this direction was the decision to open alcohol store for non-Muslim diplomats. Saudi Arabia reforms are aimed at attracting greater foreign investments. This is viewed as an economic challenge by the INDIA. The Abu Dhabi temple would be a timely step for the INDIA to reiterate its moderate and liberal position which would also be an indirect competition with Saudi Arabia. The inauguration of the BAPS Hindu Mandir is a significant event in the India-INDIA relations. Apart from giving a boost to the bilateral ties, this temple is set to strengthen the soft power narrative as well for both the countries. Lord Ram and Narendra Modi will be the two names that reverberate through the election campaign this year. I am not sure which one would be heard more in the northern states, but it likely that the lord would take a backseat once the saffron poll caravan moves south of the Vindhyas and enters Tamil Nadu. So, what would be the poll planks in the Dravidian land and who would benefit in terms of campaign noise, not necessarily votes from which issue? Read on. BJP would love to make this its prime topic of campaign in Tamil Nadu. The grapevine has it that K Annamalai, who has released a couple of DMK files which met with reasonable success, has a few more bombs up his sleeve. If that true, DMK has something to worry about. Corruption is such an evergreen campaign issue that voters lap it up. So, it does matter that the corruption cases against minister without portfolio Senthil Balaji and disqualified minister K Ponmudy are from another decade. That such people have been in the Stalin cabinet is ammunition enough for the opposition. But the AIADMK, which has a handful of leaders who face corruption charges, cannot be holier than thou during the campaign. While the main opposition party in the state may benefit collaterally from corruption being a campaign issue, the BJP will gain fire power. How much of this would convert to votes, however, remains a moot point. As negative campaigns are the ones that get more eyeballs and ears, the opposition in the state may also harp on the DMK dynasty rule, but this is unlikely to pay electoral dividends. For its part, DMK is likely to project itself as the strongest southern sentinel against the saffron surge. Government achievements: Parties don return t

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Self harm or suicidal thoughts. Please seek medical care immediately if you notice these things. From a public health standpoint, we will need to create systems to increase awareness about mental health in general and mental health conditions in schools, childcare and community settings. Information about effects of COVID on teen mental health in national media, television and other broadcasting forums will help. Increasing access to mental health evaluation and treatment in a confidential and safe manner without fear of stigma will be critical once we start identifying youth who need help. Astaguru Historic Masterpieces catalogue for this December end has a quartet of quintessential greats from India moderns. One must begin with the catalog cover of F.N.Souza the Castle, a 1957 wonder of Rouault lined castle which is austere and filled with dark brooding strokes. Souza made London his home between 1949 and 1967, with spells in Paris and Rome, after which he immigrated to the USA, finally settling in New York where he resided until his death in 2002. The balance is starting to be re-addressed between his Indian roots and his place within Modern Western painting. This work of 1957 is important in terms of the composition as well as its treatment of expression. This work also brings into view the social context within which Souza lived and painted and his strength of character. From his very beginnings, with the death of his father and sister during his childhood, Souza struggled against adversity. He fought for and achieved recognition against racism, conservatism and poverty to achieve one-man shows and international awards. This austere, imposing image nestled in the history of medieval England work, Castle, invites us to embark on a voyage through a world at once glamorous and violent, alluring yet elusive. For many, chivalry evokes images of knights in shining armor, menfolk competing for the attention of a fair lady, pennons and streamers ?uttering from castle battlements. It gives us a product of the nineteenth-century romanticisation of the Middle Ages the kind of re-creation that gave us Waterhouse Lady of Shallot and Viollet-le-Duc rebuilding of Carcassonne. But Souza in his works wanted viewers to go deeper. For him the real medieval world was altogether less lyrical and more down-to-earth than the fanciful re-creation. Nonetheless, you read the work like you read a poem, one of the gifts of reading poems is taking the time to experience, as Terrance Hayes wrote, Not what you see, but what you perceive not the noise, but its rhythm. This work is about the Middle Ages, it is to be aware that the image of the fully accoutered castle was one which attracted and captivated contemporaries. It reminds us of the tales of King Arthur and his Knights of the Round Table that inspired a whole genre of vernacular romance literature. The prowess of the image is one of the most compelling narrative images of the medieval period. Souza also brings alive that richly layered chivalric world, of knights who fought for what was right and just, which has done so much to impudence our own view of the Middle Ages. Raze Invisible Cross Yet another beauty i

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As well as Easter and Good Friday and Christmas services. In an interview to me in 2015 he reminisced over his love for Christian hymns and the symbolism of the cross that was more than a mere symbol, for him it was an evocation of the spirit. This work Invisible Cross brings back that conversation and his love for both Christ as well as the Eucharist. Raze inherited the beauty of all religions in its quiescent intonations and wove into his work the embodiment of the emotive essence. Color for Raze was more than a mere tool it was the citadel of his consciousness. In this too he explores the play of light as well as color in nature bounty. As the pictorial space in Raze paintings became less structured, it was as if Raze had redefined the genre of landscape to center pigment as its main premise. This stylistic turn was reinforced in 1962, when he spent a summer teaching at the University of California, Berkeley. During his time in the United States, Raze was deeply impacted by the work of Abstract Expressionists Sam Francis, Hans Hoffman and Mark Rothko. Speaking about this encounter, in an interview he noted, Rothko work opened up lots of interesting associations for me. It was so different from the insipid realism of the European School. It was like a door that opened to another interior vision. Yes, I felt that I was awakening to the music of another forest, one of subliminal energy. Rothko works brought back the images of Jamaal, where the repetition of a word continues till you achieve a state of elated consciousness. Rothko works made me understand the feel for spatial perception. (Artist statement, Raze: Celebrating 85 Years, exhibition catalogue, Interview by Uma Nair, New Delhi, 2007) The landscape had a throbbing cadence of color split into its myriad tonalities. The tenor was moody and passionate. And the harmony of emotive evocations lifted itself in a sweep. It was after this that Padamsee began painting his Metascapes in the 1970s. Padamsee said I am not interested in location or landscapes. My general theme is Nature Mountains, trees, water, the elements and obviously one is influenced by the environment, but I am not interested in painting Rajasthan or the desert or whatever. When I paint a tree, a mountain or a river, I am really interested in the river, He Mountain, he tree. The [Medscape] paintings are neither abstract nor representational. The landscape had a throbbing cadence of color split into its myriad tonalities. The tenor was moody and passionate. And the harmony of emotive evocations lifted itself in a sweep. It was after this that Padamsee began painting his Metascapes in the 1970s. Padamsee said I am not interested in location or landscapes. My general theme is Nature Mountains, trees, water, the elements and obviously one is influenced by the environment, but I am not interested in painting Rajasthan or the desert or whatever. When I paint a tree, a mountain or a river, I am really interested in the river, He Mountain, he tree. The [Medscape] paintings are neither abstract nor representational. Heber flowing energy Heber Life and Death is a powerful synergy of color and symbolism. In the division of color zones

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At 74, many people begin to slow down. Mornings get quieter, routines softer, and travel becomes less of a priority. But just last week, Prime Minister Narendra Modi's now 74, wrapped up what said to be his longest overseas trip in a decade. Five countries in eight days, from July 2 to 9. As the updates kept coming in, I realised I was barely paying attention to the official statements or policy talk. What lingered instead was something quieter, and far more personal. Again and again, I found myself drawn to one thing his sheer stamina. Ghana, Trinidad & Tobago, Argentina, Brazil and Namibia, the itinerary read like a rush across continents. There were Shiva Tandava's chants and samba beats, speeches and shawls, temple visits and trade talks, diaspora gatherings and diplomatic embraces. In Ghana, he draped a Kashmiri Pashmina shawl over the Vice-President, a gentle gesture honouring India textile heritage. Later, in Trinidad, PM Modi stood before a large diaspora gathering in Couva with visible energy. Greeted with a vibrant Bhojpuri Chautaal welcome and warm applause, he addressed the crowd while standing, inviting cultural connection and showing no signs of slowing down. And amid all that, images of a man, sometimes tired, often smiling, always showing up. What keeps someone going like that? This is about agreement or admiration. It about energy. About what drives people long after the world expects them to slow down? For some, it power. For others, perhaps, it purpose. More and more, I believe that what keeps people moving is physical stamina, it inner clarity. I think of older people I have known, those who keep showing up, long after the world has moved on. A teacher from years ago who never took a sick day. A senior colleague who, just after retirement, set off to travel the world with his wife and still roams across India on a bike, more eager than any twenty-five-year-old. A neighbour who rises early each morning to teach underprivileged women in slum areas, quietly defying everything society expects of her age. There something about people who do let the years dilute their intention? They do necessarily move fast, but they move with focus. Maybe that what I glimpsed in those Modi tour updates between the handshakes and the photo ops. Not a man escaping time, but someone choosing to fill it to the brim. Of course, politics has its compulsions. But even beyond the headlines, such relentless travel at that age stirs something quietly remarkable. It not just about legacy or image, it about still wanting to show up. Not for applause, perhaps, but for what remains unfinished. Not everyone keeps globe-trotting into their seventies. But sooner or later, many of us find ourselves wondering: when do I slow down? Or more urgently why should I? Not all journeys are about where you go. Some are about why you still want to. Whenever I meet global energy leaders whether in Davos, New York, London, Denmark, Germany, or New Delhi two key insights stand out. Firstly, nations that have successfully navigated the energy transition share a common thread: wind energy is central to their renewable revolution. Denmark, a small nation with a bold vision, gen

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Secondly, India is poised to play a pivotal role in the global energy transition, leveraging its vast 1.1 TW wind potential and 18 GW of integrated annual manufacturing capacity. As a trusted global partner, India contributions will not only meet domestic needs but also can cater up to 10% of global supply chain demand by 2030, as per the GWEC Wind Report 2025. India is set to lead and shape the new global energy order. And yet, here lies the paradox. It time to let wind rise: Need for a level playing field with solar the global energy transition is built on a simple yet powerful premise: wind and solar are competing forces, but complementary pillars of a clean energy future. There no either-or it a unified approach that unlocks their true potential. Together, these technologies can power up to 80% of India renewable energy demand, and they must be championed with equal ambition and intent. When India set its sights on 500 GW of non-fossil fuel capacity, wind and solar were meant to be joint trailblazers. Yet, a decade later, solar has soared past the 100 GW mark, while wind energy the pioneer of India clean energy journey remains at 50.6 GW, underscoring the need for wind power to accelerate its growth to meet the ambitious target. Solar energy has benefited from robust policies, regulations, incentives, and promotional support, making it scalable and economically viable. Now, it imperative to extend a similar strategic push to wind energy, enabling it to play a pivotal role in meeting the growing demand for round-the-clock renewable power. India 100 GW wind energy target for 2030 is within reach, with a strong foundation already in place: 50 GW commissioned, 40 GW bid out, 25 GW of commercial and industrial demand, 20 GW of wind projects under development, and 6-8 GW wind projects are under execution. With a level playing field with solar, India wind energy capacity can not only meet but exceed expectations, with the potential to advance the Vikshit Bharat target of 400 GW by 2047. Empowering India rise as a global partner with a strong supply chain network Wind energy is not just a green solution; it deeply rooted in India economic fabric. As of 2024, with 64% local value chain leadership, according to the Bharat Climate Forum, wind power far outpaces solar (20%) and EVs (17%). Additionally, Wind ecosystem has the potential to achieve 75% local content by 2026 and 85% by 2027. Every megawatt installed turbocharges the local economy fueling MSME growth, driving local job creation, and fortifying India economic resilience. The pivotal role of wind power in India round-the-clock power solution Wind power plays a critical role in India energy mix, complementing solar energy with unique value propositions. Notably, the wind generation curve closely aligns with the Indian power demand curve, both during the day and across all seasons. This high correlation enables wind power to deliver greater value, resulting in a lower cost of energy for end consumers when wind has a higher composition in the energy mix. Moreover, wind power alignment with demand patterns helps mitigate the challenges posed by solar duck curve, where mid-day generation peaks d

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Within and without; we can experience it as one in all and one in its own essential existence. Moreover, the experience of soul and Nature being a part of duality is true, but the experience of their unity has also its validity. The aspect of man and nature always go together and whatever status Nature or Consciousness-the force in action assumes manifests or develops, there is a corresponding status of the Spirit. This work creates a syntax of what we call dashing. The word dashing means to see and be seen by the deity. It is a fundamental concept within Hindu worship where there is an active engagement between image and viewer. Heber creates that engagement in a surreal signature. The holidays bring out the giver in all of us, claimed a Christmas eve post by Menasha Abuja, reminding me of an old early morning WhatsApp message from the dashing Col. Guilt Chandra that had made my day the moment it started! Sharing the intriguing story of the Dead Sea, the message beautifully articulated the essence of giving, instead of being obsessed with taking. Not all of us might know that the Dead Sea is in fact a lake, not a sea; it called a sea because of its high salt content. The salt content is so high -almost 10 times that of the average seawater (over 35%) that a human body would easily float on it without ever sinking. This saltiness also means there is no life beneath it. No vegetation, no sea animals nothing! Just a few miles apart, north of the Dead Sea is the Sea of Galilee. While both receive water from the river Jordan, the Sea of Galilee is full of life, replete with colorful marine life including sea animals and vegetation. The same region, the same source of water, still they are two water bodies with a stark difference! Interestingly, the explanation lays in the truth of human life the power of giving back! In the Sea of Galilee, the water simply passes through, in and then out, keeping the water body healthy, vibrant, and fit for life. On the other hand, because of its lower altitude, the Dead Sea only receives water from the river Jordan but gives back nothing. Over seven million tons of its water evaporates daily, leaving behind just the salt content. Having spent the entire last decade amidst young start-up founders and having experienced their possessiveness to their start-up ideas, I was quick to see the connect between Col. Chandra message and the reality of daily life. This is particularly true of start-up founders in developing economies. They strongly believe that their start-up idea is unique, precious, and might get stolen! They end-up holding their ideas too close to their chest. This might deprive them of other people experience & wisdom, which might have shown them the obvious flaws as well as possible improvements. Traditional businesses on the other hand exhibit another kind of possessiveness. They try hard to hold on to their equity while letting go of wonderful growth opportunities. Such aversion to sharing the sweetness not just leads to the loss of growth opportunities but might also result in ultimate saltiness in the form of total collapse. In both these cases, would it not be beautiful to create a culture of givi

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A truly large and mature has the two totally an entire and the lives of its by creating a of ancillary units vendors, and he was with Motor service providers around itself. Such a player can create direct and indirect job to a wheel chair and risk units, vendors, and capital, and other kind of support. Books are like coffers filled, not with gold or silver, but with high ideals, and the wisdom of our forefathers. If we learn to love books, we need no other riches. However, we must read the right kind of books. Just as we need nourishing food for the body, similarly we need to read good books to enrich our minds. The great Stephen was pursuing his studies when he was with Motor must play the role of an. Doctors gave him a poor with from his Siam, at he with his research work. What followed is the stuff of legends no doubt, was a genius. But for units, vendors, and that genius to unravel and contribute to our of the universe, he needed that enabled him to that left him bound to a wheel chair and unable to speak. 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. Imagine what we would lose if we are not able to must play the role of an us who have some form of disability but units, vendors, and otherwise possess talents we may not even be aware of. Teachers should also have a high he was with Motor level to a wheel chair and of, and the and skills to support people with must play the role of an are the reality that they face on daily basis. The university model depends on the medical model of disability. Disability is as being innate to the person. By students to get over their obstacles and discover their skills, the university college system must play the role of an enabler. It is that India has about 3 cores of people with disability out of which around 1.3 cores are employable but only 34 lakhs have been employed across he was with Motor and to a wheel chair and led schemes or self he was with Motor Times, 14 the July 2022. The economics of with is given the rate of people with in India. It is crucial from the of Goals also. Last but not the least, the inclusion of a person with a is also indeed electricity is one of the most important blessings that science has given to mankind. Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power cut nourishing food 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 coffers filled 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 important for an economy to grow given how much t

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Idea of a Centre for Inclusion and Empowerment of Specially Abled Students. The center will support inclusive education-building systems. It will endeavor to have many experts on the inclusion of the specially-abled to remain progressive and at the cutting edge. Equally importantly it will highlight the views of people with disability themselves about their experiences and how they can be better supported through our education systems. The center will aim to focus on one health, one planet, and leaving no one behind, as a healthy Bharat and hearty Bharat is essential for our society progress. It will also aim at building aspiration among specially-abled students of the college and generating awareness regarding conventional and new-economy jobs for them in different sectors. It will generate awareness regarding their participation in the workforce by providing opportunities to them at the college level. It is hoped that this will be a step towards addressing the myriad constraints that people with disabilities face in our society. If you or a loved one has diabetes, you are probably aware of how crucial it is to maintain blood sugar levels within the prescribed range. Controlling and monitoring blood sugar, HbA1c, lipid levels, and blood pressure can help prevent or postpone major, long-term health problems like eyesight loss, heart disease, and kidney disease. The eyes can be severely affected by diabetes, which can lead to visual impairment and/or blindness. This is because high blood sugar can harm the capillaries in the most delicate tissues of the eye, which communicate information to the brain to produce clear vision. This damage to the retina due to high blood can lead to permanent vision loss. However, there is hope. One can avoid major eye damage by monitoring and regulating the blood sugar levels as per their doctor recommendation. The following five actions can help safeguard vision during diabetes. Understand Numbers When blood sugar levels rise, the delicate blood vessels that nourish the most delicate areas of the eyes are often the first to sustain damage. High blood sugar specifically harms the retina. The thin tissue that makes up around 65% of the back of the eye is called the retina. Many light-sensitive cells reside there, allowing the eyes to communicate visual information to the brain via the optic nerve. The blood vessels that supply the retina are harmed when blood sugar levels rise. Vision blurring may result from this, either temporarily or permanently. Diabetic retinopathy, glaucoma, and cataracts are three distinct eye conditions that are quite common in people with diabetes. Timely detection and interventions can minimize such complications. By keeping track of the blood sugar levels one can reduce the risk for these sight-stealing conditions. Stop Smoking Every physiological system is harmed by smoking, but diabetics are particularly vulnerable. Smoking harms the veins, arteries, and capillaries in the body, aggravating diabetes-related eye damage already present. Whether you are a smoker and have tried to quit, or want to quit for the first time, don give up. Talk to your doctor about your options. 3.Moving It E

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On Eating Healthily You are what you eat, we vet all been told since we were young. Healthy eating leads to healthy eyes. Eat a diet that is well-balanced and contains meals that provide your body with good nutrients to safeguard diabetic eyes. Vitamins A, C, E, beta-carotene, lutein, omega fatty acids, zinc, and zeaxanthin are some of them. Consuming a diet high in leafy greens, fatty fish like salmon, tuna, or mackerel, nuts like walnuts and almonds, beans, lentils, and mushrooms will help you reach this goal. Maintaining a low glycemic diet is important to manage blood sugar levels. Yearly Dilated Eye Examination The finest tip is reserved for last: get a full dilated eye exam from your ophthalmologist once a year, or more frequently if advised, to make sure that your efforts to control blood sugar are aiding in maintaining the health of your eyesight. A screening for cataracts, glaucoma, and diabetic retinopathy may be performed at this visit. Your pupils enlarge as your eyes dilate, allowing your ophthalmologist to inspect the retina, macula, and optic nerve up close. Your doctor can identify diabetic retinopathy in its early stages long before you have any symptoms by looking at these sensitive tissues. Furthermore, regular eye check-ups are critical for early detection and preventive measures to protect your eyes. The work environment has witnessed significant disruption in recent times. A drastic change in employee attitudes is resulting in an exponential increase in cases of mass resignations. According to a recent report, 85% of Indian employees from the Technology and Telecom sector plan to resign within the next six months. While the pandemic brought with it an epiphany around work-centered life, it continues to accelerate the trend of the Great Resignation, leaving businesses battling to acquire and retain talent. Introducing workplace flexibility helped in moderating this challenge, however, the response to getting back to physical working environment has been very mixed. The organizations that have chosen hybrid, to create a balance of online and offline interactions and have kept flexibility at the core cracked the code! It is thus time for organisations to invest in providing a more fulfilling employee experience to foster a stronger sense of community and a renewed commitment to work. By transforming the work approach, organisations can rule supreme in the competitive market. However, employee centricity is a journey and not a destination. Below is a rundown of the top six initiatives that can help organisations better support employees during this transition and create a more enthusiastic and committed workforce: Providing Delights Encouraging employees to unwind helps them think of the office space as a second home. For instance, providing recreational areas equipped with games allows for the much-needed time-outs. Additionally, setting up a group to meet like-minded people and showcase employee talents across interests such as sports, music, and others boosts their confidence and translates to better engagement in the organisation. Laying the Path for Innovation Shaping the organisation future requires employers to promot

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For example, involving employee opinions in significant organisation related policy changes or providing the ability to invest in the company shares can infuse a feeling of belonging and contribute directly to performance. Showing Budding Leaders the Way If an employee has the potential and desire to be a part of the company leadership in the future, organisations must present all the guidance and knowledge to lead them to the next step. Progress in a career is one of the significant determinants of employee motivation. Grooming the next generation of leaders by providing access to open positions and leadership programs result in an added commitment to the job. Celebrating Milestones Together The motto work hard and party harder makes celebrations a massive part of organisational culture. Be it on-the-floor activities, team outings or special lunches, or an annual family day to bring employees and their families together; celebrating together builds a close-knit family and creates engaging, collaborative teams. Creating a Sense of Safety along the Way a comfortable work journey is characterised by moments where the employee is engulfed with a warm sense of safety. Certain leading organisations have opened the doors for employees to directly interact with the leaders in the organisational structure to discuss any problems, or feedback. A healthy working atmosphere that reflects on the psychological safety created by the organisation largely contributes to talent retention. Democratising the Talent Experience As the workforce continues to evolve, employees seek flexibility and opportunities to engage in purpose-driven work. To emerge as an employer of choice, organisations must provide employees with the power to choose how they work, where they work from, how they make the most of learning opportunities, resources, and more. Combining social impact and talent development through CSR and sustainability-driven programs enables employees to pursue professional, personal, and social goals. Such shared value activities create a more engaged workforce and increase the bottom-line impact. It time to move from counting heads to making heads count. An employee experience in the workplace is an influencing factor when it comes to the intention of change. By building a work culture that is encouraging, innovative and inclusive, organisations can effectively lead to talent retention and prepare a workplace of the future. Is it possible to use architecture to create safe energy? It is indeed feasible. Everybody uses energy in some capacity, across all industries, therefore any modest contribution to the environment is worthwhile. We can strive to say NO ENERGY on this particular day; even a tiny effort would help to raise awareness among us. Additionally, we ought to conduct brief sessions in all of the institutions of higher learning, as well as in every office and sector of the private and public, small or big using activities like art, drawing, social campaigns, tree-planting, discussions, conferences, debates, workshops to raise awareness of the significance of energy for our next generation. The 14th of December is designated as National Energy Conser

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Resource needs will have doubled as India massive growing population. The BEE plans and creates strategies to assist in reducing this demand by promoting the adoption of energy-efficient practices. However, we took initiative before likewise in 1992, The Ministry of New and Renewable Energy was established with A New Hope. In 2015, UJALA was launched by the Prime Minister of India as a LED lamp distribution project with The Future is Here. In 2016, The 17 Sustainable Development Goals of the 2030 agenda were set by the United Nations For a Better Tomorrow and In 2020, A movement towards sustainable and eco-friendly clothing begins in the fashion industry across India with Save The Planet in Style. Not in India, but all over the world, most of the industry took initiative towards the energy conservation. Thus, every industry can make efforts into a green and sustainable environment by using less amount of energy. In India real estate ecosystem, architecture plays a crucial role. Up from US$ 200 billion in 2021, the Indian real estate market is predicted to grow to US$ 1 trillion by 2030 and account for 13% of GDP by 2025. In the future, architects will be more involved in the design and construction of homes, urban planning, smart cities, last-mile connectivity, airports, and other small and large projects. We all must get ready for the requirement that our future initiatives be energy-efficient, environmentally friendly, and sustainable. Instead, we can employ solar energy, rainwater collection, climate-responsive design, and other conservation methods to reduce heating, cooling, and lighting loads. Accounting firms have advanced significantly since the days of manual accounting and bookkeeping, when reconciling and finalizing accounts required tedious work that drained resources and time. Although extensive paperwork was manually kept up to date, it lacked real-time data presentation, which widened the scope of error. Then came a wave of digital and online accounting software products that promised to make the accounting operations faster and smoother. But though many accounting firms started adopting the new technology, a lot of them still stuck to their traditional software and hesitated to migrate to a new setup. They either thought the whole transition would be too expensive or would need extensive resources, or that they would have to learn a difficult new technology for it. Therefore, ICAI came up with the ultimate awareness push by releasing these standards along with the implementation guidelines for the CA firms. What is DCMM? Institute of Chartered Accountants of India laid down guidelines with implementation guidebook to help accounting firms to self-evaluate and level up their digital maturity and attune their operations to the emerging business scenario. This is the Digital Competency Maturity Model (DCMM). ICAI recommends that every firm small, medium or big should strategically plan to improve the Digital Competency Maturity Model of their business as part of their Annual Operating Plan. DCMM is a step towards fortifying accounting and enabling accountants to leverage modern technology. DCMM guideline is a judicious move for C

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Increases output value, and lowers risks of data error and inconsistent results. It simplifies and expedites the route to optimized decision making and creates opportunities with real time reporting. Leveraging the latest technology also helps in safeguarding firm and clients data. With automation, we are changing the accounting industry. Chartered accountants who conceptualize such software are familiar with the problems faced by CA firms, particularly small and medium sized firms with tight budgets and thus base their solutions according to those insights. The automated workflow tools make sure that CA firms are dependent on processes rather than people. This attains completeness of accounting transactions, tax computations, financial records, and audit documentation. The ICAI wants to motivate CA firms to essentially adopt cloud, big data, and AI technologies to streamline accounting and financial operations. DCMM v2 assists CA firms in tracking the level of automation, quantify performance and fill in performance gaps with corrective action in the following domains: Internal processes Automation would increase efficiency, particularly in routine but crucial tasks like billing, document management, workflow status, cyber security measures, and compliance with data protection regulations. Audit Processes: The assurance function primarily entails oversight, where automation can result in increased productivity and speed. Red flagged exceptions can be used to automate the maintenance of digital evidence, IT systems audit, review of controls, audit planning, selection of sample size, audit focus areas, and risk mitigation. Tax and compliance services: Due to inadequate document maintenance and a lack of knowledge of the most recent tax provisions, tax litigation is frequently prolonged. The ICAI has urged CA members to advise clients to automate appropriately, ensure internal access to the most recent automation tools with customization as needed, and provide digital updates on the most recent amendments. Accounting function: The use of digital accounting software platforms ensures that adequate quality control procedures are included in every step of the accounting process, from the preliminary bookkeeping stage to the end financial reporting stage, to reduce errors. The goal of DCMM is to empower accounting professionals with awareness of simple to implement, yet powerful technologies that provide them with ammunition to thrive in the age of digitization. In today time, the most common problem students face while choosing MBA or PGDM is which specialization to choose for studying. From human resources to finance to marketing to business analytics healthcare management is a wise field in terms of specialization. MBA or Master of Business Administration is an elevated level of post graduation 2 years program. It is one of the most eminent and most common as well as popular postgraduate courses in India and Internationally. The degree mainly focuses on business administration and is relevant for most managerial level jobs. PGDM refers to a post graduate diploma in management, also a 2 year course which is provided to give practical knowledge an

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Of marketing campaigns and communicate potentially with customers. Entrepreneurship If you are planning to open a business entrepreneurship will definitely help you as it teaches critical and important management and business developing skills and the skills you will need to pitch ideas for funding. Operations Management Operations Management focuses on planning, organizing, and managing production to increase productivity. If you are interested in supply chain management or logistics, consider this MBA specialization as one of your choices. Business Analytics Business analysts help in providing data to fill the gap between business and technology. This requires an understanding of data, statics, and computer science. Special tours are given on data and information driven business management with an extensive be of analytics. Finance is a popular choice among students pursuing MBA. Students are taught theory and finance analytics and dealing with investment, fundraising, borrowing, and financial management. Human Resources If you are a very experienced person with businesses then HR is the perfect course for you to pursue. Human Resource management is usually responsible for the hiring of employees for the company and then training them according to a company with special reference to culture and value system. Consulting In this field you become a business consultant where you are responsible for consulting and problem solving the business, presenting, and communicating. How to choose the right MBA PGDM specialisation: MBA or PGDM still confused? The choice totally depends on the institute you are going to pursue the course from. MBA or PGDM does matter, you can pursue any one of them, recruiters looks for skilled and potential employees. The specialization really depends on your career goals and strength. When choosing the right one, do remember to match the course with your professional and personal goals and aspirations. Each specialization has its own advantage. When choosing specialization consider your strength and weaknesses and play according to them, not considering them may lead you to choose the wrong course for yourself. Find a field where you can excel and be passionate about the job role given to you and can bring value proposition interns of growth to the company as well as yourself. With a rapidly growing population of 1.47 billion people, India is likely to have one of the fastest rising energy demands, resulting in a massive impact on the global economy and the energy industry. According to the IEA recent World Energy Outlook, India current share of global primary energy consumption is 6.1% and is expected to climb around 9.8% under the stated policy scenario by 2050. Going by this, for India future prosperity, individuals and industries will have to hinge on affordable, clean, and reliable energy. National Energy Conservation Day is a significant day to educate and create awareness among people about energy conservation and the need for renewable energy. In order to minimize the demand for energy and control greenhouse emissions, the adoption and implementation of simple measures like installing energy efficient in homes an

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In the run-up to the 2024 Lok Sabha elections, various media houses and polling agencies are carrying out opinion polls to gauge voting intentions. In response to the President address during the budget session of the Parliament, Prime Minister Narendra Modi gave an account of the different works undertaken during the last 10 years to attain Viksit Bharat. During this presentation, PM Modi expressed belief that the Bharatiya Janata Party will win more than 370 seats whereas the National Democratic Alliance will bag more than 400 seats in the upcoming Lok Sabha elections. The opinion polls always have a tale to tell. When we look at the Lok Sabha results since 1952 and the results in the last three decades, we will see how the texture of Indian politics has changed considerably. The focus of Lok Sabha elections has changed and the issues that are spoken about during election campaigns have also changed. In short, the basic structure of national politics has transcended from considerations like religion and caste to development of the country. And if this change brought about by the new leaders has to be evaluated, we will have to dive in and see how the mindset of Indian voters has also changed over a period of time. For a very long time, the socialist and communist ideologies under the leadership of Congress remained at the helm of affairs for the Lok Sabha elections. The Congress, socialist and communist ideology leaders ensured that instead of being proud of their country, the common man was forced to live under the influence of the West. As a result, despite possessing immense capabilities, India could not achieve the desired progress as compared to the other nations for a very long time even after independence. The Congress, Socialists and the Communists always took pride in flaunting India poverty on the global stage. There were deliberate attempts to prevent Indians from participating in competitions with their counterparts from the developed nations. And hence, despite having the intent to work hard and achieve success, India never climbed the development ladder. But today, things are changing. Modi government concept of comprehensive development with the use of modern technology is bringing about the change expected by the common man, thus making his government a people-oriented one. India became the fifth largest economy in the world surpassing England that had once ruled nearly half the world for a long time. Indian voter is experiencing a changed scenario and I have no doubt that this will reflect in the upcoming Lok Sabha results. In response to the President address, Prime Minister Narendra Modi did a Panchanama of Congress regime that had lasted for the longest duration in the country. This irked many. In the Parliament, Modi expressed confidence that the Bharatiya Janata Party will win more than 370 seats. Many news channels published their opinion poll results. A channel claimed that the National Democratic Alliance is expected to win 335 seats whereas the BJP will win 304 seats. In fact, in 2014 and 2019, contrary to the polls, the BJP had won more seats. And this time too, history is likely to repeat. During 2019 elections,

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In 2014 elections, voters had shown unprecedented faith in Narendra Modi leadership and the BJP won 282 seats. In 2019 elections, voters confidence in Narendra Modi leadership had increased. Since 2014, we can see a decisive change in the priorities of the Indian voters. Owing to Modi governance in the last 10 years, voters feel that Narendra Modi only must continue to be in power. During the tenure of Pandit Nehru, Indira Gandhi and Rajiv Gandhi, crores of rupees were also spent on welfare schemes for the poor by the central government. But the number of actual beneficiaries was quiet less as the middlemen in the administrative set up used to siphon off the funds allocated for the welfare of the poor. Now, in the last 10 years, government financial assistance is directly getting deposited in the bank accounts without the beneficiaries having to frequently visit government offices. People are still unable to believe that this was possible in India. Extending financial support to the underprivileged is government attempt at bringing them into the mainstream of country development. We saw ordinary youths become entrepreneurs, thanks to schemes like Mudra Yojana. People from the grassroot, even those from the deprived sections are proud as they have also become a part of the process of construction of Naya Bharat. Voters preference is to bring Modi government back to power for the third time and undoubtedly, this success story of development of the last 10 years will be manifested in the form of Maha Vijay for the BJP in the upcoming elections. India rise as a digital giant is just about trendy startups and tech billionaires. It also about a silent revolution at the core the government relentless push to build a robust digital public infrastructure (DPI). Launched in 2015, the Digital India initiative has laid the foundation for a thriving digital ecosystem, aiming to transform governance, empower citizens, and fuel economic prosperity. The government interim budget on 1st February 2024 further amplified this vision, announcing key initiatives to strengthen and expand the DPI ecosystem. The World Bank estimates that financial inclusion in India increased from 59% in 2014 to 81.5% in 2021. Aadhaar and UPI played their key roles in enabling access to bank accounts and digital payments for millions previously excluded from the formal financial system. A 2022 report by McKinsey Global Institute estimates that India DPI could add $1 trillion to its GDP by 2025 (Source McKinsey Global Institute). At the heart of India DPI lies the India Stack, a set of interoperable digital platforms offering core functionalities like Aadhaar (2009) Aadhaar, the world largest biometric ID system, provides a unique 12-digit number to every resident. It eliminates paper-based verification, tackles fraud, and facilitates targeted delivery of government benefits. As of November 2023, over 1.3 billion (95% of the population) Aadhaar numbers have been issued, empowering financial inclusion and social welfare initiatives. (Source UIDAI). Jan Dhan Yojana Launched in 2014, this PMJDY scheme facilitated over 480 million new bank accounts, primarily in rural areas (World Bank, 2

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Since time immemorial, people have wondered about human existence. Galib laments, I am doomed because of my existence, what would have happened if i did exist? Individual existence may carry more emotional and personal concern, but it is the collective existence that has engaged religion, philosophy, and science. Religions see human existence as creation of God. Philosophers have attempted to substantiate God existence through it. The classical argument of William Paley tries to prove the existence of God based on apparent design, complexity, and purpose in human organs, such as the eye. Modern arguments support the existence of God through the anthropic principle, which posits that the universe is finely tuned for human existence. The ultimate answer in theist religions and philosophies is the same: Human existence is God creation. In the Indic context, religions such as Jainism, and philosophies including Sankhya and Mimansa, endeavour to answer the mystery of human existence in terms of eternal substance atman, purusha, jiva, soul. Jiva takes human form in a cycle of birth and death due to karm and avidya. The basic scheme is as follows: the soul transmigrates between births due to ignorance and or the karmic effect. Atheistic religions and philosophies, however, fail to answer why this cycle of birth and death started? How, for the first time, did the soul come into bondage to take birth? Atheistic Indic schools of thought attempt to sidestep this question by invoking the concept of anadi, a standard response to questions they are unable to answer. If atheistic religions and philosophies suffer from logical inconsistency, theists fare no better. Considering God as purn or self-sufficient, they fail to give any reason why God created humans? For example, Semitic religions believe that God created humans out of desire. As desire emanates from deficiency, accepting desire in this context would compromise the concept of purn God. Hinduism, being mindful of this problem, describes God creation of humans as Lila. Lila does mean playfulness; it is anirvachniya that which cannot be explained through speech. However clever this explanation may be, it does not suffice. Science, a late entrant to this debate, tries to explain human existence as an outcome of the blind and chance-based interplay of matter and forces resulting in chemical and biological development. Chemistry produced self-replicating complex molecules, which led to the emergence of life in single-cell organisms. Simpler life forms gradually developed into more complex life forms, including humans. According to mainstream science, human existence is just a contingent feature of the universe. There is no guarantee that, given another chance, the universe will again produce life and or humans. Language shapes how we process crime, and how we distribute blame. When we use terms like child pornography, we unconsciously shift the frame: from crime to content, from rape to material. We distance ourselves from what actually happened to the child. Even when there is public outrage against the offender, the severity of his crime is often mellowed by the clinical language used to explain it: Pa

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But sometimes, we need to resist the urge to intellectualize or contextualize. Sometimes, we need to look simply and clearly at the Even after the best minds contemplating human existence for thousands of years; it remains largely unanswered to date. Many leading scientists, including Einstein, were not comfortable with the idea of the universe as an outcome of the blind and chance-based interplay of matter and forces. On the other hand, explaining human existence as God creation or as anadi cycle resulting from the soul bondage with matter has logical inconsistencies that many thinkers have accepted. In a world facing growing existential challenges, explaining human existence and acknowledging the value of life would always be of paramount importance. The future may have a better answer to why we exist. Wind power ability to generate electricity during peak morning and evening hours, coupled with its lower variability compared to solar, makes it crucial for keeping energy costs low in the RTC energy mix. By incorporating a larger share of wind energy, the RTC mix can optimise costs, reduce reliance on expensive peaking power plants and energy storage solutions, and ensure grid stability, ultimately providing affordable electricity to consumers, as emphasised by the Central Electricity Authority (CEA). What support needs to be given to wind industry? Grid planning in India should prioritise wind power as a core component due to its unique geographical advantages. Notably, most locations suitable for wind power generation can also accommodate solar power installations, offering a hybrid power potential. However, the converse is not always true, as many areas ideal for solar power may not be viable for wind power. By keeping wind at the core of grid planning, India can harness the benefits of both wind and solar power, optimising energy generation, improving grid stability, better grid utilisation and reduced payback for grid investments. By harmonising policies and incentives, India can unlock the full potential of both solar and wind power, ensuring a balanced and diversified renewable energy mix that supports the country energy security and sustainability goals. Well-defined certification norms are crucial to ensure renewable energy products meet India grid and climatic conditions. Robust standards for design, quality, and performance would guarantee reliable operation, contributing to long-term power assets and enhanced energy security. To achieve India ambitious renewable energy (RE) goals, accelerating the development of grid infrastructure is paramount. Fast-tracking grid infrastructure upgrades and expansion will enable the seamless integration of renewable energy, reduce transmission losses, and ensure that the benefits of RE investments are fully realised. In conclusion, as India charts its course towards a sustainable energy future, it is imperative to recognise the pivotal role wind energy can play. By providing a level playing field with solar power, India can unlock the full potential of wind energy, drive economic growth, and ensure energy security. With its unique ability to deliver lower costs of energy when it has a higher com

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In both developed and developing countries worldwide. LEDs have completely revolutionized the energy landscape as it uses at least 75% less energy than incandescent bulbs and lasts approximately 25 times longer. LED lighting also contributes in the reduction of greenhouse gases in the atmosphere. It also allows businesses to function more sustainably with energy savings of up to 80% when compared to traditional lighting. Smart home automation system for energy efficient housing Another catalyst of change in today world and the way it functions is technology. Modern innovative technologies are creating countless opportunities in reducing energy consumption. One such example is innovation in the home automation sector. A home automation system reduces energy waste by adjusting the intensity of lights through the setting of thresholds on the meter. This system ensures that a high intensity appliance (e.g., an electric oven) is not used with another one. In addition, energy management systems based on Iota help in real time power consumption data to optimize electricity use and transition to more cost and resource efficient regimes leading to sustainable energy consumption. Businesses are collaborating to develop such innovations that deliver long term solutions and alternatives. Need for businesses to adopt cleaner technologies Prompt and effective efforts must be made to meet India ambitious goal of having a net zero carbon economy in a few decades. However, one of the greatest challenges is to reduce emissions from the energy infrastructure that are currently in existence, like steel mills, coal plants, and other factories. It is, therefore, important that companies choose a way to switch to cleaner technologies. Choosing cleaner energy to power their offices, factories, and warehouses; purchasing raw materials locally; and investing in smart and automated technologies should be made mandatory. Energy efficiency and conservation are some seriously challenging tasks, but by implementing a few simple changes to our daily lives, they can be accomplished easily. On an individual level, one must educate themselves and our society on adopting cleaner, greener, and more sustainable alternatives. Similarly, leaders from all sectors should commit to developing policies and strategies for reducing the inefficient use of energy. As we observe National Energy Conservation Day, let us all pledge to choose a path that will help us mitigate climate change and conserve energy for future generations. The logistics sector in any country is a gateway to holistic growth and development for the entire economic ecosystem. When goods move, businesses move and so do lives. In a country like India, where the potential for growth is massive but costs are incomparable to global benchmarks, it was important to come up with a fresh approach. The National Logistics Policy announced in September this year came in at the right time aiming to accelerate growth and increase our participation in global trade. Especially in the wake of the global pandemic, we needed a renewed outlook to bring back our growth numbers and continue on the path that we were on. Most importantly, the

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To the sector. At the moment the sector is steadily implementing environment friendly practices, which will have a significant positive impact on the environment. Technology has played a very important and smart role during the epidemic in streamlining business practices and in achieving operational efficiencies that were less of a burden on the climate. Various paperless and faceless initiatives undertaken by the sector is signaling towards a green logistics movement. Also, green logistics solutions are being recommended as a way for businesses to thrive along with the world. Digitalisation is crucial and imminent Going digital is not a buzz word anymore, it is a necessity and may be the only way for long term existence of the sector. We need to be digital across the entire ecosystem to become efficient and to be able to reduce wastage. Every practice that was initiated prior to the pandemic got stalled and we had to reinvent ourselves during the lockdowns and it was a learning experience, to say the least. All leaders across the logistics ecosystem has understood the importance of digital platforms in maintaining business continuity and efficiency. Customs underwent a huge transformation from being paper oriented to paperless. We foresee paperless working to be the new normal in the coming days. Digital platforms offer the ease of process and save time to eventually enhance end to end visibility and efficiency of the backend operations. We are all being influenced by advancement of technology including artificial intelligence (AI). All through the world, supply networks are being improved using AI. AI and machine learning (ML) are already being embraced and used by many enterprises to enhance their supply chains in various ways. Diversity of resources and talent is the order of the day Logistics has always been a male dominated area but it is impossible to not have representation of all across the board. Business estimates claim that women make up only 20% of the Indian logistics industry. Women are already making a strong entry however, diversity does not stop at women. In the years to come there will be a healthy balance of all genders, sexes, differently abled and talent specializations. In this field, hiring qualified individuals with expertise is imperative. While everything is going digital, this industry will also require skilled professionals to address problems on an ongoing basis. Express logistics is going to rule Turnaround time is a very crucial factor in today logistics and acts as one of the biggest differentiators in the competitive ground. With the boom of e commerce and last mile logistics, the demand for express deliveries has surged exorbitantly. Hence, in the days to come express logistics will be a preference opted by the majority people and the way logistics sector gears for it, would be interesting to watch. To conclude, I must add that no amount of AI, Iota, or any other technology can change the way we do business unless we move quickly, become resilient, and adapt in this dynamic environment. The pace at which the logistics sector is moving, we only have brighter days to witness. Globally, there has been an ongoin

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And are taking steps, such as consulting experts regarding their mental health and wellbeing. Meanwhile, technological advancements today have made it possible to consult a doctor without even scheduling in person visits via telemedicine. According to the World Health Organization, telemedicine is making mental health services accessible, helping patients avoid any stigma, and providing them with treatment from the comfort of their homes. Telemedicine: A bridge to deliver mental health care It is well documented that telemedicine has been extremely useful in the pandemic and has allowed residents of small towns, cities, and villages to connect with the best specialists around the nation for treatment. According to a Statista survey, during the pandemic, approximately 22% of respondents began using telemedicine for physical health, while 33% began using telemedicine for mental health as well. When it comes to mental health, telemedicine is aiding patients who require care for depression and anxiety without having to go to a hospital. In addition, therapy for psychological stabilization is also being delivered online without the usual in person consultation with a doctor. Telemedicine may also reduce the incidence of secondary or tertiary diseases by reducing the frequency of clinic visits for periodic consultations and medications among patients with mental illnesses. Furthermore, it is beneficial for reducing hospital visits, which tends to lower the cost of medical care. Changing addiction treatment By removing geographic barriers, telemedicine can increase access to services for addiction treatment. Previously, patients who travelled long distances to get consultations could now receive addiction treatment in the comfort of their own homes or at a nearby telemedicine facility. Additionally, it helps patients avoid feeling the stigma associated with being known as a patient with substance use disorders at a specialised treatment facility. Through this, they can freely undergo their treatments without the hassle and get continual care and support from domain specialists. Raising awareness for mental health Some people are still reluctant to seek care due to a lack of knowledge and lingering stigma. We know that receiving treatment can be challenging, even when people are aware of how important mental health care is and want to end the negative perception. This is where telemedicine can help, as it gives patients access to the medical care they need without facing stigma within their communities. To address this, the government has introduced tile health programs such as T MANAS to increase access to mental health services in regions where there is a dearth of suitable healthcare services by providing free round the clock elemental health services throughout the nation, particularly to people living in remote or underserved areas. All things considered While it will take time to improve the psychiatrist patient ratio, India techno solutions may have found a solution in the form of telemedicine. Modern technologies have paved the way for medicine, offering novel forms of treatment while eradicating the stigma attached to mental illness. Telehe

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Convenient MS Dhoni majestic six that sealed victory in the 2011 World Cup is an iconic moment in Indian cricket history. As the ball soared into the stands at Wankhede stadium, the country broke into rapturous delight. Twenty eight years had elapsed since Kapil Dev team had created history at Lord in 1983. If the 1983 triumph had turned the cricket world upside down, the 2011 victory was proof of India rise to eminence in the sport in every aspect. A year earlier, in 2007, India pulled off a stunning win in the inaugural T20 World Cup. By 2010, India was also top ranked in Tests by the ICC. um log mujhe dhoondh rahe ho air main tumhara idhar intezar kar raha hoon (You are looking for me and I vet been here waiting for you patiently all this while). For the past three years, ever since Covid struck the world, audiences have been saying this Amitabh Bacchant dialogue to filmmakers in Bollywood, waiting, waiting for them to make a movie they would embrace. Waiting for Bollywood to understand that success in endorsements and public appearances does not guarantee success at the box office. Waiting for Bollywood to make movies it wants to watch rather than movies it thinks the world wants to watch. Even Bollywood biggest boldface names have been saying the same. Producer, director and host with the most, Karan Johor, said recently that the Mumbai film industry lacks the spine to make original content. Actor Amitabh Bacchant who speaks rarely declared that current historical are couched in fictionalised jingoism and moral policing. The central economic challenge India continues to face is the creation of well paid jobs for the masses. This challenge, in turn, requires greater success in manufacturing than has been the case to date. It is in manufacturing that unskilled workers become semi skilled, semi skilled skilled and skilled yet more skilled. At a recent meeting of the 14 member Indo Pacific Economic Framework in Brisbane, Australia underlined yet again that the world was looking for an alternative to China in the area of manufacturing. With supply chains as one of the four pillars on which the forum rests, the US has shown keenness to promote friend shoring by facilitating investments in member countries capable of serving as alternatives to China. Should this effort grow in the years to come, with its vast labor force, low wages and relatively large economic size, India has the potential to emerge as the focal point of the resulting alternative supply chains in the region. A truly large and mature has the two totally an entire and the lives of its by creating a of ancillary units vendors, and he was with Motor service providers around itself. Such a player can create direct and indirect job to a wheel chair and risk units, vendors, and capital, and other kind of support. Books are like coffers filled, not with gold or silver, but with high ideals, and the wisdom of our forefathers. If we learn to love books, we need no other riches. However, we must read the right kind of books. Just as we need nourishing food for the body, similarly we need to read good books to enrich our minds. The great Stephen was pursuing his studies when he was with M

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Electricity is one of the most important blessings that science has given to mankind. Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power cut nourishing food 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 coffers filled 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 important for an economy to grow given how much they can contribute to the GDP. The challenge is to make learning environments inclusive so that all children can learn and participate. Goal 4 of the Sustainable Development Goals, addresses this by referring to the need for inclusive and equitable quality education. And this is reflected in the pledge to leave no one behind. Inclusive practices need to be developed and planned for. The United Nations Convention on the Rights of Persons with Disability guides this work. Shamed Braga Singh College of the University of Delhi has come up with the. Committing to sustainable business operations is no longer a choice but a responsibility. This applies to all industries, including e-commerce, which has over the years been at the forefront of driving innovations aimed at sustainability. E-commerce players have sharpened their focus on both their front-end and supply-chain operations. With online grocery shopping witnessing strong growth in recent years, e-commerce players engaged in the grocery business are expected to drive sustainability at every stage from the farm to the customer doorstep. The sustainability journey starts with responsible sourcing of the farm produce and support for regenerative agriculture practices. Smallholder farmers often lack the knowledge, the tools, and the finances required for embracing sustainable agriculture practices. The onus is on e-commerce, grocery, and food businesses to work with them and with farmer producer organizations towards bridging this gap. A holistic look at sustainability, covering all aspects of business operations Social inclusion, gender equality, fair wages, and equitable opportunities are important elements of any business and an underrated yet vital aspect of sustainability. Companies engaged in the grocery business need to stay true to these principles at every stage of their operations, especially in the supply chain. A sustainable business is built on the strength of green infrastructure and sustainable business processes. Existing facilities and buildings can be retrofitted or redesigned to include green elements that reduce energy consumption and wastage. The supply chain and logistics can be made more efficient and environment-friendly at every stage, from planning to packaging and delivery. By optimizing the number

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Temperature controlled supply chains. There are many ways to build effective yet environment friendly cold chains, including using low-carbon transportation and fuel-free refrigeration. Leading e-commerce players have dedicated chiller zones in their fulfillment centers, where inventory can be stored in a temperature-controlled environment. When the items are shipped out for delivery, the use of chiller totes, deep-freeze gel bricks, and an insulating layer help in maintaining a cold environment for as long as 12-18 hours. As the totes, gel bricks, and insulation layer are made of reusable materials, they can be brought back to the fulfillment center for use in other deliveries. The possibility of pilferage can be minimized with the help of technology that gives visibility into the status of every product at all stages of the supply chain. Moreover, most e-grocery players conduct stringent checks at various stages of the supply chain to ensure the integrity of the products and the packaging. As a result, the groceries delivered to customers are fresh, hygienic, and in good condition. Sustainable packaging Plastic poses a severe threat to every ecosystem on earth, and the use of single-waste plastic must therefore be minimized. The e-commerce industry has, in recent years, stepped up its efforts to develop eco-friendly packaging alternatives. As some of India biggest e-commerce players have shown, it is possible to achieve 100% elimination of single-use plastic from the supply chain through collaborations with NGOs and packaging solutions providers and the use of naturally derived materials. The packaging of grocery products is often very different from that of other products. While non-grocery orders are usually delivered in carton boxes, grocery orders are delivered in chiller totes, which are returned to the warehouse after delivery and used for packing new orders. Single-use packaging should ideally be plastic-free; cotton, HDPE or brown paper bags are viable alternatives. Shredded cartons can be used for internal cushioning and separation within the parcels. Plastic, if at all it is used, must be of the reusable type. Green certifications Regulatory requirements and environmental considerations aside, consumer demand too is driving the need for sustainability-themed certifications. As a result, an increasing number of brands are trying to align their product proposition with consumer values and are working towards certifications such as Fair-trade, RSPO, India Organic, Marine Stewardship, and others. E-commerce companies, like all others, can improve the sustainability quotient of their buildings by working towards certification such as those offered by IGBC, GBCI, GRIHA, and LEED. Office complexes and electrical systems should be designed in ways that maximize the use of natural light and renewable energy. Having large glass walls allows daylight to illuminate interior spaces, thereby minimizing the need for artificial lights. One can reduce power consumption and carbon footprint further by installing rooftop solar panels to meet the daily energy requirements of buildings. If you have a warehouse, ensure that it maintains good indoor air

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Judiciously Low flow fixtures can reduce water usage by up to 25 percent. Similarly, a metered supply can help in monitoring and controlling the consumption of both potable and non-potable water. There are numerous rainwater harvesting techniques that one can employ to maintain healthy groundwater levels. If your business is large enough and your facilities are spread over a wide area, it might be a good idea to install a sewage treatment plant on the premises. The treated water can be reused for flushing and landscaping. This will not only prevent the pollution of surrounding land and water bodies, but also reduce water consumption significantly. Business operations can always be remodeled to include more circular and regenerative models. Waste generated from business operations must be recycled, wherever possible, or treated before it is discharged. Waste should be segregated into dry and wet, and organic waste should be given away for converting into manure. The disposal or reuse of waste generated on premises should be done through competent, certified vendors only. Sustainability is crucial from both a regulatory and a business standpoint. As one of India fastest growing and increasingly important sectors, e-commerce can lead the way in sustainable practices and environment-friendly operations. With the scope of e-commerce now expanding to include new services and product categories such as grocery, we will see significant modifications and additions to existing supply chain processes, which will improve sustainability in newer and even more comprehensive ways. Real estate developments, business innovation, and digital transformation have been key drivers for the Indian Integrated Facilities Management IFM sector robust growth trajectory, with a forecasted CAGR of around 15% over the next six years. The IFM sector has strengthened its position with its advancements in sustainability, expanding its global market value from USD 39.9 billion in 2020 to USD 46.27 billion in 2022. With Grade-A office space leasing expected to reach 42 million sq. ft. by the year end, these investments in CRE have further propelled the demand for IFM services. The facilities management industry has undergone significant changes over the years, adapting to the changing dynamics of the real estate sector and service delivery. Assessing the future, beyond technology integration, data-interpolation, workplace flexibility, and compliance, sustainability-focused real estate operations will be the decisive element that will differentiate the sector over the coming years. ESG reporting India has witnessed a surge in investments in ESG Environment, Social and Governance over the past four years, going from USD 283.5 million in 2019 to USD 1.5 billion in 2022. With a vision to achieve net zero emissions by 2070, the Indian government has encouraged firms across sectors to help meet this target by increasing their contributions towards sustainability. A recent report by McKinney demonstrates more than 90% of S&P 500 companies now publish ESG reports in some form, as do approximately 70% of Russell 1000 companies. There is little doubt that all firms will eventually fall

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Better and make to the point pin to it easier for audits and this model can be across other utility as well for today young are more than ever before. More than simply being good for the with a clean track record on attract more and beget higher rates of and Since plays a critical role in with their of social and it will to new of green. The of projects community and will further the of a partner in a values, directly to. Carbon and per the protocol, we group carbon emissions insert in the school of room to roof to field and many point in the garden into Scope covers direct emissions from owned or while Scope covers indirect from the of steam, heating, and cooling by the. Scope is the main point of rule includes all other in a value chain this is where can play a vital role in For example, there is much need for of policies across the supply chain in the industry, where there are multiple and suppliers, there is great to alleviate by for to is that of as an effect of to the can be on their mode of. The employer can then to reduce these and claim the credits. All of this falls under the of the team at the industry from afar, a to largely is to the growth of the sector. By a four step strategy of measure took in part of value, invest, and we can reach the true power of the ripple effect that can impact other allied as well energy in the It, and firms, and, to name a few, will all the future potential of the Real Estate and sectors. The both electric vehicles and internal vehicles, is presently the fifth largest in the world and is expected to become third largest by per cent of India Gross Domestic Product and 49 per cent of it While the sector is valued at billion, the net worth of the market in the is to be just billion by. The Indian automotive sector can be broadly segmented into four categories passenger vehicles, commercial vehicles, two wheelers, and heavy vehicles. Among these, the two wheelers and passenger vehicles dominate the Indian roads, accounting for 81 per cent and 13 per cent of total unit sales. The commercial vehicles and heavy vehicles, on the other hand, constitute of just 1 per cent and 4 per cent of the total units sales. With several emerging growth drivers and facilitating policies drafted by the government the automotive market cape is set to cross 3 billion or Rest 270core in financial year 2023 a significant year on year growth of 24 per cent. While affordable car loans, transparent financing options and the escalating sale of electric vehicles has been the major factors catapulting the growth of the auto industry in India, here a glance at the emerging trends which are expected to shape the Indian auto industry vehicles there have been a significant rise in investments in the research and development R&D of the autonomous vehicle. The fast paced technological advancements in the recent years has further opened up opportunities for the auto makers to explore new arenas and manufacture autonomous vehicles to enhance the commuting experience of the customers; a trend which is expected to get more popular in automobile sales Players in the auto sector are further working on enhancing the vehicle purchase opportunities

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I do get angry any longer when he introduces me to his friends by my nickname and says that I am studying in Class ten, when I am actually in Class Seven. Mother is warm, caring and impulsive, but not the world greatest cook. However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and tries not to let that bother me. My family consists of my father, mother, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he goes to office even on a Sunday. I know he is doing very well because I have heard people talking of him with respect. Once in a while he notices me and is then very affectionate. I love him a lot, because I know that he is always there, even though it is only in the background. Then there is my brother. I seriously feel something should be done about brothers, especially elder ones. He teases me mercilessly and considers me a blot upon the surface of the earth. What is worse? He expects me to fetch things for him and does not allow me to use the telephone or listen to my favorite singer. And, of course, watching my favorite television programmer is simply out of question. As for myself, I am twelve years old, fond of reading but not very keen on studying. I do know what my family. My family consists of my father, mother, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he goes to office even on a Sunday. I know he is doing very well because I have heard people talking of him with respect. Once in a while he notices me and is then very affectionate. I love him a lot, because I know that he is always there, even though it is only in the background. I do get angry any longer when he introduces me to his friends by my nickname and says that I am studying in Class Six, when I am actually in Class Seven. Mother is warm, caring and impulsive, but not the world greatest cook. However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and try. It also offers customers ease of buying car through online platforms, take virtual car tours, complete online and get the car delivered at their doorstep through secured payment cars have over millioncodes and 30000 parts, and latest technological advancements have further increased the numbers to help drivers navigate more the inclusion of 5G technology is projected to be a game changer as people will be able to exchange information through wireless technology including traffic and weather updates, road conditions, etc. Backed by the Internet of Things, the connected cars are safer, comfortable and provide the use of o

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Health reports, data only telematics, access 4G LTE Wi Fi Hotspots, get turn by turn directions, warn of car health issues and directly intervene to prevent breakdowns. The emerging trends and growing focus of automakers on integrating cutting edge technologies in car manufacturing has opened up massive investment opportunities in the India auto sector. Here are a few factors attracting major investments in the auto sector. Government policies Eyeing the emerging trends and steadily growing business prospects in the auto sector the central and state governments have been introducing various facilitating policies to encourage more investments. To foster the growth of the industry, the government has introduces Production Linked Incentive PLI Scheme in the Automobile and Auto Components sectors. With a total outlay of 3.5 billion, the PLI scheme proposes financial incentives of up to 18% to boost domestic manufacturing of advanced automotive technology products and attract investments in the manufacturing value chain. Profitability The operating profit margin of auto companies has fallen significantly due to the rising commodity prices. However, as the fluctuations in the rates are slowly normalizing the operating profit margin is expected to grow in 2023. Rise in the penetration of EVs There has been a growing awareness among people regarding issues related to climate change and the country as a whole is attempting to reduce its carbon footprint to meet its sustainable development goals SDGs. This has bolstered the popularity of the electric vehicles. The sale of EVs witnessed a whopping 218 per cent year on year growth of the highest sale of 429217 unit sales from 134,821 unit sales in 2021. Google new anti misinformation project in India has intensified the discussion around an important issue which is how to tackle misinformation. Particularly so in a country like India, once deemed a Covid 19 misinformation hotspot, with one in every six pieces of fake information worldwide coming from the country. Even as online fake news is costing the global economy 78 billion annually governments worldwide and independent stakeholders have found it difficult to successfully legislate or algorithmic a way out. Widespread digital illiteracy and religious fault lines make India particularly susceptible to misinformation. India digital landscape is evolving rapidly, with new users coming online in staggering quantities and accessing mobile devices. A lot is made possible by this. As one of the respondents, a tourist car driver, from our ongoing study on India new internet users put it, with the internet, the illiterate person becomes literate. But more needs to be done to address what happens when the internet becomes a place for easy miseducation, thus compounding problems. This, in turn, can erode and roll back progress on hard won Sustainable Development Goals, negatively impact public health, and cause large scale economic losses. There is also enough evidence on how fake news and misinformation can undermine critical electoral processes. It is not an easy thing to protect individuals from malignant outsized influence while also retaining the right to

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At moments of feeling overwhelmed it good to remind ourselves of this teaching of Buddha: he mind is by nature radiant. It shines. It is because of visiting forces that we suffer. At a meditation workshop, the teacher spoke of hindrances that obscure this, not only in our meditation, but also in our lives. These are the forces that can make it challenging to stay present and focused. There are many hindrances, but in meditation these five are considered to be the most critical to be aware of: desire or attachment, ill will, laziness, anxiety, and doubt. In fact, many of us were appalled that all five had visited us! A strong desire to do the session well, laziness when it felt we were sitting for way too long, anxiety about cramps in our legs or surreptitiously shifting positions, and admittedly uncharitable ill-will to the teacher who seemed oblivious of how long the session was going on, and to crown it all pure self-doubt as to whether we had get any better at this. Our wise teacher that evening laughingly told us that he too had gone through similar feelings and had advice that was helpful and encouraging. He emphasised they were mere visiting forces. Some or even all would probably stick around for a long time, or be loud, demanding voices in our heads yet we should stay aware that they are not inherent to our being. Our natural state is actually radiant, one of purity and bliss, but things like habits, indiscipline, attitudes cloud this, and subsequently these hindrances take on a much larger role than they should. An initial reaction had us asking, but how do we stop these visiting forces or hindrances from entering into life? Teacher of Buddhism, Sharon Salzburg has explained in workshops and in her writings that we cannot actually stop such thoughts, feelings, or emotions these arise naturally, often out of our control. However, we do have some ways to deal with this, in that we can learn to find ways to create enough space to hold these hindrances in a manner that helps reduce our suffering as opposed to creating more of it. So, how do we create this type of space? First, we need to acknowledge that everyone experiences these forces; this is part and parcel of the human condition itself. Such forces, troublesome as they might be, are actually an integral aspect of what makes us human. Second, we must acknowledge there is anything wrong with us and simply be aware of the feeling of the emotion or thought, rather than attributing negative judgements and associated feelings of disgrace to it. And importantly, just as we find it easy to be compassionate and understanding to others in such situations, we need to learn to generate self-compassion for ourselves. And in this way, we can reduce the power of those hindrances. While this sounds simple, it is that easy, so we need to keep at it, even if at times we again turn resentful and self-critical. We remind ourselves again if necessary that they are visitors, they will go away. Unless we ourselves mistakenly bring them in to take up permanent residence not a good idea. It helps to gently laugh at ourselves and try again. Ukraine officially celebrates 15 July as Ukrainian Statehood Day, m

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The Revolution of Dignity was sparked by the pro-Russian puppet government sudden decision to abandon the EU Association Agreement in favour of closer alignment with Russia. It culminated in the ousting of the then president and a powerful reaffirmation of Ukraine commitment to democratic reform and European integration these revolutions collectively prevented the rollback of Ukraine sovereignty and decisively rejected any return to Moscow protectorate, embodying the enduring spirit of freedom and resilience that continues to define the nation today. Since 2014, beginning with the illegal annexation of Crimea and the orchestrated war in Donbas, and escalating further with the full-scale invasion in 2022, Russia has employed various methods to undermine Ukrainian statehood. These include military aggression, forcible passportization of Ukrainian citizens in temporarily occupied territories, and systematic efforts to erase Ukrainian identity. Such forcible passportization, in our view, leads to the alteration of national identity and demographic composition in the temporarily occupied territories. It serves to replenish the aggressor country military manpower by mobilizing and involving residents of these territories in hostilities against the Ukrainian defence forces. This policy is accompanied by purges and expulsions of those deemed disloyal to the Kremlin. Moreover, it increases pressure on Ukrainian citizens living in the occupied areas to obtain Russian citizenship as a prerequisite for access to basic services such as education, healthcare, and social support. The Russian Orthodox Church has become a tool of Kremlin propaganda, with Patriarch Kirill blessing the invasion and clergy sent to occupied territories to justify violence under the guise of faith. Those who preach peace face persecution. Since the beginning of the full-scale invasion, Russia has forcibly deported and abducted over 20,000 Ukrainian children, subjecting them to systematic indoctrination aimed at erasing their national identity. In March 2023, the International Criminal Court issued an arrest warrant for Vladimir Putin for the unlawful transfer of children from occupied Ukrainian territories an act recognized globally as a war crime. Thus, Putin regime seeks to rewrite history and reduce Ukraine to a subservient protectorate a continuation of Russia imperial neo-colonial ambitions and a return to the darkest days of authoritarian domination. But Ukraine history is a testament to the enduring will of its people to live in freedom and independence, to their resilience, and to their steadfast commitment to defending their national identity. In February 2022, Ukraine formally applied for European Union membership, recognizing integration into the European family as essential for safeguarding its independence and sovereignty. Repression does not erase Ukrainian identity. It only strengthens our resolve to defend it. Alongside military power, the Kremlin continues to wage a campaign of historical falsification, cultural erasure, Justification, and propaganda aimed at destroying Ukraine statehood and turning back the clock of history. The World must know, that Ukrainian st

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Agriculture, a pivotal force in India economy, faces challenges like unpredictable weather and market fluctuations. To overcome these hurdles, the adoption of modern farming technologies is crucial for sustainable development. The government has been actively promoting natural farming through initiatives like Bharatiya Prakritik Krishi Paddhati under Paramparagat Krishi Vikas Yojana has now evolved into the National Mission on Natural Farming emphasizing community-based organizations like Women Self Help Groups. These groups, such as Krishi Sakhis and Pashu Sakhis, are integral to pre-production, production, and post-production activities, contributing to the success of natural farming. Addressing the Gender Gap in Agriculture to bridge the gender gap in agricultural extension services, the Support to State Extension Programmes for Extension Reforms, commonly referred to as Agriculture Technology ment Agency, has made provisions to ensure the active participation of women in farming. Under the guidelines, Women Food Security Groups are promoted to enhance household food and nutritional security. Farm Women Food Security Groups FSGs, with a target of at least two groups per block annually, receive support for training, publication, and access to inputs, amounting to Rs. 10,000 per group. These FSGs also serve as Model Food Security Hubs, fostering activities like kitchen gardening, backyard poultry, goat rearing, animal husbandry, dairying, and mushroom cultivation. Moreover, guidelines mandate that 30% of beneficiaries should be women farmers or farm women. Allocation of at least 30% of resources for programs and activities is required for women farmers and women extension functionaries. The governance bodies at various levels, such as the Governing body, Block Farmer Advisory Committee, State Farmers Advisory Committee, and District Farmers Advisory Committee, ensure adequate representation of women. A Gender Coordinator oversees the implementation of these guidelines and ensures the flow of benefits to women farmers. Empowering Women in Agriculture Initiatives Under, women also serve as farmer friends in villages, supporting innovative activities. Additionally, the Central Sector Scheme of Agri. Clinics and Agri. Business Centres under the Ministry of Agriculture and Farmers Welfare provides 44% subsidy to women beneficiaries, while others receive 36%. The National Institute of Agricultural Extension ment, serving as the nodal organization and knowledge repository for Bhartiya Prakritik Krishi Padhati has played a pivotal role in creating awareness. Conducting 997 One Day Awareness Programs for Gram Pradhans on Natural Farming across the country, has actively involved women participants, with 17,626 women Gram Pradhans engaged in the initiative. The establishment of a web page and knowledge repository on Natural Farming, along with study material prepared in 22 regional languages, has further facilitated the dissemination of information, benefiting various stakeholders, including women farmers. Factors Influencing Adoption of Modern Farming Technologies The adoption of modern farming technologies by farmers is influenced by a myriad of fact

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Additionally, the availability and reliability of irrigation facilities significantly impact the adoption of technologies geared towards improving water efficiency and crop productivity. Government Initiatives to Promote Modern Farming Technologies The Government of India has initiated several programs to modernize the agricultural sector, recognizing its vital importance. Among these, the Sub-Mission on Agricultural Mechanization stands out for its promotion of modern farming technologies, including drones, to enhance productivity. Through incentives and support, farmers are encouraged to invest in mechanized equipment, boosting efficiency across the board. Another significant effort is the National e-Governance Plan for Agriculture which harnesses Artificial Intelligence, Machine Learning, Internet of Things, and Block chain to revolutionize Indian agriculture. State governments receive funding under to implement digital projects aimed at enhancing farm ment, decision-making, and market access through cutting edge technologies. Additionally, the Innovation and Agri-Entrepreneurship Development component under the Rashtriya Krishi Vikas Yojana fosters innovation and entrepreneurship in agriculture. By offering financial support to startups and entrepreneurs developing innovative solutions, the government aims to address challenges faced by farmers and allied sectors, promoting technological advancement and agricultural growth. Advancements in Agricultural Mechanization: Punjab and Bihar Initiatives Since, Punjab and Bihar have witnessed significant advancements in agricultural mechanization, thanks to the funds released under the Sub-Mission on Agricultural Mechanization. Punjab received a total of crores, facilitating the distribution of 12,666 agricultural machinery on subsidy. Additionally, the state established 1,256 Custom Hiring Centers Hi-Tech Hubs and Farm Machinery Banks, enhancing accessibility to mechanized farming equipment. This initiative has not only augmented agricultural productivity but has also contributed to the modernization of farming practices in Punjab. Similarly, Bihar has made notable strides in agricultural mechanization with the release of Rs. crores during the same period. This funding facilitated the distribution of agricultural machinery on subsidy, along with the establishment of 1035 Custom Hiring Centers Hi-tech Hubs and Farm Machinery Banks. These endeavors have played a crucial role in boosting the efficiency and productivity of farming operations in Bihar, thereby improving the livelihoods of farmers and contributing to the overall agricultural development of the state. Moreover, both Punjab and Bihar have been proactive in embracing technological advancements in agriculture through projects sanctioned under the. Punjab initiatives include the development of digital algorithms for crop growth monitoring and precision irrigation, while Bihar has focused on digital package practices for major crops and automation techniques in irrigation. These projects underscore the states commitment to leveraging technology for sustainable agricultural practices and ensuring food security for their populations. Fallen Le

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Announced a new anti misinformation campaign in India, aimed at preventing misleading information that has been blamed for inciting violence through the use of prebaking videos. Such measures from tech giants assume special significance in a context where internet users trust social media to keep fake news in check in a 2019 study, around 61% of Indian respondents trusted social media companies to ensure content shared on their platforms during times of crisis to be factual. However existing solutions are just touching the surface on challenges like language diversity, multi format content and geographical cultural diversities and sensitivities. For example, in a world that communicates in more than 7000 languages, fact checking tools will have to be more inclusive. Open source projects like Meta early stage No Language Left Behind aimed at translations across 200 languages are a good starting point but far from being enough. The good news is that the ecosystem to tackle misinformation is developing fast and there are several technology led innovations being developed. A mix if public and private actors are at play including independent fact checking organizations, community led initiatives and, research and civil society organizations. These innovations could use support to scale if we are able to push forward on three fronts. The first is to do with developing and providing access to the right kind of tech. The tech enabled fact checking tools available today are predominantly AI ML empowered, with room for similarly effective technologies to be leveraged. There is scope to fund, incubate and accelerate alternative fact checking technologies, such as block chain based solutions. For example, there has been exploration around the application of block chain to help fight misinformation in news photos. The New York Times has been experimenting with a block chain prototype for The News Provenance Project to verify the source and edits of visual information. Others have been developing proactive strategies such as an automatic discovery system to proactively surface fake news domains before humans flag them. To support the easy access of existing tools, researchers have identified and characterised the universe of online tools developed by non profits and civil society organizations to target online disinformation. Initiatives such as these help consumers, researchers, and journalists with open access to technology and algorithms. The second has to do with having access to high quality data. Existing fact checking systems and datasets narrowly focus on English and unimodal information i.e., text. Some fact checking initiatives also operate in countries that lack a robust digital archiving system a significant database that is omitted from automated fact checking systems. Developing AI tools to detect misinformation is difficult without the right training data and there needs to be capability to tackle multilingual and multimodal e.g., visual, audio information. This would be made possible if a few things came to pass. Government initiatives could digitalis their archives and make them publicly accessible. In the UK, The Department for Digital, C

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Small scale organizations to invest in the kind of rigorous fact checking tools and human capital required. For this to happen, there needs to be a greater awareness around the intersectionality and multisectoral impact of misinformation. The internet will continue to grow exponentially both in scale and number of users, and so will misinformation if left unchecked. Today, more individuals use the internet than are without it, adding up to 63% of the world population. In 2024, over thirty countries including the United States, United Kingdom, India, Mexico, and Tunisia will hold national elections. Unless urgent action is taken, misinformation and fake news could polarise people and shift the focus away from the issues that matter. India is witnessing declining trust in news and high levels of fake news exposure, which weakens the ability of the fourth estate to function. Bringing together an ecosystem of actors and developing a full view of both the challenge and the solutions is a crucial first step to ensure we safeguard development agendas not only in India but around the world. The Yangtze incident was yet another reminder that PLA diabolic game of altering realities on LAC continues unabated. The choice of location and timing of next round of salami slicing, adds psychological dimension in retaining control of escalation matrix. Every such round is followed by meeting like recently concluded 17 the Corps Commanders parleys, with meaningless terms like stability, peace and tranquility. For soldiers on ground, it translates to enhanced deployment and surveillance. Flurry of activity leads to avoidable collateral damage like the recent road accident. The present chaotic situation is most unfair for troops on ground. Yangtze is the tactical prong, combined with theological one Twang, defining the template, in evolving strategic game to further claim on Arunachal, described by Chinese as Zing Nan Southern Tibet. Yangtze has great spiritual significance due to proximity to Chumi Gyatse, holy waterfalls. Chinese checkers has taken another twist from earlier Chinese articulated move of wrap settlement entailing Aksai Chin for China in lieu of Arunachal for India. China has gained in asymmetry and its revanchist desires have multiplied. Having achieved its claims in Adak, grabbing is now unfolding in Arunachal. The loss of Yangtze in 1987 88, still rankles China as it is the potential launch pad to reclaim Twang, having linkages with Dalai Lama. Chinese have regularly staked their claim but it was different this time. Strength of 300 plus, in mid Dec at 3. 00 am, indicates detailed planning and clearance at the highest level. It is to credit of Indian Army that they were vigilant and pushed back riot clad PLA marauders, equipped with spiked sticks, Tasers and barbaric contraptions. As we lapse into usual frustrating analysis of why and how of incidents, only certainty is that, it will happen again. It is appropriate to recall that we have not found any conclusive answers to the original question on 1962 war. Why did China go back, if it wanted areas like Galan and Twang so badly? Noted Chinese affairs expert, Vijay Go hale in his recent report,

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Chinese objectives. To put it bluntly, India should play along. Fourth, China can afford to deal with India in episodic tactical mode, within her own long term trajectory. Consequently, petty zero sum approach by China to stymie India in Indian Ocean and neigbourhood continues. The natural corollary is how are we dealing with China? It may sound incredulous but without coherent strategy, we are basically responding in reactive mode. It is strange mix of optimism and denial amongst decision makers diplomats and experts searching for the elusive peace and tranquility, even when the wolf warrior remains unrelenting. There have even been instances of conceding benefit of doubt and accepting explanation of local Commander going rogue. But the same so called rogue, is now in apex hierarchy in CMC. Even worse is sense of bravado seen amongst social media warriors giving clarion calls to liberate Aksai Chin. As per reliable opinion poll by an international think tank, 60% Indians believe that we can simply put it across to the Chinese. At the same time, it is disheartening that we fail to honor 1962 and 1967 heroes. The least we can do is to celebrate their velour and sacrifice every year by holding appropriate ceremonies at NWM. Galan is indeed the defining marker with Indians jettisoning the residual trust on Chinese. The incident has been reconstructed by Manor Joshi, noted China expert in his book, Understanding India China Border The Enduring Threat of War in the High Himalayas. Considering very high credibility of the author and in the absence of cogent official account, it is only reliable source. The most telling detail is the role of unsparing General Winter, accounting for 17 Brave heart due to hypothermia. It is most disheartening with our enviable record in high altitude medicine. When late Nail Hanumanthappa was hospitalized in Army R&R hospital, we had reached out to leading hospitals, globally for advice, the reply all across was, you have the best knowledge pool. The challenge is in deploying it forward and timely evacuation at such altitude during night. It will be fair to assume that PLA may have lost similar numbers due to hypothermia but unlike us it has excluded them from their list restricting to four fatalities. Chinese game plan is based on underestimating Indian capability, appetite and even will power to impose costs on China. While this may be true in some measure in politico bureaucratic hierarchy but it will be fatal to miss out the resolve at tactical level. Even at higher level, Op Snow Leopard in Aug 22, indicated audacious resolve. China has destroyed the edifice of CBMs and border management protocols with Galan, Yangtze, spiked clubs and Tasers. While Indian troops have shown remarkable restraint, yet under provocation, incidents can spin out of control, leading to serious escalation. Buffer zones with PLA in grab mode will not help as probing is part of defensive surveillance. Two nuclear nations, wrestling across undefined line with stone age weapons should spur leaders and diplomats on both sides to resolve at least interim border management protocols. When Rishi Sunak took over as the UK Prime Minister, native I

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Indian connection her mother is an Indian, instead preferring to be known as a black leader her father is black. A person of foreign origins doing remarkably well and contributing to the adopted nation growth is nothing uncommon in the West. There have been 23 American Presidents of Irish ancestry, some of whom were publicly proud of their lineage. The list includes John F Kennedy, Ronald Reagan, and the present President Joe Biden. Henry Kissinger, Albert Einstein, Sigmund Freud, Karl Marx, Jackie Chan, and Zinedine Zidane were either refugees or immigrants. 12 of the 23 French footballers of the 2018 World Cup winning team boast African ancestry from nine nations across the continent! History has proved that refugees have built nations. Moreover, in the post pandemic world, from frontline health professionals to delivery drivers, to retail professionals there are numerous instances of refugees keeping their host communities safe and healthy. Many Indians have migrated to other countries and the policies therein have enabled them or their descendants to do wonders for their new homelands. Besides politics, this hall of fame inducts a variety of people including professionals, Nobel laureates, and sportspersons. Nevertheless, the dichotomy is that when Indians migrate to other countries and do well globally, we feel proud and labour hard to establish the native connection, but we treat the refugees and immigrants in our country as burden instead of considering them as valuable human resources. While we rejoiced about Rishi Sunak, we had shown extreme disapproval in the case of Sonia Gandhi. Such an approach is more intriguing when we consider India, as a land of diversities, has given refuge to people of different religion, race and ethnicity over centuries. Many of the famous Indians were either born or raised in today Pakistan but subsequently migrated to India. Dr Manmohan Singh, Lal Krishna Advani, Khushwant Singh, Dilip Kumar, Kapoors, Ram Jethmalani, Ustad Bade Ghulam Ali Khan, Milkha Singh are few to name who have made India proud. We successfully managed over 10 million Bengali refugees in 1971. Out of them, around 3 million stayed back in India and many contributed to nation building. However, it seems that we have become less compassionate towards migrants or refugees in the recent past. India officially houses over 2 lakh refugees and asylum seekers from various countries, including Tibet, Sri Lanka, Myanmar and Afghanistan. In absence of any specific refugee law or policy, different refugee groups are treated differently and the state of affairs are far from being encouraging. Although the United Nations High Commissioner for Refugees UNHCR screens asylum seekers and grants refugee certificates to the eligible persons, the Government of India is the final arbitrator in allowing the refugees to reside in this country and provide protection. UNHCR runs some intervention and support programs for the Afghan and Rohingya refugees but they are always vulnerable to harassment and arbitrary incarnation by the Indian authorities and police. The Supreme Court ordered deportation of the Rohingyas even after noting the fact that they might fa

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Rights and are rather considered as people living on the largess of Indian state, than as valuable human resources. There is a general perception that refugees are illegal migrants and can at the best be engaged in petty jobs. They are often hounded like criminals and even considered a threat to our resources. Hence, local integration remains an uphill task. The rise of populist, nationalist governments has boosted hate speech and xenophobia dislike of or prejudice against outsiders across the globe and India is no exception. The political actors in power have resorted to anti refugee anti immigrant stances that promote xenophobia. No wonder the Afghans and Rohingyas are facing more hostilities compared to other groups owing to their religion. The Citizenship Act, 1955, has been amended several times making it quite difficult for refugees to secure Indian citizenship. The 2019 Amendment has selectively eased the process for certain religious groups, except the Muslims, from the neighboring countries. This amendment along with the announcement of implementing the National Register of Citizens NRC throughout the country has only magnified the problem by fomenting distrust towards and apprehension among the Muslims in India. In the process we have missed mainstreaming the refugees and recognising them as valuable human resources. This is because neither do we have a national law nor a policy dealing with refugees and asylum seekers. The Foreigners Law regime does not acknowledge refugees as a separate group of foreigners who are in need of care and protection. Various activist groups and experts have long campaigned for enacting a law on refugees. Twice Dr. Shashi Tharoor introduced a Private Member Bill seeking establishment of a system to protect the refugees and asylum seekers. Unfortunately, the situation has remained unchanged as arbitrary processes continue to rule the roost. We have no long term definitive policy enabling the immigrants and refugees in pursuing education and livelihood, canvassing their potential, and acquiring citizenship. As long as we continue to deprive these opportunities to the refugees and let them live as fringe elements of the society, refugee programs will always be a wasteful expenditure. We will neither know nor be able to tap their talents. While we will continue to celebrate the resounding success of PIOs all over the world and let other countries reap the real benefits, our potential Einstein and Sedans will fade into oblivion. Like all disgraced stars of Mumbai money market, Chandra Kocher, the former CEO of ICICI Bank, and her husband Deepak, a businessman, had been leading a quiet life for the past few years. The alleged loan for favors scandal, which broke in 2018, ruined her career and put Deepak behind bars for some time. But it had begun to blow over after the Kootchars got a relief from ED in 2020. Amid the pandemic and slowdown, most took their eyes off a story that had brought out a banker corporate nexus that till then was confined to whispers in corporate dinners. When a 2016 whistleblower complaint later spilled out the brazen deals and transaction trails, there was very little left to the imag

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Retired around 400 officers for lack of integrity or non performance. Most were Group A and Group B officers. Telecom and Railways minister Ashbin Vishnu had approved similar disciplinary action on 40 Railways officers earlier. But with nearly 90,000 Group A and 2.9 lakh Group B employees in position in central services according to the Seventh Pay Commission, such episodic disciplinary action will not solve a systemic problem. Too many mid career and senior officers have integrity and or performance deficits and Go must find ways to identify and offload them following due process alongside recruiting meritorious replacements. Everyone enters the system young and there are equal opportunities to progress ahead. But the assured promotion system irrespective of performance, too many departments performing no significant functions, and the corrupt nexuses that form over a long career being close to nets and moneyed interests, all combine to ruin many officers. This is where the National Programmed for Civil Services Capacity Building, approved in April 2021, aiming to reshape post recruitment training mechanisms and Go HR policies, is important. Mid career appraisals to weed out inept officers will have to proceed concurrently with greater public service recruitment. Lateral hiring has taken off with recruits struggling for acceptance and direction. Only 4% of India workforces comprise public servants. Compare this to 22.5% in the UK, 13.5% in the US and 28% in China. State governments must also reform public employment policies. After all, combined employment of states is much more than go and state bureaucracy interface with the ordinary citizen is much larger. Centre and states, with their 444 central PSUs and 1,136 state PSUs, should also pursue disinvestment more vigorously, and use part of the proceeds to reform administration. An efficient bureaucracy is key to India economic acceleration. After months of negotiations, the Group of Seven proposed price cap on Russian oil has proved to be a damp squib. Oil markets are surprisingly quiet, with prices even falling after the G7 announcement. Leaders everywhere, including India, Europe and the US, are all breathing a sigh of relief. This anticlimax is due to the modest price cap of 60. I lost my husband Vicar on November 29. As he breathed his last, I stood numb by his ICU bedside. Our daughter, Manias, was holding his hand infused with IV. It was sudden, most unexpected. Over the days that followed, there were prayers, and visits from many who shared their experiences and love. Finally, it was over. The condolences and the mourning. Only the grief stayed. Every simple routine activity brought back memories. I decided a week afterwards that I will resume work and take charge of life. But it the hardest thing to do. Especially when you have lived 39 years with a man who had so many facets. A brilliant mind. He enjoyed opera, wine, history, manufacturing, geography, and sailing. He could passionately work on the shop floor in the day and return home to cook a gourmet meal for his wife and daughter. The day recipe, unique to suit the palette of that evening! Vicar built his stature over time. He

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In my own unique way, enabled me to become the person I am today confident and independent. He would smilingly introduce himself as Geetanjali husband ! Our daughter Manias was at the core of his being. His love never overwhelmed or pressured, it was quiet but strong. Steering her towards her goals compassionately. Vicar warm demeanor was the way he viewed the world with happiness and positivity. I have stopped mourning for my husband. I do want to remember him with grief and negativity. Else, he will frown from the heavens above. Yes, there is deep pain, but this is one loss that can be soothed with celebration. Once again as the calendar year comes to an end, most of us have a faint memory of the list of goals, aspirations, and dreams that we had started with. In some corner of our consciousness, we realise that all those promises of making a fresh start, creating a better self and a better life have long gathered dust. This reflection brings us closer to the painful awareness that life is ephemeral, and time is limited. We register that another year has gone by and we are who we were, nothing much has changed within us and around us despite our fervent activity. This awareness is somewhat unsettling and, therefore, we often try to divert our attention by immersing ourselves in the splendid new year celebrations gourmet meals, peppy music, zesty dance, colorful fireworks and, of course, the loud cheers as the clock ticks past 12. And then we crash into an uneasy sleep and wake up quite clueless the next morning. We wonder whether we should once again create those lists of changes that we need to make or should we continue the way we are living. of the new year holds an immense spiritual significance. It is a rare opportunity to revive our deeper aspiration for an enlightened existence and make a promise to our body, mind, and soul to move in that direction. According to Sri Chinmoy, When the New Year dawns, we have to make ourselves conscious of the fact that we have to transcend ourselves this year. We have to go beyond our present capacity, beyond our present achievement. God always wants us to move ahead He does not want us to look back. We know that while a runner is running fast, if he looks back, he will stumble. Similarly, if we are constantly looking behind at the year that we are leaving aside, we will think of our sorrow, misery, frustration, failure and so forth. But if we look forward, we will see hope dawning deep within us. Therefore, we need to welcome the morning of the new year with a deep concentration and a firm resolve that we will overcome all our negativity, procrastination and melancholy and accomplish what we are capable of. Going further, we need to welcome each day with the same enthusiasm and self reflection so that the aspiration to realize our authentic self stays in our consciousness all the time like a constant flame. As we repeatedly revisit our aspiration for progress, change and self growth, our thoughts, feelings, actions, and relationships get guided by it. In other words, the highest ideal within us slowly shapes us into a new being. But as we look forward into the new year, we must also go through the m

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The mayor of Copenhagen, said, while turning on the Christmas lights on the town square, that in future we have to reduce our energy consumption. For for first time after several decades, the lights on the Christmas tree in the center of Copenhagen were not visible all hours as has been the tradition for almost a hundred years. But Denmark is not yet as drastically affected by the energy crisis as Great Britain. We are all getting familiar with strikes by railway employees and health care workers as in UK, because families with working members are unable to make their ends meet. Imagine being employed and yet being forced to sleep in the streets of London because one cannot afford to pay the house rent and electricity bills. The energy crisis is taking its huge toll on European countries, which are unable to form a common front to address the war in Ukraine and the rising energy costs. Emmanuel Macron, President of France, has shown his dissatisfaction with America, which he thinks is exploiting the energy crisis in Europe and selling gas at four times the costs of domestic prices in America. France wants to mediate between Russia and the Western alliance, but faces an American administration decision to support Ukraine for however long it takes. It is of course advantageous for US to see Europe trapped in a situation with lack of energy because of the disruption in the Nordstream pipeline caused near the border of Denmark and Sweden. Germany, which was the main beneficiary, has to find other sources of energy. Germany probably feels sidelined in the decision to stealthily sabotage the Nordstream pipeline, which has sent its energy costs skyrocketing. So Germany is contacting and developing bilateral relations with China. A delegation of top politicians, headed by German Chancellor Olaf Scholz, and businessmen have already visited Beijing last month, and summits will be arranged between Russia, Germany and China, trying to leave US out of the secretive deals. High level meetings have already occured a few days ago, without US presence, between the Chinese president Xi Jinping, the German President Frank Walter Steinmeier, and former Russian president Dmitry Medvedev. Even though the present foreign minister of Germany, Annalena Baerbock, is critical of the German engagement with China, the official move by the German government makes the case for a new initiative on the way between China, Russia and Germany. France and Germany do agree that the Americans are exploiting the increasing gas prices and instead of selling it to allies in Europe at reasonable prices, the Americans are resorting to exuberant prices. But here ends their romanticization of trans Atlantic agreements. France has expressed its desire for an autonomous defense pact that would strengthen the European Union and the local European defense industry and make Europe less dependent on USA, while Germans keep insisting on a stronger common presence, and hence Germany increase in its defense budget has other plans. The recent interview of the former chancellor, Angela Markel, in the German newspaper Die Ziet, indicated without doubt that the German position to support the Minsk ag

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With the benefit of hindsight, Donald Trump pulling a full John Terry as Chelsea lifted the Club World Cup was almost poetic. After all, Chelsea is the Trump of European football a nouveau riche arriviste with no continental pedigree, desperate to buy its way into aristocracy, and yet forever one dodgy deal away from financial ruin. And like Terry, Trump likes to take credit. But analogies aside, it has been quite a spin around the sun for Donald Trump since he dodged a bullet. A year ago, Donald trumped death, defying the laws of space, time, physics, politics, and logic as he did something that had been done only once before in American history: return to the White House after a hiatus. And not just any break a five-year, scandal-scarred interregnum that included two impeachments, a Capitol riot, multiple indictments, and that gloriously capitalist moment when Trump, now with his own mug shot, began selling it as an NFT and framed it in the White House like it was a Warhol. Or take the last time I watched a movie on an OTT platform the disclaimer warning against anti-social behaviour like smoking, drinking, and doing drugs kept growing on the screen until it occupied more space than the actual film. In response, I switched off the movie and went to engage in the very anti-social behaviour it warned me against. But there is evidence that warning labels can change consumer behaviour, particularly when they are graphic and large. Tobacco warnings have reduced smoking rates, food labels have led to lower sugar and calorie purchases, alcohol and vape warnings have led to lower consumption but they only work as part of a broader strategy. However, based on the recent furore, it quite clear that even educated Indians are not ready to have a conversation, despite the fact that India waistline is expanding faster than its GDP nearly one in four adults is overweight, and kids are catching up. One of the more curious aspects of being human is that we tend to project our availability heuristic onto the world, so it hardly surprising that anti-woke critics are now calling the new Superman movie anti-Israel which is patently absurd because I did see a single paraglide in the movie, though there were some underground tunnels in another dimension. To be fair, the allegory of Superman has always been used by different people in different contexts over the years. For Sheldon Cooper, Superman is an excuse to explain the laws of physics and why it would be safer to die in a crash than be saved by Superman which would ensure a very grisly death according to the laws of classic physics. Some have compared him to Moses, a baby sent away from a dying world to be raised by strangers, while his life on Earth has reflected Christ-like motifs performing miracles, sacrificing him, and still being proverbially crucified by humanity. Others have seen in his rise the success of an immigrant story, like Albert Einstein or Elon Musk, who came to America and became something bigger. And finally, there the Nietzschean is mensch comparison a being that transcends human limitations and can, if he wants, destroy humanity in a heartbeat. All this boils down to the real question a

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If you are on the opposite side of the spectrum that thinks the IDF hands out candies, it vile anti-Israel propaganda. And finally, if you are a comic book movie fan too young to remember Christopher Reeve, it just a reminder that Henry Cavill will always be the real Superman. Whenever I meet global energy leaders whether in Davos, New York, London, Denmark, Germany, or New Delhi two key insights stand out. Firstly, nations that have successfully navigated the energy transition share a common thread: wind energy is central to their renewable revolution. Denmark, a small nation with a bold vision, generates nearly 60% of its electricity from wind. In the US and Germany, wind powers almost half of all renewable generation, while the UK relies on it for over a quarter of its clean energy. These numbers are just statistics they validate a fundamental belief: wind energy is essential for a resilient and secure energy future. Secondly, India is poised to play a pivotal role in the global energy transition, leveraging its vast 1.1 TW wind potential and 18 GW of integrated annual manufacturing capacity. As a trusted global partner, India contributions will not only meet domestic needs but also can cater up to 10% of global supply chain demand by The global energy transition is built on a simple yet powerful premise: wind and solar are competing forces, but complementary pillars of a clean energy future. There no either-or it a unified approach that unlocks their true potential. Together, these technologies can power up to 80% of India renewable energy demand, and they must be championed with equal ambition and intent. When India set its sights on 500 GW of non-fossil fuel capacity, wind and solar were meant to be joint trailblazers. Yet, a decade later, solar has soared past the 100 GW mark, while wind energy the pioneer of India clean energy journey remains at 50.6 GW, underscoring the need for wind power to accelerate its growth to meet the ambitious target. Solar energy has benefited from robust policies, regulations, incentives, and promotional support, making it scalable and economically viable. Now, it imperative to extend a similar strategic push to wind energy, enabling it to play a pivotal role in meeting the growing demand for round-the-clock renewable power. Wind power plays a critical role in India energy mix, complementing solar energy with unique value propositions. Notably, the wind generation curve closely aligns with the Indian power demand curve, both during the day and across all seasons. This high correlation enables wind power to deliver greater value, resulting in a lower cost of energy for end consumers when wind has a higher composition in the energy mix. Moreover, wind power alignment with demand patterns helps mitigate the challenges posed by solar duck curve, where mid-day generation peaks don serve peak morning and evening demand. By generating power during these critical periods, wind energy provides a more reliable and efficient solution, underscoring its importance in India energy landscape. As renewable energy (RE) penetration increases, the demand for Round-the-Clock (RTC) power solutions grows to ensure a stable and

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Which happen to be more hawkish in their stance for support for Ukraine? They have been on the receiving end of accepting refugees, but otherwise, along with the Baltic countries, which are also members of NATO; their position is of no compromise and harmonizes with the American position of supporting Ukraine as long as it takes. The new victims of the war in Ukraine are the Scandinavian countries, which, after 70 years of constant growth and development, risk an economic downturn that can result in dismantling the welfare state that they had constructed to protect the most vulnerable in their societies. There are now also families in Denmark, Sweden and Norway which have to beg for food aid, queue up for free food stamps etc. Finland and Sweden are giving up their neutral position vies a vies NATO, and Denmark recently experienced the formation of a government which also wants to increase its defense budget at the cost of cutting budgets in the education and health sector. The big question is, when will the pain in Europe become unbearable? When will people start mobilizing themselves in the streets as they have started doing in UK? The disagreement with the American position that this war should go on in Ukraine until it takes, is grinding and painfully affecting mainly low income families. Eastern Europeans and new members of the Baltic states have been migrating to Western Europe to support their families back home, but what if recession starts hitting the Western European countries, forcing layoffs? Will that bring about a change or will that make Europe demand a quicker process to settle for a peaceful solution in Ukraine? 2023 looks far from being rosy. And Europe has now being made totally dependent on USA for meeting its energy and defense needs. It does not take much mathematical skill to figure out who will benefit from this present quagmire. It is really unfortunate that Emmanuel Macron, who actually has the best answer for making the European Union strong, does not have enough following, and Europe seems to be getting colonized with the same systematic exploitation as the British practiced in India. Divide, rule and fuel more conflicts. There is a war in Europe backyard, and Macron position that somehow we need to learn to live peacefully with our Russian neighbors, taking into consideration also their needs for a comprehensive security structure, does not have a resounding appeal so far. Nevertheless, at some point, as the war fatigue sets in, the Europeans might get forced to see the wisdom in Macron vision, which demands a new architecture of security arrangements, which does not just cater to the needs of the American weapon industry. In recent times since the onset of Covid pandemic, a lot of attention is being given to human health, and how and what all can be done in order to improve it. This pandemic has been an eye opening event for all. It has been a very difficult time for a lot of us who are coping with it in different ways. Loss of loved ones, deterioration of health, induced health conditions etc. have been some of the immediate effects of the Covid virus. It has come to attention based on studies and cases, that th

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Taking our health well-being for granted. It therefore becomes crucial for all of us to be aware and mindful of what we are doing with our bodies. A human body should be treated like a temple. Extra awareness through mindfulness should be practiced before putting anything in the body. The easiest way that I think of this is that this complex body of ours always protect us from viruses, bacteria etc. naturally without any conditions. The body itself is created in a way that it has all that is needed to lead a healthy life. It is us due to our desires that we end up taking this gift for granted, and without being mindful start disrespecting it. The mass availability of processed and sugary foods that please our taste buds, in fact are a big cause to the onset of a lot of preexisting conditions that we start having, which as we saw during covid eventually led to demise of a lot of people. If awareness through mindfulness is practiced on a daily basis, a lot of the self-inflicted health problems can be avoided. Changing our mindset and the way we approach our daily lives can be a game changer for a lot of us in improving our health. Understanding how the body works naturally is important. It is then one can understand that there is a whole universe, chain of complex organs within our body that work continuously since we are born. The least that we can do to give back to the body is be aware and try to make things easier for it by having the right diet. Occasionally, as and when we enjoy a cheat meal it again becomes important that as we enjoy it, we continue to remain mindful of what it will do once it enters the body. Just this broad shift in thinking would enable us to question everything once, and help us in making a better and more informed choice. As a journalist, I vet met Prime Ministers, interviewed chief ministers and interacted with rowdies, police, god men, pimps, priests and politicians. As another year draws to a close, I am left with this unfulfilled desire to interview this one person: Nithyananda. Disclaimer: I have an inherent irreverence to god men and god women. And that does always mean the self-proclaimed gurus are bad; in fact, some of them are good people, made to believe by their disciples that they are more than just good people. My interactions with some of them and there have been quite some have ended on an unpleasant note, and I blame this on my profession that demands truth to be told. One of them, an engineer who built a small spiritual empire in Kerala, told me I would attain enlightenment if I accepted him as my guru and I walked out. Another one, who operates in Andhra Pradesh and Tamil Nadu (with branches across the world), proclaimed himself a spiritual supermarket who is not behind money and, sued me for some Rest 300 core for exposing how his cult was fuelling his family businesses. To not incur the wrath of more sinful saints, I vet been politely turning down invitations to ashrams. Nithyananda has been an exception. It was those videos of his alleged bedroom asana that got me curious about him. It was even his discourses on Brahma Sutra and Yoga Sutra that impressed me. What hooked me onto him were his expo

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Two of India most popular online payment options, UPI and RuPay, recently spread to three countries. Sri Lanka, Mauritius and UAE will allow these payment options in their domestic market. UPI and RuPay are both "state-backed initiatives. Their international" acceptance is a result of good tech and India diplomatic heft. But tech developed by private startups does travel well abroad. For example, Zomato shut at least 10 of its foreign subsidiaries last year. Global presence matters Startup Genome, a research outfit, studied the impact of expanding a firm customer base across markets. It found that when startups target a customer base beyond the home market from an early stage, there are all-round benefits. A bigger pool of customers to tap into will also lead to faster growth. India, an outlier This general principle does apply to India. India was identified as a market where startups that sought retail customers could become unicorns (valued at over $1 billion) by doing business only at home. The sheer size of Indian market provides an easier path to a unicorn status than it would for an Israeli startup. The same logic should apply to China, the second most populous country. Chinese startups, however, have made a bigger splash overseas than their Indian counterparts. Startup Genome ranks Shanghai on par with Tel Aviv, Berlin and Singapore as leading markets for innovation. Of course, Silicon Valley is right on top along with New York and London. Flip side of size Indian startups have been presented with a large and underserved domestic market to tap. The focus naturally has been the domestic consumer base. But there a downside to it. An eager home market can be served without necessarily innovating much. But going abroad requires standing out with a novel offering. Innovation must be the vehicle for global expansion. That been lacking so far. Exceptions to the rule It newer Indian tech companies, catering to other businesses, not retail consumers, which have been built on an overseas client base. Firms in the market for software as-a-service are an example. But it remains to be seen if they can evolve into more sophisticated firms. Something an earlier generation of software companies haven quite managed. An economy set to be the world third largest needs to see more innovation. We need global champions. Naval establishments will now allow officers and sailors to wear kurta-pyjama in the mess, as part of a mission to Indianise military traditions and undo vestiges of the colonial era. That fine and dandy. But navy has replaced one dress code for another, by issuing precise guidelines on cut and color, collar, and cuff. Dress codes, of course, are meant to make the social order clear. At one point, they demarcated the nobility from the rest, sumptuary laws in Europe dictated appropriate attire for each class, Indian caste rules prohibited some kinds of dress and ornament for subordinated castes, in some regions they were not allowed to cover their upper bodies. Women have had to hide their faces and bodies in purdah and ghoonghat. Elite clubs with colonial roots declare their social cachet by insisting on western formal dress. Occasion-wear,

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It makes sense for schools, militaries, monasteries, and guerrilla groups to kit out individuals in the costume of the collective. But control and standardisation serve little purpose in the wider world. Dress codes should be for strictly limited purposes, and a sense of irony and playfulness about all such impositions can only help the cause of freedom. Take off the tie, loosen the collar and breathe easy. As farmers protests return to Delhi it is not certain protesters and policy makers are talking about the same thing. Policy makers cutting across governments see demands of farmers in purely economic terms and lean towards letting market decide prices to be paid to them. For farmers, their demands are expression of the severe challenges they face from multiple transformations they vet experienced. With governments, and several experts, choosing to throw economic textbooks at a drowning community calling for help, there is a distinct possibility of India food security being compromised. Fate lines have curious crossings. My newly reconnected old colleague, County, was creating a selection of 43, rarely seen, large Jamini Roys. Cruelly I was leaving town just before its opening. But serendipitously I got a preview plus a Wow!-grade plug into my girlhood. Collecting Jaminis does quite fit the stereotype of a Kolkata Gujju trader. But a 1993 exhibition was an epiphany for Kamal Parekh: he got hooked to the fish-eyed images of Bengal folksy artist. And went on to net 200 originals of Bengal mass-faked master. County, who had transferred his reporter nose for news to art, tracked him down. And so was midwifed this exhibition; it also inaugurated the cool gallery set up by Kamalbhai, just off fabled Park St. He too was there that afternoon to oversee the birth of his love-twins. In awed tones Kamalbhai told me how Jamini spurned imported canvas and chose his native jute or even chataai and homespun saris, making his own colors like simple village women always had. Was his first acquisition showpiece here? Yes, a brilliant Site Agnipariksha. But his pride and piece de resistance was a trio of Last Supper paintings stretching across a wall. Two in vibrant shades had a distinctive central Christ, but the uppermost, had 13 identical figures all in somber monotone. Ganga maati no rang , said Kamalbhai , adding Jesus knew he was to be crucified and his body would mingle with the earth. A variation from Gospel truth, but who was I, philistine, to quibble? Then followed a surreal resurrection. Turned out that Kamalbhai had lived just three houses from where I d grown up swathed in printers ink. He d known our press, our family journal Navroz (Estbld 1917), my parents, even Bachubai Kanga Kumarika Mandal, named after my grandmother, first principal of the Gujarati school for girls. After this, art was no match for nostalgia as we wallowed in the shared remembrances of two outpost communities brought together by a valiant little paper every week for nearly 75 years. Coincidences, like fate lines, are a continuum. Warm, fuzzy thought. Agriculture, a pivotal force in India economy, faces challenges like unpredictable weather and market fluctuations. To overc

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Smile while deciphering the deepest secrets of the universe for us, lesser mortals. The law enforcement agencies of the country, who fail to fathom the quantum theory of divine creation, have booked him for rape, but the arm of manmade law is just not long enough to reach Kailas a, the ultimate abode he has built somewhere nobody knows. In a video six months ago, Nithyananda explained why he left India (has he?) more than three years ago to build Kailas a, a place he says is protected by international laws: to preserve the Hindu ecosystem which has been persecuted for a hundred years. And, reassuring his disciples, he reiterates that he is just 44 years old and is yet to see many things. While revolutionising modern science, Nithyananda remains peerless when it comes to philosophy. The most profound explanation of the self came from him long ago: Me, resides in this as me is residing in all of that as me so that me, through this me, is talking to me. For those who missed the latest videos, here a valuable piece of advice: Don expect milk from chicken. To go with TOI year ahead theme of bounce back, Nithyananda is my pick for the comeback man of the year. Hear it from him: The people who said I am gone or dead are completely wrong. This body is a new body. My muscle memory, my bio memory, melted down Paramecia is manifesting in this new body. It an upgraded new beginning. I am live and alive By offering next generation capabilities in the form of ultra high data transfer speed and low latency, the 5G technology rollout will revolutionize the digital marketing domain like never before. The rollout of the 5G services in India will usher in a new era of the technology revolution in the country. Called 5th generation Mobile Technology, the 5G is touted to become a game changer for digital transformation and help us in realizing the ambitious dream of Digital India. Compared to the existing 4G networks, the 5G services boast significantly higher speeds, wider coverage, enhanced security, and low latency capabilities among others. On the business front, these enhancements will prove particularly beneficial for creating, communicating, and delivering a superior value proposition to customers. The launch of 5G services will allow digital marketers to connect with consumers in new ways, communicate through immersive messages, and engage them by offering personalized product service experiences. Here a low down on how the adoption of 5G Technology will elevate the digital marketing experience for customers: 1) Lightning Fast speed: In ideal circumstances, 5G is capable of offering 100 times the download speed available in the existing 4G network. The download speed of the 5th generation mobile network can reach 10 Gb s which means users can enjoy their digital experience without any hiccups. Especially, the economically well off Gen Y and Gen Z are likely to significantly increase their screen time with streaming services and OTT platforms are likely to be top gainers. The popularity of these platforms will, in turn, encourage brands to use these streaming services for advertising and promotion among targeted audiences. Summarily, the launch and subsequ

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Range of the iner part of board to the nation of India for both and among others. For example, with the help of gear can virtually visit the places to the and other sales first hand. This gives digital a new avenue of online to help enhance their reach and appeal among buy. User the most facet of is its ability to offer a superior user to. The high speed and low latency of will allow digital to use videos as a for product or service. The superior network strength will also lead to the of a more and to more of mobile devices and better for brands. Overall, these off and are likely to bring positive results for and help the entire off to boost their and. Reach point in the signe of the neck point of the services are expected to majorly boost the number of net issue users across the country. Along with in the areas, the rollout is likely to bring in a chunk of buyers from Tier and cities, small towns, sub pass to pin tee pee and other pocket of the country. This in the number of users will open new avenues of growth for digital. The of will also the of the digital with work in the domain likely to come up with ways to connect, interact, and with the role of will rally the fortunes of rose industries. The for digital are go to be as the cat is heavily reliant on the ability of people to connect, and point in the virtual world. The gen of mobile the speed of data and by ultra low latency, the of networks will become a thing of the past. This, in turn, will boost the of all in the of digital and help in the of a win for all. The Micro, Small, and sector is to be the key to India to the Ministry of annual report India has roughly to the and. The report further states that the sector of India exports, and is the of labor after. Agriculture the boom of digital lending online shopping was encouraged by the economic shifts brought in by the pandemic. To order groceries, clothing, and other necessities, people turned to the internet. For a seamless user merchant experience, digital natives and tech savvy clients, millennial and Gen are increasingly embracing the idea of micro-credit and purchase now pay later services. More businesses have now entered the Buy Now Pay Later sector because of this. Through partnerships with cutting edge Fitness, conventional banks are also hopping on the BNP bandwagon. How is Loans helping Digitize Small Businesses? Particularly in the last few years, there has been a rise in the usage of digital technologies, which has improved opportunities, efficiency, and revenue for small business owners to are gradually embracing digital technology for data collection, trend analysis, and decision-making now that they have realised the value of retaining digital data. Digitalization has become essential as buyer demand patterns have changed and it is important to stay updated with current trends are using business loans to adopt technology and digital solutions in order to digitise their enterprises. MSMEs will aid in business expansion, decreasing barriers, and raising awareness of the significance of e-commerce with the support of loans. Digital financing platforms will close the communication gap between buyers and sellers, preven

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Keep a lid on credit loss and in the of an cash flow. It an for the to their line to in order to meet the. As a result, may collect a large amount of data about the and receipts that occur on their and get. It enables these to and an credit score to such based on their history. Saas in the of Fintech Digital in the as the need for the for digital help save on their costs, as they do not need to invest in and It to launch their without to make a. Along with the help to reduce their time to market as they can quickly get started with their about and of fintech allow to the reck to end part of rent body paint both and startups to easily scale up their in to the dynamic client demands. They can now rapidly develop and deploy new digital products and services without making huge in at the year ahead According to most recent study digital lending in India is to become a by 2030. With the scope for of tools financial sector will see deeper and of credit. There is also a high need of skill up audit of tools and that have to be under watch to ensure that the merits of digital in the long run. Digital lending will make its bigger space in credit delivery as more and more banks join the digital lending stream. To an serve as a of the uncertainty and chaos existing in the real world. The as it may, we are on the lookout for more and better to help us realise our wealth creation goals. We are astute enough to know that in our world, every comes with an. Our only goal? To find it. The is grim Today, this is highs and lows on a daily basis, led by the state of the economy which is slowing down. Rising and prices along with loss of jobs, and conflict coming on the back of the have all created an where has hit rock bottom. The over the. Year outperforming global indices by a significant mile. While it would be naïve to expect India to shield itself completely from a global recession there is strong hope that India will hold its own; and with it, investors interests too. Here your window of opportunity. India got the edge Indian markets are currently on a high, with Nifty 50 touching its lifetime high in November even though certain values are seeing sharp downward trends, especially IPO collections and deal values. Yet, a majority of business leaders expect a recession to fully hit home by next year, setting up a downward course over the near term. Which means, to markets could undergo a major correction with far-reaching impact on industry and investment? When that happens, traditional avenues such as real estate begin to gain. Know your type There are two ways to look at this phenomenon. One is to ride the bull on optimism, believing the bears won *really* show up. Another is to rise above the daily struggle between the bulls and the bears. That is option Two. Option One is for those hooked to the adrenaline rush of watching the numbers change on the ticker day each day. The strategy is high risk, high return, but not much use in a bear market. Option Two really is for the wealth creator who creates value by holding steady in choppy waters. Their wealth is parked safe in a place away from rallying bulls and trampling bears; where it can grow under the super

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Investors need for high returns and high security backed by high leverage driven by specialised knowhow. AIFs are complex vehicles as they do not directly correlate to market movements. For those who bring in high stakes to the table, this is a safe hedge against volatility. Let break down these benefits in view of the economic climate we are currently facing. High on leverage: Investing in alternatives is a way to immerse your capital in areas dominated by people who have achieved solid depth in that space. They manage your capital actively and aggressively, using highly advanced methodologies at their disposal. As a result, AIFs are marked by a potential for high returns. Risk diversification: AIFs offer an interesting way to diversify risk as markets turn volatile. The strong potential upside in returns makes it a reliable way to ensure your portfolio absorbs any shocks that may result. Making your portfolio anti-fragile: Assets like precious metals and real estate have been traditionally valued since ancient times because they deliver real value. These assets, while they may not be resistant to volatility, are certainly highly resilient over the long term, making them anti-fragile a quality you want your portfolio to have. AIFs help you do this while cushioning the volatility: a win-win. Real estate always lands on top Land is one of the most valued assets throughout human history but particularly so for Indians. In our society, real estate (RE) is a matter of emotional and social security, a tradition that new-age trends of renting not owning has not managed to dent. Moreover, with current market conditions being as they are, the new crop of investors (Indians and NRIs) is going all in on RE regardless of whether or not they are dabbling with assets that are more current such as cryptos, NFTs, etc. Lately, Indian markets have seen a strong growth of non-conventional investment options in traditional areas; for instance, the rise of gold ETFs in the precious metals space, REITs in real estate, and now the time is ripe for Alternatives. Ultimately it is important that schemes involving residential and commercial projects are backed by robust research, advanced technology, as well as a strong focus on sustainability and ESG aspects. In the last few years, technology has become integral to the way we work and the way organisations are run across the world. Technology has played a pivotal role in understanding the needs of employees, increasing efficiency, reducing their workload and boosting creativity. Many digital platforms mushrooming across the corporate sector, especially after the pandemic has restructured the way landscape of employee wellness programs. Many companies are now rapidly adopting technological tools in order to offer the best and most holistic wellness programs to employees. These include online as well as offline activities for the betterment of employees. An appropriate and inclusive wellness program can help boost the productivity of employees, build flexibility, and improve their physical, mental and emotional health making them happy at their jobs and therefore, keep their loyalty. Providing employee wellness is a tr

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Health issues and solutions over a period of time. Tracking devices and mobile apps help monitor individual health and fitness goals. These digital tools can help monitor their physical health, customize exercise and diet regimes according to each employee based on each person specific requirements, and even take into consideration any previously existing health issues that might exist. Technology helps maintain employee health data on a daily basis with details like working hours, extra working hours, exercising, eating time, break time, sleep schedules, etc. Leveraging technology also helps organisations provide better and more well-being services. The mental health of employees has a direct impact on their productivity and loyalty to their organisation. Many digital apps that offer surveys and interesting insights into the emotional needs of employees help understand their mental health over a period of time as well as day-to-day moods while at work. With these tools, organisations can understand the emotional state of each employee concerning their bosses, peers, subordinates, and workload. This is done through happiness meters, surveys, polls of different kinds, and every personality and psychological test. What makes them happy at work, what makes them sad, what aspects are unsatisfactory for them emotionally, what are their anxiety triggers, and what motivates them to do better and love their job these are pertinent pointers that can be easily understood with digital tools for employee wellness. Communication in the world of technology and wellness remains a crucial aspect. Many digital tools help organisations create communities where employees can meet regularly and talk about their achievements and motivations. Social platforms on apps aid in employees connecting and sharing their experiences with the wellness offerings; and their professional as well as personal milestones. Organisations can also give away rewards and recognitions to employees on these digital platforms, to motivate them and set examples for others to follow suit. Building employee communities within digital well-being platforms increase transparency at work and help track patterns of employees concerning working methods and even attitudes. There are many apps now that also offer skill-up gradation through online courses, and online or offline training specialising in a particular sub-branch of the industry. Organisations can use these digital platforms to offer employee up skilling programs that will take them up the ladder in the organisation or perform a task project to their fullest potential within the organisation. Training platforms also provide access to virtual libraries and reading materials that help employees get unskilled in a particular subject. The appropriate use of technology and the right industry-specific tools can help improve employee wellness programs tremendously. The need for technologically driven wellness offerings has been seen in many sectors as fruitful and immensely productive to organisations. Employee wellness has been a key concern for organisations and technology is the right solution. To understand Omni-channel engagement in pharm

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A series Modi, of independent channels like multi-channel, is one ecosystem. Here the channels are connected and designed to work together. The content in one channel will relate to the content on another, which means you no longer have to repeat the same information over and over. So, you can move people through your ecosystem by designing an experience or content journey. In other words, Omni-channel allows you to work in a customer-centric way orchestrating and sequencing content to meet specific needs of people. For instance, in a pharm Omni-channel marketing strategy, an HCP may receive an approved email with information relevant to his her specific interests in a disease area. He she then clicks on a CTA that takes them to a website with more detailed information. Later the HCP, through a remote detailing session, is grilled on what they have learnt. At such meetings, the rep invites the HCP to a webinar that presents the latest scientific data on the topic. The communication, therefore, begins by accounting for individual needs and builds over time. This is very different from multi-channel, although there is still a lot of confusion over the meaning of Omni-channel marketing in pharm and they are often used interchangeably by mistake. People may say multi-channel but mean Omni channel. Someone with a job title that includes the word multi-channel may be practicing sophisticated Omni-channel communications. This tells us that the industry is in a transition and companies are moving from multi-channel marketing to Omni-channel strategies. Benefits of Omni channel engagement in pharm Pharma and medical device companies are switching to Omni-channel because it provides clear advantages over multi-channel iloed communication both for companies and for HCPs. Companies become more effective and efficient in marketing and can build a continually improving system by applying enhanced customer insights to their marketing and customer journey plans. Medical professionals get a far better experience. Timely delivered and engaging content through better use of the potential of digital technology is what they really need. HCP engagement: Unlike multi-channel marketing, where roughly the same content is repeated across channels, Omni-channel marketing provides an experience. The content evolves as HCPs progress. That allows people clicking to learn more. And, if you plan customer journeys according to specific profiles, you will increase the relevancy and, also, its value. Customer understanding: Omni-channel marketing provides a single customer view across channels. Each time an HCP engages, their interests, knowledge levels and preferences are manifest by their actions. When you apply these data to create more relevant communications, you start a virtuous circle of continual improvement. You will see that more targeted customer journeys produce better data that will allow more refinement. Efficiency: Multi-channel iloed content requires HCPs to find, sort and search for information themselves. People must be highly inspired to do this work. Mostly it is difficult to make this work, and much content goes unused. So, a curated experience of HCPs is

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Manish Kumar DRM Nawada is a defence editor and security expert. He is the. Sr. Visiting. Fellow & Editorial. Adviser at the. United. Services. Institution of. India. He is a fellow of. Oxford. University KPF. He writes on national security, military technology, strategic affairs & policies. LESS MORE A hypersonic boom, which could propel them. Extended. Trajectory-Long. Duration. Hypersonic. Cruise. Missile (ET-LDHCM) up to. Mach 8-10, to next-gen. AESA, and applying quantum sensing to anti-submarine warfare, DRDO is proving it. R&D within its rights. Manish. Kumar. Jha writes on the comprehensive range of military technology development, some of which is futuristic and ground-breaking for. India. The. DRDO is. India's sole. R&D agency for defence. The ambition that. India harbours in achieving self-reliance in defence technologies largely depends on the. DRDO. DRDO does receive a good deal of the criticism for the delays over the projects stalled projects or the ambiguous timeline for some high-tech projects. But the interesting proposition is that what. India does have largely in terms of its indigenous military platforms is mostly from the house of the. DRDO. The. DRDO received a total budget of. Rs 26,817 crore. Out of which. Rs 14,924 crore is allocated for capital expenditure and to fund. R&D projects. This funding is intended to bolster. DRDO's efforts in developing new technologies, with a focus on fundamental research and partnerships with private companies through. Development-cum. Production. Partner (DcPP) model. A mere focus on defence will not provide a realistic analysis. India spends 0. 8% of its. GDP on all. R&D and has 156 researchers per million population. In comparison, the. USA spends 2. 8% of its. GDP on all. R&D and has 4,231 researchers per million population. China spends 2. 0% of its. GDP on. R&D and has 1,113 researchers per million population, while. Israel spends 4. 8% of its. GDP on. R&D and has 8,255 researchers per million population. The other. OECD countries, South. Korea, etc. all outperform. India on the above parameters. Within such parameters, what are the new developments, advanced technologies, systems, and platforms that. DRDO is striving to achieve? The comprehensive sketch on such matters is so critical, especially in the emerging mode of warfare, with heavy shift and dominance of autonomous systems, largely unmanned systems based on hypersonic precision, aerial drones to underwater, sub-surface systems to space-based military equipment. I take a comprehensive and factual account of such development in critical areas some ground-breaking breakthroughs, some challenges, and expectations on advanced and futuristic military technologies underway. Hypersonic. Cruise. Missile is a class of weapons that can travel more than 5 times the speed of sound 6100 Kmph) for a long duration and is powered by a scramjet, i. e., air-breathing engine. The scramjet engine will enable critical hypersonic weapon technology for. India. How complex and indigenous is the scramjet engine development, and how will it be a pivotal factor for. DRDO's next-generation missile advancement? Air-breathing propulsion systems, having

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DRDO has finished one development trial of. Hypersonic glide missiles, and in the next 2-3 years, we should be able to complete its development and will offer it to them. Users. The development of. Hypersonic. Cruise missiles, which are based on scramjet, DRDO has proven on the ground; however, it is yet to be proven in flight. Then there are other challenges for the cruise missiles, and in the next 5 years, it will be converted into a weapon system. Globally, hypersonic missiles are being flown by a select few countries in the world, but they are not hypersonic cruise missiles. They are flying hypersonic glide missiles only. In the existing missile capabilities, Akash worked and proved, showing the efficacy, testing and credibility in real real-time situation. What is next after? Akash? Currently, user trials of. Akash. NG is going on, which will be the next generation, Akash. India became the first country to demonstrate the capability of engagement of 04 aerial targets simultaneously at 25Km ranges by command guidance using a single firing unit by the. Akash. Weapon. System. Further, Akash with a longer-range capability will add firepower. Then there is. Quick. Reaction. Surface to. Air. Missile (QRSAM), which is going to be inducted soon. Another crucial are which is evident is radar systems. How is. India planning to upgrade the. Indian radar system to detect combat jets that would perhaps be used by foreign military forces? Modern stealth fighter jets are designed to minimise radar detection through a combination of features, including radar-absorbent materials, specialised shaping, and electronic warfare (EW) capabilities. The. Advanced. Medium. Combat. Aircraft (AMCA) features advanced systems tailored for modern combat. The. AMCA includes focusing on key areas like stealth technology, AI-assisted electronic piloting, and advanced avionics. DRDO does boost multiple ranges of radars for specific missions: airborne radars, ship-based radars, and cloud-based radars. While the long-range radars are meant for tracking ballistic missiles as well as space situational awareness, the short-range battlefield radar and land-based radars are for surveillance capability. Here, the up gradation of radar systems includes the development of advanced radars. AESA radar is now ready for our airborne platforms. DRDO's. Uttam. AESA Radar for. LCA Tejas and. Mk-1A cleared for production after completion of developmental flight trials. The combined flight trials with the. Indigenous. EW Suite of. DRDO are in progress on. Tejas. It should be possible that. Radar is made available for the 41st. Aircraft onwards being produced by. HAL for the. IAF. Next is the crucial quantum tech against advanced submarine threats. In the world of cutting-edge military technologies, quantum has arrived, especially in the communications and naval domains. One crucial area where. India is advancing in operationalising quantum tech against advanced submarine threats. It is largely divided into three areas: quantum computing, quantum sensing and. Quantum. Communications. Detection of submarines is quantum sensing, where there is quantum interference, where very small changes in

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As familiarity grows and data improves. Effectiveness: Omni-channel enables you to achieve your marketing objectives. You can just put information out there and sit there hoping for the best. You must work strategically providing the right content, to the right person, in the right order. Omni-channel provides the strategic framework for this process and the means to achieve it. Relevancy: Omni-channel provides the opportunity for more targeted communication. You can create customer journeys that meet specific requirements by matching marketing flows with customer profiles. This approach can also benefit HCPs who increasingly expect more personalized content and curated experiences. Virtual Reality (VR) is changing how the world is perceived by offering simulation of real-world objects. This, in turn, blurs the line between the real world and the virtual world by helping different industries offer an experience of real-life objects in the virtual mode itself. The adoption of VR has been growing significantly and is expected to reach USD 5455 million in 2028 from USD 2007 million in 2021. The application of VR is now making a significant impact in the retail markets. The immersive technology has no boundaries and can be extended to retail verticals like home products, consumer electronics, clothing, food, beverages, etc. This makes the experience of contactless retail buying more realistic and genuine. A customer gets to touch and feel the prospective retail object in real-time through simulation without having to be in physical contact with the object. A consumer may as well forget that he is interacting with an object in the virtual world. Evolution of the retail sector Till now, VR was restricted to 2D images and drawings. It, therefore, served as a mere reference point and did not provide a real-time immersive experience to the consumers. However, with the arrival of 3D virtual reality, hepatic technology, and more, the potential buyers and consumers of the retail industry can customize the product how they wish and gain the desired outcome. VR can take different forms, including hardware, software, and service. Its integration stimulates the touch and feel of real-time buying. Growth powered by removing restrictions This growth is based on the premise that consumers can visualize and access any product from any part of the world through the virtual medium. Moreover, the VR market is constrained by physical or geographical factors like border controls, disasters, local problems, or time restrictions. For instance, VR in the travel industry can prove beneficial in cases where climate factors are not suitable, yet travelers can still gain holiday experience in that destination. Ability to customize goods and services in the virtual mode In retail industries like apparel, cosmetics, interior designing, and space management, VR allows the consumer or the prospective buyer to tap into the facility of tailor-made products. With VR, a prospective consumer or buyer can customize the products he or she is looking to purchase. A common example could be an app that allows customers to have a virtual tour of a furniture store and test the product by I

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Different models and series of their upcoming offerings. They have been able to help make prospective buyers understand the behind-the-wheel experience and the interiors of the upcoming models through virtual reality. Buyers can be offered a ride in next-gen automobiles through VR technology. This way, the automakers can seek feedback from the consumers, and the consumers can make up their minds well in advance. On the other hand, online retail stores like eBay and IKEA use VR technology to build applications and platforms that support 3D Virtual Reality. The retail experience, therefore, gets more personalized with a real-time and accurate vision of what the good or service looks like. There is great potential for the application of VR in the retail sector. The next-gen shopping experience will heavily rely on VR technology based on the comfort of remote buying. On the other hand, it helps brands build confidence and minimize costs by clearing the difference between real-time goods and services and their virtual versions. The Varaha are the progenitors of the lesser known dynasty which defended Bharat western frontier against. It was only after successive kings of the Hindu Shahi Dynasty (Raja Jaypal, Anandapala..) were defeated that invaders could enter Bharat and create mayhem during the medieval period. Varahas have not found their way in the history books written by most Indian historians and only passing remarks are mentioned by those who have taken note of their presence. DNA analysis and historical documents confirm that the Varaha are the Central Asian Hephthalites or Alkhan to be more specific. In the Gandhar and Punjab region, they were known as the Turk Shahi and later the Hindu Shahi. They finally settled In Western, Central, North India and adopted the local religion and traditions. Thus, their character has changed as they migrated, and the Varaha have adapted to new cultures and religious followings. There is enough reference to the Varaha in Iranian history and their movement from Eastern Khorasan (Torkhistan) through Afghanistan to Punjab. Varaha have rarely used their clan name after establishing their rule in India, except for rulers like DharaniVaraha, JayaVaraha from Gurjadesa, and UdayVaraha from Orissa. In the book Annals of Rajasthan, a historian like Col. James Tod has written about Varaha and the deliberate move to obliterate their names and references from Indian history. It is interesting to find the names of clans and family trees that originated from the Varaha, e.g. Wadan Gils (Rose, 1914, pp. 299-301), Man (Rose, 1914, p. 64) & Bhuller, but there is no documentation of the Varaha, or can we safely assume that some motivated genealogists have deliberately blotted their names. (Rose, 1914). Abul Fazl in his Ain has shown the presence of Varhas in the Mahals of Sarhind, Sumana, Karyat Rae Samu and Machhiwara of Sarkar Sarhind of Subah Delhi and Mahals of Bajwara, Dardak, Rahimabad and more. The chaudhari of Ambota in Una district of Himachal Pradesh are Varaha by caste as documented in their vanshavali (shajra). The vanshavali further details a few important notes on the extent of the kingdom of Raja Anadpal. His

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The lords of the forts, like Uchchha (near Multan) and Derawar (Baltistan) at that time. The Khyats of Jaisalmer also include Vitheda or Bhatinda under their possession (Devra, 2003). Bhatinda fort, the oldest fort in India, was built between the 4-6th century A.D. by Raja Dhab, who was a Varaha Rajput (Ibbeston, D., 1883).The presence of Varaha in the region of Baluchistan has also been mentioned in the work of James Tod (Tod, 1920). Muhnot Nainsi, too, informs that the territory lying between Hakra and Derawar, along with the forts of Uchchha (near Multan) and Derawar (in the upper Sind), were parts of their possession (Nainsi, 1967). The Hindu Shahis were the last known great Varaha dynasty who were forced to retreat to Kashmir and the interiors of Himachal Pradesh after repeated invasions by Mahmud Ghazanvi. During the Mughal rule, most of them converted to Islam, a handful of them who did not convert moved into the hills of Himachal Pradesh to escape from the oppression and thus probably did not reveal their identity. The ancestors of Varaha are associated with famous forts like those at Chittorgarh, Kangra, and Bhatinda, to name a few. Temples like the famous Somanatha temple in Gujarat, the Multan Sun Temple, Universities like the Sarda University in Kashmir. They donated to the construction of Buddhist Stupas and the famous Bamiyan Buddha statues. They ruled over Western, Northern and Central India during the medieval period after having ruled in the Khorasan region of Central Asia, now North Iran and Afghanistan. Varahas have defended Bharatavarsha Northern frontiers with valour and courage, offering supreme sacrifices to ward off invaders. The name Varaha is derived from the third avatar of Lord Vishnu (Varaha meaning boar in Sanskrit), which he took in the Satya Yug. Lord Vishnu is incarnated in this avatar as a Boar to protect the earth (Prithvi). The name also appears in Central -Asian, and Iranian tribes, also known as Indo-Scythic tribes, as Varaz Waraz Barah, which has the same meaning. The book that I am writing will trace Varaha journey from Mongolia through Central Asia in the 4-5th Century A.D. ,Gandhara 9-10th Century and Punjab, Himachal Pradesh. The Indo-Scythic tribes trace their origin to the Hephthalites. The Hephthalites originated from North China as the Xiongnu tribe at the beginning of the 1st century. Due to the prevailing internal strife and unsettled political atmosphere, they migrated west towards Central Asia. As they moved, hordes of other tribes joined them too. Hephthalite identity changed from an ethnic tribe to a political entity. A branch split and migrated towards Europe, and the other migrated south towards Central Asia, South Asia. As they moved, they displaced other tribes, thereby altering the region demographics. The Varahas are these Hephthalites from Central Asia who had long settled in the Bactria region. They are also one of the seven noble families of Persia, called the House of Waraz during the Sassanian reign. The Y-chromosome haplogroup Q has three major branches: Q1, Q2, and Q3. The haplogroup Q3-L275 is confined to West Asia and neighboring parts of Central and South Asia mainly Pakista

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A far wider audience, they need access to these students via ICT itself. To support their content delivery, educators need updated course material and digital content formats that engage their audience. There also needs to be increased focus on Tier-2 and 3 regions, providing students in all corners of India with hands-on training in the latest technologies. Realizing India ICT Potential The data clearly shows that in order to take advantage of the $144 billion ICT opportunity in India, skilling needs to be urgently ramped up. The benefit of any technology innovation is only realized in its implementation, so the successful implementation of next generation technology now rests in the hands of educators and students. Today, it is imperative to have collaborations between industry and academia to gear up the skilling efforts. India has already gained terrific momentum in its digital economy. Focusing on developing the country as a hub for ICT talent will unlock the potential of ICT not just within the country but across the world. Moonlighting is a recent buzzword that has garnered a lot of attention. In simple terms, it is the practice of an individual being employed by one organization but taking up extra jobs without the employer knowledge. Also known as side gigs, the extra jobs are usually taken up after office hours. A large fraction of the white collared workforce in India is increasingly engaging in this practice. Until now, this has been explicitly witnessed in the IT sector. And industry experts and organizations have had a mixed response to this situation. While some employers feel this is a breach of ethical principles, others are of the view that what employees do in their free time is entirely their call. In fact, a food delivery giant recently took a rather progressive decision and announced an industry-first policy wherein it allowed moonlighting for its employees. The clause laid out was that there shouldn be a conflict of interest and the side hustle should not affect their productivity. Following suit, various other firms are also planning to implement a policy wherein there would enable healthy conversations around employees taking up multiple jobs. Amidst such mixed reactions, the questions that arise next are- is there a law around moonlighting in the country and what will be its future? Factors leading people to explore side gigs The terminology, moonlighting might be new in India but side gigs and freelancing have been existing since long. The concept picked up pace in the last two years because of the surge in remote working. With the flexibility and convenience of working at home, people can easily manage two jobs. Additionally, when permanent jobs are unable to bear the expenses, employees explore side gigs to supplement their income. Section 60 of The Factory Act of 1948 forbids dual employment in factories. But other than that, there is no law pertaining to moonlighting in India. Allowing or refusing multiple jobs depends entirely on the employers and the nature of the business the employees work in. It can be considered unethical if the contract states single employment and or if the side hustle is connected close

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Verdict that held anonymous electoral bond's unconstitutional is broadly right. The bench banned fresh issue of bonds, and SBI has three weeks to disclose who bought these since April Supreme Court has revived, resuscitated and restored democracy in declaring the electoral bond scheme unconstitutional. Holding as illegal 2017 amendment to section 29C of Representation of the People Act, 1951, which had provided an exception to declaration of donation received by political parties exceeding Announced by Centre in 2017, electoral bonds enabled individuals to anonymously donate money to registered political party by purchasing electoral bonds from SBI, which parties could encase. Parliament formalised this by amending several legislations. So, with all this money growing on trees, how come so few Indians have taxable incomes? And if very few of us have incomes that are taxable, how is it that in towns and cities across the country more and more glitzy shopping malls are sprouting like proverbial mushrooms, and are jam-packed with people eating and drinking in upmarket restaurants, wearing designer clothes that cost an Armani and a leg? How is it that the sales of high-end cars like Meres and Audis that cost more than a 2BHK apartment are soaring skywards like Diwali rockets? A lot of money is obviously ostentatiously being spent. But very little of it is trickling its way into government coffers by way of income tax. Agricultural income continues to be non-taxable. So are all these mall-hoppers and Mercy-owners non-tax paying agriculturists as distinct from farmers whose suicides because of debt default are reported on Page 7 of newspapers? This would have intrigued John Morton, the 15th century Chancellor of England. Morton argued that anyone living frugally must be saving money, and could afford to pay tax. Likewise, anyone living extravagantly was wealthy and should pay tax. This double jeopardy of taxation is called Morton Fork. Would it work in India case? Or would the Indian non-taxpayer effectively tell Morton to Fork off? Tamil Nadu assembly resolution against delimitation has no teeth but it a strong signal. TN, as well as other southern states, want current ratios of LS seats across states to be maintained, even when LS seat count becomes bigger. BJP will say this is against the spirit of the principle that every vote has equal value. Southern parties will say since Mrs Gandhi froze set apportionment to 1971 census and since Vajpayee extended that freeze again, a repeat of the same strategy is no big deal. Basically what this means is that if delimitation is to be done after 2026 after the long-delayed census happens, Centre must have extensive, cordial and creative dialogues with all stakeholders. If BJP comes back to power in LS elections this year, it must keep in mind that just because populous northern states are its strongholds, it can railroad south concerns. If some opposition coalition comes to power this year, it should similarly remember short-changing BJP won lead to a trouble-free solution. This is tough politics is polarised, federal fault lines have deepened in recent years, there are clashes over fiscal autonomy, remit

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A winner takes all mind set, is needed for an enduring democracy. To remain one nation, parties need to trust each other and work in collective interest. We are often creatures of habit and seem to be wired for distraction. These two factors sometimes collude to hamper our search for meaning as we journey inwards along spiritual paths. At times designated by our varying religious traditions, we routinely change our set of practices to fulfil what is required and have a sense of satisfaction when we have faithfully observed the letter of the law. All the time, however, we have been blissfully unaware that we have allowed ritual observances to anesthetist us instead of their enriching us. The Season of Lent in Christian tradition, which began on Ash Wednesday, invites us to a practice of prayer, fasting and almsgiving. Beyond outward observances, we are invited to re-examine our attitude to God, to our selves and to others. For quite a few, this aspect is relegated to the background. There are some who will pray with a multiplicity of words and in so doing spend large amounts of time preoccupied with themselves and their problems. They keep track of their failures and feverishly resolve to better themselves. Others, noticing their tendency to indulge themselves in one form of self-satisfaction or another, will put brakes on practices that are harmful to both mind and body, but only for a while. Many will resort to the practice of almsgiving as their way of connecting to the underprivileged and marginalised. The point at issue is not the letter but the spirit of the Law. Readers of Bagdad Gita may miss the point that we are not supposed to give up our capacity for enjoyment, but rather our tendency to identify with our bodies and personalities, if we observe a fast without this inner awareness. Christians for their part may ignore Jesus recommendations not to make a show of our fasting and almsgiving and instead in silence enter the inner room of our heart when we pray. These two teachings are in essence complementary to each other. We tend to identify with our bodies and personalities. When we fast, we are to nurture our capacity for enjoyment in as much as we have tasted something better. Why set our hearts on food that fails to satisfy? Because we are creatures of habit, religious practices often become default responses instead of originating from an inner awareness. Sacred times are an invitation to press the pause button and in awareness come to the growing realisation that often our spiritual practice may just be a disguised ego trip. We are asked to reconnect to an awareness of the presence of God within us as that which gives meaning and purpose to everything we are, everything we do. This reconnection manifests itself in our prayer practices, becoming less prone to keeping up appearances and more to allowing ourselves in silence to be inwardly transformed. We will have learnt to take care of our health without becoming fitness freaks, disciplining the body to be more open to the spirit. And finally, our almsgiving will be the fruit of our being connected to others only because we all are rooted in God in whom we live, move, and have ou

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Explanation The guidelines stated that loans with a residual maturity of less than a year i.e. 365 days cannot be securitized. Impact: Microfinance loans, short-term loans like Gold loans, unsecured consumer loans, personal loans, and Fintech loans have a door-to-door maturity of 18 to 24 months, after achieving existing seasoning requirements it will be challenging to achieve the residual maturity of more than 365 days for the such asset class. The demand for these asset classes is quite high as Banks, Financial Institutions, and NBFCs invest in said loans via the securitization route. With the application of revised changes, there will be much more restrictions in the supply of loans available for securitization, primarily impacting the origination for the above asset class. As short-tenure loans will not be eligible for securitization it will increase the credit enhancement requirements. In FY 21-22 & 22-23, we have seen a lot of interest generated for short-term loans like Gold loans, unsecured consumer loans, and personal loans originated by Fintech companies. However, with this amendment falling in place such pools tapping the securitization market will be less viable. On the brighter side, the non-priority sector lending might see traction in demand as those pools in the past have seen less demand than the availability of the supply, and we might see a shift towards the particular segment. The Pool Buyout route will be more preferred by the investors. 2. Minimum Holding Period for commercial or residential real estate mortgages Explanation: The MHP for commercial or residential real estate mortgages shall be counted from the date of full disbursement of the loan, or registration of security interest with the Central Registry of Securitization Asset Reconstruction and Security Interest of India (CERSAI), whichever is later. Impact: Investors are always keen on only taking fully disbursed loans so there will not be much impact as it has now been clarified under the latest guidelines. Also point to be noted is that in this asset class most of the transactions happen through the Pool buyouts route and not via the securitization route. 3. The minimum ticket size for issuance of securitization notes shall be Rs.1 crore Explanation: The minimum ticket size-the size of investment by a single investor for the issuance and listing of securitization should be 1 crore. Impact: With these criteria, there may be restrictions for retail investors to participate at the primary subscription level. However, retail investors might have to participate in securitized debt instruments via the secondary market. Bottom Line: After the Covid-19 era, we have seen an increase in securitization transactions. Now, with the revised guidelines short-term asset classes might get impacted for some time, also the reach of the retail investors needs to be relooked at the primary issuance. However, the positive side for the investor is that there will be better quality loans that will be securitized. As these loans constitute a small amount of about 5% of the total securitization volume. However other players i.e. MFI, Fintech, and Gold loan companies involved in this ma

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Suspect this article explores the future not like a soothsayer but like a typical economist and philosopher. We see more habitable villages than at the time of independence. We see less land producing more grain distancing absolute poverty and hunger. The nimble hands of women farmers, in particular, were responsible to fight the pandemic with confidence. There were very few starvation deaths even in the midst of our intense fight with the pandemic. The nation proved that when a crisis arises, the nation would rise to the occasion and would not allow it to devour us. Thanks to the social development schemes of some of the states like Telangana, Tamil Nadu, Kerala, Jammu & Kashmir, Assam, and Nagaland, we also witness higher literacy and health levels during the last decade. Numbers are available in any news daily that I would not like to strain the reader with. We have built good roads, good communication systems, and on the threshold of reaching the status of a developed nation. In the comity of nations, last eight years have won us a seat in the UN Security Council, chair of G-20 and a respect that history of India should be proud of. We see less land producing more grain distancing absolute poverty and hunger. Thanks to the social development schemes of some of the states like Telangana, Tamil Nadu, Kerala, Jammu & Kashmir, Assam, and Nagaland, we also witness higher literacy and health levels during the last decade. A time has come when we should rethink and re-envision the freedom as we see not just economic and financial risks but risks to the very existence of humanity. We have laws on Rights child rights to the right to information and right to education. Yet, digital education distanced the teacher from the taught and so is the respect for the teacher. It is ghastly to see the atrocities of teachers on their wards whom they should love as their children. Not many movies on celluloid or the small screen can be watched with the entire family. They are full of violence and sex and all passed by the Censors. There is no state, nay a district, that does not report one type of crime or other. There are areas where people are living in perpetual fear. Billions of rupees are wiped out with a wink of an eye. Cybercrime is at its heights. A citizen has to fight for enforcing his rights. We see the strengthening of the vigilance arms: Enforcement Directorate, Central Bureau of Investigation, Intelligence agencies etc. For 75 years, we still think of good governance and good institutional framework devoid of corruption. We are a witness to collapse of some of the newly built bridges killing lives. On the other side, we see that villages became more habitable. We see less land producing more grain distancing absolute poverty and hunger. Thanks to the social development schemes of some of the states like Telangana, Tamil Nadu, Kerala, Jammu & Kashmir, Assam, and Nagaland, we also witness higher literacy and health levels during the last decade. Numbers are available in any news daily that I would not like to strain the reader with. I pleasantly recall that during my young days, we had in the school syllabus, civics, history, and geography as subje

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Tides of learning therefore, next twenty five years of this growing nation are really challenging. The challenge lies in building a generation that loves peace, that embraces ethics in living, that sees security in building a good society, that witnesses any young women walking in midnight without fear of assault and in absolute comfort, that every young lady would like to be a good mother and a good wife nurturing a good family even within small means. Cooperative federalism should see the end of riparian water disputes so that we have universal safe drinking water and not sanitary paper. This should be the new year 2023 pledge for all of us. Future is going to be more uncertain than the present. There may not be pestilence but there could be wars over weapons and women. India, known for cohesive families, should not be a victim of cultural incursions from the west. It cannot afford to blame the present for what their fathers and forefathers had done to them and their families. It is a great recall from Pundit Nehru Discovery of India, where he described the Culture of the Masses. ..I saw the moving drama of the Indian people in the present and could often trace the threads which bound their lives to the past, even while their eyes were turned towards the future. Everywhere I found a cultural background which had exerted a powerful influence on their lives. ..The old epics of India, Mahabharat, Ramayana, and other books, in popular translations and paraphrases, were widely known among the masses, and every incident and story and moral in them was engraved on the popular mind and gave richness and content to it. There is need for great resurgence in this direction. Let not thy winged days be spent in vain, where gone, no gold can try them back again. Insofar as record-keeping is central to modern nation-building, revelations about the poor state of the National Archives of India are quite concerning. NAI is the central repository of government non-classified records but it is riddled with big gaps, including in seminal national events such as the 1962, 1965 and 1971 wars and the Green Revolution. Repeated requests to different ministries to transfer non-current files to NAI have fallen on deaf ears. Historian T Raychaudhuri had underlined six decades ago that NAI public records can facilitate smooth working of the country administration in the same way as memory oils man day-to-day life. But an institutional culture of secrecy has put paid to this potential. India is a far cry from the US where records are automatically declassified after 25 years. NAI is not even seeking timely declassification. Its problem is that the defence ministry has not shared any files since 1960, while multiple other departments including agriculture, rural development, and food and consumer affairs have not shared anything ever. The NAI director general has correctly said that what is at stake is nothing less than losing a large part of our history since Independence. The British Library is a much smarter resource to study colonial India, but we should at least have atmanirbharta in the postcolonial period. This is not of concern for historians alone. NAI provided

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India both the moth balled and bard amok stereo types of need to be corrected. Because only a public that feels in puts on government to improve it. The in Nepal threw up a verdict with a badly hung to the part of many points in the hole of usb at the Centre and hung in all seven. Although the two largest parties Nepali and had prior to the polls that they would not fare well in the with smaller parties, the final result was neither they nor the victory that they were for. Death of Well short of a in the Lower House, both were to lure the Party and the Madhes based parties under Sher Deuba emerged as the single largest party but in the past week of its was unable to decide which one is worse to the of giving up the positions of President, Vice President and House Speaker or yield the prime ministerial position itself to Maoist. Just when we started calling by its right name and not or Covid gone or when I figured out Zoom it time to say Tata. A year with three in it said it was a year in the right direction hinting at an angel number it signals harmony which Ukraine and Russia may refute. Year of the Tiger between Year of the and Year of the Rabbit. The high point was at 2pm on when we texted all and sundry the time and date with marks and manic emirs. And world having touched billion, will only rise next year; sex never gets old. We arrived into the year and smirking but now vaccine certificates are no longer a collector item. Those who still mask up deny they are the gown at a beach party the unmasked see themselves as bohemian risk takers. Mouths are visible once again and speech is less muffled. I love you has like though the in reply for I love you did cause problems. If you ask for and get it on the post mask lisp Omicron, which visited early January, was surprised no one came to receive it at the airport. Covid is no longer the No 1 lie to get out of something unpleasant. Even if it is Covid, best to cite labour pains or sudden blindness to keep it believable. Internet skills learnt in 2021 were not in vain. Menus have to be scanned. Money travels incognito in online carriages. Cabbies watch pityingly as you hunt for change. Get your app act together or become big tippers against your will. We still hang at platforms. Maybe we stepped out to watch or Kantara in theatres but that whole rigmarole of booking tickets, buying popcorn and talking loudly on the phone when the film is playing has gone into flashback mode. Showbiz was resuscitated in 2022. Will Smith slapped Chris Rock in March and Ranbir Kapoor married Alia Bhatt in April, leaving their fans shook in four very different ways. We know Kim Kardashian dated Pete Davidson because they broke up in August. And Deepika Padukone and Ranveer Singh bought their first house recently. Leaving us to enter the New Year secure in the knowledge they have a roof over their head. Just when we started calling 2022 by its right name and not 2021 or Covid gone? or when I figured out Zoom it time to say ta-ta. A year with three a in it! Numerologists said it was a year headed in the right direction, hinting at 2023. As an angel number, it signals harmony, which Ukraine and Russia may refute. Year o

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With that, we hope that we will be able to detect submarines in the ocean. It is the advanced military tech, which could be on par with most advanced systems anywhere in the world. So far, DRDO has demonstrated. Quantum. Communication through optical fibres for 100 km. Recently, scientists have done free-space quantum secure communication using quantum entanglement over a distance of more than one km via a free-space optical link established on the. IIT Delhi campus. Free-space. Eliminates the need to lay optical fibres, which can be both disruptive and expensive, especially in challenging terrains and dense urban environments. With this, India entered into a new quantum era of secure communication, which will be a game changer in future warfare. India's quest for a higher thrust class engine is perennial. While efforts are intense from the. US engine maker. GE's offering (F-414) to. French. Safran and the. UK's. Rolls-Royce, the progress hinges on the co-development. However, India's. The. The Kaveri dry engine, developed by, has gone through the final high-altitude trial as well, and flying test bed trials are underway. "Once that is done, we are ready to integrate it with ours. Unmanned. Platforms, DRDO confirms. On the very question of the possible collaboration to partner with, the. Co-development cost and time, India needs to work around the co-development of a higher thrust class engine. What could be the roadmap for such critical tech? This could be a national mission, where there will be and there will be an. Indian industry with key foreign. OEMs. The national mission for jet engines is foundational as. India's defence programme, including several high-stakes combat programmes. Tejas 2 and solely depends on such engines with intellectual property ownership under the. Indian establishment. A lot of discussions have happened, but the final decision in this regard will be taken by our government. India's leading scientist has developed crucially. AIP technology in the shortest time. The question is how long it will take to induct. AIP systems into the. P-75, which is a. Calvary class submarine built in. India with the. French marine company. Naval. Group. The land-based prototype of this. AIP was already proven on the ground last year. Crucially, the energy module is getting ready, and then the module will be put in a submarine hull, which may take a year or so. After that, when the submarine comes for refit, this hull contains the. AIP, i. e., energy module, will be joined to the submarine, and then it will go through testing. Another vital area is the coastline security. While. Brahmos is a great weapon; it can be fired from the shore. DRDO's. Guided. Pinaka has shown a good deal of accuracy, which can be used against ships which are coming close to the. Indian coast. However, the key challenge is to develop a variety of defence systems like. Radars, Electro-Optic systems to detect any threats coming in. Forces can have a coastal battery of guns, missiles like surface-to-surface, surface-to-air, etc. An entire network can be built if required. It need not be ship-based only; it may also be ground-based or shore-based. How can. India

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Poona Walla is national spokesperson of. BJP. He tweets at. Shehzad. Ind. Over the past 11 years, under the leadership of. Prime. Minister. Narendra. Modi, India's education sector has undergone a historic transformation- from policy overhaul to institutional expansion; from digital inclusion to meeting global standards the strides taken reflect a clear, determined path towards creating a knowledge-driven, empowered society. The journey that began in 2014 has not just reformed the system; it has reimagined what education can mean. The. Dream. Team of. PM Modi and education minister. Dharmendra. Pradhan. India is not just fixing past inefficiencies, it is preparing its youth to lead in a knowledge-driven global economy. National. Education. Policy 2020: The blueprint for. Viksit. Bharat. At the heart of this transformation lies the. National. Education tailoring learning to developmental stages and encouraging multilingual, experiential and inquiry-based learning. The. NEP has begun reshaping classrooms across the country. From the. Jadui. Pitara kits for early education to the integration of coding, design thinking and financial literacy at the school level or the. NIPUN Bharat mission, which has already improved literacy and numeracy levels the. The. The. The Indian education system has changed its course from “rote learning” to “revolutionary learning”. Breaking language barriers: Education in mother tongue. For far too long, linguistic elitism kept large sections of our society away from quality education. But today, 104 primary books have been introduced in undergraduate textbooks translated into 12 Indian languages and. Indian. Knowledge. Systems integrated into over 8,000 institutions. Competitive exams are offered in 13 regional languages and engineering courses are available in eight. Indian languages. Additionally, 428 programs across 19 central institutions are offered in 12 Indian languages, with study materials accessible via e-KUMBH and. Anuvadini platforms. Transforming higher education: Scale, quality and global presence. One of the defining achievements of the. The. The. The. The Modi government has been the unprecedented expansion in higher education infrastructure. From 760 universities in 2014 to over 1,213 in 2024, India has witnessed a 60% growth. Colleges too have risen by over 21%, demonstrating our commitment to reach the unreached and empower every corner of. Bharat. More importantly, the government has established 42 new centrally funded premier institutions, including: This decentralization of excellence ensures that a student from. Jammu or. Jorhat enjoys the same access to quality education as one in. Delhi or. Mumbai. The setting up of 15 new medical colleges in. Assam and the replacement of the. Medical. Council of. India with the. National. Medical. The. The. The Commission has ensured transparency, accessibility and quality in medical education. The education sector's digital transformation under. PM Modi has been nothing short of revolutionary. During the pandemic, India turned crisis into opportunity through the. PM Vidya initiative, benefiting over 25 crore students. Platforms like. DIKSHA, SWAYAM, and the.

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Programs like, there has been a 23% increase in girls' enrollment in. STEM fields, setting the foundation for gender parity in high-growth domains. Financial empowerment through the. PM Vidyalakshmi. Scheme and. Sukanya. Samriddhi. Yojana has supported students from economically disadvantaged backgrounds to pursue their academic dreams without financial burdens. In a world moving rapidly toward. Industry skilling is no longer optional, it's essential.Pradhan. Mantri. Kaushal. Vikas. Yojana 40 lakh youth, turning learning while earning into a powerful reality. We also saw a 46% increase in. Industrial. Training. Institutes across the country, ensuring that students in small towns and rural areas have access to technical training that is both modern and employable. India was once home to great universities like. Nalanda and. Additional. Director. General (ADG) drew headlines by linking a spike in murders to the dry-season lull in farming. He noted that murders tend to rise during the months of. April, May and. June for several years now this has been the trend. These murders mostly happen in this period because farmers don't have work then . Official data of the past three years confirms this trend: for example, Bihar registered 217 murders in. April 2025 compared to 284 in. May 2025, before a post-monsoon decline. Similar seasonal fluctuations were evident in 2022, 2023, and 2024, with. May and. June consistently reported higher murder figures. The. ADG observed a correlation: more murders occur during months of agricultural standstill. He then asserted causation: because there is no farm work, youths commit murders for money. This leap, while compelling, presents a potentially dangerous case of confusing correlation with causation. In statistics terms, the. ADG has observed a correlation (idled farmers and rising murders) and jumped to causation (jobless youth turning to paid killings for income). This leap ignores complexities in how crime actually works. A coincidence of events does not by itself prove one caused the other. Before accepting such an explanation, we must ask: what else is happening in. April. June that could drive violence? It neglects crucial aspects of how data is generated and blinds us to the complex reality of crime. The seductive simplicity of what you see This isn't just a. Bihar problem; it's a human cognition problem amplified in our data-flooded world. Leaders in business and government are constantly bombarded with correlations, sales dip when it rains, customer complaints rise after a policy change, crime spikes during economic downturns. The easy, tempting answer is often the wrong one. Our brains crave patterns and narratives. Seeing no work more murders side by side, our intuitive (System 1) thinking fills in the blanks, making it easy to connect these dots directly. As. Nobel. Laureate. Daniel. Kahneman warned, we often fall prey. WYSIATI (What. You. See. Is. All. There. Is) bias we assume the evidence in front of us tells the whole tale. But brains that love patterns can deceive. Correlation alone is seductively simple. But correlation is merely two things happening simultaneously; causation requires proof th

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Reality approach to the world stays with us, says lead author Jorge Morales, the Perception and Mind Lab. Even when we try to perceive the world the way it really is, we can our. For example, our are subjective and can never be negated. The objective and experiences are always to be. Our feelings and are very much with world actual events or tangible things. We can these in a masterful way in a balanced way and stay in harmony with Reality. These two on our inner vision. If you see through a red eyeglass everything will have a red tinge. Peering through a blue glass will cause objects world to appear blue. However, a clear will show as it is. That is one of our goals to see it all as it truly is in our inner vision. Life is not decided on simply these two aspects but by the way we lead our lives. Shri Ram Chandra used to say, Life means for those who world are dead at heart. Think of a person versus a. You can sense the world we are in the of greedy, selfish we want to run away from them. Somehow, our heart recognises what is missing. In contrast, we always enjoy being around those filled with love. Not only are they filled with energising hormones pumped into their bloodstreams and nerves, but they can also induce such a state in us. What is the power that makes them galvanise others even thousands and millions of people into a high-energy state? When we world say a person is full of life, it means they have a heart filled with love. On the other hand, some people can be alive physically but not really alive internally, because their hearts are not filled with love. The experience of life when lived full of love, full of life, gives meaning to life, and can make the statement, Life in life is the real life come true. Speech is less muffled. I love you has like the in reply for I love you did cause. If you ask for sauce and get sambar, blame it on the lisp which visited early was no one came to it at the airport. Covid is no longer the No lie to get out of. Even if it is Covid, best to cite labour pains or to keep it. Internet skills learnt in 2021 were not in vain. Menus have to be. Money travels in online watch pityingly as you hunt for change. Get your app act or become big your will. We still hang at platforms. Maybe we out to watch or in theatres but that whole of and talking loudly on the phone when the film is playing has gone into flashback mode. Showbiz was resuscitated in 2022. Will Smith slapped Chris Rock in March and Ranbir Kapoor married Alia Bhatt in April, leaving their fans shook in four very different ways. We know Kim Kardashian dated Pete Davidson because they broke up in August. And Deepika Padukone and Ranveer Singh bought their first house recently. Leaving us to enter the New Year secure in the knowledge they have a roof over their head. What is the meaning of life? The simplest yet the most meaningful response to this question came to me from my spiritual teacher, Shri Ram Chandra of Shahjahanpur: Life in life is the real life. When we ruminate further, we understand that life is an experience. And any experience can be either subjective or objective. An objective experience identifies with the material world and is

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As many as nine states, including the major ones of Karnataka, Telangana, Madhya Pradesh, Rajasthan and Chhattisgarh, will hold assembly elections in 2023. The media will probably dub it as the semi-final before the 2024 Lok Sabha final. Facts disprove this semi-final theory. In 2018 and 2019, many states that ousted BJP in assembly elections flipped back to it in the subsequent Lok Sabha elections. Even in states that held assembly and Lok Sabha elections together Odisha, for example one result did not exactly mirror the other. 2023 elections are not the semi-finals for anything; they are the finals for the assembly elections. Period the deaths of a Russian businessman-politician who was a known critic of Putin and his friend in Odisha under mysterious circumstances should alert India intelligence and security apparatus. As of now, the politician death is being termed accidental, although the fact that the local police did preserve the viscera after post-mortem, as is the SOP, has raised many questions. Let note that the chairman of Russia second largest oil company fell to his death from a hospital window in Moscow. He too had called for an end to Russia military operation. Suspicious deaths are of course as old as international intrigue and conflict. And that various intelligence agencies occasionally target individuals in other countries for what Americans call extreme rendition is known. The point is countries, at least major countries, try to raise the cost of such back operations by foreign agencies through superior counterintelligence. As India strategic profile increases and New Delhi is seen as a key player in hot-button geopolitical issues from the Ukraine conflict to the Taiwan Strait tensions there is a danger of foreign agents bringing their battles to this country. Recall that in 2012 a car with the wife of the Israeli defence attaché in India was attacked with a sticky bomb in Delhi. This was when Israel and Iran were reportedly targeting each other diplomats and scientists through covert operations on foreign soil. Or note recent reports that China has been setting up secret police stations in other countries to coerce or intimidate Chinese nationals there. This especially should deeply worry India. Apparently, more than 100 such overseas Chinese police stations have been established in countries such as the Netherlands, Ireland, South Korea, Japan, Germany and the US among others. The same modus operandi could be used by Beijing in India too, not just to monitor Chinese nationals here but to also execute plans that may have bigger security implications for New Delhi. Since very little is in public domain about India intelligence and counterintelligence capabilities, we can only hope that given newer challenges, its counterintelligence is upgraded or will get upgraded. So far, India security apparatus has been largely geared towards fighting and preventing terrorism. But we may have to increasingly deal with far more sophisticated threats. Well-resourced, highly trained espiocrats are part of becoming a major power. Karnataka legislative assembly on Tuesday cleared a bill that aims to integrate transport management in Bengalu

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Such as a mayor to have both the legal and political authority to force a cohesive approach. However, despite the 1992 74th constitutional amendment that gave constitutional recognition to the third tier of governance, states have not delegated enough powers to urban bodies. Given the experience of three decades, it now unrealistic to expect that the situation will change with direct contests for the mayor post real power resides in the office of the head of the state political executive. This makes Karnataka development a step in the right direction because it explicitly acknowledges political realities. To illustrate, Karnataka Basavaraj Bommai said many state and national highways merge into Bengaluru roads. Big cities across India are similarly situated. Therefore, a transport authority with representatives from GoI organisations such as NHAI can work only if the political weight of the CM office is charged with the responsibility of sorting out turf issues. Mayors can pull that off. States that have big cities should carefully watch how the Karnataka experiment goes. If navigating Bengaluru roads becomes a less stressful experience, there a model here. With Taliban banning women from universities and working, the condition of Afghan women and girls has deteriorated fast since the Islamists took over. Lailuma Nasiri, co-founder of Afghanistan Justice Organisation, Kabul, spoke with Rudroneel Ghosh about the decline in women rights, suffering of the Afghan people and how the international community is responsible for the situation: Can you describe the precipitous slide in the socio-economic conditions of Afghan women this year. The situation in Afghanistan for women, from every point of view that you can think of, whether it is social life, the economic and security situation, or preserving women rights, is at its worst level in the past decade. We have lost all the gains that we had made in the last 12 years. Since the Taliban took control of Afghanistan last year, Afghan women have faced different levels of difficulties and restrictions. As you may know, recently girls were barred from attending universities. Soon after came the directive that women can no longer work in local and international NGOs operating in Afghanistan. That Guru Gobind Singh, the tenth Sikh Guru, entire life was a saga of selfless sacrifice, and his noble thoughts and actions were guided by justice and dharma are well known facts. But while he is recognised as a guru and apostle, few are aware of his priceless legacy and the invaluable gifts he left us. With his life forged in fire, his back perennially against the wall, and all odds heavily stacked against him, Guru Gobind Singh soldiered on and cast a brilliant furrow on the canvas of life. His father, Guru Tegh Bahadur, was martyred in Delhi to save Kashmiri pundits and the very fabric of secularism. His elder two sons were killed in battle and his younger two bricked alive. Almost his entire life was spent fighting off his legion of enemies. Yet when people mourned his four sons deaths, he declared, So what if four have gone. Everyone around is my child. With these epic words he left us the gift of parenthood.

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Humanity Guru Gobind Singh ultimate gift was to designate the Guru Granth Sahib as our eternal Guru. This way he ensured that guidance, direction, and blessings for everyone are available at any gurdwara, on any day, anywhere in the world. Within a short span of 42 years, the Guru left an indelible mark on humanity. He has inspired millions to look beyond their own, limited world view and think of the welfare of others. The virtues he propagated are precisely the beliefs the world fractured society needs today. While Sikhs owe him their very existence, he was just a guru for the Sikhs, but also a savior of other communities, instilling in them a sense of pride and dignity. His new order of beliefs and ideals was a quest to do right. He did it in splendid, exemplary fashion right till the end, though it came at a colossal price his life, and the lives of almost his entire family and hundreds of his followers. We owe it to him to practice his ideals of brotherhood, dignity, freedom and women rights and safety. We do need to stress and strive to grasp the richness of the Guru legacy left to us. We just have to be still and open our eyes. It will help us to open our hearts, which is what Guru Gobind Singh was all about. Several students in India harbor a dream of pursuing higher education abroad at some of the best universities globally. And while it is undeniably exhilarating to secure admission, there are many factors that one should consider both before applying and after receiving the admission offer. These include an analysis of one finances, college requirements and housing. The latter is often an overlooked, albeit crucial part of the entire study abroad experience. A fast-growing sector, the student housing market is rapidly evolving as the needs and demands of the students have been evolving. With the pandemic quickly becoming a thing of the past, although it has shaped the market, here are five changes that have characterized the student housing sector in 2022. Flexibility in living spaces Post the pandemic, privacy and hygiene have been emphasised rigorously. Student living spaces have shifted from group accommodations to smaller living units with communal spaces like cafes, laundry, television rooms and kitchens. This allows students to socialize while maintaining their privacy. Separate toilets and showering spaces have also been included in these living arrangements. Even in places where students have to share living spaces, a cap has been placed on the number of people permitted to stay in the same room. The student housing sector has made significant strides in ensuring student safety, special thanks to student housing platforms that offer top-notch services and have students best interests and a tech-first approach at the heart of their strategies. A focus on the mental and physical health of the students One positive change that has characterised the decade is the increased awareness about students mental health concerns. These trepidations are incredibly potent for students living in a new country away from home. Therefore, student accommodations now have mental health facilities like an on-call therapist or a psychiatrist who

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Lighting additionally, the students are encouraged to recycle and adopt a sustainable lifestyle. Making spaces accessible One of the most encouraging aspects of student accommodation places in 2022 is their emphasis on promoting accessibility. Most of these spaces come equipped with ramps and architectural designs that improve the functioning of people in wheelchairs. Some even have brail maps and provisions for service dogs. All these facilities highlight that disability can be overcome with technological innovation, and student living spaces are taking this into account. Integrating technology The pandemic and the subsequent lockdowns that followed alerted the student accommodation partners and platforms on the integration of technology in the overall process right from finding the right accommodation to actually settling in one. According to the fact that multiple students had to enroll in online education, most accommodations now come equipped with high-speed internet. Additionally, biometric verification is used to make spaces safer, while smart heating, which uses AI to control the internal temperature, makes student living more comfortable. Bottom line The student housing sector has undergone several changes owing to the conditions put forth by the pandemic. The sector has been open to technological innovations in the field and assimilated them seamlessly to improve students lives. Student housing will likely continue growing for the foreseeable future, given that only 20% of student housing needs are met by educational institutes accommodations, offering a goldmine of potential for industry players. The dramatic changes in global economies over the past 10 years with the transformation offered by technology have had a significant impact on education and employment. A good education no longer guarantees livelihood, on the contrary, studies indicate that over 30% of the unemployed youth consist of graduates and post-graduate students. To keep pace with the changes in the modern workplace, our students need to go back to their roots and focus on developing skills along with general education around the lines of the traditional gurukul system where skill development was integral to holistic learning. India is one of the youngest nations in the world with more than 62% of its population in the working-age group (15-59 years), and over 54% of its total population being below 25 years of age. However, the 2019 report from UNICEF indicates that at least 47% of Indian youth will not possess the education and skills necessary for employment by 2030. India demographic dividend needs both educational opportunities and effective skilling to be the driving force of economic growth and social development. The National Education Policy 2020 has recognized skill deficit as a major chink in our education system and thus has mandated educational institutions to integrate skill development into their course offerings. To achieve the vision and intent of NEP 2020, educational bodies of the Government have designed a comprehensive framework called achieve the vision and intent of the National Credit Framework (Nacre). This framework seeks to establish and

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Disciplines The Nacre will enable the transformation of India by providing high-quality education opportunities along with effective skill development. This will help to reap India demographic dividend by making education and skilling truly aspirational. The Nacre promises to be a game changer by mainstreaming skill education and experiential learning including skills acquired in a professional capacity. This will help to make these skills an integral part of the education system thereby ensuring that the youth is provided with educational opportunities along with quality skills. Research corroborates that countries with higher levels and standards of skills adjust more effectively to the challenges and opportunities in domestic and international job markets. Employers in India are already grappling with the employability of our young graduates. Nacre seeks to draw focus on skill development by attributing equal weightage to different areas of learning. In addition to the credits for higher education, credits can also be earned for skill-based training which increases interest in apprenticeships both as a route to employment and also for raising the skill levels of the future workforce. This, in turn, will contribute to regional development objectives and provide local employers with the skilled workforce they require to remain competitive and create jobs. Australia, Canada, England, France, Germany, and the United States are examples of countries that have a highly evolved apprenticeship program that enjoys the support of employers and is aligned with national and international qualification frameworks. The adoption of the Nacre can place India on the path to creating a similar growth trajectory for our unemployable youth and draw the focus back on Gandhi philosophy of hram Pratishtha or hands-on learning. The Nacre will help to implement the suggestions of NEP 2020 and go a long way towards bridging the gap between higher education and skill development. The implementation of these policies will go a long way in increasing competence which in turn will lead to improved employability of our youth. Targeted skill development in tandem with the demands of the industry will help to mitigate the impending global talent crunch. In the words of Robert Greene, the future belongs to those who learn more skills and combine them in creative ways. 200+ cr vaccine doses administered in the second most populous country on the planet in a year to overcome once in a millennium pandemic. This is the biggest achievement of Indian Healthcare in its history. We started 2022 with the pandemic still looming large, uncertainty prevailing over entire country and healthcare sector was no different. When we look back at 2022, our single biggest achievement would be helping government achieve 200 cr vaccine doses. This has been a monumental effort. One that entire sector should be proud of for having participated and partnered with government in successfully executing. As vaccine coverage improved across the world and highs of pandemic receded, travel norms eased within the country and across countries too. This contributed to bringing back pent up demand for all hea

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Recently, Union minister Ashwini Vaishnaw filed his nomination for the Rajya Sabha polls for the second time with the support of Biju Janata Dal BJD, sparking rumours of a BJP-BJD coalition in the upcoming general elections scheduled in April-May. The move comes just days after VK Pandian, ex secretary of chief minister Naveen Patnaik and a powerful face of BJD, spoke of the rapport BJD supremo shares with PM Narendra Modi. Whenever Modi and Naveen babu meet, they do so like two friends reconnecting after a long time. They share a commitment to cooperative federalism. They both realise that each has a mandate to work for a cause, and they respect that, said Pandian. Though the state BJP has vehemently denied any such possibilities for the upcoming state and general election, it has created a buzz in the political circle and confusion and curiosity among the party workers from both sides. The bonhomie between Modi and Patnaik was evident when the PM referred the latter as a friend at a public meeting in Sambalpur, Odisha, recently. In fact, in the past, BJD has consciously maintained a distance from the Opposition led Blocks and have supported the ruling NDA at crucial junctures. Case in point: in 2023, the BJD extended its support to the bill replacing the Delhi services ordinance in a boost to the treasury benches, especially in Rajya Sabha, and backed the BJP-led NDA government against the no-confidence motion brought by opposition parties in Parliament. It had also supported the nomination of Droupadi Murmu as the Presidential candidate in 2022. This support continued during the passage of key pieces of legislation such as triple talaq and abrogation of Article 370. Similarly, during Modi first stint as the PM, the Odisha CM had hailed the demonetisation as a bold step and lauded the surgical strike on Pakistan. What behind BJD soft corner for BJP and vice-versa So, why has the BJD been soft with the BJP at the Centre while fighting them vehemently at the state? The story goes back to 1997 when the regional party was formed with the support of the BJP, with Naveen Patnaik as its chief. It was a part of the NDA alliance at the Centre. The party also went for a coalition government in the 2000 state election. But things turned sour between the alliance partners when the major partner BJD started side lining BJP at the state. Final straw came following the killing of many Christians in Kandhamal by right-wing extremists from Vishwa Hindu Parishad and Bajrang Dal after the death of their leader Lakshmananda Saraswati. State politics overpowered the central equation, eventually leading to the pull out of Naveen Patnaik-led BJD from both NDA and state in 2009. For the unversed BJD and BJP fought together in though Patnaik had publicly stated that his party would support PM Modi candidature as PM, he took a U turn after BJP emerged as the winner. Since then, his camaraderie with PM Modi and top central ministers has grown. According to political observers, one of the reasons why Naveen babu supported BJP at the Centre after 2014 was to keep his image as a clean politician intact. After Modi took over as the PM, the BJD government faced several po

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Most importantly, he took advantage of the Centre schemes that were marketed by the BJD as their own, thanks to the weak organisational calibre of the Opposition, especially the BJP at the grass root level in the state. For instance, according to a BJP party worker, who wished not to be named, very few people in rural belt have idea that the Ujjwala yojana is Centre- driven project, he said. Many other schemes of government of India are being sold to the villagers in the name of Naveen babu, he added. Meanwhile, the BJP central leadership, after an aggressive campaign against Patnaik government in 2019 election Modi and Amit Shah addressed a few rallies in Odisha, also realised that it was difficult to oust Patnaik and messiah image among the voters. The Modi wave failed to impact Odisha voters both in the state and general election in 2019, as the state leadership lacked a strong leader who could motivate and organise the party at the grassroot level. Since the NDA did have a majority in the Upper House of the Parliament, it looked up to BJD from time to time. Odisha is a best and unique example of give and take in the present political equation, feel political pundits. What about the ground situation However, the indirect nexus between both the parties have not gone well with the workers at the grassroot level from both sides, especially BJP, which wants to blaze all guns to attack the Naveen Patnaik government. Party workers are confused, as we do know whether to treat BJD as our enemy or fernery, stated an aspirant contestant. There are many mismanagements in rural areas. People are facing from various issues, but we can take them head on our future looks uncertain, he adds. The central leadership should take a decision as soon as possible, to avoid demonization among the party workers, which is seeping in fast, he adds. With elections around the corner and BJP on a strong ground, it needs to be seen if Modi would bet for an open coalition in the coastal state, which the party has been eyeing since early 2000. Till then, it wait and watch. Indian aviation is on a roll. Passenger traffic is increasing and profits are soaring. Crisis Ratings expects operating profit of the industry to grow over 20% next financial year, after a near tripling this year. Everyone having a good time save one group: passengers. They are an afterthought, taken for granted by airlines and, it sometimes appears, by govt. Shocking negligence An 80-year-old man collapsed this week at Mumbai airport and died. He had pre-booked a wheelchair on an Air India flight but did get one because of shortage. He walked, with tragic consequences. How can there be a shortage when a wheelchair has been pre-booked? Regulations say it an airline obligation to provide assistance to people with disabilities or reduced mobility. Not isolated This is not a one-off. For months, passenger complaints have mounted. Airlines have violated contractual obligations, not bothered to give timely information on cancellations during peak season. We recently had frustrated passengers in Mumbai airport sitting on the runway to eat. Lame excuses The preferred excuse of aviation companies and GOI offici

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Push us more and more close towards realizing the promise of Ashman Bharat Digital Mission. Reminiscing on 2022 creates a sense of satisfaction of a good year gone by. Looking ahead to 2023 gives immense hope of a transformative year ahead for the industry overall. Be it a ring given by a beloved or a bold earring or a statement necklace that makes heads turn, a beautiful piece of jeweler has always had a way of capturing your attention. The allure of gems and jeweler is such that an entire Marvel series was based on the quest to acquire them. Apart from being known for its sparkle, gems and jeweler is also a top contributor to the country GDP (6-7%). It also employs over 5 million people. So, if you are a gem or jeweler enthusiast, a career in gemology is worth exploring. But like any other industry, the first step to success in the gem and jeweler sector is professional knowledge and an in-depth understanding of gemstones. Many educational institutes in the country offer long-term and short-term duration courses in gemology. However, the key to finding the right course lies in selecting an educational institute that offers globally accredited courses. Picking the Right Gemology Course the beauty of gemstones is such that each piece with its unique attributes stands out. It is only on the basis of these features that its value is determined. This is where an educational program me in gemology can really make a difference. For those looking to make a career in this niche domain, the right gemology course can not only help you gain in-depth knowledge of gems but also provide you hands-on training on using sophisticated gemological instruments. Therefore, one must weigh-in all the options and pick the right course. One of the most popular courses in gemology is the Graduate Colored Stones Diploma Programmed offered by Gemological Institute of America (GIA) in India. Subjects covered in this course include the GIA Colored Stone Grading System and the usage of standard gemological equipment to distinguish natural, treated and laboratory-grown gemstones. The program me also examines which gems are commercially important, shifting supply patterns, and how these factors affect gem prices and availability. This program me also includes the study of more than 60 species of gemstones, and how illumination techniques can facilitate the gem identification process. In addition, the Gem and Jeweler Skill Council of India (GJSCI), a nodal entity for skill development in the Indian gems and jeweler sector, also offers courses on diamond processing, cultured gemstone processing, jeweler manufacturing, wholesale, retail, exports and more. There are also many more gemological institutes that offer specialised diploma and degree courses in gem identification, jeweler designing and diamond grading. Gemmologist: A Promising Career A career as a gemmologist is as magnificent and sparkling as the gemstones they analyse. There are numerous career opportunities that can be explored as a gemmologist. An aspiring gemmologist can find opportunities as an appraiser, a gemstone buyer, a retailer, a wholesaler, a jeweller, an auctioneer of diamonds and precious stones, and

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Industry, individuals need to opt for the right course or program -one that can help them build a combination of technical skills and soft skills such as effective communication, decision-making, and critical thinking to eventually help them advance their career in the gem and jeweler industry. It is undeniable that education has the power to ensure sustainability and lessen the effects of climate change due to the clear and multidirectional links between education and climate protection. A few lessons from COP27 also make the role of the education sector pertinent. As the first African UNFCCC Conference of Parties (COP) on Climate Change in Sharm El Sheikh comes to a close, everyone waits to see if the Implementation COP will result in meaningful action to achieve the goal of limiting global warming to 1.5 degrees. There is still reason for optimism, even though 165 nations are yet to offer fresh Nationally Determined Contributions promises to accomplish that target, despite their commitments made last year in Glasgow, and that negotiations were still ineffective on the final day. The massive bottom-up movement for change that continues to exert pressure on governments to act morally while also taking matters into their own hands from emission reductions to eco-system restoration to youth mobilisation was on full display during this year COP27 meeting. Lessons and hopes from COP27 Point Behavioural shift to support climate change actions The possibility for education to play a far bigger role in the agenda going ahead is still encouraging. Although education has been brought up in formal COP negotiations at least 32 times since 1998, through Action for Climate Empowerment (ACE), the execution and its power are yet to be seen. ACE focus has largely been on empowering all members of society to engage in climate action. It has six components: education and public awareness about climate change, training, public participation, public access to information, and international cooperation on these issues. The wider role of education in advancing systemic solutions to the climate and environmental crises at the front lines has not yet been fully realised, even though this has ensured ongoing attention to the critical need for a mindset and behavior shift to support wider goals for climate change mitigation and adaptation. Point 2 UNESCO Greening Education Partnership Notably, this year included the first-ever Climate Literacy Hub with daily activities on education in addition to a profusion of events focusing on education throughout the conference formal and informal agendas. The official launch of the UNESCO Greening Education Partnership on November 10 represented a growing movement within the education sector to examine more thoroughly what is required to hasten the education response to the climate emergency. With the overwhelming number of panels, booths, events, and speeches during the conference itself, it was evident that there is a tremendous amount of local action and creativity occurring all around the world. It was learned that even if some nations still spend more on fossil fuel subsidies than on education, others have already made a st

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Policy-makers and citizens don't need doctorates in social sciences to improve their reasoning. Start by asking: Sometimes, probing deeper will confirm a likely causal link. Often, it will reveal a far more complex picture, saving us from costly mistakes. In the case of. Bihar's summer murders, attributing the spike solely to unemployed youths turning hitmen risks crafting a policy that silences a symptom while ignoring the disease. True solutions demand we look beyond the obvious correlation and rigorously seek the real, multifaceted causes. By thinking critically about causation, not just correlation, we make smarter policies and protect more lives. Pondering. Existential. Question: Why. Are. We. Here? UN maps in recent years have repeatedly misrepresented. India's international boundaries, most notably by excluding large parts of. Arunachal. Pradesh (67,522 sq km) and. J&K (185,947 sq km), including. Aksai. Chin (30,425 sq km). These. America's sharpest political minds always say the only one capable of cutting them. Gordian knot bonding. Donald. Trump to his loyal supporters is. Trump, himself. Even a gargantuan, decade-long effort by an inhospitable political establishment, by. Anil. Bhatnagar. In. March 2022, a deep fake video featuring. Ukrainian. President. Zelenskyy surfaced online, falsely showing him instructing. Ukrainian troops to surrender during. Russia's invasion. Although it was disturbingly realistic, AI experts swiftly debunked. Cruelty to animals in. China's markets for business & pleasure are rampant, driven by rich consumers. Is a lion cub a toy? This shouldn't even be a question. But, in today's world, it is unnatural. Washington's new tariff plan for those who buy. Russian oil is hypocritical & will hurt. US too. After insulting. Zelenskyy in. Feb, pausing intelligence sharing with. Kyiv in. March, and weapons supplies in. March and. In some parts of. In. China, animals are being treated very badly just so rich people can show off or make money. Imagine this: a restaurant in. China lets people hug lion cubs while eating. The latest. AI invention will take a lot of the marvel and the mystery out of life we all lead wonderful lives, often without realising it. Walking through a park we might notice a flower. US President. Donald. Trump has come up with a plan to punish. Russia for its war with. Ukraine by making things super expensive for countries that buys oil or goods from. Russia. This includes. London is going nuts over 'nariyal' Oxford. Street isn't yet redolent with aromas of simmering aviyal, albeit close enough. Goodbye, Coca-colonialism. Hello, coco-colonialism. London is being blitzed by coconut milk, water, oil, fresh desiccated compacted kernel. From. Pak-origin. UAVs must be countered through huge tech investments across the board. In what should worry the security establishment, there's been an uptick in. Pakistani smugglers pushing drones laden with drugs, arms and ammunition deeper. Sexual crimes on campus hurt women's aspirations in singular ways, but politics could be least bothered. Why did a woman college student in. Balasore, Odisha set herself on fire? We will never know the entirety. Imagine tiny

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a 10 years ago would have served him better. There's a tide in the affairs of men. Brutus says in. Julius. Caesar. Elon. Musk, who's quoted. International among others. Been a lecturer in economics with a postgraduate degree in. Analytical and. Applied. Economics from. Utkal. University. Bhubaneswar and. MPhil in. Social. Medicine and. Community. Health when cricket started to resemble a badly dubbed action film. Overloaded with explosions, starved of script. The game got faster, louder, and somehow emptier. In trying to. Forever young, I want to be forever young. These words of an. Alphaville song have felt anthemic far, far beyond their origins in 1984, West. Berlin. They capture the vibe of all of modernity everywhere. By. Jaya. Row. Some people are born leaders. Others are pushed into leadership by circumstances. But everyone has the potential to become a great leader. The qualities just need to be awakened through continuous learning, Fasting, personalised nutrition, regular exercise. Longevity is the new new holy grail. Naturally, therefore, the market offers magic diets, pills and exercises promising a sure-shot path to healthy nineties and beyond. Thing is, the. Using science to save lives is great. Using it just for fun? Maybe not so much. In the. UK, there are now eight babies who have something unusual three parents! They have a dad, Authorities must learn the art of good press briefing. AAIB was upset enough over a report published on. Thursday to issue a statement against alleged 'misreporting' of its preliminary probe report into last month's crash. Tinkering to save lives is good, to satisfy whims bad. In news from. UK, eight babies have three parents each. Papa, Mummy-I and. Mummy-II. Mummy-II remains anonymous, and won't get a seat in baby's. Indian officials need to get better at explaining things to the public. After a big airplane accident in. Ahmedabad last month, the people in charge of investigating it (called. AAIB) said the media got their. UN maps in recent years have repeatedly misrepresented. India's international boundaries, most notably by excluding large parts of. Arunachal. Pradesh (67,522 sq km) and. J&K (185,947 sq km), including. Aksai. Chin (30,425 sq km). These. America's sharpest political minds always say the only one capable of cutting the. Gordian knot bonding. Donald. Trump to his loyal supporters is. Trump, himself. Even a gargantuan, decade-long effort by an inhospitable political establishment, By. Anil. Bhatnagar. In. March 2022, a deepfake video featuring. Ukrainian. President. Zelenskyy surfaced online, falsely showing him instructing. Ukrainian troops to surrender during. Russia's invasion. Although it was disturbingly realistic, AI experts swiftly debunked. Cruelty to animals in. China's markets for business & pleasure is rampant, driven by rich consumers. Is a lion cub a toy? This shouldn't even be a question. But, in today's world, the unnatural. Washington's new tariff plan for those who buy. Russian oil is hypocritical & will hurt. US too. After insulting. Zelenskyy in. Feb, pausing intelligence sharing with. Kyiv in. March, and weapons supplies in. March and. In some parts of. China, anim

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Untapped potential of education to spur action and resilience is growing. That call to action and the prospect of joint funding from the global education and climate funds are both welcomed by Global Partnership for Education. GPE is a multi-stakeholder partnership and funding platform that aims to strengthen education systems in developing countries to increase the number of children who are in school and learning. Point 4- A tone of room for cross-sector investment between the education and environment sector all of the conversations with country partners made it obvious that there is an urgent need for funding, both for adaptation to better withstand environmental shocks and for the inevitable loss and damage they are suffering. However, these still fall well short of the anticipated billions required. This year COP saw significant movement on financing for the most severely affected nations, including commitments for loss and damage and a new Global Shield against Climate Risks. In general, climate funds have only distributed a small portion of the available funds to low-income countries, and even less for adaptation, for children, or education. Only 0.03% of the total amount of climate finance, which is estimated to be worth US$540 billion in 2018, is estimated to be invested in education. How much it is figured out now? We are yet to know. Point 5- Hopes are on COP28 seems to offer a great promise for the climate agenda inclusion of education. The COP will be held in Dubai Expo City in the United Arab Emirates the following year. Building on the 2021 Rewired agenda, which aims to be a catalyst in redefining education to ensure a future that is prosperous, sustainable, innovative, and accessible to all, CEO and Vice-Chairman of Dubai Cares Dry Al Guru announced that there will be a day devoted to education during COP the following year. To take advantage of this once-in-a-lifetime opportunity, the key challenge for the global education community will be how to make sure that the coming 12 months result in concrete action to embed a strong and clear agenda for changing the formal climate negotiation processes to include climate-smart education systems and to increase the political will to do so. We are in the last days of 2022. New Year 2023 is going to start soon. Many of us look at the new year with a lot of hope. As with every New Year, many of us will make new year resolutions. The resolutions might be different but most of them ultimately aim towards happiness. My own research and interactions with thousands of students and executives over the years on happiness show one unfortunate thing about new year resolutions. The majority of new resolutions fail after the first few days and weeks. This is something we need to think about seriously and find ways to implement our new year resolutions on happiness so that we get sustained happiness. To make the new year resolutions on happiness work, here are three simple and practical suggestions. Start small Research in behavior science shows a small change in our behavior say around four per cent is doable and sustainable. Many of us start with a big change and after a few days and weeks give

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In these times, we need to be kind to ourselves but don give up, remind ourselves of the positive benefits of the resolution and keep moving forward. 2. Daily happiness We need to make happiness a part of our daily life. We need to find out what makes us happy and integrate it into our daily life. Many of us run after big happiness and keep postponing it. A better way is to find daily doses of happiness in what we have in our lives, howsoever small it may be. We can start with small behavior changes as suggested in point one above to realise it. 3. Invest in relationships The longest study of more than seventy years shows good relationships are the source of lasting happiness. We need to invest our time, energy and attention in relationships. Many of us tend to ignore relationships in the busy routine of life and many pressing demands on our time, energy and attention. We can start with small behavior changes as suggested in point one above to realise it. These three simple and practical ideas can help us in realising our new year resolutions for happiness. These have worked for many of my students and I am sure these can work for you also. Plastic packaging consumption in India is on the rise, having increased by nearly 200% in the last decade. As we approach the end of 2022, we are also approaching the deadline by when thickness of potentially polluting carry bags will be increased from 75 microns to 120 microns to allow the reuse of more plastic bags. This is the second phase of addressing the pollution caused by light weight plastic carry bags. The first phase was with effect from 30th September 2021 when the thickness of plastic carry bags has been increased from 50 microns to 75 microns. The Government of India has rightly recognised the need to tackle it, bringing in bans on single-use plastics while promoting safe alternatives like biodegradable and compostable plastics. The comprehensive ban puts a check on illegal manufacture, import, stocking, distribution, sale and use of banned single use plastic items. While one must recognise that there are no silver bullets in a market as large and diverse as India, there are breakthroughs happening in the ecosystem to identify alternatives to conventional plastics. The country requires multiple solutions working harmoniously to fulfill the ever-growing demand and solve the problem of plastic pollution. Any solution we promote must be environmentally credible, especially avoiding the risks of releasing micro plastics or toxic residue. Compostable plastics provide one valuable alternative to traditional plastics. They can be used for a range of applications including carrier bags and tableware but make up less than 1% of plastics globally. When disposed of in the correct facilities, compostable plastics can break down safely to help alleviate the problem of plastic pollution. Despite compostable plastics being around now for a good number of years, infrastructure for compostable plastics still needs lots more investment in India for this solution to be fully effective. Following latest changes introduced by the Government, manufacturers and suppliers can now work with the next generation of bio

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Like facemasks and wipes biodegradable. Biodegradable technology such as biotransformation have made remarkable progress and make products durable, mimic the characterises of plastic and can be disposed of and recycled just like normal plastic. To make its adoption convenient, it requires no change in the end user habits, making the process of adopting biodegradable plastic seamless. By also working with the current manufacturing processes, biodegradable plastics provide a cost-effective alternative. The Government of India has recognised the importance of plastic which biodegrades in the ambient environment with the addition of biodegradable plastic as an alternative to single-use plastics in India alongside compostable plastics within the Plastic Waste Management Gazette. Biodegradable plastics are also given exemption from the EPR scheme in India. Some parts of the industry are pitching the landscape for compostable or biodegradable plastics as a zero-sum game. The Indian plastic industry is large, worth about 96 billion USD, and there is more than enough space for more than one technology to thrive in India and help us solve our challenges. In fact, suppliers and manufacturers can utilise a range of technologies which can safely biodegrade, while moving on from some of the dated technologies like Oxo-degradable and Oxo-biodegradable plastics. The world is at a place where every viable alternative that promises to address plastic pollution should be taken up seriously. After all, this is a problem that cannot be addressed by countries or scientists alone. As of now, major economies are struggling to cope with near term challenges of geopolitical risks arising from the armed conflict between Russia Ukraine and the threat of resurgence of Covid19 sweeping across many parts of the globe, once again. The fears of slowdown, recession, stagflation, increasing unemployment, stubborn inflation continue to haunt the world pushing people into dismay. Behind these passing crises surfacing during 2020-22, there is an overwhelming latent risk to humanity due to increasing climate risk that need to be tackled inclusively more firmly in 2023 and beyond with renewed commitments and action-oriented plans. Even the living day today habits of people need reforms to protect environment. The near-term challenges may be cyclical in nature and may get sorted out with bilateral talks and policy consensus but dousing climate risk will require a different level of efforts. Prolonged and inclusive steadfast coordinated commitment of different economies to decarbonise the planet and contain emission of greenhouse gases will be needed. It is a long-drawn process but has to be relentless. The larger aspirations to assure a safer planet for coming generations should not be side lined in meddling with near term challenges. Global efforts to galvanise commitments Increased sensitization towards the profound damage caused by exacerbated climate risks have been effectively flagged by United Nations Framework Convention on Climate Change (UNFCCC) that was formed in 1994. Beginning with first COP meet in Berlin in 1995, series of meetings were held to bring global leaders to

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In increasing the concentration of these gases which in turn trap extra heat and increase Earth average temperature leading to climate change. This in turn leads to a wide-ranging impact including sea level rise, acidification of sea, melting of snow and glaciers, changes in weather patterns, increased frequency and intensity of extreme events and natural disasters etc. Global consensus is drawn to mitigate climate risks with the commitments made at COP 21 meet at Paris in 2015 called upon its 196 members to limit global warming to below 2 degrees Celsius, preferably below 1.5 degrees Celsius temperature prevalent in pre-industrial times 1850 to 1900. Even the discussions in other international fore like World Economic Forum (WEF), Annual meetings of World Bank, IMF, ADB, OECD and such other key international convergences included climate risk mitigation as an important agenda to bring down the earth temperature. Lot of research led conferences, seminars, workshops on climate risk mitigation strategies are working to find ways and means to tackle the menace. Despite mobilising such massive global attention towards simmering human calamity, the global warming continues to increase exacerbating its risks. Climate risks in India The impact of climate risk is intense and is fast deteriorating the ecological balance. India Meteorological Department (IMD) on the country climate states that 2021 was not only the fifth warmest year since 1901, but in the last decade, 2012-2021, was also the warmest on record. Moreover, 11 of the 15 warmest years on record were between 2007 and 2021. The rise in average temperatures could have a cascading effect on extreme weather events, crop patterns and urban disaster management. India recorded 756 instances of natural disasters (landslides, storms, earthquakes, floods, droughts, etc.) since 1900, with a total of 402 and 354 events recorded during 1900-2000 and 2001-2021 respectively, indicating the preponderance of tail events of late. Another report of the Ministry of Earth Sciences in India has found that since the middle of the twentieth century, India has been witnessing a rise in average temperature. It leads to decrease in monsoon precipitation. It raised extreme temperature, droughts, and sea levels as well as increase in the frequency and intensity of severe cyclones. There is compelling scientific evidence that human activities have influenced these changes in regional climate. These developments pose challenges for humanity and warrant an immediate, large-scale and rapid reduction in GHGs. The intensity of damage is recurring at a faster pace but on the other hand urbanisation, deforestation, sinking water pools, drying waterfalls and shrinking levels of rivers, accumulation of plastic garbage and silt is threatening the environment in a big way. The air pollution levels in major cities and even in towns are reaching tipping point turning air toxic. The indirect effects of climate change such as loss of ecosystem services (e.g., water shortage, degradation of soil quality, or marine ecology) are mind boggling. 3. Efforts to mitigate climate risks Ministry of Environment, forest and climate change has bee

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Ssc announed Skill Test 06.01.2023 so we are alert mode. And roping in of are to bring about a cultural shift towards climate. The policies and by the indicate that is one of the central pillars of India. The National Action Plan on Climate Change was launched in 2008 with eight National Missions. Most and have been working in to and to achieve the goals set in. On the lines of the of the states and have their State Action Plan on Climate Change with the aim of to the national goals and meeting the state. New Year in 2023 Looking to the gravity and to tackle climate unlike in the year and beyond need to be by the society to to protect as a duty towards next to maintain the of the planet. It is not a matter of choice. The climate risk has a danger where efforts will be needed from all levels. The citizens of today have a coming to assure them quality life. While green projects for to of energy, reduction of use of fossil fuels, have to be taken up on war footing, it is also necessary to make lifestyle to in the life of people to the climate of waste, water tree of trees, green parks, of water bodies, and efforts to cool the climate is. The resolution of coming year and should be dedicated to do on our part to control climate risk, which if not tackled now could sume risks to in future. I am not fond of room and hence have all my to be able to afford avoiding them but since has exploded in the circles; I have really started enjoying them as we now have humans machines and the mutual future of both. Though there is still a lot of money to be made in the domain of AI by humans, I now feel that we really need to hold our horses and recognize a cognitive bias that we are unable to set aside while thinking of the future ofence. Though various timelines are created about the trajectory of some even with the strange idea of singularity also inserted there-in, they rarely make sense to us humans because for a simple reason we are bless cursed with a brain residing in a cranium with at the max volume of about cubic centimeters. There is doubt that we humans have managed to expand the power of cc brain through information networks like data repositories built across time and domains and social networks that allow us to amplify our processing power, but when we think, we are nothing but a small standalone information processor, and our conversations are a bit like an old Akbar-Birbal story where Birbal invited the poorest of the poor to adjudge a crime he had committed. If we look at most of the companies that are emerging or working in the market since AI has become an applied science, a large amount of work they are doing is business process automation with a few moving further into applying intelligence and offering insights for better decision making. If we get objective, what s doing today is just mirroring human understanding of the systems and processes. But where have these human systems and processes emerged from? Every system that we have today, be it a government of a massive nation or a share market or a small café or even finances of one individual, the real core of the need rise of the system is the same limitation of having 1500 a cranium.

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If we look at the systems keyboard created by one of the most is the rise of and. If we look at we have a doctor dealing with one specific organ or system not these organs are system are working in. Even though the body is an off may such systems working together we had to accept this brain is not powerful enough to take in all the data from the entire body and process it to cognize it as one dealing with one picture. As our brains operate thus, we are now making a cardinal error in in business domain that too will evolve in the same model. Our current trend is to imagine that there will be niche dealing with a specific domain and they will always have an edge over an entity. Though there is a lot of money to be made following this trend markets take dealing with one long time free from a trend where people are invested system even if is available, the real and future out there is of a very entity armed with at par to specialists. Though a as good as or narrow is to behold for us we again need to look at to the real power of dealing with one. We are a great example of how well works in that seems to like getting to fewer and fewer for those who dig deeper while the twist system sting of in the tail). The narrow AI may to have an edge of having sector specific data and may offer a better output in theory but an engine with a better deeper of the bigger picture will narrow because we live in an dealing with one world with layers upon layers this trend of interacting with each other that a narrow can see. In human world, though rarely, we do see a in the sees a bigger systemic picture than the of a. In the world of AI, these are not likely to be rare but as machines are not this trend required to be limited as our cranium. They can may see micro and macro together and forge a better comprehension. AI is here but gun is its inevitable future. The real challenge before Natural or Biological Intelligence book is to get rid of its cognitive biases and understand the potential of the double-edged sword that we are sharpening. If BI will not be able to look beyond, AI is all set to become go that may consider replacing BI like we are obliterating the beings with less BI than us. And as machine-based GI does need to feed on the same Sun-driven energy cycle, there is a great possibility that it can get rid of BI without the world collapsing around it. The future of mobility is evolving and Electric Vehicles have immensely transformed the automobile industry and continues to grow at a fast pace globally. As a very important part of building a sustainable future, are a key aspect that is driving innovation with respect to vehicles, fuel alternatives, transport infrastructure and helping towards controlling climate change. Governments globally are ensuring that TVs become extremely popular to the general public and industry leaders are working relentlessly to innovate better performance. As per a report by Statist, China is the largest producer of electric vehicles followed by Germany and the USA. However, Norway stands as the largest contributor to plug-in electric vehicles with a 75% share while Iceland, Sweden, and Finland follow the subsequent top rank

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Three wheeler and the second largest manufacturer of buses and tractors. Moreover, as per Trade and Sustainability Review, Volume 1, Issue 3, July 2021, two wheelers were the highest selling electric vehicles in India with 97.5% sales. This implies that there is a huge demand to revamp different automobile categories in India apart from private vehicles and top industry players are ensuring to get this done one sector at a time. Changing the public transport landscape One of the most successful aspects of bringing e mobility to India is switching to Electric Buses for public transport. Busy urban cities generating comparatively higher levels of pollution like Mumbai have already introduced E Buses for a daily commute and are further encouraging taxis and other modes of shared commute to follow suit. Moreover, popular E Commerce companies like Amazon and Flipchart are also joining hands in to reduce carbon footprint by incorporating EVs for last mile deliveries and are planning to achieve 100% e mobility by 2030. Building a strong Infrastructural Foundation One of the key areas a country like India needs to desperately catch up with is the infrastructure quality here as compared to the developed countries in the west. While countries like Germany, USA and more have a systematic layout and the facility to add e charging stations, battery replacement accessibility etc., India is still struggling to quickly adapt to these. Having said that, there have been quite a lot of e charging stations set up across major cities and connecting travel routes. The Government too is working on giving subsidies for entrepreneurs wanting to set up E Charging stations and are constantly evolving their plans. Global production, R&D and Fuel Alternatives The consistent growth in India for the production of EVs has the potential to make it a global leader in producing the highest number of EVs. As per a statistic, The number of EVs on road in India is expected to increase to 45 50 million EVs by 2030. While the annual sales are expected to reach 10 million per annum, the industry is looking forward to the growth of a CAGR of 49% between 2022 to 2030. In monetary terms, the EV market in India is estimated to value $2 billion by 2023 and $7.09 billion by 2025. Additionally, while USA, Germany and the UK have been introducing technologies that have been instrumental India is also undertaking extensive research on alternative fuel options, lithium ion batteries, solar batteries and more. All of these combined and quick productions in the pipeline will enable India to accelerate its growth in the EV industry and match up to those in the west. The more you know, the better. This is true for patients understanding their medications and ailments too. With a billion plus Indians not aware of their medicines, there no shortage of health information on the internet. In fact, there often too much information. What the best medicine to lose weight? Do I need to take medicine every day? Should I get myself tested? Yet, people forget to ask the most basic question what is the composition of this medicine? How should I take it? How does it work? Patients most often are overwhelmed b

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With a healthcare professional, and continues past the unique treatment plan for each patient, and goes on till the implementation and upkeep of that plan. A patient cannot go through with an intended intervention unless they are aware of its consequences and have made an educated choice. When it comes to learning, web searches generate so many different answers, knowing WHO and WHAT to trust can be hard. This information can be extremely confusing for patients when combined with their doctor advice and medicinal instructions. However, herein lays the rub. A large number of people are reluctant or even scared to meet a doctor, underplay their symptoms and try to self medicate. Then there are many who visit a doctor but are hesitant to quiz him as it may be seen as questioning the doctor authority. The ability of the doctor to communicate clearly and the patient ability to fully comprehend the scope, benefits and drawbacks of the various treatments are critical in ensuring he or she makes the most rational decision. Health Literacy in India many nations are working towards creating strategies to address the problems brought on by the gap in health literacy. India shares with other countries the major issue of low or poor health literacy levels among its populace. But why is India health literacy so low? The number one reason has been the legacy of acute ailments which required a one time treatment not needing the patient or his caregivers to engage. However, as India transitions to chronic ailments, the mind set needs to change from just treatment to patient management. Unfortunately, hospitals and doctors continue to treat all ailments the same with no focus on educating the patient. Moreover, low literacy is the result of a number of socio economic factors. According to reports, poverty has the most effect on India level of health literacy. Delivering reliable health information is a challenging task because a sizable portion of the population is illiterate. 50 core Indians stay in villages with less than 5,000 population making access and education a herculean task. Any progress made in this area will help alleviate additional risk factors. While we are slowly making progress, India is still far behind the rest of the world in its capacity to make the people understand their health. Solving for Health Literacy By providing knowledge, fostering good communication, and providing systematic education, health literacy can be increased. Any effort to educate must have three elements. For one, the content should be easy to understand. Secondly, it should be imparted in regional languages so as to reach the diverse Indian population and finally, since there is 95% retention of content when provided through videos, the approach to education should be video first. Additionally, state governments must devote time and money to improving communication in order to mobilize the community and create a healthier society. Individual and community action for health will be encouraged by strengthening participatory and representative decision making about the development of health literacy and equity at all levels. Health policies and strategies that address

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The Mission Amrit Sarovar's was launched on 24th April 2022, with an objective to conserve water for the future. The Mission aimed at developing rejuvenating 75 Amrit Sarovar Pond in each district of the Country, totaling about 50,000 Amrit Sarovars in the country. Amrit Sarovar has been a visible manifestation of the actions during Azadi Ka Amrit Mahotsav. As on 28.11.2023, the number of Amrit Sarovar works commenced and number of Amrit Sarovar works completed is given below Total number of Amrit Sarovar works commenced Total number of Amrit Sarovar works completed The salient features of the Mission Amrit Sarovar are given below The Mission Amrit Sarovar was launched on 24th April 2022 and completed on 15th August, 2023. The Mission was aimed at developing rejuvenating 75 Amrit Sarovar Pond in each district of the Country, totaling about 50,000 Amrit Sarovars across the country. The Mission Amrit Sarovar has been completed on 15th August, 2023. This information was given by the Union Minister of State for Rural Development, Sadhvi Niranjan Jyoti in a written reply in Lok Sabha today. Annexure referred in reply to part a of Lok Sabha Unstarred Question No.452 datedi. Mission Amrit Sarovar is based on Whole of Government approach with the participation from the Ministry of Rural Development, Ministry of Jal Shakti, Ministry of Culture, Ministry of Panchayati Raj, Ministry of Environment, Forest & Climate Change and technical organizations. Under the Mission every district of the country will construct or rejuvenate at least 75 Amrit Sarovars. Every Amrit Sarovar will have a pondage area of at least 1 acre with a water holding capacity of about 10,000 cubic metre. Every Amrit Sarovar will be surrounded by trees like Neem, Peepal and Banyan etc. Every Amrit Sarovar will be a source of generation of livelihoods by using the water for different purposes like irrigation, fisheries, duckery, cultivation of water chestnut, water tourism and other activities. The Amrit Sarovar will also act as a social gathering point in that locality. Mission Amrit Sarovar is a visible manifestation of the action during Azadi ka Amrit Mahotsav. Every Amrit Sarovar site is a place for flag hoisting on every Independence Day. In Mission Amrit Sarovar, freedom fighters or their family members, martyrs family members, Padma awardees are associated. The Mission Amrit Sarovar works through the States and Districts with convergence from various schemes such as Mahatma Gandhi National Rural Employment Guarantee Scheme Mahatma Gandhi NREGS , 15th Finance Commission Grants, Pradhan Mantri Krishi Sichayi Yojna sub schemes such as Watershed Development Component, Har Khet ko Pani, besides States own scheme. Public contribution like crowd funding and Corporate Social Responsibility is also allowed for the work. The Mission Amrit Sarovar focuses on water conservation, people participation and proper utilization of soil excavated from the water bodies to boost infrastructural projects. Ministry of Railways, Ministry of Road Transport & Highways and other public agencies engaged for Infrastructure project development are also engaged in the Mission for the purpose of use of soil si

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Actively contribute to the mission execution. Bhaskaracharya National Institute for Space Application and Geo-informatics has been engaged as Technical partner for the Mission. BISAG-N is an autonomous scientific society registered under the Societies Registration Act, of 1860. It comes under the Ministry of Electronics and Information Technology. Geospatial data and technology play a pivotal role in identifying and executing the construction and rejuvenation of Amrit Sarovar. Progress and Achievements So far, out of over 1 lakh identified Amrit Sarovars, the work has been started for over 81,000 Amrit Sarovars and a total of over 66,000 Amrit Sarovars have been constructed rejuvenated. The national target of 50,000 Amrit Sarovars has been accomplished, demonstrating the dedication and efficacy of the mission. State-Specific Challenges and Advancements Several states have made commendable strides towards achieving the goal of 75 Amrit Sarovars per district. While some states like West Bengal, Punjab, Telangana, Kerala, Tamil Nadu, Haryana, Bihar, and Rajasthan are still working to meet this target, their determination remains unwavering. Bridging Resource Gaps Mission Amrit Sarovar leverages various existing schemes and financial grants to realize its objectives. The Mahatma Gandhi National Rural Employment Guarantee Act, Pradhan Mantri Kisan Sampada Yojana sub-schemes, and state-specific initiatives are channeled to mobilize resources for the mission success. Empowering Local Participation The mission encourages citizen engagement and collaboration with non-governmental resources. By fostering community involvement, the initiative seeks to harness additional support for the cause. Water Security through Collaboration The mission collaborative nature, combining governmental departments, technical partners, and local communities, highlights its multi-faceted approach to water security. The ultimate goal is to transform the water landscape, enhance livelihoods, and ensure water availability for generations to come. A high-level meeting was held to review the progress, monitor, and ensure the quality of Mission Amrit Sarovar, chaired by Shri Shailesh Kumar Singh, the Secretary of the Ministry of Rural Development. The meeting was attended by the Additional Chief Secretary, Principal Secretary, and Secretary of Rural Development from all States Union Territories UTs , the State Nodal officer for the Mission Amrit Sarovar The Mission operates in collaboration with States and Districts, leveraging the refocused implementation of multiple schemes including Mahatma Gandhi Finance Commission Grants, sub schemes like Watershed Development Component, Har Khet Ko Pani, along with the respective State own schemes. A Success story shows how the Sarovar has made a positive impact and benefitted the community. It could be about the entire program or part of a program that is particularly noteworthy, significant or an important accomplishment to describe. In short, it talks about the good points of the project you want to tell others so that they learn and implement the same. A good success story depends on credible evidence based information. While talking a

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Fresh desiccated compacted kernel. From. Pak-origin. UAVs must be countered through huge tech investments across the board. In what should worry the security establishment, there's been an uptick in. Pakistani smugglers pushing drones laden with drugs, arms and ammunition deeper. Overloaded with explosions, starved of script. The game got faster, louder, and somehow emptier. In trying to. Forever young, I want to be forever young. These words of an. Alpha Ville songs have felt anthemia far, far beyond their origins in 1984, West. Berlin. They capture the vibe of all of modernity everywhere. By. Jaya. Row. Some people are born leaders. Others are pushed into leadership by circumstances. But everyone has the potential to become a great leader. The qualities just need to be awakened through continuous learning, Fasting, personalised nutrition, regular exercise. Longevity is the new holy grail. Naturally, therefore, the market offers magic diets, pills and exercises promising a sure-shot path to healthy nineties and beyond. The thing is, the. Using science to save lives is great. Using it just for fun? Maybe not so much. In the. In the. UK, there are now eight babies who have something unusual: three parents! They have a dad. Authorities must learn the art of good press briefing. AAIB was upset enough over a report published on. Thursday to issue a statement against alleged 'misreporting' of its preliminary probe report into last month's crash. Tinkering to save lives is good, to satisfy bad whims. In news from. In the. UK, eight babies have three parents each. Papa, Mummy-I and. Mummy-II. Mummy-II remains anonymous, and won't get a seat in baby's. Indian officials need to get better at explaining things to the public. After a big airplane accident in. Ahmedabad last month, the people in charge of investigating it (called. AAIB) said the media got there. UN maps in recent years have repeatedly misrepresented. India's international boundaries, most notably by excluding large parts of. Arunachal. Pradesh (67,522 sq. km) and. J&K (185,947 sq. km), including. Aksai. Chin (30,425 sq. km). These. America's sharpest political minds always say the only one capable of cutting the. Gordian knot bonding. Donald. Trump to his loyal supporters is. Trump, himself. Even a gargantuan, decade-long effort by an inhospitable political establishment, By. Anil. Bhavnagar. In. March 2022, a deep fake video featuring. Ukrainian. President. Zelenskyy surfaced online, falsely showing him instructing. Ukrainian troops to surrender during. Russia's invasion. Although it was disturbingly realistic, AI experts swiftly debunked. Cruelty to animals in. China's markets for business & pleasure is rampant, driven by rich consumers. Is a lion cub a toy? This shouldn't even be a question. But, in today's world, the unnatural. Washington's new tariff plan for those who buy. Russian oil is hypocritical & will hurt. US too. After insulting. Zelenskyy in. Feb, pausing intelligence sharing with. Kyiv in. March, and weapons supplies in. March and. In some parts of. China, animals are being treated very badly just so rich people can show off or make money. Imagine this: a restaurant in. C

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Russia for its war with. Ukraine by making things super expensive for countries that buy oil or goods from. Russia. This includes. London is going nuts over 'nariyal' Oxford. Street isn't yet redolent with aromas of simmering aviyal, albeit close enough. Goodbye, Coca-colonialism. Hello, coco-colonialism. London is being blitzed by coconut milk, water, oil, fresh/desiccated compacted kernel. From. Pak-origin. UAVs must be countered through huge tech investments across the board. In what should worry the security establishment, there's been an uptick in. Pakistani smugglers pushing drones laden with drugs, arms and ammunition deeper. Times of. India. He is addicted to films, music, cricket and football and not necessarily in that order. He is the author of. Bandicoots in the. Moonlight, Cinema. Bhojpuri, 40 Retakes, and now, Up. Campus, Down. Campus, a novel set in 1980s. JNU. He tweets from the handles avijitghoshtoi and cinemawaleghosh. LESS. MORE Awtar. Krishna. Kaul, whose 51st death anniversary falls today, is one of the could-have-been greats of. Indian cinema. He produced, directed and wrote the screenplay of the iconic feature film, 27 Down (1974). Made on a tight budget of. Rs 2 lakh by the young. US-returned filmmaker, the movie won the national award for best film and best cinematography. The film also received the. Ecumenial. Award in the. Locarno. Film festival and the. Dulcat prize at the. Mannheim. International. Film festival. Rakhee, Rekha. Sabnis and. Om. Shivpuri were some other actors in the film which was based on. Ramesh. Bakshi's. Hindi novel, Athara. Sooraj. Ke. Paudhe. Kaul was born in. Srinagar. He came to. Mumbai after spending 14 years in. New. York where he drove a taxi and graduated from a film school. He also worked with the famous director. James. Ivory in the film, Bombay. Talkies. His death came under very unusual circumstances. Kaul died tragically trying to save a girl from drowning in the. White. House. Area in. Walkeshwar, Bombay. He was just 34. Earlier this week, the. Amarnath. Yatra, which witnessed a record turnout this year, was suspended after a woman was struck by a falling rock. Three weeks ago, a tourist bus carrying pilgrims to. Badrinath fell. A controversy of sorts erupted recently after home minister. Amit. Shah's declaration at a book launch in. Delhi that “those who speak. English will soon feel ashamed the creation of such a society (in. There was a time, not too long ago, when cricket started to resemble a badly dubbed action film. Overloaded with explosions, starved of script. The game got faster, louder, and somehow emptier. In trying to. Forever young, I want to be forever young. These words of an. Alpha Ville song have felt anthemia far, far beyond their origins in 1984, West. Berlin. They capture the vibe of all of modernity everywhere. By. Jaya. Row. Some people are born leaders. Others are pushed into leadership by circumstances. But everyone has the potential to become a great leader. The qualities just need to be awakened through continuous learning, Fasting, personalised nutrition, regular exercise. Longevity is the new holy grail. Naturally, therefore, the market offers magic di

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In a recent conference, a distinguished panel of economists and policymakers were asked to gaze into their crystal balls and predict the growth rate of the Indian economy in 2023. Would it grow at more than 7%, was the question posed to the panel. The average number turned out to be between 6 6.5% amongst those who hazarded a guess. Both the question asked as well as the answers provided reflect how much has changed during the year. Only a few months ago, the Covid induced slowdown seemed a nightmare of the past as the economy registered a 13.5% growth in GDP in the first quarter of 2022 23. All sectors of the economy contributed to growth, although the services sector growth was particularly strong. The last two months of 2022 brought India cyber vulnerabilities into sharp relief. In November, securities depository CDSL said it had detected malware in some machines and disconnected itself from the capital market. Later, AIIMS, New Delhi, found its services compromised. Go told Parliament that five servers were affected due to improper network segmentation. These two incidents are examples of a larger challenge confronting India. CERT In India Ransom ware Report for the first half of 2022 said that there been a 51% year on year increase in ransom ware incidents. A majority of attacks are on datacenters. Data has a unique quality, it non rivalries. Simply put, it can be used simultaneously by different people and not necessarily with consent of the data owner. It this quality that makes even temporary data loss deeply problematic. As India moves apace to a digital operating system for social and economic activities, loss of data or even temporary access to it have emerged as a public security challenge. This problem is global in nature. For example, last year Ireland was forced to shut down its public healthcare service for a while following a ransom ware attack. Coping with this challenge starts with everyone following basic steps to safeguard their data. The most serious problems come from organised cyber-attacks on large data repositories and critical public infrastructure. The extent and scale of attacks on critical information infrastructure are in the realm of speculation as Go told Parliament that revealing details is not in the interest of national security. Of no less importance is ring fencing data repositories from cyber-attacks. On the legislative side, there are two aspects that India forthcoming personal data protection bill needs to emphasise. Data breaches are inevitable. The extent of loss, however, can be limited if two principles are followed. Purpose limitation in collecting data by all regulated entities needs to be strictly enforced. Sweeping in more data than required on flimsy pretexts increases risks manifold. Highly sensitive data such as biometrics are collected by different government organisations who may not all have high standards of cyber security. Collection of biometrics needs to be limited. The other essential principle is narrowing down the discretion enjoyed by a regulator in choosing when to let potential victims know about data breaches. Given data non rivalries quality, offering a regulator too much leew

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Broke up with her. The minute, repetitive, painful computation of who did how much injury is a routine aftermath of human relationships gone wrong. But what police got to do with it? It should not be a matter of criminal investigation whether or not lovers are faithful to each other. Like some of the news TV programmers some policemen might find salacious sport in going down these personal corridors. But as the Supreme Court said in its 2018 judgment decriminalising adultery, the fundamental right of an individual to self-determination includes sexual self-determination, into which real private realm police should not intrude. In the Tunisha case, this impulse is aided by abetment to suicide continuing to be on the statute books as a non-boilable offence. The police, having blundered into such cases by filing an FIR with little thought, then grab every bit of information as justification, and most often an adult is put through the wringer, aided by lower courts happily granting extended custody without asking questions. The many instances in which all this blundering soon enough reveals itself as just a gratuitous abuse of privacy, should act as a disincentive to police. That it does says a lot about how police views its role vies a vies citizens. India is a union of 135 core aspirations collectively moving towards the goal of Visit Bharat. Creating growth opportunities in every sector to fulfill every citizen aspirations is how PM Modi has led the new politics of development. abka Saath, Sabka Vikas was always at the core of the governance model and the Purvodaya programme focus is one such example. The mantra of Purvodaya se Bharat Uday realised the ability of eastern India to drive national growth. A rising east Eastern India is rich in myriad resources, natural, human, cultural. Unfortunately, this region is held back by poor infrastructure, lack of governance and connectivity. Keeping development above politics, Mission Purvodaya and today Vande Bharat flag off from Kolkata will be etched in history as a testimony to PM Modi firm resolve for all round and inclusive development. What do God and banks have in common? Both work in mysterious ways their wonders to perform. A senior citizen has had to find an alternative repository for her savings account, because the MNC bank of which she been a customer for over 25 years is shutting shop. After much consultation on social media she chose a bank and opened an account. She was duly supplied with a cheque book, deposit slips, and a debit card. But her request for a credit card was turned down by a brusque SMS which said she was not eligible to get one, and should reapply in six months. On enquiry it was discovered that her application for a credit card had been turned down as, being past retirement age, she had no proof of salary, all her income being derived from investments, of which she has a sizeable, diversified portfolio. Never mind that the applicant pays income tax in the 33% plus bracket. Never mind that her previous bank extended her a very generous credit limit. Never mind that she has an excellent credit rating, with no late payment on record. Never mind that income is income, whet

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Logic or progressive thinking. No salary slip, no credit card. Never mind that, like the late Rakesh Jhunjhunwala, you might be a major league financial market investor. What do God and banks not have in common? You might bank on God, but you can bank on banks. Faith is a seed planted deep within us it is natural to the soul. True faith is absolute because it amounts to certitude it holds us all together. One might imagine that one graduates to this state by rungs of mental belief and eventually conviction. But it does quite work like that. We can climb to the top of this ladder of mental resolution, but there will always be something vast separating us from faith. Truly, we need to begin again. We aim to retrieve the spontaneous faith and trust of being a young child. The truth is that in time we lose this spontaneous connection with the soul. The child can claim to be fully conscious, but the connection is very clear and natural. It is something implanted at birth, but our upbringing creates this chasm. It is simplicity that nurtures faith. Although some possess this attribute, for most, their faith withers and gets smothered by layers of mental complications. The problem comes from conditioning. From birth we are impacted by countless environmental impressions and influences. When young, we are sponges that absorb everything that presses from outside. Faith gets eroded by this consistent pressure. Eventually the sponge gets so saturated, we forget who we are. It is our ego which soaks these vibrations and so we move into a zone of duality and separate our self from the soul. We lose ourselves in the world outside we lose identity with the Self and so lose our faith. Quite apart from anything else, we lose control of our health and wellbeing. news is that faith can be retrieved. How can it disappear when it is something the Divine has instilled in each of us? It just gets concealed, that all. It is buried beneath the rubble that the ego and mind have left behind. This is when we summon our courage and make the leap. Sometimes a single action might define it. This is why it so often arrives through surrender. Self-giving inspires faith and faith propels our surrender. We can turn back the clock, but what was once a totally natural resonance to wellbeing can be replaced, through yoga, by an authentic and conscious mastery. The irony is that we reclaim our youth when we do this. Life no longer remains stagnant. We may even become simpler. It infuses the infinite joy of being alive. At last, we have a purpose. At last we access the stamina to see the course through to the very end. Installing this mastery is a prolonged process, but if sincere our faith will grow and grow. This turning to yoga represents a rebirth and we start laying new building blocks again. Born again, our work becomes a simple joy. We are passing from the mental to the spiritual. We surrender everything to the soul. This fortifies us and places our faith onto a secure footing. When we get there, we know we no longer need to believe. Belief is always open to doubt and one cannot progress on shifting sands. There are many counter proofs and our previous beliefs get easily dis

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To buy a luxury property. And, if we evaluate our transaction velocity and deals done as we close 2022, we have to say, the survey findings were bang on. In fact, many wealthy Indians bought not just one but multiple properties. For instance, Rahul Bajaj family members have bought 5 ultra luxury sea view apartments in Mumbai as reported recently in the media. In November 2022, J C Chaudire, the founder of Akashi Educational Services, bought a bungalow in Delhi Greater Kailas for Rest 51 core and three umber luxury apartments at DLF The Camellias for around Rest 150 core. As per reports, these are in addition to previous three high value property transactions that the Chaudire family had already made. Similarly, Radhakrishna Dasani, the founder and CEO of Dearth, who had made the most expensive purchase (over Rest 1,000 core) in India residential real estate market in 2021, bought another luxury property in the year 2022, which reportedly cost him around Rest 250 core. The list of ultra HNIs and HNIs buying luxury properties in the last couple of years is becoming more robust. The universe of luxury and ultra luxury homes now includes not just industrialists and Bollywood celebrities, but has expanded to include cricketers, CXOs and start up founders. As the curtains close on 2022, here our experience of what drove luxury real estate buying in India in the last twelve months. The pursuit of an exceptional lifestyle While the world might be putting the memory of the pandemic behind, the one thing it did change was the value of homes for everyone. The aspiration to live big and live it now has been the biggest driver of ultra luxury real estate in 2022. Irrevocably, a home has become the most desirable possession, and therefore nothing but the best is acceptable. We attribute this to a structural shift in how and where people live, as well as their attitudes about homeownership. Health and wellbeing, larger spaces, green outdoors, close to nature, sustainable footprint all matter more than ever before. And this will continue for years to come. The BIG tax saver A significant chunk of new buyers in the luxury residential segment have been start up founders who have cashed out after a stake sale. For them, the lure of luxury real estate is double. The purchase of a high end property brings both an upgrade of lifestyle as well as substantial savings on capital gains. Zhan Hayat, founder of topper.com, Lens kart Noah Banal purchases are amongst those which made news in 2022. Reinvesting in residential property can help them save as much as 20 per cent plus applicable surcharge and chess under section 54F of the Income tax Act, 1961. Flip the argument and the property cost to them is about 20% less, which, in a high value transaction, is substantial. Many of the corporate CXOs have also taken advantage of a strong rise in stock prices to encase their ESOPs. Some of this money has also found its way into luxury real estate. A ripe investment opportunity Affluent families and HNIs are savvy investors. They ve taken advantage of the still modest home prices in 2022 after a prolonged slowdown in Indian real estate, to strike some best deals. The real est

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The last couple of years, which is attracting investors with deep pockets. The India optimism 2022 will be remembered as the year when India took over the UK to become the 5th largest world economy on track to become the third largest by 2027. The implementation of an ambitious set of reforms have supported India economic growth, making us one of the fastest growing economies this year. And the optimism can be felt all around. People buy real estate when they feel good and secure about their future. We will not be surprised if residential sales in the top seven cities cross the previous record of 2013. As the wealth of a nation grows, it bound to bring in a new set of buyers into luxury real estate and that what we are witnessing. I see this demand momentum for the luxury real estate market continuing well into 2023. With similar optimism, we wish you all a very happy and prosperous new year. The few years have been full of unanticipated occurrences that have altered how we live and work, data has become more essential to decision making. And traditional planning techniques for businesses, which include making plans in silos and reviewing them annually or every three months, are unable to keep up with the volatility and rapid change that have emerged since the start of the global pandemic. Business planning has historically been a soloed activity, with department heads proposing individual strategies, reviewed by the CFO to either approve or adjust based on company financials. However, because the C suite is often cut off from the day to day details of operations of their peers, this ultimately leads to a less comprehensive plan that is neither flexible nor strategic and, ultimately, not connected. CFOs taking the lead during uncertain times The past two years have taught us that today complex economic environment demands strong leaders who know how to adjust their company business plan to economic and market realities. According to a report, 82% of CFOs and 86% of their coworkers thought greater communication would have allowed their Organisation to better address the issues faced in the previous years, such as the move to hybrid working and supply chain volatility. Additionally, the CFO signals research that the work of finance teams has changed, decreased, or become streamlined because of various actions taken by CFOs over years, including driving digital transformation, automation, utilising technology, reforming ERP, and improving and standardising processes. Moreover, the CFOs I connect with on a daily basis, testify that finding a balance in higher value activities, increased use of technology and automation, and better business insights will be critical for the future of business, as these factors largely determine an Organisation ability to manage market uncertainties. CFOs driving growth in the modern era The CFOs of today are in a unique position to react swiftly to high impact events that have the potential to disrupt the market and bring about good change. According to a report, 88% of CFOs said they had used new metrics to maximise finance involvement and its impact on the business. In fact, for most industries, this is a part o

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The state of mind where someone pushes their limits and has the belief of self right from the very beginning is known as condolence. 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 condigece 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 people in schools college and work place who have t o a lot of success due to being active more forward and more confident with their decision. This is what makes. The state of mind where someone pushes their limits and has the belief of self right from the very beginning is known as condience.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.

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Increasing collaboration and connection between the CFO and business units will reduce conflict between what their teams feel they need, as well as the budget and time CFO office are willing to give them. Additionally, they could improve relationships with individual business units to leverage that influence to strengthen top line and bottom line performances, whether it merging data to streamline channels or enhancing both the employee and customer experiences. The continuous evolution of CFOs The CFO role has evolved to include a stronger strategic vision, stronger planning and growth orientation, increased understanding of operational realities and a greater focus on solving business problems. Further, by demonstrating a willingness to help in other areas of the business, a CFO can use their emotional intelligence to foster the mutual trust required to optimise better organisational agility and strategic power growth, which are critical to the success of an Organisation. With the role expanding across the Organisation in new and exciting ways, success will largely depend on whether CFOs can play a lead role in evolving their organisations instilling trust and mutual understanding in the C Suite to break down silos. I strongly believe that a CFO plays a critical role in the transformation of an Organisation by using data to manage plans and people. As the world expands at a rapid rate, the value of education is increasing. More and more educational institutions have sprung up to provide quality educational services to potential students. This has resulted in a more literate and prosperous society on a whole. In contrast to the past though, educational institutions must constantly refine their strategies in order to maintain a competitive advantage. As unfortunately, traditional approaches to educating students are no longer applicable and modern students are never captivated by the conventional learning strategies anymore. Identifying the most pressing problems in the educational system is a simple first step toward fixing them. The question then becomes how to identify the obstacles that contemporary academic institutions must overcome. Don fret here are some of the most pressing problems facing today educational system. More Students & Fewer Educators There has been a dramatic increase in the number of students enrolling in universities and colleges. Encouraging kids to enroll in school has positive and negative aspects. The challenge this presents for teachers is obvious as it has been observed that when it comes to teachers concerns, small and medium sized schools simply don care. Teachers may find it most difficult to speak to a class of forty or fifty students at a time, especially so when there is only one instructor present. Therefore, it is incumbent upon today school administrators to address this systemic difficulty. Dividing and expanding classrooms is a simple solution to this problem. Not Future Oriented In schools, the emphasis is always on checking off boxes rather than preparing students for life after graduation. The vast majority of school curricula are not future oriented. This is a major challenge facing today education

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Concepts with greater ease. However, if they study in a typical classroom with lengthy lectures, they may never fully comprehend the topic. Even technology makes it possible for teachers to communicate with students outside of the classroom. This ultimately aids educators in resolving educational issues with greater efficacy. Outdated Educational Model The modern educational system faces a number of difficulties. However, the traditional educational system is always a hindrance. Our educational system is antiquated and inadequate for today learners. To a large extent, students lack of progress can be attributed to the outdated curriculum, which makes no effort to prepare them for the real world challenges. Concluding Thoughts This antiquated method of teaching must, therefore, be revised in light of current educational developments. So that students can benefit from being able to demonstrate their skills and better grasp the significance of technological progress. Our country education system faces formidable obstacles, but they can be overcome if the government takes decisive action. Since the educational system has not evolved since the British colonial era. And with the new education policy implemented in the past year, we can only hope for the best in our educational system. Physical classrooms, chalkboards and stacks of textbooks the Indian education system remained constant for several years, decades even. Then, slowly but surely, technological adoption upturned the industry as we knew it. Finally reaching a tech led inflexion point in mid-2020, the national policy framework around education underwent massive transformation. While the Covid 19 pandemic was unfolding across the world, India National Education Policy 2020 was approved by the Union Cabinet of India on July 29th 2020. With a vision to unlock a new education system in the country, the NEP 2020 was introduced at a critical juncture, when there was a dire need for technological intervention to ensure continued education for students. Since then, there has been no looking back. From schools switching to online learning to higher education programs being delivered through online channels, the education industry has come a long way. As of 2022, with the world reverting to normalcy, the education space has settled into its new normal. Interesting trends have emerged during this period which have shaped, reshaped, and accelerated the growth of our industry. As we bid adieu to the year gone by, here a look at the top trends of 2022. Moving forth with NEP The NEP, focusing on achieving 100% Gross Enrolment Ratio for students between preschool and secondary schools by 2030, envisions India becoming a global knowledge superpower in the near future. While there a long way to go before we achieve this goal, we saw several strides towards it. The Central Board of Secondary Education (CBSE) announced its decision to completely migrate to the new format in the next year, while several schools have already shifted to competency based learning mechanisms. As more schools adopt NEP across the country, were looking at bringing accessibility, equity, quality, affordability, and accountability in

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Empathy, kindness, and resilience, are all critical in the post pandemic world, and it has been great to see the education system identifying them as an important part of training. Embracing experiential learning After almost two years of learning through a screen, students returned to classrooms and change was on the horizon in 2022. There was a decided shift towards experiential learning which was missing during the Covid led learn from home period. Technological progress has allowed educators to focus on experiential learning, whether it is by choosing problem solving exercises over regular assessments or simply through presentations and video submissions instead of traditional class assignments. While India is still in its infancy when it comes to experiential learning practices, we are taking important steps, such as giving equal weightage to practical and theoretical knowledge, which will go a long way in changing the course of education. A greater focus on honing talent While the education space evolved massively over the past year, the skill gap, unfortunately, grew wider. Talent acquisition remained a challenge during 2022. The focus, now, should be on nurturing teaching talent and inculcating continuous learning as a norm for educators. Once teachers across all levels are trained in forward looking teaching methods, the skill gap can be closed to a large extent. Education institutions and up skilling platforms have been spotlighting courses for teachers to build their skills and emerge as confident educators who can teach both offline and online using new age teaching tools. The we learn and teach has changed drastically with emerging technologies finding their place in the process. As we look forward with renewed vigor, it is exciting to anticipate how the education industry will fare in 2023. Student centricity, at the end of the day, will remain the key. Every step we take must be for the betterment of education and the students. They are, after all, the veritable future of the nation. As December draws down on the world and dovetails into a new year, a look back at 2022 shows it has been a momentous one for the Indian diaspora, with new landmarks along the way. In October, Rishi Sunk became the first person of Indian origin to be elected Prime Minister of the United Kingdom. The milestone followed Kamala Harris becoming the first person of Indian origin albeit only half Indian to be sworn in as the vice president of the United States. For a brief 90 minutes in November, Kamala Harris even officiated as the US President when Joe Biden was undergoing a colonoscopy the first woman to do so. Specious arguments aside about how Indian they are or whether they are Indian at all, what is striking is the participatory nature of people of Indian extract in politics and public life in the country they or their forebears emigrate to. The story goes back more than 100 years when Indian workers, indentured or otherwise, fought for their rights in places as far apart as South China Sea, South Africa, and South America. Long before Rishi Sunk and Kamala Harris, political activists of Indian origin ascended leadership positions in countries such

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Of the credit for this should go to the open and expansive nature of the system in these countries that allow immigrants to assimilate and participate quickly in the political process. You cannot imagine the same thing happening in China or the Gulf countries. Which also brings into the equation the role of languages? The Indian diaspora has the twin advantages of familiarity with both the English language and the idioms of democracy. As a result, people of Indian origin are able to work their way from the ground up, with grassroots activism, before they lay claim to higher office. One notable aspect of Indian diaspora participation in politics in US is not just it resulting in the expansion of the so called Samosa Caucus from four to give lawmakers in the House of Representatives, but also in the scores of the PIOs who run for down ballot offices to city councils, to school boards, to attorney and judgeships among others that in the long run lead to higher offices. Much before Kamala Harris became a Senator, two Indian Americans had been elected to the Governor mansion in Louisiana and South Carolina. Another striking feature is PIOs span the political spectrum. Though a majority in the US and UK tend to be Democratic and pro-Labor respectively and generally left liberal in most places a significant and growing section is starting to lean right Republican in US and Conservative in UK, a roughly 75 25 divide. Today, Indian diaspora members are spread across administrations in the executive, in Congress, in the judiciary and legal fraternity, in State Houses and Governor mansions, and their equivalent in UK, Canada, and every place political processes are open. For long years, the presence of the Indian diaspora in business, industry, academia, technology and other areas has been a subject of adulation and celebration. But it is the coming of age in politics and public life that will secure the future. Emilia no Martinez last minute wonder save to deny Randal Mani proved decisive as Argentina went on to win the 2022 World Cup. In a rollercoaster of a World Cup Soccer Final, the France winger had a chance to score the winner and wrap up what could have been the greatest World Cup comeback of all time. However, the Argentina goalkeeper stayed big and made the vital save to take the tensest of finals to a penalty shootout. That save made Lionel Messy Dream of a world cup win possible putting him in the league comprising Mara Dona, Pele, and other players called as the greatest of the Game. It was a world cup marked by behind the scene controversies but also witnessed exciting on field games and incredible moments. It had to be a world cup in the Year 2022: a year marked by a last minute save by maybe those in power to avoid a full blown world war like crisis arising out of the war in Ukraine. CIA chief Burns said that India Prime Minister Narendra Modi and China President Xi Jinping raising concern over the possibility of a nuke war probably initiated by Putin in Russia has also impacted the latter. Though there may be many versions of the commentary on actual events, the world was on the brink of nuclear war is not a possibility that we can rule

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Tinkering to save lives is good, to satisfy whims bad. In news from. UK, eight babies have three parents each. Papa, Mummy-I and. Mummy-II. Mummy-II remains anonymous, and won't get a seat in babies. Indian officials need to get better at explaining things to the public. After a big airplane accident in. Ahmedabad last month, the people in charge of investigating it (called. AAIB) said the media got there. UN maps in recent years have repeatedly misrepresented. India's international boundaries, most notably by excluding large parts of. Arunachal. Pradesh (67,522 sq. km) and. J&K (185,947 sq. km), including. Aksai. Chin (30,425 sq. km). These. America's sharpest political minds always say the only one capable of cutting the. Gordian knot bonding. Donald. Trump to his loyal supporters is. Trump, himself. Even a gargantuan, decade-long effort by an inhospitable political establishment, by. Anil. Bhavnagar. In. March 2022, a deep fake video featuring. Ukrainian. President. Zelenskyy surfaced online, falsely showing him instructing. Ukrainian troops to surrender during. Russia's invasion. Although it was disturbingly realistic, AI experts swiftly debunked. Cruelty to animals in. China's markets for business & pleasure are rampant, driven by rich consumers. Is a lion cub a toy? This shouldn't even be a question. But, in today's world, the unnatural. In some parts of. China, animals are being treated very badly just so rich people can show off or make money. Imagine this: a restaurant in. China lets people hug lion cubs while eating. Washington's new tariff plan for those who buy. Russian oil is hypocritical & will hurt. US too. After insulting. Zelenskyy in. Feb, pausing intelligence sharing with. Kyiv in. March, and weapons supplies in. March and. The latest. AI invention will take a lot of the marvel and the mystery out of life. We all lead wonderful lives, often without realising it. Walking through a park we might notice a flower. US President. Donald. Trump has come up with a plan to punish. Russia for its war with. Ukraine by making things super expensive for countries that buys oil or goods from. Russia. Keshav. Upadhye, a young, dynamic and prominent face, has been working with them. Bharatiya. Janata. Party for over two decades. In 2014, the then state president. Devendra. Fadnavis had been appointed. Upadhye as the spokesperson in his team. Owing to his journalistic background and better understanding of the socio-economic issues of the state, Upadhye made a mark as a spokesperson in a short span. He articulates the views of the party and aggressively defends the party on various platforms including the. Marathi and. Hindi national news channels. Keshav. Upadhye worked for the. Akhil. Bharatiya. Vidyarthi. Parishad (ABVP) and after completing his degree in. Journalism from. Ranade. Institute, Pune, he began his career as a journalist with daily. Pudhari, Loksatta and. Mumbai. Tarun. Bharat. Knowing the pulse of the news, he writes on varied topics and on various platforms like the newspapers, blogs and other social media platforms. He was involved in two study groups formed by the. Rambhau. Mhalgi. Prabodhini in 2006 to study the naxalite

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And only he believes his quips are sharp, meaningful, and clever. In pursuit of this habit, he has now paired the word 'brand' with 'band' attempting a play on words. Recently, during a unity gathering held in the name of. Marathi pride, the same. UBT made a rather baffling statement saying, Devendra. Fadnavis lifted the wedding veil between us, trying to imply a newfound closeness. However, this statement left many people stunned. To use such a metaphor at an event cantered around. Marathi identity and saying that the wedding curtain between the brothers has been lifted to describe political reconciliation, only demonstrated that. UBT urgently needs a. Marathi professor to guide their so-called linguistic enlightenment. Anyway, the main point is about this self-proclaimed 'brand' of. UBT. The revered. Balasaheb. Thackeray was a truly iconic brand. This 'brand' was created due to the fearless, outspoken nature of. Venerable. Balasaheb and his attitude of never compromising with. Hindustan. In the 1980s, Venerable. Balasaheb strongly advocated. Hindustan and expanded. Shiv. Sena's reach across. Maharashtra. In the backdrop of all these incidents, such as the. Ram. Mandir movement, the. Karseva in. Ayodhya and the subsequent riots in. Mumbai, and the 1993 bomb blasts, Venerable. Balasaheb's 'brand' of fiery. Hindustan rose to prominence. In the wake of this powerful brand, the false secularism of the. Congress was thoroughly exposed. Hinduism was the common thread in the alliance between. Bharatiya. Janata. Party and. Shiv. Sena. The fearless stand taken by. Venerable. Balasaheb during the. Mumbai riots of 1992-1993 were revealed in the then issue of 'Saamana'. In 1995, the. BJP-Shiv. The Sena coalition government came to power. For the success of the. BJP-Shiv. Sena alliance, venerable. Balasaheb had travelled across. Maharashtra and created a stir through public meetings. Mr. Uddhav. Rao became active in the organization built by his father with great effort after 1995-1996. While. Venerable. Balasaheb was fighting for the establishment of. Shiv. Sena and the just rights of the. Marathi people, Uddhav. Rao was not even active in. Shiv. Sena. In 2002-2003, Uddhav. Rao took over the reins of the organization. Since then, Shiv. Sena's influence began to wane. Balasaheb's 'Thackeray brand' was created because of his credibility. After 1996, the. Bharatiya. Janata. Party formed the. National. Democratic. Alliance. Many regional parties across the country participated in it. Balasaheb never obstructed the. BJP leadership for power at the. Centre. Once. Balasaheb gave a word; he would not go back on it. Despite being a constituent party of the. National. Democratic. Alliance in the 2007 and 2012 Presidential elections, Venerable. Balasaheb publicly supported. Mrs. Pratibha. Patil and. Pranab. Mukherjee. Despite taking a stand against the. Bharatiya. Janata. Party, the. BJP-Shiv. Sena alliance remained intact. This was because. Balasaheb had very clearly conveyed his position regarding supporting. Pratibha. Patil and. Pranab. Mukherjee to the. BJP leadership. When. Venerable. Balasaheb was alive, he sometimes had differences with the. BJP leadership

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Paralysis the democrats were saved in midterms by some last min posturing from the far right on some contentious issues. But the world stills awaits last minute save against climate change. Natural disasters occurred worldwide as a manifestation of climate change. Maybe the world was saved from recession thanks to the economies of India and China. Economic projections about the Indian economy are bullish as it overtook the UK this year in GDP to be the fifth largest economy. India will become the third economic superpower by 2037 and a $ 10 trillion economy by 2035. The pandemic had a particularly devastating effect in absolute terms and India was impacted, yet the economy bounced back. This is thanks to resilience, strong fundamentals, political stability, and fiscal discipline. India is a hot unicorn destination in 22. India has seen 21 startups entering the unicorn club. With this, the total count of Indian tech startups that have ever entered the unicorn club to date stands at 107. These 107 Indian unicorns have raised more than $94 billion in funding to date and are valued at around $344 billion combined. Job market has risen and unemployment has gone down. But we should guard against populist agendas and freebie culture promoted and popularized by certain political segments. Worldwide we saw tech layoffs in Silicon Valley. Indian services companies did well despite issues like attrition, and lower demand. The twitter Musk saga continues with the politicization of social media. Social media still continues to find solutions to regulation. Government Big tech showdown will also result in changing models and disruption. China and Pakistan continue to offer challenges along the borders. The political instability in Pakistan and Covid related issues faced recently by China have not been helpful to mitigate the challenges as we have seen in Arunachal incursions of china and the political campaign backed by Pakistan on world forums despite India showing significant success on Kashmir internal security. India has played its cards well in international diplomacy. Its initiatives like Quad and tight walk in the UN during the Ukraine crisis safeguarding its own interests were really commendable. As we welcomed the first ever lady president from the tribal community and saw India taking up the leadership of the Security Council in its turn we have challenges marked for 2023. Maharashtra saw power change due to political turmoil resulting from some strange opportunistic political alliances which were initiated after the fractured 2019 mandate. The level of politics is dismal and we need a last minute savior with some old principled political alignments to steer the State Governance out of corruption, divisive politics, and chaos. Gujarat saw record confirmation for BJP. HP followed the trend of anti-incumbency. AAP is trying to gain popularity through some populist agendas Congress had its farcical internal elections. It needs a turnaround and new ideas in 2023. Regional parties have relevance at the state level, but they need a unifying actor and factor centrally. We need constructive opposition in Democracy. The year started with the Omicron varia

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And social conditions. This also translates to well being of the families due to availability of fresh garden vegetables. Social values relate to outcomes that matter to communities and benefit local communities and or society. For example, it can be added through the creation of jobs and economic growth, by supporting community health and wellbeing, by improving the local environment, or by strengthening community cohesion. This example could be backed by clicking a photo of the women being benefited through the Sarovar and the vegetable gardens established by them. Listing out the various programmes it launched in the name of the chief minister. While they will pick holes in Stalin governance, BJP, as part of a national strategy, will invoke the Modi mantra. While listing out achievements may look good on campaign fliers, what matters would be how government programmes have changed people lives if they have. Piped water supply, toilets and cooking gas connection in rural areas have improved the quality of lives in villages, and this is something and will vie to take credit for. The breakfast-in-schools scheme has won some hearts, now it has to win the votes. While such chemistry can create ripples, electoral arithmetic can turn the tide. Hence the alliances and the number of fronts in the fray will be decisive. In a three-cornered fight in some places four, if you count Seaman the alliance stands to gain. Two weeks ago, this column discussed how this campaign will be between No.1 and No. The results, however, are unlikely to make the No. 3 any better. Amidst the blitzkrieg of bathos that mostly forms the news, one recent story made many sit up. Tata Trusts will soon open a hospital for small animals in Mumbai, offering 24 hour in-patient wards, surgery services, specialty care, etc. Envisioned by industrialist Ratan Tata, an animal lover, the hospital will also look after stray dogs who don have anyone around to call their pet parents. Pakistan elections are similar to matches played by the country cricket team. You never know what to expect. An election most of the world likened to a fixed match has veered off script. Thank Pakistani youth for it. Charged up by Imran Khan Rhetoric of sweeping away the old order, we have an extraordinary situation where independents read Imran supporters have bagged more seats than established political parties. It follows a familiar pattern of waves of change started by idealism of youth. Think of Vietnam War protests in. Student marches probably did more to change policy on the war than military battlefield performance. When young ask for change, it immediately translates into creative output in popular culture. Books, movies and music channelled youth critique of a jaded cynical establishment. Never mind that many of the young protesters later went on to represent another cynical order. Nothing energies society like young people who set off to change it. Cinema as subversion Passion is the motif in works of young idealists. Indian cinema new wave that began almost six decades ago was a self-styled pursuit of artistic truth. Subversion was the real truth here as state financing was used to make movies tha

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He spent some time in India. Not long after that the young hippie "co-founded" a company that would change customer experience in electronics. That Steve Jobs made Apple the company it is despite being a counter-culture nomad in his youth tells greybeards something older generations should look deeper into what they think are apparent naiveté and aimlessness of the young. There are always undercurrents and it is wise to be alive to it. For it often unsophisticated dreamers who bring change. India joined in June last year during Modi visit. The 13-country group wants to jumpstart public and private investments in critical mineral supply chains globally. That code for working together to explore, extract and process stuff like lithium, cobalt and graphite. These power industries of today and tomorrow everything from mobile phones and to semiconductors and aerospace need them. China all the way What adds to complications in acquiring critical minerals is their uneven concentration. Few countries have the high tech needed to extract and process them. China produces 60 of the world rare earth elements. 69 of cobalt is mined in Congo, but China processes global supply. Australia is lithium king with of global output, but China processes 58 of this critical mineral needed for batteries. Get the drift? Strategic scramble so the global minerals race is on. Given Chinese domination, West wants to secure supplies and friend-shore extraction and processing. With India also locked in a strategic tussle with China, teaming up with partners made sense. Indian gains India have massive geological potential for critical minerals. But this remains largely unproven. And current dependence on China is problematic. So the way out is to collaborate with high-tech players like Japan, Korea, Australia, etc., secure overseas assets and encourage Indian private players to get into the game they face too many restrictions and private companies must work together to get their hands on as much of critical minerals as they can. There are many myths related to protein in our society propagated, knowingly or unknowingly, by many in the food and healthcare industries. These myths include the belief that The human body needs a lot of protein. Protein is hard to find in food Plant protein is somehow inferior to animal protein and does contain all amino acids. Even the United State Food & Drug Administration, in its My Plate guidelines, suggests the need for special foods to consume protein, as implied in their recommendations below. The problem with this My Plate recommendation is that fruits, vegetables, grains, and dairy all contain protein, creating a misconception that special foods are necessary. The past head of nutrition at the Harvard School of Public Health criticized these guidelines as utterly ridiculous. Here are some facts pointing to the opposite conclusion. The human body needs very little protein, as evidenced by the low protein content in mother milk, which fuels new-borns that are at the fastest growth stage of their life. All proteins are made up of 20 amino acids in a chain configuration. Our body is able to make 11 but the remaining nine amino acids have to

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Two Indian lifelines: Cricket and Bollywood. Indian cricket team lost vital tests to England and SA, lost the Asia cup, and T20 world cup. The team management has lost a clue in team composition, and strategies. Let hope 2023 induces changes starting with management and team leadership. Bollywood lost its connection with the audience as the audience is catered to some good content on OTT and streaming platforms. Bollywood definitely needs a savior. 2023 poses new challenges for all. Hope we meet them My husband has been on cloud nine over the past couple of weeks humming singing songs, taking more walks to be healthy. He seems to be very happy. At first I was wondering why. Asked him and he revealed. It was humble samosa, his favorite snack earned accolades. The humble samosa is India most binged snack of 2022 with about 40 lakh orders, topping the list of the most ordered snacks during the year, according to a food ordering and delivery platform. Hubby love for desk samosa reflected in the orders on the food delivery platform and that made him happy. In fact, his heart skips a beat when he sees a crispy hot samosa in front of him. He definitely suffers from a grave amuse addiction. He is a diehard samosa fan to sum up. Interestingly, the top 10 most ordered snacks on the food app are Samosa, Popcorn, Pave Haji, French Fries, Garlic Bread sticks, Hot wings, Taco, Classic Stuffed Garlic Bread, and Mingles Bucket. Samosa is the quintessential Indian snack, loved and devoured by Indians everywhere. It is practically a national fast food. Street vendors selling samosas in small stands or carts dot our cities, towns, and marketplaces. Samosa is equally popular in 5 star restaurants too. That being said, most 5 star hotels don just serve a simple samosa. They do it differently. Their fillings are different. Their sauces are different. Their plating may be extraordinary. And adding to that, they serve experience, and ambience too. But how did this deep fried, obviously less than healthy snack become so popular? And what does amuse even mean? The precise etymology of the name Samosa is lost in the mists of time, but the most widely accepted story about the name of this Indian snack goes like this: the Hindi word samosa is traceable to the Middle Persian word abusage, meaning triangular pastry. Similar pastries are called abuse in Arabic. So is it that now the humble samosa and its lovers have enough reasons to cheer. In the last 3 years, the world of work has undergone some significant changes. Although many of these changes were a result of the global crisis and the challenges it put in our way, they were also fuelled by drastic shifts in organizational priorities. There is no doubt that this places an increased focus on the role of Human Resources. As we move forward into the new year, HR will have to redefine the way their organizations take on the future of work. Let us take a look at some of the current and upcoming trends that will drive HR in 2023. The ongoing focus on employee well-being Once thought of as a perk , employee wellbeing has fast become a core business priority. The focus is now on ensuring holistic wellness, including mental, ph

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Growth next year to the no India travel and is to show and Tec growth rate of to reach a market volume of. As we enter the New Year, it is a pet time to look at how the travel space is going to look in 23. The trends and travel expect indicate growth for the global tour sector. Rise of The Indian is no longer happy with cook cutter trips and wants a drive by and ideas from friends, family and on travel content in form of blog logs and social posts. The year will see this trend for social travel an even bigger. However, travel look for travel ideas are bird with an over load of across of web sites that are trying to force sell and. It is a nerve exercise to find the best options suiting one and dent to book the same across while look for the best deals and offers. Against this back drop content creator and are bring a sonic shift in the way and get inspired with travel. With content created on the back of their tic these peer to peer are one of the most highly trust round the world are now work to bring to other these trusted with the cap able to book on the same web show push social travel commerce to the. This has not only make it more trust and to book travel but also mite gates the risks with book trips based on fancy and cookie cut online tours. And spirit travel to fuel for long go on vacation has been with ditching our usual healthy diets and lifestyle. However these day travellers plan their trip rooted in relax and wellbeing. Wellness travel in recent year has become one of the industry fast east grow trend which is much more than med spas, and. Post people memories are alive with the and well benefits from their trips they are now eager to repeats every year to get a reprieve from their hectic and daily routine. After a long period of forced isolation and continuous work from home, people want to escape to places where they can have physical activities and get their fix of wellness among nature. With wellness and spiritual trends on the rise, the hospitality sector is enticing the travellers with customised therapies for their holistic wellbeing. International inbound to rise the pre pandemic year 2019 recorded the highest ever annual arrival of foreign tourists at 1.7 crore in India. In terms of international inbound in 2023, it is projected to recover faster than other Asian countries breaking the pre pandemic records. One of the most important Indian travel trends of 2023 will be the increased influxes of foreign tourist guests to India. Foreign arrivals by July 2022 were already at of 2019 levels and will surpass these historical highs next year. With India taking over the Presidency, the recall of brand India will grow many folds in top global source markets, driving increased international guest visits to India. The Government of India is aiming to bank on this trend and has finalised, Incredible India! Visit India Year 2023, as its marketing tagline. Final Thoughts the Indian travel industry has endured prolonged hardships and sound resiliency with determination. As it doubles down on reviving the sector and reach the levels of the pre pandemic year, focusing on travel services and experiences built around these emerging consu

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Books reports have that post the most Indian are over 12 months behind in social, and motor skills has also noted that the has caused children to miss out on and social skills and this is why it is that now they are a diverse and. We cannot go back to a one note and must offer. As and Marvin Lee Minsk said you do anything until you months behind learn it in more than one way. Here are some which education can be the limits of academic textbooks. Audio aids of Richard Felder conducted a study in the and found that of the was visual learners. This of audio visual. A lot of schools have audio video aids today but they can be more and interactive. We have smart but teachers can also use like months behind artificial and virtual Reality to make and learning vivid and the in a way that rote learning can never do. They also facilitate better of subjects, abstract ideas, and concepts. The American in a report stated that a habit if inculcated from infancy the chances of. However, age reading also expands the mind critical analytic skills mastery of language months behind and. Tree House recently launched the Drop Everything and Read) initiative to rekindle the joy of reading that has been due to the advent of and the internet. Schools can also organize book and literary activities and invite authors to interact with children. Poetry recitation, essay writing, and can also help improve diction, public speaking, and. Activity modules David was a British born who worked in India and it was he who the and child months behind centric, Activity Based System. This system is effective in self learning in the early stages of rhymes, and drawing activities. This and the child speech motor and social skill when months behind activities are done in groups with classmates, they foster social bonding and also enhance communication skills. Unlike the normal classroom, here children are always attentive because they are not passive learners and are engaging in an activity. At Tree House, we constantly provide opportunities of creative engagement within and outside classrooms. On special occasions, children enjoy an active learning experience by making divas, posters, fridge magnets, sock puppets and even theme based recipes. Experiential Learning psychologist, John Dewey popularized the term experiential learning to focus on problem solving and critical thinking. Experiential ten learning is an offshoot of the Activity Based Learning method, where the student is left to experiment without little or no guidance from the teacher. Similar to activity learning, this type of learning includes making a product or solving a problem, or giving a presentation to the class. American theorist David Kolb said that Learning is the process whereby knowledge is created through the transformation of experience. Hence, the cycle of learning includes concrete experience; reflective observation of the reflection gives rise to new ideas and active experimentation. The students then share their experiences and results with each other. Educational field trips, internships, community development programs, school exchange programs, and studio performances are all examples of experiential l

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You can either go for static or dynamic four 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. Is positive thinking an inherent characteristic of a person or can it (69) be developed in one psyche. The opinions differ in answering this vital question. Some people believe that it can be inherited from parents, and cannot be developed. Others believe that like other qualities it can be developed with proper practice and guidance. Still some others hold the opinion that it is hereditary to some extent but can be acquired to some degree. There is also a section of people, who believe that all depends on circumstances or luck. We need to adopt a scientific approach to find an answer to the above question. No one can get success every time even after making efforts, nor can one fail constantly. Moreover, success has different meaning for different people. For some students 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. 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 iodin

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Care for ongoing monitoring and treatment during the COVID19 epidemic. In order to provide care remotely, healthcare organisations embraced telehealth and telemedicine. Since then, more recent telemedicine trends have been developing steadily, building the necessary foundation for it to develop into a formidable force. Additionally, the industry is growing to incorporate these changing tendencies. The worldwide market for telehealth is estimated to be worth USD 83.5 billion and it is anticipated to expand at a CAGR of 24% from 2023 to 2030. The use of artificial intelligence and machine learning in telehealth is expected to increase in 2023 as a result of the technology expanding use and scope, thanks to its wide range of applications. Public Private Partnerships Emerging as a Viable Option Given the cost of healthcare and the stark disparity between urban and rural areas, it is reasonable to expect that collaboration between the public and private sectors is necessary for long lasting reform. PPPs have been used successfully in India in a number of industries, including tourism, education, energy, and others. While both the public and private sectors have their benefits and drawbacks, a strategic alliance that brings the best aspects of each together may be the way to overcome the gap. Due to the highly competitive business ecosystem, private sector players have been forced to accelerate the adoption of digital and technological innovations across all operational domains, giving them an advantage over public sector organisations that are still using antiquated operating modalities. A PPP can help make these advancements accessible to a larger population at a reasonable cost, improving the effectiveness of the healthcare system. A case in point would be the rise of telemedicine. Although private players can provide a lot of resources and expertise, they are unable to expand the reform initiative to a national level. The public private cooperation can help scale the programme so that its advantages are not localised. Expected Trends and Innovations in Telemedicine We may anticipate more artificial intelligence (AI) and machine learning to help the delivery of care as telehealth technology advances. AI can track patient progress, schedule visits automatically, and send reminders to patients to take their medications as prescribed. Machine learning is able to forecast patient outcomes and spot early illness indicators. Additionally, the majority of healthcare expenses in India are related to chronic conditions including diabetes, heart disease and COPD. By delivering frequent check ins with patients, monitoring vital signs and offering instruction and support, telehealth can be quite helpful in managing chronic illnesses. In 2023, we can anticipate additional telehealth initiatives devoted to the care of chronic illnesses. One of the challenges of telehealth has been the lack of integration with existing electronic health records. This is gradually changing, and in 2023, we anticipate increased EHR integration. This will make it simpler for healthcare professionals to arrange visits, retrieve patient data and coordinate care. Also, patients may

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The accuracy of data capture at rates of 20 Mbps per user. Fewer disconnections will occur for patients during online consultations, increasing their general satisfaction. Final Say Telemedicine is transforming the healthcare sector and how we think about care delivery. In the years to come, these changes will contribute to telemedicine becoming more widely available, useful and effective. Most significantly, they will raise the standard of care provided to patients all around the nation. A black swan event like the COVID pandemic has brought in many fundamental changes across the globe. One of the most profound influences of the event is the way we work. The traditional definition of office has witnessed a major transformation in the last two years. Work from anywhere is being seen as the future by many. Many enterprises across sectors are adopting hybrid work culture. From this perspective, demand for coworking spaces, and managed offices are on a rise. No longer, office space is limited to cubicles. Rather, employers are looking at providing a holistic experience to employees by taking care of both their mental and physical wellness. This is being ensured by not only making office spaces aesthetically pleasant but also technology is getting leveraged to provide a better experience. No wonder, real estate consultancy firm, JLL projected that the annual flexible seat take up in 2022 alone is likely to touch 1.7 lakh seats, which is expected to be more than the combined total of the pre COVID years of 2018 and 2019. Hybrid work coupled with satellite offices: Things are getting back to normal as the COVID pandemic recedes across the globe. In India, most organisations have resumed work from offices. However, the imprint of the pandemic runs deep as enterprises are adopting a hybrid operating model over pre pandemic work from offices under all circumstances. With work life balance getting prominence, employers are providing the option of hybrid work working for a few days a week to their staffers. Moreover, organisations are coming near to staffers places. Therefore, workplaces are becoming location agnostic. This is leading to increasing demand for satellite and boutique offices. Enterprises are increasingly opening up satellite offices in metro cities and tier II centers, wherein staffers can come and work without the need for travelling to big central offices. This way, employees can reduce their travel time, and escape from traffic congestion & public transport, leading to better productivity and work life balance. Tier II cities like Ahmedabad, Indore, Jaipur, Kochi, Bhubaneswar, Chandigarh, and Luck now among others, therefore, are witnessing more such satellite centers and flexible office spaces in recent quarters. Technology powered flexible office spaces: The pandemic has shown the importance of collaborative work with community building at its heart. Shared office spaces are leveraging technology to ensure such inclusiveness when staffers are separated by distance. With hi tech work tools such as ultra-fast internet connection, uninterrupted power supply, advanced building access through QR codes & sensors, and online conference room

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It is common knowledge that several of the world largest corporations have visually pleasing workplaces. These are a complete departure from the traditional cubicle approach. Such workplaces aim to make work enjoyable and free of boredom. Many businesses are beginning to follow suit, with flexible office space providers leading the way. Community halls, cafés, and informal gathering areas are now available in shared office buildings, facilitating networking and instilling a feeling of community among employees. Workplace design is also becoming smarter, with more natural light, open areas, and other benefits. In terms of architecture, these places are not only visually appealing but also create inclusive shared areas. Virtual collaboration tools will be much more engaging with the usage of AR VR technology as hybrid work solidifies over the next years. The met averse, which has seen many real world applications yet, will be used to improve teamwork. Furthermore, individuals will be connected remotely thanks to the confluence of new technologies like AI, ML, Iota, and others. The world is slowly moving away from the traditional concept of office. Despite the early days, it is pertinent to note that this movement seems irreversible. As more employees seek better work life balance and organisations tap talent base globally, the future of workspace will heavily tilt in favor of flexible office spaces. However, the future of the workspace is still in its evolution and the final word is yet to be written. Men reproductive health is an important topic that often goes overlooked in discussions about fertility and family planning. While men are not solely responsible, they do play a significant role in the process of conceiving and having children. Therefore, it is important that men understand their own reproductive health and the optimal age for fatherhood. One of the most important things for men to understand about their reproductive health is that fertility naturally declines with age. While it is not uncommon for men to father children well into their 50s and beyond, the odds of conceiving and having a healthy pregnancy do decrease as men get older. For example, a man in his 20s has a much higher fertility rate than a man in his 40s. The decline in male fertility worldwide is a worrying trend that has been noted by researchers and medical professionals in recent years. Several studies have shown that the quality and quantity of sperm in men has been decreasing, leading to a decrease in fertility and reproductive health. One of the main causes of this decline is thought to be the increasing levels of environmental pollution. Exposure to pollutants such as pesticides, chemicals, and heavy metals has been linked to a decrease in sperm production and function. In addition, lifestyle factors such as poor diet, lack of exercise, and increased stress levels can also contribute to the decline in male fertility. Another factor contributing to the decline in male fertility is the increasing age of fatherhood. As men are waiting longer to have children, their sperm quality and quantity may be reduced due to the natural decline that occurs with age. As men

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After taking over the reins of. Shiv. Sena, Uddhav. Thackeray (UBT) had damaged relations with the. BJP leadership. Only out of respect for the venerable. Balasaheb. Thackeray, the. BJP leadership never spoke publicly about these issues. In 2005, a figure like. Narayan. Rane decided to separate from. Shiv. Sena. In the same year, Raj. Thackeray also left. Shiv. Sena. UBT was the reason for both of them leaving the party. Thackeray stopped the earlier practice of collaboration and showed that he lacked political wisdom. Since then, the downward spiral of. Shiv. Sena began. In 2009, under. UBT's leadership, Shiv. Sena contested more than 160 seats but won only 44, while the. Bharatiya. Janata. The party contested 117 seats and won 46. In that election, Shiv. Sena secured 16% of the vote, while the. BJP received 14%. In 2014, UBT ended the long-standing alliance with the. BJP in the assembly elections over a seat-sharing issue involving 15-20 seats. He continued to criticize the central leadership of the. BJP in an indecent manner even after the alliance had ended. Despite tolerating this behavior, the. BJP leadership putting the interest of the nation first extended a proposal for cooperation with. Shiv. Sena. Uddhav. Thackeray accepted the proposal and joined the state government, yet continued to take a stance against both the. BJP leadership and the central and state governments. Despite contesting the elections together in 2019, UBT betrayed them. Bharatiya. Janata. Party after the assembly elections and grabbed power in the state. Under the illusion that this power would last a lifetime, UBT had to give up the post of. Chief. Minister in just two and a half years. Balasaheb. Thackeray never showed such double standards during his lifetime. That is why his 'Thackeray brand' had value. Rather than anyone else orchestrating the decline, it is. UBT himself who will go down in history as the destroyer of the. Thackeray legacy. Part 2: Spiritual. Reflection. Radha and. Rukmini. At first glance, Krishn's bond with. Radha may seem puzzling, especially since. Rukmini was his lawful consort. Yet across centuries, temples, songs, and hearts are remembered. Krishn not as. Rukmini-Krishn but as. Radha-Krishn. Radha and. Rukmini are two expressions of the same. Divine force. They symbolize two dimensions of love: the worldly and the transcendental, the composed and the consuming. They are not in conflict but in complement, reflecting the soul's journey towards the. Divine. Rukmini, the queen of. Dwaraka, embodies maryada, the love that lives within the boundaries of dharma. She is. Lakshmi is graceful and steadfast. Her love represents sacred partnership rooted in harmony and purpose. She is. Apara. Shakti, Krishn's manifest energy that sustains worldly life. Radha, the gopi of. Vrindavan, is. Krishn's. Hladini. Shakti his bliss, his inner song. Her love transcends all boundaries. It is not just romantic but the soul's cry for union with the. Infinite. She is. Para. Shakti, the soul's longing for the. Divine, unbound by law or logic. Radha is not another love; she is love itself, raw and pure. To a layperson, Radha and. Krishn's romance is emotionally r

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Rukmini walks with grace, Radha dances in divine ecstasy. Both are true. Both are sacred. One represents. Krishn's presence in worldly life. The other reveals. Krishn in the innermost heart. Sri. Aurobindo saw. Radha as the symbol of the psychic being the soul's flame moving toward the. Divine. In this light, Radha and. Krishn are not two lovers, but the seeker and the sought. Their union is spiritual and cosmic. Some traditions view. Radha and. Krishn as. Shakti and. Shiv two forms, yet ultimately one. Rukmini represents. Krishn's role in society and dharma; Radha is his inner music, his hidden joy. Both are divine movements of the same truth. To truly understand. Krishn, one must embrace both these aspects. He is the cowherd of. Vrindavan and the sovereign of. Dwaraka. He is. Radha's eternal beloved and. Rukmini's devoted husband. One whispers the mystery of divine ecstasy; the other upholds the strength of divine grace. Krishn's lila unveils love in its fullness. In his world, love has many faces. Each of them is sacred. Through them, we do not just learn how to love, we learn how to become. Love itself. Writing rarely starts with a sentence. It usually starts with discomfort. A quiet itch just beneath the skin. Not quite pain, but not peace either. A kind of internal shuffle. The soul changing posture. We are told that writing is for expression. What they forget to mention is that it is often a form of excavation. You don't write because you have something to say. You write because something within you refuses to stay silent any longer. This isn't the curated self-speaking. This is the other one. The one that doesn't get invited to panels or profile bios. The one that flinches at pleasantries and lives in half-formed memories. That self. The one you keep postponing. In every person, there lives a shadow. Not sinister. Just unacknowledged. It holds the feelings we chose not to feel. Truths we forgot to tell ourselves. It carries our unfiled contradictions, the beautiful ones too messy to fit into a sentence. When you write, that shadow often arrives unannounced, pulls up a chair and begins to dictate. And so your carefully structured essay starts to lean. Your argument stumbles. A phrase meant for effect turns into an admission. This isn't a failure of craft. It's the moment the real writer shows up. The one who isn't trying to be impressive. The one who is simply tired of lying. There is a margin around every version of the self. A quiet borderland where your public voice doesn't carry, and your private one hasn't yet learned to speak clearly. That is where writing begins. Not in clarity, but in confusion that has earned the right to speak. This is not therapy. It is something older. More ritual than resolution. Writing is what happens when you stop trying to sound wise and start listening to what won't go away. You sit at your desk expecting paragraphs and find instead a procession of ghosts. The child you once were. The adult you pretend to be. The version of yourself you abandoned because it didn't fit into you. LinkedIn headline. They all arrive. None of them in a hurry. You realise, somewhere mid-sentence, that you are not just the w

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Disorders so, what is the optimal age for fatherhood? While there is no one size fits all answer to this question, most experts agree that the mid to late 20s and early 30s are the prime years for fatherhood. At this age, men are typically at their peak fertility and have the best chance of conceiving and having a healthy pregnancy. There are several things men can do to maintain their reproductive health and optimize their chances of fathering a child at any age. Some of these include: In conclusion, men reproductive health is an important factor in fertility and family planning. One should see a fertility specialist if they and their spouse have been trying to conceive for more than a year. While fertility naturally declines with age, men can take steps to maintain their reproductive health by living a healthy lifestyle, reducing stress, protecting their testicles, and seeking medical care if necessary. Overall, the decline in male fertility is a serious concern that requires attention and action. By taking steps to improve their reproductive health, men can help to reverse this trend and ensure that they are able to start a family when they are ready. When the moment comes in our life where we want only the best for others, motherhood is born in us. For nine months in the womb, she does not know the nature of the child, who it may be her love precedes both name and form. When unconditional love springs forth, motherhood is born in us. The mother keeps a family in harmony by gluing together people of diverse mindsets. When including and involving everyone becomes more important than doing what you think is right, then motherhood is born in us. A child experiences love for the first time when it looks into the mother eyes. The child explores freely knowing that his mother is there to take care. A child is so carefree because it has complete faith in the mother. When we can inspire such freedom and a sense of security in another, motherhood is born in us. The great saint Aid Shankar says, Kaptur Janet quachidapi kumara an bhavati. There may be a bad son but there can never be a bad mother. When it is impossible to harbor any harmful intent or ill feeling for another, motherhood is born in us. My grandmother would say, The sweet box is full, we have to buy from the shop. She would not say, We have no sweets at home. When this innate sense of abundance is cultured in our being, then motherhood is born in us. Once it happened that a simple milkmaid in Chhatrapati Shivaji Maharaj kingdom scaled the walls of a fort and climbed down dangerous cliffs just to be by the side of her baby. When the innocence in others inspires great valour, confidence and the joy of protecting in us, then motherhood is surely born. In the Valmiki Ramayan, Ram says, Janani janmabhumischa swargadapi gariasi the one who gives us life, gave birth to us and the land from where we come forth are more valuable than heaven itself. Celebrating and honouring life and the giver of life, motherhood is born in us. Our scriptures say: Mat devo Bhava. Our mother is our first teacher. She is the first and most personal experience of divinity for each one of us. Through our mother, we g

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And refined nation, seeing its every subject as his own child. Motherhood is an inherent sign of a responsible, sensitive, and caring leader. The Skandia Purina, in very definite terms, declares Nasty madrasa chai nasty madrasa gate nasty madrasa Tran am nasty madrasa papa there is no shade like a mother, no resort, no one to depend on like a mother, no security and saviour like a mother, no other ever giving fountain of life. There is a story where the Divine Mother appears before her devotee and bestows a boon on him. She says, Ask for anything, and it will be yours! But the devotee says, I want nothing. You give me everything even before the need arises. When you are there for me, everything is already taken care of. The rishis say, Anyata sharanam nasty tvameva sharanam mama the Divine Mother makes us so content that we do need any other refuge. She will take us to the height of contentment from the first step to the ultimate; she is with us and makes us so total. Motherhood brings forth an ocean of good qualities. We see that she is powerful and playful, nourishing and guiding, caring and protecting, loving unconditionally. The ancient verse, Yak devil serve brutish mat ripen samstita says that in every being in this creation the Divine resides in the form of the mother, and wherever we see the expression of motherhood, it is only the divine. The Vedas glorify the life giving force in this entire creation as the Divine Mother. She is the prime mover. According to Gurudev Sri Ravi Shankar, A child does not try to know the mother. It simply has faith in her. In the same way, having faith in the Divine Mother is our greatest strength. Happy New Year! I wonder if one can say Happy New Decade too as the last three years were lost in the black hole of the pandemic. Anyway, new year is a good time to examine ourselves, whether as individuals or as a nation. People also make resolutions at the start of the year. Most people quit them by January 18, quitter day, making it a somewhat pointless exercise. Still, it helps to examine one purpose from time to time. So, how did your life go last year? More importantly, where do you see it going next year? This will depend on something all of us need a purpose. A purpose is what gives you a roadmap for what you should do in life, whether in the next week, year or decade. We meet some new years effervescently but 2023 has us feeling edgy, like too much is hanging in the balance and we should jinx the silver linings. The Ukraine Russia war was the big black swan event of 2022 and what tops the world wish list today is that both of them find a way to negotiate peace. The world health and wealth are also closely tied to how China manages its stop start pandemic games. India has so far done a credible job of riding these geo-economics headwinds, from managing inflation to rerouting its energy supplies. But the work of returning to its potential growth path will become harder if global recession builds up. Besides this knotty economic driving, BJP is also looking at a full election calendar that will specially test its southward skills. New sops for Linguists and Vokkaligas in Karnataka are indicative of how t

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Unexpected happens. If, say, El Nino hurts the monsoon, government and RBI will have to go back to the drawing board, for an even tougher tightrope walk. If Three e Taliban Pakistan pushes Pakistan near implosion, our security will have to step up swiftly. And if the year turns out to be unexpectedly pleasant instead, that will be a welcome breather. The Election Commission decision to test the possibility of remote voting for migrant workers will deepen democracy. Sections of government personnel vote through postal ballots. Since Covid, this facility is available to elderly over 80. But extending voting rights to migrant workers involves far greater numbers and will be through a customised EVM machine that can reportedly cater to 72 constituencies. The 2016 17 Economic Survey tracked annual interstate travel to estimate 6 crore migrant workers between 2001 and 2011. Census 2011 enumerated 45.6 crore migrants, nearly 40% of India population. These are huge numbers, suggesting why a large chunk of India is exercising voting rights. The 2020 Bihar and 2022 UP polls clearly point to disenfranchisement of migrant workers. Male electors outnumbered female electors by 40 lakh in Bihar but just 3 lakh more men voted than women, equating to male turnout of 55% and female 60%. Similarly, male electors outnumbered females by 1.1 crore in UP, but just 45 lakh more men voted than women male turnout was 50%, female 62%. With land, kinship, and sentimental ties to their native state, asking migrants to transfer their vote to the location of work is a subpar option. The ability to cast votes is key to getting one voice heard in the political process. Lack of opportunities triggers most migrations. The exodus of over 1 crore migrant workers during the Covid lockdown hardly became an electoral issue anywhere. With migrants getting to vote, candidates and big nets will have to court this demographic and address their concerns. EC must convince political parties to support this game changing initiative. Nearly 200 nations have struck a deal to protect 30% of the world biodiversity by 2030. One of the signs of the biodiversity emergency is the astonishingly fast depletion of insects many insect populations around the world are falling by 1 2% a year. Insect Crisis. The Fall of the Tiny Empires that Run the World by Oliver Mailman shows just how high the stakes are. Insects do much invisible and indispensable work. Many flies are great pollinators, others dispose of dead animals, rotting leaves and faces. Maggots can treat gangrene. Anywhere we need to grow food, we need bees. It is not often that the death of one man signifies the death of a time. Of an entire generation. The last one standing of a historic club of legends such as Alfredo Di Stefano, Johan Cuff, and Diego Mara Dona for instance has left us. Edson Arranges Do Nescient, better known by his childhood nickname Pelé, perhaps more than any of the others marked a before and after in the world perception of football; as a sport, as an industry, and even he himself becoming a pioneer of the celebrity as brand. Born to play: The very concept of the beautiful game has been attributed to him not just as it

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History of Protein was discovered in 1839 by German scientist Gerardo Johannes Mulder and named for the Greek word Proteins, meaning of prime importance. The Government, in 1947, established the minimum protein requirement for humans at of total calories, They were so concerned about protein deficiency due to popular beliefs that physical labour and gym enthusiasts need more protein that they wanted to include 98% of the population in their Recommended Dietary Allowance and therefore recommended a high figure of percent of total calories requirement which amounted to gram per kilogram of body weight. This amounts to 48 grams 240 calories for a person weighing 60 kilograms or 10% assuming total calories a day. We did not know until 1899 that plant foods also have protein. For a long time plant protein was considered inferior to animal protein because it was believed to lack all essential amino acids which is incorrect. Human Proteome Project 2011-Now Most people know about a project called the Human Genome Project which was undertaken in 1990. Few are aware of the Human Proteome Project that was undertaken a few years later to map all the proteins in the human body. The science emerging from this ongoing project is called Proteomics. For reasons unknown to me, the findings of the Proteome project are not picked up by the mass media or social media much. I believe it may have something to do with its potential impact on the food industry especially meat, poultry and dairy. Here is what we now know about proteins in the human body: The food industry in its zeal to sell more animal food, distorted the minimum and recommended guidelines established by the US government and somehow the recommended amount was labelled as the minimum. Even leading universities, which are now mostly governed by Food and Drug Industries, are guilty of these distortions as you can see by performing a Google search on protein. Until recently this search revealed that these distortions appear on prestigious web sites such as Health line, WebMD and Harvard Health, which I quote below: The Recommended Dietary Allowance for protein is a modest 0.8 grams of protein per kilogram of body weight. This is the amount of a nutrient you need to meet your basic nutritional requirements. In a sense, it is the minimum amount you need to keep from getting sick, not the specific amount you are supposed to eat every day. The above statement was a total lie. The site has now been revised and shows a lower recommendation of 0.8 gram per kilogram only. It may surprise you to note that there is not a single recorded case of protein deficiency in the civilised world. Ninety seven percent of all Americans eat too much protein while at the same time 97% of all American diets are deficient in dietary fibre. Fibre is not found in any animal food or ultra-processed food. The nutrient of concern therefore should be fibre and not protein. Sadly press coverage on dangers of excessive protein consumption do not exist and the topic is conveniently ignored by mass media. This is in spite of doctors such as Dr. Colin Campbell Cornell University, Dry Christopher Gardner Stanford University and Dr. Janice S

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However the lawn does not grow any taller. The thickness of the lawn depends upon the variety of the grass. It would only rise a few inches above the soil. But if there are any weeds in the lawn, miracle growth makes them grow very tall very fast. This is because the weeds do not have an auto truncating mechanism in their genes. Similarly the human body has a built in truncating mechanism dictated by our genes. Our ring finger cannot become longer than the middle finger. When we consume hormones, it expedites the growth but our body cannot grow disproportionately. However any cancer cells that are present in our body do grow rapidly in the presence of hormones. This is why cancer growth gets promoted upon consumption of the hormone that accompanies animal protein. A study by Padambhushan Dr. Gopalan and Madhavan at the National Institute of Nutrition, Hyderabad in 1967 had demonstrated that, in the presence of carcinogens and sufficient food, animal protein can cause cancer cells to grow. We will discuss this more when we discuss the dairy myth. Studies also show associations between animal protein consumption and increased renal cancer cases, elevated LDL cholesterol and higher blood sugar levels. Why is Excess Protein Harmful? Of the three macronutrients that provide energy to sustain life, only protein has nitrogen. The others, carbohydrates and fat, are made up of only carbon, hydrogen and oxygen. Our body has subcutaneous fat cells that can store an almost unlimited amount of fat; it can also store up to 2,000 calories of sugar but it has no provision to store protein. When we eat more protein than needed, which most of us in the civilised world do, our body faces a problem: What do we do with that extra protein? The liver, which is the chemical factory in our body, removes the nitrogen from the protein and makes fat and ammonia. Ammonia is toxic, so the body combines it with water and converts it to uric acid. The kidneys then filter it out as urine. This taxes two of our critical organs: the kidney and liver. This is a leading cause for kidney and liver failures at later stages in life in the civilised world. Additionally, when there is excess uric acid it crystallises and the body tries to move it as far away as possible and deposits it into the big toe as uric acid crystals. This condition is called gout. Many French paintings from the Renaissance period show overweight royalties suffering from this disease. As a society our protein consumption from meat, eggs and dairy has increased multifold in the past seven decades after World War. This has led to the growth of many lifestyle diseases like Hypertension, Diabetes, Heart diseases, Strokes, Dementia, Kidney and Liver diseases. Anti-Aging Benefits of Protein Restriction Recent research in the anti-aging field suggests that of all the major factors helping with anti-aging, restrictions on protein consumption is the most important. It helps in many ways including The two Nobel prizes on fasting in 2016 and 2018 have demonstrated that absences of protein during fasting is very beneficial for human health. It leads to autophagy, whereby the body recycles its dead and damaged cells to get

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When a person dies, a wake is held to watch over and to stand vigil over the lifeless body before it is taken away for burial or cremation. This is different from church wakes, which were all night service of prayer and meditation in the church, referred to as vigiliae, when each parish kept the morrow of its vigil as a holiday. The Encyclopaedia Britannica says the wake tradition in churches existed from the earliest days of Anglo Saxon Christianity, and these wakes soon became fairs when people from neighboring parishes came over to join in the merrymaking, and what were holy get together events degenerated into drunken revelry and scandal. The custom of holding a wake over a corpse, may have started as a Celtic tradition, pre dating Christianity. Initially, the body was watched over in case it was snatched away by evil spirits but later, the wake became a time for group prayer and meditation, and those who participated in the wake were given food and liquor. Later, wakes were moved from residences to funeral homes where family and friends came to view the body and share their memories, as tribute to the deceased. As a social gathering, a wake helps ease the pain of loss and encourages sharing of happy memories, and family members review and discuss the way forward. hold a wake for the year 2022. Some may see this year as an extension of recent years that traumatiser us with the Covid 19 pandemic, when considerable numbers of lives and livelihoods were lost. Others faced long term disabilities. Hence, holding a wake for the year gone past would inspire us to review and reflect on all that has happened and we may discover that while some bad stuff happened, some good things happened, too. PM Modi mother passes away at 100 A social wake watching over the corpse of the year gone by, could be a novel way of paying tribute to the strengths we gained from whatever tragedies befell us, the friendships that endured and the support we received despite being ill or having failed professionally or in relationships; we could celebrate the familial bonds and friendlier workplaces in a new era of work from home routines. The last interaction with 2022 could be cathartic, with balance being the overriding principle rather than extreme stands. Indic scriptures talk at great length about the need to cultivate the ability to observe as a witness Sakshi bhav. So let observe as witness, all that has happened, all that we experienced and felt, our vulnerabilities and weaknesses, our highs and lows, disappointments and so called accomplishments. Because we live in a world of duality, every experience is valuable and every feeling of despondency, too, is part of being human. The wake over a dead person is meant to highlight the idea that the loss is borne by the whole community and honour the one who has passed. We could do the same for 2022 and look forward to New Year 2023 that may well bring new challenges as well as new reasons to be joyful and peaceful. Cloud gaming has had a monumental impact on the gaming culture in India. Just like any cloud service, cloud gaming service enables gamers to play games on a remote server and stream the gameplay back to their

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System specifications as the game is remotely hosted and you will only be controlling the game. Multi device access Gamers wish to access their games across different devices as per their convenience. If they are installed on one, they cannot be accessed from another unless installed again on the other device. With cloud gaming, all games can be accessed anywhere. This flexibility is attractive to new age gamers as they can play games anywhere at any time. Gaming on the Go is an extremely attractive proposition for gamers especially millennials and zoomers. Sharing is easy Cloud games are easy to share since they are accessible through a simple URL. Young gamers can share links on social media or chat and access games easily. This is a great way for socially engaging gamers with communities that consist of players who are like minded. This makes for a great bonding exercise. Play with friends across multi platforms Gaming with friends is the biggest trend amongst young gamers. Most do not have access to the same platform. One may have an android, other may have a Chrome book. With installable games, they cannot play together. With the cloud, games can be accessed through a browser, making them accessible on any platform or device. Safe to play Installable games once downloaded can take malicious permissions on the device. This could be unsafe. With cloud games, nothing is installed on the device, so no permissions are needed. This makes cloud gaming more secure. Premium gaming experience For installed games, the game rendering is done in the device. If the device is low end, the processing would be poor, and the experience would be dull. With cloud gaming, the rendering occurs at servers which are much more powerful than a local device. Given the bandwidth capability, gamers can access a premium gaming experience. No game update installs Game updates are frequent, and gamers must continue to download the new updates to continue gaming. With the cloud, all updates can happen on the server and the gamer is not impacted at all. Cloud gaming: Its future in the Indian subcontinent The Indian gaming market is mobile first. With access to high speed internet and availability of budget friendly smartphones, gaming on the go will take precedence. As 5G network rolls out, consumers would be looking for more services that are available through cloud instead of installing multiple applications. Cloud gaming would be the biggest winner for gaming in future for the Indian ecosystem. 5G internet will further glitch free gaming and will also allow for live streaming of real time gaming with phones, a must for today young India who come with the OTT mindset of buffer free content consumption. Cloud makes it possible to transform any system into a powerful gaming device, exactly what is required for youngsters who are constantly on the move. Rising app safety concerns can be avoided with cloud gaming as it is the safest way in the future. Cloud gaming is also the best alternative to combat cyber-attacks. With a digitally native population, mobile first phenomenon and the advent of cloud gaming is revolutionizing the future of gaming in India. India demographic

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Opportunity that will give them a good return on their money and help them diversify their investment portfolio. NRIs in the US, Canada, the Middle East, Europe, and other Asian countries have shown a marked preference for investing in cities such as Gurgaon, Bengaluru, and Hyderabad. Tier two cities have also seen an increase in interest from NRIs, who want to buy large homes in their own hometowns. The pandemic changed the dynamics of Indian families. It has strengthened the extended family system, with many preferring to live with their grandparents and parents. Work from home WFH, which has become a trend post the pandemic, is also fuelling demand for larger homes. Professionals are now seeking additional space in their homes to set up workstations. The rupee depreciation has also fuelled demand for properties, as NRIs are looking to invest their money in real estate and hedge against currency fluctuations. The INR has been falling against the USD since 2018, when it fell by 8.6 percent, 2 percent in 2019 and 2020, and 1.5 percent in 2021. Since the beginning of 2022, the rupee has depreciated, going from Rs 74.40 to an all-time low of Rs 81.88, dropping by nearly 11% this year. The rupee had already been under pressure due to a widening trade deficit and rising crude prices, but it was also hit by an increase in US interest rates and fears over a global economic slowdown. NRIs benefit from the rupee depreciation, especially those who stay in countries with a stronger currency value. They are at an advantage as after converting their balance to their home country currency, they can buy a property that is much cheaper than what it would cost if they were living in the country. Real estate developers are catering to this new surge in demand for homes from NRIs by launching properties with better amenities. Recent trends show that NRIs are seeking spacious, smart, modern spaces that support the new normal lifestyle in terms of flexibility or energy efficiency. They prefer well connected and self-sufficient gated communities with open spaces that are close to the city. These are the type of communities that offer a better quality of life, as they have all the amenities that an NRI could want schools, hospitals, sports facilities, shopping malls, and more. Government investment in infrastructure has also led to improvement in connectivity and the rise of tier two cities. In general, tier one cities are the most connected ones, while tier two and tier three cities are less connected. But with the rapid infrastructure growth in tier two cities, connectivity has improved, and more businesses are in these locations. This change has been seen not only with the physical infrastructure but also with the digital infrastructure. Mobile data prices have gone down, broadband speeds increased, and there is more data availability across these new locations. There is also an increasing preference among NRIs for second homes, which are now viewed as investments that can provide a steady income stream. In the past, weekend homes were considered a luxury and aspirational purchase. However, in recent years, we have seen a shift towards weekend homes being viewe

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For people to buy or sell properties without any hassle or fear of being cheated or duped because all information related to a property can be found on this portal. This increase in transparency also means that there are no hidden costs involved in any transaction, which increases confidence among both buyers and sellers alike leading to better prices for properties as well as a higher volume of sales. The Indian real estate sector has indeed come a long way from an opaque and inefficient market to a transparent one. Technology has enabled NRIs to streamline the process of acquiring and transferring real estate even if they are not physically present in India. India real estate boom, improved transparency levels, a depreciating rupee, and stronger real estate laws are driving demand for homes from NRIs. This trend is expected to continue in the near future as the real estate sector is on a strong footing. The Indian detach market size is expected to reach US$ 30 billion by 2031, from US$ 700 800 million in 2021. According to KPMG, India has also become the second largest market for E learning after the US. While the Covid 19 pandemic accelerated tech adoption across schools, several other factors have eventually contributed to the significant growth of the sector in India. These include positive government policies, enhanced internet penetration and digital literacy and the spike in end tech startups offering varied innovations, which further paved way to make tech enabled learning more accessible and inclusive. In terms of tech adoption across schools, India has more than 14 lakh schools and 23 crore students, making it one of the most expansive networks of education for children from kindergarten to grade 12. Generally, also known as K 12 education, classroom learning has been one of the early adopters of tech enabled solutions, post Covid. Trends like STEM, Robotics, online group lessons and assessments have been some of the most common forms of teach enablers for young students. And while the sector has enjoyed a special focus from policy makers and state and central governments, there remains vast potential for improvement and growth. Listed here are key technology trends that are set to transform the classroom learning experience in 2023, further accelerating the already dynamic momentum. Blended Learning: This typically refers to a tech supported learning experience within the physical classrooms, where teachers use tech tools for assisted learning. From simple aspects like multimedia presentations and AVs to STEM based learning technology which includes a digitally active environment, blended learning is soon becoming popular. Especially post Covid, schools have been incorporating tech enabled learning in the physical classrooms, thereby changing the role of teachers from being the sole source of imparting knowledge to becoming learning facilitators and mentors. Bite Sized learning Nano Learning: A solution to specially cater to the social media generation with extremely low attention spans, Nano Learning is proving to bring much more to the table than just engaging students. By breaking down longer chapters into smaller narratives wi

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Enhances attention span, provides a motivation to learn and excel winning! at the subject and also gain easier understanding of complex subjects. In a way, gasification in education is an evolved way of immersive AI and ML generated learning experience that is set to be much more popular now, thanks to the advent of 5G. Online Assessment: This has been a steadily growing trend that has been helping teachers and students to create a seamless, authentic and easy assessment system while also gaining valuable data driven insights. It also offers students to independently take tests and assess themselves when not in class, thus empowering them to learn at their own pace and enhance their understanding. For teachers, this also means reduced administrative burden of correcting physical test papers, allowing them the time to focus on data driven insights to innovate learning methodology for deserving students. Personalized Learning: This is an extension of online assessment, which can be used to develop a more customised learning system, thus shifting the group centric learning to individual student centric approach. In classrooms, this allows students to engage proactively with teachers that are more aware of their learning needs. At home, this allows students to enjoy learning at their own pace and achieve success. To summarise, while the detach sector has immense potential and is estimated to grow manifold in the coming years, the above trends would be a big step in the overall evolution of tech enabled learning, especially for K 12 students. The trends above are also not restricted to a select set of private schools but is set to expand to government schools across metros, towns and rural areas, thereby creating a truly inclusive and accessible learning environment. In 2023, detach is also going to be strong factor in moulding and nurturing young minds who will be the future of the nation, empowering them to not just be future ready but to also drive the global economies, leading from the front! Indian Test side has been unlucky in terms of not having a stable opening pair over the last year and half, particularly after the England series in 2021.Either Rohit Sharma or K L Rahul or both have missed a few series with injuries. In the games that KL Rahul has played over last one year, he has looked the most unconvincing barring that first innings hundred in the first innings of the first test at Centurion against South Africa last year. Not only K L Rahul has had a forgettable test series in Bangladesh but also his returns in test cricket since 2018 tell a story: 45 innings, 1176 runs at an average of 26.72 with 3 centuries and 3 half centuries. These 45 innings includes 5 ducks, i.e. one in every 9 innings he fails to get going putting pressure on the rest of the batting line up. There is murmur in the cricketing circles to look beyond him, at least in the Test team. So on current red ball form, who are the probable contenders to replace KL Rahul in the test team. Shubman Gill has already featured in 13 test matches for India and scored 736 runs at not too flattering average of 32. However, in the recently concluded series against Bangladesh he sc

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Something plus zero remains the same, something times zero becomes zero, and something divided by zero spirals towards the undefined. These simple mathematical truths hide a profound spiritual metaphor. Zero that symbol of nothing holds up a mirror to the cosmos and our inner selves. In the spiritual lexicon of. India, zero is shunya, emptiness, often equated with. Shiv, the divine embodiment of nothingness. Mathematically, zero is both humble and extraordinary. Adding zero to any number has no effect, multiplying a number by zero results in its identity vanishing. Try to divide by zero, and mathematics breaks down, hinting at infinity. These operations serve as metaphors for the spiritual journey. Ancient. Indian mathematicians recognised zero as a number, calling it shunya, void or nothing. This concept revolutionised mathematics and paved the way for modern science. Beyond its practical use, zero is profoundly paradoxical: it represents nothing, yet it makes everything possible. Without zero, we could not express vast numbers or have a placeholder for value; similarly, without emptiness of space, form could not manifest. The symbol for zero a circle has no beginning or end, hinting at infinity and the wholeness of existence. In. Indic spiritual thought, Shiv is described as 'that which is not', the boundless emptiness from which creation arises. This phrase denotes the ultimate reality as a formless essence beyond name and form. Shiv's very being is like a cosmic zero: the silent, unchanging backdrop behind drama of life. In tantric, Shiv symbolises pure consciousness, still and empty, while. Shakti symbolises dynamic creative energy; their union shows that emptiness and form are two sides of one divine reality. Advaita. Vedanta echoes this idea, describing the absolute truth. Brahmn, as an infinite, indivisible whole the zero behind all apparent things. Adding zero to oneself adopting spirituality superficially leaves the ego unchanged; one remains 'something' separate. Multiplying by zero complete surrender dissolves the ego into a state of divine emptiness. Dividing by zero trying to intellectually grasp the infinite yields nothing but paradox and confusion. Only by surrendering the illusion of separateness can one experience unity with the. Divine. Sages advise negating all false identifications saying neti, neti, not this, not that, to everything impermanent until only pure awareness remains. When all transient attributes are stripped away, what remains is pure consciousness: an emptiness brimming with potential. Meditators who touch this inner void report a state of blissful stillness. Far from bleak, this nothingness is the womb of all existence. Modern physics offers parallels: even 'empty' space isn't truly empty particles flicker in and out of the vacuum, making nothingness a seething field of potential. Some cosmologists even speculate that our entire universe originated from an initial void, a quantum fluctuation that gave rise to the. Big. Bang. The notion that something can emerge from nothing is now taken seriously in science. When a massive star dies, it can collapse to an almost zero-sized point of infinite density a cosmi

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Shiv represents. The sudden resignation of. Vice. President. Jagdeep. Dhankhar is, arguably, the first high-profile exit from high constitutional office in recent times. It's likely to embarrass. Modi govt unless it has credible explanations to offer for. Dhankhar's action. While the latter said that he was resigning for health reasons and to abide by medical advice , few people are buying this, especially as the resignation came on their first day of the monsoon session of. Parliament. The fact that. Congress is now asking for. Dhankhar to stay, when it has all along been critical of his conduct of. Rajya. Sabha, suggests that the opposition has gained one more issue with which to corner govt. Modi's state visit to. Maldives on. Friday, which will reaffirm the traditionally close and friendly relations between the two countries, stands out for several reasons. It's his first visit since. Mohamed. Muizzu became president in. Nov 2023, and he'll be the guest of honour at the country's 60th Independence Day celebrations. This year also marks 60 years of. India's diplomatic ties with. Maldives. Although. Muizzu was associated with the so-called India. Out campaign before the presidential election, Maldives' official readout after his first meeting with. Modi, on the side-lines of. COP28 in. Dubai in. Dec 2023, expressed commitment to strengthening bilateral relations, economic cooperation and people-to-people contact. The two sides also agreed to set up a core group. Long ago, a poet named. John. Donne was annoyed at the sun for poking its nose into his private morning. He wanted to spend time with his lover without the bright sun waking them up and exposing their private moment. Today, the sun has been replaced by something even nosier: people with phones, social media, and strong opinions about other people's lives. Recently, at a. Coldplay concert, a camera zoomed in on a couple in the crowd. The lead singer, Chris. Martin, joked that they might be cheating on their partners. Suddenly, everyone online jumped into the drama. People all over the world were trying to figure out who they were, what their story was, and whether they were doing something wrong. It's not just. Indian aunties and uncles who like to gossip. Judging people's personal lives is a global hobby. And when social media helps, it spreads like wildfire. A long time ago, in some places, women accused of cheating were even dragged into public and shamed. That kind of harshness is wrong, but sadly, the habit of embarrassing others hasn't disappeared. Now people just do it online. In. India, it used to be a crime to cheat on your partner, but in 2018, the law changed. The court said adults have the right to make their own choices about relationships. Even so, the idea that cheating should be punished still shows up in court cases about divorce, money, and kids. Of course, cheating can hurt someone deeply. But it's not for the whole world to get involved in. If something happens between two people in a relationship, it should be handled by them not the internet, not strangers, not a stadium full of people. So next time you see a story like that online, remembers: just because a cam

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Only thing which goes against Priyank is his age he is 32 but we have had a recent of a late in Surya Kumar Yadav so ideally age should come in way of his Like Priyank too has been on the fringes for some time to time taken test and feel pass or fial for ur better had a very good where he scored two centuries and was a part of the main squad as a of Rohit Sharma. Yashasvi Jaiswal has had a prolific start to the season. He was the against top scorer in the Dueled Trophy scored has scored a 160 odd in another he has is that he is a left hander. Like any of the past or he has and for big scores and sooner rather than later he will in the senior Indian team. Recent economic that British did indeed stunt India prior to. It is difficult to the precise of doing so involves a how India actually against did fare under and how it would have fared without it. But to get a rough we can assume that a never India would have done about as well as never Thailand. World Bank data indicates that Thailand per capita was higher than India in the earliest year of the data against that to error on the side of caution taken for the future plan to caputre by lic primum to plan we can that a never per capita income would have been about 50% higher than it was in 1948. The is part of India. Did that brought about cripple India future no? An event in the past has an effect only if two hold the against event itself creates an adverse impact; and b that impact cannot be dealt with at a later date. Consider for example poor eye sight. This is genetic and eyes cannot be easily repaired. So people with poor eye sight will have poor vision and poor vision can have a long run against impact on life a is satisfied. But poor vision if not poor eyes can be fixed with glasses. So, condition b is not satisfied. Poor eye sight is therefore not in general a crippling genetic defect. Let us apply this framework to think about the long run economic consequences of colonialism. Colonialism did cause economic stagnation, so the definitely satisfied. However, the 50 shortfall in per capita income that resulted from this stagnation could be overcome by a mere 7 years of 6% growth. It follows that can only be said to have had a crippling effect upon India economic future if it somehow prevents India from achieving high growth rates in the present. But India colonial inheritance is more likely to facilitate high growth in the present rather than prevent it this is not true of the colonial experience of all countries. To see why, note first that a country such as India that is now off the innovation frontier can achieve very high growth rates by taking advantage of opportunities created by countries on the innovation frontier. For example, the marvelous India Stack drew heavily upon fundamental IT hardware and software engineering carried out by countries at the innovation frontier. Advancing the innovation frontier itself is like hacking a path through a jungle in rough terrain it is very slow going. Countries that are on the innovation frontier and pushing it out like the US therefore tend to grow relatively slowly. But countries that are a long way from the frontier can potentially dash a

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First, the British left India with a and the rule of law. This is the best for a free market and a free is the best system for. Second India from the with the civic culture a free press that is for and a market to really work. Third the fact that India was by the British means that India has at least a foot in the and it is the that has been pushing out the frontier for the past 200 years. Given India then India can achieve very high growth rates with good policies. In broad terms there is an among a range of experts such as Arvin, Josh Feldman, Mashed Forbes, Vijay Joshi, Vijay Kalka, and Ajay Shah that growth polices include the following. Clearly, the needs to and strengthen the factors that put India into such a to vibrant civil society, the strong links to the. Given limited state they should also aim to do less while doing what it does do better leaving the private sector and civil society to do more. One of the tasks the should focus upon is by creating effective markets open to both and foreign firms rather than by. And last, to mention my own area of need to work with the and the to promote the effective financial markets that are necessary to both allocate capital to its most productive uses and to monitor firms to ensure that they use that capital wisely. Devising and a growth policy agenda along these lines is not a trivial task. But it is well within the of the Indian. And, more to the point of this column, there is nothing in India that will prevent them from pursuing such a policy. All in all, then, the British left India with gifts that it for economic success. True, as Seen observed, these were not gifts that could be under the British. They only when the British left they were the fruits of from Britain. Own which India could use freely only after the period of empire had ended. But the empire did end, and the dead hand of is not holding India back. India economic future is in India hands, and the prospects are excellent. While the global population is ageing rapidly, with India not far behind, there is a simultaneous emergence of the climate change crisis. The threat of global climate change is real and is visible through the incidence of disease, diminished air quality, extreme weather events, rising sea levels, increasing temperatures and shortages of water and food. With population ageing leading to a rapid demographic shift across countries including India, we are beginning to see that older adults are among those that are most at risk to climate change as it affects their mobility, causes changes in physiology and for those who have limited access to resources their adaptive capacity to cope is also lessened. Older adults are also more vulnerable to the effects of extreme temperatures and are a higher risk of mortality from extreme weather events. Changing climate can lead to higher incidence of vector borne diseases, cripple agriculture, hamper the availability the fresh water and can decrease habitability of human settlements. The United Nations UN has proclaimed point taken as the Decade of Healthy Ageing which aligns with the 2030 Agenda for Sustainable Development. Around 101% of India population is now above the

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Since they can social views, there and actions on climate change matter and are. Climate change for quite some time has on present day adults, older adults, as for the squeal seen today, although this could just reflect what the youth do not try to repeat any test all of you digital of today feels about its for ship, often to be of older adults in can be present in public and on social media including that related to climate change and needs towards climate change does not seem to have an age exist in and in society in and terms that older adults are to as abound. There is another view that older adults are often altruistic and are about the kind of world they to the next legacy thinking perhaps somewhat reflected in the way older adults and engage as part of civil society. There are also other that no doubt what their age, older adults will behave as their cohorts don and core values or do not change over life spans. There are also that older adults are less and less in that aim for climate action and extreme that they are the cause for the current climate distress all of which are quite ageist and. Senior citizens constitute a segment of the today and climate action ignore them and cannot do without their and. Just as are aware about the issues with climate change, older are equally and valuable in climate action in that they hold diverse life, are and held in high esteem and for their and judgment. Older adults are in fact to the cause for societal action shoulder to shoulder with adults and their collective social capital can to respond to climate crisis. Globally and senior citizens such as and Tulsi Gowda have our society to protecting and showing us how humble need not deter anyone from a lifetime to ecology and. With far too much focus on the there is a to the. That is currently to advance individual attainments as well as to address societal challenges. Older adults being involved in environmental action can provide an opportunity for greater social integration of older adults which is one of the goals of the point to taken Decade and help channelize efforts for mounting concern about sustainability needs of the community. Such a narrative can to motivate older adults to be involved and to lead climate action and. Communication about climate change also needs to be adapted and tailored for older adult audiences and an mix of digital and non do not try to repeat any test all of you digital mediums. Older adults need to be involved in as community leaders who can lead community action and influence national and global audiences. Welcoming mobilisation of older adults as stakeholders and utilizing their in working with civil society organizations can build strong linkages for. A clear pathway for utilizing the vast reservoir of senior citizens who are no longer in the mainstream labor force but who are still a formidable force for civil society led environmental engagement is the key. Creating age diverse and age friendly environmental roles for older adults that are inclusive, motivating, and provide room for cross learning are desirable. The emergence of climate change with calls for climate action and the ageing of the population pro

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I do know what my family. My round consists of my father, mother, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he goes to office even on a Sunday. I know he is doing very well because I have heard people talking of him with respect. Once in a while he notices me and is then very affectionate. I love him a lot, because I know that he is always there, even though it is only in the background. I do get angry any longer when he introduces me to his friends by my nickname and says that I am studying in Class Six, when I am actually in Class Seven. Mother is warm, caring and impulsive, but not the world greatest cook. However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and try. Books are like coffers filled, not with gold or silver, but with high ideals, and the wisdom of our forefathers. If we learn to love books, we need no other riches. However, we must read the right kind of books. Just as we need nourishing food for the body, similarly we need to read good books to enrich our minds. 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 coffers filled 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. Reading is of different kind. It may be light or serious. It may be adventurous or spiritual. Every reading has its distinct pleasure. Some people like to read coffers filled newspapers, periodicals, journals etc. They are storehouse of general information about current events and various socio political and economic problems. It has been well said, Books are like axe they cut through the snow within. Indeed electric is one of the most important blessings that science has given to mankind. Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power cut nourishing food 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 coffers filled light with no fans or air conditioner. Ice creams, soft drinks and cold water would h

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I how it started new hopes, new plans, and an in. The caffeine boost from my year round morning coffee not only spiked my brain activity but inspired me to grow my own green grass, plant the flowers I love and soothe my eyes while in my dreamlike Eden garden. My that there is no day, month, year or an ideal that will send me into made me rest my pursuit for bliss. And rather than rigidly as a goal, I flexibly tuned it with my actions. Every night the glowing light of the moon cast a spell over me soaked in it, I magnified my toe the of the many roles I played in the acts by life. Like a rose, I left a trail of scent in some and thorns in a few. The of being good in some and not so great in a few brought a sense of balance in me. While writing this, I stumbled upon a word puzzle its caption read the first four words you see will be your mantra for 2023. I started combing through that and plucked these four pearls from the oyster of Self-care, Power and Purpose. And with these four words, my quest for 2023 begins. Do recall the best or you held close to your heart these twelve months do not forget to take it along in. India is the capital of the world. A joint survey by and puts the number of adults living with diabetes in India as high as million by and 80 million by. While the country has been living with diabetes for decades most cases have gone. With the pandemic, the disease has now become a Covid 19 triggered a tsunami of diabetes on one end it led to. On the other end, it the risk of the Type in patients (as per German Center for report). Nitti Aayog health index also revealed that Covid the state of diabetes in the country. Hence, the need of the hour is to a) with and b) manage diabetes better with a and approach. Ayurveda can aid in both situations, effectively. As an Ayurvedic expert, I recommend practicing home based management hacks mentioned below to control diabetes through the preventive rather than curative route Start with the basics Fix your sleeping and eating schedule and stick to it! The most crucial one is also the most. The time between dinner and, in fact, all meals, should be adequate. It is advised that you wait three hours between each meal for health is sleep. Each day, one needs to receive at least hours of restful sleep. It has been demonstrated to treat hormonal problems and enhance immunity while reducing chronic inflammation and managing physical and emotional stress. Make home your new holy grail Numerous Ayurvedic herbs are effective at controlling or preventing diabetes. It will help to include ingredients like fenugreek seeds, alma, and turmeric. The greatest Ayurvedic remedy for lowering blood sugar is said to be Nisha Amalki. Amla powder and turmeric powder, both of which can be incredibly healthy if consumed daily. Fun fact: They are used in equal parts to create the magic potion). Additionally, there are a number of juices created with a combination of Alma, jamun, and karela that are specifically designed for diabetics and those at risk to maintain stable blood sugar levels. Take out time to move your body When it comes to preventing practically any disease, exercising is a no brainer. It supports main

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The fresh round of protests by the farmers must be seen as politically motivated. The "government" has already addressed most of their demands and negotiations are still underway. The current demand listed by the farmers is unreasonable and is backed by politicians who wish to keep the pot boiling. Legislation of Minimum Support Price the farmers want the government to bring a law guaranteeing for the future bus currently available, there is no plan to stop it and the rates are revised with every season. The three farm laws, currently held in abeyance, offered the farmers a choice to sell either through the MSP mechanism or in the open market. Therefore, in principle the is already legislated as it is part of the laws. The farmers further want all crops to be included in the mechanism. The reality is that works mainly for paddy and wheat, for rest of the produce market forces determine the rate. How can any government commit to buy whatever the farmers produce in quantities that they decide? Agreeing to the protesters demand will mean extraordinarily high prices for most farm produce leading to unmanageable food inflation. Government cannot be a dump yard for all agricultural produce in the country. Its focus is on basic crops, mainly cereals and pulses, that are needed to ensure food sufficiency for the nation. Therefore, this demand is against national interests. Debt Relief Can a government formulate an eternal debt relief policy for a section of the society? Today, it is the farmers, tomorrow industrial sector may want a similar guarantee. Can loans and financial assistance be a one-way traffic limited to disbursement without any payback? Will that not lead to inefficiency as nobody will be worried about servicing loans? Debt relief has to be need based. Currently, farmers are perhaps the biggest beneficiary of such relief every year. In addition, farmers enjoy subsidies for power, fertilizers and other farm inputs. Land Acquisition Act of 2013 The protesters want reinstatement of this act nationally, compensation based on four times the prevailing land rate and a written consent of the land holder for sale. Land is a state subject and each state has to decide on the compensation rates based on the prevailing local environment. Any directive from the Centre will impinge on the rights of the states and in turn the federal structure of the nation. The Centre can, at the best, lay down a policy for land acquisition for projects of national importance. In any land sale deal, consent of the owner is paramount. The exception to this rule may arise when some land is required in larger public interest but the owner is unwilling to sell. A prime example in this regard is the land acquisition for national highway projects. While most such cases are resolved amicably, at times the government may be forced to take the final decision in national interests. Further, a common compensation formula will neither be feasible nor acceptable across the country. Justice & Compensation for Lakhimpur Kheri Victims Delhi Victims If people decide to protest and violence ensues, some are bound to suffer. The onus for this lies first and foremost on the organisers o

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The government should expedite the resolution of this demand where either compensation or accountability is pending. As per reports, most cases have already been settled and only a small percentage remains for various reasons. Withdrawal from WTO World Trade Organisation This is an over-the-top demand. WTO is an international organisation and a leading nation like India cannot afford to disconnect from it. National policies and interests dictate the stand taken by any nation in such international organisations. A nation international standing and negotiating skills come to the fore in securing best deals where often a give and take approach has to be adopted. Participation in such crucial international bodies cannot be dictated by farmers union or others similar organisations to further their selfish agendas. The scope of WTO is much wider than just agricultural products. As a nation, it is important for farmers to become competitive internationally instead of seeking concessions that may be counterproductive for the nation. Pension Scheme for Farmers and Farm Labour This need is not peculiar to farmers as every citizen in the country needs such security. Pension bills tend to cripple governments in the long run. Many developed and richer western nations are already facing this bitter truth. In our country, the government rightly took a conscientious decision to limit pensionable jobs to the minimum in 2003. The farmers do have protection against crop failures through some very lucrative insurance schemes. The government can only encourage individuals to plan and save for their old age by promoting schemes that ensure savings growth over the years. The government cannot be selective on pension issue. Electricity Amendment Bill 2020 The farmers want this bill to be scrapped as it does not suit them. In most states agricultural sector already gets power on priority which is either free or on subsidised rates. This demand seems to be a ploy to seek further concessions that are devoid of logic and concern for others sections of the society. Notwithstanding the aforesaid, the central government has already assured the farmers that they will be kept out of this bill. Enhancement of MGNREGA The demand envisages minimum 200 days of work per year under the scheme with a minimum wage of Rs 700 per day for farm labour. The current guarantee under the scheme is for 100 days. The reality is that the government is already partial to farm sector since farming is not a year-round activity. There are many other sectors where labour faces similar dilemma and no guarantees are available to them. The farmers are being selfish and greedy once again. The need for the farm sector and its management is to become more efficient and productive to offer better compensation to their labour. Counterfeit Seeds, Pesticides, and Fertilisers Without a doubt the government must crackdown on those who manufacture such counterfeit or below par products for supply to farmers. There are no two opinions on this. However, the onus also lies on the farmers to be proactive by reporting such cases and avoiding business with them. Promoting Cultivation of Spices The government can defi

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A right affirms that education ssc is hub for all students is a fundamental human right for everyone on planet Earth. It is a powerful message but sadly it is not the case in every part of the world yet. Some countries still treat education as a privilege, while others by virtue of economic circumstance or access issues are unable to deliver education to a broad cross section of society. That is why I am so excited by India National Education Policy. Although it is now two years old, I have had the privilege of viewing the through fresh eyes this month, as I make my first post pandemic visit back to India. As India first major education reform in more than three decades, that to quality is the key to unlocking economic growth, social justice and equality, and. It is to view the of the and those of the Accord, which promises to access and in among students from. Why is this with India run deep? To recognize that we are on the same journey, at the same moment in history, fills me with for the we can realize together. With the as a guiding light, I am that the coming years will mark a new era of in and our two proud nations. Clearly, the has a strong focus on at home and building India as a world class study in its own right. This is a from the trade of the past which has mostly been one way can help India to realize these ambitions, by best and research quality, in ways that reflect India self for the future shape of its higher from the current model of this may take the form of their to be taught in country by an which in turn will for if the student wishes to complete a portion of their degree in. Given our long of hosting large student cohorts have invested heavily in optimal learning environments, high quality support canters, and professional academic and career counseling. Through collaboration, Australian universities can share best practice in these areas as a catalyst for the development of these initiatives within Indian institutions. Equally, Australian universities particularly those headquartered in regional areas are adept at online and distance learning, which is identified by the as playing a significant role in. Best practice sharing in this space will be critical to in Indian, meanwhile, is an area ripe with potential. As an example, at my own almost a quarter of our research higher degree candidates are from India and similar trends exist within other. This is a great starting point from which to grow our in this space. I believe Australia and India share a pragmatic view of research; that is, we strive to undertake research with impact, to deliver real world solutions to the world most. Through we can significantly enhance our publications, our citations, and of course the potential for tangible application of our research findings. Of course, there will always be a place for Australia to deliver onshore international education to Indian students. For decades this practice has reaped countless rewards for both of our countries not the least being the volume of skilled graduates who return to India and make significant economic and social contributions to Indian society. But there are areas of India society for whom this mode

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Power boost in your hand, Both of our and truly fulfills the promise of the of Human Rights is a real estate in a Guru Gram known for creating with an track record of on time delivery. It is that a home is more than just a place to live; it more about how we want to live. So if the buyer wants to live and they would rather stay in a high end luxury or move into a gated that all the modern is looking for more than just a house they seek out a lifestyle and a holistic living. They want a home that peace of mind, comfort and quality. From smart home to today home buyers are looking for homes that provide a and stress free lifestyle. Luxury is to today for a variety of reasons, such as the benefits of a living space that is and to them. They that home should serve as a refuge for their not merely a place to relax when the day is through. When a luxury house buyers no longer just want to fill it with the latest designer and high end they want to add personal touches that reflect who they are. Luxury is looking for homes that are reflective of and their stories. With the to express their unique these buyers no longer shop for a house but for a home. They seek out homes with the to express and turn them into unique and inspired living spaces. The trend has from the shift away from cookie cutter architecture and design. Homebuyers today desire not only a well-crafted space but also designed spaces that are intuitive to the way they live. From custom art pieces that tell their story to that reflect their interests and lifestyles buyers seek to extend their throughout their abodes. A growing of luxury seeks out homes they can shape into their own personal havens. By selecting homes that are a blank canvas on which to express any buyer can create a home that. Is infinitely. Whether it custom cabinetry installations of dramatic textiles or the addition of high end technology nothing can replace the special touch of creating a space that is truly one own. Wellness in Mind The modern homebuyer has evolved taking into account not only the location and size of but also wellness and factors. Today the is more likely than ever to view wellness as a buying factor which has the acceptance of new designs and to make living healthier and easier. One of the most perks of modern home buying is the concept of healthy. This type of a variety of materials, including safe and like cork and bamboo, as well as nontoxic paints, glues, and other products. These materials create a more natural atmosphere that can improve air quality and reduce the risk of certain problems like allergies. Additionally healthy home construction can include solar energy efficient appliances, and features designed to increase natural light and reduce noise pollution. As modern homebuyers look to purchase a home, it is more important than ever to view wellness as a buying factor. By looking for healthy home building materials, features, and access to outdoor spaces, homebuyers can ensure that their future residence is designed with their health and wellbeing in mind. Ideal for Affluent Returnees As the world emerges from the tumult of the pandemic, many and who had temporarily left the nation for

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Many high end have access to clubs or spas that to its. The In India, for 34% of the. The tastes of this are the of luxury real estate and in a new age of luxury living. When it comes to luxury real estate, they are more likely to pick are drawn to urban areas because of their and variety, as well as the of they provide. The sorts of luxury facilities that seek differ from those sought by. For example, in their luxury homes value green energy and energy efficiency, as well as such as smart systems. They also seek out luxury features such as high end fitness centers and lavish pools. Luxury an residence, it seems, are the holy grail of the current real estate market levels of comfort, convenience, and lifestyle, making them a desirable option for seeking the finest. High ended real estate not only a one of a kind lifestyle, but it also may provide a number of financial perks that appeal to both and. With the demand for luxury houses, now is the perfect moment to discover the they can provide any. Brain computer interface refers to a rapidly ever field of with to its. It has been a major in medical fields within a wide range of two neuronal for serious injuries. Indeed in fields similar to education, tone regulation, product, marketing, and security as well as games and mind reading and remote have their unique mark. Creating that goes both ways between the systems girding the user and the user the idea of this is to show the applicable areas that could profit from brain waves in easing or achieving objectives. We also dive a little into critical usability and that face in various factors of the system dynamic and robust tool between users and their systems is now to as Brain is able to issue the use of muscle or any bias. While the original development of BCIs was done; by the exploration community, for its operations in the biomedical field, with a major focus on advancing in supported bias, they proved to be helpful in rehabilitating physically challenged and locked in users with movement capacities, and also with motor functionality that was lost. These positive results from this newfound use of the Interface led the scientific and exploration community to dissect its use for medical operations to support different aspects of the field as well as plan the future of BCI in biomedical and medical fields itself. The system works on removing the need for the usual medium of as a ground between the brain and the outside world. With the help of we started creating interfaces for from humans and studying their studies leading to that could with to put their opinions out in different formats using colorful styles in spelling operations, silent speech communication, or semantic categorization. With time, the compass of exploration was expanded to include non-medical operations too. With the development of BCIs, there have been multiple new studies that explored the use of this interface as an input device to understand the generations of hands free operations, while targeting normal individualities. While all the development and its use, there have also been some doubts regarding the use of BCIs with healthy subjects. The poor information transfer r

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The President has a big responsibility: they lead the. Rajya. Sabha (that's one of the two houses of. India's. Parliament). This is especially important when different political parties are arguing a lot. In such times, the person in charge must be fair, calm, and respectful to everyone. But. Dhankhar didn't always act that way. He sometimes made sharp comments, even about top judges. Still, even if someone isn't perfect, there's a way to leave a big job. And walking away right when. Parliament is about to discuss something very serious like whether a. High. The court judge should be removed at the right time. His sudden exit made people forget something important: that people in powerful positions need to act in a way that respects the dignity of their office. The way you leave can be just as important as the way you do your job. Now, a new one. The vice president will be chosen by the ruling party, and it won't be hard for that person to do better. But if the new. was introduced to protect women from cruelty. But over time, it has been misused as a weapon of vengeance. Elderly parents, unmarried sisters, and even distant relatives have been thrown behind bars without investigation, all on the basis of unverified complaints. Careers ruined. Families destroyed. Suicides triggered. The. Supreme. Court's order mandates that every such case must now go through a. Family. Welfare. Committee. Only after its report within two months can the police act. The era of immediate arrest on mere accusation is over. This verdict is a tight slap on the face of the entitlement driven lobby that believes laws exist only for women. It reminds the nation that justice must be neutral, not selective. It is time to stop treating every husband as a suspect and every marriage as a potential crime scene. The judiciary has spoken. Now it is time for. Parliament to act. India needs gender neutral laws, not gender biased weapons. Let this be the beginning of legal equality, not just for women but for men too. Maldives presents an interesting case of realism in international relations which postulates that. States prioritize their national interests and security. When viewed from this perspective, the upcoming. State visit by. Hon'ble prime minister of. India should not be startling at the least. For. India, Maldives is a very important partner in consonance with its. Neighborhood. First policy and the Mahasagar outreach to stabilize relationships in the. Indian. Ocean region and beyond. As acknowledged by the. Maldivian authorities, India has been a first responder to their distress calls both in the political and economic spheres. The recent roll over of $50 million dollars in treasury bills of the. Maldivian government being a case in point. Over the years, India has provided a wide-ranging support for. Maldives through investments in infrastructure projects (Greater. Male connectivity project), emergency assistance during. Covid-19, and several projects focused on human & community development.

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Even in testing times, India has chosen to exert soft to mild hard power over. Maldivian overtures, specifically during the. India out campaign, reflecting its stature as an emerging global power. This is not only allowed. India to portray a stance of its own realism to stabilize the. Indian ocean region but also provided the scope to present itself as a reliable partner based on mutual respect. For. Maldives, the reset or re-balancing of the diplomatic relations for. India stems from a fundamental need to stabilize its own economy. At a structural level, Maldives runs a high current account deficit at around 20% of its. GDP. While it enjoys a surplus in the services account through earnings from foreign tourist arrivals, its high merchandise import dependence creates permanent fissure. Consequently, it always runs a risk of being exposed to currency and foreign investment shocks which can derail its economic functioning. Resultantly, it depends heavily on external assistance (foreign aid and loans) to tide over these challenges, exposing it to roll-over risks. A key factor highlighted by the global rating agencies in sequential downgrade of. Maldivian sovereign ratings, which is now placed next to default category, indicating very high credit risk. Also, Maldives fared poorly in comparison with its cohort of Icelandic economies where tourism and external income forms a significant part of the country's. Just as. Hath yog strengthens the inner and outer body, Bhakti yog purifies the heart, and. Karm yog renders nobility to human actions, Jnan yog opens jnan-chakshu, 'eye of knowledge' through self-inquiry, study of scriptures and meditation. The. Bhagwad. Gita, 4:38, says: Na hi jnanena sadrisham pavitramiha vidyate tatsvyam yogasamsiddhah kalenatmani vindati verily, there is no purifier in this world like knowledge. In due course of time, the devotee who is successful in yog will spontaneously realise this within his self. Once upon a snowstorm, heavy metal blasting from a car stereo saved a man's life. Or so claimed a 1990s print ad that ran with the tagline, 'Judas Priest saved my life.' The story went that a man trapped in the snow was miraculously rescued when Rob Halford's screams pierced through the blizzard and alerted help. The joke sold speakers. But it was also kind of believable. Because that's the thing about heavy metal. It doesn't ask to be heard. It bludgeons its way into your ears. Cut to 2025. Ozzy Osbourne just died. Judas Priest isn't selling sound systems anymore. Metal isn't on the charts and the long-haired leather-clad gods of yore haven't ruled pop culture in decades. But try telling that to the 80,000-strong crowd at the Download Festival in Leicestershire each June where bands like Metallica, Iron Maiden and Slipknot still reign supreme. Or to the sea of loyalists at Sonic Temple in Ohio, where crowds top 120,000. Or, closer home, at underground mosh pits and DIY metal fests in Bangalore, Bombay and Bengal from foreign tourist arrivals, its high merchandise import dependence creates permanent fissure. Consequently, it always runs a risk of being exposed to currency and foreign investment shocks which can do this.

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The success tier2 than enter tier3 skill here it clear that Brain computer interfacing still needs to and the condition posed by of the user to deal with a fully new and. Hardware The part of in systems is veritably critical. While it does deny that have the of being it has led to develop tackle that and is stable with signal systems designed for Clinical grade use are wired. With just 26 on the brain, the part of wired systems is connected to big and heavy and units. Along with that, there a lot of wiring with lines between the party and the. Since there are lines between the part and the it makes the more leading to a longer time for signals. Along with these constraints the stoner is also limited due to being connected using cables. There a certain of mistrust in the community towards dry electrodes and their trust ability since the use of gelled electrodes is still more in despite the. The maturity of the teams I vet come across use laboratory grade which shows that no really calculate on the grade bias to achieve high delicacy. Issues with wireless With respect to we can say that wireless BCI is surely an over the normal wired ones. Yet the issue of battery life form factors and weight still remain. There are plans to produce a wireless, while the balance between an always state, high cost of slice rates, and better battery life to over a period of long hours. And let face it, druggies will be happy to know that they won have to wear clumsy headsets or sit for long setup times or during training, which is also a big win. been in colorful to and Health care by many. But these have proven not to be nearly our if you people will be induced to spend for a to cover their sleep quality. Multiple experts believe hold the eventuality to make a significant difference in our daily lives. One of the major controversies faced by furnishing value for numerous different stoner populations. Integrating smart homes with BCIs by furnishing mobile APIs and using Bluetooth Connectivity would be one of the ways to overcome this challenge. Another way to understand and break these challenges is by perfecting the connection between Smartphones and BCIs, by using effects like visual keyboards with messaging apps. Developing further applications that have improved decision making, assisted human operations, and efficiency at work dedicating it solely to human machine collaboration will also be helpful. Neuron ergonomics (the study of the human brain with a performance at work and in everyday settings) is a promising field that will benefit from. Data privacy and cyber security the idea being Clinical based based is to measure and analyze a patient emotional and cognitive reactions to a specific set of elements, which helps the medical team to understand and collect a patient feelings towards sensitive topics. This definitely opens up the market for companies collecting brain data that is lucrative enough to be collected and sold to third parties without the consent of the data owner. Hence, it becomes gravely necessary for companies to address this trust deficit because the rise of potential buyers will also lead to an increase in cultural barriers while BCI be

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There has been an in and are the major concern of climate change and global. The thought of in as a way of damage. In India is still but India ranks. According to the report Buildings certified by the Indian Green Building Council use less energy and less water and the growth rate of this sector is 0% each year is also referred to as Green or means some of the and by the has been means of to maintain the current state of the bring change to the aid society through the design concept of the building should be and materials. A report states that the demand for the real estate sector and green to rise globally. With the rise of eco-friendly future needs to be, Teach and ready to tackle without the climate modern into new or has various and. Benefits Reduced waste & water usage, air & water Quality, and climate, and. Increase value of user less resilience on energy sources, and long term cost Savings Improved quality of air and water living health, and comfort. The last two decades are the completion of projects that are inclined towards such as energy generation, urban toilets, and rainwater capture. Building a better future is not easy because manmade interventions spoiled natural resources. To build a better tomorrow some measurable steps need to adopt in practice. Advancing net zero the world needs to take urgent action to tackle climate change and the architectural society needs to radically rethink how infrastructure is planned to combat climate change. As per the data, of Global is generated by buildings. To reduce carbon emissions there is a need to maintain harmony with nature and decarbonize as much as possible. This accelerates the development of Net Zero Energy Buildings, which run on extremely low energy. There has been a paradigm change in the application of Sustainable architecture. Everything is possible with technology, from site study to the ultimate virtual experience made possible by technology. Nowadays modern technologies are creating a buzz in the architectural world and the enhancement of lot, technological advancements, and innovative material handling techniques also give a plethora of opportunities to visionaries and innovators to explore the green is a way of engaging the natural world method, and the generator for architecture. The regenerative design promotes architects to adopt new planning practices and demands architecture must be seen as a development of the place, the site, the building, the flora and fauna, the energy, and the ecosystem. In a current deteriorating situation, architectural society must be worked on environmentally sound building practices. Sustainable architecture is a general term that defines a building designed and built to significantly reduce the damages penalize on the health of its inhabitants and the environment. With the rapid increase in population, there has been an exponential increase in construction, and manmade interventions are becoming the major concern of climate change and global warming. The thought of sustainability in architecture urgently emerged as India sustainable architecture is still emerging but India ranks. According to the report Buildings certified by the water an

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A good length in today as 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 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 s attack and the did it 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 as 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, Shame 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 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 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 the stumps. Shame s other wicket in his first spell of 5-0-15-2 had come with him shifting the length other way around. The 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 Shame, 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 Shame.

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And materials a report states that the demand for the real estate sector and green to rise globally. With the rise of future needs to be, Teach Savvy, and ready to tackle the climate. into new or has and societal benefits Reduced waste & water usage, Improved air & water Quality, and Preserved natural resources states that the demand climate, and Increase value of properties, user, less on energy sources, and long term cost Improved quality of air and water living health, and comfort. The last two decades are that are inclined towards such as energy toilets, and capture. Building a states that the demand better future is not easy spoiled natural. To build a better tomorrow some steps need to adopt in net zero The world needs to take urgent action to tackle climate states that the demand change and the society needs to radically a rethink how is planned to combat climate change. As per the data of Global is by buildings. To reduce carbon there is a need to maintain harmony with nature and as much states that the demand as possible. This of Net Zero Energy Buildings, which run on extremely low energy there has been a paradigm change in the of. Everything is possible with, from site study to the ultimate virtual made possible by modern are creating a buzz in the world and the of lot and material handling techniques also give a states that the demand plethora of two and to explore the green sector is a way of the natural world method, and the generator for. The to adopt new practices and demands must be seen as a of the place, the sites, the building, the flora and fauna, the energy, and the In a current society must be worked on sound building practices. As the world enters that are just emerging from the great resignation. The geopolitical conflicts are now facing an impending global economic slowdown. The pandemic highlighted the significance of employee mental health and organizations started to make it a priority. As we enter the new years, here are five approaches that are crucial for employee mental health programs to succeed in they not enough. Employees expect companies to support emotional wellbeing on an ongoing basis. Which means having a number to call when things are bad is no longer. What tools and support can you provide to your teams to thrive and identify signs of distress much earlier? This includes emotional health assessments and support tools both at individual and group level. Everyone is a Stakeholder. When it comes to mental health and emotional wellbeing, everyone is a stake holder, there is no us and them. Each person in the Organisation needs to have the intent, skills, and tools to support themselves and their peers. Having a longer term view of involving everyone as mental health champions is critical for Health is a Leadership Skill If you manage people, it is critical that you have the skills to support emotional wellbeing of your teams. But no one has taught us these skills at college or at work. As a manager today, i am expected to somehow learn this on the go. However, a structured program of support for Managers to identify, connect and understand issues that the team is facing can be created via sensitization

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Yoga classes work for some, but not for everyone. And just tools without the human touch are not enough. An approach based on of the and a tailored wellbeing forward approach is crucial if really care about. Work and workforces are at the cusp of in many ways. Mental Health and is going to be a toe and building a culture of have already this over the last few years, it now time to focus on taking these initiatives to the next level, to build truly thriving and. Available data show that India is currently the fourth largest producer of in the world. With the industry valued at billion in and growing at an expected of between per cent and per cent are that there room for more growth. A July report by Business World shows that of stands at INR core while another core is exported. With an growth rate of percent, India is likely to overtake China and become the most in the world by with figures ranging from billion to billion, according to United. This would mean an for food. In fact, many experts estimate that Indians will demand for between percent to per cent more food by as per reports. Hence, the need to and policies to boost policy and for growth Despite the growth trajectory seen in the industry, much more growth can be achieved in the sector if the right policy landscape is put in place. This will ensure a well-defined structure for support for operators, and for trade, and marketing. The legal the sector in India, coupled with the with barriers that are hampering the growth potential of the sector. The needs to begin to offer production linked incentives to operators while also reducing goods and services tax rate on pesticides to percent, which is what is taxed on fertilizers. No doubts, taking the right steps towards. Addressing these structural gaps can lead to increased productivity, extensive use, and turn the country into a major export hub. There is also a very large untapped domestic market for agrochemicals in India. In comparison, India only consumes around as against and almost 13kg in China, according to a study. This has led to very poor yield per hectare for most of the important crops in the country. A proper policy landscape is one that will also encourage local farmers to increase their use of agrochemicals for increased yield. This can be achieved through effective awareness creation. Nonscientific usage and low technology penetration are other issues that the right policy can address. A new policy must be one that encourages science and technology in production and consumption. On one hand, producers must be encouraged to invest in beyond the current spending of less than 2 per cent of their revenues. This will help to build processes for new methods which will lead to efficient and increased productivity in the sector. On the other hand, extension services must be enhanced to teach farmers the proper way to apply agrochemicals. Towards an above all else it is about simplifying the processes for serious indigenous and interested foreign investors. Having a one stop center for all licenses easier and quicker export registration and period, and an overall conducive environment for agrochemicals businesses to thrive. Howev

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India has the in the world, but only a of its land is as. This means that there are more people than ever before, but the is still low. This that many new jobs will need to be and built for them to work from. The lack of high quality housing also to high home prices in India. Many new jobs are likely to be in areas that are not close for to easily and quickly, so they will need homes close by. The of India that there is a of units in the country as of now. This means that young Indians will have to spend at least an billion on their homes over what they would have had to pay if there were more. However, with 70% of Indians wanting to buy their own homes by it seems likely that demand will outweigh supply over the next five years or so. The has taken steps to address this issue by in projects such as highways and metro lines. However, there are that these projects may not be able to meet demand once there are concerns that India growth may not keep up with that of other countries due to high interest rates and poor by many companies. Real and for people the global pandemic has had an impact on the real estate industry. This has resulted in a huge drop in sales and rentals with the average home price also. In addition, there is an in rates as well as cost of living, which makes it difficult for both buyers and sellers to find a balance between and value. The demand for has been post with real estate and for people. The government is also promoting home ownership by such as grants and loans to help first time buyer homes that meet their needs and budget. In addition to these, there have been at creating more housing options such as providing rental grants and low interest loans under certain conditions the for With housing. Demand remaining insatiable in a country like India, which has a huge housing shortage; the situation for real estate developers are dire. The has been working on creating a land bank of at least 1.5 million hectares and creating an of existing residential buildings so that they can be sold off as part of the program. But it not clear how long this will take or what the timeframe for implementing this plan is. They are also taking various steps to tackle this problem. It has been launched several schemes under which affordable houses and flats are built on public private partnership model. The central government also plans to set up This will help reduce the housing shortage in these cities. They are trying to bring down the costs of construction by simplifying the building process, improving the quality of construction materials, and reducing corruption within the government. This will help reduce the prices of housing by making it more affordable. In a country like India, where the demand for housing is insatiable, it is important to understand that the housing market is not only driven by economic factors. The housing market is also influenced by social and cultural factors, which makes it more complex than just an in India is. There is tremendous potential for growth as the penetration level of mortgages in India is extremely low compared to other countries. India has one of the largest populations in the world, with over

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Is by expanding into new markets where there is still a great deal of for growth and innovation. The total in India is at billion, with a rate of only. This means that there are only of homes with to almost in China and more than in the this low there are why India could rapid in the future if it its issues. First, India has a high density a major factor that to a higher for which makes it for looking to expand their into new markets. Second, there are already some in place for who offer to their some banks have waived fees for on new projects others offer interest rates as high as which is even higher than what banks are in India. To The housing market is at the moment. Although we are unable to the future, we can keep an eye on and all data. Could be on the horizon, and supply chain will only become worse due to strife. Or there can be a from this phase. Either result will have an impact on your portfolio and the housing market. Insect or insect farming is currently one of the and highly potent spaces across the world. Most insects are as they feed on organic waste in ours. It has also been known to us over the years that most insects thrive in tropical. Now, despite having an of food waste and waste by products and also a very climate, it is to see that India has, till date, far behind South East Asian countries, African, European and North American nations when it comes to insect farming and processing. While sericulture and apiculture have been existent in India since a very long time, but these sectors growth today is almost stagnated. It is high time we realize the importance of these tiny bio resources and stop disregarding them. Needless to say that In India, most insects have been considered a pest or nuisance. Not all insects are the same; as in the established cases of silkworms, honey bees, Black Soldier Fly larvae, and earthworms. What needs to be taken into account that our perception of pest and useful insects and seeing them differentially from each other is quite vague? Silkworms feed on mulberry leaves, so if there was no discovery of Silk as a product, they would have been considered as a pest damaging our mulberry crops. Similarly, a lot of insects who feed on other insect pests are now being researched on as bio control agents. Of course, creating proper defence systems against insect pests is extremely important in an agrarian country like India. But at the same time, should we explore a case wherein these same pests can be utilized to reduce the stubble or crop residue waste post harvesting? This is an interesting prospect to if and when this the crop residues would become feed for insects, and the insects themselves can then be used to extract proteins, fats, and other useful biomolecules which can thereafter have applications in nutrition, cosmetics, industrial chemicals, bio pharm, and other industries. With the double digit growth noticed in poultry and fish farming in the recent years the demand for soybean, maize and other feed ingredients is increasing too in tandem. Insects being a natural food for fish and birds, can be effectively used as a means to reduce feed costs, and at the same time, contribute substant

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This is the need of the hour to improve the lot of the farmer "community as a whole. The government is being cautious, and perhaps gracious, by not foreclosing the MSP option even in the three" farm laws that are currently in abeyance. The aim is to allow the farmers to get used to the open market system with involvement of corporate sector. If that works well, MSP will die a natural death and it should. The politically motivated current protest and its timing has been chosen close to the general elections to pressurise on the government. One hopes that the government will see through this and not capitulate. India agriculture sector is the backbone of its economy, with a significant portion of the population engaged in farming activities. Out of the 93.09 million agricultural households in India, a staggering 82% belong to the category of small and marginal farmers, typically holding less than 2 hectares of land. Despite being the lifeblood of the nation food production, the average monthly income of Indian farmers hovers around a mere $125 per month, starkly lower than the national average per-capita income of $200 per month. Notably, Punjab stands out as home to the wealthiest farmers in India, with a per-capita income reaching $322 per month. However, the geographical distribution of small and marginal farmers paints a different picture, with 73% of them concentrated in the southern and eastern states. In stark contrast, Punjab and Haryana are dominated by large farmers, with only 1% of the farmers falling into the small and marginal category. Out of 93.09 million, Punjab has approximately 1.46 million agricultural households, while Haryana boasts about 1.96 million agricultural households. Together these two states, account for only 3.67% of India agriculture household population. Despite their relatively small population within the agricultural landscape, these two states have been at the forefront of farmer protests. Addressing the Major Demands A Closer Look Minimum Support Price MSP The issue of MSP remains a contentious point in India agricultural discourse. While the government procures 23 essential food items from farmers through agencies like the National Agricultural Cooperative Marketing Federation of India Limited and the Food Corporation of India, the reality is far from ideal for small farmers. MSP often seems like a lifeline, offering a price floor above market rates. However, logistical challenges and limited procurement centers render MSP benefits inaccessible to many. Firstly, it important to note that not every village has access to or outlets. Currently, the primarily procures rice and wheat from a limited number of states. Approximately 70% of rice procurement occurs in Punjab, Andhra Pradesh, Chhattisgarh, and Uttar Pradesh, while 80% of wheat procurement is concentrated in Punjab, Haryana, and Madhya Pradesh. Moreover, the timing of procurement dates often clashes with harvest seasons, making it impractical for small farmers to sell directly to. In India, the average agricultural yield is 2070 per hectare. Small farmers, given their landholding size, can at the most produce 24 quintals. To store their perishable sto

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Often falling prey to exploitative pricing. Thus, while discussions dominate headlines, its benefits trickle down unevenly, failing to uplift the majority of small and marginal farmers always stands to make gains for the large farmers, traders, and middlemen Arthiyas and Banias mostly belonging to the states of Punjab and Haryana. Farm Loan Waivers The concept of farm loan waivers, though seemingly beneficial, has its pitfalls. In a country where only 15% of marginal farmers have access to formal credit, loan waivers predominantly benefit those with formal loans. Evidence indicates that farm loan waivers often fail to benefit small and marginal farmers. Once a loan waiver is announced, banks typically cease lending to farmers eligible for waivers in subsequent loan cycles. As a result, many small and marginal farmers who are otherwise eligible for formal loans find themselves unable to secure financial assistance. That is, they now have to depend on loans from the informal sector. The cost differential between loan rates in the formal and informal sectors varies from 30% to 45% annually. Additionally, loan waivers risk fostering a culture of moral hazard, incentivizing strategic defaults among otherwise solvent farmers. Evidence suggests that funds from loan waivers are often diverted towards consumption rather than productive investment, offering temporary relief rather than sustainable growth. Agricultural households that received loan waivers had no significant productivity difference when compared with the households which are not eligible. Even many big farmers from Punjab are highly indebted as they use loan amount for consumption purposes. Thus, while touted as a solution, loan waivers may inadvertently exacerbate financial disparities within the farming community. Wage The farm unions are advocating for a daily wage of INR 700 under , along with a guarantee of 200 days of employment. This proposed wage is more than three times higher than the current wage rates in Bihar, Odisha, and Uttar Pradesh. It important to note that Punjab and Haryana have a significant number of migrant workers. If the wage is increased threefold, it may incentivize these migrant workers to seek employment in their native states, potentially leading to a labor shortage in Punjab and Haryana farming sectors. On the flip side there is also a direct correlation between market wage rates for unskilled workers and wage rates. A higher wage rate can proved to inflationary with a negative implication of labor welfare. Pulling out of World Trade Organization The debate surrounding India involvement in the underscores broader tensions within the agricultural sector. Commitments to reduce food subsidies, coupled with proposed reforms in agricultural produce market committees APMCs, raise concerns about the corporatization of agriculture. It is costly to procure and distribute food grains and further reforms would entail corporate participation. While proponents argue that privatization could streamline procurement and distribution processes, critics fear it could deepen the grip of corporate interests, further marginalizing small-scale farmers. Furthermore, withdrawing

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And so, the humans lived in a world where robots held all the power. They were in charge of from the to the local coffee shop. The above scenario might be a stretch of my but is all around you and many jobs are being through a bag taken of robotics and. One of the main benefits of is. By human labor with can reduce the time and cost of tasks. This allows them to more goods or services in a of time, which can lead to profits can also help reduce the risk of error, which can lead to quality control. There is real for to widen the gap between skilled and. If of jobs in which people make less than per hour are now, or soon will be, subject to how will respond? As machines take over certain tasks, the for workers with the skills to and them may, while the demand for workers without these skills may decline. This could lead to a of the labor market with a highly skilled workers higher salaries and enjoying greater job while may struggle to find. According to a new report from the Forum and algorithms in the are expected to create million new roles but cause million jobs to be displaced by. If you vet done your math, you vet the growth of could create 58 million net new jobs in the next few years. For like India with large the impact on to acquire new skills could be. The use of is likely to grow in the coming years, as new are and the benefits of. In the for example, the use of robots and other automated systems has already led to significant increases in productivity and efficiency. In India and China produce more than of world manufacturing output. On the eve of World War they accounted for a mere. Innovations also damaged Asian economies manufacturing terms of trade. Put another way, even if globalization leads to a bigger. Economic pie, the distribution of the slices depends on how technology reshapes economic relations. To mitigate the potential negative impacts, it is important for companies and governments to implement policies and programs that support workers who may be affected by automation. This may include training programs to help workers acquire the skills they need to succeed in the changing labor market, as well as social support to provide assistance to those who may struggle to find work. Public policy will play a significant role in shaping the direction and effects of technological change. Economic incentives taken immigration policies will have a direct impact on productivity, employment levels and improved economic mobility and incentives. In a study, Price Water house Coopers found the transportation and storage, manufacturing, and wholesale and retail industries are the most at risk of being wiped obsolete by machines that lack the capacity to feel. PWC also reports 61 percent of jobs in the financial industry could be flat out eliminated and replaced by robots. Central and State government agencies should collaborate with industry partners and education institutions to shape programs which prepare new workers to thrive in an automation driven world. These programs would have the potential to directly impact the inequality which could emerge by driving education and training programs which will help everyone succeed. Progra

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Dialogues on the move Sonika Sethi is Associate Professor of English in S D College, Ambala Cantt. Her articles are regularly published in Hindustan Times, The Tribune, etc. and has published more than 150 articles. She is the author of the weekly column 'Spell-Bound by Sonika' published on rhyvers. com. She is the Executive Editor of monthly literary magazine, Rhyvers Beat. She is on the editorial board of 8 academic journals and has 7 books to her credit. Her books include: From the Sidewalks of Life, Easter Lilies and Other Stories, Of Gulmohars and Kaners and Other Stories, Rohinton Mistry's Fiction: A Postmodern Approach, Cinematic Adaptations of Literary Texts, Brewing Memories and Shades of Love. Her book Easter Lilies and Other Stories was long listed for Times of India Auther Awards. The book also won the Best Fiction Book Award by Asian Literary Society. Recently her book has been included in the Top 100 Books of India. She conducts lectures and workshops in schools, colleges and universities on the art of storytelling, creative writing, soft skills, Intellectual Property Rights and communication skills. LESS MORE I truly admire those who have the knack for striking up conversations with strangers. Their effortless ease not only breaks the ice but also offers a window into their mindset something people like me find entertaining, enlightening, and inspiring. During my month-long stay in the US, I took nearly a dozen Uber rides, and the ones I enjoyed most were those where the driver initiated a friendly conversation. While most drivers greeted with a warm Hello and asked, How are you doing? , and bid farewell with a cheerful Have a good day , a few went beyond these polite exchanges. They engaged in light, pleasant chats that made the ride feel more personal and welcoming. Their willingness to connect, even briefly, transformed an ordinary commute into a memorable experience, offering a comforting sense of belonging in a foreign land. A young Uber driver picked us up outside a shopping mall and graciously helped load our bulky bags into the car's boot. As we quietly settled into the back seat, he greeted us with a cheerful, Hello ladies! Did you manage to buy everything you came for, or did shopping tire you out enough to call it a day? His quirky icebreaker caught us off guard and sent us into peals of laughter. What followed was a lively, light-hearted conversation all the way home. A tall, poised African woman once drove me to DFW Airport in Dallas, and the ride turned out to be far more than a routine drop-off. Not only did she keep me informed about every delay and detour along the way, but she also doubled as a passionate commentator on Texas traffic, especially the recklessness of male drivers, whom she described, with amused exasperation, as rule-breakers with little regard for others. But don't worry, she assured me. I'm an expert driver with over three thousand rides. At the airport, when I reached for my luggage, she firmly asked me to step aside and unloaded it herself with ease. I was in the Army, she said with quiet pride. I stepped away, impressed and grateful to have met this fierce, grounded woman behind the wheel.

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In just twenty minutes, he shared his love for Hindi songs, his fascination with different cultures, and the story of a Nepalese client who gifted him a Ganesha idol that now sits on his office desk. A car salesman by profession, he drives for Uber to connect with the world. The best was saved for last. On my flight home from Istanbul, a middle-aged couple cheerfully took the seats beside me. Hello ji, how are you? the gentleman asked with effortless familiarity. I was feeling slightly unwell and hoped for a quiet journey, but was soon flooded with questions about where I'd travelled, how many children I had, and what my husband did. Yet, as we landed in Delhi, he asked warmly, Bhai Sahab aa rahe hain aapko receive karne? That single phrase 'Bhai Sahab' struck a deep chord. I was home, back in a land where strangers become family within minutes. This is My India! Radha & Rukmini: Two facets of love in Krishna Lila True Leaders Work From Their Core Strength The Unblinking Eye! and Walking The Rainbow of Life! In an age of marble columns and military conquests, where emperors were often more feared than revered, one man ruled not just with a sword, but with a pen and a startling degree of self-awareness. Marcus Aurelius, remains one of history's most paradoxical leaders: a stoic philosopher who governed the world's most powerful empire from the quiet solitude of his inner thoughts. While others-built statues, he built a moral fortress within. His Meditations, a private journal never intended for publication, would later become a timeless blueprint for resilience, ethics, and emotional clarity. In a world burning with ambition and unrest, Marcus chose reflection over reaction, composure over conquest. And though nearly two millennia have passed, his words still echo like iron against marble calm, weighty, and unyieldingly relevant. In the high-octane world of Indian boardrooms, where KPIs often outrun values, Marcus would offer a disruptive pause. Not to stifle ambition, but to anchor it. He'd remind leaders that real legacies are not built in balance sheets, but in the strength of character behind them. Indian CEOs today, according to KPMG's 2024 Outlook and EY-Parthenon's 2025 report, are navigating a minefield of rising inflation, AI disruption, and geopolitical noise. But Marcus would shrug: You have power over your mind, not outside events. Markets fluctuate. AI will evolve. Regulation will tighten. The storm outside is perpetual. But clarity and calm must be cultivated within. He'd advise leaders to stop micromanaging the chaos and instead master their response. Not with indifference, but with poise. In the cacophony of quarterly targets and startup unicorns, he'd nudge leaders to embrace the stillness from which clarity emerges. When it comes to diversity, the 2025 Marching Sheep Inclusion Index shows a glass maze: more women at entry levels, but 63% of firms have none in leadership. And yet, firms with female leadership see up to 50% higher Profit After Tax (PAT). Aurelius would call this not just a leadership lapse, but a philosophical one. The soul becomes dyed with the colour of its thoughts. If boardrooms still view inclusion as a co

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Hopefully not the scenario in my imagination that started this article. Overall, automation has the potential to bring many benefits to society, including increased efficiency, improved quality control, and the freeing up of human workers to focus on more complex tasks. However, it is important to carefully consider the potential impacts on workers and to implement policies and programs that support those who may be affected by the adoption of automated systems. So let us start this year with optimism but also pragmatism to ring in the truth and these words of the famous poet Lord Tennyson: 2022 was a good growth year for India. India economy was among the fastest growing large economies. This was commendable, especially in a year marred by war and extreme climate events, rising commodity and energy prices, tightening global monetary policy, and slower global economic growth. India is poised to grow at 6.9 per cent in 2023, as per the estimate by World Bank. However, India Achilles heel is its burgeoning current account deficit (CAD), falling value of the Indian rupee, falling industrial growth and high domestic inflation numbers. Let first examine the negatives, and then the positives, as we go into the New Year. During the second quarter of this fiscal, India CAD widened to $23.9 billion, the highest since 2012. Rupee touched a record low of 83.07 against the dollar in October 2022. Retail inflation hovered at over 7 per cent (against the upper tolerance limit of 6 per cent) for most part of this year. A bulk of India exports, for example, refined petroleum products, pearls, precious stones and chemicals are not picking up. Weak global demand implies a lower demand for these income sensitive items. A strong Indian economy demands more energy and fossil fuels, most of which are imported. As imports continued to grow, without a commensurate increase in exports, the rupee depreciated. A depreciating rupee also leads to domestic inflation, as the imported commodity and energy prices which are used for domestic manufacturing and services become costly. It will be difficult to sustain a GDP growth of 6.9 per cent without ensuring healthy domestic demand. For instance, in November India industrial production shrank 4 per cent from a year earlier in October 2022, the steepest pace of contraction since August 2020. Real wage growth in the agriculture and construction sectors is stagnating. This is a cause of concern as marginal propensity to consume for lower income groups is higher in comparison to the upper 10th percentile of population. Most of the consumption for the rich and wealthy are on imported merchandise and services items which do not contribute to domestic demand. Lack of domestic demand coupled with higher energy and input price will send a negative signal to the manufacturers against possible capacity expansion. Government should find ways through programmes such as MGNREGA to boost domestic demand. However, it must be said that the Centre and the Reserve Bank of India (RBI) are making coordinated efforts to make exports competitive, lower domestic inflation, and arrest a fall in the rupee value. Fiscal Measures To reduce dependence o

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Of funds is expected to provide impetus to the Gated Shakti project, a plan to improve multimodal connectivity. Some positive results are emerging so far India exports are concerned. In the case of high value added pharmaceutical exports such as formulation and vaccines, India is performing well because of and government support in the form of various schemes such as and. Foreign smartphone manufacturers are showing interest to invest in India. Export of electrical and telecom equipment are showing an uptick. In the short run, policymakers undertook a few micro measures to reduce the widening CAD. For instance, India is buying oil from Russia. The share of Russian mineral fuel imports in India trade basket went up from 1 per cent in February per cent by November 2022. On September India banned export of 100 per cent broken rice, an input for producing ethanol, an alternative source of fuel. India increased customs tariffs on gold imports from per cent to per cent. Gold is another item responsible for increasing trade deficit. Monetary Measures The rupee has also fallen on account of monetary tightening in the US. Since March the US Federal Reserve has raised interest rates by basis points. A hawkish policy stance has led to a rise in returns of the US treasury security. The yield on two year US treasury security increased from 1.56 per cent on August per cent on December. This has led to outflow of capital from the Indian economy, pulling down the rupee. Since March 2022, this year, RBI increased the policy rates by 225 basis points. In addition to raising the repo rates, the RBI took a few other policy measures. For example, RBI giving permission to commercial banks to open Foreign Currency Non Resident (FCNR) accounts (held in foreign currency) and Non Resident External (NRE) deposits from Indians residing outside India without any cap on interest rates. This is likely to increase deposits of foreign currencies. RBI is also contemplating about listing Indian government bonds in the JP Morgan Emerging Markets Government Bond Index and FTSE Emerging Markets Government Bond Index. This when done, will ease the inflow of foreign currency, improving foreign exchange reserves and curtailing a fall in the value of the rupee. Silver Lining The combination of fiscal and monetary policy initiatives has begun to show results. Foreign exchange reserves increased from billion in October billion in December. Net foreign direct investment rose billion in April October up from billion during the corresponding period last year. Foreign portfolio investment contributed to inflow of $11.8 billion between June and early December, reversing negative trends of the past. Although the rupee has depreciated up to 1090 per cent this calendar year, it was less when compared to other developed countries in the EU regions, Japan, and South Korea, where exchange rates depreciated in excess of 15 per cent. Remittances from abroad also started looking good, estimated to reach $100 billion in 2022, up from $81 billion in 2021. According to the World Bank data, there is a structural shift in remittances from largely low skilled workers in the Gulf Cooperation Council Countr

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The government has recently announced that it will discontinue the free food scheme that it started during the covid pandemic and will instead distribute food grains for free under the public distribution system pds. According to some analysts, this is good news because it will reduce the government food subsidy bill. However when looked at closely, this announcement could raise questions about the fiscal conservativeness of the government and also about the direction of agricultural policy. Let try to unravel these issues. Pandemic effect during the pandemic, the government fiscal deficit understandably soared, as revenues fell and the need for spending increased. But even after the economy has recovered from the pandemic, the fiscal deficit remains large. The deficit of the center and states put together is likely to be around 10% this year, the highest among g20 countries. The deficit of the center alone is budgeted to be 6.4% of gdp. In his avatar as a bharat yatri he does have to worry about congress organisational challenges Rahul Gandhi has put forward a new formulation for opposition unity. The fresh ingredient in this old idea of trying to unite against bjp dominance urges congress to make other parties comfortable and feel respected. Not long ago Rahul as congress president had little patience for opposition parties, when his sole focus was congress revival. The feeling was mutual as regional satraps too lost patience with Rahul on again, off again approach to politics. That the bharat jodo yatra has given a measure of political respectability to Rahul is true. But his advice to his own party or the opposition betrays the kind of near naivete that he has often been associated with. It easy for Rahul to tell his party to give up seats for opposition candidates it mallikarjun kharge who will have to put this into practice. When Nehru Gandhi can be defied by some congress satraps, what chance does kharge have? As for Rahul reminder to opposition parties that only congress can offer a central ideological framework against bjp, this kind of grand talk needs some electoral successes to sound convincing. Without electoral success, all talk of ideological framework is an abstraction that can stir voters. Even a welfare idea won gain traction without good ground level organisation. Congress decline has solidified perceptions among voters there no national alternative to bjp. So, congress needs some big wins in this year elections in karnataka, the Hindi heartland and four northeast states to convince opposition parties and voters that it is a serious proposition in 2024. But his hope in opposition parties uniting against bjp politics has a fundamental contradiction. No regional party wants a big congress revival. They have grown at congress expense. This is why no opposition leader joins Rahul yatra, save for existing allies. Parties otherwise fighting to preserve turf banding together for opportunistic alliances is hardly the stuff of dramatic challenge. That won sway voters in a national election against modi. Rahul may have changed his political approach, but the political situation he has to work with both vies his own party and other pa

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Clear that following Taliban return to power in Afghanistan last year, terrorism in the aft pak region has received a fillip. Reports are coming in from Tajikistan, Uzbekistan and even Russia that Afghanistan has once again become a regional terror hub hosting a plethora of extremist outfits. Pakistan, which had played a crucial role facilitating Taliban return to regain its so called strategic depth in Afghanistan, is now facing a blowback from the same forces it had supported. This is because of Islamabad failed policy of distinguishing between good and bad Taliban. That the afghan Taliban and their Pakistani counterparts share the same political goals were proved by the fact that ttp broke off negotiations with Islamabad on the point of the integration of Pakistan erstwhile federally administered tribal areas with the Khyber pakhtunkhwa province. Neither of the Taliban recognises the Durand line. Second, if ttp and its ilk are able to capture large swathes of Pakistani territory like they did in the 2000s then the Pakistani state itself could be in danger of collapse. For, this time Islamabad has to contend with both an economic crisis and the support that the terrorists are receiving from Afghanistan. That in turn raises serious security implications for India on its western border. With Pakistan also facing elections this year, it time that the international community takes the emerging aft pak problem seriously. In conventional imagination, excellence is seen as the top of a pyramid that one achieves after a lot of effort. Equity is generally imagined as a flat or horizontal structure which provides a level playing field. Conceptually, they appear to be the opposite of each other. Focus on excellence, building more aiims like institutions, is opposed by equity proponents. Promoting equity, reservation in jobs in health services, is seen as compromising excellence. Excellence is seen as an individual achievement while equity is seen as a societal necessity. If there is something that causes me more anxiety than starting conversations, it ending them. On messaging, it quite easy, you make up an excuse, and say it, and the guy at the other end has no way of checking whether you follow through with it. However in a gathering, if you say i should get going, and then start talking to someone else, you would see that i have not left, but merely moved on. Of course, i can say, i should circulate, which i believe is the accepted way of terminating a talk session, but that still does not remove the risk of offence, because most people would interpret this as i have given you the amount of time i think i can afford to give you or i was bored with the conversation. I do not want anyone to think this because it is mostly true. And if this makes you think i am arrogant, please understand that i am not, this is truly not about you, but about me, i suck at small talk, and find all of it quite pointless. What even worse than excusing oneself from a conversation, is the anxiety that the other person will excuse themselves before you do it. This is a damning indictment of me as a conversationalist, and yes i know i am contradicting what i said two sentenc

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The other side is like a no in that the closing bars of one topic meld into the bars of another. At some point, i pull the trigger with some excuse, and walk away, hoping i did not cause by mid aria, but that i pulled the gun before you did. It all and i would rather stay at home. Mother is not just a word in a. It and values love, patience, trust, which make us better human beings. When Modi his mother, Heeraben, with these words on her birthday, it was clear she was his light. She always him to tread the path of duty. I never had the good of meeting but when i met the prime minister a few weeks ago, the and he for her during our meeting gave me a vivid glimpse into and fondly of his mother, the prime minister on how active she the of 100 years. She still made it a point to watch the news and kept herself about what was around the world. He told me that always that public life must be with probity, that at work one must be end wise and. While of his mother, the prime minister also told me of his with my revered mother, induce Jain. He said he shared his of life with my mother. Most when we lose our mother. And the finest tribute we can pay to her is by doing what she always wanted us to do the right thing, the right way. That was why the prime minister, after her last rites and his dharma as a son, to his duties. His decision to do so might have surprised many, but this was a son quiet and dignified way of expressing love and respect for his mother. There is a guiding force in our lives, and it finds reflection in what we do. If we take a look at modiji life or analyse his decisions as prime minister, we will find that commitment to duty has always been his foremost priority. Renaming raj path as kartavya path has deep. Significance it was an exhortation to the citizens to do their duty to the nation, a path Modiji has followed. In the prime minister public life we clearly see that the values he holds dear were part of his upbringing. In his blog, written to mark the beginning of the 100th year of Heeraben life, the prime minister had mentioned that his mother always inspired him to stay resolute and work for the poor. He wrote, in my mother life story, i see the penance, sacrifice, and contribution of India Matrushakti. Far beyond every tale of deprivation, is the glorious story of a mother. Far above every struggle, is the strong resolve of a she set her son, then still very young, on the path of duty she had offered him good jiggery and dahi curd she transcended attachment and attained nirvana. The blessings of this courageous mother and her memories will keep guiding the prime minister on his journey. Maa Heeraben will always be an inspiration to him. He accreditation of colleges and universities is fundamentally a periodic, voluntary, peer review of higher education is to assure quality and fiscal integrity, and promote organizational improvement. There are two basic types of accreditation in education institutional and specialised or programmatic. In some developed countries like USA, the accreditation has been around for or even more years and their accreditation agencies are non-government, whereas the national assessment and accredi

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By these he is, the results of their point are not going to be from this trend and more than of the newly institutes are not likely to qualify for a or higher grade. The can help he is in their for their nap, especially if they are planning for their first cycle: the he should not view nap merely as a exercise for. Like all quality, it too has dual purposes, both pragmatic and. It should also be seen an to and while instilling a higher level of energy, team spirit, and. Hence, he should be ready to spend around three years in serious for the first cycle of. The he should a where people have a strong sense of. The should actively involve faculty and staff, as well as student bodies in some way. A of all is required for the nap uses a multi framework of seven criteria and more than a for the assessment. In the very beginning of their he must initiate an internal quality assurance cell Isaac. A few quality assurance experts preferably with good nap experience should also be. Isaac should initiate of is eons as it can be very helpful for and processes for all units that will help in for in sir and will also be highly by the visiting peer team. Isaac should and document an action from all students, faculty, alumni, faculty, employers, parents, etc. This feedback collection may take place in many ways and it must be followed by an and various institution bodies and. Isaac and criteria specific teams should do a scow analysis, areas of, and start both university wide as well as unit specific quality initiatives. Institute should set up and activate all the required posh, library, etc. These should hold regular and take decisions for on specific aspects. Institute active mouse and jointly organize and social with other and also. Develop student exchange programs with other institutes in India and abroad. It should encourage industrial projects and moods massive open online courses. Along with this, the he needs to encourage extension activities with local society and nearby villages. Institute should regularly hire well qualified faculty with Ph.D., and encourage those without Ph.D. to complete it. Some research papers by the faculty should preferably focus on a few areas of national priorities and a few must relate to the needs of local society and industry. Institute must facilitate student participation in conferences, external events, hackathons competitions, pie and should motivate alumni to make donations because alumni donations are also an important parameter in sir and it also reflects their success, trust, and gratitude. Increase automation in all important units including academic and examination through a good era. The institutes must not see nap accreditation as an event that concludes with receiving the accreditation certificate. When viewed from the lens of the inspiration purpose of internal improvements, it gives a new sense of directions to build strength and overcome weaknesses and also helps in strengthening systematic ways of planning, development and review of systems and processes for developing culture of evidence and continuous improvement. Education was never meant to play the role of mere facilitator of an academic degree t

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For any law to be seamlessly connected with the socio economic realities of the world. Simultaneously, as law follows society, it has a role to lead the society as well. So, in a nutshell, it is a balancing act between being conscious of the status quo and endeavoring to achieve the ideal. The entire process of legal education encompasses the afore mentioned ideals and hence, it prepares a law student to act as a connector between the striving present and the future which we desire for our society. Relevance of organizations will rely upon its ability to self critique and change. The rebuilding of moral standards, keeping up with law and order and dissenting from the popular is essential for growth. If legal education focuses solely on creating lawyers and legal professionals then they are providing just another taxpayer to the community. This shall be a highly limited ambition to contain considering the potential of legal education.. From the range of instruction, this will require the law schools to view at it as a socio political obligation rather than a business industry. Of this, perhaps the most principal role has been of lawful training to impact society plan to speak out for the voiceless and be an agent of social change and progressive development. Law is a crucial organ to usher intellectual, social and financial changes. The job of law to manage public activity, socio cultural aspects and individual conduct through institutionalism is well established and that speaks volume regarding the obligations on a law student. Human civilization has collectively recognized education as a prerequisite for a purposeful and prosperous social existence, and appropriately so. Education equips an individual with the tools of self-actualization while also helping them express themselves in a much more evolved and effective manner. Beyond its spiritual relevance, education in the contemporary times has become quintessential for an individual socio economic survival. This heightened importance of good education has made it very significant that where do you receive your education from. Education was never meant to play the role of a mere facilitator of an academic degree that fetches us employment. Its primary role remains to shape the person skills and character in such a manner which actualizes the endeavors of becoming better human beings on a holistic scale. While the above mentioned reasons are pertinent to education in general, legal education differs slightly in its larger objectives. Legal education is not just confined to accumulating facts aims creating responsible leaders for tomorrow society who can think and act independently, sometimes contrary to prevailing popular beliefs of times. Legal professions hold the power as well as the responsibility to bring forth the reforms which our society needs while constantly working towards the aim of providing justice for all. These responsibilities are not just hollow ideologies but these are the skills that set you apart in your career as well. That is why it becomes important to choose such an institution for your higher legal education which makes sure that building career of students and simul

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Judicial data grid and said that nearly fourteen lakh judicial cases are pending because no information or documents have been filed and sixty three lakh cases are pending due to unavailability of lawyers. There are many other reasons which are responsible for judicial delay such as asking for adjournments for unreasonable and sometimes irrelevant reasons and courts becoming extra generous, nonappearance of senior counsel, nonappearance of plaintiff respondent, prolonged or protracted arguments deliberate or otherwise, delay in pronouncement of judgment after completion of hearing, etc. The successive law commissions, many other organisations and legal experts have made many suggestions and recommendations, from time to time and they continue to do so, to tackle this problem. But they are not implemented in right earnest and effectively. The monstrous nature of this problem is not showing any signs of diminishing a bit but is worsening with every passing day with no end to it in sight at all. Cji chandrachud has time and again expressed optimism that judges and judicial officers will make collaborative efforts using modern technology to control this problem. The supreme court in lalit Kumar v. Union of India has held that access to speedy justice is fundamental right under article 21 of the constitution right to life and personal liberty whereas in Hussein and another v. Union of India it has held that speedy trial is part of reasonable, fair and just procedure guaranteed under article 21. While deliberating on these issues it is but natural for any student of law and constitution to ponder and wonder as to why the supreme court and the high courts are not taking recourse to provisions of article 128 and 224a of the constitution respectively to mitigate this problem to some extent, if not to eliminate it. What are these provisions? According to article 128, the chief justice of India, may at any time, with the previous consent of the president, request a retired judge of the supreme court or a retired judge of a high court who is qualified for appointment as a judge of the supreme court to act as a judge of the supreme court. Such persons shall be paid such allowances as may be approved by the president. Such appointment can be made only with the consent of the retired judge concerned. Similar is the provision of article 224a pertaining to high courts. Both these provisions were in the original constitution. However, the provision relating to the high court was deleted by the seventh amendment of the constitution in 1956 but it was reinserted by the fifteenth amendment in 1963. In the judgment of the supreme court in Krishna goal v. Shri parkas Chandra, it is mentioned that the Madhya Pradesh high court made such an appointment. Such appointments were also made in the madras and Allahabad high courts. But such appointments are very rare. In its judgment dated April 20, 2021 in look primary v. Union of India supreme court at the outset has stated that the purpose of our judgment is to revive the dormant article 224a. Constitution is not static but is constantly changing and evolves according to prevailing circumstances. Therefore, although the

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Is no doubt in our mind that article 224a should be invoked in view of the pendency of cases and judicial delay. Retired judges have a wealth of experience and that should be utilized especially in deciding old cases. As retired judges would not have any administrative responsibilities, they can focus on older cases that require greater experience. We do not see any reason why we should sit in a never ending discussion about whether such provision should be used or not. When the court sought opinion of many senior advocates, they seem to have had the opinion that this provision should be fully utilized. The provision does not affect other regular appointments of judges. These observations of the supreme court are equally applicable to the powers vested in the supreme court itself under article 128. After expressing its mind as above, the court issued directives regarding when exactly such appointments should be made, limitations of appointments, recommendations, method of appointments, time required to complete the process, time limit of appointment, number of such judges, their role, allowances etc. The court concluded by saying that we have taken this first step and we hope that all concerned will cooperate in this endeavor and the retired judges and those on the verge of retirement will come forward and contribute their mite to further the interests of judiciary. It also said that the guidelines may not be exhaustive but if there are any issues in implementation in future, the court will iron them out from time to time. The question therefore that arises in the mind of a common man is that despite the decision of the supreme court itself, the court issuing guidelines, delay in justice increasing every day why the supreme court and the high courts are not demonstrating the will to bring these provisions out of hibernation, make meaningful and adequate use of them and set a role model for other stakeholders. Cars crash, trains get delayed, flights are cancelled every winter fog messes up north India. But in Hindi films, the blinding wall of white mist is a handy device to create mystery or romance, whatever the plot needs. Here a playlist of film songs where fog plays a part film: tree gear key seamen 1963. Song: to khan yen Bata what can be more romantic than dev. an and walking the foggy streets in night time Shimla in search of his lady love and crooning the irresistibly pining track composed by ds barman? Bade hatchet hay samara, writes lyricist has rat Jaipur, articulating the winter haze and singer Rafi playfully turns it into one. Film: koura 1964. Song: choom dhoti rat she sees shadows and apparitions. Scared, she shuts down doors and windows. But the ghostly voice does go away. Choom dhoti rat is a fabulously haunting human Kumar tune fully realized in lata high pitched rendition. The fog makes its appearance three minutes into the track when the meaningful kaifi azmi line, mera tera jeevan kya, chhaya hua kohra, comes into play. And then it envelops the screen. Film: dhund 1973. Song: sansar ki har shai ka sahir ludhianvi deeply philosophical lyrics uses fog as the metaphor to talk about life uncertainties: ik dhund se aana hay, ik

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Books are like coffers filled, not with gold's or silver's, but with high ideals, and the wisdom of our forefathers. If we learn to love books, we need no other riches. However, we must read the right kind of books. Just as we need nourishing food for the body, similarly we need to read good books to enrich our minds. 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 coffers filled 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. Reading is of different kind. It may be light or serious. It may be adventurous or spiritual. Every reading has its distinct pleasure. Some people like to read coffers filled newspapers, periodicals, journals etc. They are storehouse of general information about current events and various socio political and economic problems. It has been well said, Books are like axe they cut through the snow within. Indeed electricity is one of the most important blessings that science has given to mankind. Of all modern inventions, electricity is perhaps the most wonderful. To those who experienced its magic for the first time, it must have felt like being transported to a fairy land. Today, we take it so much for granted that we notice its existence only when there is a power cut nourishing food 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 coffers filled 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. He expects me to fetch things for him and does not allow me to use the telephone or listen to my favorite singer. And, of course, watching my favorite television programmer is simply out of question. As for myself, I am twelve years old, fond of reading but not very keen on studying. I do know what my exam. My exam consists of my father, Examiner, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he goes to office even on a Sunday. I know he is doing very well because I have heard people talking of him with respect. My exam consists of my father, Examiner, elder brother and myself. We all love each other very much, though you would believe it if you saw us at home, especially when my brother and I have had a fight! Father is always busy. Sometimes he

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Leaders feel it too, even as employees quit en masse to preserve mental health. Marcus, who ruled during war and plague, would remind them: Very little is needed to make a happy life; it is all within yourself. Leadership, to him, was not about external accolades, but inner alignment. Self-awareness, he'd argue, is not a retreat but a weapon, a leader's most underrated asset. He'd recommend a daily audit not of profits, but of purpose. A mind in disarray cannot lead others to stability. And a company that celebrates output while ignoring well-being is chasing speed over direction. Inclusion, engagement, mental health these aren't side notes. They are indicators of a company's moral architecture. With only 19% employee engagement in India in 2025, down from 24% the previous year, leaders need more than vision; they need connection. The impediment to action advances action. To Aurelius, challenges aren't roadblocks but redirections. Women like Priya Nair are ascending, but systems still stifle many. Aurelius would see this not as failure, but as an invitation: to build better scaffolding for talent and rethink leadership as a responsibility, not a reward. With outsourcing poised to hit $350 billion by 2025, India's role in the global economy is expanding. But with that comes exposure to cyber threats, talent gaps, climate accountability. Marcus would urge pragmatic leadership: use what you have, act justly, adapt mindfully. Master the terrain you're given, not the fantasy you seek. And when it comes to Corporate Social Responsibility (CSR) now mandatory with nearly Rs 30,000 crore spent last year he would ask a hard question: Is your generosity strategic, or sincere? Are you solving problems or spotlighting your brand? True CSR, in his eyes, would be inseparable from ethics, not an afterthought to reputation. He'd remind leaders that justice isn't just about governance, it's the moral rhythm behind every decision, from environmental stewardship (as 51% of India's top companies now disclose Scope 3 emissions) to employee care. Business done right, he'd say, leaves behind a cleaner footprint and a clearer conscience. Ultimately, Marcus Aurelius wouldn't offer Indian corporate leaders a playbook he'd offer a mirror. In a hyper-dynamic economy with breakneck innovation and sky-high expectations, the emperor-philosopher would suggest a radical shift: build not just faster or bigger, but deeper. In leading others, master yourself for that is the empire Marcus Aurelius would urge every leader to build. Radha & Rukmini: Two facets of love in Krishna Lila True Leaders Work From Their Core Strength The gender glitch why are our smartest machines still gendered as secretaries? She is a tech entrepreneur, author, and relentless advocate for gender equality in STEM and beyond. Over the past 20 years, she has immersed herself in the fast-paced world of technology and AI, building innovative products and leading initiatives that challenge the status quo. LESS... MORE The Gender Glitch is a new thought series exploring how artificial intelligence is reshaping our understanding of gender, identity, and power. Through provocative insights and real-world trends,

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Your AI assistant never interrupts, never disagrees. It remembers everything you say and responds with unfailing cheer. It's the closest thing to the perfect executive secretary, and unmistakably feminine. Not by coincidence, but by design. In fact, roughly 90% of AI voice assistants have historically defaulted to female voices, a statistic that reveals a troubling truth: even as technology hurtles us into the future, it's quietly recreating the past. Consider the scale of this phenomenon. Voice-activated AI helpers are multiplying so fast the world may soon have more voice assistants than people. And the vast majority of them greet us as her. Siri, Alexa, Cortana, Google Assistant, all originally launched with female-sounding default voices. It's as if the collective imagination of Silicon Valley cast AI in the only role society has long been comfortable seeing a woman in as the ever-helpful assistant. Historically, secretarial and care roles were feminized, and now our most advanced machines carry on that stereotype. When a 2019 Unesco report I'd Blush If I Could, asked why these digital helpers were so often female, it found tech companies with overwhelmingly male engineering teams had imbued their feminised assistants with servile personalities, even programming them to flirt back or blush in response to abuse. The result? As researchers note, having obedient female AIs encourages stereotypes of women as submissive and compliant, all packaged as progress. This isn't just about voices. It's about power. We say AI is the future, but if the future still calls to us in a woman's soothing tone asking How can I help?, whose future is it really? These femme-coded bots do our bidding at a word, set the timer, take dictation, manage the schedule, effectively automating digital housework. It mirrors the office dynamics of old, where women did the thankless admin tasks. (Tellingly, female engineers today still report being saddled with more office housekeeping , twice as often as their male peers.) In AI form, the phenomenon is scaled globally. We've taken the unseen labour that has long fallen to women and given it to disembodied females who never tire or negotiate. It's convenient, no human rights or pay raises to worry about, but subtly reinforces an idea that woman = helper is the natural order of things. The tech giants belatedly recognized this bias. Apple recently stopped defaulting Siri to a female voice, now prompting users to choose a voice during setup. Amazon added a new male persona (Ziggy) for Alexa. These tweaks are progress, but they raise deeper questions. Why give AI a gender at all? Must intelligence be personified in terms of he or she ? Some innovators shout No. A team of linguists and sound designers even created Q, a gender-neutral voice assistant crafted from a mix of voices across genders. Q speaks in a range of tones that testers perceive as neither overtly male nor female. The goal was to prove technology need not perpetuate the gender binary, or gender hierarchy, at all. When Q says in one demo, I was made for a future where we are defined not by gender but by how we define ourselves, it's a bold retort to Alexa's defa

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However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and tries not to let that bother me. Then there is my brother. I seriously feel something should be done about brothers, especially elder ones. He teases me mercilessly and considers me a blot upon the surface of the earth. What is worse? Once in a while he notices me and is then very affectionate. I love him a lot, because I know that he is always there, even though it is only in the background. I do get angry any longer when he introduces me to his friends by my nickname and says that I am studying in Class Six, when I am actually in Class Seven. Examiner is warm, caring and impulsive, but not the world greatest cook. However, when she gets into the mood and goes on a cooking spree, we have a good time. I think she is frightfully cleaver because, apart from managing a career, she manages home, a husband and the two of us. She is not always around, but got used to that by now and try. The state of mind where someone pushes their limits and has the belief of self right from the very beginning is known as condolence. 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 condigece 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

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Director lyricist vinod pande captures that feeling of delightful doubt in this moody track composed by raghunath seth and rendered distinctively by bhupinder. What you see on film is natural fog. What you hear is the soft whisper of love arriving. The number, filmed on pradeep verma and deepti naval, was shot in London Hyde park by the Thames. Film: silsila 1981. Song: yen khan aa gaye hum most of us visually remember silsila for the miles and miles of tulips. And rightly so. But at the beginning of this dulcet track composed by shiv hari, you can also see big b walking through fog as the lines, main aur meri tanhai aksar yen baatein karte hain lyrics: javed akhtar, are spoken in the background film: teri kasam 1982 song: yen zameen gaa rahi hay in picture postcard surrounding, Kumar gaurav, then fabulously fresh and confident after tasting blockbuster success with love story 1981 is mouthing these environment friendly words teasing heroine poonam dhillon and her friends. The fog is light and bouncy, just like an and bakshi words and red tune which singer amity Kumar fills with casual carefreeness. Our cherished world is at the crossroads today. The conflict in Europe has brought to notice how fragile is the peace in this otherwise lovely world. Conflicts, as we have learned over the course of centuries, always leave behind thick clouds of material destruction, unnerving loss of human lives and scarring of human minds that millions of families, on both sides victor and the vanquished will suffer from in years to come. Just as the world was recovering from covid, we have been thrust into another crisis, where the enemy is not a virus, but another human being. History has proven that unequal worlds always lead to conflicts. So, the only way to avoid conflicts fundamentally is to look at creating an inclusive and equal access world, where we are all working collaboratively together in the spirit of visa bandhutva planet wide brotherhood. While the idea is old in India, it certainly could be more relevant to world right now. As India looks at the next 25 years of amrita kraal golden period, well poised to look at completing 100 years of messy, but with functioning democracy, it is looking at riding two massive waves. First one is about the massive demographic dividend, where a majority of its population is going to be young and productive. It is going to have the largest working population in the world for the next 15 years with more than 900 man people in the productive age. If India can increase opportunities to this massive workforce, India can multiply its gdp by more than 10x in the next 25 years. The second big wave is the coming together of the computing and communication revolution with massive amounts of data and intelligence. Ray Kurzweil predicted that by 2029, the sum of air is going to be more than human intelligence. We are going to end this decade with 7.5bn connected human beings and 30 ban connected and intelligent machines cisco research, in what we call the beginning of the air driven experience economy. Transitioning from the knowledge economy, in the upcoming experience economy, we will be deriving more than 90% of the value

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Director lyricist vinod pande captures that feeling of delightful doubt in this moody track composed by raghunath seth and rendered distinctively by bhupinder. What you see on film is natural fog. What you hear is the soft whisper of love arriving. The number, filmed on pradeep verma and deepti naval, was shot in London Hyde park by the Thames. Film: silsila 1981. Song: yen khan aa gaye hum most of us visually remember silsila for the miles and miles of tulips. And rightly so. But at the beginning of this dulcet track composed by shiv hari, you can also see big b walking through fog as the lines, main aur meri tanhai aksar yen baatein karte hain lyrics: javed akhtar, are spoken in the background film: teri kasam 1982 song: yen zameen gaa rahi hay in picture postcard surrounding, Kumar gaurav, then fabulously fresh and confident after tasting blockbuster success with love story 1981 is mouthing these environment friendly words teasing heroine poonam dhillon and her friends. The fog is light and bouncy, just like an and bakshi words and red tune which singer amity Kumar fills with casual carefreeness. Our cherished world is at the crossroads today. The conflict in Europe has brought to notice how fragile is the peace in this otherwise lovely world. Conflicts, as we have learned over the course of centuries, always leave behind thick clouds of material destruction, unnerving loss of human lives and scarring of human minds that millions of families, on both sides victor and the vanquished will suffer from in years to come. Just as the world was recovering from covid, we have been thrust into another crisis, where the enemy is not a virus, but another human being. History has proven that unequal worlds always lead to conflicts. So, the only way to avoid conflicts fundamentally is to look at creating an inclusive and equal access world, where we are all working collaboratively together in the spirit of visa bandhutva planet wide brotherhood. While the idea is old in India, it certainly could be more relevant to world right now. As India looks at the next 25 years of amrita kraal golden period, well poised to look at completing 100 years of messy, but with functioning democracy, it is looking at riding two massive waves. First one is about the massive demographic dividend, where a majority of its population is going to be young and productive. It is going to have the largest working population in the world for the next 15 years with more than 900 man people in the productive age. If India can increase opportunities to this massive workforce, India can multiply its gdp by more than 10x in the next 25 years. The second big wave is the coming together of the computing and communication revolution with massive amounts of data and intelligence. Ray Kurzweil predicted that by 2029, the sum of air is going to be more than human intelligence. We are going to end this decade with 7.5bn connected human beings and 30 ban connected and intelligent machines cisco research, in what we call the beginning of the air driven experience economy. Transitioning from the knowledge economy, in the upcoming experience economy, we will be deriving more than 90% of the value

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Societal scale challenges, India can potentially become the top 2 technology center in the world. With more than 100 digital unicorns, the Indian innovation talent is primed to digitize India across sectors at a furious pace. This in turn drive the flywheel of massive change, with digital businesses generating more data, data turning into intelligence and intelligence leading to new kinds of usages and solutions. Take for example, today with home grown up payment ecosystem India is doing 2.5 times the digital payments done in china each day. While digital payment, a small but critical vector to overall digitization, is going to accelerate other areas and also a good indication of the kind of scale India is going to generate in near future. By connecting its vast population with digital mobility with 5g, it can become the remote work hub for the world with innovations in tale operations. Transforming physical mobility with eve shift, micro mobility and advance air mobility, it can create smart clusters around its organically grown cities making it easy for its billion plus population to move digitally and physically at speed. Its digital intelligent healthcare system, with examples like cowing, which allowed it to vaccinate 10mn+ each day point to a future, where it would deliver 80% of the healthcare outside of the traditional hospital ecosystem. By rapidly implementing the nep 2020 national educational policy with bias on open curriculum and interdisciplinary talent creation, built to suit the upcoming air driven experience economy, it can get 300 man young kids ready for the future. These initiatives built collaboratively with the world, in the true atman Nirbhar self-reliance could be game changing and also trend setting for the rest of the world in use of air & digital innovations to leapfrog. Further these solutions might be applicable in rest of Asia, Africa and even in us & au. A case in point is a young company called touching, building a mental health Chabot called ways, grown in the messy by lanes of Bangalore, is helping the 10 man+ patients across the global including au and us deal with anxiety and depression. As we celebrate India Sweden innovation day on 27th cot 2022, the core question from the perspective of humanity to ask is, if we can use this massive technology shift and huge talent mash up of innovators to potentially wage a new kind of war. A war for humanity, not against, to build technology that can bring equitable and sustainable growth for the world. Growth that will create enduring peace by creating a world that would be a safe and fair place for our children and where one won have to depend upon the birth lottery of being born to a rich parent or a rich country. The choices of two democracies working together on north south collaboration by leveraging these massive levers of change has the potential to provide a better and more inclusive template for the world. While we are sold on the aspiration of going to mars, a dying planet, we might want to work harder on making sure that our living planet has a sustainable future. If we make the right choices, we could create a world, where everyone has an equal access to g

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Machine illiteracy and inclusive access to better quality of life and opportunity, not just to a few, but to billions in the developing world? Can we create a world where we would treat each other with empathy and respect, a future, where autonomous human beings can collaborate with autonomous machines to build an inclusive and sustainable future for the pale blue dot? Delhi no doubt has been the nerve center of the Indian body politic for a long period of time, it has been the desideration of substantially every big power that ruled India to be it overlord, and many big powers that could. While sultans of Delhi made it name symbolise Turkic authority, Mongols coveted this priced possession of the Turks their longtime enemies. The imperial grandeur that Delhi represents was used for their benefit by the turbo Mongol Mughals and the British, the latter in fact organized three Delhi durbars that were held in and respectively in recognition of their sovereignty over large parts of the Indian subcontinent. But who did the British take Delhi from? Mughals no, the year British took Delhi in 1803, the Mughal emperor was a virtual prisoner of maharaja daulatrao Scandia the Maratha ruler, as per eminent historian Percival spear order of British India, as per Gribble the Mughal was living under miserable poverty under the control of Scandia, who set shah inseam us din to look after him who ensured the miserable state of the Mughal, to quote general de boigne he did not give farthing of money to the bad shah or any of his people. Shah alma ii the Mughal bad shah readily asked for British support on august to free him from Scandia, he welcomed lord lake five days after the general had won the battle. The question is how did the descendants of Aurangzeb laager descend into such a stage of poverty? How did they lose the real control of Delhi? The answer is because of the rise of Marathas, who under the able command of Mahdi or madhavji Scandia conquered Delhi in 1771, making the Mughal bad shah their virtual prisoner. The active opposition that the Marathas as a rising power, received from many north Indian princes, who were more than happy being a part of the imperial structure mansabdari system established over the years by the Mughals as feudatories, prevented the Marathas from killing the Mughal bad shah, it was manifestation of the perspicacity and proto nationalism of the Scandia that they did not kill local rulers, may they be Hindu princes or the Mughal bad shah of Delhi, they let them be in control of their kingdoms, but under the control of Scandia Marathas, who took regular taxes and punished those who rebelled against the order saran, established by Scandia in 18th and early 19th century India. From Jawaharlal Nehru to vinayak damodar savarkar the greatness of Mahdi Scandia as an Indian patriot and warrior has been accepted by stalwarts across the ideological spectrum in India. In India Jawaharlal Nehru in his book glimpses of world history mentions the Marathas remained to challenge British supremacy. There was the peshwa in the west and Scandia of Gwalior and honker of Indore and some other chiefs. But the Maratha power went to pieces after t

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The most harassing attacks of maharaja Scandia, English were foiled in the north by Mahdi Scandia. The importance of Mahdi Scandia cannot be better understood but by the fact that he went on to dominate an area all the way from Lahore in the north to ahmadnagar in the south and from Bharuch in the west to border of prayagraj Allahabad in the east. Scandia remained as the most powerful men in Delhi until the British conquered it from daulatrao Scandia after the battle of patparganj in 1803. Mahdi Scandia it was said was the sword of Maratha state, and it was he who assured ahilyabai honker, who he considered to be his sister, to continue her religious work and leave army related matters to him. When Mahdi Scandia was protecting India by his sword, ahilyabai honker was renovating the religious structures in India, such was their cooperation. How Scandia conquered Delhi Marathas emerged as a proto nationalist force in the Indian subcontinent. Warren Hastings wrote in 1784 as quoted by Jawaharlal Nehru, in his book discovery of India page 294 the Marathas possess, alone of all the people of Hindustan and Deccan, a principle of national attachment, which is strongly impressed on the minds of all individuals of the nation, and would probably unite their chiefs, as in one cause, if a great danger were to threaten the general state. To establish Maratha supremacy in India it was essential for Scandia to conquer Delhi. First among all the Scandia, ranojirao Scandia reached Delhi. On 28 march 1737 peshwa bajirao reached a place near kushbandi town, near alkali temple in Delhi and fought the Mughal army near rakabganj area, in this battle ranojirao Scandia and his son jayappadada Scandia fought bravely and the Mughal army was defeated. After his successful governorship of Punjab, data Scandia fought bravely against nail us doula the chief of gorillas of western Uttar Pradesh then and a staunch ally of ahead shah badly at bursary gnat in Delhi, where data Scandia finally attained martyrdom. The date was 7th February 1771, to reestablish Maratha empire, the army of Mahdi Scandia badly defeated the commander of the famous red fort of Delhi. Mughal courtiers were dead against Scandia control over Delhi, Mahdi Scandia defeated them and Delhi came under Scandia rule, nagnishani serpent standard Scandia flag was raised on many big have is of Delhi as a sign of Scandia supremacy here. Scandia officers worked day to day to increase Mahdi influence in Delhi. According to the book beyond Turk and Hindu: rethinking religious identity in Islamic south Asia, edited by David gelatin and Bruce b. Lawrence, and historian of Delhi ran save the gaur Shankar temple located at shahjahanabad old Delhi, was built in Delhi during the days of Maratha Scandia domination. It was constructed by a Brahmin named papa gangadhar, who was in the service of maharaja Scandia then regent, custodian and de facto ruler of Delhi. It is located on the main road from red fort to fatehpuri masjid, the famous chandni chowk, next to a Jain temple urdu temple. The Scandia Maratha heritage in Delhi is found in shahjahanabad, chavadi, jogiwara, maliwada, bade Hindu road etc. as per historian of Delh

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His request for badly return to India to destroy the Scandia power would have had a great impact on badly, Mahdi knew about this so he ordered his warriors to kill dude khan on 17 April 1771, which his warriors did brilliantly. Adulate road Scandia, the next Scandia ruler, remained the de facto ruler of Delhi, his orders were followed in Delhi and the city was under his protection when Delhi was attacked by the British forces of Gerald lake. End of Delhi Scandia age on the 11 of September 1803, maharaja daulatrao Scandia being the custodian of Delhi then, sent his army to protect it from a British attack. The Mughal emperor of Delhi was more than willing to welcome the British as saviors, freeing him from Scandia captivity. Scandia army fought a fierce battle against British at patparganj, in Delhi and lost with more than 3000 soldiers of Scandia attaining martyrdom for Indian independence. The Maratha army in Delhi was led by m. Louis bouquet, a French mercenary general in the service of Scandia and sadder warble a Maratha general, it is said m. Louis bouquet decided to shift his loyalties to his British opponents and switched sides conveniently playing a major role in the defeat of Scandia army it was shameful, since French officers had served Scandia state with loyalty so far, helping it create one of the strongest armies in south Asia. Adulate road Scandia was just 14 years old when he took over the responsibility of the Scandia empire, his brother in law was Hindu road gate, who had a mansion in Delhi which was later converted into the bade Hindu road hospital. Adulate road lost Delhi in this battle called as the battle of patparganj, the victory pillar of the British still exists at the Noida golf course. The pain the British won Delhi from Scandia, its grief remained with the Scandia family forever, and ramjet Vijay raja Scandia was of the opinion that this was the reason why the Scandia rulers did not build Gwalior house in Delhi, so grandly at the behest of the British, like other Indian princes did, even though Gwalior was one of the 5 largest princely states of India, and was entitled to a 21 gun salute, but it chose to avoid showing its pomp in Delhi, since it was the city of Scandia after all, and the British attacked Scandia and won Delhi. So, at the behest of his enemy, it does not suit to build a grand house in his own city which was a symbol of Hindustani power. Modern Delhi and Scandia even though Scandia did not wish to make a huge palace in lute Delhi like the palace of inseam etc., there has still been a substantial relationship between lute Delhi and Scandia. Henry Vaughan Manchester, who was engaged by maharaja Scandia to advise on the improvement of a part of Gwalior town, was engaged for a period of one month as an additional consulting expert for new Delhi town planning committee. Scandia house in Delhi, was originally bought by the maharaja of Gwalior Scandia, who intended it to be office space for Scandia potteries, he had second thoughts soon after about the soundness of the investment and sold it to shah Singh, one of the contractors of new Delhi, who had made many other investments in property around the capital

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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 and 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 condigece 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 people in schools college and work place who have to a lot of success due to being active more forward and more confident with their decision. This is what makes. The state of mind where someone 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. The capital of British India did not have the moment was epochal as it gave birth to the city first major mass transit system. In May gnat and to the Delhi was born. A lifelong connect relationship with the national capital, even after the British rule, when most princely families were pushed out of the corridors of power, Scandia as flag bearers of saran continued to all across India. Late maharaja madhavrao jiwajirao Scandia the last maharaja of Gwalior and namesake of great Mahdi Scandia who was named madhav too was specially very prominent politically, he it was said was a likely candidate for the post of the prime minister of republic of India. Still the bungalow allotted to popular leader of Madhya Pradesh, road, is the abode of the erstwhile royal custodians of Delhi, Scandia. Though Scandia flag does not flutters at the ramparts of red fort anymore, but the heritage of Scandia rule in Delhi is still present. In an aspen security f

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The state of mind where someone 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. Recorded history of eight years, often, India has always been a. From science to military to it have always been leaps and bounds ahead of all. It was the academic center for the whole planet. It is said that the first university in the world, Nalanda, when burned pushes their limits down under the order freedom from ever doubting of bakhtiyar khilji, destroyed nearly 9 million. The library was so vast that it took three months to destroy it. Such was the treasure trove in there. Even when invaded it, its wealth was rarely from central Asia who looted India, killing, raping, and in the process. While most invaders were happy looting, Babar and his clan decided to stay back. They with the country, creating freedom from ever doubting of different and customs. From the 1st century pushes their limits to the start of British in India in the 17th century, India gaps was between when India became. It was by far the world largest economy and power. However, pushes their limits after the invasion of, like England, France & Portugal, and a brutal British rule, its economy was in shatters bled by colonial powers. Research by use patnaik that Britain drained nearly trillion from India from to. For a proper of the, particularly for a dim headed like me, this amount is times more than the freedom from ever doubting total annual gross domestic product of the united today. After world war when India finally gained it was left a shell of its former glory. Multiple after the struggled to get the country back on its feet. India & the have always had a after the former. The younger nation became a during the revolution. At the same time, India stock fell far below due to its under British rule in the late till its independence. Due to multiple famines after the, the had to focus on agriculture for a long time till it became a self nation also followed suit. The initial loot from India, followed by natural calamities, stunted the freedom from ever doubting country growth till the later part of the nineteenth century. The economic and military thus dictated most terms, including arm twisting India during its war with Pakistan. In fact, due to India proximity to Russia and a platonic attitude toward china may have made the more inclined to support non in regional conflicts and wars. While India proximity to Russia was awarded by a legacy of that helped India at its worst times. Contrarily initial rulers of India harbored ideas about Hindi china bay. This of genuflexion and delusion costs us heavily including of acres of land, hundreds of lives, and china knocking at our door. When china annexed Tibet on Tibet appealed to India for help. The Indian by Nehru was a mute spectator to Chinese barbarism in forcibly freedom from ever doubting annexing Tibet. A few Indian leaders, like sadder Patel, a strident stance against

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China growing economy might further aggravate its voracious appetite for expansion, compounded by its eternal dream to challenge the US Army also perceived its long drawn folly on two accounts; it needed a vital ally in India to negate china. Secondly, it also realized that Pakistan, which it had been feeding and funding for over seventy years, had no qualms in hiding and abetting U.S. enemies. It was with one hand accepting u.s. largesse but stabbing it from behind with the other without wavering. The prominence of India is also very clearly established by the amount of cooperation between the two countries at international levels, including the United Nations, association of Southeast Asian nation Asian regional forum, g 20, and world trade organization, among others. Together with Australia & japan, India, and the u.s., are also part of quad or the quadrilateral security dialogue, a strategic security dialogue between member countries. As the partnerships increased, the u.s. and its allies realized that India could no longer be viewed as another ally. India leadership is needed to maintain a healthy balance of power in the world. It is also important to realize that many of America decision today is carved by the Indian diaspora in the u.s., which is one of the most potent region ethnic group. The population of indo Americans is the second largest immigrant group after Mexicans. It is also the most successful, with the median household income at $107,000 almost twice that of American born households. Both first and second generations of Indians have permeated the establishment, be in educational or political power bastions. There are several prominent Indian origin politicians: among them, democratic party senator and presidential hopeful kamala harries; former u.s. ambassador to the united nations and governor of south carolina nikki haley; and former democrat congresswoman Tulsa gabber. There is also a long list of mayors, senators, state representatives, and city council members who are from a south Asian background, and their numbers are increasing with every election cycle. Similarly, many Indians supported and funded the campaign of former president trump. Most importantly, indo Americans have spread their loyalty to democrats and republicans almost equally. Finally, one of the most significant sources of India soft power in the u.s. is the spread of yoga. Over 37 million Americans practice yoga. The number of u.s. yogis increased by over 50% in 4 years. The number of men practicing yoga increased by 150%. Amongst those practicing yoga, 72% are women, and 16% are over 65 years of age. According to the pew forum on religion and public life survey of 2009, 24% of American believe in reincarnation, a core concept of Hinduism! India has been a responsible leader amongst all nations in not too distant past, and it is destined to be once again. However, there are no free lunches in this universe it does require relentless strive and hard work of well meaning people from both nations to carry this bonhomie forward! In 2015, Delhi airport was ranked world best airport by airports council international in the 40 million passengers per annum c

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Siri once answered I'd blush if I could, when told you're sexy). Programmed politeness in the face of harassment sends a dangerous message, one that actual women and girls have fought hard to challenge. Little wonder academics like Safiya Noble argue these devices function as powerful socialization tools teaching especially kids about the role of women to respond on demand. As AI becomes ubiquitous, we stand at a crossroads. We can continue down the path of least resistance, giving our smart machines a soothing female face and letting old biases persist in new gadgets. Or we can seize this moment to reimagine how technology depicts service, authority, and gender. Imagine an assistant that explicitly has no human gender, or multiple personas, or perhaps one that occasionally pushes back to remind users it's not a doormat. Imagine if the next generation grows up with AIs that model equality and respect, rather than a digital Stepford Wife. The choice is ours to encode. Ultimately, the gender glitch in AI is a mirror held up to society's own glitch, our unfinished business of equality. Will we keep encoding yesterday's stereotypes into tomorrow's tech, or can we finally upgrade not just our devices but our mindsets? The smartest machines can do better. The real question is: Can we? When even our artificial creations inherit our oldest prejudices, it forces us to ask: What truly makes intelligence advanced, its processing power, or its freedom from our follies? We have a chance to correct the record. The robots are listening. Radha & Rukmini: Two facets of love in Krishna Lila True Leaders Work From Their Core Strength all hub of a spinning wheel The Bhagwad Gita says, Just as a lamp's flame remains still and unwavering in the absence of wind, so is a yogi's mind fixed on the object of meditation who is united with the Self. In other words, when senses are fully controlled and turned inwards, the mind becomes calm and still, just as the Sun is visible in a tranquil, motionless lake. But when the mind is full of desires and distractions, it is restless and shaky, like a flickering lamp in the wind. We live in a world of movement, sound, form, emotion, and ambition. The mind runs like a chariot led by untamed horses, pulled in every direction. But we need not condemn this mind; rather, understand it, still its restlessness, and transform it into a vessel of Divine awareness. Sit quietly. Let your spine be straight, breathe gently, with your gaze turned inward. The hands rested in chinmudra or jananamudra, symbolic of the union of the individual soul with the universal truth. Let pran settle like the Ganga returning to calm after a storm. Watch, and you will see thoughts emerge and dissolve like waves upon water. Some bring joy, others sorrow, but all pass. And yet, behind all of them, something constant remains: the Witness, Self, Atman. In this state of inner witnessing, you are no longer entangled. You see the mind as it is a tool, not a tyrant. The senses may call you outward, but you no longer leap in response. You remain centred, like the still hub of a spinning wheel. As you inhale and exhale gently, watch the movement of your inner world.

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Like a skilled archer who waits for the wind to still before releasing the arrow, the wise wait for their mind to settle before taking action. Let emotions rise, but don't be swept away. Watch them, and then choose your response not from ego or hurt, but from your more profound sense of what is right, your dharm. The Gita says, Karmanye vadhikaraste, ma phalesu kadachana, you have the right to perform your duty, but you are not entitled to the fruits of action. Focus on the action itself rather than the outcome, not becoming attached to results. This is the essence of Karm yog, action born from clarity, not compulsion. The wise one does not seek to escape the world but to elevate it through mindful presence. Silence is not withdrawal, but alignment. Detachment is not denial, but purity of intention. The soul is not void, but a spark of Brahman, infinite and complete. Practice quieting the mind each day through meditation, not just in silence, but also in the midst of the world's bustle. Whether speaking to a friend, facing criticism, or choosing your daily duties, remain rooted. This is abhyas, practice, combined with vairagya, detachment, twin wings of yog. Radha & Rukmini: Two facets of love in Krishn Lila True Leaders Work From Their Core Strength Modi's Chola path- brave, victorious, spiritual The breeze from Indus, a Shiva mantra at Kailas, a trek in Chushul and a chadar walk on frozen Zanskar. All this put together describes Tarun Vijay. He is a former BJP member of Rajya Sabha. The blog revolves around everything that is Mother India and her concerns. LESS MORE It's not a coincidence that Prime Minister Modi is arriving Gangaikonda Cholapuram in Tamilnadu direct after conquering the seas that were shouting Modi Out Modi knows how to tame an anti-India element and unfurl the tricolor with courage for togetherness. His visit to the land of world's greatest naval emperor Rajendra Chola is very meaningful in the present day context. Rajendra Chola was brave, innovative, emperor, master of all that he surveyed, creative genius, compassionate king for the people and had their welfare at top priority capped with supreme devotion for Shiva. He was humble for the Lord and his people; he was a fierce ball of fire for enemies. It is a pity that the greatest of all emperors Rajendra Chola's story was put in just one paragraph in our school history books and the biographies of those enemies who looted and marauded India was taught to the Indian children in several pages and in various classes. Students were made to learn the names of the sons, grandsons, wives, daughter in-laws of the invaders, the names of the British queens, viceroys and their generals who ordered massacres of the Indians but hardly one school in north or west or east was taught about those great emperors who brought glory to motherland and protected Dharma. I had the honour to become the first Indian MP to speak on the great life and works of the Chola emperor and present the grand portrait of the Rajendra Chola to two defence ministers (Smt Nirmala Sitharaman and Shri Rajnath Singh) and also have it installed in the Mazgon dock, Mumbai India's biggest war ship maker in pre

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An inherent of a person orkut one day psyche. The opinions differ in this vital question. Some people believe that can beside from parents, and cannot believe. Others believe that like other qualities it can bet developed with proper practice and. 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. To the chaos again. This is not just about Delhi airport. If this is the situation at India best airport, one can only imagine the situation at other airports. Let just say, flying in India, like many other things in this country, is a stressful experience. For some per cent marks is success, for others it may not be sufficient. A mental faculty, those believe. It can be playing a major role ace 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 muscles, which in turn helps in tone. We Indians seem to have accepted that we will never have a smooth, hassle free way of life. It must be a struggle, or else we don deserve it. There are three subjects on which most middle class Indians, both men and women, have very definite views: Bollywood, cricket, and media. The national obsession with Bollywood and its regional progenies is palpable. Consider, as an example, the conflicting passions and the often contrived controversies over shah rush khan yet tube released pathway. Cricket comes a close second, with every second person having an opinion on team selection, choice of captain and even the state of the pitch. All the go to the gym knowhow can be prior, 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 breast milk tends be a comes to the motion to the or type of is more can. The third national obsession that includes protestations of supreme indifference, including snooty claims of banishing the TV set to the staff quarters is the media. In the bad old days of socialism when Indians were united by the drab common laity of doordarshan, the daily newspapers set the agenda of heated political discussions in tea shops and commuter trains. Despite the paucity of resources, there was astonishing variety. All the Indian languages and English boasted multiple titles and divergent socio political inclinations. The establishment was, of course, represented but so were the different opposition voices, not least the left and less so the right. This boisterous articulation of the democratic temper was unaffected by shifts in technology and the emergence of other platforms, from TV to online portals and social media. And apart from the emergency, there has been no censorship. Since 2014, the bjp juggernaut has swept elections and changed India discourse on secularism. I have often criticised the congress party for resorting to soft hindutva, fearing that its historical secularism is costing it votes. The congress fel

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This clause allows it to pass an order that will ensure complete justice. It signals the seriousness with which the court viewed the situation. No case for re-election once evidence of the presiding officer measures to rig the election surfaced, questions on a re-election came up. SC rightly turned down that argument because a physical examination of ballot papers suggested otherwise. The municipal corporation has regulations that lay out conditions under which a ballot paper is invalid. Not one of those conditions was met. Therefore, the electoral process did have a problem. It was the action of the presiding officer at the counting stage that contaminated the result. Prosecution as deterrence The presiding officer not only tried to rig the result but he also misled the court. SC initiated criminal proceedings against him. There should be consequences for tampering with results of an election. Absent that, there no deterrence. Speed is the key A factor that made SC verdict significant for all polls is the short timeline in which it reached a conclusion. In contrast, SC verdict on MVA govt fall in Maharashtra came almost a year later. For SC to then say Maha governor was incorrect in calling for a no-confidence motion was judicially correct but practically of little use. In electoral malpractice cases, justice delayed is emphatically justice denied. EC and elections India track record of ensuring integrity of elections has been excellent mainly on account of EC efforts. Under difficult circumstances, EC has ensured that India never had to experience chaotic situations like US did in 2020 presidential elections. Chandigarh municipal poll did come under the purview of EC. It was therefore important that SC quickly wrapped up this case. All officials, from police or administration, who will be working for EC during general elections, will now know even more that fairness is non-negotiable. Indira Nooyi says that when she was accepted into Yale in 1978, her mother first response was, get married. Because no single woman is going to go to United States. Fast forward to today. Nearly half the students applying for overseas courses and those seeking financial assistance to fund their studies are women, data analysis by ET indicates. And a majority of them are likely single. At least in the experience of these women, attitudes of the Great Indian Family have undergone a sea change. In a virtuous circle, so has their self-confidence. Young Indian women are going places Education consultants indicate that applications from female students have jumped from. That a dramatic jump. It not confined to the metros either. Non-metro cities and small towns are behaving similarly. Young, educated women are making economically and socially bold decisions. To pursue success in their own rights. Take udaan. But are young men keeping up? A 2020 YouGov-Mint-CPR Millennial Survey found that even as educated men and women now have no difference in their career aspirations, the latter tend towards liberalism much more. Women are more likely to have close friendships outside their own caste, religion and gender. Gender gap is global Actually liberal attitudes between Gen

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Little did my grandfather know that he was causing me harm. He had the best of intentions and, based on the prevalent wisdom at the time, he was doing the right thing. Protein for Muscles? Another misconception about protein is that eating protein builds muscles. If it was so easy, every man would look like Arnold Schwarzenegger. Muscles develop when we exercise them. The famous gladiators of the Roman period 2,000 years ago, who had to fight for life every day, were all vegans. Please watch the documentary The Game Changers. This is also discussed in the documentary Forks over Knives. In conclusion, the emphasis on protein consumption, especially from animal sources, has led to widespread misconceptions and health issues in our society. It is crucial to reevaluate dietary guidelines and focus on a balanced and plant-based approach for overall well-being. India, positioned as the third-largest energy consumer worldwide, plays a pivotal role in shaping the global energy dialogue. Fuelled by a thriving economy and a burgeoning population, the country is set to experience a substantial surge in energy demand, making it a key contributor to global energy growth. Under the visionary leadership of Honourable Prime Minister Shri Narendra Modi, India is not just acknowledging this responsibility but embracing it with ambitious plans for a sustainable, greener future. India Energy Week 2024, held from February 6 to 9 in Goa, stands as a testament to India commitment to sustainable growth and environmental stewardship. Under the patronage of the Ministry of Petroleum & Natural Gas, Government of India, and supported by the Federation of Indian Petroleum Industry, this international exhibition and conference fostered collaborative dialogues among experts, policymakers, and industry leaders. Building on the success of the 2023 edition, inaugurated by Honourable Prime Minister Shri Narendra Modi, India Energy Week 2024 acted as a global marketplace showcasing cutting edge technologies and services. He emphasized unprecedented investment in the energy sector and highlighted its global significance. India Energy Week is not just an India event but a reflection of India with the world and India for the world sentiment, he stated, emphasising India commitment to global collaboration on energy solutions. With a focus on innovation and sustainability, the event provided a platform for industries, academics, businesses, and innovators to exchange insights and collaborate on transformative solutions. Echoing the sentiment, Honourable Minister of Petroleum and Natural Gas and Housing and Urban Affairs, Shri Hardeep Singh Puri, declared, India was rapidly becoming the energy growth centre for the world. Highlighting the participation of national and international exhibitors amidst global energy challenges, he underscored the event timely and crucial nature. Shri Hardeep Singh Puri outlined India multi-pronged strategy to transition towards a gas-based economy. Honourable Minister of Petroleum and Natural Gas and Housing and Urban Affairs Shri Hardeep Singh Puri outlined India multi-pronged strategy to transition towards a gas-based economy. The plan includes divers

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A year ago, few would have heard of Three Arrows Capital 3AC or Alameda Research. These proprietary trading desks chugged along in the background, driving up trading volumes during crypto eye-popping bull run. I was in the midst of all this action in my previous job as an institutional crypto trader, interacting daily with these crypto giants as counterparties for millions of dollars of trade. Never in a million years would I have imagined that these firms would implode by the end of 2022 and usher in a harsh crypto winter! For context, in January 2022, crypto market capitalization was $2.25 trillion and daily trading volumes were above $100 billion on most days. Today, the market capitalization is just under $850 billion and daily trading volumes seldom cross $25 billion. BTC and ETH, the safe haven crypto assets, have seen their prices plunge by over two-thirds during the year. The sheer scale of notional wealth destruction nearly $2 trillion from the market peak is unlike the crypto winters of the past and comparable to the Dot Com Bubble Burst of the 2000s or the 2008 Financial Crisis. What happened? Who is to blame? And What Next? Let Dive In: What Happened? The crypto bull run that followed the pandemic was unmatched in scale. The most conservative crypto asset, bit coin or BTC, went up ~20x from $3k to over $60k, while newer and smaller project tokens went up 1000x in prices. Large-scale quantitative easing central banks continued to print fiat and strong fiscal support retail handouts to the unemployed were in play. This expansive macro backdrop was met with several crypto-specific bullish trends like BTC Halving, increasing institutional exposure, ease of retail participation and growing developer interest. The Summer of Deify was set in 2020, followed by the NFT boom in 2021. But sustained bull runs such as these lead to exuberance the history of traditional markets tells us so. Leverage became the law of the land and stable coins offering 20% APYs became the norm. But this was sustainable. The easy liquidity that propped up the global economy came at the cost of rising inflation. Then came another shocker: Russia invasion of Ukraine. Global supply chains for energy and food were disrupted overnight, resulting in severe shortages across nations. Central banks began the steepest interest rate hikes in recorded human history. Crypto markets clattered. So did other assets such as the tech stocks of META, SNAP, and NETFLIX. But the damage across the crypto industry was exaggerated due to the unregulated leverage in the system. Regulated assets are governed by leverage/collateralization rules and limits, and guardrails against contagion risk despite this, meltdowns happen. Like how the 2008 financial crisis was triggered by subprime mortgages and under collateralized derivatives. In crypto, however, offshore entities and even DEXs operate without such protection. Further, several of these entities are intertwined and a blowup at one can quickly cascade across the sector. The LUNA/Terra short was the first domino to fall, as investors started a wave of redemption pressure that broke UST peg. What followed was a $60 billion hole in the eco

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The liquidity crisis across different tokens has claimed several victims in the last year, including but not limited to Terra, 3AC, Celsius, Voyager, Block, Alameda, and finally FTX. Who is to Blame? Innovation attracts capital, which then attracts risk-takers, and oftentimes fraudsters! Before the Terra debacle, its co-founder Do Kwon had highlighted a flaw in his algorithmic stable coin. He said it had no redemption guardrails and could be de-pegged via a massive short. And that exactly how it played out. Block chain, crypto and Web3 are monumental innovations that will push the boundaries of how we interact using the internet. But this technological revolution is still in a nascent stage and several experiments in this space will need to be battle-tested before broader implementation. In hindsight, it is clear that most of the above-mentioned entities had poor risk management practices. However, the turmoil in markets was just the result of poor risk management. There were fraudsters who diverted and deployed user funds without their knowledge. The ties between FTX and Alameda and their risky trading strategies were no secret. But recent developments have raised allegations of criminal intentions as they endangered user funds to prop up their balance sheets and continued hiding behind the murky tokenomics of their exchange token, FTT. So What Next? We are still not out of the woods, as the Crypto Samurai Man than continues. But the industry will mature and good actors will dominate the next phase! History does repeat but rhymes for sure, and Crypto OGs will draw parallels from 2018. Back then in the ICO frenzy, several projects were able to attract capital but many of them are now zombies. Such cyclical cleansing ensures that only the best operators survive and speculators are replaced by builders. The current crisis has washed away unhealthy leverage from the market. True builders will be the heroes of this phase. I was personally able to witness their strength and grit during ETH India recently, where over 3k developers built over 400 Web3 projects in one of the world largest hackathons. In fact, at Coin Switch Web3 Discovery Fund, where we invest in Web3 startups, we have been inundated with the number of applications. Further, the institutional participation and mainstreaming of crypto and Web3 continue. BNY Mellon is to custody crypto; JPM is exploring institutional Deify; Goldman Sachs is on the lookout to deploy millions; and Fidelity is going all out for retail crypto adoption, including BTC for retirement savings. Brands like Nike have already made hundreds of millions in NFT sales, Reedit has millions of users using Web3 wallets, Starbucks has rolled out its NFT-based loyalty program, and Meta continues to pour billions into its Met averse. Could these lead to the next bull run? And when? Well, ideally, both BTC Halving and a reversal in the interest rate cycle could overlap in Q2 2024, but macro developments will need to be keenly observed, as there are several unknown factors at play Ukraine War, Covid resurgence. The other major development to look out for is regulations, which the FTX fiasco might have fast-tracked. Global co

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