

Politics & Democracy

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CONTENT

Politics & Democracy

Volume XI, Issue I | February 2025 | Pages 48 | Rs. 40

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10

Where Ancient Faith Meets Modern Governance

The MahaKumbh 2025 at Prayagraj transformed spiritual congregation boundaries to deliver an expert lesson on cultural protection alongside crisis management and international influence through soft power. This Kumbh event surpassing its religious origins has established itself as a marker of Indian civilisational pride through its union of traditional values with modern systems which attracted more than 30 crore devotees together with 5,000+ international...



16

Governance of Transformation: New Era of Development in Rajasthan

Bhajan Lal Sharma's tenure as Chief Minister has been defined by an unwavering commitment to Rajasthan's development. His focus on economic growth, employment, agriculture, infrastructure, and governance reforms has set the foundation for a progressive and prosperous future. With bold initiatives and decisive actions...



India's Union Budget 2025

The Union Budget 2025-26, presented by Finance Minister Nirmala Sitharaman on February 1, 2025, underscores the Modi government's commitment to fostering inclusive development while navigating a challenging global and domestic economic landscape. With the theme "Sabka Vikas" (Development for All), the budget prioritizes four pillars—agriculture, MSMEs, investment, and exports—to drive...

20



Madhya Pradesh is ready for the world

The state of Madhya Pradesh focuses on building relationships between investors through established policies and automated procedures as well as strengthening physical facilities. Through this initiative, the authorities aim to attract investment and job creation...

24



The Evolution of Self-Education

Since the dawn of human existence, knowledge pursuit has operated as the core element driving progress. Human learning methods have mutated in parallel with advances in both technology and communication capabilities and information accessibility. Self-education experienced significant change as human knowledge moved from manually organised...

26



RISING SUICIDES: STILL A TABOO?

In recent years, the overall suicide rates in India have skyrocketed, going beyond the measures of all predictions. Is it a result of an individual's incompetence as believed by many or a failure of the system? Numerous social or cultural factors influence these suicide rates which have just worsened over time. These...

28



Unlocking Happiness: Why I Wrote Hinduism – The Technology for Joyous Living

In this interview, Anupam Srivastava, author of Hinduism: The Technology for Joyous Living, shares the inspiration behind his book. He explores how Hinduism is presented not just as a religion but as a practical, science-based system for achieving happiness, inner peace, and holistic well-being, connecting ancient wisdom with...

44

USA Deports Indian Migrants Via Military Aircraft

In a notable escalation of U.S. immigration enforcement, a U.S. military aircraft landed in Amritsar, Punjab, on Feb 5th, repatriating 104 Indian nationals who had entered the United States unlawfully. This operation marks the inaugural use of military transport for deporting individuals to India, reflecting the Trump administration's intensified measures against illegal immigration.

The deported individuals hail from various Indian states, including Punjab, Haryana, Gujarat, Maharashtra, Uttar Pradesh, and Chandigarh. Upon arrival at Amritsar's Shri Guru Ramdas Ji International Airport, local authorities initiated procedures to verify their identities and arranged transportation to their respective hometowns.

This development precedes an anticipated meeting between President Donald Trump and Indian



Prime Minister Narendra Modi in Washington next week, where immigration is expected to be a key topic of discussion. U.S. Secretary of State Marco Rubio has emphasised the administration's commitment to collaborating with India to address issues related to irregular migration. In response, New Delhi has affirmed its readiness to accept repatriated citizens following verification of their identities.

The U.S. Department of Defense has announced plans to deport over 5,000 migrants currently held by U.S. authorities. While previous deportation flights have

been conducted to countries such as Guatemala, Peru, and Honduras, this operation to India represents the farthest destination to date for such military-led deportations.

This action underscores the complex dynamics of U.S.-India relations, balancing stringent immigration enforcement with efforts to strengthen strategic and economic ties. As the U.S. remains India's largest trading partner, both nations are keen to collaborate on facilitating legal avenues for skilled migration, even as they navigate the challenges posed by illegal immigration.



Kohli's Ranji Return Falls Short

After a 12-year hiatus from the Ranji Trophy, Virat Kohli's much-anticipated return for Delhi against Railways at the Arun Jaitley Stadium ended prematurely. The star batsman was dismissed for just six runs, bowled by Railways pacer

Himanshu Sangwan after facing 15 deliveries.

Kohli's last appearance in the Ranji Trophy was in November 2012, making this comeback a significant event for cricket enthusiasts. Fans gathered in large numbers, eager to witness the former Indian captain in action on

ISRO's Space Docking Experiment

The Indian Space Research Organisation (ISRO) has postponed the undocking procedure of its Space Docking Experiment (SpaDeX), following the successful docking of two satellites on January 16. This delay suggests potential technical challenges in the mission's progression.

SpaDeX involves the connection of two rapidly orbiting satellites, a critical capability for future space endeavors such as space station assembly and satellite servicing. ISRO Chairman V. Narayanan, speaking after the NVS-02 satellite launch on January 29, indicated that the agency is meticulously reviewing the undocking process, emphasising the importance of maximising the mission's value.

ISRO sources have acknowledged issues within the docking experiments, noting that undocking has not yet been achieved. The organisation had previously announced the successful docking of two satellites launched on December 30, traveling at speeds



exceeding 28,000 km/h. This accomplishment positioned India as the fourth nation, after the U.S., Russia, and China, to demonstrate space docking capabilities.

Prior to the mission, ISRO outlined plans to demonstrate electrical power transfer between the docked

satellites before proceeding with their separation to commence individual payload operations, each with an anticipated mission life of up to two years.

Recent observations from Switzerland-based s2a systems on February 2 confirmed that the SpaDeX satellites remain in a docked configuration.

Chairman Narayanan highlighted the agency's strategy to conduct multiple docking and undocking maneuvers, utilising the remaining propellant efficiently. He emphasised the importance of thorough evaluation before proceeding with undocking, aiming to ensure the controlled movement of the conjoined satellites. A comprehensive review is expected to conclude in the coming months, guiding the subsequent phases of the experiment.

This cautious approach underscores ISRO's commitment to advancing its space docking technology, a cornerstone for future missions involving complex spacecraft interactions.



the domestic stage.

Delhi elected to bowl first, and Kohli took the field, acknowledging the enthusiastic crowd. When he

came in to bat on the second day, following Yash Dhull's dismissal, the stadium buzzed with anticipation. Kohli managed to get off the mark on his fourth ball and showcased a glimpse of his classic stroke play with a straight drive for four. However, his attempt to replicate the shot led to his downfall, as Sangwan adjusted his length, resulting in Kohli's off-stump being uprooted.

The unexpected early dismissal left the crowd in stunned silence, with many fans departing the stadium in disappointment. Despite the early exit, Kohli's participation

brought unprecedented attention to the domestic match, highlighting his enduring popularity.

While Delhi secured a victory by an innings, Kohli did not get an opportunity to bat in the second innings. Railways' Himanshu Sangwan garnered attention for his notable achievement of dismissing one of cricket's modern greats.

Kohli's return to domestic cricket underscores the importance of the Ranji Trophy in providing a platform for both seasoned players and emerging talents to showcase their skills.

Trump Interested To Take Over Gaza



In a recent announcement, U.S. President Donald Trump proposed that the United States assume control over the Gaza Strip, aiming to redevelop the area into what he envisions as the "Riviera of the Middle East." This plan includes relocating the approximately 1.8 million Palestinian residents to neighboring countries such as Jordan and Egypt. Trump suggested that these nations, possessing "humanitarian hearts" and "great wealth," could accommodate the displaced population.

Israeli Prime Minister Benjamin Netanyahu, present during the announcement, described Trump's approach as "thinking outside the box." However, the proposal has been met with widespread condemnation. Palestinian groups and Middle Eastern countries, including Iran and Turkey, have firmly opposed the proposition, labeling it as unfeasible and appalling. Critics argue that the plan violates international law and equates to ethnic cleansing.

Saudi Arabia reiterated its stance against the displacement of Palestinians and emphasised the necessity of establishing a Palestinian state. The proposal also raises questions about how the U.S. would persuade Palestinians to voluntarily leave their homes and the potential responses of Israel and regional Arab states.

This initiative represents a significant departure from previous U.S. policies advocating a two-state solution between Israel and Palestine. The international community continues to react strongly to the proposal, highlighting the complexities and sensitivities inherent in Middle Eastern geopolitics.

Investors Eye RBI's Anticipated Rate Cuts Post-Budget

In the wake of India's recent annual budget announcement, attention has shifted to the Reserve Bank of India (RBI) and its forthcoming monetary policy decisions. The budget introduced tax reductions aimed at the urban middle class and specific sectors but did not encompass broad economic reforms. This has led analysts to anticipate potential interest rate cuts by the RBI to invigorate economic growth.

The RBI's Monetary Policy Committee (MPC) is convening from February

followed by a possible pause in June, and a subsequent round of reductions starting in October 2025. Despite an upward inflation trajectory, SBI Research estimates that inflation will ease to 4.5% in Q4 FY25 and average 4.8% for the full year.

The anticipated rate cuts are expected to complement the fiscal measures outlined in the Union Budget, potentially bolstering consumption and investment. However, some economists caution that monetary easing alone may not suffice to stimulate the economy without coordinated



5 to 7, 2025, marking the inaugural meeting under Governor Sanjay Malhotra. Economists widely expect a 25 basis points reduction in the repo rate, bringing it down to 6.25%. This would represent the first rate cut since May 2020.

Analysts, including those from SBI Research, project a cumulative rate cut of 75 basis points over the easing cycle, commencing with a 25-basis-point reduction in February. They foresee an additional cut in April 2025,

fiscal policies. The RBI faces the delicate task of balancing growth stimulation with inflation control, especially considering the recent depreciation of the rupee.

As the MPC deliberates, stakeholders are keenly observing the RBI's approach to liquidity management and its strategies to navigate the complex economic landscape. The outcomes of this meeting will be pivotal in shaping India's economic trajectory in the coming months.

China's Retaliatory Tariffs Set to Impact US Crude Oil Exports in 2025



China's retaliatory tariffs are poised to disrupt US crude oil exports in 2025, potentially marking the first decline since the COVID-19 pandemic. The impact could significantly alter the global oil trade dynamics that have seen US exports surge more than tenfold since lifting a 40-year

export ban in 2015.

Currently, US crude exports average 3.8 million barrels per day, with China importing approximately 166,000 barrels daily. These exports predominantly consist of medium-sour and light-sweet crude grades, which have diverse potential alternative markets.

Analysts predict the tariffs might reduce export volumes to around 3.6 million barrels per day. Domestic US refineries could absorb medium-sour grades, while European and Indian markets might readily accept light-sweet crude types like West Texas Intermediate.

For China, the disruption appears minimal, as US crude imports represented just 1.7% of their total crude imports in 2024, valued around \$6 billion. The country has already been diversifying its import sources, notably increasing Canadian crude imports by 30% last year.

The tariffs underscore the ongoing economic tensions between the US and China, potentially reshaping global oil trade strategies.

China Shook The Global AI Market with DeepSeek

China has dramatically disrupted the global AI landscape with DeepSeek, a groundbreaking startup that has sent shockwaves through Silicon Valley and international tech markets. Founded in May 2023 by Liang Wenfeng, DeepSeek has achieved what many considered impossible - developing a competitive AI model at a remarkably low cost.

The company's R1 model, launched on January 20, 2025, has become a game-changer by delivering performance comparable to OpenAI's ChatGPT while being developed for just \$5.6 million - a stark contrast to the hundreds of millions spent by US tech giants. Within weeks of its launch, DeepSeek became the



most downloaded AI assistant in the United States, surpassing established platforms.

The market reaction was swift and dramatic. NVIDIA experienced a staggering \$589 billion market value loss, while tech stocks across the US and Europe witnessed a trillion-dollar wipeout. OpenAI's CEO Sam

Altman acknowledged DeepSeek as a "legit" competitor, signaling the startup's significant potential.

DeepSeek's success represents more than a technological breakthrough; it symbolises China's emerging dominance in the AI race, challenging long-standing US technological supremacy.



Where Ancient Faith Meets Modern Governance

● Adarsh Tiwari

The MahaKumbh 2025 at Prayagraj transformed spiritual congregation boundaries to deliver an expert lesson on cultural protection alongside crisis management and international influence through soft power. This Kumbh event surpassing its religious origins has established itself as a marker of Indian civilisational pride through its union of traditional values with modern systems which attracted more than 30 crore devotees together with 5,000+ international participants. Now that Basant Panchami's Amrit Snan ended on February 2 the event continues into the Magh Mela phase which shares administrative achievements that impressed both WHO experts and MIT experts. From the ashes of the January 30 Mauni Amavasya overcrowding incident rose a phoenix of administrative innovation. Under the leadership of Yogi Adityanath the chief minister became the driving force behind 12 hours of crisis management followed by legal orders and AI-enabled system implementations which changed threats into new possibilities. Uttar Pradesh demonstrated its capability to unite ancient Vedic traditions with modern Silicon Valley technologies when it successfully performed 2.1 crore person Basant Panchami Snan.



The Mass Gathering Impact

The overcrowding situation on January 30 triggered a complete network-wide transformation because minor injuries affected massive numbers of people. The directives issued by CM Yogi resulted in implementation of a recovery plan with three essential

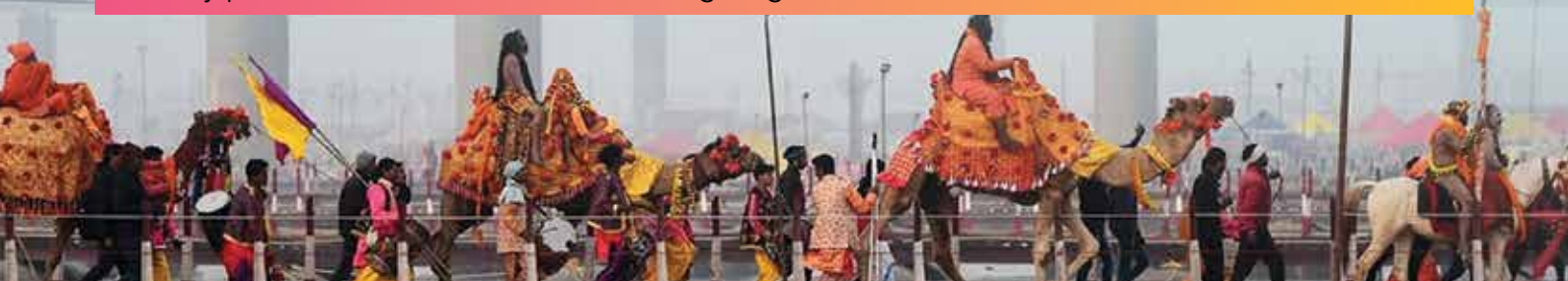
components.

Judicial Accountability & Ground Truth

- A judicial inquiry started mere hours after the incident because retired High Court Justice Arun Kumar Singh managed its organisation.
- Chief Secretary Manoj Kumar Singh together with DGP

Prashant Kumar performed surprise inspections during nighttime which exposed fundamental boundaries in security measures.

- Overcrowding at Sangam Nose due to inadequate barricading.
- Insufficient medical teams at Sector 12 (Dashashwamedh Ghat).
- The diversion process for devotees took place too late to lead them to lesser-used ghats.
- Thirty-two critical areas received contingency management through SP-level officers who operated satellite-linked communication tools.





This isn't just a mela—it's Bharat's timeless dialogue between the mortal and the divine.

Yogi Adityanath,

CM of Uttar Pradesh



Global Narratives

The Kumbh Festival appealed to people across national frontiers while forming stories that charmed millions of people around the world including 1. Nicolò Brugnara: The 'Harry Potter' of Sangam

A viral video made by the Italian photographer (32 million views) showcased how Indian culture fascinates people worldwide. His documentary crew captured:

• Silent Processions: 1,200 Naga sadhus meditating underwater for 48-minute intervals.

• Digital Devotion marked nineteen lakhs of users who performed virtual Kumbh dips through KumbhLive and this included Bhutan Queen Jetsun Pema.

AI-powered waste segregators operated at Kalpavasis camps enhance cleanliness service.

Nicolò expressed his astonishment by saying "I came to photograph saints but discovered saints in sanitation workers" as he admired CM Yogi's leadership which exceeds European standards.



Tech-Driven Crowd Control

- Real-time density analysis on 5,000 CCTV feeds through artificial intelligence brought about automated changes to barricades.
- The use of SMS alerts enabled the distribution of 45% of devotees towards underutilised ghats including Saraswati and Daraganj.
- Industrial medical vehicles at 800 locations operated to decrease emergency response times down to 7 minutes.
- MIT used predictive analytics to forecast congestion which provided bottling predictions up to four hours in advance.

Sanitation Surge

- During this period 18,000 sanitation personnel worked twenty-four hours per day using GPS tracking on their waste collection carts.
- The trash-scanning algorithms developed by NASA monitored waste accumulation areas so the program could track them six hours before they appeared.
- The bioreactors utilised 3,250 tonnes of daily waste to generate 49MW of electricity thus supplying 40% of energy needs for the temporary city.





Diplomatic Confluences

- Nepal's former King Gyanendra Shah made a temple visit to Gorakhnath on January 31 which paid reverence to Brahmin Mahant Avidyanath who also happens to be CM Yogi's guru as part of Nepal's approach to acknowledge Indian cultural influence. Royal priest Hemraj Pandey highlighted that this pilgrimage further strengthened the spiritual connection between timeless Indian traditions and Nepal.

- During his February 1 visit for Akshay Vat Vice President Dhankhar performed an ecological ritual by planting a peepal sapling using soil from Rani Laxmibai fort in Jhansi. At mid-Sangam he shared food with Siberian gulls which became an important diplomatic expression.

Agni Snan Sadhna

The scientific foundation of Hinduism became visible through the Vaishnav Akharas' Panch Dhuni Tapasya which started during Basant Panchami.

- Sadhus practiced their meditation within fire rings that contained an inner hot circle at 400°C while the outer ring maintained 200°C with help from chandrika herbal paste used to control their body temperature.

- The human body cell regeneration duration of 18 years corresponds similarly to the cyclic

pattern observed in Hindu tradition. Mohant Raghav Das stated that the 5-month spiritual practice during each year resets our life energy cycle.

- Through scientific recording, German researchers found practitioners' brain patterns identical to those of astronauts in zero gravity while their tolerance for pain



surpassed the typical level by 300%.

Vairagi renounces that they must complete three decisive phases of preparation before achieving their goal.

- The first five years aim to achieve breath control (pranayama) and mastery of fasting.

- Year 6-12: Extended silence (mauna vrat) and heat exposure.

- The last stage of this preparation consists of endurance tests which take place inside rotating fire chambers during the candidates' Year 13 through Year 18.



"I am extremely happy because I was the first one to take a holy dip among all the Acharyas. I am impressed by the arrangements of the state government. They have successfully managed such a huge crowd here."

Jagadguru Swami Rambhadracharya Ji



Vinod Mishra: Ram Bhakt

The Kumbh witnessed its most unexpected figure serve as a vital link that united ancient customs with contemporary ways when a 58-year-old Ayodhya civil servant stepped forward.

- The extensive text consists of "Ram" repeated in every script starting from Devanagari to code appearing across 6752 pages.

- By digitising his notebooks for the ShriRamTweets Twitter account he received 4.3 lakhs of retweets.

- During his interview with NHK, he stated that Ram goes beyond being a name and actively beats the rhythm of his breathing.

In 2019 Mishra started his journey when he visited Ram Janmabhoomi at Ayodhya. The collection of his work has been curated into the Kumbh Museum of Prayagraj as "neo-devotional artifacts".



“Spiritual energy of Mahakumbh unites the nation.

N. Biren Singh

CM of Manipur



Swachh Kumbh

Through its cleanliness operations, the mega-event industry transformed its standard operational approach:

- The temporary city operated with 40% power through 3,250 tons of waste processed daily through waste-to-energy systems.
 - Drone surveillance operatives resulted in penalties for 123 polluters who violated immersion rules through 650 UAVs.
 - During the Kumbh Mela event, AR Toilets provided users with holographic Kumbh Mela stories through bio-toilet facilities numbering 22,500.
- Vijay Kiran Anand from the Mela Division shared that the MIT models for traffic congestion detection were implemented to prevent holding zones.

CROWD SCIENCE

Post-Basant Panchami data unveiled groundbreaking logistics:

Parameter	Innovation	Outcome
Mobility	15 RFID-enabled parking zones	94% vehicle retrieval efficiency
Health	AI symptom checkers at 2km intervals	78% early disease detection
Security	5.82 lakh facial recognition scans	214 missing persons reunited

Cultural Renaissance



The Kumbh’s soul thrived through:

- The IoT sensor system Langar 4.0 monitored 28 lakh meals each day across 1,568 kitchens which resulted in creating 19,000 biogas units from excess food.
- The electronic tags on Varanasi weaver-made Kumbh Shawls allowed customers to buy items worth ₹4.7 crore while tracking specific artisan craftspeople.

The spiritual NFT initiative involved 1.2 lakh participants minting “Sangam Soul Tokens” through blockchain which recorded their religious participation.



Legacy in Motion

MahaKumbh 2025 established its perpetual impact during the Magh Mela period.

- 47 nations scheduling cultural exchanges.
- MIT developing a “Kumbh Index” for mega-events.
- The disaster response model of UP has gained global recognition due to its adoption by the United Nations for their

summits. CM Yogi declares that the Kumbh festival represents the ancient Indian tradition where humans dialogue with sacred forces. MahaKumbh 2025 secured its place as a civilisation-transforming phenomenon because of its mixture of sadhana rituals, state management, and worldwide networking.

Economic Surge

The event triggered economic growth worth ₹2,100 crores.

- Hospitality: 98% occupancy across 85,000 temporary tents.
- A total of 18,000 extra buses running at the Kumbh Mela brought about ₹320 crore in revenue generation.
- The sales of chikankari crafts from Lucknow experienced a substantial 300% increase.



Rock Painting

Earliest attempt by human beings to depict their natural world symbolically



Uttar Pradesh
Amazing Heritage | Grand Experiences

Directorate of Tourism, UP
PARYATAN BHAWAN

C-13, Vipin Khand, Gomti Nagar Lucknow- 226010
Tel. : +91-5222308916 | Email : upstdc@up-tourism.com
Website : www.up-tourism.com

Governance of Transformation: New Era of Development in Rajasthan

• Vishal Prajapati

Chief Minister: Bhajan Lal Sharma:

Since taking office as the 14th Chief Minister of Rajasthan on December 15, 2023, Bhajan Lal Sharma has ushered in a new phase of governance marked by economic revitalisation, social upliftment, and infrastructural expansion. His administration has focused on inclusive growth, attracting investments, creating jobs, and reinforcing Rajasthan's position as a progressive state in India. This article delves into the transformative policies and initiatives that have defined Sharma's tenure.

Economic Development & Investment Initiatives:

Under the leadership of Chief Minister Bhajan Lal Sharma, Rajasthan has made significant strides in economic growth and investment. One of the most

notable achievements of his administration was the successful organisation of the Rising Rajasthan Investment Summit in December 2024. The summit proved to be a major milestone, attracting investment commitments worth 34 lakh crore. This not only reinforced Rajasthan's position as a prime destination for investors but also demonstrated the government's proactive approach to fostering economic development.

The Sharma-led administration has prioritised industrial expansion by creating a business-friendly environment,

Bhajan Lal Sharma's tenure as Chief Minister has been defined by an unwavering commitment to Rajasthan's development. His focus on economic growth, employment, agriculture, infrastructure, and governance reforms has set the foundation for a progressive and prosperous future. With bold initiatives and decisive actions, he continues to transform Rajasthan into a model state, ensuring sustainable economic growth, employment opportunities, agricultural reforms & welfare for its citizens.

"Our government has given top priority to progress and has taken important decisions for development." The person standing at the last rung of the society is the first person for us"

Bhajan Lal Sharma
Rajasthan's Chief Minister



simplifying regulations, and enhancing the ease of doing business in the state.

Several policy reforms have been introduced to attract domestic and international investors, ensuring smoother processes for setting up industries and businesses.

A key focus of the government has been modernising Rajasthan's industrial policies to align with global standards. Infrastructure development, including the establishment of new industrial corridors and special economic zones, has been a major area of emphasis. These efforts have encouraged the growth of various sectors, including manufacturing, technology, agriculture, and renewable energy.

Additionally, the administration has introduced incentives and subsidies to support entrepreneurs and small businesses, driving innovation and job creation. The government's efforts have not only boosted Rajasthan's economy but have also contributed to generating employment opportunities and increasing revenue.

With these initiatives, Rajasthan is witnessing a transformation into a thriving economic hub, attracting large-scale investments and fostering sustainable growth. Chief Minister Bhajan Lal Sharma's vision for the state is centered on economic prosperity, making Rajasthan a preferred destination for businesses and industries in India.

To achieve the target of a \$350 billion economy, Sharma's administration has increased capital expenditure by 65% in the current fiscal year, ensuring substantial investment in infrastructure, public welfare, and job creation.

Employment & Youth Empowerment:

Chief Minister Bhajan Lal Sharma's government has placed a strong emphasis on job creation and youth empowerment in Rajasthan. Within



the first year of his tenure, over 1.24 lakh government jobs have been generated, marking a significant step toward reducing unemployment. To ensure a fair and transparent hiring process, recruitment procedures have been streamlined, eliminating inefficiencies and promoting merit-based selection.

Further strengthening its commitment to employment generation, the government is actively filling 91,928 vacancies across various departments. This initiative aims to provide stable job opportunities for Rajasthan's youth while addressing workforce shortages in key sectors.

Beyond government jobs, the administration has introduced skill development programs to equip young individuals with the necessary expertise to thrive in a competitive job market. These initiatives focus on enhancing vocational training, entrepreneurship support, and industry collaborations to create a workforce that meets modern economic demands.

By prioritising employment and skill development, this government is fostering an environment where young people can secure meaningful careers and contribute to the state's progress. These efforts reflect a broader vision of empowering Rajasthan's youth and ensuring sustainable economic growth through job creation and workforce development.

To bridge the skills gap and equip the workforce with industry-relevant expertise, the government has launched several skill development programs. These initiatives have helped thousands of young professionals secure jobs in both public and private sectors.

Agricultural Reforms & Farmer Welfare

Recognising the vital role of agriculture in Rajasthan's economy, Chief Minister Bhajan Lal Sharma's government has introduced key reforms to uplift farmers and enhance their livelihoods. A major initiative in this direction is the Mukhyamantri Kisan Samman Nidhi scheme, which provides additional financial aid to farmers. Under this scheme, beneficiaries of the PM Kisan Samman Nidhi Yojana receive an extra 2,000, offering them much-needed economic support.

So far, over 65 lakh farmers across the state have benefited from this initiative, with a total disbursement of 653.4 crore. This financial assistance aims to ease the burden on farmers by helping them invest in better agricultural inputs, modern technology, and improved farming practices.

Beyond direct financial support, the government is focusing on sustainable agricultural development by promoting irrigation facilities,

crop diversification, and modernised farming techniques. Policies are being aligned to ensure that farmers receive better market prices, access to quality seeds, and support for mechanisation.

Through these measures, the Sharma administration is strengthening the agricultural sector, ensuring long-term prosperity for farmers, and making Rajasthan's agriculture more resilient and productive. This commitment reflects the government's dedication to farmer welfare and rural development.

Furthermore, the government has introduced modern irrigation techniques, subsidies for high-yield crops, and improved access to credit facilities, making farming more sustainable and profitable for Rajasthan's agrarian communities.

Infrastructure & Water Resource Management:

A key highlight of Chief Minister Bhajan Lal Sharma's tenure has been the signing of a significant tripartite Memorandum of Understanding (MoU) involving the state governments of Rajasthan and Madhya Pradesh, alongside the central government. This MoU focuses on the Modified Parbati-Kalisindh-Chambal-Eastern Rajasthan Canal Project (ERCP), a monumental initiative aimed at addressing long-standing water scarcity issues in eastern Rajasthan. The project is designed to enhance

both irrigation and drinking water availability in 13 districts across the region, which have historically faced severe water shortages.

By connecting major rivers and enhancing water distribution systems, the ERCP aims to ensure a consistent water supply for agricultural activities, boosting local farming and increasing crop yield. It will also improve access to clean drinking water for millions of residents in these districts, significantly enhancing their quality of life. With the successful implementation of this project, it is anticipated that the people of eastern Rajasthan will see long-term improvements in water availability, leading to better agricultural productivity, reduced water stress, and an overall boost to the regional economy. This initiative stands as a testament to Sharma's commitment to solving critical infrastructure challenges for the betterment of his state's residents.

Additionally, massive road and highway development projects have been launched, improving connectivity across the state. Rural electrification programs have also been expanded, ensuring uninterrupted power supply to remote areas.

Social Welfare & Healthcare

The Sharma administration has introduced various initiatives to enhance healthcare services and social welfare across Rajasthan. One

of the key measures is the expansion of the Mukhyamantri Chiranjeevi Swasthya Bima Yojana, which provides comprehensive health insurance coverage to underprivileged families. This scheme ensures that vulnerable populations have access to quality healthcare without the financial burden.

In addition to the insurance scheme, the government has focused on improving healthcare infrastructure, particularly in rural areas. Several new hospitals, mobile healthcare units, and diagnostic centers have been established to increase accessibility to medical services in remote regions. These efforts aim to reduce the healthcare gap between urban and rural communities, ensuring that essential medical facilities are within reach of all citizens.

Furthermore, the Sharma administration is working towards the improvement of public health by promoting preventive care, vaccination drives, and awareness programs on hygiene and sanitation. These initiatives are designed to tackle health challenges at the grassroots level and provide long-term solutions for the welfare of the population.

By prioritising healthcare and social welfare, the government is making significant strides in improving the overall quality of life in Rajasthan, ensuring that all citizens, regardless





of their economic background, have access to essential services.

Women and child welfare have also been prioritised, with new policies focusing on education, nutrition, and financial independence. The government has strengthened existing welfare programs to provide better maternity benefits, skill training for women, and scholarships for female students.

Anti-Corruption & Good Governance Measures

Chief Minister Bhajan Lal Sharma's government has adopted a strong approach to combating corruption and promoting good governance in Rajasthan. A key initiative has been the establishment of a Special Investigation Team (SIT) to probe cases of exam paper leaks. This move has resulted in the arrest of over 50 individuals, including several government officials, sending a clear message about the administration's zero-tolerance policy toward corruption.

In addition to cracking down on corruption, the Sharma government has focused on enhancing transparency and efficiency in government operations. A major step in this direction has been the implementation of digital governance measures, which streamline bureaucratic processes and reduce the scope for malpractices. By adopting

digital tools, the administration ensures that government services are more accessible, accountable, and timely.

These efforts are aimed at building public trust in the government and creating an environment where citizens can engage with the administration without fear of corruption. Through strict enforcement of anti-corruption laws and technological innovations, the Sharma administration is working to establish a culture of integrity, transparency, and efficiency in Rajasthan's governance system.

The implementation of online grievance redressal mechanisms has ensured that citizens can easily report issues and receive timely resolutions. This commitment to accountability has significantly improved public trust in the government.

Political Strategy & Electoral Success:

Bhajan Lal Sharma's leadership has been pivotal in securing the Bharatiya Janata Party's (BJP) recent electoral successes in Rajasthan. Under his guidance, the party won five out of seven seats in the Assembly by-elections, demonstrating his effective political strategy and strong connection with the electorate.

Sharma's approach to governance has been marked by a focus on people-centric policies that resonate with the needs of the common man.

His administration's emphasis on development, job creation, and social welfare has significantly boosted the party's image and enhanced its grassroots support. By addressing critical issues such as healthcare, agriculture, and infrastructure, Sharma has built a solid foundation for the BJP in the state.

The public's confidence in Sharma's leadership has only grown, as his policies have delivered tangible results, improving the lives of millions of citizens. This political strategy, centered around responsiveness and accessibility, has reinforced the BJP's position as a major political force in Rajasthan. Sharma's success in strengthening the party's presence at the grassroots level is a testament to his leadership skills and ability to align party goals with the aspirations of the people.

Challenges & Future Prospects:

While Sharma's tenure has been marked by significant progress, challenges remain. Internal party dynamics, pending decisions on new district formations, and unresolved employment issues from previous administrations require careful handling. However, given his proactive governance and strong public connections, the future of Rajasthan under his leadership looks promising.

India's Union Budget 2025

● Adarsh Tiwari

The Union Budget 2025-26, presented by Finance Minister Nirmala Sitharaman on February 1, 2025, underscores the Modi government's commitment to fostering inclusive development while navigating a challenging global and domestic economic landscape. With the theme "Sabka Vikas" (Development for All), the budget prioritises four pillars—agriculture, MSMEs, investment, and exports—to drive India's ambition of becoming a \$5 trillion economy. Amid slowing GDP growth (5.4% in Q3 2024-25), inflationary pressures, and rural distress, the budget seeks to balance fiscal consolidation with measures to revive consumption, boost employment, and strengthen infrastructure. Key highlights include a significant overhaul of income tax slabs, enhanced support for farmers and small businesses, and a renewed focus on innovation and energy security.



Taxation Reforms: Relief for the Middle Class and Simplified Compliance

- The budget introduces sweeping changes to the income tax regime, aiming to increase disposable income and simplify compliance:

- No Tax for Income Up to ₹12 Lakh: Under the new tax regime, individuals earning up to ₹12 lakh annually will pay zero tax. Salaried taxpayers benefit further from a ₹75,000 standard deduction, raising the effective exemption to ₹12.75 lakh.

- Revised Tax Slabs: The new regime features progressive rates: 5% for ₹4–8 lakh, 10% for ₹8–12 lakh, and peaking at 30% for incomes above ₹24 lakh.

- Enhanced Senior Citizen Benefits: The tax deduction limit for seniors doubled to ₹1 lakh, while TDS thresholds on interest income and rent were raised to ₹1 lakh and ₹6 lakh, respectively.

- Ease of Compliance: The deadline for filing updated returns is extended from 2 to 4 years, and higher TDS/TCS thresholds aim to reduce compliance burdens.

These measures, projected to forgo ₹1 lakh crore in direct tax revenue, are expected to stimulate consumption among middle-income households, though

The budget arrives at a critical juncture. India's economy faces headwinds from moderating domestic demand, a weakening rupee (86.6 against the USD in January 2025), and global trade uncertainties. Rural wages have stagnated for nearly a decade, and agricultural growth remains sluggish despite employing nearly half the workforce. Meanwhile, the fiscal deficit has been pared down from 6.7% of GDP in 2020-21 to 4.4% in 2025-26, reflecting the government's resolve to stabilise public finances. Against this backdrop, the budget attempts to address structural challenges through sector-specific reforms, tax rationalisation, and strategic investments, while relying on monetary policy to stimulate growth.

critics argue they disproportionately benefit urban elites over rural populations.

Agricultural and Rural Development: Bridging the Productivity Gap

Agriculture, the backbone of India's economy, receives targeted interventions to address long-standing crises:

- Mission for Self-Reliance in Pulses: A six-year mission aims to boost the production of tur, urad, and masoor through procurement support



"This is the budget of the aspirations of 140 crore Indians. This budget will increase savings, investment, consumption, and growth."

from NAFED and NCCF.

- Prime Minister Dhan-Dhaanya Krishi Yojana: Covering 100 low-productivity districts, this scheme focuses on crop diversification, irrigation upgrades, and post-harvest infrastructure to benefit 1.7 crore farmers.

- Enhanced Credit Access: The Kisan Credit Card loan limit increased from ₹3 lakh to ₹5 lakh, and a Makhana Board in Bihar aims to improve value addition for niche crops.

However, critics highlight stagnant allocations for PM-Kisan (₹6,000/year per farmer since 2019) and a ₹3,600 crore cut in crop insurance, raising questions about the budget's efficacy in reversing rural distress.

MSMEs and Manufacturing:

Catalysing Global Competitiveness
Recognising MSMEs' 45% contribution to exports, the budget introduces measures to enhance credit access and innovation:

- Revised MSME Classification: Investment and turnover limits doubled, easing access to subsidies and loans. For instance, micro-enterprises can now invest up to ₹25 million (from ₹10 million).

- Customised Credit Cards: Micro-enterprises on the Udyam portal will receive ₹5 lakh credit cards, targeting 10 lakh beneficiaries in the first year.

- Startup Support: A ₹10,000 crore Fund of Funds and extended tax holidays for startups incorporated until 2030 aims to foster innovation.

- Toy Manufacturing Hub: A dedicated scheme seeks to position

Narendra Modi Prime Minister of India



India as a global toy exporter, leveraging labor-intensive sectors for job creation.

These initiatives align with the Make in India 2.0 vision, though challenges persist in scaling up quality and integrating MSMEs into global value chains.

Infrastructure and Energy: Building a Future-Ready Economy

Infrastructure remains a cornerstone, with ₹11.2 lakh crore allocated for capital expenditure (3.1% of GDP):

- Asset Monetisation Pipeline:



"I am delighted that mining is one of the 6 domains identified for transformational reforms over the next 5 years. Mining, agriculture, and manufacturing can all help increase domestic production, reduce imports, and create millions of good jobs in India."

Anil Agarwal
Vedanta Group Chairman



The second phase (2025–30) aims to recycle ₹10 lakh crore from public assets into new projects.

- **Urban Development:** A ₹1 lakh crore Urban Challenge Fund will modernise cities, while 40,000 SWAMIH housing units target affordable housing.

- **Energy Security:** A ₹20,000 crore Nuclear Energy Mission aims to develop Small Modular Reactors



"The budget is a transformative blueprint for empowering farmers, the middle class, and MSMEs, paving the way for Viksit Bharat 2047."

Nitin Gadkari
Union Minister



(SMRs), with five indigenously built reactors by 2033.

- **Logistics Overhaul:** India Post will transform into a rural logistics giant, and the modified UDAN scheme plans to connect 120 new regional destinations.

These projects are expected to enhance connectivity, reduce logistics costs, and attract private investment through PPP models.

Innovation and Digital Transformation: Investing in Human Capital

The budget emphasises skilling, technology, and digital infrastructure:

- **Atal Tinkering Labs:** 50,000 labs in government schools will nurture STEM skills among students.

- **AI and Geospatial Missions:** A ₹500 crore Centre of Excellence for AI in education and a National Geospatial Mission aim to modernise land records and urban planning.

- **Digital Connectivity:** BharatNet will provide broadband to all rural secondary schools and primary health centers.

- **Healthcare Expansion:** 10,000 new medical seats and cancer care centers in district hospitals address gaps in public health.

These initiatives align with the Digital India agenda, though implementation challenges in rural areas remain.

Social Welfare and Inclusive Development: Empowering Vulnerable Groups

The budget introduces targeted schemes for marginalised communities:

- **Gig Workers:** Identity cards, e-Shram registration, and healthcare under Ayushman Bharat aim to formalise 1 crore gig workers.

- **Women and SC/ST Entrepreneurs:** A ₹2 crore loan scheme for 5 lakh first-time entrepreneurs from these groups seeks to bridge economic disparities.

- **PM SVANidhi Revamp:** Street vendors gain access to UPI-linked credit cards (₹30,000 limit) and



capacity-building programs.

While these measures address inclusivity, critics argue that rural employment guarantees (MGNREGA) saw reduced allocations despite rising demand.

Foreign Trade and Investment: Integrating with Global Supply Chains

To counter export slowdowns and attract capital, the budget proposes:

- **Export Promotion Mission:** A cross-ministerial body will tackle non-tariff barriers and enhance MSMEs' global integration.

- **FDI Liberalisation:** Insurance sector FDI limits raised to 100% (from 74%), contingent on reinvesting premiums domestically.

- **BharatTradeNet Platform:** A unified digital portal for trade documentation and financing aims to streamline exports.

These steps aim to capitalise on shifting global supply chains, though currency volatility and US tariff risks loom large.

Fiscal Strategy: Balancing Growth and Consolidation

The government adheres to fiscal discipline despite growth concerns:



"Just like the men in blue, FM Sitharaman has announced a Champions budget that Deeply Seeks to institute structural reforms, Trumps consumption woes, putting money in the hands of middle class. India does a 'shahi snan', cleansing itself from structural issues and transforming towards a truly Viksit Bharat."

Harsh Goenka
RPG Group Chairman



- **Deficit Targets:** Fiscal deficit narrowed to 4.4% of GDP (2025-26)

from 4.8% in 2024-25, with a medium-term goal of 50% debt-to-GDP by 2031.

- **Borrowing and Spending:** Gross market borrowings at ₹14.82 lakh crore fund a ₹50.65 lakh crore expenditure plan, prioritising capital projects over subsidies.

- **State Support:** ₹1.5 lakh crore in interest-free loans to states incentivises infrastructure and reforms.

While fiscal prudence is lauded, economists warn that over-reliance on monetary policy (expected RBI rate cuts) may insufficiently address structural demand weaknesses.

This budget reflects a nuanced attempt to reconcile immediate economic pressures with long-term strategic goals. By channeling resources into agriculture, MSMEs, and infrastructure while offering tax relief to the middle class, the government seeks to reignite growth engines. However, its success hinges on effective implementation, especially in addressing rural distress and ensuring equitable benefits across India's socio-economic spectrum.

Madhya Pradesh: India's Growth Powerhouse

• Adarsh Tiwari

In the vast tapestry of India's development narrative, Madhya Pradesh emerges as a story of a brand which is now pulsating with transformative energy. Beyond the statistics and policy jargon lies a human saga of resilience, where ancient heritage and modern ambition coalesce to redefine regional progress. This deep dive explores how the state's strategic vision is rewriting its destiny, not through isolated interventions, but by weaving governance, culture, and innovation into a cohesive growth model.



The Madhya Pradesh Global Investors Summit 2025, the 8th edition of this biennial event, will take place February 24–25, 2025, in Bhopal. Organised by the Department of Industrial Policy and Investment Promotion, Government of Madhya Pradesh, the summit aims to highlight the state's investment climate and industrial infrastructure, offering opportunities for collaboration. The event will convene over 10,000 entrepreneurs and leaders, serving as a platform for global leaders, industrialists, and experts to share insights on emerging markets and explore Madhya Pradesh's investment potential.

Madhya Pradesh, with its strategic location and investor-friendly policies, presents diverse investment opportunities across sectors like textiles, IT, pharmaceuticals, renewable energy, and agriculture. The summit will feature several summits and thematic sessions to foster growth and attract investments. Madhya Pradesh is focused on ease

of doing business, sustainable development, and progressive policies. Preceding the summit, the government is organising interactive sessions and conclaves to promote investment opportunities in Madhya Pradesh. These events serve as platforms for discussions among government officials, industry leaders, investors, and entrepreneurs, fostering collaboration and growth.

The Governance Reimagined

Madhya Pradesh's administrative revolution began with the dismantling of colonial-era legacies. The Jan Vishwas Bill 2024 wasn't merely legislation—it symbolised a cultural shift in governance. By decriminalising 64 archaic business regulations, the state sent a clear message: trust precedes compliance. This philosophy permeates the Udyogon Ki Sthapna Evam Parichalan Ka Saralikaaran Adhiniyam 2023, which transformed industries from subjects of scrutiny to partners in progress.

The real magic lies in how these



Shri Narendra Modi

Prime Minister, India

Madhya Pradesh stands at the forefront of India's growth story, making remarkable strides across diverse sectors and becoming a beacon of progress. With its strong emphasis on ease of doing business, investor-friendly policies, and sustainable development, the state has created an enabling environment where innovation, industry, and infrastructure thrive. As Madhya Pradesh continues on its transformative journey, it is poised to emerge as a pivotal force shaping India's economic future and a leading destination for global investors.



policies interact. When a textile entrepreneur in Dhar applies for land via the Single Window Portal, they're navigating a system where:

- Digital land records (Cyber Tehsil) preempt ownership disputes
- AI-driven labor mediation resolves workforce issues before escalations
- Geospatial mapping identifies optimal locations balancing logistics and sustainability

This ecosystem birthed stories like that of a first-generation garment exporter who secured 22 approvals in 19 days—a process that took six



Dr. Mohan Yadav

Chief Minister, Madhya Pradesh

I warmly welcome investors, industry leaders, and stakeholders to the Global Investors Summit 2025. Inspired by Hon'ble Prime Minister Shri Narendra Modi's vision of a Viksit Bharat by 2047, Madhya Pradesh is unlocking growth through progressive policies and sustainable development. With abundant resources, robust infrastructure, and a vibrant workforce, the state is fostering progress across key sectors like manufacturing, IT, and renewable energy, propelling India towards becoming a global economic powerhouse.



months in 2019. Such narratives explain why investment implementation rates doubled post-reforms, with micro enterprises accounting for 68% of new registrations.

Textiles

Beneath MP's textile boom lies a silent revolution in its villages. In Chanderi, fifth-generation weavers now operate IoT-enabled looms, producing heritage saris at triple the speed without compromising artistry. This symbiosis of old and new defines the sector:

The PM MITRA Park in Dhar exemplifies scale with purpose. Spread across 1,200 acres, it's not just Asia's largest textile hub but a laboratory for circular economy. Here, cotton waste from spinning units becomes insulation material, while dyeing units utilise treated wastewater from neighboring food processing plants.

Organic cotton farmers in the Nimad region epitomise this change. Organised into FPOs, they now command 22% price premiums in European markets. Their success birthed a unique ecosystem—



agronomists from Indore's Krishi Vigyan Kendras collaborate with Milan-based designers to create GOTS-certified fabrics, while blockchain platforms trace each garment back to the farm.

Minerals

Madhya Pradesh's mining narrative transcends extraction—it's about value chain orchestration. In Panna's diamond fields, AI-powered sorters now analyse 3,000 carats/hour, minimising human error. But the real innovation lies 300km east in Jabalpur, where a first-of-its-kind gemological SEZ polishes these diamonds alongside lab-grown alternatives, creating a \$800 million export niche.

The state's coal strategy reveals equal ingenuity. Singrauli's mines feed not just power plants but an adjacent hydrogen electrolyser facility—India's first attempt to decarbonise coal. Meanwhile, Balaghat's copper smelters have become R&D hubs, developing

conductive alloys for EV makers.

Pharmaceuticals

Pithampur's API zone tells a story of pandemic-driven transformation. During COVID-19, its 45 manufacturers collaborated to produce 60% of India's paracetamol raw material. Today, this cluster pioneers sustainable pharma—solar-powered reactors cut carbon footprints by 40%, while enzyme-based synthesis reduces solvent use.

Indore's vaccine ecosystem offers another paradigm. The world's largest



rabies vaccine plant here shares cold-chain infrastructure with 27 smaller biotech firms. Such synergy enabled rapid pivoting during mpox outbreaks, with facilities producing diagnostic kits within 72 hours of WHO alerts.

Electric Mobility

MP's EV ambition centers on creating closed-loop systems. In Pithampur's mega park, battery recyclers work adjacent to cell manufacturers, recovering 92% lithium. Gwalior's lithium refinery—fed partly from Rajasthan's mines, and partly from recycled batteries—embodies this circularity.

The state's charging infrastructure strategy is equally innovative. Along the Indore-Bhopal highway, solar canopies double as charging stations, their foundations housing modular battery swaps. This design, developed by IIT Indore graduates, reduces land use by 60% compared to conventional setups.

Education

Since the dawn of human existence, knowledge pursuit has operated as the core element driving progress. Human learning methods have mutated in parallel with advances in both technology and communication capabilities and information accessibility. Self-education experienced significant change as human knowledge moved from manually organised encyclopedias through written manuscripts to artificial intelligence and instant online resources. Learning barriers disappeared through systemic changes which made knowledge available at unprecedented levels. This study tracks the historical development of self-education by starting with dictionary access and coaching school training and progressing to present-day tools such as Google combined with ChatGPT and digital learning platforms.

The Evolution of Self-Education

● Adarsh Tiwari



The Changing Landscape of Learning

Self-learning functions fundamentally as a critical component of academic growth and career development. Since ancient times students needed hard work to obtain knowledge either through books or mentors or by attending physical courses. Digital technology advances together with internet usage transformed traditional education systems so people now access knowledge on their preferred schedule without monetary expenses. The digital era now delivers knowledge to users with quick processing speeds while providing customised learning methods that demonstrate broader changes in digital information handling technologies.

The Age of Physical Books and Print Knowledge

From the beginning of history educational self-development depended fundamentally on the usage of books. Reference books together with dictionaries and encyclopedias operated as main resources for people to acquire information throughout most of history. Encyclopedias held maximum value because they contained numerous educational items selected from years of scholarly investigation. Static formats of these resources needed updated editions until new copies were released which limited their capability to present the latest information.

The learning infrastructure of libraries served as a vital system in education for self-knowledge acquisition. School libraries provided total book collections to students who needed knowledge beyond their household resources. The learning process moved slowly despite needing extreme dedication from students. The process of identifying information involved manual page flipping while fact confirmation required multiple source verification instead of using search engine text input.

Shift Towards Digital Learning Resources

Self-education transformed due to internet technology which put all information within digital reach through simple button clicks. Through its search portal, Google granted users open access to publications together with academic research materials as well as online educational content. When Wikipedia began operations in 2001 it rapidly supplanted printed encyclopedias with its dynamic user-generated content platform that maintained endless expansion. Research barriers vanished as users obtained instant access to previously expensive books accompanied by eliminated wait times and traditional research protocols.

The emergence of learning platforms apart from search engines delivered structured learning content for multitudinous subjects. With their platforms, Khan Academy Coursera and Udemy established interactive lesson delivery which brought students closer to educational concepts through a combination of instructional videos and graded assignments and assessments. These digital platforms transformed elite education into accessible knowledge worldwide which broke

down the operational limits associated with learning new abilities.

From Waiting for Professors to Instant Online Assistance

Students at traditional academic institutions typically waited for their set office hours or scheduled classes to gain clarification on their learning content. Digital transformation introduced complete changes to how students interact with educational content. Through Quora Stack Exchange and Reddit, students gained access to instantaneous responses from enthusiasts who make up a wide network of global experts alongside peers.

Thanks to the development of AI-powered tools researchers now enjoy an automated question resolution system. The AI-powered virtual assistants ChatGPT and Google Bard together with their companion platforms deliver immediate detailed explanations about complex matters to users. Thanks to immediate response capabilities learners no longer need to wait for professors or mentors because they can receive personalised answers for their questions that boost their learning speed.

From Coaching Centers to Online Courses and MOOCs

Academic help for students exclusively came from coaching centers and private tutors and correspondence courses prior to this shift despite providing beneficial opportunities these learning alternatives demanded both nuanced time spent and monetary resources from learners. Online learning platforms changed supplementary education by providing students with accessible affordable learning platforms. Unraveling higher education opportunities through Massive Open Online Courses (MOOCs) now exists as a game-changer in the educational world delivering university-level instruction at no or minimal monetary requirements. The educational establishments of Harvard along with MIT and Stanford implemented courses on edX and Coursera to extend their high-caliber educational offering across the internet making it possible for all students with network access to participate. Students now had the opportunity through these platforms to obtain verified credentials because the programs enabled certification without the need for traditional educational enrollment.

The Transition from Notebooks to Digital Devices

Documentation together with a system of knowledge organisation continues to evolve. Traditional written notebooks which served as essential note-taking platforms have almost completely transitioned to electronic data devices. The combination of tablets and e-books and cloud-based note-taking applications Evernote and OneNote has



revolutionised student note storage and retrieval methods.

E-books and audio formats have exploited this digital transition because they let people read without needing paper copies. Digital book capabilities which include searchable content together with highlighting features and device note linkage result in better learning productivity and supply organisation systems.

Students gain customised educational experiences through artificial intelligence-driven adaptive learning platforms.

Self-education undergoes a major transformation through personalised learning systems that adapt to individual needs. Computable analysis platforms assess learners' educational advancement which leads them to create personalised content to match individual learning needs. The applications Duolingo and Brilliant customise their educational content toward students' current skill levels so users get an optimised learning process.

AI-powered tutors now use their capabilities to develop practice exercises to give assignments grades as well as immediate feedback during real-time education. Interactive feedback technology delivers instantaneous assistance allowing students to experience immediate guidance identical to working with a private tutor throughout their learning sessions.

The Future of Self-Education

Self-education has a very promising outlook because technological progress continues its development trajectory. Interestingly the integration of virtual and augmented reality technologies establishes new boundaries for experiential learning which enables students to participate in interactive virtual environments. Artificial Intelligence systems will evolve for more targeted education solutions by adapting educational resources to personal student needs.

The abundant progression of open educational resources and free learning tools will enable the ever-growing democratisation of learning opportunities. EdTech innovations moving forward will transform self-education into a more efficient system that engages learners through inclusive approaches to deliver continuous learning for people from all backgrounds.

RISING SUICIDES: STILL A TABOO?

● Vishal Prajapati

In recent years, the overall suicide rates in India have skyrocketed, going beyond the measures of all predictions. Is it a result of an individual's incompetence as believed by many or a failure of the system? Numerous social or cultural factors influence these suicide rates which have just worsened over time. These individuals often succumb to external pressures or internal turbulence and reports all around suggest this alarming rise in elders and students. This article explores the different factors and demographics of the rising suicide cases all around the world.

WHO

According to data released by WHO or the World Health Organisation, more than 720,000 people die due to suicide every year. It also suggests that suicide is the third leading cause of death among individuals of 15–29-year-olds. Around seventy-three percent of global suicides occur in low- and middle-income countries. The data also marks several cultural, biological, psychological, and environmental factors as the primary driving force of suicides.

The youth, often termed as the backbone of the country are at the highest risk category in a number of countries including India. Social media and peer pressure can be linked with this growing rate. In Kota itself, which is a hub of coaching centers for students preparing for NEET and JEE six deaths by suicides have been reported within the first 22 days of 2025. This data is one among the many

that concern the rising scenario.

Psychological health

A 30% increase in the age-adjusted suicide rate has occurred between 2000 and 2016.

There are numerous factors that contribute to and aid suicide, making it a very complicated and multidimensional phenomenon.

Numerous factors, including neurobiology, family and personal history, and the individual's sociocultural environment, can come together to determine it.

MENTAL HEALTH STRUGGLES

Every year millions of people around the world try to commit suicide and nearly one million of them do so. It is the 10th biggest phenomenon that takes lives in America. Suicide rates around the world have been increasing massively since this decade, reports suggest.

People around the globe suffer from various mental health struggles. Most children and teenagers who attempt suicide suffer from a serious mental illness, such as bipolar disorder or depression.

Feelings of stress, self-doubt, pressure to succeed, financial insecurity, disappointment, and loss may be linked to teen suicide attempts.

But these mental disorders such as depression and suicidal feelings can be treated. It is imperative that the child or adolescent's disease be identified, diagnosed, and treated effectively with a thorough treatment plan in order to prevent intense decisions.

Diseases such as Anorexia which is a form of eating disorder are also subjected to a lot of stigmas, when it is proven that Anorexics are at higher risk of suicide than normal people with undamaged eating habits.

LIFE AFTER COVID-19

Worldwide surveys done in 2020 and 2021 found higher than typical levels of stress, insomnia, anxiety, and depression. By 2022, levels had lowered but were still





higher than before 2020.

The abrupt loss of social connection and work, the additional strains of relocating for work or school, and, more recently, the effects of abrupt, localised "lockdowns" to stop new outbreaks have all had an effect on the mental health of people.

The COVID-19 pandemic brought a brief but severe economic crisis that led to widespread unemployment in 2020 which also caused widespread lockdowns and disruptions in daily life. People lost their jobs, and families resulting in many suicides as well.

Reports stated that anxiety increased to 50 percent and depression simultaneously to 44 percent during the pandemic which was six times higher than 2019. Higher rates were seen in states more impacted by the coronavirus epidemic and with less access to mental health treatments.

YOUTH AND MENTAL HEALTH

Depression is pretty common in youths. For example, many students are living far from family for the first time, and they are less able to get help from family and close acquaintances.

Students experience more stress from a range of factors, including rising academic obligations, acclimating to a new environment, and creating a new support network, in addition to increasing freedom and independence. Additionally, the college gives students exposure to drugs and alcohol, which can increase the risk of suicide.

ELDERLY DEPRESSION

Subsyndromal depression is more common in older people. Not all cases of this kind of depression fit the criteria for serious depression. However, if treatment is not received, it results in severe depression.

Symptoms of depression can sometimes be mistakenly attributed to dementia, poor health, or advanced age. Because they feel ashamed or don't want to acknowledge that they're struggling, some elderly individuals would rather not discuss depression. Regretfully, this may result in their not asking for assistance or in putting off evaluation and treatment for a lengthy period.

HELPING SUICIDAL PEOPLE

It's very important to help those who might be depressed or suicidal as a peer. Studying the potential "warning signs" which consist of their behaviors, verbal and non-verbal communications, and overall actions. Suicidal thoughts are frequently linked to mental and emotional conditions including bipolar disorder and despair. As the person's depression starts to improve, the risk of suicide may be at its highest.

During these tough times, the simplest of actions can help them. It is very essential to be there for someone who is experiencing suicidal thoughts. Also knowing when to get expert help and when to help them by yourself is equally crucial.

Asking someone whether they're suicidal may help them. You allow someone to express their feelings to you and let them know they are not a burden by asking them directly about suicide.

Never dismiss someone who confides in you that they are experiencing suicidal thoughts; you don't need to be able to fix their problems, but if you think you can, you should offer support and urge them to share their feelings.

It is important to keep in mind that suicide can be avoided by addressing the root causes of mental illness and making sure that everyone has access to the help they require when they need it the most.

Air India to Resume Non-Stop Delhi-Tel Aviv Flights from March 2025



Air India has announced the resumption of its non-stop services between Delhi and Tel Aviv, set to begin on March 2, 2025. The airline will operate five weekly flights on the route, utilizing its Boeing 787-8 Dreamliner, featuring

18 flat-bed Business Class seats and 238 spacious Economy Class seats.

Flight Schedule:

● AI139: Delhi to Tel Aviv – Mon, Tue, Wed, Thu, Sun | Departure: 15:55 | Arrival: 19:25

● AI140: Tel Aviv to Delhi – Mon, Tue, Wed, Thu, Sun | Departure: 21:10 | Arrival: 06:10+1

Bookings are now open through Air India's website, mobile app, and travel agents. The decision to restart operations follows the necessary approvals.

Air India and Kenya Airways launch codeshare partnership

Air India and Kenya Airways have expanded their partnership with a new codeshare agreement, complementing their existing interline partnership. The deal offers seamless one-stop connectivity between Kenya, Southeast Asia, and Australia via Mumbai and Delhi.



In an exciting move to enhance travel convenience, Air India and Kenya Airways have officially launched a codeshare partnership, building on their existing interline agreement. This collaboration aims to provide seamless connectivity between India, Africa, and beyond, offering passengers the ability to access a broader network of destinations with just one ticket and a unified baggage policy. The partnership promises to make travel easier, more efficient, and hassle-free.

As part of this codeshare agreement, Air India will place its 'AI' designator code on Kenya Airways' twice-daily flights between Nairobi and Mumbai. This connection will seamlessly link passengers to Air India's flights to key destinations such as Bangkok, Colombo,

Dhaka, Malé, Melbourne, and Singapore. Additionally, travelers flying from Nairobi can continue their journey to various destinations within and outside India via Delhi. Kenya Airways will also place its 'KQ' code on Air India-operated flights between Delhi and Nairobi, providing Kenya Airways passengers across Africa with convenient access to Delhi via Nairobi.

"Deepening our partnership with Kenya Airways aligns perfectly with Air India's strategic vision of expanding our global footprint and strengthening our position in key markets," said Nipun Aggarwal, Chief Commercial Officer of Air India. "Our codeshare partnership will provide significant benefits to guests of both airlines and contribute to the overall growth of air travel between India and Africa."

The interline agreement between Air India and Kenya Airways further expands travel options, offering seamless connections between 28 points in Africa and 15 cities in India. From Accra to Zanzibar, passengers can now book a single itinerary for a smooth travel experience between the two continents.

"We are delighted to expand our partnership with Air India, which will open up significant opportunities for our passengers," said Julius Thairu, Chief Commercial and Customer Officer of Kenya Airways. "This codeshare agreement allows us to offer seamless connections to a wider range of destinations, making travel easier and more convenient for everyone."

Emirates Skywards and ALL Expand Partnership, Boosting Rewards

Emirates Skywards and ALL - Accor's Loyalty Programme have enhanced their partnership, introducing two-way points conversion for members worldwide. This collaboration offers exciting new opportunities for members to earn and redeem rewards more seamlessly across both programmes.



In a groundbreaking move to offer greater rewards and experiences, Emirates Skywards and ALL - Accor's Loyalty Programme have significantly strengthened their partnership. Emirates Skywards members who are also part of ALL can now convert their Skywards Miles into ALL Reward Points, unlocking access to over 5,600 hotels across more than 45 Accor brands and 5,000 Limitless Experiences globally. For every 4,000 Skywards Miles, members will receive 1,000 ALL Reward Points, which can be redeemed for hotel stays, exceptional dining, and exclusive experiences on ALL.com.

A key feature of this enhanced partnership is the introduction of seamless two-way points conversion. Skywards Miles can now be converted into ALL Reward Points, and ALL Reward Points can also be converted into Skywards Miles. For instance, 4,000 ALL Reward Points will convert into 2,000 Skywards Miles, which can be redeemed for flights, upgrades, and a wide range of experiences, including gift cards and access to



cultural and sporting events.

Dr. Nejjib Ben Khedher, Divisional Senior Vice President of Emirates Skywards, shared, "We're constantly exploring new ways to help our members maximise the value of every Skywards Mile earned and redeemed. Our enhanced partnership with ALL - Accor's loyalty programme will offer exactly that, giving Emirates Skywards

members exceptional hotel stays and limitless experiences."

Mehdi Hemici, Chief Loyalty and Ecommerce Officer at Accor, added, "We are thrilled to strengthen our partnership with Emirates Skywards, marking a significant milestone in our commitment to enriching our programme with industry-leading partners. Both Emirates Skywards and ALL share the same passion for experiential travel, and this partnership will elevate membership to the next level."



With destinations like Dubai, Paris, the Maldives, Riyadh, and Bali now more connected than ever, members can seamlessly combine luxury stays with world-class air travel, ensuring unforgettable journeys. This enhanced alliance promises unparalleled flexibility, value, and exclusive rewards, taking both brands' loyalty programmes to new heights.

5 Ways Finnair's Business Class is redefining Long-Haul Luxury

Finnair has elevated its long-haul Business Class to new heights, offering a luxurious travel experience between Europe, the USA, and Asia. With a revamped cabin now available across its A330 and A350 aircraft, the airline sets a new standard for comfort and convenience on international flights. Here are five standout features that make Finnair's Business Class the ultimate way to travel.

The Revolutionary AirLounge Seat

At the heart of the Finnair Business Class experience is the game-changing AirLounge seat. Designed in collaboration with Collins Aerospace, this curved, fixed-shell seat epitomises the elegance of Nordic furniture. Unlike traditional recliners, the AirLounge offers unparalleled versatility, allowing passengers to sit upright for work, lounge cross-legged while reading, or stretch out completely for a restful sleep. With its ergonomic design and ability to lie flat, the seat ensures optimal comfort on even the longest flights. Complementing the seating experience is an updated in-flight entertainment system, delivering top-tier movies and TV shows at your fingertips.

Nordic Design Touches Throughout the Cabin

Finnair's Business Class cabin is a showcase of Finland's rich design



heritage. From the AirLounge seat to the welcoming entrance area, every detail reflects Nordic elegance. Iconic Finnish brand Marimekko has lent its creative touch to the textiles, featuring vintage designs by Maija Isola. These thoughtful design elements create a warm and inviting atmosphere that transports passengers into the heart of Nordic culture.

A Culinary Journey Inspired by Nordic Roots and Global Flavors

The menu in Finnair's Business Class is a celebration of Nordic heritage and global destinations. Fresh ingredients and vibrant flavours come together to create an unforgettable dining experience. Passengers can enjoy a sumptuous main meal served after take-off, featuring two starters, a choice of three main courses, cheese, and dessert, paired with award-winning wines.

On late-night departures from Helsinki to Asia, a light meal is offered before a pre-landing brunch featuring three main course options. Passengers can also pre-select their preferred main course to guarantee their choice. Whether savouring Nordic delicacies or flavours inspired by international destinations, every meal is thoughtfully crafted to delight the palate.

Elevated Dining Experience

Dining in Finnair's Business Class is elevated with bespoke tableware

designed by Harri Koskinen for Iittala. The Kuulas range, featuring round plates and glasses made of ceramics, glass, and steel, embodies authenticity and craftsmanship. Koskinen's designs seamlessly combine beauty and functionality, offering a homely yet refined dining experience that complements the chef-crafted meals served on board.

Next-Level In-Flight Entertainment and Connectivity

Finnair's reimagined in-flight entertainment system features an 18-inch immersive display with a darker, intuitive interface for comfortable nighttime viewing. To support productivity, the cabin offers USB-C connectivity, wireless charging, PC power outlets, and a flexible table setup, ensuring passengers can seamlessly work or unwind during their journey.

With the final aircraft upgraded in spring 2024, Finnair's long-haul Business Class now offers a consistent experience across its fleet. Every detail, from the seat design to the menu and in-flight entertainment, has been meticulously crafted to reflect Finnair's commitment to delivering excellence.

Finnair's enhanced Business Class, with its blend of Nordic innovation, comfort, and style, offers travellers the ultimate way to fly on regular direct flights from New Delhi to Helsinki.

Qatar Airways Expands Global Network with New Destinations in South America: Bogotá and Caracas

The World's Best Airline has expanded its reach in the Americas, adding Bogotá and Caracas as its 15th and 16th destinations. This move also marks the launch of the airline's second-longest flight to the region.

Qatar Airways is set to further expand its reach into the Americas with the launch of two new weekly flights starting in early summer 2025. Connecting Hamad International Airport (DOH) in Doha to Bogotá El Dorado International Airport (BOG) in Colombia, and continuing to Caracas Simon Bolivar International Airport (CCS) in Venezuela, this new service marks a significant milestone for the airline. The return flight from Caracas will operate non-stop to Doha.

This expansion makes Qatar Airways the first and only airline offering non-stop flights from the Middle East to Colombia, and the only Middle Eastern carrier operating in Venezuela. With these new additions, Qatar Airways' Americas network grows to 16 destinations, joining major cities like Dallas, Miami, New York City, São Paulo, and Toronto.

Operated by Boeing 777-200LR aircraft, the new Bogotá and Caracas services feature 42 Business Class seats and 234 Economy Class



seats, offering travelers convenient access to the Middle East and beyond. Qatar Airways' expansive global network, reaching over 170 destinations, ensures seamless connections for passengers.

Qatar Airways Group Chief Executive Officer, Engr. Badr Mohammed Al-Meer, remarked, "The launch of flights to Bogotá and Caracas marks a transformative moment for Qatar Airways and for travelers to South America. As the first airline to offer nonstop service from the Middle East to Colombia

and the only Middle Eastern carrier flying to Venezuela, we are creating new opportunities to connect people, cultures, and commerce."

Voted the World's Best Airline by Skytrax for an unprecedented eighth time in 2024, Qatar Airways continues to redefine long-haul travel with its commitment to exceptional service. This expansion into Colombia and Venezuela further enhances the airline's footprint in South America, bringing its world-class hospitality to new markets and strengthening global connectivity.





Trump Proposes Evacuation in Gaza

Following what seemed to be a reversal of his prior remarks, US President Donald Trump reiterated his vision in which the US would occupy Gaza.

"The Gaza Strip would be turned over to the United States by Israel at the conclusion of fighting," Trump said on Thursday. He emphasised that no US troops would be required and that the plan would entail resettling Palestinians.

Under his plan, Trump wrote on Truth Social, Gazans "would have already been resettled in far safer and more beautiful communities, with new and modern homes, in the region". According to him, the US would thereafter participate in an

initiative to revitalise the enclave. Trump implied that Palestinians would be permanently displaced.

"The US will take over the Gaza Strip and we will do a job with it too," he said on Tuesday during a joint press conference with Israeli Prime Minister Benjamin Netanyahu, who called the idea "worth paying attention to".

The Gaza Strip, which is 41 km (25 miles) long and 10 km (6 miles) wide, is essentially unsuitable for humans after 15 months of fighting.

Whole neighborhoods have been completely destroyed. Where greenhouses once stood, agricultural land has been turned to rubble and sand. The UN agency claims that

the damage has resulted in the accumulation of more than 50 million tonnes of debris.

Following an enormous cross-border attack on October 7, 2023, in which more than 1,200 individuals had been killed and

251 were held captive, the Israeli forces began a mission to eradicate Hamas.

Since then, Gaza's health ministry, which is managed by Hamas, reports that more than 47,550 people have been killed and 111,600 injured.

Prime Minister Benjamin Netanyahu on Thursday said it was "worth listening carefully" to US President Donald Trump's proposal. Trump "raised his idea about Gaza, about the day after Hamas, and I think it is worth listening carefully to this idea, which is the first original idea that has been raised in years."

Even Donald Trump's supporters acknowledge that he had barely dabbled with the notion of the US "taking over" Gaza and forcing Palestinians to go elsewhere until it came to light on Tuesday night, much to the astonishment of his closest advisers. Presidents in Washington have supported some form of two-state resolution to the Israeli-Palestinian dispute for decades. Up until now, no one had anticipated that the second state would be American rather than Palestinian. Leaders from the Middle East and beyond vehemently opposed Trump's idea, labeling it illegal and unfeasible.



Trump imposes 10% tariff on Chinese goods, ramping up trade tensions



A 10% tariff on all goods entering the United States from China was implemented on February 4, representing the latest step in former President Donald Trump's trade strategy. As a result, a product priced at \$10 will now incur an extra \$1 charge.

According to Trump, the tariffs will increase American manufacturing, safeguard employment, increase tax receipts, and stimulate economic growth. In addition, the former president has said that he plans to use tariffs to stop the flow of fentanyl, a potent synthetic opioid that is responsible for tens of thousands of overdose fatalities in the United States every year.

China Counters by Imposing Tariffs on American Products

China issued its own countermeasures to Trump's tariffs, which went into force on February 10. U.S. liquefied natural gas products will be subject to a 15% levy by Beijing, while crude oil, farm equipment, and large-engine automobiles will be subject to a 10% duty. This action

indicates that tensions between the two biggest economies in the world are rising.

Claiming that the U.S. tariffs unfairly target Chinese products and interfere with international supply networks, Chinese authorities denounced the measures. "Both Chinese and American businesses will suffer from the U.S. government's unilateral actions," China's Ministry of Commerce warned in a statement.

Canada and Mexico tariffs were halted for a month

Trump had previously intended to put a 25% tariff on imports from Mexico and Canada, but those plans have been postponed for at least a month following three-way negotiations. Originally scheduled to go into force this week, Canada and Mexico were able to work out a short-term halt with Trump's administration.

On Wednesday, Canadian Prime Minister Justin Trudeau declared that his government and Mexico had reached an agreement to postpone retaliatory tariffs for a minimum of 30 days while diplomatic negotiations

proceed. The 25% tax that Canada had previously intended to apply to \$107 billion (CA\$155 billion) in U.S. imports has also been temporarily halted.

President Trudeau said in a news conference, "While we remain committed to protecting Canadian businesses and workers, we are also focused on maintaining strong economic relations with the United States," He added that a special summit of the Council on Canada-U.S. Relations will be held this Friday in Toronto to talk about trade policies and possible remedies.

Economic and Political Reactions

The possible effects of these levies have alarmed economists and business leaders. Tariffs may raise the U.S. government's revenue, but some economists contend that they could also raise prices for American companies and consumers.

Trump has redoubled his tariff policy in spite of these reservations, claiming that the measures are required to shield American businesses from unfair trade practices and low-cost international competition. He has also claimed that some shipments of Chinese-made items have been used to smuggle fentanyl into the United States, connecting the tariffs to his larger attempts to combat the drug's trafficking.

Possible Outcomes

Now that Canada and Mexico have secured a short-term reprieve, focus shifts to the North American leaders' impending conference in Toronto. Additional discussions on trade policy and possible tariff reductions will be possible at the summit.

In the meantime, tensions between the United States and China are still high, and further punitive actions could be imminent. If tensions continue to increase, the Chinese government has warned that more trade restrictions on U.S. exports of technology and agricultural items may be implemented.

Luka Dončić traded to Los Angeles Lakers



Although Mavericks general manager Nico Harrison justified the move, the team that made the original offer, the Mavericks, came under fire for trading their franchise player stating, "I believe that defense wins championships." Conversely, Dončić was unaware of the transaction until it was finalised, thus he was caught off guard.



The reaction across the NBA was one of astonishment. Veteran NBA analyst David Aldridge remarked, "I've been covering the NBA for 37 years... This is a 'Holy S--t' trade."

One of the world's top young professional basketball players, Luka Dončić, was traded to the Los Angeles Lakers from the Dallas Mavericks on February 2, 2025, where he had spent six seasons as a star. Even for those who keep a close eye on the league, it is difficult to express how shocking this was.

Prior to joining the NBA, Luka was a young sensation in Europe's professional league.

Followers as well as NBA players immediately questioned whether such a massive trade could have occurred.

The Mavericks gained guard Max Christie, center Anthony Davis, and a 2029 first-round draft pick in return. The Utah Jazz also received two second-round selections and guard

Jalen Hood-Schifino.

Dončić was traded by the Mavericks for a variety of reasons. "Defense wins championships" is an idea that Harrison promoted, and he called Davis "one of the best two-way players in the league."

Dončić has been out since Christmas Day due to a calf strain at the time of the deal, and there were rumors of conflict between him and the Mavericks' management because of his decision to hire his own personal conditioning squad at his own expense and the firing of several strength and conditioning experts that Dončić trusted. Other factors included concerns about his conditioning and the potential offer of a \$345 million supermax contract in the upcoming summer.

Dončić is currently getting close to making his Lakers debut following his recuperation from a calf issue. On February 10th, he is anticipated to make his Los Angeles debut against the Utah Jazz. In order to ensure that Dončić and the medical staff are both comfortable with his readiness, Lakers head coach JJ Redick stressed that they are not hurrying his comeback. In addition to changing the rosters of the participating teams, this trade has changed the NBA's overall landscape. The way that Davis adjusts to his new role with the Mavericks and how Dončić fits in with LeBron James and the Lakers will be eagerly watched by both fans and analysts. The upcoming seasons will reveal this big deal's long-term effects.



Japan's Population Crisis

The country of Japan faces major demographic challenges because the birth rate declines quickly alongside rising population age. In 2023 the Japanese population reached a historic lowest rate of 1.20 total births per person based on data from the Ministry of Health Labour and Welfare which shows 727277 new births. The future projection for births in Japan during 2024 indicates this figure will drop below 700,000 for the very first time. According to expert projections the Japanese population will produce approximately 690,000 babies during 2024. The birthrate stands at 2.1 only to sustain an even population but Japan's rate plunges at 1.20. Japan has undergone a population decrease of 861,000 citizens during the period from January 1 of the previous year to the current year.

Government Initiatives and Proposed Measures

The Japanese administration pursues active explorations to tackle this emergency situation. Japanese media reports about a four-day workweek implementation appear incorrect as the reality is that the Tokyo Metropolitan Government is evaluating flexible work arrangements. The new policy will permit parents of small children to take three workplace absences weekly starting from April.

The birth rate increase plans of the Japanese government include:

- Expanding childcare access and support.
- The government should enhance wages for younger employees to enhance their economic stability.
- Increasing financial assistance for families with children.



- Expanding parental leave benefits.

Legislative measures received 5.3 trillion yen (\$34 billion USD) from the 2024 budget which will continue requiring annual costs of 3.6 trillion yen (\$23 billion USD) for the next three years.

Prime Minister Fumio Kishida intends to elevate government child benefit amounts so Japanese levels will match Swedish standards where family benefits constitute 3.4% of GDP.

Underlying Factors and Broader Context

The following linked factors produce Japan's demographic problems:

- Job scarcity combined with financial expenses creates a situation where future generations avoid starting families.
- The struggle to balance intensive professional responsibilities alongside

child-raising responsibilities especially impacts women negatively when it comes to starting a family.

- Traditional gender roles together with a gender-biased corporate culture maintain inequalities between men and women until today when married women continue to bear the majority of household caretaking responsibilities.

- Young couples suffer from economic pressure because child-rearing expenses have become increasingly expensive.

The nation of Japan experiences these same difficulties which many other countries also encounter. The same population challenges exist in neighboring countries of China along with Taiwan and South Korea due to their low birth rates and aging populations. Most Japanese families faced comparable primary factors that lead to population decline such as economic difficulties and societal expectations and shifting cultural values.



Evolution Of Kabaddi

• Vishal Prajapati

A contact sport originating in ancient India, 'Kabaddi' is also called Chedugudu or Hu-Tu-Tu in southern parts of India, Hadudu (for men), and Kit-Kit (for women) in the eastern part of India. Still, it is mostly famous all over India, especially in North India. The game's roots can be traced back to prehistory, a time when the development of swift reflexes were essential for both self-preservation and hunting success. Initially, Kabaddi was used as a physical exercise in ancient Indian gurukuls, and evolved with minor variations while retaining its core principle: raiding enemy territory. The ancient Indian epic, Mahabharata, recounts the tragic tale of Abhimanyu, the valiant son of Arjuna. Over 4,000 years ago, during a fierce battle against the Kauravas, Abhimanyu, heir to the Pandava throne, masterfully penetrated their formidable seven-layered defense.

Rules and Regulations: Essentially, Kabaddi is a simple, inexpensive game played outdoors on level ground or sand, requiring minimal equipment. The foundation for the modern rules of kabaddi was laid in early 20th century India, with the year 1923 marking the official publication of these rules, establishing a standardised framework for the sport. Kabaddi pits two teams of seven players against each other in a large square arena. The game is divided into two halves, each twenty minutes long, and governed by a basic set of

rules. A coin toss determines which team initiates the match, choosing between raiding or defending first. During a raid, a designated player from the attacking team, known as the raider, enters the opposing team's territory while continuously chanting "kabaddi." The defenders actively strive to stop the raiders from returning to their side by tackling or pushing them out of the court.

The popularity of the Sport: Kabaddi enjoys immense popularity as a premier sport in India. The sport has experienced a phenomenal surge in popularity, establishing itself as

a unique and captivating spectacle for Indian audiences, second only to cricket in terms of viewership. Due to its deep cultural significance, kabaddi has long been a cherished pastime in India's rural areas, passed down through generations. It got its competitive status in the 1920s. Before the 1936 Olympics, kabaddi achieved global prominence when it was featured as an exhibition sport, introducing it to a wider international audience. However, the rise of the Pro Kabaddi League (PKL), a franchise-based tournament, combined with Kabaddi's presence in the Asian

Games, has significantly boosted its popularity in Indian cities.

Pro Kabaddi League: Launched in 2014, Pro Kabaddi is a groundbreaking initiative by Mashal Sports Pvt. Ltd and Disney Star. Through remarkable innovations, the League has revolutionised kabaddi, captivating players and fans alike and elevating the sport to new heights of aspiration. With backing from the AKFI (Amateur Kabaddi Federation of India) and support from the IKF (International Kabaddi Federation) and AKF (Asian Kabaddi Federation), the league has experienced significant growth across seasons.

The Pro Kabaddi League (PKL)

Season 11 concluded with an exciting finale on December 29, 2024, held at the Shree Shiv Chhatrapati Sports Complex in Pune. Since the inaugural season in 2014, where the Jaipur Pink Panthers claimed victory, the PKL has witnessed the rise of multiple champion teams. The PKL Season 11 concluded with the Haryana Steelers defeating the Patna Pirates with a score of 32-23, securing their first-ever PKL title.

“Smart production and packaging of content on TV, alongside an innovative take on the construct, format, and presentation of kabaddi has seen the Pro Kabaddi League transform how people are engaging,



Prokabaddi brought the league format with its best practices to our sport of kabaddi to transformative impact. We have to acknowledge that due to the great efforts of International Kabaddi Federation and Asian Kabaddi Federation, Kabaddi had already become a medal disciple at the Asian Games since 1990. As a result, many member-countries of IKF and AKF had started creating their respective national calendars, and well as nascent international programmes. But kabaddi was not seen as a big modern sport within our member countries and across countries.

VINOD KUMAR TIWARI
PRESIDENT, IKF



experiencing, and enjoying the sport,” wrote Ravi Chavan, the managing director of Nielsen Sports, India.

Over the years, the association of numerous Bollywood celebrities with PKL has brought a glamorous dimension to the sport, captivating a wider audience. Whether as team owners, promoters, or enthusiastic





spectators, their presence has injected PKL with glamour, contributing to a substantial increase in the league's fanbase. It strategically leveraged Bollywood's

influence by securing celebrity endorsements through barter deals. The league attracted famous Bollywood actors such as Amitabh Bachchan, Aamir Khan, Shahrukh Khan, and Abhishek Bachchan. This was done to strategically associate kabaddi with desirable qualities such as youthfulness, courage, action, and coolness. To encourage audiences to confront challenges head-on, regardless of the odds, they coined the term "Le Panga," which colloquially translates to "go pick a fight." Widespread television and streaming coverage has significantly increased the league's fan base. Air-conditioned venues, complete with laser lights and vibrant music, enhance

the overall matchday experience. Viewers at home feel more immersed in the action thanks to multi-camera telecasts and captivating 3D graphics. The league's accessibility has been enhanced by its coverage in multiple languages (Hindi, Kannada, Telugu, and Tamil), coupled with an engaging format and prime-time slot. The first few seasons of the Pro Kabaddi League propelled players like Anup Kumar, Rakesh Kumar, Manjeet Chhillar, Sandeep Narwal, Ajay Thakur, and Rahul Chaudhari to stardom, making them household names across the country.

Growth at Grassroots Level and Future: The grassroots kabaddi program experienced substantial

growth, with participation increasing across all age categories. The introduction of the Future Kabaddi Heroes Program has enabled scouts to effectively identify and recruit the stars of tomorrow.

The Inter-Zonal Kabaddi Tournaments, initially held in New Delhi in partnership with the Delhi government, garnered significant interest and participation, prompting expansion to four more cities: Mumbai, Pune, Bangalore, and Hyderabad. Overseas talents like Iranians Meraj Sheykh and Fazal Atrachali made a powerful impression on the league, consistently delivering clutch performances that helped their teams achieve victory. Kabaddi enjoys immense popularity in India and South Asia, but its future lies in cultivating a global fan base. Expanding beyond its traditional strongholds is essential for the sport's continued growth and success on the world stage.



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Shades of the Zodiac

Throughout history, the zodiac has captivated people because it helps us understand fundamental human traits alongside behavioral patterns and predicted outcomes. Within the zodiac system all four elements—fire, earth, air, and water—show their positive sides but also hide inner dark aspects at their core. Each of the zodiac's signs and elements show us two sides of human nature which include noble character traits as well as harmful destructive tendencies. Elements have different personality strengths because some show kind behavior yet others contain strong emotional reactions that may generate manipulative actions or dangerous behavior. Each element holds two parts which lets us discover our advantages yet master our setbacks.

• Adarsh Tiwari

The Dual Nature of the Zodiac Elements

Every astrological element works through a diverse range of personality characteristics which stem from their connection to space alignments as well as their core nature and zodiac sign influences. Different zodiac elements possess the ability to express both heroic and dark aspects within people although moral goodness or wickedness remains fundamental to each person. Each zodiac elemental crew combats virtue against vice through unique patterns of energy between Aries-Light Leo and Cancer-Deep Scorpio. A closer look at zodiac elemental characteristics demands an examination of their varied qualities and characteristics.

Fire Signs (Aries, Leo, Sagittarius)

The Good: Elemental fire represents qualities of energetic passion as well as strong courage and boundless vitality. People born during fire signs lead naturally and embody enthusiasm and inspiration. People with fire signs display bold determination and fearlessness

which are combined with excitement about new adventures. These people develop magnetic qualities that attract everyone around them thus they lift others up through their spirit of determination along with their positive energy. People born under the fire signs remain strong after facing setbacks because they succeed best in situations demanding confidence and rapid action.

People born under fire signs demonstrate creative skills together with an enthusiastic approach to living. These individuals demonstrate leading roles by serving as instrumental forces that drive people onward through the constant pursuit of their ambitions. Through their charismatic nature, these individuals excel at inspiration because their charming behavior serves as a driving force that encourages others toward greatness. These people maintain endless energy so they avoid average achievements because they continuously seek outstanding accomplishments.

The Evil: The powerful energy flowing from these signs generates behavior characterised by impulsive actions which lead people to reckless choices and aggressive conduct.



Typically, they mobilise their emotions swiftly with arrogance and the refusal of hearing others. Their intense drive for competition frequently results in rulership outlooks while their intense ambition toward winning can make them uninterested in others' needs and cause them to act before they should. When upset they lose control easily which makes them push people away from their close circle.

Due to their intense passion Fire signs often fail to practice moderation when they take on many tasks at once. Their love of excitement pushes them toward unwieldy behavior because they ignore the outcome of their decisions. The intense need for both control and superiority sometimes leads individuals toward threatening behavior before advancing toward emotional coercion at its worst level.

Earth Signs (Taurus, Virgo, Capricorn)

The Good: People under Earth sign astrology exhibit three core traits including stability alongside reliability and practicality. These signs give strong fundamental support for all areas including romance as well as professions and individual growth. These components maintain deep patient endurance while bringing steady loyalty to the entire zodiac system. As part of their character, they demonstrate extreme dedication to goal achievement while showing wisdom alongside responsible behavior and maintaining

strict self-discipline.

They base their decisions on clear and informed thinking so they avoid taking excessive dangers. Earth signs maintain a profound relationship with nature and material comforts while appreciating both attractive design elements and durable resources. From birth, Earth signs have developed parentlike qualities that allow them to offer assistance and mentor their families with sincere care. They maintain their word so they execute all their promises.

The Evil: Earth signs have the potential to show dark aspects through their rigidity alongside materialistic behavior and their stubborn desire to control situations. Their desire for success alongside security sometimes generates intense preoccupation with financial wealth and social status which develops into greed together with callous ambitious tendencies. These individuals demonstrate critical traits characteristically alongside perfectionism which forces them to maintain unrealistic expectations of themselves and those around them.

Earth signs demonstrate such a strong practical nature through behavior that occasionally creates misunderstandings about their emotional strength thus giving others the impression of untreated coldness. Their need for organisation turns into resistance to change when changes become essential for adaptation. They experience self-criticism following failure which leads them to damage their approach to life with feelings of incompetence. Relationships become restrictive for their partners because these signs demonstrate control behaviors that block growth and independence.

Air Signs (Gemini, Libra, Aquarius)

The Good: Apart from other elements Air holds connections to intelligence besides curiosity along



with the ability to communicate. Members of air sign groups are known for their social qualities while being flexible during interactions and developing new ideas. The ability to check situations from different angles defines air signs which enables them to solve problems effectively. Air signs are free-thinkers because they never fail to bring captivating intellect and fascinating comedy to conversations and also help people get along together.

Air signs require mental engagement because they maintain an active pursuit of knowledge while studying new things about the world. These individuals lead fundamental revolution by developing innovative concepts which influence transformative societal progress. When conflicts arise or social situations get complicated their objective mindset allows them to handle both problems smoothly.

The Evil: Air signs deal with emotional detachment which along with manipulative tendencies and indecision affects their behaviors in life. Intellectual stimulation which drives air signs may cause them to become informal and overthink things which creates problems with their emotional intimacy. The way air signs operate without warning creates unpredictable behavior which produces unsettled results.

Because of their natural inclination to maintain flexibility Air Signs often find relationship commitments difficult to manage. Their usual avoidance of emotional depth sometimes results in people mistaking this behavior for emotional



disconnectedness.

Water Signs (Cancer, Scorpio, Pisces)

The Good: Water signs are deeply intuitive, emotional, and empathetic. They have a natural ability to connect with others on a profound level, offering support and understanding. Their emotional intelligence makes them compassionate, loyal, and nurturing. They are also highly creative and imaginative, often expressing themselves through art, music, and literature.

Water signs excel in forming deep and meaningful relationships, offering comfort and protection to their loved ones. They are attuned to the emotions of others, often sensing distress before it is openly expressed. Their sense of loyalty is unwavering, and they will go to great lengths to defend those they care about.

The Evil: However, the depth of their emotions can lead to moodiness, secrecy, and manipulation. Water signs can be overly sensitive and prone to emotional outbursts, becoming possessive or vengeful when hurt. Their ability to read people so well can be used for manipulation, and they may retreat into their worlds to escape reality.

Their deep emotional wells can make them prone to jealousy, suspicion, and paranoia. When hurt, they may withdraw entirely, using passive-aggressive tactics to punish those they feel have wronged them. Their tendency to dwell on past wounds can lead to resentment and self-pity, making it difficult for them to move forward.

Unlocking Happiness: Why I Wrote Hinduism – The Technology for Joyous Living

In this interview, Anupam Srivastava, author of *Hinduism: The Technology for Joyous Living*, shares the inspiration behind his book. He explores how Hinduism is presented not just as a religion but as a practical, science-based system for achieving happiness, inner peace, and holistic well-being, connecting ancient wisdom with the demands of modern life.

What made you write this book?

As the author of *Hinduism – The Technology for Joyous Living*, my inspiration for writing this book stemmed from a deep realisation that Hinduism is not just a religion but a well-structured science of life. Over the years, I have observed that while Hindu spiritual wisdom holds immense value, it is often misunderstood, misrepresented, or seen as mere ritualistic practice. Many people, both within and outside the Hindu community, struggle to connect with its profound teachings in a way that is practical and applicable to modern life.

I wanted to bridge this gap by presenting Hinduism as a systematic and scientific approach to achieving happiness, inner peace, and holistic well-being. My journey of over four decades in spiritual exploration, combined with my experience as a social worker and transformation mentor, has reinforced my belief that Hinduism offers concrete, time-tested methods for self-mastery, ethical living, and social responsibility.

This book was born out of my desire to translate these timeless teachings into a structured, easy-to-understand format that can be applied in daily life. By integrating Hindu philosophy with modern psychology, neuroscience, and contemporary challenges, I aimed to provide a practical guide for individuals seeking personal growth, mental clarity, and a meaningful

existence.

Ultimately, *Hinduism – The Technology for Joyous Living* is an effort to empower readers with the knowledge and tools necessary to unlock their highest potential and contribute positively to society. It is my hope that this book serves as a transformative guide, helping people navigate life's complexities with wisdom, resilience, and a sense of purpose.

What is the core theme and the essence of the book *Hinduism-The Technology for Joyous A: Living that you have covered in this book?*

The core theme of *Hinduism – The Technology for Joyous Living* revolves around the idea that Hinduism is not just a religious belief system but a well-structured, scientific technology for achieving inner peace, self-mastery, and a balanced, fulfilling life. The book presents Hinduism as a practical framework that integrates spiritual wisdom with everyday living, offering tools and techniques that



help individuals navigate modern challenges with clarity, resilience, and purpose.

Essence of the Book

At its heart, this book explores how Hindu philosophy provides a systematic approach to personal transformation and societal well-being. It highlights the practical application of Hindu principles such as:

1. Self-Discipline and Ethical Living – The book delves into how concepts like Dharma (righteous duty), Karma

(cause and effect), and Yamas & Niyamas (ethical guidelines) serve as foundational tools for achieving harmony in personal and professional life.

2. Mindfulness, Meditation, and Devotion – By examining the role of Dhyana (meditation), Prarthana (prayer), and Bhakti (devotion), the book explains how these practices lead to mental clarity, emotional stability, and spiritual fulfillment.

3. Science and Spirituality Integration – One of the key themes is the correlation between ancient Hindu wisdom and modern scientific discoveries in neuroscience, quantum physics, and psychology. The book presents Hinduism not as blind faith but as an experiential science of consciousness.

4. Balancing Material and Spiritual Life – The book emphasises that true happiness comes from integrating spiritual wisdom with practical action, allowing individuals to succeed in worldly pursuits while staying anchored in inner peace.

5. A Guide to Societal Transformation – Beyond personal growth, the book envisions a larger goal—creating a society rooted in integrity, self-awareness, and collective progress. It highlights how individuals, by mastering themselves, can contribute meaningfully to their communities and the nation.

Hinduism – The Technology for Joyous Living is a call to action for anyone seeking a deeper understanding of life's purpose. It is designed for seekers, professionals, students, and leaders who wish to align their lives with time-tested wisdom while remaining effective in the modern world. The book is a transformative guide that empowers individuals to harness the scientific and spiritual power of Hinduism to lead a joyous, meaningful, and successful life.

How would the readers, particularly the young readers, benefit from this

book?

Young readers stand to gain immense benefits from Hinduism – The Technology for Joyous Living, as it presents the timeless wisdom of Hinduism in a practical, logical, and relatable manner. In today's fast-paced world, where stress, confusion, and uncertainty often dominate young minds, this book serves as a powerful guide to achieving mental clarity, emotional resilience, and a purposeful life.

Key Benefits for Young Readers

- Clarity in Life's Purpose and Direction

- The book helps young readers understand their role in life through Dharma (righteous duty) and Karma (law of action and consequence).

- It provides insights on how to make conscious, ethical choices that lead to long-term success and fulfilment.

Stress Management and Emotional Resilience

- Practical techniques from Hindu philosophy, such as meditation (Dhyana), prayer (Prarthana), and mindfulness, help manage anxiety, stress, and distractions.

- It teaches how to develop inner peace amidst academic, professional, and personal pressures.

- Enhancing Focus and Productivity

- The book introduces structured methods to harness the power of the mind, improving concentration, discipline, and efficiency.

- Lessons from Hindu traditions on self-mastery and self-control help young readers build habits that enhance personal and professional growth.

- Bridging Science and Spirituality

- It connects Hindu wisdom with modern scientific discoveries in neuroscience, psychology, and quantum physics, making spirituality

relevant to young minds.

- The book demystifies Hindu concepts by explaining their logical, scientific basis, removing misconceptions and making it accessible to rational thinkers.

- Balancing Material and Spiritual Success

- Young readers often struggle between ambition and inner peace; this book provides a structured way to integrate both.

- It teaches how to achieve worldly success while staying spiritually grounded, preventing burnout and dissatisfaction.

- Building Strong Character and Leadership

- Hinduism's ethical principles (Yamas & Niyamas, Bhagavad Gita's teachings) serve as a guide to developing integrity, leadership, and social responsibility.

- It encourages young minds to lead by example, fostering a value-driven, responsible, and impactful life.

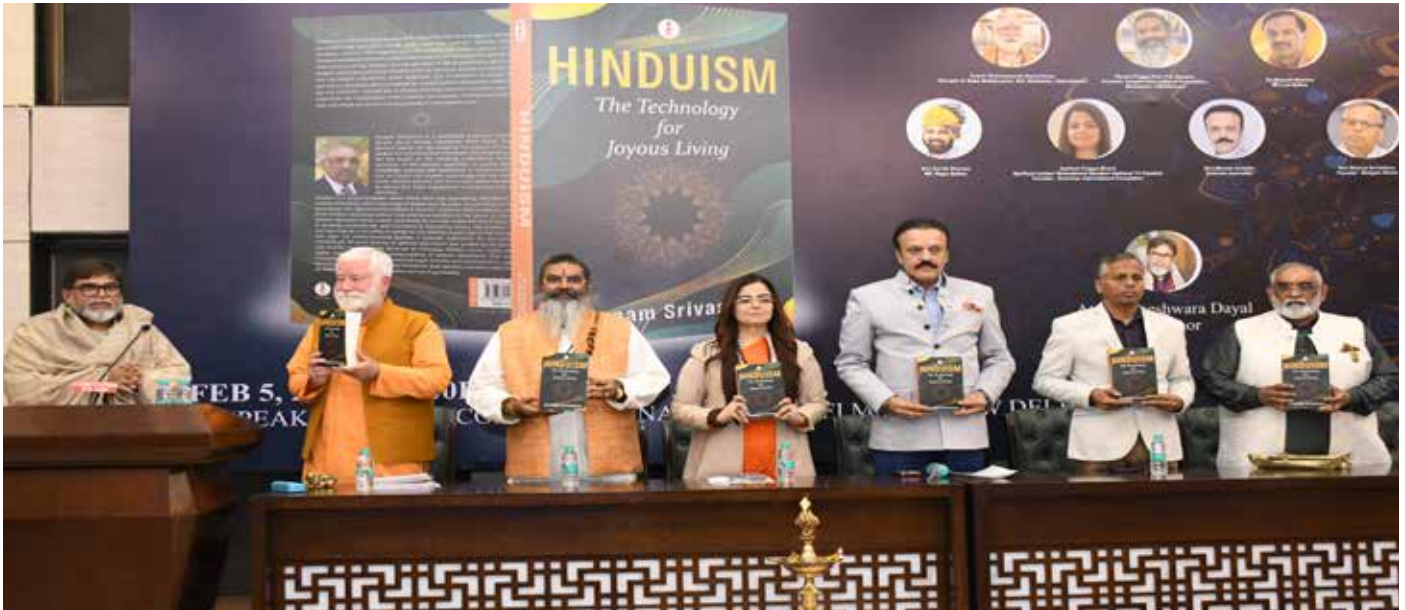
- Empowerment to Face Challenges

- By understanding the deeper aspects of Hinduism, young readers develop a resilient mindset capable of handling life's uncertainties.

- The book instils confidence by showing how self-discipline, devotion, and wisdom can turn obstacles into opportunities.

For young readers, Hinduism – The Technology for Joyous Living is more than just a book; it is a life manual that equips them with the tools to thrive in a complex world. By integrating ancient wisdom with modern relevance, it empowers them to cultivate self-awareness, achieve personal success, and contribute meaningfully to society. This book is an essential read for anyone seeking a life of joy, purpose, and fulfilment.

Hinduism – The Technology for Joyous Living is not just a book—it is a blueprint for a balanced,



purposeful, and fulfilling life. It redefines Hinduism not as a mere religious tradition but as a structured, scientific, and practical system for achieving inner peace, self-mastery,

teachings in a way that is relatable to today's readers, especially young professionals and students.

- It provides practical techniques for handling stress, anxiety, decision-

communities, and national progress.

- Empowerment Through Self-Mastery

- The core message of the book is self-transformation—empowering individuals to take charge of their lives, thoughts, and emotions.

- It highlights the interplay between personal growth and social responsibility, ensuring that one's spiritual evolution also benefits society.



Hinduism – The Technology for Joyous Living is not just a book—it is a blueprint for a balanced, purposeful, and fulfilling life. It redefines Hinduism not as a mere religious tradition but as a structured, scientific, and practical system for achieving inner peace, self-mastery, and societal well-being.

and societal well-being.

What Sets This Book Apart?

- A Scientific Approach to Spirituality

- Unlike conventional spiritual books that focus solely on faith, this book presents Hindu principles as an applied science.

- It explains how concepts like Dharma, Karma, Meditation, Bhakti (devotion), and Self-Discipline align with modern psychology, neuroscience, and quantum physics.

- Readers learn how to apply Hindu wisdom in real-world situations—whether in career, relationships, or personal growth.

- Bridging the Gap Between Ancient Wisdom and Modern Life

- The book demystifies Hindu

making, and ethical dilemmas.

- A Practical Manual for Self-Improvement

- This book does not just talk about philosophy—it guides readers step by step on how to cultivate discipline, focus, and resilience.

- It includes actionable insights on how to integrate meditation, mindfulness, and devotion into daily routines for maximum impact.

- Guidance for Personal and Societal Growth

- Hinduism is often viewed as an individualistic spiritual path, but this book highlights its collective wisdom for building a just, ethical, and harmonious society.

- It explains how Hindu principles can help individuals contribute meaningfully to their families,

Who Should Read This Book?

- Young professionals & students looking for clarity, purpose, and success.

- Spiritual seekers who want a scientific, rational, and structured understanding of Hinduism.

- Leaders & change-makers aiming to integrate ethical and spiritual wisdom into their work.

- Anyone seeking happiness, mental peace, and a life of meaning.

Hinduism – The Technology for Joyous Living is more than just an exploration of Hindu philosophy; it is a life-changing tool for anyone who wants to unlock their highest potential. By blending ancient wisdom with modern practicality, this book provides a roadmap to inner joy, outer success, and a balanced, meaningful life.



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