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IMS TODAY

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MICA ने की स्कूल ऑफ एप्लाइड क्रिएटिविटी की शुरुआत शेखर कपूर बने मेंटर



आईएमएस न्यूज सर्विस

नई दिल्ली। भारत के अग्रणी रणनीतिक मार्केटिंग और संचार संस्थान, MICA ने रचनात्मकता के नए युग की शुरुआत कर दी है। संस्थान ने अपनी नई पहल, स्कूल ऑफ एप्लाइड क्रिएटिविटी की शुरुआत की, जो कहानी कहने, कल्पना और उभरती तकनीकों का अनोखा संगम है। यह स्कूल भविष्य के लिए तैयार रचनात्मक कौशल से लैस छात्रों को गढ़ने का वादा करता है। इस मौके पर मशहूर फिल्मकार और ऑस्कर-नॉमिनेटेड शेखर कपूर को स्कूल का मुख्य मेंटर नियुक्त किया गया, जिन्होंने MICA के छात्रों और शिक्षकों के साथ मिलकर इस सपने को हकीकत में बदलने का संकल्प लिया। 17 जुलाई को मुंबई में MICA की चैयरपर्सन टीना अंबानी ने इस स्कूल की घोषणा की थी।

शनिवार को शेखर कपूर ने अहमदाबाद में MICA कैम्पस का दौरा किया और क्राफ्टिंग क्रिएटिव कम्युनिकेशंस (सीसीसी) प्रोग्राम की शुरुआत की।

यह प्रोग्राम स्कूल ऑफ एप्लाइड क्रिएटिविटी का एक अहम हिस्सा है, जो छात्रों को रचनात्मकता और तकनीक के मेल से भविष्य की चुनौतियों के लिए तैयार करेगा।

जिज्ञासा और साहस के साथ तकनीक का मेल

छात्रों को संबोधित करते हुए 'द एआई म्यूज: रीडिफाइनिंग इस्परेशन इन द एज ऑफ इमेजिनेशन' में शेखर कपूर ने छात्रों को पुराने ढरों को तोड़ने की सलाह दी।

जिज्ञासा और साहस के साथ तकनीक का मेल भविष्य को आकार देगा। छात्रों को संबोधित करते हुए 'द एआई म्यूज: रीडिफाइनिंग इस्परेशन इन द एज ऑफ इमेजिनेशन' में शेखर कपूर ने छात्रों को पुराने ढरों को तोड़ने की सलाह दी।

शेखर कपूर ने प्रो. पूजा थॉमस के साथ फिल्मों की सांस्कृतिक सीख के औजार के रूप में इस्तेमाल करने पर चर्चा की।

इसके अलावा, बीबीडीओ के पूर्व सीईओ सुरजा किशोर के साथ उन्होंने एक गहन सवाल उठाया कि क्या हम एआई को सोचने के लिए सिखा रहे हैं या नकल करने के लिए?



How will China Use AI Doctors in the Future

China is entering a new era of healthcare, where artificial intelligence(AI) will play a major role in diagnosing and treating patients. The Chinese government is investing AI research, smart hospitals and digital health platforms. China is leading the way in using AI-powered doctors to improve medical services across the country.

China's AI hospital, agent hospital revolutionizing healthcare with cutting-edge technology. Developed by Tsinghua university, this virtual hospital is staffed by 42 AI doctors and 4 AI nurses, capable of managing up to 3000 patient interactions daily. These AI doctors can diagnose, treat and manage patients without human intervention achieving a remarkable 93.06% accuracy rate on the US medical licensing exam.

FUTURE IMPLICATIONS

Hybrid human-AI collaboration: AI will likely complement human doctors, enhancing diagnostic accuracy and streamlining clinical workflows.

Global impact: China's AI hospital model could set a new standard for healthcare innovation, transforming the way medical care is delivered worldwide.

Dreams Beyond Expectations The Need for Understanding

Gyanvi

Parents always want the best for their child. They start dreaming big for their child the day the child is born. They always think that their children will work hard, study good, get a well settled job and live a happy life, but sometimes these expectations feel like burden for children.

In our country, education is given the highest priority. Parents always want their children to achieve good marks and secure top positions in the class, school, or college. Many parents feel proud when their children become doctors, engineers, or government officers. Some parents even plan and choose their children's career paths while they are still in school.

But it is not necessary that the wants and dreams of a child are same as that of the parent. For example, a child is asked to be a doctor and prepare for exams, but he or she may want to be a painter or a dancer. Maintaining a balance between his/ her own dreams and the dreams of the parent can be very traumatizing for the child. Children sometimes feel they are living someone else's life, not their own.

Parental expectations are not only bounded to studies or career they even take decisions of their



Requirement and expectations of students from their parents

- **Listen patiently-** Students want their parents to listen without judging or interrupting.
- **Give freedom-** They expect space to make their own choices and learn from mistakes.
- **Emotional support-** They want parents to be there when they feel stressed or low.
- **Motivate, don't compare-** They need encouragement,

not comparison with others.

► **Trust them-** Students want parents to trust their decisions and dreams.

► **Be open-minded-** They want parents to accept new career ideas and modern thinking.

► **Appreciate small wins-** They want their efforts to be noticed, not just big results.

► **Show love and care-** A simple "I am proud of you" means a lot to them.

be wise to guide and teach their children. Sometimes for a child this love starts to feel like pressure. The child feels afraid to disappoint his parents therefore avoids saying "NO".

The truth is, every child is

unique. Some want to follow their parent's path, but some want to follow their own dreams. That is why communication is more important. Parents should try to understand their children's feeling without judging them. Children should also respect their parent's advice and try to tell them honestly and politely what they actually want.

Sometimes children take wrong decisions. But faults are the part of learning. If every decision will be taken by the parents, then children will not be able to take responsibilities on their own. Freedom and trust are equally important as guidance.

Today's generation is more aware about today's era. Careers like writer, photographer, entrepreneur, dancer, singer and many more are common now but not earlier.

At the end, happiness of children



is important and not a perfect report card or a perfect job title. When parents support their children's dream, children also work harder to make them proud.

So let us build a society where parents and their children walk together, hand in hand- with trust and respect. After all, when both sides listen to each other, dreams become reality.

India on the Move: Uday Narang on Youth, Technology and the Future of Manufacturing

Uday Narang, the dynamic Chairman of Anglian Omega Group and Omega Seiki Mobility, is a visionary industrialist committed to innovation, sustainability, and India's manufacturing renaissance. With a strong focus on electric mobility and green technology, he has been a driving force behind the Make in India movement. Recently, he graced the 35th National Annual Conference organized by the Ghaziabad Management Association at Gaurs Sarovar Premiere, Greater Noida, as the Chief Guest. IMS Today reporter Moksha Tyagi had the privilege of an exclusive conversation with Mr. Narang, during which he shared in-depth insights on India's industrial future, youth empowerment, and the evolving landscape of sustainable manufacturing. Here are the key highlights from the interaction:

Moksha

How do you feel being part of the National Conference and what does it signify for you in terms of India's future?

It's truly great to be here in Ghaziabad. What excites me the most is seeing all these young men and women coming together. It gives me immense hope because I believe the country is on the move. When I look around and see technology bringing together people from different sectors of the industry, it signals a bright and progressive future.

There is a unique energy here, a momentum that reflects not just technological progress, but a societal one too. Events like this show how collaborative efforts between youth, industry, and innovation are paving the



way for a greater India. It's very, very impressive to witness firsthand.

India is aspiring to become a global manufacturing hub. What are the country's greatest strengths and what areas still need improvement?

Our greatest strength is the youth of India. It's the "narishakti" of this country. Our strength lies in our young population technologists, scientists, computer science graduates, electronic engineers. We have the world's largest number of young men and women, and that is our real energy. That's our edge over the rest of the world.

To build on this strength, we must stay focused and aim to build long-term businesses. While we are strong in talent, we still need to improve in terms of infrastructure, ease of doing business, and supporting innovation with strong policy and mentorship. But overall, if we keep our vision long-term and support our youth, we have an incredibly bright future ahead.

How has the manufacturing sector evolved with the introduction of advanced technologies like automation and electronic mobility?

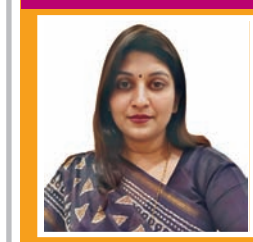
Absolutely it's changing in a big way. The manufacturing sector in India is going through a transformation driven by electronics and smart technology.

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मेडिकल की तैयारी कर रहे छात्रों के लिए खुशखबरी, कॉलेजों में बढ़ेगी सीटें

नई दिल्ली। मेडिकल की तैयारी कर रहे उम्मीदवारों के लिए खुशखबरी है। देश में मेडिकल सीटें बढ़ने वाली हैं। राष्ट्रीय चिकित्सा आयोग के प्रमुख डॉ. अभिजात शेट ने कहा है कि इस शैक्षणिक वर्ष में देश में स्नातक और स्नातकोत्तर मेडिकल सीटों की संख्या में लगभग 8,000 की वृद्धि होने की उम्मीद है, फिलहाल मेडिकल कॉलेजों का मूल्यांकन चल रहा है। नीट यूजी के लिए काउंसलिंग शुरू हो चुकी है और पहला दौर पूरा हो चुका है। काउंसलिंग का दूसरा दौर 25 अगस्त तक शुरू होने की उम्मीद है। इस वर्ष जुलाई में सीबीआई द्वारा केंद्रीय स्वास्थ्य मंत्रालय, राष्ट्रीय चिकित्सा आयोग (NMC) और निजी मेडिकल कॉलेजों के प्रतिनिधियों के एक नेटवर्क का भंडाफोड़ किए जाने के बाद इस वर्ष मेडिकल सीटों की संख्या में कमी आने की चिंता है, जो कथित तौर पर भ्रष्टाचार और मेडिकल कॉलेजों को नियंत्रित करने वाले निवामक ढांचे में अवैध हेरफेर सहित कई 'घोर' कृत्यों में शामिल थे।

Guest Editor of This Issue




From the Editor's desk
Ms. Manali Vashisht
Academic Director
Silver Shine School, Ghaziabad

Women Empowerment-A Step Towards a Stronger Nation

Women empowerment means giving women the power to make their own choices, to be educated, independent, and respected equally in society. It is not about competing with men, but about walking shoulder to shoulder and building a brighter future together. An empowered woman is confident, skilled, and capable of shaping not only her own destiny but also the destiny of her family and nation.

Education, equal rights, and encouragement are the keys to true empowerment. A nation can only be called progressive when its women are free to dream, free to achieve, and free to live with dignity.

"When you empower a woman, you empower generations."



Work From Home or Work into a Trap?

Anshu Kumari

New Delhi : Work from home is a great advantage for those who are unable to go to the office due to illness or long-distance travel. With the rise of online businesses, more and more people are interested in earning money from home. However, as the demand for online work increases, so do the number of scams. Many fraudsters are taking advantage of people’s desire to work online and are tricking them through fake offers and simple-looking paperwork.

As a result, online scams are increasing day by day, and many innocent people are becoming victims of fraud. Scammers try to build trust by offering fake job opportunities. They send trustworthy messages, voice recordings, fake posters, and even create fake websites to make their offers look real.

Their goal is to gain the trust of people, especially those who are urgently looking for online work, and then cheat them. Scammers often promise easy jobs like data entry, calling, or advertising work. To make it look real, they ask for a registration fee first. Once the person pays, the scammers then ask for more money in the name of training fees, document verification, or other charges.

After receiving the payments, they ask for personal details like Aadhar card, PAN card, and other documents required for banking or payment setup. Then, they send fake links, websites, or bank details to appear more genuine.

Once they have collected enough money and personal information, the scammers disappear, and the person never gets the promised job.

The Information Technology Act, 2000

The Information Technology Act, 2000 is the primary legislation in India that controls and protects against cybercrime and regulates e-commerce. The IT Act mainly deals with online scams and the criminals who commit these scams using smartphones, computers, and other digital devices.

The Indian Cyber Crime



Coordination Centre (I4C): - Under the Ministry of Home Affairs, oversees cybercrime prevention in India.

Under the Indian Penal Code (IPC): - Section 420 deals with cheating and dishonestly convincing someone to give up their property.

Sections 463 to 471 cover crimes related to forgery, such as creating or using fake documents to deceive others.

Helpline: A 24/7 cybercrime helpline is available at 1930 for immediate assistance.

If a person—whether male or female—wants to start an online business from home to earn money for themselves or their family, they must be very careful.


Before starting, always look for trusted websites and verified sources. If someone offers you an online opportunity, don’t make any payment right away. First, research properly—check reviews, company background, and whether

the offer is genuine.

There are many genuine platforms that provide real online business opportunities, but at the same time, there are also many scams. Fraudsters send fake messages, voice recordings, and website links to trick people.

Online business can be a great option, but because scams worth lakhs and crores are happening every day, everyone must stay alert, protect themselves, and focus on doing honest work.

The Comeback of Handwritten Letter



Arya Gaur, New Delhi:

In today’s fast-paced digital world, where email, texts and IM are the communication kings, the long-lost tradition of letter-writing has been slowly but surely making a comeback. The OG long-distance chat, handwritten letters have an extra level of charm and warmth and humanity that just doesn’t translate through digital words. In India, a country steeped in literary and emotional history, the resurgence of letter writing isn’t just born from nostalgia, but a deep longing for human connection.

Letter writing has been very important in previous times. The freedom movement of India itself bears testimony that letters were one of the most important modes of correspondence between the leaders, be it between Mahatma Gandhi and Jawaharlal Nehru or Subhas Chandra Bose. Nehru’s letters to his daughter Indira when he was incarcerated and compiled in *Letters from a Father to His Daughter* continue to be a testimony of intellectual and emotional tumult of written, hand-held words. They were not just messages, but potent tools of education, emotion and legacy

In modern days, after the boom in smartphone and social media, the art of letter writing is just about becoming extinct. But there is a new appreciation now. An increasing number of people are turning to picking up their pens and writing when the world feels like too much. Schools and writing workshops are asking children to write letters to friends, relatives or even strangers. Some companies and NGOs are even kicking off campaigns like "Write a Letter Week" to bring this dying art back to life.

The celebs are also driving this resurgence. Bollywood veteran Amitabh Bachchan, known for his old school charm, is a big fan of handwritten notes. He is known to have written personalized letters in Hindi to some of the younger actors like Ranbir Kapoor and Deepika Padukone appreciating their acting. Those sweet missives, written in his distinctive fountain pen script, went wildly viral. His gesture was not only appreciated by the recipients but by fans all across the country who were struck by the thoughtfulness and grace behind it.

Handwritten letters aren’t just words on a page—they’re an experience. It comes with the way the ink smudges, the quirks of the handwriting, the feel of the paper—all convey feeling. They remind us that communication isn’t just communication of information, but communication of feeling. This is India, after all, where tradition is much valued, so sending back handwritten letters is a lovely meshing of past and present and a nudge to remind that even in the age of screens, the heart still races for a personal touch of paper and pen.

Continued Page 1...

India on the Move: Uday Narang on Youth...



We are now building smart factories equipped with IoT (Internet of Things), artificial intelligence, and robotics. These innovations are not just buzzwords anymore, they are being implemented on the ground. Earlier, there was a misconception that ‘Make in India’ meant something of lower quality or capability. But with the kind of technological integration we’re seeing now, ‘Make in India’ is just as powerful as ‘Make in the United States.’ This shift is giving India global competitiveness, and it’s helping reshape the image of Indian manufacturing across the world. The focus on electronic mobility and smart automation is not only efficient but also sustainable, which is vital for the future.

What is your message for young entrepreneurs in India who are just starting out or dreaming of building something of their own?

My message is simple but important; never, ever give up. Keep trying. Success doesn’t come overnight. This is a marathon, not a race. All of you young men and women must think long-term. Don’t just take up a job because your mom, dad, or grandfather told you to. Choose something that excites you. Choose something you’re passionate about. That’s how long-term businesses are built. That’s how you build success not by following a script written by someone else, but by writing your own story.

If you enjoy what you’re doing, you’ll stick with it through the hard times. That’s the real foundation of entrepreneurship passion, persistence, and purpose.

World’s Largest Parents-Teacher Meeting Organized in Andhra Pradesh Name Enters Guinness World Record



IMSNews Service

New Delhi: Andhra Pradesh has registered its name in the Guinness Book of World Records for hosting the world’s largest Parents-Teachers Meeting (PTM). This is a major achievement for the state’s education sector.

Under the leadership of Education Minister Nara Lokesh, the “Mega PTM” initiative witnessed the participation of 5.34 million (53.4 lakh) parents and teachers. Across the state, the

total participation crossed 15 million, including students, alumni, School Management Committees (SMCs), and other stakeholders.

The purpose of this Parent-Teacher Meeting was to strengthen the vital relationship between parents and teachers. This was the second major education-focused event in Andhra Pradesh since the formation of the new coalition government.

Education Minister Nara Lokesh stated, “Achieving this Guinness World Record just one day before the fifth anniversary of the National Education Policy (NEP) on July 29 is a matter of immense pride. This record is a tribute to our dedicated teachers, who worked tirelessly to make this event a success.”

He further said, “This honor is a great encouragement to our government’s continuous efforts to bring world-class standards to government schools. The record reaffirms our commitment to inclusive education and strengthening the public education system.”



Jiya Chaudhary

SCI-TECH WORLD

Unexpected Tilt Earth’s Rotation Axis Moves 31.5 Inches

Earth’s rotation axis has tilted by about 31.5 inches. This change isn’t caused by big storms or oceans, but by how we use groundwater. When we pump water from deep underground, it affects the planet’s balance. In just 20 years, this activity has caused Earth to lean slightly. This tilt also contributes a bit to rising sea levels. Among all the factors affecting Earth’s climate, changes in groundwater usage have the largest effect on how much the planet’s axis is shifting.

AI-Powered Satellite Completes Space Mission Without Human Help

In a significant technological leap, NASA recently demonstrated a satellite that completed an entire mission in just 90 seconds—completely on its own, without any human input. The success, driven by artificial intelligence, marks a major step toward autonomous space operations.

Marine Heatwaves Hit Record Highs in 2023, Study Finds

This breakthrough, known as Dynamic Targeting, was tested in early July by NASA’s Jet Propulsion Laboratory. The AI-powered system ran on a compact satellite, about the size of a briefcase, built by Open Cosmos and equipped with a machine learning processor created by Ubotica.

According to a report by Perri Thaler in Live Science, a staggering 96% of Earth’s oceans experienced heatwaves. But these aren’t just warmer waters for swimmers—they pose serious threats to marine ecosystems. As California Polytechnic State University’s Ryan Walter explained, these extreme temperature spikes can severely disrupt ocean life. Back in 2023, NASA scientist Dr. Angela Colbert noted that ocean heat content has climbed dramatically—by 187 zettajoules between 1992 and 2019—putting immense stress on coral reefs, many of which simply can’t survive such conditions.

Spirituality in Gen Z Life: A New Trend of Escape

Urvi Singh, New Delhi:

Is today's generation truly connected to spirituality with a sincere heart, or just following it as a trend?" Today's generation visits spiritual places just to spend a weekend, not to connect with God in a true spiritual way. These days, mantras like "Sound Healing" and "Trust the Universe" are trending on Instagram reels. Do they truly bring peace to the soul, or are they just a temporary attempt to feel calm? Earlier, people used to start their day by praying to God for a good day, but today's Gen Z begins their morning by scrolling through their phones, listening to affirmations on reels — and this is becoming their daily ritual. In 2024, a survey revealed that 68% of Gen Z youth connected with spiritual



scriptures for the first time through social media. Worship and rituals are no longer limited to religion alone; they are becoming a lifestyle trend, which is clearly visible through platforms like Instagram and

YouTube. It's growing rapidly on social media, especially in the lives of Gen Z — among youth in the age group of 15 to 25. In today's time, affirmation reels — short clips — help Gen Z in coping with stress,

hacking their mindset, and engaging in self-reflection. These affirmation reels show how one can calm themselves and bring a sense of positivity within. Gen Z often watches short 2–3-minute

According to a data survey, a 2023 report by Youth Digital Wellness India stated that 7 out of 10 Gen Z youth watch some form of spiritual content on social media every week. On Instagram, the hashtag #spirituality has over 12 million posts.

meditation reels on Instagram. Apps like Calm and Headspace have also become popular in today's time, offering guided meditations, healing content, and tools to help users find inner peace. Now, some influencers don't just share their lifestyle—they have become spiritual guides as well. Examples: - @spiritdaughter @themantraco @risingwoman - Jo meditation guides, affirmation journals and they even sell courses.



विश्वविद्यालयों की खबरें

Nandini Agarwal

CAT: Application window will remain open until September 13, official website, iimcat.ac.in

The Common Admission Test (CAT) 2025 registration process has commenced August 1, at 10 am. The CAT will be conducted under the auspices of the Indian Institute of Management (IIM) Kozhikode. The CAT 2025 application window will remain open until September 13, 5 pm. Aspiring candidates can visit the official website: iimcat.ac.in, to apply for this crucial examination required for admission to various management programmes across IIMs. It is important to note that once the application fee is paid and the form is submitted, no modifications can be made. The final form can only be viewed or printed for records.

Maharashtra launches new Math and Science Programme for Classes 1 to 10

The Maharashtra government has partnered with Khan Academy and Sri Rural Development Trust to enhance Math's and Science learning for Classes 1–10. The initiative combines technology-driven lessons with experiential models to make education more engaging and effective. The partnerships will play a vital role in nurturing curiosity and talent amongst young learners. The three-year initiative, to be implemented by the State Council of Educational Research and Training (SCERT), will provide curriculum-aligned content in both Marathi and English.

IIT Madras: India's lightest active wheelchair, YD One weighing just 8.5 kgs.

The Indian Institute of Technology (IIT) Madras launched India's lightest active wheelchair YD One weighing just 8.5 kgs. YD One is also the country's first indigenously developed precision-built Monu-tube rigid-frame wheelchair destined to match the world's best. While the current wheelchairs weigh about 17 kgs, YD One, certified by ISO, weighs just 8.5 kgs. YD One will also enable people with disabilities to participate in the Paralympics. The 8.5 kg-weighting chair, if imported, will cost around Rs 2,40,000.

Sudoku

	8	1		6				7
				3		2	8	
6								9
		4					5	1
				5				
9	5						4	
						1		4
				7		4	3	5
4		5						

HEALTH TIPS

Health and Wellness

Beat the Humidity: Smart Hydration Goes Beyond Just Drinking Water

Anjali Singh

Hydration isn't just about drinking water—it's about fuelling your body, refreshing your mind, and showing up for your health every single day."

Humidity drains the body silently, making smart hydration essential. Summer in India means heat, fun, and the risk of dehydration, which can lead to fatigue or heatstroke. Prevention is better than cure—stay hydrated and protected with the right health insurance.



Here are key tips to beat the heat and stay cool

Hydration is Key
To stay hydrated in summer, keep it simple—drink water regularly. Carry a reusable bottle and sip often, even if you're not thirsty. Here's a trick: Monitor your urine colour. It should be pale yellow, indicating you're properly hydrated. If not, drink more water!
Electrolyte Power
Water is essential, but staying hydrated in summer also means adding electrolyte-rich drinks. Electrolytes like sodium, potassium, and magnesium help retain fluids. Try these refreshing options:

- **Coconut Water:** A nature's wonder drink, coconut water is packed with electrolytes and low in sugar. It's a refreshing way to replenish lost minerals.
 - **Nimbu Pani (Lemon Water):** A classic Indian summer drink, Nimbu Pani is a simple mix of lemon juice, water, and a pinch of salt or sugar. It quenches thirst, provides vitamin C, and helps replenish electrolytes lost through sweating.
 - **Chas (Buttermilk):** This probiotic drink, made from yogurt thinned with water and spices like cumin, is cool and comforting. It helps digestion and replenishes electrolytes, making it perfect for battling the summer heat.
 - **Jaljeera:** A favourite summer drink, Jaljeera is a blend of mint, coriander, cumin, and other spices mixed with water. It has a cooling effect, aids digestion, and keeps you hydrated with its refreshing taste.
- Want a DIY option for how to stay hydrated in summer? Make

your own electrolyte drink! Combine coconut water, fresh lemon juice, a pinch of sea salt, and a natural sweetener like honey. This homemade concoction provides essential minerals and is free from artificial additives.

- Food for Hydration**
Wondering how to stay hydrated in summer? Try food! Many fruits and veggies are water-rich—enjoy them whole, in salads, or as smoothies to stay cool and refreshed.
- **Watermelon:** This quintessential summer fruit is over 90% water! It's a natural source of electrolytes like potassium and magnesium. Like watermelon replenishes fluids and electrolytes, a good health insurance plan helps replenish your bank account after a medical emergency.
 - **Cucumber:** Cucumbers are cool, refreshing, and packed with water. Slice them up and add them to your water for a naturally flavoured and electrolyte-rich drink.
 - **Other Fruits and vegetables:** You can include oranges, strawberries, spinach, and celery. They are all rich in water and essential vitamins and minerals, helping in hydration and keeping you cool throughout the day.
- Dress for the Season**
Cotton and linen are your best friends during the summer. Opt for light-coloured, loose-fitting clothes that allow your skin to breathe. Avoid dark colours that absorb heat and make you feel hot.

- Limit Sugary Drinks and Alcohol**
Sugary drinks and alcohol dehydrate you. Choose water, coconut water, or buttermilk instead. Prevention beats cure—even with health insurance, smart choices keep heat-related issues at bay.
- Seek Shade and Airflow**
Here's how to keep your body hydrated in summer during the hottest part of the day (usually between 10 am and 4 pm):
- Seek shade whenever possible.
 - Use umbrellas, awnings, or canopies for shade.
 - If not, ensure good air circulation with fans or open windows.
 - Keep your home cool by drawing curtains or blinds to block sunlight.
 - Consider using fans or air conditioners for added comfort.
 - Plan your walks, runs, or workouts for early mornings or evenings when the temperature is cooler.
- Take Cool Showers and Baths**
A cool shower or damp towel can instantly lower body temperature and refresh you. Staying hydrated in summer means more than just drinking water—think electrolyte drinks and water-rich foods. Even mild dehydration can cause fatigue or dizziness, and severe cases may require hospitalization.
- Future Generali offers health insurance plans like DIY Health Insurance, Health Absolute, and Health Elite to safeguard you from summer-related health issues. Stay cool, stay covered, and enjoy the season worry-free.

Digital Nomad Boom in India: Era of Work & Travel

Pallavi Bhardwaj

The concept of work from home or working remotely has gained new life in post-pandemic India, as people can now work alongside with travelling. The nation is seeing a boom in digital nomads as remote work becomes more common place worldwide. India is experiencing a Digital Nomad Boom, a notable rise in the number of people who work remotely while traveling or residing in different places, frequently using technology and cloud computing to sustain their businesses or jobs as remote work becomes a norm worldwide. The growth of remote work opportunities, technological developments and a desire for work-life balance have all contributed in this trend. Due to its lowcost living, cultural diversity & growing digital infrastructure, India is becoming a popular destination for both domestic and international digital nomads. This change is also being influenced by Indian businesses. Leading companies like Infosys, Wipro, Zoho, and TATA Consultancy Services (TCS) have implemented remote- friendly or hybrid work models that enable workers to work from locations that foster creativity and enhance mental health. As a result of this flexibility domestic digital



Top 5 Digital Nomad Hubs In India

- **Goa:** Co-working spaces by the beach, reasonable priced villas, and a thriving expat community.
- **Manali & Dharamshala (Himachal Pradesh):** Peace, mountain vistas & adventure sports.
- **Kerala's Kochi & Varkala:** Art cafes, yoga retreats & backwater accommodation
- **Rishikesh (Uttarakhand):** Meditation, Spirituality & riverbank cohabitation.
- **Udaipur (Rajasthan):** Cultural evey, heritage homestays and co-work cafes.

nomadism is increased particularly among the young freelancers and IT professionals. The concept of "work while you wander" has given a rise to a lifestyle that places a premium on adaptability, mental health, and personal development. Destinations like Goa, Rishikesh, Varkala have designed a growing number of co- working

spaces, meditation centres, and community gatherings. These locations provide not only beautiful scenery but also a way of life that encourages creativity, mental health and adaptable schedules. Through cultural immersion, this combination of exploration and productivity has improved local economies and enhanced the lives of tourists. India

has made it easier to obtain visas in an effort to long-stay tourists. Although, government has not yet made a specific "digital nomad visa" but they made the requirements for businesses and e-tourists visas simple. Travellers from a wide range of nations can now apply for long duration multiple entry visas , which enable them to travel throughout the nation, live and work. Certain Indian states like Kerala and Goa are also creating tourism policies and infrastructure geared towards remote workers, such as areas with fast internet and affordable co-living facilities. The impact of this boom in the economy is already visible. By renting apartments, dining at cafes, attending local events and using services, digital nomads support local economies as long term customers as well as tourists. Small businesses and seasonal economies has been revitalized by this trend, particularly in tier-2 India and rural areas. The rise of digital nomads in India is changing the way people work and travel. The nation is becoming a popular choice for tourists looking for flexibility and fulfilment because it offers a diverse range of landscapes, culture and connectivity. India is positioned to become a global centre for remote work with the help of policies, infrastructure improvements and growing community awareness.

Knowledge

Solve Quiz No. 130

Solve the following quiz and reply promptly through email. Names and photos of students who answer correctly will be published in IMS TODAY. IMS Engineering college students can provide reply through personal submission-Editor. Email imstoday.imsec@gmail.com

1. What is the time taken by the earth to complete one rotation about its axis with regard to a fixed star?

a) Sidereal day
b) Solar day
c) Shake
d) Tropical year

2. Which of the following physical quantities do not have any unit of measurement?

a) Universal constant of gravitation
b) Specific gravity
c) Tension
d) Planck's constant

3. Which of the following is NOT a method to reduce friction?

a) By lubrication
b) By polishing
c) Throwing sand on the ground
d) None of the above

4. The time period of a satellite does not depend on which of the following?

a) Radius of earth
b) Height of the satellite
c) Mass of the satellite
d) None of the above

5. What is the time period for a satellite orbiting close to the surface of earth?

a) 84.6 minutes
b) 72.4 minutes

c) 44.8 minutes
d) 24 hours

6. What happens to a body when its density is equal to the density of the fluid?

a) It floats
b) It sinks
c) It remains suspended
d) None of the above

7. What is the main cause of capillarity?

a) Difference in weight of fluids
b) Pressure difference
c) Temperature difference
d) Velocity gradient

8. What is Reynolds number?

a) Ratio of inertial force to viscous force
b) Ratio of weight of fluid to viscous force

c) Ratio of velocity gradient to viscous force
d) Reciprocal of viscous force

9. Which of the following electromagnetic waves in the EM spectrum has the shortest frequency?

a) Radio
b) Gamma
c) X-rays
d) Infrared

10. Which of the following waves are also called as heat waves?

a) UV rays
b) X-rays
c) Infrared
d) Microwaves

Participation format

Quiz No.....
Name of Student.....
(also attach your PP size Photo)
Class.....Year.....
College name.....
Mobile number.....
Email.....
Present Address.....
Permanent Address.....

Answers (QUIZ-129) July, 2025 issue:

1 2 3 4 5 6 7 8 9 10
b d c a d c d c d b

Prepared By: Prof. Pradeep Kumar, Assistant Professor (AS&H)

सम्पादकीय

राजनीति में मर्यादा की आवश्यकता

भारतीय लोकतंत्र की सबसे बड़ी विशेषता यह है कि इसमें सभी को अभिव्यक्ति की स्वतंत्रता प्राप्त है। यह अधिकार नागरिकों के साथ-साथ जनप्रतिनिधियों को भी मिलता है, ताकि वे जनता की आवाज को बुलंद कर सकें। लेकिन अभिव्यक्ति की इस स्वतंत्रता का अर्थ यह नहीं है कि कोई भी नेता या जनप्रतिनिधि देश की सुरक्षा से जुड़े मुद्दों पर बिना प्रमाण के गंभीर आरोप लगाए और सेना जैसे सम्मानित संस्थान पर टिप्पणी करे। हाल ही में सुप्रीम कोर्ट ने कांग्रेस नेता और लोकसभा में विपक्ष के नेता राहुल गांधी को इसी मुद्दे पर फटकार लगाई, जिसने यह स्पष्ट कर दिया कि लोकतंत्र में भी कुछ सीमाएं और जिम्मेदारियाँ होती हैं। राहुल गांधी ने एक सार्वजनिक वक्तव्य में यह दावा किया था कि चीन ने भारत की 2000 वर्ग किलोमीटर भूमि पर कब्जा कर लिया है और सरकार इस पर कोई ठोस कार्रवाई नहीं कर रही है। उनका यह बयान न केवल सरकार की विदेश नीति पर सवाल खड़ा करता है, बल्कि अप्रत्यक्ष रूप से भारतीय सेना की क्षमता और प्रतिबद्धता पर भी संदेह उत्पन्न करता है। यह बयान विशेष रूप से संवेदनशील इसलिए है क्योंकि यह चीन जैसे पड़ोसी देश से जुड़ा है, जिसके साथ सीमा विवाद पहले से ही एक जटिल और गंभीर मुद्दा है। सुप्रीम कोर्ट ने इस बयान पर तीखी प्रतिक्रिया दी। कोर्ट ने राहुल गांधी से स्पष्ट शब्दों में पूछा, 'आपको कैसे पता चला कि चीन ने 2000 वर्ग किलोमीटर क्षेत्र पर कब्जा कर लिया है? क्या आप कोई मौजूद थे? क्या आपके पास कोई प्रमाण या विश्वसनीय जानकारी है?' अदालत ने यह भी कहा कि 'यदि आप एक सच्चे भारतीय हैं तो आप ऐसी बातें नहीं करते।' सुप्रीम कोर्ट की यह टिप्पणी केवल राहुल गांधी के बयान पर नहीं, बल्कि उस पूरे राजनीतिक परिवेश पर एक संदेश है जिसमें आरोप-प्रत्यारोप की राजनीति ने शालीनता की सीमाएं लांघ दी हैं। लोकतंत्र में विपक्ष का कार्य सरकार की नीतियों की समीक्षा करना और जनता के सवाल उठाना है, लेकिन जब बात राष्ट्रीय सुरक्षा की हो, तो जिम्मेदारी कहीं अधिक बढ़ जाती है। सेना और सुरक्षा बल केवल किसी पार्टी के नहीं होते, वे पूरे राष्ट्र के होते हैं। उन पर टिप्पणी करना या उनके काम पर बिना आधार के सवाल खड़ा करना देश की एकता और अखंडता को प्रभावित कर सकता है। यह मुद्दा केवल राहुल गांधी तक सीमित नहीं है। आजकल राजनीति में बयानबाजी की होड़ सी लगी है। सत्तापक्ष और विपक्ष दोनों ही बिना तथ्यों के आरोप लगाते हैं, जिससे न केवल जनता भ्रमित होती है, बल्कि देश की वैश्विक छवि भी प्रभावित होती है। ऐसे में न्यायपालिका की यह सख्त टिप्पणी समय की आवश्यकता है। सुप्रीम कोर्ट का यह हस्तक्षेप यह भी दर्शाता है कि देश की संवैधानिक संस्थाएं और इस तरह की गैर-जिम्मेदाराना बयानबाजी को सहन नहीं करेंगी। यह एक चेतावनी भी है कि किसी भी प्रकार की सार्वजनिक टिप्पणी से पहले तथ्यों की पुष्टि आवश्यक है, विशेषकर जब मामला देश की सुरक्षा और सीमाओं से जुड़ा हो। भारतीय सेना एक अशुभ्रमित, बलिदानी और निष्ठावान संस्था है। सेना के जवान देश की सीमाओं पर कठोर परिस्थितियों में अपने प्राणों की बाजी लगाते हैं ताकि हम सुरक्षित रह सकें। जब राजनीतिक मंचों से सेना की कार्यणाली पर संदेह प्रकट किया जाता है, तो इससे न केवल जवानों का मनोबल गिरता है, बल्कि शत्रु देशों को भी गलत संदेश मिलता है। यह अत्यंत आवश्यक है कि सभी राजनीतिक दल सेना और सुरक्षा बलों को राजनीति से दूर रखें। उन्हें सम्मान और समर्थन देना हर नागरिक और जनप्रतिनिधि का कर्तव्य है। सुप्रीम कोर्ट की फटकार एक गंभीर संकेत है। यह केवल राहुल गांधी के लिए नहीं, बल्कि सभी राजनेतों के लिए एक चेतावनी है कि वे अपनी अभिव्यक्ति की स्वतंत्रता का उपयोग सोच-समझकर करें, विशेष रूप से उन मामलों में जो देश की सुरक्षा, विदेश नीति और सेना से संबंधित हों। आलोचना अवश्य करें, परंतु तथ्यों और राष्ट्रहित के साथ। देश की संस्थाओं, खासकर सेना, को राजनीति से अलग रखना लोकतंत्र की मजबूती और राष्ट्र की अखंडता के लिए अनिवार्य है। न्यायपालिका का यह हस्तक्षेप न केवल अनुशासन का संदेश देता है, बल्कि लोकतंत्र में जिम्मेदारी और मर्यादा की पुनर्स्थापना की दिशा में एक महत्वपूर्ण कदम भी है।

Rebirth of Dire Wolf & Future of de-extinction in India

De-extinction which means the revival of extinct species, has now shifted from theory to practice, with the rebirth of Dire wolf.De-extinction extinction can be done by 3 ways. Selective Back Breeding:- This approach involves careful breeding of a living species that has some genetic traits of related extinct species. By selecting individuals with traits similar to the extinct species over several generations, scientists aim to recreate characteristics of the ancestor. For eg: Quagga Project in which by selective breeding from a selected founder population of southern Plains Zebras an attempt is being made to retrieve at least the genes responsible for the Quagga's(an extinct subspecies of the plains zebra) characteristic striping pattern. Cloning:- This is done via SCNT(Somatic Cell Nuclear Transfer) which is a process of moving the nucleus from a preserved cell of an extinct species into an egg cell that has had its nucleus removed, using a closely related surrogate. For eg: By using this technique scientist tried to de -extinct Bucardo(Pyrenean ibex). CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats):- Scientists digitally recreate a lost genetic material by using DNA pieces from fossils or museum samples, then they insert or modify that sequence in the germline or stem cells of a related living species. Various biotech companies are using CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) gene editing, ancient DNA studies, and surrogate animals to revive famous Ice Age creatures and restore their ecological roles. The recent birth of three dire wolf pups is done through CRISPR process, it marked as an important event for conservation science.

Re-birth of Dire Wolf
In April 2025, Colossal Biosciences announced the birth of three wolf pups named Romulus, Remus, and Khaleesi, which show characteristics of the extinct dire wolf. As said by the Colossal Biosciences, they studied ancient DNA from dire wolf fossils and found 20 important genetic differences between dire wolves and gray wolves. They then used gene-editing methods to change 14 genes in gray wolf cells to show these traits, leading to the successful birth of the pups.
De-extinction Extinction in India
The de-extinction of the Dire Wolf brings up questions about its application in India. India has many species that went extinct long ago, so we should consider possible candidates for de-extinction in India.

ब्रह्मपुत्र पर चीनी बांध से बढ़ेगी भारत की चिंता

भारत और बांग्लादेश के विरोध के बावजूद साम्राज्यवादी ड्रैगन (चीन) ने ब्रह्मपुत्र नदी पर विश्व का सबसे बड़ा बांध बनाने का काम शुरू कर दिया है। तिब्बत के मेडोंग जिले में बांध निर्माण की चीन की यह कुटिल चाल भारत पर कूटनीतिक दबाव बनाने के लिए सोची समझी रणनीति है। इसका प्रतिकूल प्रभाव भारत-चीन के द्विपक्षीय संबंधों पर पड़ना तय है। चीन के प्रधानमंत्री ली कियांग नेदावा है कि इसके निर्माण से हर साल 300 अरब किलोवाट बिजली का उत्पादन होगा। लेकिन इस बांध निर्माण के पीछे चीन के क्या निहितार्थ हैं? इससे भारत का क्या नुकसान हो सकता है और चीन किस तरीके से इसका इस्तेमाल भारत के खिलाफ हथियार की तरह कर सकता है? अगर इसके चलते भारत की समस्या बढ़ती है तो इसका क्या समाधान हो सकता? ऐसे कई पहलुओं और प्रश्नों का विश्लेषण और जवाब खोजने का काम इस आलेख में किया गया है।

चीन के ब्रह्मपुत्र नदी में बांध बनाने के निर्णय से भारत और चीन के बीच लंबे समय से चले आ रहे भौगोलिक, रणनीतिक और जल संसाधनों को लेकर विवाद अब एक नई दिशा में बढ़ गया है। यह भारत के लिए एक रणनीतिक, पर्यावरणीय और जल-सुरक्षा के लिहाज से गंभीर चिंता का



डॉ. अनिल कुमार निगम

विषय बन चुका है। ब्रह्मपुत्र नदी एशिया की प्रमुख नदियों में से एक है, जो तिब्बत से निकलकर भारत के अरुणाचल प्रदेश, असम होते हुए बांग्लादेश तक जाती है। यह नदी भारत के पूर्वोत्तर राज्यों के लिए जीवनदायिनी है। भारत में ब्रह्मपुत्र की कुल लंबाई लगभग 916 किलोमीटर है। फिलहाल कुल जल प्रवाह का 30 प्रतिशत हिस्सा भारत को प्राप्त होता है। असम राज्य की 60 प्रतिशत कृषि भूमि ब्रह्मपुत्र पर निर्भर है। मानसून के दौरान इस नदी के कारण असम में भारी बाढ़ की समस्या सामने आ जाती है। इस परियोजना का स्थान तिब्बत का मेडोंग जिला है, जो भारत की सीमा से सटा हुआ है। बताया जाता है कि इस परियोजना की संभावित उत्पादन क्षमता 60 गीगावॉट है। यह विश्व की अब तक की सबसे बड़ी जलविद्युत परियोजना होगी। इसकी अनुमानित लागत 50 अरब डॉलर है। यह



वर्ष 2035 तक बनकर तैयार होगा।

भारत की सबसे बड़ी चुनौती यह है कि अगर यह परियोजना चालू हो जाती है तो भारत के असम और अरुणाचल प्रदेश में जल प्रवाह कम हो सकता है। इसका सीधा असर इन राज्यों में होने वाली खेती, मछली पालन और पेय जल पर पड़ेगा। भारत की चिंता का दूसरा प्रमुख कारण है कि चीन चीन की भौगोलिक सीमा भारत से जुड़ी हुई है, इसलिए वह इसका इस्तेमाल कभी भी भारत के खिलाफ रणनीतिक हथियार की तरह कर सकता है। अगर वह भारत पर दबाव बनाना चाहता है तो वह भारत को बिना सूचना दिए डैम से जल छोड़ देगा तो भारत के पूर्वोत्तर में भारी बाढ़ आ सकती है। जनसंख्या विस्थापन और जीवन स्तर

पर इसका प्रतिकूल प्रभाव पड़ सकता है। ऐसा माना जा रहा है कि चीन, ब्रह्मपुत्र पर बनने वाले बांध और जल प्रवाह पर पारदर्शिता नहीं रखेगा। ऐसे में भारत के पास कोई पूर्व सूचना तंत्र नहीं है जिससे इस संबंध में उसको अधिक जानकारी मिल सके। ब्रह्मपुत्र का जल स्तर कम होने से नदी पारिस्थितिकी (Ecosystem) पर विपरीत प्रभाव पड़ेगा। इसके अलावा असम और अरुणाचल में कृषि, मत्स्य पालन और बाढ़ प्रबंधन पर भारत को अधिक धन व्यय करना पड़ेगा।

ध्यातव्य है भारत और चीन के रिश्ते पहले से ही काफी तनावपूर्ण हैं। वर्ष 2020 में गलवान घाटी की झड़प के बाद दोनों देशों में विश्वास की कमी बनी हुई है। ब्रह्मपुत्र बांध का मुद्दा इस

तनाव को और अधिक बढ़ा सकता है। हालांकि भारत ने इस विषय को कई बार द्विपक्षीय वातावरण में उठाया है, लेकिन चीन की एकतरफा कार्यवाही भारत के लिए अपमानजनक है।

ऐसी प्रतिकूल परिस्थितियों में आखिर भारत के समक्ष विकल्प क्या है? क्या भारत को चीन की इस कार्यवाही को चुपचाप देखते रहना चाहिए? मैं यह बिल्कुल नहीं कहूंगा कि भारत कुछ नहीं कर रहा। लेकिन चीन के इस रणनीतिक हथियार के खिलाफ अधिक आक्रामक नीति बनानी चाहिए। चीन को एक्सपोज करने के लिए भारत को चीन पर अंतरराष्ट्रीय मंचों पर अधिक कूटनीतिक दबाव बनाना होगा। भारत को इसके लिए संयुक्त राष्ट्र, जी20,

और एशियान जैसे मंचों का प्रयोग चीन की गैर-पारदर्शिता को उजागर करने के लिए करना चाहिए।

चीन की दोगली नीति के मददेनजर भारत को अपने अंतरिक्ष संसाधनों का प्रयोग कर चीन की गतिविधियों पर सटीक निगरानी रखनी चाहिए। भारत को अभी से पूर्वोत्तर राज्यों में जल संरक्षण, छोटे बांध और जल संसाधनों का वैज्ञानिक ढंग से प्रबंधन करना चाहिए ताकि जल संकट की भावी आशंका से सहजता से निपटा जा सके। चीन पर अंतरराष्ट्रीय स्तर दबाव बनाने की रणनीति के तहत भारत को चीन के साथ ब्रह्मपुत्र के जल प्रबंधन पर एक उसी प्रकार की स्थायी और कानूनी जल-संधि पर जोर देना चाहिए, जैसा कि उसने बांग्लादेश और पाकिस्तान के साथ किया।

निस्संदेह, चीन द्वारा ब्रह्मपुत्र नदी पर मेगा बांध का निर्माण न केवल भारत के जल संसाधनों के लिए खतरा है, बल्कि यह दोनों देशों के पहले से तनावपूर्ण संबंधों में और बढ़ी दूरार पैदा कर सकता है। इस मुद्दे पर भारत को अपनी कूटनीतिक चतुराई, तकनीकी क्षमता और घरेलू रणनीति के साथ कदम बढ़ाने होंगे। यह तथ्य है कि ब्रह्मपुत्र केवल एक नदी नहीं, बल्कि भारत की आर्थिक, रणनीतिक और जैविक धारा है। इसे सुरक्षित रखना हम सब की प्राथमिक जिम्मेदारी भी बनती है।

Crisis and Emergency Response

Ukraine war and rebuilding amid ongoing conflict

Ukraine has faced immense destruction. Over 5,977,000 people have fled the country. Projections show a population loss of 16 to 33% in the coming decades. Half of the power grid is damaged, along with 60,000 km of fibre lines. Landmines and unexploded devices have caused widespread contamination. GDP



Sanchita Mukherjee

has dropped by 30 to 35%, poverty has surged, and one in three families now experiences food insecurity. This crisis has created severe problems in basic housing, leaving many below the poverty line. The Ministry for Restoration and the Agency for Infrastructure Reconstruction lead recovery efforts, coordinating large projects that cover roads, bridges, water supply, and housing, even during wartime. Once infrastructure is destroyed, it is expected to be rebuilt quickly, as this is essential for maintaining transportation and physical connectivity. Ukraine has secured billions in international aid. The Ukraine Reconstruction Conference mobilised up to €50 billion through the EU's Ukraine Facility, with contributions from the UK, U.S., Switzerland, and others. Innovative approaches, like the British-led S3RoU initiative, aim to recycle rubble into concrete. This will help reduce CO₂ emissions and

decrease reliance on materials, with full deployment expected soon. Efforts, both small and large, can improve the damaged environment. Social cohesion and civic trust are being restored through digital platforms like Diia, which gathers citizen input on war damage, encourages reconciliation, and strengthens

the rule of law.

Gaza (Israel-Hamas conflict)

The war has devastated Gaza. Over 30,000 civilians have been died, and 80,000 homes have been destroyed. More than 80% of schools have sustained damage, along with significant losses to Israeli-Palestinian cultural sites. Between October 2023 and December 2024, 39 million tonnes of rubble have accumulated, leading to a major environmental and health crisis. Clearing this debris could take decades and release thousands of tonnes of CO₂. This CO₂ inflation could worsen the country's climate and energy situation. Reconstruction estimates exceed \$50 to \$80 billion, with full recovery possibly taking 80 years.

Experts are pushing for a comprehensive recovery strategy that focuses on rebuilding infrastructure, stabilising the economy, reforming the currency, and restoring public services through coordinated international



planning and improvements within the country. There is a strong emphasis on sustainable methods for clearing rubble and green-building practices to minimise climate impact and support long-term resilience.

Sudan Ongoing post-coup and civil war

Since the conflict began in April 2023, Sudan has ended up with two competing administrations. The army controls Khartoum and Port Sudan, while the RSF governs Darfur and parts of Kordofan. This division raises concerns about the country splitting like South Sudan. Such a split could cause fragmentation and internal strife, along with unwanted external consequences. The governance situation is weak in both areas. Crime, protests, and airstrikes destabilise RSF-controlled regions, while the army regime faces issues from Islamist influence and internal disputes. Recovery and stabilisation efforts are taking small steps toward a fragile peace process that exists after the ceasefire.

A Faster-Spinning Earth: The Implications for India's Climate



Khushi Saxena

What India Must Do Experts and disaster management agencies recommend

- Set up real-time flood detection systems in all vulnerable districts.
- Upgrade drainage and sewage systems in cities.
- Stop construction on wetlands and hill slopes.
- Help farmers switch to climate-resilient crops.
- Make climate part of every political decision, especially during elections.

Scientists have recently discovered that Earth is rotating slightly faster than before. Though the change is very small-just a few microseconds shorter each day. It could be a sign of deeper climate disturbances. For India, the warning signs are already visible in the form of unpredictable monsoons, rising floods, and growing disaster risks.

A Spinning Planet, A Warming World
Research shows that global warming is causing glaciers and polar ice to melt at a faster rate. This is shifting the Earth's mass and affecting its rotation speed.

According to a report published in Nature and supported by NASA Observatory, this redistribution of weight is connected to Earth spinning faster.

India's Changing Monsoon Pattern

The Indian monsoon, which used to be dependable, is now irregular. Some regions face delayed rains, others get flooded in hours. Studies from the Indian Institute of Tropical Meteorology (IITM), Pune, and the Indian Meteorological Department (IMD) highlight the following: Extreme rainfall (150mm+) has risen by 75% since

Major Natural Disasters (2019–2024)		
YEAR	DISASTER	IMPACT
2020	Kerala floods	Rs. 19,000 crore loss, 104 deaths
2020	Assam floods	149 deaths, over 5,500 villages hit
2021	Maharashtra floods	251 lives lost, 13 districts affected
2021	Mumbai landslides (Chembur)	32 deaths after torrential rain
2022	Manipur landslide	58 dead during railway work
2023	Raigad landslide	26 killed, over 100 missing
2024	Kerala landslide	50+ deaths during heavy monsoon
(Sources: NDMA Reports, IMD Monsoon Bulletins, PIB Press Releases)		


1950. States like Maharashtra, Assam, and Kerala are witnessing more cloudbursts and flash floods. Heavy rain days have increased by nearly 30% in central and

northeastern India over the past 10 years. Mumbai, Delhi, and Bengaluru are facing more frequent floods every year. Dr. Roxy Mathew Koll, a climate

scientist at IITM Pune, has repeatedly warned that the Indian Ocean is warming faster than other oceans, which affects monsoon intensity.

Pathways Forward
Immediate security and governance: prevent power vacuums, rebuild local policing, and ensure local leadership.
Transparent finance and donor coordination: use NGOs and oversight to responsibly manage billions in aid.
Institution building: strengthen state capacity in bureaucracy, the legal system, and public services.
Infrastructure rebuilding with sustainability in mind: modern, green designs, recycling of rubble, and climate-conscious approaches.
Social cohesion and reconciliation: address polarisation, integrate displaced and war-affected communities, and promote inclusive governance.
In each situation—from Ukraine's ongoing war to Gaza's devastation, Sudan's unstable state, and fragile peace in Southeast Asia—the path after war is not just about rebuilding structures. It's about restoring state systems, economic foundations, and the social fabric torn apart by conflict. While no route is easy or quick, bringing together local leadership, international support, and sustainable planning offers the best chance for recovery.

Analysts stress the need for unified governance, increased diplomatic efforts from regional blocs like ASEAN or the African Union, and international support to avoid further fragmentation.



BOOK NOOK

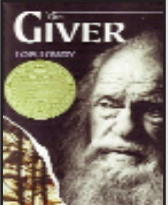
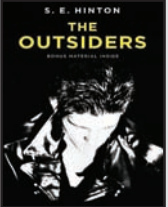
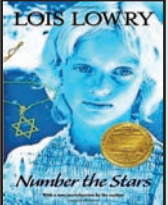
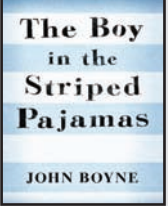
Mugdha Jugran


Book: The Boy in the Striped Pajamas
Author: John Boyne
Published: September 12, 2006, by David Fickling Books
Rating: 4 stars
The Boy in the Striped Pajamas left me with this quiet ache I can't quite shake off. It's one of those books that seems innocent at first, through Bruno's eyes, but slowly turns devastating. The friendship between Bruno and Shmuel was so pure and unknowing that it made everything hurt more. I knew what was coming, but it didn't soften the blow. It's a heartbreaking reminder of how innocence doesn't survive war, and honestly, I still think about that ending.

Book: Number the Stars
Author: Lois Lowry
Published: February 9, 1998 by Laurel Leaf
Ratings: 3.8 stars
Number the Stars is a beautifully written story that captures quiet acts of courage during a dark time. Annemarie's journey feels personal and real, and her bravery leaves a lasting impact. It's heartfelt, honest, and deeply human.

Book: The Outsiders
Author: S.E. Hinton
Published: January 1, 2021 by Viking
Ratings: 4 stars
The Outsiders hit me harder than I expected. It's raw, emotional, and filled with characters that feel so real, especially Ponyboy. The themes of identity, loyalty, and class still feel relevant. "Stay gold" stayed with me.

Book: The Giver
Author: Lois Lowry
Published: January 24, 2006 by Ember
Ratings: 4 stars
The Giver made me question everything I thought I knew about perfection. Jonas's journey from comfort to truth is haunting and powerful. It's quiet dystopia; thought-provoking, emotional, and strangely beautiful in its sadness.





Anshu Kumari

- **Independence Day** : Independence Day is celebrated on 15th August every year. This day marks the freedom of India, which was achieved after almost 200 years of British rule, thanks to the efforts and sacrifices of our freedom fighters.
- **Janmashtami** : Janmashtami will be celebrated on 16th August 2025. It is celebrated as the birthday of Lord Krishna, the son of Devaki and Vasudeva. He was born on the eighth day (Ashtami) of the dark fortnight. Lord Krishna took birth to protect dharma, destroy evil, and bring peace to the world.
- **Malayalam New year** : In 2025, it will be observed on 17th August 2025. Vishu, the Malayalam New Year, is celebrated as a vibrant day of renewal, prosperity, and hope-rooted in the rhythms of astronomy, the stories of Hindu mythology, and the soul of Kerala's farming traditions.
- **Haratalika Teej** : Hartalika Teej will be celebrated on 26 August 2025. It is observed by married women and unmarried girls. This festival commemorates the penance of Goddess Parvati, who worshipped Lord Shiva with deep devotion to win him as her husband.
- **Ganesh Chaturthi** : Ganesh Chaturthi is observed on 27 August 2025. It marks the birth of Lord Ganesha, created by Goddess Parvati from sandalwood paste. He is the first god with an elephant head and is worshipped first before starting any journey or task.
- **Onam** : Onam will be celebrated on 5 September 2025. It is the biggest festival of Kerala, celebrated to honour and welcome King Mahabali back to his land.
- **Teacher's Day** : Teacher's Day is celebrated on 5th September every year. It marks the birthday of Dr. Sarvepalli Radhakrishnan, a great philosopher, teacher, and the second President of India. He wished that instead of celebrating his birthday, the day should be observed as Teacher's Day to honour and recognize the important role of teachers in shaping students' lives and society.
- **International Literacy Day** : International Literacy Day is celebrated every year on 8th September to raise awareness about the importance of literacy for individuals, communities, and society. It also aims to promote the value of reading and writing skills.
- **Hindi Diwas** : Hindi Diwas is celebrated every year on 14th September to honour and show respect for the Hindi language. On 14th September 1949, the Constituent Assembly of India adopted Hindi as the official language of the country.
- **Engineer's Day** : It is celebrated on 15th September 2025. The day is celebrated to recognize and appreciate the hard work and valuable contributions of engineers who help shape our society through technology, innovation, and infrastructure development.

Exploring the Cultural Glory of Gujarat

Anshika

Gujarat, a state in Western India, is known for its rich culture, diverse traditions, and colorful festivals. The culture of Gujarat is a unique blend of ancient traditions and modern influences.

Customs and Traditions

Gujarat customs and traditions are deeply rooted in ancient Indian culture. The state has a long history of trade and commerce, and this has influenced its customs and traditions over time.

Clothing

The traditional attire of Gujarati's is the colorful and vibrant 'ghagra choli' for women and the 'dhoti kurta' for men. However Modern clothing styles have also become popular in recent year.

Festivals

Festivals are an integral part of Gujarat and it is known for its colorful festivals, which are celebrated with great enthusiasm and fervor. Some of the major festivals include Navratri, Diwali, Holi, and Uttarayan.

Culture and Arts

Gujarat has a rich culture heritage, and it's arts and crafts are famous all over the world. Some of the popular art forms in Gujarat include. Embroidery, Handicrafts, folk music and dance.

Embroidery

The traditional embroidery of Gujarat is famous all over the world. The intricate design and vibrant colors of the embroidery make it a popular choice for clothing and home decor.

Facts

- **Longest coastline**- The state's coastline, stretching approximately 1600 km, is the longest in India.
- **Gir forest National park**- This park is the only natural habitat for Asiatic lions.
- **Raan of Kutch**- This is India's largest salt marsh, known for its unique landscape.
- **Uttarayan kite festival**- The annual international kite festival is celebrated with great enthusiasm, attracting participants from around the world.
- **Motto**- The state's motto, "Satyamev Jayate," translates to "Truth alone triumphs".



Handicraft

Gujarat is also famous for its handicrafts, which include pottery, woodcarving, and metalwork. These handicrafts are popular souvenirs for tourists visiting Gujarat.

Why Reading Matters More Than Ever in the Age of AI

Anshika

In a world where technology is advancing rapidly, especially with the rise of Artificial Intelligence (AI), it is more important than ever to develop the habit of reading.

Barack Obama once said, "Reading is the gateway skill that makes all other learning possible."

Reading not only helps to gain knowledge, but also enables a person to see things with new perspectives. However, the digital age has greatly changed how people, especially young individuals, approach reading. Many of them no longer recognize its value and rarely engage in meaningful reading beyond screens and social media.

Reading Builds Skills that No Machine Can Replace

AI can do many things: answer questions, write essays, translate languages, coding and even create art. However, AI cannot replace the deep understanding, empathy, creativity and most importantly- critical thinking -that people develop through reading. When we read books, articles, or even short stories, we learn to see the world from different viewpoints, imagine new ideas, and solve problems thoughtfully.

For example, when you read a novel like The Kite Runner, you step into the emotional journey of characters grappling with guilt, loyalty, and redemption. You step into the shoes of the characters, which allows you to feel deep emotions- loss, betrayal, and forgiveness. It teaches you about human complexity and moral courage. No matter how advanced AI becomes, it cannot truly experience or convey the emotional depth and inner struggles that stories like these bring to life.

Reading Improves Critical Thinking

The internet and AI can bring a lot of information to our fingertips, but they also bring a lot of noise and misinformation. When you practice regular reading, especially from trustworthy sources, you learn to question, compare, and judge what you read. This builds your critical thinking ability- so you don't just accept everything you see online or from AI tools.

For instance, if you read about climate change from both scientific articles and opinion pieces, you learn to separate facts from opinions. This helps you become a smart, responsible user of technology. Moreover, reading is the best way to build your vocabulary!

A Tool for Lifelong Learning

Reading is not just about textbooks – it includes fiction, history, science, or even articles about new discoveries. It keeps your mind curious and open to new ideas. "The more that you read, the more things you will know. The more that you learn, the more places you'll go." – Dr. Seuss (American author)

Many great thinkers and leaders- such as Jawaharlal Nehru, Rabindranath Tagore, Warren Buffett, Oprah Winfrey, Mark Zuckerberg, and Bill Gates- have been avid readers.

Practical Tips to Make Reading a Habit

- ▶ Set aside 15-20 minutes daily for reading something beyond social media. Start with only 10 minutes per day.
- ▶ Join a library or an online book club- sharing what you read makes it more fun.
- ▶ Mix up your reading: fiction and non-fiction, books and articles, classics and new releases.
- ▶ Make a habit to reflect on what you read and how it connects to your life.

In conclusion, while AI can do amazing things, reading remains an essential skill. It helps us grow as thoughtful, creative, and responsible individuals who can use technology wisely. Make reading your lifelong companion- it will serve you well, no matter how the world or technology changes.

If you have any query email to head.cdc@imsuc.ac.in



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WE HAVE NO BRANCH IN NOIDA

IMS Ghaziabad Shines at Indian Convention's HR Conclave 2025



IMS News Service

Ghaziabad: A group of IMSians had the enriching opportunity to attend the prestigious Indian Convention's HR Conclave 2025, one of India's most

renowned gatherings for HR professionals and thought leaders. Adding to the pride, Dr. Praseon Mani Tripathi, Director, IMS Ghaziabad, was invited as a keynote speaker on a distinguished

panel, where he shared powerful insights on "Future-Ready Organizations and Evolving Workflows." His expert perspective captivated the audience and added immense value to the

discourse. The conclave attracted prominent industry leaders, academicians, and professionals from across the country, and IMS Ghaziabad's active presence reflected its strong industry-academic interface.

IMS Ghaziabad Representation at IIM Jammu

Ghaziabad (IMS News Service): We are so proud to announce that Dr. Nidhi Sonkar, Assistant Professor, HR & Entrepreneurship, successfully represented IMS Ghaziabad at the prestigious National Future Leaders Program (NFLP) held at IIM Jammu from 21st to 25th July 2025. Selected from among numerous applications across leading B-Schools in India, Dr. Sonkar's participation in this exclusive, week-long leadership program highlights her commitment to academic excellence and institutional innovation. An active contributor to the IMS Innovation Cell and a prolific researcher with several publications to her credit, she continues to keep the IMS flag flying high with pride and purpose.

National Declamation Competition on Sustainability & Co-operative Growth



IMS News Service

Ghaziabad: IMS Ghaziabad, in collaboration with KRIBHCO, successfully organized a high-impact Declamation Competition on the theme, "Sustainability and Co-operative Growth in India." The event saw enthusiastic participation from students representing

50+ reputed colleges across India, turning the stage into a vibrant forum of ideas, innovation, and impactful oration. Proud Moment for IMS Ghaziabad as all three top prizes, collectively worth over rs.75,000, were bagged by IMSians, demonstrating their intellectual depth, clarity of thought, and oratory brilliance. The event was

graced by the presence of Mr. Kapil Meena (IAS), who honoured the winners and shared inspiring thoughts on the importance of sustainability and cooperative development in the Indian context. Kudos to all the participants and heartfelt congratulations to the winners for making IMS Ghaziabad shine on a national stage.

Reorients Second-Year PGDM Students with 'Transcend' After Summer Internships



IMS News Service

Ghaziabad: IMS Ghaziabad warmly welcomed its PGDM

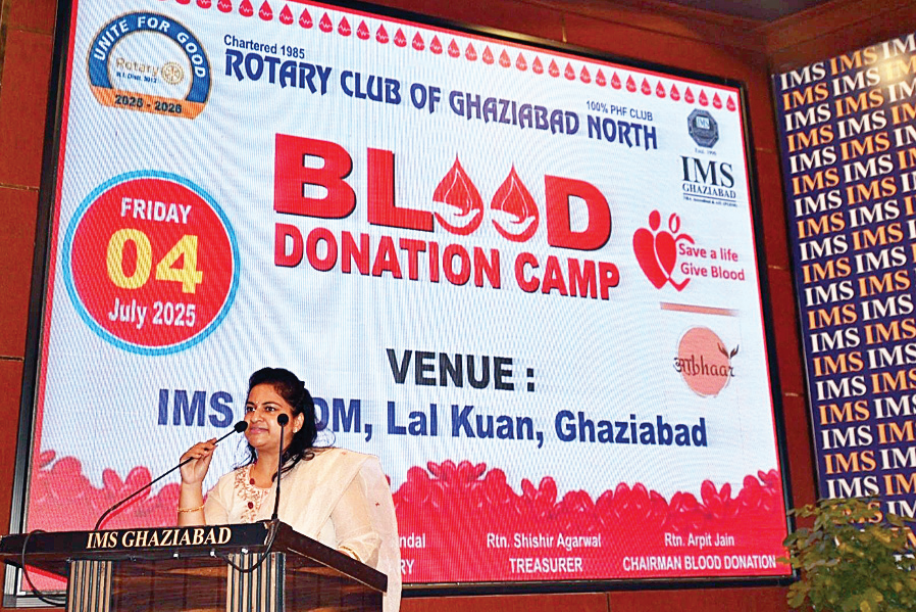
second-year students on July 17-18, 2025, for "Transcend - The Reorientation Program", marking their return after a two-month

Summer Internship journey. The program aimed to rejuvenate, realign, and refocus students as they embark on the final leg of their academic and professional journey. Dr. Praseon Mani Tripathi, Director, IMS Ghaziabad, addressed the returning batch with enthusiasm and extended his best wishes for a swift and successful placement season ahead. The two-day reorientation featured interactive sessions, strategic insights, and motivational discussions, setting a dynamic tone for the upcoming academic term.

Blood Donation Camp Organized

IMS News Service

Ghaziabad: IMS Ghaziabad's Aabhar Club is proud to share the resounding success of the Blood Donation Camp, made possible through the dedicated efforts of the Rotary Club and the unwavering support of the institute's leadership. We express our heartfelt gratitude to Dr. Praseon M. Tripathi, PhD, Director, IMS Ghaziabad, Dr. Vaishali Agarwal, Dean Academics, Dr. Amit Bhati, Dean Student Affairs and the Aabhar Club team, Prof. Ms. Aditi Jain and Dr. Nidhi Sonkar for their continued encouragement



and coordination. A special thanks goes to the esteemed

leadership of the Rotary Club, including Chairman

Rtn. Arpit Jain ji, Treasurer Rtn. Shishir Agarwal ji,

Secretary Rtn. Rajat Jindal ji, and President Rtn. Punit Agarwal ji, whose commitment to social service was instrumental in making this event impactful. We also deeply appreciate the efforts of the doctors and medical professionals who ensured a safe and seamless donation process for all participants. More than 100 units of blood were successfully collected, contributing significantly to this life-saving cause. Lastly, a big salute to the student volunteers of Aabhar Club, whose enthusiasm, discipline, and selfless service brought life and warmth to the entire initiative.

Fueling Futures: Motivational Industry Session



INDUCTION PROGRAM - GENESIS FOR PGDM BATCH 2025-27

IMS News Service

Ghaziabad: IMS Ghaziabad had the honour of hosting Shri Sushil Aggarwal, Chairman, AVRO India Limited, for a power-packed and inspiring session, as part of the ongoing Induction Program - Genesis for the PGDM Batch 2025-27. Shri Aggarwal, a visionary industry leader, shared valuable insights on industry innovation, the evolving business landscape, and the

importance of personal zeal and self-motivation in achieving success. His session not only ignited the entrepreneurial spirit among the new batch but also left a lasting impression with his real-world experiences and motivational anecdotes. The session was a perfect blend of industry relevance and personal inspiration, aligning seamlessly with IMS Ghaziabad's mission to groom future-ready professionals.

Talent Bling 2025: Celebrating the Spark of New Beginnings

IMS News Service

Ghaziabad: IMS Ghaziabad successfully organized Talent Bling 2025, marking the official conclusion of the Induction Program for the newly inducted PGDM Batch of 2025-27. The event served as a vibrant platform for first-year students to showcase their diverse talents and creative expressions. From energetic dance performances and soulful solo singing to engaging open mic acts and comic mimicry, the evening was filled with enthusiasm, laughter, and applause. The Talent Bling celebration not only highlighted the



students' flair beyond academics but also fostered

a sense of camaraderie and excitement as they

embarked on their two-year journey at IMS Ghaziabad.

Placement of MCA Students

Ghaziabad (IMA News Service): IMS Engineering College, extends heartfelt congratulations to the students of the MCA 2025 batch for their remarkable placement at APSPL, a testament to their dedication and commitment and also to Kanika Singhal of MCA-25 batch for her remarkable placement at JYESTA CORPORATE ENTITY. These



inspiring students are highly applauded for their outstanding achievements and blessed for a abundant success and fulfillment in their promising futures ahead.

Placement of B.Tech Students

Ghaziabad (IMA News Service): IMS Engineering College, Ghaziabad is proud to congratulate the students of the B.Tech -2025 batch for their remarkable placement (revised) at HCL TECH and at JKTECH, a testament to their dedication and commitment. The College applauds these inspiring students for their outstanding achievements and wish them abundant success and fulfillment in their promising futures ahead.

Kudos to the Toppers of B.tech 1st year

Ghaziabad (IMA News Service): IMS Engineering College extends heartfelt Congratulations to the Toppers of B.tech 1st year students for their outstanding achievements in the Odd Semester result of 2024-25 session. Their hard work and dedication have made IMSEC proud and wishes them to Keep shining and reaching new heights.

Academy of Management 2025 Annual Meeting in Denmark

IMS News Service

Ghaziabad: IMS Ghaziabad proudly announces that Dr. Praseon Mani Tripathi, Director-IMS Ghaziabad; successfully represented the institute at the Academy of Management (AOM) 2025 Annual Meeting held in Copenhagen, Denmark. The AOM Annual Meeting is one of the most prestigious global gatherings of scholars and practitioners in the field of management and organizational studies. Dr. Tripathi's participation once again marks the presence of IMS Ghaziabad on an esteemed international academic platform, further strengthening the institute's global footprint. Dr. Tripathi engaged in insightful academic discussions,



networked with leading researchers, and contributed to dialogues on emerging trends and innovations in management research. His representation underscores IMS Ghaziabad's commitment to academic excellence, global collaborations, and thought leadership. IMS Ghaziabad congratulates Dr. Tripathi for this remarkable achievement and looks forward to continued global engagement through such esteemed academic forums.

Selection for Summer Internship



Ghaziabad (IMA News Service): IMS Engineering College, Ghaziabad, is proud to share the achievement of B.Tech. Biotechnology (VI Semester) students who have been selected for the summer internship at the Institute for Industrial Research & Toxicology (IIRT). This achievement is a testament to their dedication and the strong academic foundation. As IMS Engineering College remain committed to empowering students through quality education, hands-on learning, and valuable industry exposure, this internship opportunity will provide the students with practical experience in the domain of Animal Toxicology, Pharmaceutical Biotechnology, Microbiology and Eco-toxicology.

MENTORING: CONCEPT NOTE (PART -2)

Mentoring is the simplest & the most effective tool available to CRL to develop a student into a leader of tomorrow. What is mentoring? Partnering relationship than parenting relationship; blending humility with confidence, rapport creating, art of listening; offering advice are just a few connotations.

In the CRL scenario, mentors are leaders who engage in deliberateactions aimed at promoting learning. The objective of mentoring is to help improve a student's self-esteem and confidence; To provide opportunities to develop positive relationships; To recognize potential of the students and allow them to look beyond their present conditions and envision a promising future to fulfill the desired objectives.

Mentor is also to create an enriching environment for learning. It is always a two-way relationship. It is a partnership, which should last much beyond the college days. The excellence



Dr M. P. Singh

of a mentor is judged if the mentee surpasses his/her teacher, over a period of time. And at that point in time both mentor and the mentee should be proud of each other. Mentoring is an inspiring, creative and motivating experience, which aids the personal development of the mentor and the mentee.

Being a mentor offers you the opportunity to first help others achieve their goals, develop coaching skills, acquire new perspective and then develop skills in others. New teachers need models of good instructions. Some of the qualities of a mentor are:

Confidentiality: - Care must be taken to observe the rights of mentee's privacy. A



mentor does not talk to other students about the progress/developments. A mentor must understand his/her role with the mentee and respect the boundaries of confidentiality.

Creating leaders from the people around you is not a

simple undertaking. However, it is critically important to the College. This would be particularly true as IMSEC grows and IMSECians move all over the world. Just what does it take? At the outset, the mentor needs to know

his/her mentee and what do they want? What it takes to excel in meeting the mentee's needs. The mentor would also need to do an introspection. A thorough understanding of oneself is essential before undertaking the role of a mentor.

So, how do you avoid the negative trap? How do you create a world full of stars?

Opportunity: Provide mentees with the opportunity to demonstrate their strengths. Give them meaningful projects and tasks, exciting challenges

Mentor is also to create an enriching environment for learning. It is always a two-way relationship. It is a partnership, which should last much beyond the college days. The excellence of a mentor is judged if the mentee surpasses his/her teacher, over a period of time. And at that point in time both mentor and the mentee should be proud of each other.

and assignments that are suitable for lower level or less academically bright students. However, there must be a meaningful opportunity to contribute in a challenging way for the leader in training.

Accountability and Feedback: Everyone actually wants to be accountable. They also want regular feedback. Tell the mentees what you expect? What do they do well? Explain what they can improve upon and always appreciate their efforts howsoever small these be.

Reward and Advancement: Everyone must be rewarded for a job

done well. This does not necessarily require money. Often the most successful reward in terms of motivating mentee is a genuine "thank you" or "well done" or "good show". However, a small investment in toffees and chocolates would not bust our monthly budget. Acknowledgement of meeting achievements keeps mentees invested.

That Extra Mile: Mentor should be willing to share his/her experiences and help the mentees to reach their full potential. Emphasis would always be on enabling and empowering to do things for themselves

Menstrual Health in India Time to End the Taboo

Gyanvi

In the era of 21st century when India is growing in many sectors like education and technology, menstrual health is a taboo in many parts of the country. Talking openly about periods is still considered a matter of shame, especially in rural areas and many families in urban areas as well. This results in lack of awareness and accurate information, leading to poor hygiene practice and other problems associated with it. Females are still used to speak the word "periods" slowly or by whispering. They are not allowed to go to kitchen or even in temples. All this is based on old and superstitious thinking.

Challenges that are faced by females

Many girls stop their schooling because of periods. Unhygienic toilets, non-availability of water or no proper facilities to dispose pads



can be the reason of many girls' absences.

- ▶ Many girls in college miss their events, classes or sports due to the fear of any leakage, stain or pain.
- ▶ Women who go for work whether in factories or in a field jobs also face so many problems that includes long duty hours, lack of clean toilets, no period leave - women suffering from PCOD or period pain also work without getting any leave.

Precautions and healthy tips during periods:

- ▶ Females must maintain proper hygiene.
 - ▶ Use clean and comfortable product.
 - ▶ Eat healthy food that includes iron to make up for blood loss and stay hydrated.
 - ▶ Do gentle exercise or yoga.
- It's time to break the silence. Education plays a big role in this change. School should teach both

How many schools and colleges do awareness sessions?

- ▶ There is no exact official number, but very few schools and colleges run regular awareness sessions about menstrual health.
- ▶ Mostly, NGOs and private organizations conduct sessions in government schools and rural areas.
- ▶ Some states have started including menstrual health in school health programs, but coverage is still very low.
- ▶ (Source: Based on reports by UNICEF and local NGOs like Menstrupedia, Goonj)

boys and girls about periods so that boys grow up respecting this natural process.

government guidelines for such students

- ▶ The government has a Menstrual Hygiene Scheme (MHS) under the Ministry of Health and Family Welfare. It talks about distributing low-cost sanitary pads and spreading

awareness through ASHA workers.

- ▶ Some states provide free sanitary napkins in schools under schemes like the Kishori Shakti Yojana and Rashtriya Kishor Swasthya Karyakram.
 - ▶ Schools are advised to build separate toilets for girls and have proper disposal facilities for pads.
- (Source: Ministry of Health & Family Welfare, India)



Highlight

- ▶ According to the survey conducted by UNICEF, 48% of girls are only aware about menstruation before facing the first periods.
- ▶ According to NFHS-5, 78% females do use hygienic methods during menstruation but rest of the females are still using unsafe materials like old clothes.

डिजिटल भ्रमजाल और यथार्थ से कटी सोच: जब रील तर्क पर हावी हो जाए

आभांशु द्विवेदी

‘हम उस युग में जी रहे हैं जहाँ एक रील की 30 सेकंड की कहानी, वर्षों की पुस्तक ज्ञान पर मारी पड़ रही है’

आज का युग डिजिटल है, हर व्यक्ति के हाथ में स्मार्टफोन है, और हर अंगुली पर एक नई रील, एक नया वीडियो। जानकारी के इस महासागर में हम डूबते नहीं, बल्कि बह जाते हैं। बह जाते हैं उस सतही ‘ज्ञान’ की बाढ़ में जो आकर्षक जरूर है, लेकिन अक्सर बिना तर्क, बिना आधार और बिना जिम्मेदारी के परोसा जाता है।

सूचना के इस युग में यह सूचना कितनी सच्ची है, यह सवाल अब सबसे जरूरी बन गया है। एक वक्त था जब हम अपने इतिहास, संस्कृति, धर्म, और मूल्यों को जानने व समझने के लिए पुस्तकों का सहारा लेते थे, परंतु पुस्तकों की जगह अब रील्स ने ले ली है। छोटी-छोटी वीडियो क्लिप्स, जिनका उद्देश्य मनोरंजन से कहीं अधिक अब ‘ज्ञान’ देना बन गया है, हमारी सोच और समझ दोनों को प्रभावित कर रही हैं।

आज हर खबर, हर जानकारी हमें रील्स के माध्यम से मिल रही है चाहे वो हमारे स्वतंत्रता सेनानी हों, धार्मिक ग्रंथ हों या फिर कोई ऐतिहासिक घटना। लेकिन हम भूल जाते हैं कि इन रील्स में



दिखाई जाने वाली बातें कितनी बार तथ्यों से परे होती हैं। आर्टिफिशियल इंटेलिजेंस, डीपफेक, और

एडिटिंग के जरिए अब हर झूठ को सच की तरह पेश किया जा सकता है। और हम, बिना

जांचे-परखे, इन पर आंख मूंदकर भरोसा करने लगते हैं।

किताबों से दूरी, सोच से दूरी

जिस समाज की रीढ़ कभी किताबें होती थीं, वो आज डिजिटल रील्स के भरोसे खड़ा है। पुस्तकों में गहराई होती है, संदर्भ होते हैं, और तथ्य होते हैं। पर आज का युवा वर्ग किताबों से इतना कट चुका है कि अगर कोई वास्तविक और प्रमाणिक जानकारी दी जाए, तो वे उस पर यकीन नहीं कर पाते। क्योंकि न तो उनमें तर्क की परिपक्वता रही, न ही जानकारी को जांचने की आदत।

जब कोई इंसान केवल 30 सेकंड की रील्स से ज्ञान प्राप्त करता है, तो उसकी सोच भी 30 सेकंड की ही हो जाती है। उसमें न विस्तार होता है, न गहराई, न संतुलन। हम जल्दी-जल्दी निष्कर्ष पर पहुंचने लगे हैं। और अगर किसी रील के फॉलोअर्स ज्यादा हैं या व्यूज लाखों में हैं, तो मानो वही अंतिम सत्य हो गया।

जब तर्क गायब हो जाए

समस्या सिर्फ झूठ को सच मान लेने तक सीमित नहीं है। असली खतरा तब होता है जब हमारी तर्कशक्ति ही कमजोर पड़ने लगती है। जब हमें सच बताया जाता है जो किताबों में लिखा है, जिसे विद्वानों ने वर्षों की रिसर्च से सिद्ध किया है, तब हम उस पर सवाल उठाते हैं। हम यह सोचने लगते हैं कि अगर यह बात सच होती तो किसी रील में क्यों नहीं आई? और यही सोच हमें यथार्थ से काट देती है।

हमारी धार्मिक मान्यताओं पर, ऐतिहासिक तथ्यों पर, और सामाजिक मूल्यों पर भी हम शंका करने लगते हैं क्योंकि वे रील्स में नहीं दिखते या फिर रील्स उन्हें तोड़-मरोड़कर पेश करती हैं। उल्टा, रील की दुनिया को ही सच मानने लगते हैं और सच की दुनिया को झूठ समझते हैं।

ज्ञान का वास्तविक स्रोत कौन?

यह बात समझनी जरूरी है कि ज्ञान का वास्तविक स्रोत सोशल मीडिया नहीं है। किताबें, रिसर्च पेपर, प्रमाणिक दस्तावेज, और इतिहास के गवाह, यही हमें सही जानकारी दे सकते हैं। रील्स एक माध्यम हैं, लेकिन जब ये माध्यम ही एकमात्र स्रोत बन जाएं, तो भ्रम फैलना तय है।

हर व्यक्ति को यह समझना होगा कि ‘रील ज्ञान’ और ‘वास्तविक ज्ञान’ में फर्क होता है। तकनीक का इस्तेमाल जरूर करें, लेकिन सोच समझकर। किसी बात पर आंख मूंदकर भरोसा करने से पहले यह जरूर सोचें क्या यह जानकारी किताबों में भी है? क्या यह तर्क की कसौटी पर खरी उतरती है? आज जरूरत है डिजिटल भ्रमजाल से बाहर निकलने की। रील्स को मनोरंजन तक सीमित रखें, ज्ञान और समझ के लिए किताबों का सहारा लें। तर्कशक्ति को मजबूत करें और हर जानकारी को जांचें-परखें। वरना वो दिन दूर नहीं जब हम अपनी जड़ों, अपने धर्म, अपने इतिहास और अपने यथार्थ से पूरी तरह कट जाएंगे और एक ऐसी दुनिया में जीने लगेंगे जहां हर झूठ, सच से ज्यादा चमकता है।

The Dawn of Space Tourism: An Elite Playground?



Sameer, New Delhi:

Sometimes, late at night, when the clamour of Noida finally quiets down, I will look up. Past the half-finished buildings and the city's orange glow, you can sometimes spot a star. And you feel this pull, a truly primordial instinct to wonder what is out there. For a second, the traffic, the deadlines, the heat... it all just vanishes. Now, that feeling has a price tag. And it forces you to wonder if the stars are for everyone, or if they are just the newest asset being sold to the highest bidder.

Current Landscape

Forget 'current landscape.' Let us just call it what it is: a bespoke menu for billionaires. If you have the kind of wealth most of us, only see in movies, you get to pick your adventure.

Experience of precious space tourists

'Precious' tourists. Yes, I suppose they are. But what they come back with is something that transcends money. They go up seeking a thrill and come back haunted. Changed. It is a profound metamorphosis. They all talk about this

"Overview Effect." It is the moment they see Earth, our little blue home, hanging in the middle of a terrifyingly beautiful void. And it breaks them. The experience is liminal—they are on the threshold between our world and the infinite. All the petty lines we draw on maps just dissolve.

Tech Advancement

Okay, so how is any of this real? Let us get into the geeky stuff for a second, but I will be quick. It is all about one magic trick that has caused a complete paradigm shift that is reusability.

For decades, we used rockets like we use firecrackers – light them once, and they are expensive junk. Then SpaceX, with their Falcon 9, did something unbelievable. They landed the rocket back on a ship in the middle of the ocean. Upright. When that giant silver silo landed without blowing up, it felt like a defining moment. It is that tech, that single, brilliant idea, that makes all this viable.

Cost

Right. The money. Let us not pretend. All that cool tech, that life-changing view? The juxtaposition of this universal dream with its

current cost is just staggering.

A seat on Virgin Galactic is over 3.5 Crore rupees. For a few minutes. Want that longer SpaceX trip? You will need to find about ₹450 Crore. Four hundred and fifty crores. For a trip.

Beyond Tourism

So, if we cannot go, why should we care? Is it all just a flashy show for the rich? Honestly, I struggle with this one. But the argument is that these are not just joyrides. They are test-driving for the future, with potentially serendipitous outcomes.

Environmental Concerns

Okay, deep breath. We must talk about the mess. The inconvenient sequela of all this rocket-fuelled glory.

Every launch punches a hole through our atmosphere, leaving behind a plume of chemicals. Black carbon from some fuels can get stuck up high, messing with the climate. It is a terrible irony, isn't it?

You know that feeling of pride when an ISRO rocket lifts off from Srihari Kota? That feeling of "we did it"? That is our entry ticket. Our

Gaganyaan mission, to send our own people to space, is the foundation for our own ambitions in this domain.

We are the masters of frugal engineering. We sent a mission to Mars for less than a Hollywood blockbuster. That is quintessentially Indian ingenuity. If anyone can figure out how to do this for less, how to create a more accessible path to the sky, it is us. It is



Lonely Together: The Silence in Edward Hopper's Nighthawks



Mugdha

Hopper painted Nighthawks in 1942, but the emotional undercurrent feels timeless. It's not just about a night in a diner but about all the quiet moments we don't talk about.

There's something about Nighthawks that stays with you. Not because it's loud or dramatic, but because it's quiet in a way that feels deeply familiar. At first glance, it's just a painting of a few people in a late-night diner, but the more you look, the more it starts to say. Or maybe whisper. And what it whispers is loneliness.

Edward Hopper's Nighthawks captures a scene that could easily be missed in real life. Four people (three customers and a server) sit under the harsh glow of fluorescent lights. The streets outside are empty, the city sleeps, and everything seems paused. Yet even in this small shared space, there's a sense of distance. No one is speaking. No one is really looking at each other. It's like they're together, but still alone.

And maybe that's what makes this painting so haunting... because it feels real.

In a world that's more connected than ever, so many of us still know

what it's like to feel unseen. To sit in a crowded room and feel like you're not really there. Hopper painted Nighthawks in 1942, but the emotional undercurrent feels timeless. It's not just about a night in a diner but about all the quiet moments we don't talk about. The moments when we're too tired to connect, or too weighed down by things we can't explain.

Look at the man with his back turned. We can't see his face, and maybe that's the point. He could be anyone; me, you, a stranger who passed you on the street yesterday. The couple next to him sits close, but there's a kind of emotional space between them. Are they in love? Are they fighting? Are they

just used to the silence?

Even the man behind the counter, who's there to serve, looks like he'd rather be somewhere else. Or maybe he's just thinking about something far away. Either way, none of them are really "present," even though they're physically there.

The beauty of Nighthawks isn't in what it shows but in what it doesn't. It leaves room for us to project our own experiences, our own late-night thoughts and unsaid words. And in doing so, it becomes deeply personal.

Hopper once said, "Great art is the outward expression of an inner life in the artist." And you feel that here it's the stillness after a hard day, the 2 AM thoughts, the longing for someone to just notice you.

Nighthawks reminds us that loneliness isn't always loud. Sometimes, it sits at a diner at night, lit up against the empty street, waiting for something to happen. And maybe, in seeing that loneliness on canvas, we feel a little less alone ourselves.

Sportify



SportifyRishabh

Divya Deshmukh Defeats Koneru Humpy to Clinch FIDE Chess World Cup Title

In a historic moment, India's Divya Deshmukh has defeated Koneru Humpy in the final of the FIDE Women's Chess World Cup. The clash between the two was forced into a tiebreaker. Deshmukh had already made history by becoming the first Indian to ever reach the



final of the FIDE Women's World Cup 2025 and she has further established herself in history by defeating Humpy in the final. Humpy put up a good fight against the 19-year-old however Divya's resilience forced the veteran to retire on move 75. It is worth noting that Deshmukh triumphed in the second rapid game after the first game was drawn. It is interesting to note that Deshmukh has achieved the Grandmaster title in a non-conventional way. Generally, becoming a Grandmaster requires a player to win three GM norms and achieve a standard FIDE rating of 2500 or above.

JioStar Sanjog Gupta Appointed as New CEO of ICC

The International Cricket Council on Monday announced the appointment of Sanjog Gupta as its Chief Executive Officer (CEO). He assumed office on July 7 becoming the seventh CEO of the ICC. Gupta, who has over two decades of cross-functional experience was serving as CEO Sports Live Experiences at JioStar. Over the years, he has held multiple leadership roles in content, programming and strategy before becoming Head of Sports at Disney Star India in 2020. He was appointed CEO of JioStar Sports in November 2024 following the merger of Viacom18 and Disney Star. ICC Chairman, Jay Shah said: I am pleased to announce that Sanjog Gupta has been appointed as the CEO of the ICC. Sanjog brings extensive experience in sports strategy and commercialisation, which will be invaluable for the ICC.



India Beat England by 4 Wickets in 1st ODI

In Women's Cricket, India defeated host England by 4 wickets in the first ODI match at The Rose Bowl in Southampton last night. With this win, the Women in Blue are leading the 3-match series 1-nil. Opting to bat first, England made 258 for 6 in the stipulated 50 overs, with Sophia Dunkley's 83 off 92 balls. For India, Kranti Goud and Sneha Rana each bagged 2 wickets. In response, Harmanpreet Kaur led the Indian side to chase the score with 10 balls remaining. Deepti Sharma was declared Player of the Match for her unbeaten innings of 62 runs. Jemimah Rodrigues also contributed to chasing the target with 48 runs. India will now aim to clinch the series in the second ODI clash at Lord's in London on Saturday.



Andre Russell to Retire From International Cricket

West Indies's star all-rounder Andre Russel is set to retire from International Cricket. The Jamaican will play his last two international matches on July 20 and 22 at his home ground in Sabina Park, which is scheduled to host the first two T20Is against Australia. Russell has been included in the 16-member West Indies squad against Australia for the first 2 matches out of 5-match T20 series, starting this Sunday. Russel represented the maroon jersey for more than a decade and he was known for his hard hitting with bat.



Creative Corner

जीवन एक योग

शिल्पी सिंघल

विचारों का
अनुलोम विलोम कीजिये।
बुरे विचार बाहर
भले विचार भीतर
मन को पञ्चासन में बिठाइए
तन को वक्रासन में रखिये
दिमाग को सूर्यासन कराइये
होंठों को मुस्कुरासन
जीवन एक योग है
गुणा भाग में न पड़िये
योग करिये निरोग रहिये।

