

prajya

MONTHLY NEWS MAGAZINE FOR CHILDREN

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GOLD
5



SILVER
8



BRONZE
6

UNPARALLELED SHOW AT THE PARALYMPICS



Rashtriya Poshan Maah

1-30 September 2020

Eat a combination of different foods every day and be healthy



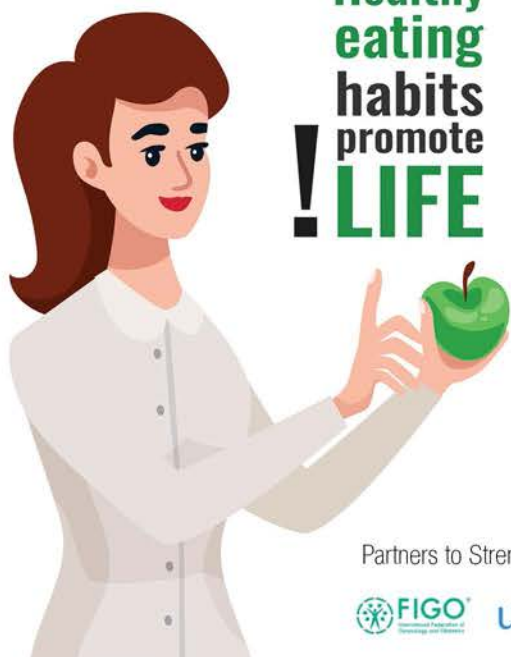
POSHAN Abhiyaan

PM's Overarching Scheme for Holistic Nourishment



सही पोषण - देश रोशन

Healthy eating habits promote **LIFE**



Partners to Strengthen POSHAN Abhiyaan





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“Diversity is not a virtue. Diversity is a good only to the extent that it advances other virtues, justice or inclusiveness of others who have previously been excluded.”

- Prof. Jonathan Haidt

Social psychologist, Professor of Ethical Leadership

In the race for survival, the fittest almost always win. That is part of the process of natural selection, left to the mercy of the elements. However, in a modern man-made scheme of things, fairness and justice can be achieved only with inclusion. Inclusion sometimes entails changing of the old order. We found an example of such a change when the National Defence Academy opened its doors to girls.

Good governance involves extending basic facilities to all sections of the society. Odisha government's move towards providing universal health care through Smart Health Cards to all residents is a shining example. Likewise, good schemes like the Pradhan Mantri Jan Dhan Yojana aim to achieve financial inclusion by bringing the economically weaker sections under the safety net of formal banking. The e-RUPI is another initiative that is aimed at benefiting the marginalized without leakage.

It is worth pondering - as comparatively more privileged citizens- what can be our contribution towards inclusion. We can create awareness among the public and help the disadvantaged sections get the benefit of these schemes.

Happy to inform you readers that starting this issue we will be presenting a set of articles highlighting some of the greatest milestones of independent India as part of the platinum series culminating in August 2022

Read, reflect and revert with your thoughts and feelings.

We look forward to your support and suggestions.

- Editorial Team

Dear Readers,

There have been requests from quite a few readers for hard copies of Prajya. We understand that quite a high percentage of our young readers keep revisiting some articles, and a handy print version within reach induces one to read more often, highlight things and make notes. This also partly contributes to students spending less screen time. The Prajya team is happy to bring to you, the first issue in print.

However, there are few things that we want to be careful about:

- We don't want to print more than what is required and
- Keep the cost of the print version (plus postage) within reasonable limits.

Please note that the access to free online e-version will continue.

So, it will greatly help us if you could fill in the details in the link provided.

<https://zfrmz.in/Jmku7z6WZWDg1hqZjzcW>

Happy Reading !



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INDIA at UNSC



The United Nations Security Council (UNSC) is a principal organ of the United Nations (UN) responsible for ensuring international peace and security, recommending new members to the UN's General Assembly and approving changes to the UN charter. It has the power to impose international sanctions on countries, establish peace keeping operations etc. **It is the only body of the UN which has the authority to issue binding resolutions on member countries.**

There are two kinds of membership in the UNSC –permanent and non-permanent. Permanent members of the UNSC (known as the P5) are USA, UK, Russia, China and France. 10 non-permanent members elected by the UN General Assembly for two-year terms represent different geographic regions.

Each non-permanent member gets the opportunity to operate as president of UNSC during their tenure. The presidency of UNSC changes hands every month between its members in the English alphabetical order of the member states' names.



We need to promote responsible maritime connectivity and build infrastructure to boost ocean trade.

On 1st January 2021, India began its 8th term as a non-permanent member after getting elected from the uncontested Asia-Pacific seat with a record 184 votes out of 192.

India assumed the UNSC Presidency for August 2021 taking over from France. **During its presidency, India is set to focus on three major areas: maritime security, peacekeeping and counter terrorism.**

Prime Minister Narendra Modi chaired the **High-level Open Debate on ‘Enhancing Maritime Security – A Case for International Cooperation’** on 9th August 2021. This is the **first time that an Indian Prime Minister has presided over a UNSC open debate.**

PM Modi stressed on the importance of oceans and the need to ensure maritime security. He said that global prosperity depends on the active flow of maritime trade and any hindrance to it can challenge the entire global economy, hinting at China’s growing adventurism.

He said that maritime routes are being misused for piracy and

terrorism. He also batted for safeguarding maritime environment from pollution through plastics and oil spills. **“We need to promote responsible maritime connectivity and build infrastructure to boost ocean trade,”** he added.

PM Modi put forth **five basic principles for maritime security:**

- i. Free maritime trade without barriers to establish legitimate trade.
- ii. Peaceful settlement of maritime disputes on the basis of international law only.
- iii. Responsible maritime connectivity should be encouraged.
- iv. Need to collectively combat maritime threats posed by non-state actors and natural calamities.
- v. Preserve maritime environment and maritime resources.

The meeting was attended by Russian PM Vladimir Putin and several other heads of government of UNSC member states.

Trivia Questions

Q : What historical trend added the most new countries to the UN?

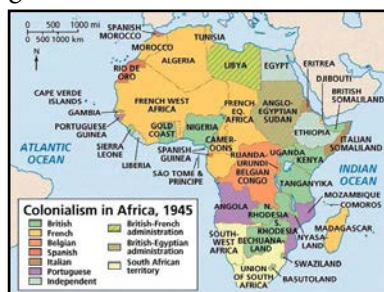
A: Decolonization

The largest number of UN missions are in those countries still struggling to establish stable governments and economies.

Q : The flags around the UN building are in order. What are the first and last flags?

A: First - Afghanistan
Last - Zimbabwe

They are in English alphabetical order.





SUNSEAP

LARGEST FLOATING SOLAR FARM TO BE BUILT BY **INDONESIA**



Singapore's Sunseap Group has signed a Memorandum of Understanding (MOU) with Badan Pengusahaan Batam (BP Batam) to build a floating solar farm in Indonesia's Batam island. The project has an estimated budget of two billion US dollars.

Duriangkang reservoir, with a capacity of 101.2 million cubic meters, is the largest reservoir in Batam. It is the source of more than half of Batam's freshwater supply. Under the MOU, Sunseap will build a floating photovoltaic system (FPV) and an energy storage system (ESS) on the Duriangkang reservoir. It covers an area of 1600 hectares, making it the largest floating solar farm in the world.





The floating solar panels will reduce the evaporation of water from the reservoir.

MOU - A Memorandum of Understanding (MOU) is an agreement between two or more parties that is outlined in a formal document.

This is not the same as a signed agreement or a contract, since this is not legally binding. MOUs are often used as a starting point for international treaties or large scale business deals.

GWp - Gigawatt peak is the energy generated during the panel's peak performance.

Photovoltaics is the direct conversion of light into electricity at the atomic level. This is the basic technology behind solar power systems. Bantam's FPV is estimated to have a capacity of 2.2 GWp with an ESS capacity of 4,000 MWhr. This will approximately generate 2,600 GWh of electricity in a year. A portion of this green energy will be consumed within Batam while the balance can potentially be exported to Singapore approximately 50km away via a sub-sea cable.

The floating solar panels will reduce the evaporation of water from the reservoir while the water

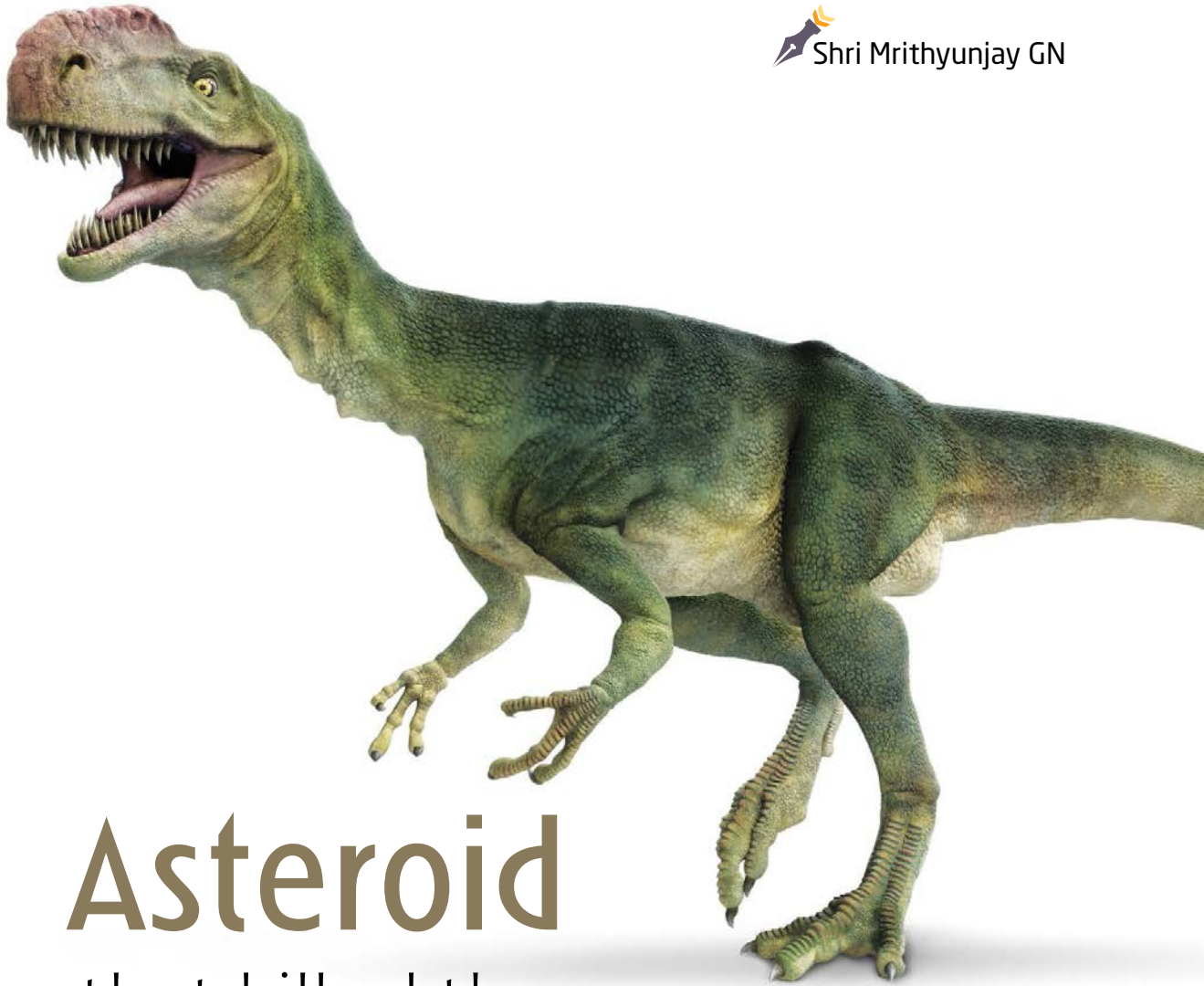
DO YOU KNOW ?

- The world's largest solar farm is located in India. Badhla Solar Park is spread over a total area of 5700 hectares and is located in Rajasthan.
- India ranks third in Asia and fourth in the world in terms of solar power production.



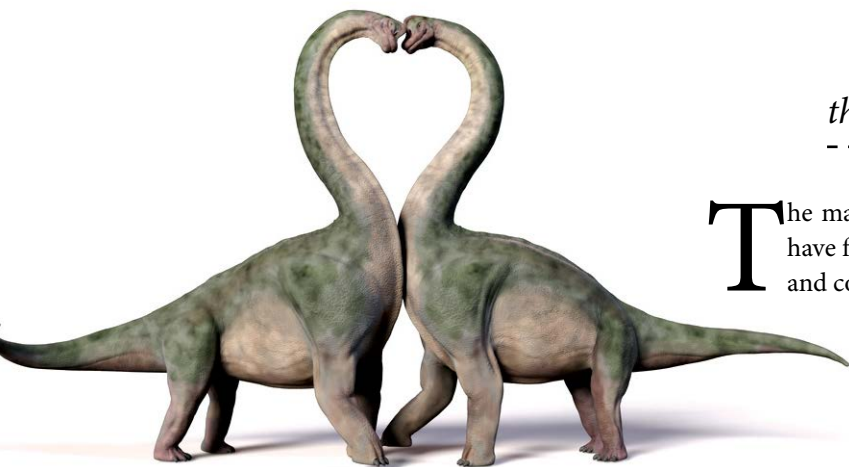
will prevent the panels from heating up. This clean energy will also reduce more than 1.8 million metric tons of carbon emission per year. This is equivalent to taking more than 400,000 cars off the road each year. Construction will begin in 2022 and is expected to be completed by 2024.





Asteroid that killed the Dinosaurs

*66 million years ago,
the dinosaurs walked the planet.*

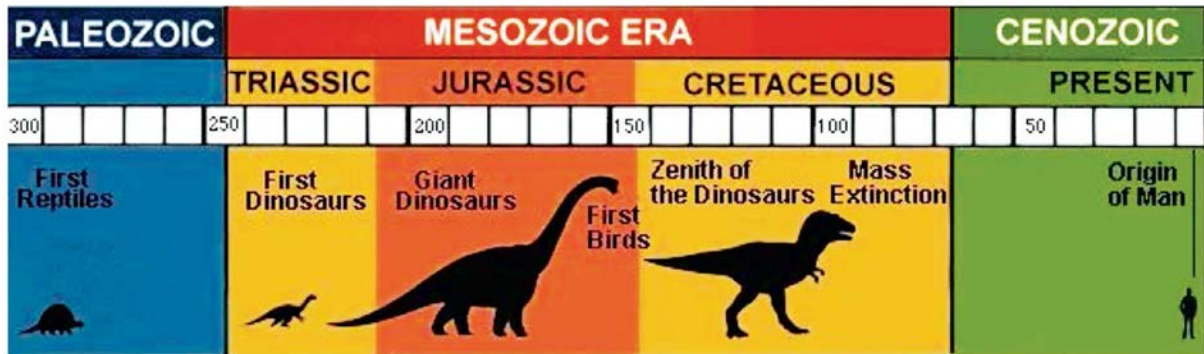


The majestic creatures that ruled the land and the sea have fascinated both palaeontologists who study them and common people alike.

One mystery that has eluded scientists for many years is how they became extinct. There have been many theories, such as asteroid impacts, volcanic activity and even climate

The Dinosaur Era

In Millions of Years before the Present



Researchers have been able to confirm that an approximately 10 kilometre wide asteroid is likely to come in contact with earth every 250 million years.

change. Recent discoveries however seem to prove that it was indeed an asteroid that ended the age of the dinosaurs.

The Southwest Research Institute, Texas, has discovered proof of an asteroid from the outer reaches of the solar system that hit the earth roughly 66 million years ago. Named the 'Chicxulub Impactor', this 9.6-kilometre-wide asteroid struck Mexico in the Yucatan Peninsula leaving behind a crater 145 kilometres wide.

This impact killed not only the dinosaurs but also 75% of all other living species on the planet.

Using computer models to analyse how asteroids move in the solar system, the chemical composition of the asteroids that

“
Killed not only the dinosaurs but also 75% of all other living species.
”

have previously crashed on the earth and how a planet's gravity affects asteroids in the solar system, researchers have been able to confirm that an approximately 10-kilometre-wide asteroid is likely to come in contact with earth every 250 million years. And it is one such that killed the dinosaurs.

There are still many unanswered questions about the pre human era. Only persistent research can find the answers.





Perseverance Pays

Medal Rush for India at

Paralympics

India's Paralympians broke records and created history in the Tokyo Paralympic games (24th August - 5th September 2021). India won 19 medals - 5 gold, 8 silver and 6 bronze.

A General Overview

The Paralympics are held for athletes with a wide range of disabilities including, but not limited to, impairment of muscle power, vision, intellect, passive range of movement etc.

Dr. Guttmann organised the first competition for wheelchair athletes on 29th July 1948 at the London Olympic Games, calling it **Stoke Mandeville Games** and it involved 16 injured servicemen and women who took part in archery. This later became the Paralympic Games.

The first Paralympic Games took place in Rome, Italy, in 1960. 400 athletes from 23 countries participated in it. In 1976 the first Winter Games in Paralympics history were held in Sweden. They take place once every four years.

Since the Summer Games in 1988 and Winter Games in 1992, the Paralympics have taken place right after the Olympics, in the same cities



The Olympics and Paralympics supposed to be held in 2020 were postponed to 2021 due to the pandemic.

and venues. Currently, there are 22 summer games and 6 winter games sanctioned by the International Paralympic Committee (IPC). They include the regular set of sports.

2020 Tokyo Paralympic Games

The Olympics and Paralympics supposed to be held in 2020 were postponed to 2021 due to the pandemic. 163 countries participated in this year's games.

This year's Paralympics mascot is Someity (pronounced as soh-may-tee) which comes from someiyoshino, a popular cherry blossom variety and additionally echoes the English phrase "so mighty". It can send and receive messages telepathically using its cherry blossom sensors and it exhibits great mental and physical strength. It represents the great inner strength of the athletes and their ability to overcome obstacles.

Our Champions

Avani Lekhara is the first Indian woman to have won a gold medal in the Paralympics. She is a 19-year-old with paraplegia, the inability to



voluntarily move the lower parts of the body. She has a gold medal in 10m shooting and a bronze in 50 m shooting.

Sumit Antil won a gold medal in the men's javelin with his world record throw of 68.55 m. A motorbike accident at the age of 17 resulted in the loss of his left leg below the knee.



Manish Narwal won gold in the 50 m mixed pistol shooting event. His right hand is impaired.

Pramod Bhagat has created history by being the first Indian to win a gold in badminton. He is the best



para shuttler in the country with 45 international medals. He was affected by polio at the age of four and developed an impairment in his left leg.

Krishna Nagar won the second gold for India in badminton in the men's singles under the SL6 category. He



was diagnosed with dwarfism at the age of two. He took up badminton as a hobby in 2017 and eventually moved onto para badminton.

Bhavinaben Patel (34) bagged a silver medal in table tennis. She



We must not discriminate against one for their differences, but rather find ways to celebrate their thirst for excellence.

is the first Indian player to win a medal in table tennis. “She is 90% disabled but has the will power and determination of 10 able bodied persons,” said her husband Nikunj Patel.

Singhraj Adhana won a silver in mixed 50m pistol shooting and a



bronze in the men’s 10m air pistol shooting. He suffers from polio which has left one of his limbs impaired.

Nishad Kumar won a silver medal in the high jump event with a jump



of 2.06 m. A tragic accident at the age of 8 resulted in the loss of his right hand.

Yogesh Kathuniya won a silver medal in discus with a throw of 44.38 m. A rare neurological disorder



confined him to the wheelchair in 2006. After physiotherapy for 3 years, he regained muscle strength and started walking again.

Praveen Kumar won a silver in the men’s high jump T64 event by



clearing a height of 2.07 m. He set a new Asian record with this score.

Mariyappan Thangavelu won a silver in the men’s high jump event under the T42/T63 class by clearing a height of 1.86 m. At the age of five,



Mariyappan suffered permanent disability in his right leg when he was run over by a bus while walking to school.

Suhas L Yathiraj won a silver in men’s singles badminton under the SL4 category. He is an IAS officer of 2007 UP cadre and is currently



a district magistrate (DM). He is a self-taught, self-coached player.

Devendra Jhajaria won a silver in the men’s standing javelin event



Some have been refused a place in their school or college sports team because of their disabilities.

under the F6 category. At the age of eight, climbing a tree he touched a live electric cable and the doctors were forced to amputate his left hand to save him.

Sundar Singh Gurjar won a bronze in the men's standing javelin throw under the F46 category. He won the



medal with his 64.01 m long throw. He lost his left hand in 2015 when a metal sheet fell on him.

Sharad Kumar won a bronze in the men's high jump event under the T42 class by clearing a height of 1.83



m. He is a two-time gold medallist of the Asian Para Games (2014, 2018). His impairment was caused by a polio attack at the age of 2.

Harvinder Singh set a new record by winning India's first ever medal in archery. He won a bronze medal in the men's individual re-curve



event. He lost the ability to move his legs when he was a year and a half due to the adverse effects of an injection against dengue.

Manoj Kumar won a bronze in men's singles badminton. Playing



badminton from the age of five, he won a gold medal in the 2016 Asian Championship in Beijing.

Perseverance Pays

India's 1 gold medal in the 2020 Olympics was the talk of the town for almost two weeks. But our Paralympians who have won 19 medals including 5 gold have received bare minimum attention.

Boundless in their efforts, these Paralympians have refused to be defined by their disabilities. Many of them competed against able-bodied people before they entered Paralympics.

Some have been refused a place in their school or college sports team because of their disabilities. It is only their bodies that are impaired, but their determination soars sky high.

We as a society have been playing an unintentional role in placing a limit over the differently abled and often forget the resilience of the human spirit. This stellar performance by our country's Paralympians should remind us to strive towards a more inclusive society, embracing all.

We must not discriminate against people for their differences, but rather find ways to celebrate their thirst for excellence. Behind every single Paralympian is a story of perseverance triumphing over constant struggles. It is time to recognise and appreciate it.





Puri to have “DRINK FROM TAP” facility



Like London, New York and Singapore, Odisha's Puri, the holy land of Lord Jagannatha will have tap water safe for drinking. It is the first Indian city to have this facility.

Sujal-Drink from Tap Mission aims at providing clean, safe and hygienic water (adhering to “Quality Standards of IS 10500”) to city's population.

Highlights

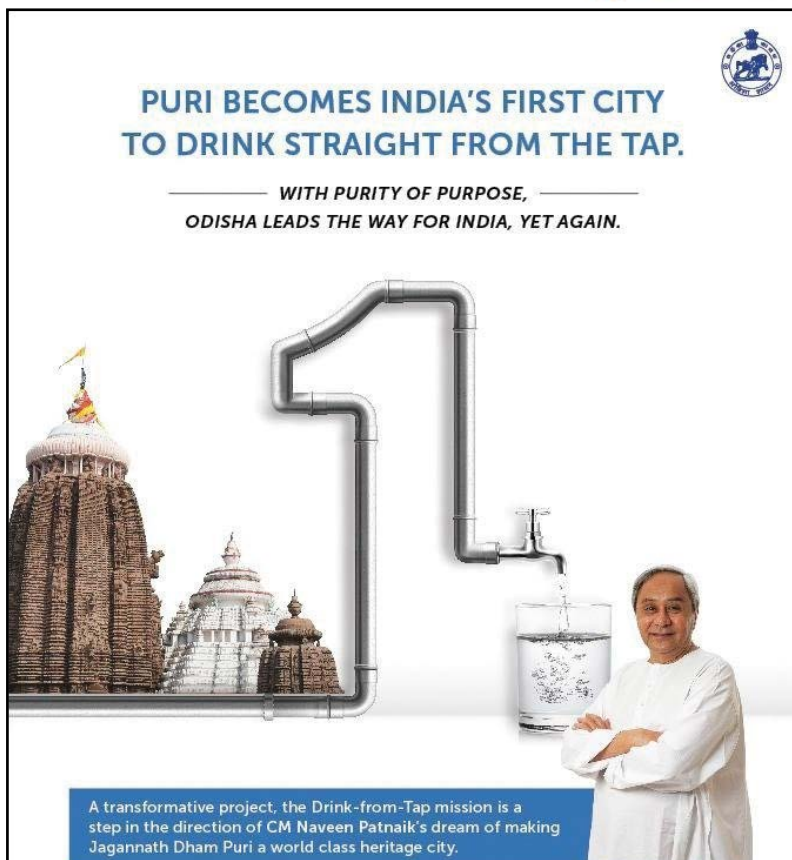
- This will prevent use of plastic bottles, **eliminating 400 metric tonnes of plastic waste and reducing the state's carbon footprint.**
- **Around 120 water fountains have been set up on the Grand Road** and other hot spots where the famous Rath Yatra takes place.



- Women self-help groups (“JalSaathis”) have been trained for meter reading, revenue collection, conducting field water quality tests and to sensitise people.
- State Government to ensure strict quality control through technology based, real time surveillance.
- LCD screens to display real-time water quality to gain public confidence.
- 24/7 helpline centre for grievance redressal, mobile water testing laboratory, quick response team to address complaints.
- Odisha Government has increased its budget from ₹200 crore to ₹4000 crore in 5 years.

DO YOU KNOW

- “Drink from Tap” project is a model of 5T initiative of Odisha Government i.e., Team work, Technology, Transparency, Transformation and Time Limit.
- The quality standards for drinking water in India is prescribed by Bureau of Indian Standards laid down in IS 10500: 2012.



PURI BECOMES INDIA'S FIRST CITY TO DRINK STRAIGHT FROM THE TAP.

WITH PURITY OF PURPOSE,
ODISHA LEADS THE WAY FOR INDIA, YET AGAIN.

A transformative project, the Drink-from-Tap mission is a step in the direction of CM Naveen Patnaik's dream of making Jagannath Dham Puri a world class heritage city.



A Transformative Initiative under 5T

Hon'ble CM dedicates

- Drink from Tap Mission in Bhubaneswar & Puri
- 24X7 Customer Care Service of WATCO
- Lab on Wheels
- Quick Response Team

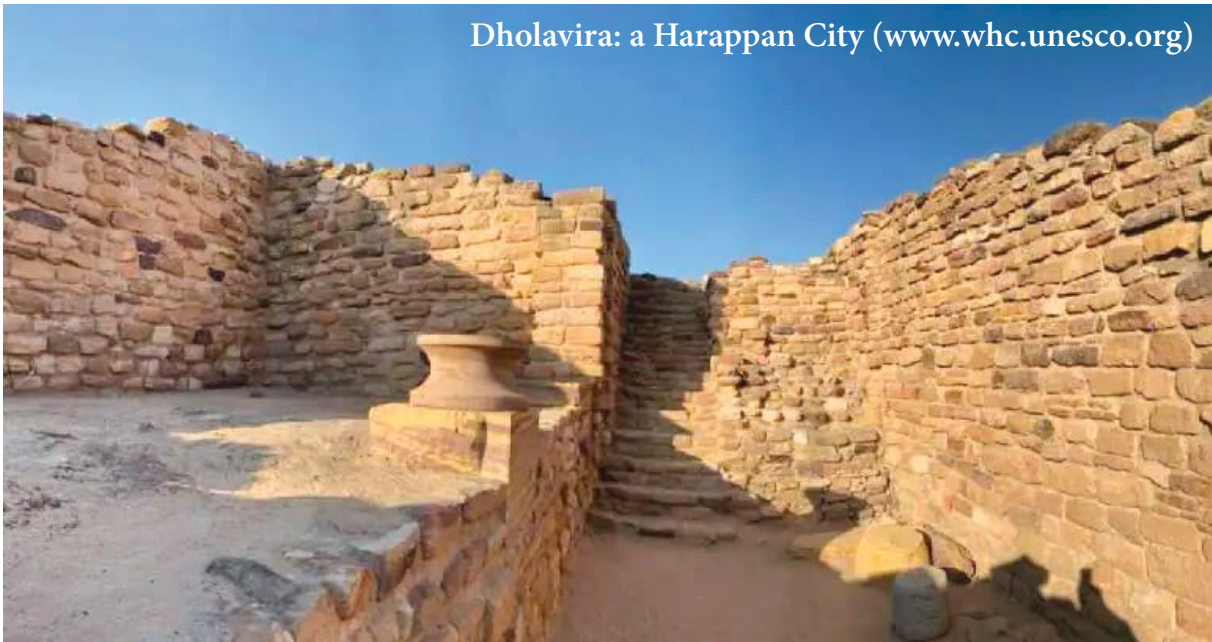


**DRINK FROM TAP
MISSION
PURE FOR SURE**





Dholavira: a Harappan City (www.whc.unesco.org)



DHOLAVIRA

UNESCO World Heritage Site

The Indus Valley Civilization (IVC) acropolis is located on a hillock near present-day Dholavira village in Kutch district, from which it gets its name. It was discovered in 1968 by archaeologist Jagat Pati Joshi.

The ancient city of Dholavira, the southern centre of the Harappan Civilization, is on the arid island of Khadir, Gujarat. Occupied between ca. 3000-1500 BCE, the archaeological site is comprised of a fortified city and a cemetery. A sophisticated water management system demonstrates the ingenuity of the Dholavira people in their struggle to survive and thrive in a harsh environment. Bead processing workshops and artifacts of various kinds such as copper,

shell, stone, and other materials have been found during archaeological excavations of the site, exhibiting the culture's artistic and technological achievements. Evidence for inter-regional trade with other Harappan cities, as well as with cities in the Mesopotamia region and the Oman peninsula have also been discovered.

Conservation

Recently, UNESCO termed this as one of the most remarkable and well-preserved urban settlements in South Asia dating from the 3rd to mid-2nd millennium BCE as they were free of any encroachments. Dholavira with a population of around 2,000, is the nearest human settlement at present.

DO YOU KNOW

- Apart from India, Italy, Spain, Germany, China and France have 40 or more World Heritage sites.
- India has 40 world heritage sites overall, which includes 32 cultural, 7 natural and one mixed property.





On 2nd August 2021, the government announced e-RUPI the new digital payment solution targeting the beneficiaries and also the purpose for which the transfer is being made.

NCPI stated that banks can issue these prepaid vouchers on behalf of the corporates, state governments, central government or any business customers.

Features

- Voucher with a QR code will be issued to the beneficiary as SMS to his/her mobile number.
- Merchants get the payment immediately after scanning the QR code and entering the OTP generated in the beneficiary’s mobile number.

DO YOU KNOW ?

- QR code stands for Quick Response code. It can read and store complex data in seconds.
- UPI stands for Unified Payments Interface. It is an instant real-time payment system.



Click the link to watch in detail:
<https://www.youtube.com/watch?v=gZzAV6EM2a8>



e-RUPI

A DIGITAL PAYMENT SOLUTION



Public service delivery in India is on the cusp of a digital revolution.

The e-RUPI, developed by the **National Payments Corporation of India**, is a one-time contact-less and cashless voucher-based mode of payment.

As per this, consumers can complete entire transactions on their cell phones, without having to transfer “money” in the traditional sense, but a more digitized form of payment.

Moreover, it ensures data security and privacy in the same way that crypto currencies do, because no private personal information is necessary during the redeeming of vouchers.

It is a path-breaking initiative for the following reasons:

- One-time contact-less and cashless voucher-based mode of payment restricted to a specific individual for an intended purpose— delivered electronically to a beneficiary through an SMS or a QR code.
- The beneficiary can redeem vouchers at designated vendors and service providers in exchange for intended goods or services.
- Requires only a basic phone, without the need for any card

- or app or internet connection.
- Service provider’s account is credited only when the transaction is complete for its designated purpose, the possibility of diversion of funds to alternate uses is restrained.
- The system may be further extended to social security programmes — old-age pensions, unemployment benefits, insurance, scholarships to students in the state schools, skill vouchers that can be used to pay for vocational training at approved skill centres. Vouchers can also be employed to provide fertiliser subsidies using agri-vouchers, which eligible farmers can redeem at state-specified counters.
- Vouchers may even be used to reward income-tax payers; this has been proven to increase tax compliance.
- The corporate sector, under CSR obligations, may choose to distribute food, shelter or medicine vouchers using the e-RUPI.
- e-RUPI transactions can generate geo-tagged consumption information which will be useful to policymakers to fine-tune

DO YOU KNOW ?

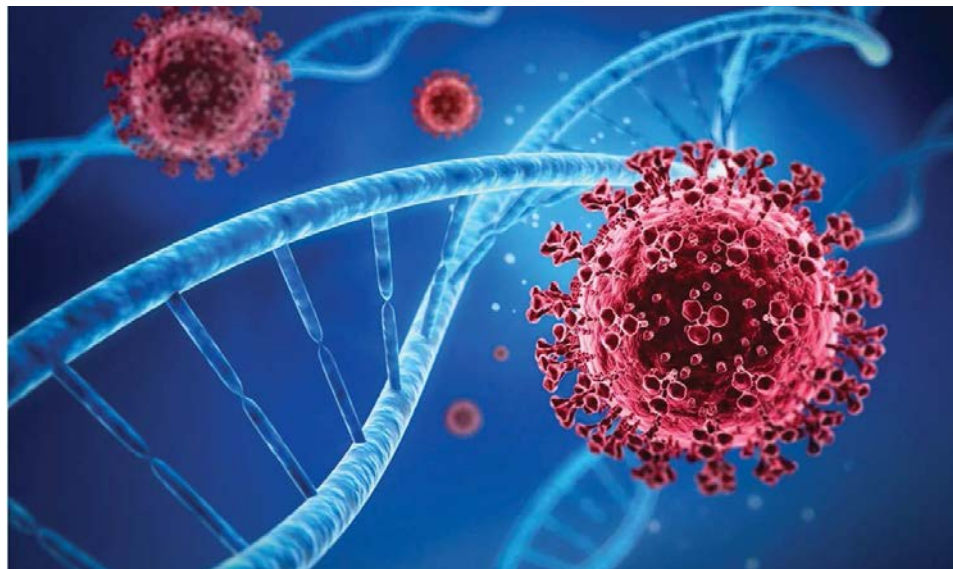
- A cryptocurrency is a digital or virtual currency that is secured by cryptography (making / solving secret codes), which makes it nearly impossible to counterfeit or double-spend.
- DBT-Direct Benefit Transfer. Through this Govt makes payments directly into the Aadhaar linked bank accounts of the end beneficiaries, removing any middlemen / malpractices such as diversions and duplicate payments.
- There are 314 DBT programmes spread over 54 ministries. Over Rs 5.52 lakh billion was moved over 603 crore transactions in the financial year 2021.
- Three of the world's largest public digital platforms are from India:
 - **Aadhar** - the unique digital identity platform
 - **UPI** - the digital payments ecosystem and
 - **CoWIN** -the vaccination platform.

policies and take corrective action, if any.

- The data can be used to analyse consumption patterns of public services in remote areas, north-eastern states and Aspirational Districts to make evidence-informed decisions.



INDIA'S FIRST DNA COVID VACCINE for Children



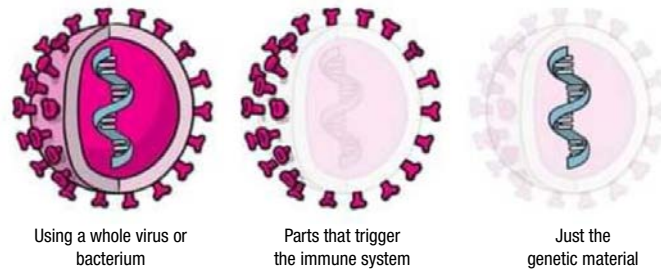
Ever since Edward Jenner developed the small pox vaccine, research and development on vaccines has come a very long way, conferring protection against a wide range of viruses and bacteria. Universal vaccination programs have been among the most successful proactive medical interventions saving millions

of lives, reduced mortality and morbidity considerably. Vaccination is easily one of the most important contributors to the economic development of countries and its citizens.

Vaccines act as a catalyst, stimulant to the body's immune system against a specific virus or bacterium.

Vaccines act as a catalyst, stimulant to the body's immune system against a specific virus or bacterium.

There are three main approaches to making a vaccine:



Vaccines provide “acquired immunity” for a specific infectious pathogen, primes the body’s immune system to counter an infection. A standing testimony to the monumental contribution of vaccines is the eradication of small pox and polio, two diseases that carry a high degree of mortality and morbidity, the world over.

There used to be a distressing time lag between the identification of a deadly infectious pathogen and the development of an effective vaccine. Thanks to the near explosion of knowledge in genetic engineering, development of effective vaccines at unbelievable economies of scale, in a short period of time is now possible.

There are many ways of developing a vaccine. Here are a few:

- a) **Attenuated virus:** The viral pathogen’s virulence (intensity / power) is disabled. This will trigger an immune response in patients.
- b) **Using subunits:** Here a part of the pathogen is taken, genetically inserted into plasmid vector.

The part could be a gene, DNA, protein of a pathogen. When this vaccine is administered, it triggers an immune response and not cause an infection.

Approval to market **ZYCOV-D** vaccine for covid 19 by the Indian drug control authorities (DGCI) marks a **seminal moment for**

India in the field of vaccine research and development.

Cadilla Pharmaceuticals had earlier successfully completed the mandatory phase 3 clinical trial on 28000 Indian patients. The data was scrutinized by DGCI using time tested metrics and finally awarded the license to market ZyCOV-D for use on patients for Covid 19 from age 12 and above.

ZyCOV-D contains a DNA plasmid vector that carries the gene encoding the spike protein of SARS-COV-2 virus. **It is to be administered 3 times and has a protection rate of 66.6%.**

To understand the science behind the development of ZyCOV-D, we need to know some basic scientific terminology of genes and how they function.

How genes work

Genes contain the blueprint for the functions of various organs and for life itself. A gene acts by encoding information to build a protein which actualizes the function of an organ. The genetic information stored in DNA is first converted into a copy or draft(RNA). This information in RNA is translated into protein production, while the DNA remains intact.This is akin to taking photocopies from an original manuscript.

Plasmids are small circular shaped DNA material found in some bacterial cells.



Vaccines and vaccination requirements are a dynamic process; new vaccines are always required against newer strains.

This DNA is distinctly different from chromosomal DNA found in the nucleus of that cell. Plasmids can be extracted, their DNA removed, and DNA material from outside can be inserted into this empty plasmid. The foreign DNA or genetic material can be used to produce a specific protein. Harvesting plasmids, using them as a vector for production of proteins had opened up possibilities of mass production at a low cost. ZyCOV-D vaccine is produced using this technology.

ZyCOV - D

It is the world's first DNA vaccine. Here the DNA piece containing the genetic code responsible for the production of the characteristic "spike protein" is constructed in the laboratory. This artificially constructed DNA is

an important milestone for the scientists and others concerned with its development and a cherished moment for manufacturers. Close on the heels of ZyCOV-D, DGCI has approved Reliance Life Sciences to conduct its phase1 clinical trials for their Recombinant covid vaccine.

Phase 1 clinical trial is done just to check the drugs bioavailability, pharmacokinetics, toxicity, elimination profile, tolerability, dose estimation etc. After successful completion of phase1, phase 2 and phase 3 trials, final approval is given to market the drug.

Vaccines and vaccination requirements are a dynamic process; new vaccines are always required against newer strains. India stands tall and is a world leader in vaccine production, something every Indian should cherish and feel proud of.



then inserted into empty plasmid. This inserted DNA piece starts producing spike protein in a series of steps mentioned earlier. When administered as a vaccine, the body identifies this spike protein and kick-starts the immune system stored in the memory of several specialized cells. The body is thus prepared with several layers of immune systems that confer protection when the person gets infected.

DGCI's approval of ZyCOV-D vaccine for use on patients is

Bio availability - the proportion of a drug or other substance that enters the circulation when introduced into the body and so can have an active effect.

Pharmacokinetics - the branch of pharmacology related to the movement of drugs within the body.

Drug elimination is the removal of drugs from the body. All drugs are eventually eliminated from the body – either after being chemically altered (metabolized) or intact.





Women Can Now Appear for NDA Exams

We have read about courageous women like Rani Velu Nachiyar and Rani Lakshmbai in our country and how they have fought against the British. However, in the post-independence era, we rarely see women aspiring to join the defence forces. Recently, in its interim order, the Supreme Court said that women candidates would be permitted to appear in the upcoming NDA exams and added that their admission would be subject to the final orders of the court.

Anyone selected through permanent commission can serve the country till retirement.

Central government has announced that women can not only appear for the NDA exams but also can be allowed to be inducted into the permanent commission. Anyone selected through permanent commission can serve the country till retirement. The centre has made this historic move after consultation with the Army, Navy and Air Force chiefs.

The NDA and the Combined Defence Services (CDS) exams

are conducted to select candidates for the Indian Armed Forces. The NDA exam is conducted for admission to the Army, Navy and Air Force, whereas the CDS exam is conducted for admission to Indian Military Academy (IMA), Indian Naval Academy (INA), Air Force Academy (AFA) and Officers' Training Academy (OTA).

So far, women have been allowed to appear only for CDS exams

PARAMETER Source : ww.shiksha.com	NDA (National Defence Academy)	CDS (Combined Defence Services)
Age	16 ½ to 19 ½ Years	19 to 25 Years
Educational Qualification	Class 10	Graduation
Duration of training	Four to Four and half years : <ul style="list-style-type: none"> • 3 at NDA +1 at IMA (For Army cadets) • 3 at NDA + 1 at Naval Academy (For Naval cadets) • 3 at NDA + 1 ½ at AFA Hyderabad (For AF cadets) 	<ul style="list-style-type: none"> • 18 months for IMA Cadets • 37-40 months for Navy Officers • 74 months for Air Force Officers
Degrees Awarded	Army Cadets: BSc/BSc (Computer)/BA /BTech degree Naval Cadets: BTech degree Air Force Cadets: BTech degree	Army Cadets in IMA: PG Diploma in 'Military and Defence Management' OTA Chennai: Post Graduate Diploma in Defence Management and Strategic Studies

DO YOU KNOW ?

- ◆ 5.4% of females are serving as officers in the Indian Armed Forces.
- ◆ India is the second-largest country in military manpower after China.
- ◆ Women in Defence Forces:
 - * 15% - Canada
 - * 19% - French
 - * 10% - Germany
 - * At least 16 countries including the US allow women to serve in combat roles.

Source: hindustantimes.com, wionews.com, timesnow.com

Even though the Supreme Court has passed this order to allow women applicants to appear for the NDA2 2021 exam to be held on November 14, it is to be noted that the NDA2 application form 2021 window is closed now. So going by the SC order, it is expected that UPSC might open the NDA2 2021 application window once again for the female candidates to apply for the exam.





ODISHA Government Launches SMART HEALTH CARDS

In the quest for bringing universal health care in Odisha, Chief Minister Naveen Patnaik announced Smart Health Cards under Biju Swasthya Kalyan Yojna (BSKY 2018) on the occasion of the 75th Independence Day .

The Digital Smart Health Card, the first in the country, will bring relief to the economically weaker sections in the state.

Highlights

- Covers 3.5 crore beneficiaries across Odisha.
- State Government hospitals to provide free treatment for the card holders.
- Cashless and quality healthcare services from 200 hospitals across the country.
- Cashless treatment up to ₹ 5 lakh per annum per family and women can avail treatment up to ₹ 10 lakh per annum.
- Free of cost facilities include diagnosis, dialysis, cancer chemotherapy, OT, ICU, medicines, in-patient admission and 255 other operative procedures.



New Era In Healthcare Delivery



Figure provided courtesy of <https://newsroomodisha.com>

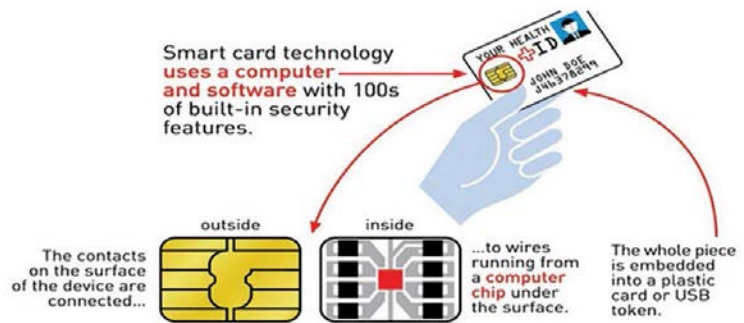


Figure provided courtesy of Gemalto

Cardholder Visits Healthcare Facility

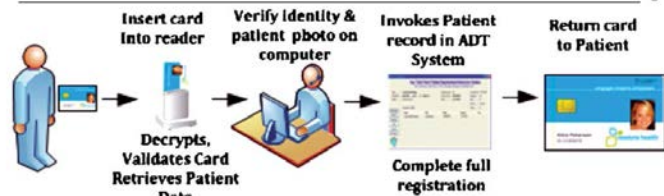


Figure provided courtesy of www.securetechalliance.org

Eligibility

- Applicant must be a resident of Odisha.
- Covers families with annual income
 - <₹50,000 in rural areas.
 - <₹60,000 in urban areas.
- Card holders of Biju Krushak Kalyan Yojna / Rashtriya Swasthya Bima Yojana / Below Poverty Line (BPL) / Antyodaya Anna Yojana are eligible.

DO YOU KNOW ?

Smart Card - a plastic card about the size of a credit card with an embedded microchip that can store and process data securely. It is widely used in Identity, Healthcare, Payment and Telecommunication applications.

For more information regarding the scheme visit the link - <http://nhmodisha.gov.in/frmrbsyostfbkky.aspx>



DRDO DEVELOPS ADVANCED CHAFF TECHNOLOGY



Defence Laboratory, Jodhpur, and High Energy Materials Research Laboratory (HEMRL), Pune, have developed advanced chaff cartridges to safeguard IAF's fighter jets by providing passive jamming against infra-red and radar threats.





DO YOU KNOW ?

- ◆ **Chaff cartridge** consists of tiny strips of aluminum or zinc that the aircraft releases in large bunches. These metallic clouds appear as separate targets to the missile's radar and confuse the missile, thus permitting the aircraft to escape.
- ◆ **Passive jamming** is an ECM (electronic countermeasure) technique in which an enemy aiming receiver is jammed with the help of chaff and deception electronics.
- ◆ **Infra-red (IR)** is electromagnetic radiation with wavelengths longer than those of visible light, therefore invisible to the human eye.
- ◆ Besides chaff, the **IR Flare**, a cartridge which produces an intense IR radiation too is used to save the fighter and transport aircrafts from enemy missiles.
- ◆ Recently, the first batch of Indian-made **Multi-Mode Hand Grenades (MMHG)**, manufactured by a private firm, Economic Explosives Limited (EEL) was delivered to the Indian Army. The hand grenades will replace grenade no 36 of the World War I vintage design, which has continued in service till date. MMHGs are not just more lethal, but are safer to use.

A few months earlier, DRDO developed a similar technology for naval ships to protect them from missile attacks. The Indian Navy's trials of all the three variants in the Arabian Sea found the performance satisfactory.

- Advanced chaff technology is an electronic countermeasure technology used by militaries to protect fighter jets or naval ships from radars and radio frequency (RF) guiding mechanisms of the enemy missiles. The importance of this technology is that a very small quantity of chaff material deployed in the air acts as a decoy to deflect enemy's missiles.
- The technology has been given to the industry for production in large quantities to meet the annual requirements of the Indian Air Force.
- It is one more step towards 'Atmanirbhar Bharat' in strategic defence technologies.





Kum Priyadharsshini S

Vriksharopan Abhiyan 2021



The Ministry of Coal in India launched the Vriksharopan Abhiyan 2021 on 19th August as a part of the Azadi Ka Amrut Mahotsav. Pralhad Joshi, Union Minister of Coal Mines and Parliamentary Affairs, launched it via video conferencing in the presence of Rao Saheb Patil Danve, Minister of State for Coal, Mines and Railways.





The Go Greening campaign has set a lofty goal of converting 2,385 hectares of land into plantation.

The Abhiyan is projected to give this initiative the boost it needs, connecting over 300 planted areas in and around India's coalfields.

Objective

- To induce environmental stability in the mining sector.
- To achieve carbon neutrality.

Benefits

- Encourages more afforestation initiatives.
- Helps to meet the country's



expanding energy needs.

- Creates additional carbon sinks to mitigate the causes of climate change.

DO YOU KNOW ?

- ▶ Coal is the most abundant fossil fuel in India.
- ▶ India utilises 55% of its energy demand through coal.



KAZIRANGA

FIRST NATIONAL PARK WITH SATELLITE PHONE SERVICE

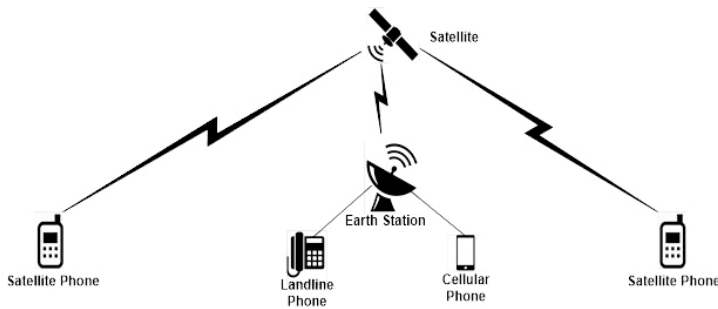


Assam's Kaziranga National Park became the first of its kind to be equipped with Satellite Phone Service. Established in 1905, Kaziranga is home to many endangered species of animals such as the great one-horned rhino, Indian tiger and wild water buffalo. Besides this, it also hosts elephants, deer and a variety of birds.

Forest officials of the park have been equipped with 10 Satellite Phones, at the cost of 16 lakh rupees. Let us see how satellite phones actually work and why the technology is so expensive.

How Satellite Phones Work

To understand this, we first have to understand how regular phones work. Phones essentially work as transmitters and receivers. When we talk into a phone or send a text, this is converted into an



electrical signal, which is transmitted as radio waves to another phone. This radio wave is converted back into an electrical signal by the other phone and the other person can hear our voice or read our text.

Because of the sheer number of phones in the world and the distances over which we use them to communicate, radio waves cannot be sent directly from

easier to transmit the signal to far off towers. All cell phones used by civilians are only capable of sending signals to other phones or to towers. Thus, they have to be within the range of a cell tower to have communication capabilities.

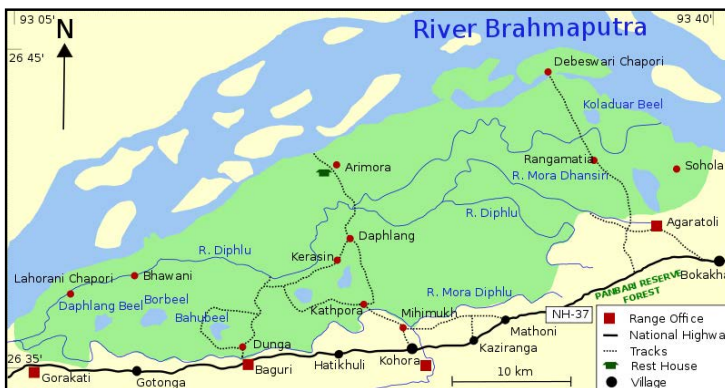
Satellite phones however do not have to be within the range of cell towers to transmit signals. They have powerful transmitters which are capable of sending signals directly to satellites, thereby making it possible to have proper connectivity in areas without cell towers.

Because of the relative sophistication of the technology and the special equipment required to operate satellite phones, implementing their usage becomes an expensive and critical process. That is why the cost is high.

The Need

Kaziranga National Park is spread across three districts of Assam the Golaghat, Karbi Anglong and Nagaon. Because of the geographical location, the terrain and the thick vegetation, setting up cell towers to cover all six regions of the park is an impossibility. This results in very little connectivity from within the park, making coordination between park officials very difficult. While satellite phones are generally given only to law enforcement personnel, the decision to provide park officials with satellite phones was taken by the Assam state government.

Due to the endangered status of the animals that reside in Kaziranga, they require a great deal of protection from hunters and poachers. These duties are taken care of by the Indian Forest Service. Guards working at Kaziranga have been provided with state-of-the-art satellite phones to boost coordination between park rangers, quickly spot and stop poachers and coordinate man-power during emergencies such as floods and other such natural disasters.



phone to phone. So over most large distances, they are sent from our phones to a cell tower near us, which then transmits the signal to another tower near the person we want to communicate with. That will then be sent to the person's phone from the tower itself.

For extremely long distance and international calls, the towers send the signals to satellites in orbit making it





World's Second Largest Refurbished Gene Bank in India

On 16th August 2021 Union Minister for Agriculture and Farmers Welfare, Narendra Singh Tomar inaugurated the world's second largest refurbished National Gene Bank at the **National Bureau of Plant Genetic Resources (NBPGR)** in New Delhi.

NBPGR works to preserve seeds and plant genetic resources. Seeds of Indian crops are stored in long term storage vaults, heavily protected, to ensure their survival far into the future. **In the case of a natural disaster, agriculture and food production can continue without shortage of seeds.**

Before storage, seeds undergo a long process:

- Tested for moisture.
- Protected from pests and contaminants.
- A few from a batch are put through a germination test

and only viable batches are selected.

- Stored at -18°C to -25°C
- Some are even stored in cryogen vaults at -190°C .

This ensures that the seeds survive with minimal damage to their viability.

This newly constructed gene bank has a capacity to preserve one million forms of green plasm, the living tissue from which plants can be grown, in the form of seeds. **2.7 lakhs of Indian varieties of green plasm and 2 lakh varieties imported from other countries are already under the protection of the NBPGR.**

Mrs Tomar spoke about the need for biofortified crops, crop preservation and making Indian farmers self-reliant.

This gene bank will help preserve the crop diversity of India and also help long-term research projects.



THE LEGEND OF MAJOR DHYAN CHAND

It's a high school soccer team dressing room. It's half time and the team is trailing by one goal. Captain Vikas looks at the mood of the team which is downbeat. He decides to raise the morale of the team. He tells them a story. A story from the past, of the legendary Dhyan Chand.

The stage is set for the men's hockey finals between India and Germany at the 1936 Berlin Olympics. The fervour is at its

peak with the fearsome leader Adolf Hitler attending the event in person. India has been undefeated through the tournament but Germany has the advantage of playing in front of the home crowd. But what they are about to witness is the brilliance of the hockey legend Dhyan Chand!

The game begins and Germans start strongly; the aggression in their blood, in every fibre of their being is on display.





Hitler congratulates him on his performance and offers him a high position in the Nazi Army.

Dhyani Chand is injured. A German hockey stick had landed on his face, drenching the front of his shirt in blood. He realises that he has lost a tooth. Soon, India concedes its first goal. Things begin to look bleak.

But Dhyani Chand and his men would not go down without a fight. They decide to abandon their spiked shoes and put on rubber soles. The typewriters of the reporters begin to click-clack at the pace of the hockey ball flying in the field, “These players are gliding over turf as if on a skating rink.” An incensed Hitler storms away and soon, India wins the match 8-1, claiming their third gold medal in a row in hockey.

“
I am an Indian and
India is my home.
I am happy remaining
a corporal among my
own people.”

Dhyani Chand, the man of the match with 6 goals to his name, reaches his hotel room. To his shock, he sees a note from Hitler’s men, informing him of a meeting with Hitler the next day.

Dhyani Chand is afraid for his life as he gets up for the meeting. But he is surprised when Hitler congratulates him on his performance

and offers him a high position in the Nazi Army with a handsome pay in exchange for playing for the German hockey team.

“Dhyani Chand takes a deep breath and with a smile on his face, he said, I am deeply honoured by your generous offer. I am an Indian and India is my home. I am happy remaining a corporal among my own people.”

Gauging by the look on the face of his team after listening to the story and the vigour with which they entered the field, Vikas was certain that his team would win the game. And they did.



The sheer dominance of Dhyani Chand on the hockey field was a spectacle to behold and his patriotism and love for the nation is etched in history. It is befitting that the **Khel Ratna Award**, the highest sports excellence award of our country is in Major Dhyani Chand’s name now.





DEEP OCEAN MISSION

Oceans, which cover 70% of the globe, remain a key part of our life. About 95% of the Deep Ocean remains unexplored. India has a unique maritime position. Three sides of India are surrounded by the oceans and around 30% of the country's population live in coastal areas. Its 7517 km long coastline is home to nine coastal states and 1382 islands.

The ocean is a major economic factor supporting fisheries and aquaculture, tourism, livelihoods and blue trade. **UN has declared the decade, 2021-2030 as the Decade of Ocean Science for Sustainable Development.** The Government of India's Vision of New India by 2030 announced in February 2019 highlighted the Blue Economy as one of the ten core dimensions of growth.

The Ministry of Earth Sciences (MoES) will implement the multi-institutional ambitious Deep Ocean Mission to support the Blue Economy Initiatives of the Government of India at an **estimated cost of Rs. 4077 crores for a period of 5 years.**

The mission's major components

A manned submersible will be developed to carry three people to a depth of 6000 metres in the ocean with a suite of scientific sensors and tools. **The technology and expertise needed in such missions is now available with only five countries - US, Russia, France, Japan and China. India will now be the sixth.**

An Integrated Mining System will also be developed for mining Polymetallic Nodules from 6000m depth in the central Indian Ocean. The exploration studies of minerals will pave the way for commercial exploitation in the near future, as and when a code is evolved by the International Seabed Authority, an UN organization.

Bio-prospecting of deep-sea flora and fauna including microbes; and studies on sustainable utilization of deep-sea bio-resources.

Exploration and identification of potential sites of multi-metal Hydrothermal Sulphides mineralization along the Indian Ocean mid-oceanic ridges.

Studies and detailed engineering design for **offshore Ocean Thermal Energy Conversion (OTEC) powered desalination plants are envisaged** in this proof-of-concept proposal. This component is aimed for development of human capacity and enterprise in ocean biology and engineering. This will translate research into industrial application and product development through on-site business incubator facilities.

Other Blue Economy Initiatives

- India-Norway Task Force on Blue Economy for Sustainable Development
- Sagarmala Project
- O-SMART
- Integrated Coastal Zone Management

An Integrated Mining System will also be developed for mining Polymetallic Nodules from 6000m depth in the central Indian Ocean.



Indigenous CRUISE MISSILE Successfully Test Fired

India test-launched Nirbhay, the Indigenous Technology Cruise Missile (ITCM) off Odisha coast on 11th August 2021. Equipped with the new turbofan engine Manik, the missile was tested for a short range. It flew for around 150km. The focus was on gauging the performance of the engine for further advancement.

Features

- A long range, all weather, and subsonic cruise missile.
- Can be launched from multiple platforms; can carry 24 different types of warheads.
- A two-stage missile - the first stage uses solid fuel; second stage uses liquid fuel.

DO YOU KNOW

- ▶ **Subsonic**-at a speed less than that of sound.
- ▶ 1 Mach speed = 1234.8 km/hr
- ▶ Nirbhay is an **Indian version of the American Tomahawk.**



The next test will cover the full range of the missile.

The small turbofan engine was designed and developed by Gas Turbine Research Establishment (GTRE) to propel cruise missiles.

- Can carry warheads of up to 300kg at a speed of 0.6 to 0.7 Mach (sub-sonic).
- Can strike targets at 1000 km range.
- Can avoid detection by enemy radar.

CHANDRAYAAN-2

Detects Water on Moon



On 10th August 2021 the team behind Chandrayaan-2 published the following statement confirming the discovery of water on the moon:

“The initial data analysis from IIRS clearly demonstrates the presence of widespread lunar hydration and unambiguous detection of OH and H₂O signatures between 29 degrees north and 62 degrees north latitude.”

History

Chandrayaan-2 is India's second mission to the moon. Made up of three parts, the lunar orbiter, Vikram lander and Pragyan lunar rover, Chandrayaan-2 was launched from the Satish Dhawan Space Centre, Andhra Pradesh on 22nd July 2019 for its 7.5-year mission to map the surface of the moon, study its composition and locate lunar water.

Headed by project director Dr. Ritu Karidhal and Muthayya Vanitha, Chandrayaan-2 initially started development in 2007 as a joint venture between ISRO and the Russian federal space exploration agency Roscosmos State Corporation for Space Activities (Roscosmos). However, when by 2015, Roscosmos failed to deliver a working prototype of a lunar lander, ISRO began working on the mission independently.

All parts of Chandrayaan-2 were designed and developed in India, thereby marking a big leap in Indian space exploration technology.





- ▶ **ISRO – Indian Space Research Organization.**
- ▶ **Formed on 15th August 1969.**
- ▶ **Founded and established by Vikram Sarabhai.**

Pictured – Vikram Sarabhai taking parts of India's first rocket on a cycle to its launch site in Thiruvananthapuram - 1963. The launch of Chandrayaan-2.

Important discovery is that water is formed on sunlit areas of the moon due to interaction with solar winds.

Despite a software glitch that caused a failure in the Vikram Lander and Pragyan rover on 6th September 2019, the lunar orbiter continued with its mission which involves studying water ice on the south polar region and prepare 3D maps of the lunar surface.

The Discoveries

Chandrayaan-2 has led to some incredible discoveries, the latest of which is the detection of water molecules and hydroxyls on the lunar surface. The team behind this discovery from the Indian Institute of Remote Sensing, Dehradun, made up of Prakash Chauhan, Mamta Chauhan, Prabhakar Verma, Supriya Sharma and others, analysed data collected to make great headway into understanding the presence of water molecules on the moon.

Chandrayaan-1, launched in October 2008 confirmed the presence of water on the moon earlier, but new data from Chandrayaan-2 suggests a much larger quantity of the same in places where it was deemed barren before.

“
All parts of Chandrayaan-2 were designed and developed in India.
”

Another important discovery is that water is formed on sunlit areas of the moon due to interaction with solar winds. This, combined with asteroid impacts lead to chemical reactions that triggered the formation of hydroxyl and water molecules.

These discoveries are significant because human settlement on the moon is a genuine possibility. These were possible because of the tireless efforts of the teams at ISRO and IIRS.

While Chandrayaan-2 has pushed India's space exploration capabilities ahead phenomenally, Chandrayaan-3 is currently in the preparatory stages and is poised for a launch in 2022.

India's future in space is looking bright indeed.





World's Highest Mobile Air Traffic Control Towers

Expansionism is a nation's economic, political or territorial expansion often, but not always, through military might.

The Indian Air Force (IAF) has built one of the world's highest mobile air traffic control (ATC) towers in the IAF's Advanced Landing Ground in Nyoma, Ladakh. This is strategically very important for the Indian Army as it is the airbase closest to the Line of Actual Control (LAC) between China and India.

The IAF's Group Captain Ajay Rathi has also remarked that "it bridges the critical gap between Leh airfield and the LAC enabling quick movement of men and material in eastern Ladakh, overcoming terrain friction."

The ATC tower controls fixed-wing aircraft and helicopter operations in the eastern Ladakh region. It is also used to monitor movements on the other side of the border from an altitude of 14,000 feet.

In the light of recent Chinese aggression in the LAC, the armed forces are preparing on all fronts to deal with any eventuality. China has been amassing troops along the LAC since last year as a part of Chinese expansionism. There was some aggression under the guise of

an exercise, which was checked by the Indian army's retaliation.

The IAF has deployed the **Igla Man-Portable Air Defense Missile System** to deal with any aerial invasion or infiltration by an enemy aircraft. They have also been regularly deploying fighter aircrafts such as the Rafale and MiG-29 in eastern Ladakh. Pangong Tso and Gogra Heights have been recent points of tension. Even though both India and China have disengaged their troops, the Indian army doesn't want to let its guard down.

The Indian Army has also been considering the development of airfields in eastern Ladakh. Daulat Beg Oldi (DBO), Fukche and Nyoma are the optimal spots as they are very close to the LAC. The IAF is also keeping a strict vigil in Leh and has been working on upgrading the capabilities there.

The Indian army and IAF are doing a commendable job of protecting us. Their grit to work in the gruesome weather conditions and unyielding terrains of Ladakh must be appreciated.

Jai Hind!





Nagpur Gets 20 Storey Railway Station



It is the first time a two-tier metro with world-class infrastructure has been established.

The 1.6 km long Sitabardi-Kasturchand Park line started operating on 20th Aug 2021. It was inaugurated at the Zero Mile point, by the Chief Minister of Maharashtra, Uddhav Thackeray, the Union Minister for Road Transport and Highways, Nitin Gadkari and the Union Minister for Housing and Urban Affairs, Hardeep Singh Puri. Shri Nitin Gadkari guaranteed that the metro line will enhance Nagpur's opulence.

Mr. Hardeep Singh Puri expressed confidence that the Nagpur Metro project would be completed by December 2021.

Highlights

- The country's first 20-storey metrorail station.
- Green and sustainable transportation option.
- Traditional Rajput-style architectural elements incorporated into the design of Kasturchand Park- umbrellas, arcs, Rajput nets, carved columns etc.
- The 40,000-square-foot 'Freedom Park' flanking the Zero Mile Freedom Park station was also inaugurated to mark the 75th anniversary of Independence.
- Has 8 escalators, 10 lifts and a multi-level parking facility to accommodate 244 cars.
- Has hotels, restaurants, commercial spaces, offices and a banquet hall.
- Has an amphitheatre and a museum which displays the surveys conducted during the British Raj.

DO YOU KNOW ?

Nagpur is also called the Orange City of India for being a major trade centre for oranges cultivated in a large part of the region. It is also called the heart of India, not only because of its geographical position but also due to its cultural richness.

The Zero Mile Stone is a monument built by the British during the Great Trigonometrical Survey of India in 1907 in Nagpur. The survey was started in 1907 from Zero Mile, Nagpur. The Zero Mile Stone consists of a pillar made up of sandstone and another small stone representing the GTS Standard BenchMark and four stucco horses that were added later.



PM's address on

75th

INDEPENDENCE DAY CELEBRATIONS

Smt Archana Sundar

“Azadi ka Amrit Mahotsav” has infused new energy and consciousness among the countrymen.

PM Modi said the Centre will soon launch a massive national infrastructure plan to boost the country's economy.

The world is looking at India differently. It is the duty of each and every citizen of the nation to abide by the theme of the year, 'Nation First, Always First.'

Special blocks for Olympians and 'Covid warriors', two Indian Air Force choppers flying past, a 'wall' of shipping containers for security – these were the scenes at the Red Fort as the national capital celebrated the 75th Independence Day.

Onlookers were in for a treat as two IAF choppers flew overhead in the formation of 'Amrut' and showered flower petals after the National Anthem.

As the world's largest democracy, India has marked another milestone in its history.

Addressing the nation from Red Fort, PM Modi said the Centre will soon launch a massive national infrastructure plan to boost the country's economy. Giving a call for 'Sabka Prayas' along with 'Sabka

Saath, Sabka Vikas, Sabka Vishwas' for building a new India, he added by saying “We have to ensure we meet our goal of building Aatmanirbhar Bharat when we celebrate 100 years of India's Independence.”

To strengthen social harmony and human empowerment, 14th August will now be “Partition Horrors Remembrance Day”.

Empowerment of the poor is being accorded the top priority now to make them feel that no matter how big the challenge, the country is with them. Gone are the days when development of the country was limited to the big cities. Now, capitals of northeast states are to be linked through railways and the entire region connected with southeast Asian nations for better opportunities.

Over 4.5 crore new households have piped water supply within two years of 'Jal Jeevan Mission'.





The objective of the Sainik Schools is to prepare the students to lead as officers in the Defence Services of the country.

Optical fibre network is empowering villages to nurture digital entrepreneurs.

75 Vande Bharat trains will connect every corner of India in 75 weeks.

‘Pradhan Mantri Gatishakti National Master Plan’, a 100-lakh crore holistic national infrastructure plan will be an integrated pathway to boost economy and help local manufacturers turn globally competitive.

E-commerce digital platform for women self-help groups will reach remote parts of India and abroad.

Sainik Schools will now admit

girls. The New Education Policy will focus on encouraging teaching in regional languages.

Good and smart governance is needed to bring reforms. As a way forward several unnecessary laws are being scrapped.

Work is underway to ensure India’s self-reliance in energy production and security.

Courageously fighting terrorism and expansionism in J&K, delimitation exercise and preparations for assembly polls are in full swing.

PM Modi also stated that the world is a witness to how India is writing a new chapter of governance.



Kum Arshika Chhabra
Class IX

- Get cold feet-** To be too fearful to undertake or complete an action.
Example: “He is going for a job interview. So, got cold feet.”
- Costs an arm and a leg-**Very expensive
Example: “Do you want a Ferrari car? It costs an arm and a leg!”
- By the skin of your teeth-**Barely manage to do something.
Example: He managed to complete the project on time by the skin of his teeth.
- Give them an inch and they’ll take a mile-**If you give someone a small amount of power or freedom to do something, they may try to get a lot more.
Example: He borrowed my car for a day, but hasn’t returned

Idioms & Phrases



- even after four days. Well, give them an inch and they’ll take a mile.
- Till the cows come home-** For a very long time.
Example: “He loves reading. He could stay at the library till the cows come home.”
- Have your heart in your mouth-**To be extremely frightened or anxious.
Example: My heart was in my mouth when he slipped and fell down on the floor.
- Slap on the wrist-** A small, but non-physical punishment.
Example: “He stole from the company and just got a slap on the wrist!”
- Blow a fuse-** A “fuse” or a wick is used to light an explosive. Losing control or being too angry.
Example: “He spilled coffee on me and I blew a fuse.”
- Hammer home-** To make something extremely clear.
Example: “She repeated her point three times to really hammer it home.”
- With bells on** - Go with enthusiasm, ready to have fun.
Example: “Is it your birthday party? I’ll be there with bells on!”
- Not the only fish in the sea-** Not the only suitable thing or person one can find.
Example: I’m pretty disappointed that I didn’t get the job, but I’m trying to remind myself it’s not the only fish in the sea.



AFGHAN CRISIS

WHAT IS IN STORE?

After the desertion of President Ghani, the former Vice President Amrullah Saleh has proclaimed himself as "legitimate caretaker President". Ahmed Shah Masood the new leader of National Resistance Front (NRF) has sounded the defiant clarion call from Panjshir Valley to fight against the Taliban.

to pull out 4000 of its own soldiers and approximately 400 of its own citizens besides hundreds still waiting inside the Kabul airport.

Known unknowns and unknown unknowns!

This sums up neatly the Afghanistan situation. Before we analyse what the future portends for

Pakistan has been interfering in Afghanistan and supporting jihadis since 1973.



This being the backdrop, the mother of all geo-political roller coaster rides has left every soothsayer on the edge. The deadline of 31st August 2021 issued by Taliban 2.0 for the final chapter of the biggest evacuation operations in recent times to end has left even the mighty USA still scrambling

the strife-torn nation, let us look at the various possible questions / theories / outcomes that are thrown about.

- ☛ War/military strikes possibly are exceptions as per actions so far displayed by superpowers. However, can a retaliatory action be ruled out by international forces?



- ☛ Peace looks a distant dream but then mostly wished.
- ☛ Geo-political ‘uncertainty’ to continue for a while.
- ☛ Will Afghanistan alone decide its own future or will external forces influence its future?
- ☛ India remains an influential regional stakeholder but does not wield the political clout or capabilities to be a decisive/pivotal constituent in the peace process.

Potential Stakes on Offer

Every nation with stakes in the country wants mainly two things which need not necessarily be aligned to Afghan interests and its people:

- An Afghanistan aligned to their interests.
- Strategic depth with plenty of rewards, influence and economic payments whatever be the political dispensation but averse to spread of jihadi culture leading to terrorism.

Now to the various players

Taliban 2.0

The US exit has placed the Taliban in the strongest position ever. The Taliban have demonstrated to the Afghan people, the world and especially militant groups around the world, that they possess the military capability to resist a US invasion and outlast a superpower.

They have made themselves an intrinsic part of any attempt to find a long-term solution for peace. More Afghans chose Taliban over President Ashraf Ghani’s Government and the old warlords.

Political Victory

Apart from a military victory (despite the slowly emerging Afghan resistance/United Front) it also is a political victory for the Taliban 2.0.

Taliban 2.0 usurping power or having a major say in geo-politics in Afghanistan may become an eventual reality. Some unanswered questions are:

- Will the spread of jihadi culture flourish?
- Taliban like others had never accepted the Durand Line (the 2,670 km international land border between Afghanistan and Pakistan) thus causing instability. They have not interfered in China’s handling of Uighurs in Xinjiang. Will they then succumb to China’s overtures?
- Is Talibanisation of Pakistan the next step?

USA

The greatest military power in the world has been defeated by the people of a small, desperately poor failed state. This will have an extremely adverse effect on the image of the USA the ‘superpower’.

Is this the beginning of the end of American Unipolar status after they signed a peace accord with Taliban 2.0 and the subsequent aftermath of events?

China and Pakistan Nexus

China and Pakistan will strive to keep India confined and constrict its strategic space. Longer the mess, more clout China and Pakistan will have with Taliban and thus in Afghanistan. They will enhance their geo-strategic and political clout in the region and leverage it with Iran, Central Asian countries and Russia.

China

China will maximise its efforts to integrate CPEC with Afghanistan and thus enhance land route towards CAR, Russia and Europe. An ambitious five nations railway project is on the anvil.

Soothsayer – one who can foresee future.

CPEC - China–Pakistan Economic Corridor refers to all infrastructure projects that are under construction throughout Pakistan since 2013.

CAR – Central African Republic.





Russia

Russia's own security and geopolitical interests make it an interested party in a stable Afghanistan. The potential of extremist and radical ideology spreading to Central Asia and onwards to South Caucasus and broader Russia combined with the continued flow of illegally trafficked drugs will have the Putin Government on high alert.

Iran

Seat of Shia Islam, Iran has historically been at ideological odds with a powerful Sunni Taliban. From almost going to war with the Taliban in 1998, to supporting the US invasion in 2001, today Tehran nurtures high-level contacts with the Taliban aimed at stopping the growth of the Islamic State-Khorasan in the region and get US out of its underbelly has currently adopted two-pronged approach: one regional in nature, and second in the context of its fractured relations with the US.

Pakistan

Pakistan has been interfering in Afghanistan and supporting jihadis since 1973. Afghanistan provides strategic depth against India, besides concurrently exploiting the Kashmir and jihadist activism to destabilise India.

Taliban leadership has evolved to understand international geopolitics better today. They are more social, widely travelled, worldly wise and understands the importance of internal cohesion and finer elements of diplomacy. They may not like to play second fiddle to Pakistan. Pakistan may live to regret supporting the Taliban 2.0.

Revival of Economy: An Aspirational Dream

While it will strive for political stability and security, the destiny of Taliban will depend on Afghanistan's

economic situation. The Taliban is already aware that running an insurgency and administering a country is not quite the same thing. Contrary to world expectations they have displayed diplomacy but Afghan's coffers are empty. Foreign trade which is critical for the country has been severely disrupted. Investor confidence is non-existent. The aid money that was needed to run the state and provide services has been blocked.

How things pan out, time alone will tell.

India

India has been painstakingly lethargic in anticipating the Afghan geo-political loop. India has to realise the developments therein like the quicksand will leave you buried unless you play the long game in Afghanistan. While a contiguous border does not exist, enormous stakes prevail, especially on its borders with Pakistan, given the high probability of anti-India jihadi activities. The Taliban 2.0 dispensation is keen to bat for revival of trade and economic ties with India. Concurrently, India needs to keep investing in Afghan people and economic development; engage all neighbouring and regional players and the USA, to ensure our interests are not jeopardised. It is an opportunity for India to exploit, given its soft power and favourable perception amongst the people of Afghanistan.

The best course action therefore is to wait for the situation to settle - without hastily withdrawing and closing its embassy or declaring that it does not recognize the new regime - as India had no equation with Taliban previously and now certainly wary of legitimising it.

"It is perhaps more apt to play the strategic art of masterful inactivity as of now".





INDIAN RAILWAYS PASSENGER RESERVATION SYSTEM (PRS)

About 20 million people travel by Indian Railways every day. In pre COVID period more than 1.4 million online tickets were booked through IRCTC portal on a daily basis. According to official data, **over 1.5 lakh people can use the website at the same time.** It boasts of more than 12 million unique monthly visitors. IRCTC portal is probably one of largest online transaction processing systems in the world.

Genesis of PRS

IMPRESS (Integrated Multi-train Passenger Reservation System) was the initial name given for the Indian Railways online Passenger Reservation System which is now commonly referred as IRCTC reservation system. **We should be proud that this software system was designed, built and maintained by Indians.** United Nations mentioned that IMPRESS system as an **example of reverse Technology Transfer from a third world country to Western nations** (in the 90s India was mentioned as a developing third world country).

Let us go back in history to look at the creation of this IMPRESS system. In 1984, Indian Railways envisioned computerizing the railway reservation system and started looking for partners globally.

Unfortunately, Railways could not identify a suitable solution provider globally to meet the requirements and also be cost-effective. After a lot of soul searching, Railways decided to go local and selected the then Indian Public Sector Enterprise, CMC Ltd. In the 1980s, the Indian IT industry was just taking off with limited expertise in building large scale online transaction processing systems. It is worth mentioning that CMC did not have the experience to build such a large-scale online transaction processing with strict performance criteria but took the plunge to make it happen. Now the rest is history.

Project Award

A study team of Railways officials and IT experts from CMC went to the US and a few other countries scouting for suitable partners to support in the software and design skills to meet the objectives of the project. To our luck, the team did not find the right type of partner who was ready to give the required performance guarantee and provide system architecture support. In early 1984, the Indian Railways took the bold step of entrusting the entire project to CMC Ltd to computerize the reservation system.

CMC quickly assembled a team of about 15 software



In Sept 1985, the first pilot train Kashi Viswanath Express was launched with computerised reservation.

engineers, supported by a few professors from IITs and embarked upon the project. The first task was to get the user requirements from the Railways and this was one of the most challenging parts of the project. The Railway employees at the operational and supervisory level who understood the system inside out knew that upon computerization, their authority and influence will get drastically reduced with the travelling public. The Railway Workers Union was also not in favour of this project for obvious reasons. Since the initial project was to be launched from Delhi, Northern Railway & Railway Board were heavily involved in the project along with CMC.

Leadership and Change Management Process

The then Railway Minister Shri Madhav Rao Scindia was very keen that the project succeeded. Hence, he took a leadership position in breaking the bureaucratic hurdles and made sure decisions were taken as quickly as possible. He led from the front. Since Railways is a hierarchical structure, the minister's leadership quality was embraced by the staff below him.

The Railway management along with CMC made a concerted effort to highlight the benefits of the project to the employees who would be the end-users of this system:

- The workload of the counter clerks would get substantially reduced, as they need not remember the complicated business rules and fare calculation for different concessions and cancellations (more than 100 concessions types and complicated cancellation/rebooking/refund rules).
- The end of shift duration would get substantially reduced so

that they could leave for home much earlier.

- The Railway would not load the employees with cash fines for wrong application of rules and other mistakes.
- The manual drudgery of work would be replaced by the computer work.

The Railway union office bearers were the first ones to be convinced about the project benefits so that they could win over the others. By this change management process, over time, the Railways management along with the Union induced the booking clerks to be a partner in the project and contribute to its success.

The Railway Board ensured the senior officers that they continued in the project for an extended period of time (breaking Railway Service rules) to provide continuity and leadership, which is essential for the project execution.

Mr. Scindia took it upon himself to convince the Prime Minister (Mr. Rajiv Gandhi) and the minister for Dept. of Electronics on the release of foreign exchange to import the computer hardware from the US. Since foreign exchange was very dear during those periods and many ministries were demanding their share, Mr. Scindia used his management skills to acquire the maximum foreign exchange for the Railways. This effort made sure the required computer hardware was imported on time.

PRS roll out

After about 10 months, in Sept 1985, **the first pilot train – Kashi Viswanath Express was launched with computerised reservation.** The pilot implementation went on for about 3 weeks and then Grant Trunk Express (Delhi – Chennai) was computerised.



DO YOU KNOW

CMC Limited was an IT services, consulting and software company owned by the Government of India. In 2015, CMC was sold to Tata Consultancy Services.

Based on the success of these two pilots, the entire Northern Railway trains were computerized within the next 12 months.

Then the Railway Board decided to go with Eastern, Western, Central, Southern and South Eastern Railways, thus covering the entire network. **The all-India network was accomplished by 1989.**

The seat utilization in each train significantly improved as the system could allow a maximum of 6 passengers per seat (without overlap) depending on the journey start and endpoints. Such efficiencies are not possible in the manual system. **The Railway Reservation system is absolutely transparent and fool proof in the issuance of tickets and applying the various business rules.** No one can manipulate the system to take undue advantage like jumping the waitlisted queue.

PRS Architecture

From a technology standpoint, **the computer hardware had to be imported but the complex application software was ingeniously developed and it has withstood the test of nearly 35 years since the first train was computerised.** As of today, the core Reservation engine still works on Fortran 77 and the assembly language MACRO of VAX/VMS.

The System is designed to be fault-tolerant (with very high availability like 99.9 % in a years' time) at each location. All the PRS systems are networked with Railways' dedicated high-speed links.

Productivity and Efficiency

Railways introduced schemes to motivate the workforce to improve their productivity. Because of automation, precise metrics on the performance of individuals

could be obtained. As they say, data don't lie, the Railways management introduced a process to display on a daily basis the top three performers (number of transactions performed) and bottom three in a shift. **This data was put up on the notice board on a daily basis for the workforce to see. This process brought about a qualitative change in their work culture** and we could see an overall improvement in their productivity.

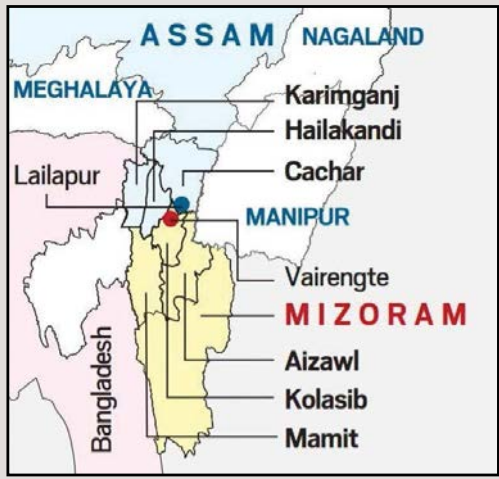
In the manual reservation system, the end shift processing was taking about 90 to 120 minutes, as the cashier has to check every transaction for its correctness and tally that with the cash deposited. But after computerization, the cashier was only to count and collect the cash, as the business rules were applied by the computer system, which cut short the end of shift duration to just under 30 mts. Most of the women workforce were extremely happy in this time saving as they could reach home earlier than before.

The Knowledge Management system helped the IRCTC tap its knowledge base of highly frequented destinations, popular travel circuits, and peak and lean seasons of various railway routes to expand the scope and scale of rail travel and also increase profitability.

Overall, the computerization of the Railway Reservation system was a win-win situation for all the stakeholders - the passengers, the Railway management and the workforce. **This Railway reservation system has definitely improved the quality of life of an Indian.**

In conclusion, if the government (as represented by ministers) has the political will and leadership, governance (government delivery of public service) can substantially improve. This PRS project of Railways (one of the oldest and largest employers in India) is one such successful example.





The ASSAM—MIZORAM Dispute!

It indeed looked like a war between two sovereign nations and not a dispute between two states of a nation.

Disputes between Indian states are not new. We have seen many instances wherein states were ‘at war’ with each other in the past. But these disputes were restricted to demonstrations, official statements and at worst, found their way to the courtrooms. But the one between Assam and Mizoram in July 2021 really degenerated into a war of sorts.

THE CLASH

Assam’s version- In gross violation of the existing agreement to maintain the status quo, Mizoram began constructing a road towards Rengti Basti in Assam destroying the inner line reserve forest in Lailapur area. In addition, Mizoram also set up an armed camp on a hillock near the CRPF neutral force camp.

The Assam police went to Vairengte only to defuse the situation and resolve matters. A mob of miscreants from the Mizoram side surrounded and attacked them. The mob was supported by the Mizoram police.

In the afternoon, even when the talks were on between the

delegations from both sides, the Mizoram police opened fire at the Assam officials and police killing 6 policemen, one civilian and injuring over 50 people from the Assam side. That there were no casualties from the Mizoram side shows the restraint exercised by the Assam police. It indeed looked like a war between two sovereign nations and not a dispute between two states of a nation.

Mizoram’s version- On 27th July 2021, about 200 policemen from Assam, led by the Inspector General of police Assam, forcibly entered Vairengte (Mizoram) overrunning the security forces. The police also damaged many vehicles on the National Highway.

The residents of Vairengte joined in and clashes followed. By the afternoon, hand grenades were hurled by the Assam police and the Mizoram police responded suitably

GENESIS AND CHRONOLOGY

Let us try and understand the genesis of this dispute which is 150 years old. Two notifications are significant in this regard – one of 1875 and the other of 1933.



Both the state governments agree to maintain peace in the inter-state border areas.

In the mid-19th century, British tea plantations came up in the Cachar plains of Assam. The expansion of these plantations led to problems with the Mizos.

Mizoram was originally Lushai hills, a district of Assam. In 1875, a notification differentiating Lushai Hills from the Cachar plains of Assam was issued. According to the Mizos, this was the fifth time the boundary between the Hills and the plains have been re-drawn by the British.

But this time the Mizos were consulted before the exercise and hence this demarcation is agreeable to them. This also was the basis for the inner line reserve forest demarcation. In 1933, the boundary between Lushai hills and the then princely state of Manipur was demarcated.

The Mizos were not consulted on this. Further, the Mizos feel that areas of the Lushai hills like CacharZion, Tlangnuam, Lala Bazar and Banga Bazar were left out during this demarcation and therefore they do not accept this demarcation.

Assam prefers the constitutional boundary of 1933 while Mizoram prefers the Historical or Ancestral boundary of 1875. This is at the heart of the dispute.

In 1972, Arunachal Pradesh, Mizoram and Meghalaya were carved out of Assam. According

to an agreement between Assam and Mizoram, status quo had to be maintained in the border areas. Any breach of this agreement leads to clashes.

Assam and Mizoram share a 165-km-long border covering six districts - three each in Assam and Mizoram.

In February 2018, the Mizo Zirlai Pawl, a students' organization, built a rest house on land that was claimed by Assam and then demolished by the Assam police. In June 2020, it was alleged that officials from Assam entered Mamit district of Mizoram and in October 2020, clashes erupted due to a construction on land claimed by Mizoram.

It was also said that Assam Police officers allegedly visited Saihapui V in Mizoram and threatened to blockade the inter-state highway and later local residents blockaded the inter-state highway as well as the National Highway connecting the two states.

A peace meeting was subsequently held between the two states. Thereafter, in recent months, many huts and shops have been torched and clashes have happened even on petty matters. At various points in time each state had alleged transgression by the other.

The Union Home Minister Sri. Amit Shah had a meeting with the two CMs at Shillong. Both sides have mellowed down. Mizoram has said that it wants the dispute resolved in an atmosphere of peace and understanding and the Assam CM has also said that things can be resolved by discussion. The joint statement issued by both the states says:

“Both the state governments agree to maintain peace in the inter-state border areas and welcome the deployment of neutral





The best way to resolve such disputes is through mutual understanding and negotiations.

force by the Government of India in this regard. Both the states shall not send their respective forest and police forces for patrolling, domination, enforcement or for fresh deployment to any of the areas where confrontation and conflict has taken place between police forces of the two states in recent times. This would include all such areas along the Assam-Mizoram border in the districts of Karimganj, Hailakandi and Cachar, Assam; Mamit and Kolasib districts, Mizoram.”

OTHER DISPUTES

Assam shares a 500 km border with Nagaland, an 800 km border with Arunachal Pradesh and an 884 Km border with Meghalaya. There are disputes in all these borders.

It is not only the North East that has such disputes. There are

border disputes between Haryana and Himachal Pradesh, Ladakh and Himachal and Maharashtra and Karnataka as well.

Apart from the border disputes, there are also the river water sharing disputes between various states, like the Cauvery, Krishna, Godavari and the Mahanadi disputes, to name a few.

THE WAY FORWARD

India is a vast country with a depth of diversity that is unfathomable. It is therefore not abnormal to have disputes between different states or sections of the society. What is important are the mechanisms that are available to resolve such disputes amicably. The best way to resolve such disputes is through mutual understanding and negotiations. The leaders in all such cases should rise above petty politics and narrow interests and demonstrate maturity. The common people expect national interest and sane counsel to prevail on all sides. That alone is the guarantee for amicable dispute resolution. After all, India is bigger and more important than any of its sub entity. Let the spirit celebrated by **Subramania Bharathiyar** guide us:



ஓர் தாயின் வயிற்றில் பிறந்தோர் -
தம்முள் சண்டை செய்தாலும் சகோதரர் அன்றோ ?
ஒன்றுபட்டால் உண்டு வாழ்வே - நம்மில்
ஒற்றுமை நீங்கிடில் அனைவர்க்கும் தாழ்வே
நன்றிது தேர்ந்திடல் வேண்டும் - இந்த
ஞானம் வந்தாற்பின் நமக்கெதுவேண்டும் ?
வந்தே மாதரம் என்போம் - எங்கள்
மாநிலத்தாயை வணங்குதும் என்போம்

(Rough translation - However much they quarrel, can the sons of one mother cease to be brothers? There's life in being united. Divided, we all go down. We need nothing more than this wisdom. Let's exclaim "Vandemataram"! Hail Motherland! To you we pray.)



LAW IN FOCUS



INTRODUCTION TO CITIZENSHIP AND FUNDAMENTAL RIGHTS

In the previous edition of this series, we had learned about the Preamble to the Constitution. In this edition, we shall move on to Part II and Part III of the Constitution.

PART II - CITIZENSHIP

The population of a country fall into two broad categories – citizens and aliens. Citizens enjoy full civil and political rights. Further, there are certain rights under the Constitution guaranteed only to citizens.

The Constitution does not have complete or permanent provisions regarding citizenship, but Part II (Arts. 5-11) describes classes of people who would be deemed citizens of India, at the time of commencement of the Constitution.

In a nutshell:

- Art. 5 elaborates on citizenship by domicile;
- Art. 6 elaborates on citizenship of migrants to India from Pakistan;
- Art. 7 elaborates on citizenship of migrants to Pakistan;
- Art. 8 elaborates on citizenship of Indians abroad.

Arts. 9 and 10 provide certain other provisions regarding eligibility for citizenship.

Apart from this, it leaves the law of citizenship to be governed by law made by the Parliament. The Parliament enacted the Citizenship Act, 1955 based on the power granted to it under Art. 11. More about this later.



The population of a country fall into two broad categories – citizens and aliens. Citizens enjoy full civil and political rights. Further, there are certain rights under the Constitution guaranteed only to citizens.

INTRODUCTION TO PART III – FUNDAMENTAL RIGHTS

Part III of the Constitution, which contains a list of 'Fundamental Rights,' is one of the most popular and discussed parts of the Constitution. Fundamental rights are necessary to protect the rights of citizens against arbitrary misuse of power. **Additionally, fundamental rights are deemed to be powers without which a person may not be able to attain complete intellectual, social and moral status.**

However, before looking into the fundamental rights beginning from Art. 14, it is necessary to study Arts. 12 and 13, which shed light on some principles and terms.

(I) THE SCOPE OF 'STATE' FOR THE PURPOSE OF PART III

Art. 12 defines the term 'State' as used in Part III, as including:

1. The Government and Parliament of India
2. The Government and Legislature of each State
3. All local or other authorities within the territory of India
4. All local or other authorities under the control of the Government of India



DO YOU KNOW ?

It is not open to any citizen of India to waive or give up his fundamental rights conferred by Part III of the Constitution. Thus, the 'doctrine of waiver' is not applicable in the Indian context.

Domicile: the country in which a person has permanent residence.

Void: of no legal force or effect; null.

Contravene: break, disobey.

There are several judgments which interpret and widen the scope of the term 'State' as defined in Art. 12. For example, the Supreme Court observed in the case of **Electricity Board, Rajasthan v. Mohan Lal**, that the term 'other authorities' is broad enough to include all authorities created by the Constitution or statutes, on whom powers are conferred by law.

It is also notable that an increasingly liberal and broad approach has been taken by the Courts in the interpretation of 'other authorities.'

For example, private universities which have been declared 'Deemed Universities,' were held to fall

under the ambit of 'State,' primarily because of the public nature of the functions that they discharge, i.e., imparting education.

However, in another case, the Board of Cricket Control in India, which is not financially assisted by the Government, but discharges certain public functions, was held not to fall under 'State,' as it was not specifically authorised/chosen specifically by the State to carry out such functions.

(II) VALIDITY OF CERTAIN LAWS UNDER ARTICLE 13

Art. 13 declares that all laws in force in India before the commencement of the Constitution, shall be void to the extent of their inconsistency with Part III. Additionally, the State shall not make any law which takes away the fundamental rights under the Constitution and if any law violates these rights, it shall be void to the extent of the contravention.

A doubt pertaining to validity may arise in cases where only a part of a law is unconstitutional. Under the 'doctrine of severability,' if the contravening portion can be separated from the rest of the law which is constitutional, then only the portion which is unconstitutional, shall be declared void. This principle has been upheld by the Supreme Court in several judgments including **R.M.D.C. v. Union of India**.

It is very important to note that the term 'law' is given a very wide ambit under this Article, and includes any ordinance, order, bye-law, rule, custom, etc., which has the force of law in India.

Art. 13 in essence provides for the very important aspect of 'judicial review' of legislations, past and present. The power of judicial review is conferred upon the

Supreme Court and the High Courts under Arts. 32 and 226 respectively, to decide the constitutional validity of laws or certain provisions therein (among other powers).

In this edition, we have looked into Part II and some preliminary concepts under Part III. We shall proceed to explore the various fundamental rights in the upcoming editions.

Electricity Board, Rajasthan v. Mohan Lal

Facts: The case involved a promotion dispute between some workmen and the Rajasthan State Electricity Board and alleged violation of Arts. 14 & 16 by the Board while promoting employees.

Legal issue: Whether the Board came within the purview of Part III, by virtue of being 'State' (other authority) under Art. 12.

Court's decision: The term 'other authorities' is broad enough to embrace any authority established by legislation and operating inside India's territory or under the supervision of the Indian government. Hence, the Board was clearly an authority under the definition of 'State' in Art. 12 of the Indian Constitution.

R.M.D.C. v. Union of India

Facts: The validity of Section 2(d) of the Prize Competition Act, 1955 was challenged on the ground that it allowed competitions in the nature of gambling/ not involving any skill.

Legal issue: Whether an entire Act would be invalid if a particular provision is unconstitutional.

Court's decision: If the constitutionally valid and invalid provisions of such Act can be clearly distinguished, then only the contravening portion will be considered void.





FINANCIAL INCLUSION

**“Jan Dhan Yojana - 43.04 Crore beneficiaries banked so far
₹ 146,230.71 Crore balance in beneficiary accounts.”**

**1.26 lakh Bank Mitras delivering branchless banking
services in Sub-Service Areas”**

Gita read out from the newspaper.

Shravan craned his neck over her shoulder. This week they had an assignment to read the newspaper everyday and write down interesting news about banks.

Grandpa was relaxing in the balcony, sipping hot filter coffee. Gita sat down next to him and showed him what she had written.

“Grandpa, can you tell me what is this Jan Dhan Yojana? Why is this important?”

Shravan nodded. “Grandpa, who are Bank Mitras? I have never heard of them.”

Grandpa smiled at the children. “You have touched a very important topic – Financial Inclusion.”

Financial Inclusion

“What is Financial Inclusion?” the children spoke in unison.

Financial Inclusion is availability of banking services at an affordable cost to everyone including those in the remote areas and villages.

The Reserve Bank of India and the Government of India have been taking lot of efforts to spread financial literacy and inclusion.

The Prime Minister Jan Dhan Yojana (PMJDY) was launched 7 years ago on 15th August 2014, with the aim to open bank accounts for people who did not have access to banking services. The news that you read just now shows the progress made in this scheme.

“Grandpa, if people want, they will go to the bank to open accounts, just like we did. Why should the Government and RBI worry about it?”

“Shravan, even in urban areas and metro cities, there are lakhs of people who are not aware of the services provided by banks.

Do you remember the problems faced by Sharada and Uma because they did not go to banks?”

Gita answered. “Yes. Sharada’s mother lost ₹20,000 because she gave it to her neighbour’s chit fund instead of a bank. Sharada also could not save because whatever money she kept aside at home was getting spent.”

Shravan nodded. “Uma had borrowed from a moneylender and was charged exorbitant interest.”

“Yes. When these people suffer

Financial
Inclusion is
availability
of banking
services
at an
affordable
cost to
everyone.





Picture source credit: www.rbi.org.in

Poverty is also a disease. If people around us are poor and suffer from financial instability, it affects all of us in some way.

because of financial exclusion, it affects all of us. It affects the financial stability of the country.”

Why is financial inclusion important?

“How does it affect us Grandpa?”

Grandpa sighed. “Let us take the example of Covid 2019. What happens when people in our locality, the vendors, labourers are affected by the virus?”

“The virus can spread to all other people in the locality so all of us would be affected.” Shraavan sat up.

“When someone in the neighbourhood is admitted in the hospital, we are all so sorry for them and also scared for ourselves.” Gita added.

“So it is in our interest that the virus is eradicated and all of us in the country are healthy and safe. Is it not?”

“Yes. Only then can we go out and meet friends or go on a holiday.”

“Poverty is also a disease. If people around us are poor and suffer from financial instability, it affects all of us in some way or the other. India cannot make real progress without uplifting the financially weaker sections of the society.”

Read these quotes:

“The test of our progress is not whether we add more to the abundance of those who have much. It is whether we provide enough for those who have too little.”

- Franklin D. Roosevelt

“Poverty is the worst form of violence.”

- Mahatma Gandhi

“Now I understand why this news is important: **“Jan Dhan Yojana - 43.04 Crore beneficiaries banked so far ₹146,230.71 Crore Balance in beneficiary accounts.”**

“Yes. The Jan Dhan Yojana scheme has helped people open bank accounts with zero balance, start saving and get direct credit of government subsidies into their account.”

Bank Mitras for branchless banking

“So are there bank branches in all the corners of the country now?”

“No. That is why we have business correspondents and facilitators who visit the remote places and provide banking services to people with the help of technology. These are agents of banks and are called Bank Mitras. They carry a mobile/tab like device with which they can access the database of the bank and provide services like cash deposits, withdrawals and handle queries of customers.

Shraavan answered, “Oh. I understand this part of the news now **1.26 lakh Bank Mitras delivering branchless banking services in Sub-Service Areas**”.

“Does this mean that there is no financial exclusion now?”

“Not yet. There are many households in remote areas, migrant labourers and poor people in urban areas who still do not have a bank account or even if they have one, do not use it effectively.”

Financial inclusion requires that all these services are accessible to everyone

1. Savings, 2. Debit card
3. Remittances / Funds transfer facilities
4. Deposits and investments
5. Loans, 6. Insurance

All of us can help in this mission by spreading financial literacy and encouraging people around us to use banking services.

“We will see the different types of loan facilities offered by banks in our next discussion.”



PMJDY

Objective of “Pradhan Mantri Jan-Dhan Yojana (PMJDY)” is ensuring access to various financial services like availability of basic savings bank account, access to need based credit, remittances facility, insurance and pension to the excluded sections i.e. weaker sections & low income groups. This deep penetration at affordable cost is possible only with effective use of technology.

PMJDY is a National Mission on Financial Inclusion encompassing an integrated approach to bring about comprehensive financial inclusion of all the households in the country.

The plan envisages universal access to banking facilities with at least one basic banking account for every household, financial literacy, access to credit, insurance and pension facility.

In addition, the beneficiaries would get RuPay Debit card having inbuilt accident insurance cover of Rs.1 lakh. The plan also envisages channelling all Government benefits (from Centre / State / Local Body) to the beneficiaries accounts and pushing the **Direct Benefits Transfer (DBT)** scheme of the Union Government.

The technological issues like poor connectivity, on-line transactions will be addressed. Mobile transactions through telecom operators and their established centres as Cash Out Points are also planned to be used for Financial Inclusion under the Scheme. Also an effort is being made to reach out to the youth of this country to participate in this Mission Mode Programme.

Scheme Details

Pradhan Mantri Jan-Dhan Yojana (PMJDY) is National Mission

for Financial Inclusion to ensure access to financial services, namely, a basic savings & deposit accounts, remittance, credit, insurance, pension in an affordable manner.



The beneficiaries would get RuPay debit card having inbuilt accident insurance cover of Rs. 1 lakh.

Benefits under PMJDY

- A basic savings bank account is opened for unbanked person.
- There is no requirement to maintain any minimum balance in PMJDY accounts.
- Interest is earned on the deposit in PMJDY accounts.
- Rupay Debit card is provided to PMJDY account holder.
- Accident Insurance Cover of Rs.1 lakh (enhanced to Rs. 2 lakh to new PMJDY accounts opened after 28.8.2018) is available with RuPay card issued to the PMJDY account holders.
- An overdraft (OD) facility up to Rs. 10,000 to eligible account holders is available.
- PMJDY accounts are eligible for Direct Benefit Transfer (DBT), Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY), Pradhan Mantri Suraksha Bima Yojana (PMSBY), Atal Pension Yojana (APY), Micro Units Development & Refinance Agency Bank (MUDRA) scheme.

DO YOU KNOW ?

What is financial exclusion?

- There are lakhs of villages in India where there are no bank branches.
- Many people in villages as well as in urban areas do not have a bank account
- Even those who have a bank account do not use it and don't have
 - the habit of saving
 - access to affordable credit
 - protection against exigencies



PADMA AWARDEE: K Y Venkatesh

Para Athlete



This is the inspiring story of K Y Venkatesh (44), a para-sportsman born with dwarfism but highly passionate about sports and whose disability never disheartened him.

Born and brought up in Bengaluru, Venkatesh started his career in 1994. His father, a government Ayurveda doctor played a huge role in developing Venkatesh's interest in sports. He used to coach him in chess when Venkatesh was in high school, encouraging him to participate in several inter school championships.

Venkatesh represented India at the first International Paralympic Committee (IPC) Athletics World Championships held in Berlin, Germany in 1994.

He developed interest in multiple disciplines and **excelled in athletics, badminton, basketball, hockey, soccer and volleyball**. In 1999, he won his first international gold medal for shotput in a multi disability championship held in Australia.

In 2005, being the first Indian athlete to represent India at the fourth World Dwarf Games, **Venkatesh won six medals – two gold, one silver and three bronze**. These were for athletics and badminton events (singles and doubles).

While Venkatesh stopped playing after 2012, he is contributing largely to the administration, development and promotion of different sports among people with disabilities. He is the **secretary of the Karnataka Badminton Association for the Disabled** that conducts national badminton tournaments every year. Later, he attended the IPC accredited coaching, technical and classification course in wheelchair basketball to promote the sport in India.

Seeing his contribution to sports for people with disabilities, the Government of India sent Venkatesh as the team escort for many international level sports meets to help wheelchair bound players.

He also played a key role in getting the international affiliation for India from the International Wheelchair Basketball Federation (IWBF), Canada; International Para Equestrian Committee (IPEC), Switzerland; and International Dwarf Sports Federation (IDSF), UK.

“Seeing other people who are living with more severe disabilities but are moving forward in life, I always think that when they can achieve so much, we can too. We should not be restricted by our disabilities but move ahead, contributing to the country's success as well” – KY Venkatesh.





Know your Legacy

PALA

DYNASTY

The Pala period is considered one of the golden eras of Bengali history. The Palas brought stability and prosperity to Bengal after centuries of civil war. They advanced the achievements of previous Bengali civilizations and created outstanding works of art and architecture.

Feudal lords were involved in petty conflicts with no clear resolution. When one feudal lord named Gopala managed to gain the support of other leaders, stability started to emerge. Through a democratic process, he took control of the region called Varendra, made up of north-western Bangladesh, West Bengal and the modern-day Bihar. He was the founder and first ruler of the Pala Empire.

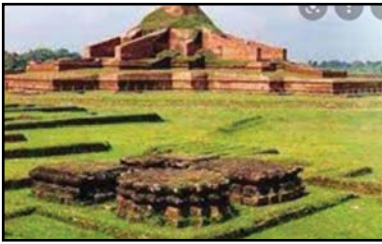
The Pala dynasty ruled the region for about 400 years, from the 8th century until the end of the 11th

century, with about 20 leaders on the throne during the period.

It was the dynasty's second ruler, the son of Gopala, who would have the biggest impact, though. His name was King Dharmapala Deva (also known as Dharmapala) and he greatly expanded the territory of the empire, spreading across northern India. He is regarded as an efficient administrator and during this period, the region flourished economically.

Notable contributions of Palas

- King involved himself in all aspects of the bureaucracy from the central government to local villages.
- Taxable income was used to fund everything from ferry jetties in rivers to large ports on the coastline.



THE SOMAPURA MAHAVIHARA



THE NALANDA UNIVERSITY



VIKRAMSHILA UNIVERSITY

- Management of the forests and markets was under the control of the kings.
- All the kings were Buddhists. They used the revenue from the new tax collection methods to fund initiatives all across the region to spread Buddhism.
- Large monasteries like Paharpur were founded during the reign of King Dharmapala Deva. The Palas built majestic temples and monasteries, including the Somapura Mahavihara, and patronised the great universities of Nalanda and Vikramashila. The Proto-Bengali language developed under the Pala rule.
- The Pala Rulers promoted classical Indian philosophy, literature, painting and sculpture.
- They practised religious tolerance; this allowed for a peaceful exchange of philosophies and ideas between the faiths without prejudice.
- The Pala kings were also shrewd diplomats, forging relationships with different cultures to promote new trade routes. The empire enjoyed good connections with Southeast Asia and the Middle East. The most prominent of this exchange of ideas can be seen in the architecture of Southeast Asian temples that were based on the design at Paharpur.
- Cultural ideas were also transferred and there is evidence of Islam appearing in Bengal during this time; mathematical and astronomical achievements of the Indian civilization were absorbed in places like Iraq.

Geographical Wonders

UMNGOT RIVER

Shri Krishnakumar C S 



Have you ever dreamt or fantasised about a journey in a boat floating in a crystal clear river surrounded by beautiful and greenish hills? The Heaven of India, North East, will provide you an opportunity to make your dream a reality.

Umngot River at Dawki Village, Meghalaya, is considered the country's cleanest river, located near the India-Bangladesh border. This river is cheerfully cradled in the laps of Jaintia hills. The main attraction is that the water here is so clear that the boats appear to float on glass.

Umngot is the natural boundary between RiPnar (of Jaintia Hills) and HimaKhyrim (of Khasi Hills), over which hangs a single-span suspension bridge.

The culture and traditions of the region's people play a significant role in safeguarding the purity of this river. Indian culture considers the river as a mother as it plays a vital role in human life.

Meghalaya Energy Corporation Limited (MCL) has planned to construct a dam over the Umngot River to generate 210MW of power.

The dam is proposed to be constructed upstream in the adjoining West Jaintia Hills on the Umngot. This project will become an excellent example of resource utilization scientifically to achieve sustainable growth.

The Umngot River has many colours- emerald green in India, but when it arrives in Bangladesh it changes to blue and creates a natural river border between the countries.





Shri Mrithyunjay GN

KNOW YOUR
NATION

LADAKH

The Kargil War Memorial, (also Dras War Memorial) built by the Indian Army in the town of Dras commemorates the 1999 Kargil War between India and Pakistan. Its central feature is a pink sandstone wall bearing a brass plate engraved with names of the martyrs of Operation Vijay.

With snow-capped peaks, clear blue skies and long winding roads, Ladakh is one of the most scenic and beautiful places in India. The largest and second least populated Union Territory, Ladakh was once a part of Jammu and Kashmir. Following the passing of J&K Reorganization Act on 31st October 2019, Ladakh became a Union Territory.

The Land and its Culture

Ladakh gets its name from the Tibetan language. The word 'La' means pass or pathway and 'Ladakh' means the 'Land of High Passes.' True to its name, Ladakh is home to many Himalayan passes. The land extends from the Siachen Glacier in the Karakoram Range to the Great Himalayas to the south and is home to many trade routes and crossroads through the Himalayan ranges.

The culture and history of Ladakh is as rich as the lands surrounding it. With Tibet on the east, Himachal Pradesh on the south, J&K and Pakistan's Gilgit-Baltistan on the west and China's Xinjiang on the north past the Karakoram range, Ladakh serves as a melting pot for all these cultures and peoples.

Once commonly referred to as Little Tibet, a large portion

people are of Tibetan descent. The predominant mother tongues are Bauti and Purkhi, however most educated Ladakhis speak Hindi, Urdu and even English.

Most people in Ladakh practise Tibetan Buddhism and Islam. A small minority practise Hinduism and Sikhism. The economy is mostly agrarian with the two prominent crops being barley and wheat. Up to 50% of the region's Gross National Product comes from the tourism industry.

The Sights of Ladakh

It is a place for adventurous trekkers who want to take in the beauty of the mountains and bikers who want to explore the 1800 kilometres of roads maintained in excellent condition by the Border Roads Organization.

One of the most famous roads is the Umling La Pass in Eastern Ladakh, the world's highest motorable road at 19,300 feet high, higher than the base camp at Mount Everest.

Some of the other important places of Ladakh are the Leh Palace, Hemis Monastery and the Dras War

A unique place of breath-taking beauty, strategic importance and cultural richness, Ladakh is one of India's crown jewels.



Architectural Wonders of India

Tawang Monastery

DO YOU KNOW

- Tawang Monastery is the second largest in the world next to Borobudur Monastery in Indonesia.
- The Kangyur are the direct teachings and words of the Buddha and the Tengyur consists of commentaries of the Tibetan Masters.
- The word 'Tawang' means 'chosen by a horse' and legend has it that the site of the monastery was chosen by a horse owned by the founder.
- The sixth Dalai Lama, Tsangyang Gyatso, was born in Tawang, making it a major holy site for Tibetan Buddhists.

Cradled amidst the mist-laden valleys of the Himalayas is Tawang Monastery, India's largest Buddhist monastery. Known in Tibetan as Gaden Namgyal Lhatse (meaning celestial paradise on a clear night), it was built according to the wishes of the 5th Dalai Lama, Ngawang Lobsang Gyatso. But it was founded in 1680-81 by a monk named Merag Lodre Gyatso of the Gelug sect after the 4th Dalai Lama gave him a painting of goddess Palden Lhamo to be kept in the monastery.

Tawang in Arunachal Pradesh has scenic landscapes, panoramic mountains, calm villages, serene lakes and magical Gompas. About 2 kms from the town is the Tawang Monastery, a popular tourist attraction offering an impressive and picturesque view of the Tawang - Chu valley. The monastery appears to look like a fort from afar, shimmering like a small kingdom.

Entering the enormous yellow roofed Tawang Monastery itself is a grand experience. The monastery can be entered from its northern side through the gate 'Kakaling', a hut-like structure with walls made of stone.

The ceiling or the interior roofs of the Kakaling are painted with Mandalas, while the inside walls have been painted with pictures of saints and divinities. Three storeys high, the Monastery is surrounded by a 925-ft long compound wall. The monastery houses 65 residential buildings,

a library that houses valuable old scriptures like Kangyur and Tengyur, a museum and school for basic education.

The most prominent structure is the 'Dukhang' or the assembly hall with magnificent art work. Inside the walls of Dukhang are sketches of several saints and Bodhisattvas. A 25 ft. high gilded statue of Lord Buddha dominates the sanctum of the monastery. The statue of Lord Buddha is seen seated on a lotus throne flanked by his two principal attendants, Maudgalyayana and Sariputra. Another important structure in the monastery is the 'Court' which hosts religious dances and other ceremonies.

Every year Tawang monastery hosts its Torgya festival to ward off evil spirits and spread around the feeling of happiness and prosperity to people. The three-day festival features dancers wearing colorful costumes and masks. Each dance is a reflection of a myth and the costumes and masks represent different animals.

Tawang Monastery is thus a social, cultural and spiritual focal point of the entire valley. It overlooks ravines in the south and the west, a narrow ridge on the north and gradual slope towards the east. In winter, it gets covered with snow, adding to its beauty. The great rotating prayer wheels, priceless Thangkas (paintings on silk and cotton), the drone of monks in prayer and the sputtering butter lamps are evocative.





Spotlight of the month

Manasi Joshi

Manasi Joshi had just begun a career as a software engineer, when what should have been a routine commute to work ended in a tragic accident. But this moment of horror changed her life in a surprisingly positive way.

It was December 2011 and for 22 year old Manasi Girishchandra Joshi, a normal Friday morning. She had recently graduated from KJ Somaiya College of Engineering, Mumbai with a degree in Electronics and just started her first job as a software engineer in Mumbai.

The house where she lived with her parents was barely 7km from her office, so Manasi would commute to work by motorbike. But barely 10 minutes into her journey, disaster struck. As she took a U-turn under a flyover, a lorry travelling in the wrong direction ran over her leg.

It was only that evening that Manasi received proper medical care - about nine hours after her accident. Doctors made saving her leg a priority. She was in hospital for 45 days, going into surgery every five to 10 days. But eventually gangrene set in and the medical team had to concede defeat. There was no choice but to amputate her leg.

Badminton began as part of a process of rehabilitation to help her walk again with a prosthetic limb, but she began to show exceptional

skill. One day she caught the eye of a fellow para-badminton player, who saw her defeat able-bodied competitors at a corporate tournament. He encouraged her to try out for the Indian team, which led eventually to her participation in Asian Para-Games 2014 and she played her first international tournament in Spain. Although she didn't win, she did, for the first time, feel the "transformational power" of the sport.

There were people, some with injuries far more severe than Manasi's, out on the court, playing what she calls "flawless" badminton.

"And they were so kind and generous. They actually came up to me and thanked me for choosing the sport! That was part of the reason I decided to take this up full-time," she says.

It was a chance meeting with legendary Indian coach Pullela Gopichand that truly transformed her career. Along with his coaching staff, he designed a training schedule for Manasi, whom he describes as "very focused and gritty".





DO YOU KNOW ?

Classification in Para Badminton:

WH1 (Wheelchair / severe impairment)

WH2 (Wheelchair / minor impairment)

SL3 (Standing / lower limb impairment / minor)

SL4 (Standing / lower limb impairment / severe)

SU5 (Standing / upper limb impairment)

SH6 (Standing / short stature)

It was those qualities that got her to the World Championship and the pinnacle of her sport.

She has been duly recognized by several organizations for her efforts. Some of the awards include:

- Times of India Sports Award for the best para-athlete
- National Award for Best Sports person with a disability
- TIME magazine's Next Gen Leader 2020
- Listed among Self-made women of Forbes India 2020
- BBC - one of the 100 most inspirational and powerful women across the world(2020)



On the occasion of the International Day of Girl Child (11 October 2020), Barbie celebrated Manasi and her achievements by modeling a one-of-a-kind Barbie doll to her likeness to inspire young girls. Manasi Joshi is only the second Indian woman — and the first para-athlete – to have a Barbie doll modeled after her.

Commenting on Barbie's tagline – "You can be anything", Manasi said, "Yes, it does apply to me to a large extent. This is about converting situations into those of advantage.

Every girl should have the power to conquer her dreams and these role models are the perfect inspiration to help them believe in themselves. Imagining she can be anything is just the beginning. Actually, seeing that she can, makes all the difference."

“
Every girl should
have the power
to conquer her
dreams.”

She appeared on TIME magazine's Asia cover (the first para-athlete in the world and the first Indian athlete to be featured thus) for being an advocate of rights for people with disabilities.





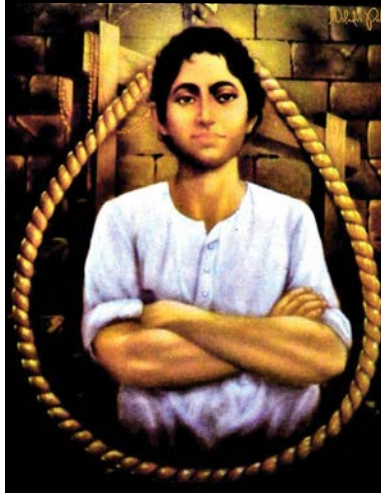
Khudiram Bose, an epitome of fearlessness, courage, and patriotism, was one of the greatest sons of Bharat Mata. He laid down his life for liberating his motherland from the yoke of colonial domination. He plunged into the freedom struggle at a very young age. However, amidst our praises for the well-known leaders, we often forget the contributions of unsung heroes like him.

Living for others, especially the nation, is a trait that we could find only in the fiercely patriotic souls. Bharat Mata is fortunate enough to have given birth to several such brave sons and daughters. Is it not amazing that **at the tender age of 13, Khudiram was spending sleepless nights thinking about the freedom and rights of his countrymen?**

He was born on December 3, 1889, as the only son of Trailokyanath Bose and Lakshmipriya Devi in a small village in the Midnapore district of Bengal.

He was inspired by a series of public lectures by Sri Aurobindo and Sister Nivedita when the duo visited Midnapore in the early 1900s.

Lord Curzon, the Viceroy, openly declared that he would help in the peaceful demise of the Indian National Movement. In 1905, he declared the partition of Bengal, intending to create disunity among the Indians. Khudiram, a young boy of 16, actively participated in the struggle against this cruel



KHUDIRAM BOSE **THE YOUNG REVOLUTIONARY**

"Like the heroic Rajput women, I wish to die for the freedom of my country.

The thought of the gallows does not make me unhappy. I want to die soon so that I can come back again to fight the British."

- Khudiram Bose



action of the British. He joined the **Anushilan Samiti, a revolutionary organization.**

Douglas Kingsford was a colonial British judicial officer. During his time, Bengal was a hotbed of revolutionaries and freedom fighters. His judgments on Indian nationalists were not based on merit but hate and partiality. His inhuman, unjustified, and vindictive verdicts against the "Swadeshi and anti-Partition activists" earned him a bad name.

Anushilan Samiti decided to assassinate this cruel and racially arrogant officer. The task was assigned to Khudiram Bose and Prafulla Chaki.

On April 30, 1908, Bose threw a bomb on a carriage he suspected was carrying Kingsford. But it turned out that it was carrying the wife and daughter of a barrister named Pringle Kennedy, who lost their lives as Kingsford escaped.

Bose was arrested. Chaki, on the other hand, killed himself before he could get arrested.

On July 13, 1908, Bose was finally sentenced to death. **He was just 18 years when he laid down his life for the motherland.** He died smiling, as reported by the Anandabazar Patrika. It is worth remembering that the freedom we enjoy has been paid for by the sacrifices of nationalists like Khudiram Bose.

Salute to Bose!





PM Modi lists 7 tasks to fight COVID-19

- Take care of elderly
- Practice social distancing
- Follow Ayush ministry tips to boost immunity
- Download Aarogya Setu app
- Look after the needy
- Don't fire people from jobs
- Respect COVID-19 fighters



COVID-19 Crisis



Ministry of Ayush recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

Measures for Enhancing Immunity

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Ayurvedic Immunity Enhancing Tips

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

Immunity Boosting Measures for Self-Care

Simple Ayurvedic Procedures

- **Nasal Application**– Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- **Oil Pulling Therapy**– Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

Actions During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.



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