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Different Voice of Analysis

SICK OF FAILING AT YOUR NEW YEAR'S RESOLUTIONS?



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SICK OF FAILING AT YOUR NEW YEAR'S RESOLUTIONS?

THERE IS A BETTER WAY

We have an embarrassing confession: our New Year's resolutions for 2023 are nearly identical to the resolutions we made for 2022 (which were remarkably similar to 2021, 2020, and pretty much every year as far as we can remember).

A year ago, we held such lofty ambitions. We would exercise more, use social media less, rise earlier, read more books, eat healthier, write more, reduce our carbon footprint, learn to meditate. . . .

We started strong.

But a few weeks in, as January's cold morphed into the slushy days of February, our resolve slackened. Twitter reappeared on our phones and we doomscrolled late into the evening. Our warm beds seemed to grip us tighter when the alarm went off for our morning jogs. We began to hit snooze, once, twice, then three times. And, well, meditation never had a hope.

We had largely failed.

Will this stop us from doing the same thing this New Year's? Absolutely not. But we have learned to approach our New Year's resolutions in an entirely different way and we think you should too.

As the calendar turns from one year to the next, millions of people will resolve to reinvent themselves. On scraps of wrapping paper, crumpled napkins, or in fancy notebooks bought just for the occasion, we will engage in the annual collective ritual of listing the ways that we will, this year, be better.

And yet, by some estimates, as many as 80% of people fail to keep their New Year's resolutions by February. Only 8% of people stick with them the entire year. Given this less than stellar track record, it is worth asking, what would we do if we were serious? What would we do differently if we really did want to stick to our resolutions for more than a few weeks?

Psychologists who study self-control have advice about how best to stick to our goals. The worst approaches involve what they call "response

modulation"—otherwise known as white-knuckling it as you stare down temptation. Good old will power.

The ancient Greeks knew that this was a terrible strategy, as evidenced by their myths. As Odysseus approached the Sirens, whose songs would lure men to their deaths, he plugged the ears of his crew and had himself bound to the mast of his

The Lord's Prayer asks God not to lead us into temptation. Situation change takes matters into our own hands. Dieters remove all the sugary foods from their kitchens. Recovering doom scrollers delete the social media apps from their phones. Aspiring writers block off time for writing on their calendars just as if it was an important meeting during which they must not be disturbed.

Just as importantly, situation change involves paying close attention to our social circumstances. The people around us and the groups we belong to have a substantial influence on behavior—influence that can be leveraged to help achieve our goals

There is one exception to our lists of unfulfilled resolutions, one area in which we have been successful: writing more. When we embarked on writing our first book together a few years ago, we thought carefully about how to structure our social environments to propel us through what could otherwise become a dreary trudge of 300 pages. We set weekly meetings, blocking off time to write together. We met in cafés to argue over stories, studies, and turns of phrase. Working together created both social accountability and social support.

More generally, we leveraged the power of groups by joining writing groups where we set goals together and meet each month. Groups help people achieve their goals by setting social norms and creating a sense of accountability. In our case, we have joined writing groups in which we set goals together with other people. Really together. Each member writes their goals in a shared document and reads them aloud each meeting to make it transparent that all of us are constantly prioritizing our writing.

Knowing that other people expect us to stick to our goals helps us make writing a priority when other distractions or temptations appear. But new research by David Kalkstein, Cayce Hook, and colleagues suggests that norms don't simply change behavior because people conform in an effort to please others. Rather, norms may limit the behavioral options that even come to mind.



ship.

Odysseus knew that confronting temptation without a plan would fail sooner or later. Instead, he adopted a strategy that present-day psychologists call "situation change." This is, according to a review of 102 studies, the best strategy for exerting self-control. Rather than exposing ourselves to temptations and hoping we possess the willpower to resist, it is better to avoid confronting them in the first place.

Drawing on one of their evocative examples, imagine that you're at dinner with a coworker. With your diet in mind, you are finishing the meal with a small espresso, while they indulge in a delectable slice of cake. As you ruefully sip your drink, what are the chances you reach across and help yourself to a spoonful of their dessert? What are the odds that the idea of doing so even comes to mind? Near zero in both cases (at least in our experience).

Everything changes, of course, if your colleague provides you the option. "This is far too much for me; would you like to share?" Immediately, you confront a self-control challenge you didn't face before: stick to your diet or indulge?

Putting this idea to the test, the researchers tested whether creating a norm against using technology (phones and laptops) in class would help university students be less tempted to engage in counterproductive multitasking while listening to lectures. In one version of a course, the teacher showed students evidence that multitasking reduces learning and established a social norm of not using technology.

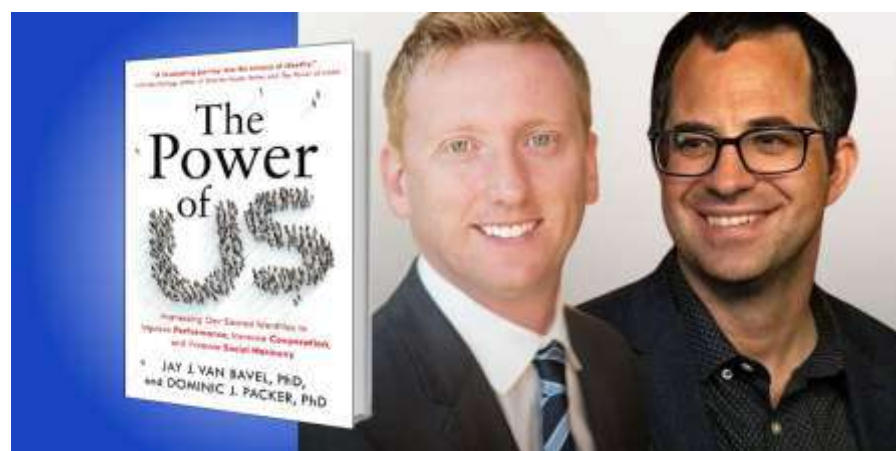
In another version of the same course, the teacher provided the same evidence and had students create a personal plan for not using technology in class.

Norms trumped personal plans.

On average, students whose resolutions not to use technology were independent reported spending 24% of their time in class multitasking. For students in the course with a clear social norm against tech, it was a mere 10! Importantly, people who were in a group with healthier social norms also reported fewer urges to engage with their phone or computer during class. Tempting thoughts came less frequently to mind. The need for sheer willpower was lessened.

So when you create a New Year's Resolution this year consider joining a group. Whether you are at home or at work, think more deeply about how your good intentions can be supported (or undermined) by groups and their norms. You might form a running group with friends, start a book club with coworkers, join a local environmental organization, or attend regular meditation meet-ups.

Of course, there is also the possibility that some of the groups you belong to have norms that contradict the goal you have set for yourself. If you want to reduce your alcohol consumption, for instance, you might need to avoid hanging out with your drinking buddies. Spend a little less time in their company and more in the presence of people whose own behaviors align with your intentions.



THIS IS HOW OUR GROUPS CAN HELP US BECOME THE BEST VERSION OF OURSELVES.

BY JAY VAN BAVEL AND DOMINIC PACKER

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-By Bornali Biswas
(Editor in Chief)

India is witnessing a demographic transition in its population with life expectancy having more than doubled and the country's fertility rates falling at the same time. It has the second largest elderly population in the world, after China, and it is estimated that the population of those aged above 60 years will likely double from close to 9 percent in 2011 to nearly 19 percent by 2050.

With the country's women having longer life expectancy than men, studies say they will make up a larger share of the older population in the future, contributing to a trend referred to as feminization of aging.

As per the 2011 Census, there were 36.47 million widowed women aged 45 or older, comprising 29 percent of the total number of women in this age group. In all societies, the loss of the marital partner through death necessarily involves several changes in the living partner's life, especially if the dead spouse was the primary earner in the family. Even as the likelihood of widowhood increases with age for both men and women, this increase has been found to be faster among women. Just 9 percent of men are widowed, compared to 34 percent women with over 50 percent of women over age 80 are widows.

widowhood is a major risk factor for income insecurity

Public policy, however, has largely ignored addressing problems of the country's elderly widows. Elderly women and their problems need special attention as their numbers are likely to increase in the future and, given the multiple disadvantages they face in life, they are likely to be grossly unprepared for them.

And while research have found differences in the extent to which negative social behavior and restrictions were imposed—patriarchal customs, religious laws and widespread discrimination in inheritance rights continue to impact widowed women.

Elderly female widows, however, face their own unique set of challenges, as widowhood in old age amongst women comes not only with poverty, but also poorer health and loneliness.

Infact, widowhood is a major risk factor for income insecurity and womens' transition into poverty, with

studies finding that women in households that are least prepared financially for widowhood are at the greatest risk of husbands' death, because of the strong relationship between mortality and health, before the death of the husband, in major cases wives are not involved or made the guardian of property or wealth nor are they suppose to interfere in any business matters, unfortunately after the death of husband they are none other than a beggar with no values at home.

Faced with the loss of resources in widowhood, women have only a few options available to improve their economic status. In rural areas, most earnings opportunities involve strenuous physical labour, such as in agriculture, which becomes increasingly difficult with age. Caste norms also often discourage women, and widows in particular, from working, and in many cases women face difficulties in retaining control of their husband's land upon his death landing on sympathy of their children and in many cases they land up in road begging or old age homes.

It also doesn't help that 70 percent of widowed women in India lack basic literacy—a barrier to not just accessing jobs, but also healthcare and social welfare programmes. Further, private pensions are not common, and there is little in the way of public support for the elderly with just a third of widowed women receiving social pension.

And while the government has initiated a number of interventions for this population, like widow remarriage schemes, elderly pensions as well assistance for marriage of daughters, the effectiveness of many of these initiatives has been found to be lacking.

For example, under the Atal Vayo Abhyuday Yojana (AVYAY), social security policies for older adults the pension amounts under the scheme are meagre and often delayed. According to the scheme, the central government provides Rs 200 a month to the beneficiary, with the amount not having changed in the last 16 years, as per a 2018 report by Helpage India which is itself a joke to them.

Healthy aging has three factors—money, social support and health. Ageing women without spouses are vulnerable because they don't have savings, due to which they are forced to depend on old age pensions, or

their children for survival. Incidentally, dependence on family members for income security, in absence of adequate social security benefits for elderly women is the biggest reason for their abuse. About 13 percent of rural older women and 9 percent of urban older women have reported experiencing some form of abuse after 60 years of age.

With the dimensions associated with gender and age being much stronger in India, the double disadvantage of sexism and ageism disproportionately impacts elderly women, especially widows the most.. They not only experience proportionally higher rates of chronic illness and disability in later life compared to men, but also greater non-communicable diseases and lower social and mental health status.

Elderly widows have been found to have worse mobility, lower self-rated health, lower likelihood of healthcare utilization, and higher prevalence of morbidity. One in 10 women over the age of 60 years is also likely to stay alone. An examination of later widowhood conducted across nations, including India, found that widowhood is also positively associated with food scarcity, depression, and being underweight.—

A major intervention required in old age, therefore, relates to devising effective policies around financial security so that two thirds of the elderly who live below the poverty line can lead a more dignified life.

India's changing economy, advancement in technology and medicine, along with the demographic explosion among elderly, as well as the high level of destitution the country's elderly widows face requires that India develops an age integrated policy for the country's elderly.

A robust policy that addresses health access, nutrition, education and inequities is essential for addressing the special needs of the oldest old women in our society and development of a formal and informal social support system for this vulnerable population.

Forced To Beg, are Abandoned by children, ill treated by passerby, Why India is No Country For Old People. Today's kids are tomorrow's future and what about the parents of this future.

Alas!! The reality is too bitter and unsolved

TRUTH ABOVE ALL

WHY DO INDIAN PARENTS SEND THEIR CHILDREN TO GOVERNMENT SCHOOLS BUT SPEND MORE MONEY ON PRIVATE TUTORS



India's tuition culture frequently has a bad name, yet the neighborhood tuition aunty or maths sir is a lifeline for many low-income parents who are unable to assist their children in making up for Covid-induced learning losses. It has gotten to the point that even parents who switched their kids from private to government schools due to cost are prepared to pay for customized instruction.

Mamta Devi, a 40-year-old domestic servant from Zamrudpur in Delhi, is one such parent. Her husband lost his job when the second Covid wave hit the city last year, making it challenging to simply provide their three children with two square meals a day.

Not only Devi's family, though. About 40% of school children were enrolled in tuition classes as well, according to the 2021 Annual Status of Education Report (ASER), which was based on a survey conducted by the NGO Pratham across 25 states and three union territories. This was higher than the 32.5% reported in the survey's 2020 edition and the 28.6% reported in the previous year.

This was described in the paper as a natural response to the extended closure of schools beginning in early 2020 because of the Covid epidemic. Notably, the percentage of kids that attend tuition increased by 12.5 percentage points between 2018 and 2021 if their parents fall into the poor education category. The percentage of kids with parents in the high education group increased, although only by 7.2 percentage points.

A second widespread trend—children switching from private to government institutions, where costs are typically substantially lower—coincided with the general increase in tuition.

Data from the Ministry of Education show that during 2019–2020 and 2021–2022, there were 143,240,480 students enrolled in government schools, an increase from 130,931,634 in 2019–2020. This indicates that during this time, 1.23 crore more kids enrolled in government schools. The data shows a decrease in private unaided school enrollment of over 1.81 crores during the same time frame. 4 lakh kids are said to have transferred to government schools this year, only in Delhi.

However, there is a paradox: despite wanting to spend less on education, parents, particularly those from lower-income groups, were nonetheless prepared to pay tuition.

Experts, parents, and tutors point to unequally distributed learning support in government schools and significant learning loss due to school closures for which individualized attention is necessary, however it is unclear whether this trend will continue.

Additionally, as the ASER research also points out, local tuition courses typically have a flexible and variable cost structure, which makes a hybrid education model that combines private coaching and government schools more practical for parents in a volatile economic environment.

CALCUTTA HIGH COURT ORDERS THE STATE TO PAY \$30,000 AS COMPENSATION FOR DEMOLISHING BUILDINGS



Despite the court's interim orders ordering the respondents to cease such demolitions until the matter was heard on affidavits, the Calcutta High Court on December 21 ordered the State authorities to pay 30 Lakh compensation for demolishing the structures that were the subject of the petitioner's writ.

The case had already made its way to the High Court when the petitioners filed a writ petition contesting a notice that had been issued on December 9 by the Assistant Engineer, Tamruk Highway Sub-Division P.W. (Roads) Directorate for the eviction of petitioners' claimed unpermitted encroachments under Section 10(4) of the West Bengal Highway Act, 1964.

The High Court heard the case immediately on December 13 because the demolition had started at 10:00 A.M. on December 12. In its ruling dated December 13, the Court noted that, in accordance with Section 51B (1) of the Act, petitioners should have received notice prior to any actions involving demolition.

As a result, the Court subsequently instructed the respondents to halt all demolition work until the issue had been heard on affidavits.

However, the petitioners' buildings were destroyed in blatant defiance of the Court's instructions. The actions of the protesters, according to Justice Bhattacharya, were blatantly against court instructions.

As a result of the authorities' wilful disregard for the Court's instructions, the Court ordered them to pay the petitioners Rs. 30 lakhs within a week of the date of the order issued on December 21.

The case is now scheduled for January 6.

HONOURABLE PRESIDENT OF INDIA ADDRESSED PROBATIONERS OF 74TH BATCH OF INDIAN POLICE SERVICE AT SVPNPA



The President of India, Honourable Smt Droupadi Murmu addressed the probationers of the 74th Batch of the Indian Police Service at the Sardar Vallabhbhai Patel National Police Academy, Hyderabad on December 27, 2022.

MAHARASHTRA'S NEWEST BIG STAND IN BORDER RAGE WITH KARNATAKA

Eknath Shinde, the chief minister of Maharashtra, denounced the anti-Marathi stance and moved a similar resolution in the state Assembly. This comes days after the Karnataka Legislative Assembly unanimously passed a resolution on the border dispute with Maharashtra, resolving to protect the state's interests. This was also approved without a vote. Despite national Home Minister Amit Shah's intervention, it is anticipated that the tension between the two BJP-ruled states will worsen as Karnataka holds elections the following year.

According to the Maharashtra resolution, every inch of these villages would be integrated into Maharashtra, there are 865 villages that speak Marathi. The Maharashtra government promised to take any additional actions that may be necessary to support the case at the Supreme Court.

According to the decision, Maharashtra will include 865 villages, including every inch of Belgaum, Karwar, Bidar, Nipani, Bhalki.

The former chief minister of Karnataka and prominent Congress politician Siddaramaiah responded to Maharashtra's resolution by calling it nothing but



provocation by the state.

Karnataka denounced the boundary conflict manufactured by Maharashtra on December 22.

Both states promised to uphold peace at the meeting with Home Minister Amit Shah, according to the chief minister of Karnataka.

Sanjay Raut, the leader of Uddhav Thackeray's Shiv Sena faction, sparked an uproar on December 21 by drawing a comparison to China.

The Eknath Shinde-led Maharashtra administration has come under fire from the Uddhav Thackeray-led Sena, which was driven from office in June, for allegedly

failing to take a firmer stance against Karnataka.

The border dispute began in 1956 when the Maharashtra government of the time sought that its border with Karnataka is redrawn. Belagavi (formerly Belgaum), Karwar, and Nipani are among the 865 villages Maharashtra alleges were transferred to Karnataka and is requesting their incorporation into the state. Karnataka disputes the assertion.

The conflict's focal point, Belagavi, which has a sizable Marathi-speaking population and was formerly a part of the Bombay presidency before moving to Maharashtra, has also reached the Supreme Court. Additionally, Maharashtra's south Solapur and Akalkote regions, which are home to a sizable Kannada-speaking community, are claimed by Karnataka.

Recently, the surrounding regions became tenser as political figures on opposing sides spat insults. Stone-throwing political operatives attacked and painted over buses from both states in Belagavi, Karnataka, and Pune, Maharashtra, which prompted Union Home Minister Amit Shah to convene a meeting with the chief ministers of both states.



Speaking on the occasion, the President said that when the country is celebrating 'Azadi Ka Amrit Mahotsav', the nation acknowledges the rich contribution of our police force in sustaining and strengthening the world's largest and most vibrant democracy. The Indian Police has also made its huge contribution in preserving the unity of the country. Thousands of brave police personnel have laid down their lives for the cause of India's internal security. She paid her respects to the IPS officers who sacrificed their lives at the altar of duty.

Addressing the IPS probationers, the President said that police is the most visible organ of the government. When the police force commands trust of the people, it enhances the image of the government. The police would command respect and trust only when the entire force under them, to the last constable, displays alertness, sensitivity and honesty. She said that right since the beginning of their career, IPS probationers would be in leadership positions. The quality of their leadership would determine the effectiveness and morale of the force led by them. She advised them to keep in mind and demonstrate through action, the five fundamental attributes of Integrity, Impartiality, Courage, Competence and Sensitivity.

The President said that police forces have to be partners in progress of the country and transformation of the society. Police officers are

going to play the roles of change-agents in India's achieving greater prosperity while ensuring sustainable development, especially inclusion. Inclusion means - inclusion of that last person, the most deprived person, the most vulnerable person. That person should be at the centre of their concerns. She advised them to be sensitive to the plight of the voiceless. She said that Police officers have to ensure that an illiterate poor man living in a remote corner of the country, gets sympathetic support at the local police post. The criminals should tremble with fear at the very thought of the police. But, at the same time, the common citizen should look at the police as a friend and saviour.

The President said that in line with our stated national priorities, Nari Shakti has to play a major role in achieving the targets we have set for ourselves during the 'Amrit Kaal'. A truly 'Atmanirbhar Bharat', pre-supposes 'Atmanirbhar Nari'. She said that larger participation of women results in better overall development. We should quickly move ahead from the phase of empowering women to the stage of women led development. She urged lady police officers to always help other women, especially the vulnerable. She said that if every woman stands up for the weaker ones among them, the society would experience a great transformation.

MAMATA TO INTRODUCE TMC'S OUTREACH PROGRAM ON JANUARY 2



At a public event on January 2, Mamata Banerjee, the leader of the Trinamool Congress, is set to introduce an outreach program and lay out her party's plan for the early 2023 panchayat elections.

According to two senior leaders who requested anonymity, the outreach will be in line with the call made by Abhishek Banerjee, the TMC's national general secretary, for modernizing the ruling party in West Bengal.

On January 1, the TMC will commemorate its founding day. After leaving Congress, Mamata Banerjee founded the TMC in 1998.

Early the following year is likely to see the panchayat elections. The elections will be important because both the TMC and the opposition Bharatiya Janata Party will use them as a gauge before the 2024 Lok Sabha election.

Earlier in August, dozens of billboards across Kolkata and its surroundings had appeared, portraying Abhishek Banerjee, the chief minister's nephew. In the

following six months, a brand-new rebuilt TMC was promised on the billboards.

However, this is not the first time the party has started an outreach program before a vote. The party had reaped substantial rewards from such initiatives like "Didi Ke Bolo" (Tell Didi), "Banglar Gorbo Mamata" (Mamata, the pride of Bengal), and "Bangla nijer meyekei chaye" (Bengal wants its daughter).

Even though the BJP was able to win 18 of West Bengal's 42 Lok Sabha seats in the 2019 general election, making significant gains in several regions of the state, the TMC won a resounding victory in the 2021 assembly elections, returning to power for the third consecutive term.

Abhishek Banerjee's calls for a new and reformed TMC are all the more crucial in light of the fact that at least three party leaders, including two heavyweights in Partha Chatterjee and Anubrata Mondol, have been detained by government authorities and that the Pradhan Mantri Awas Yojana has given rise to allegations of corruption and nepotism against the party.

The TMC's top rung is soiled, therefore the BJP poked fun at the anticipated endeavor by calling it a mere eyewash.

Source : PTI/PIB/ANI

DELHI'S DHWANI BLENDS KATHAK & BOUL TO ENTHRALL AUDIENCE AT KALA MANDIR IN KOLKATA

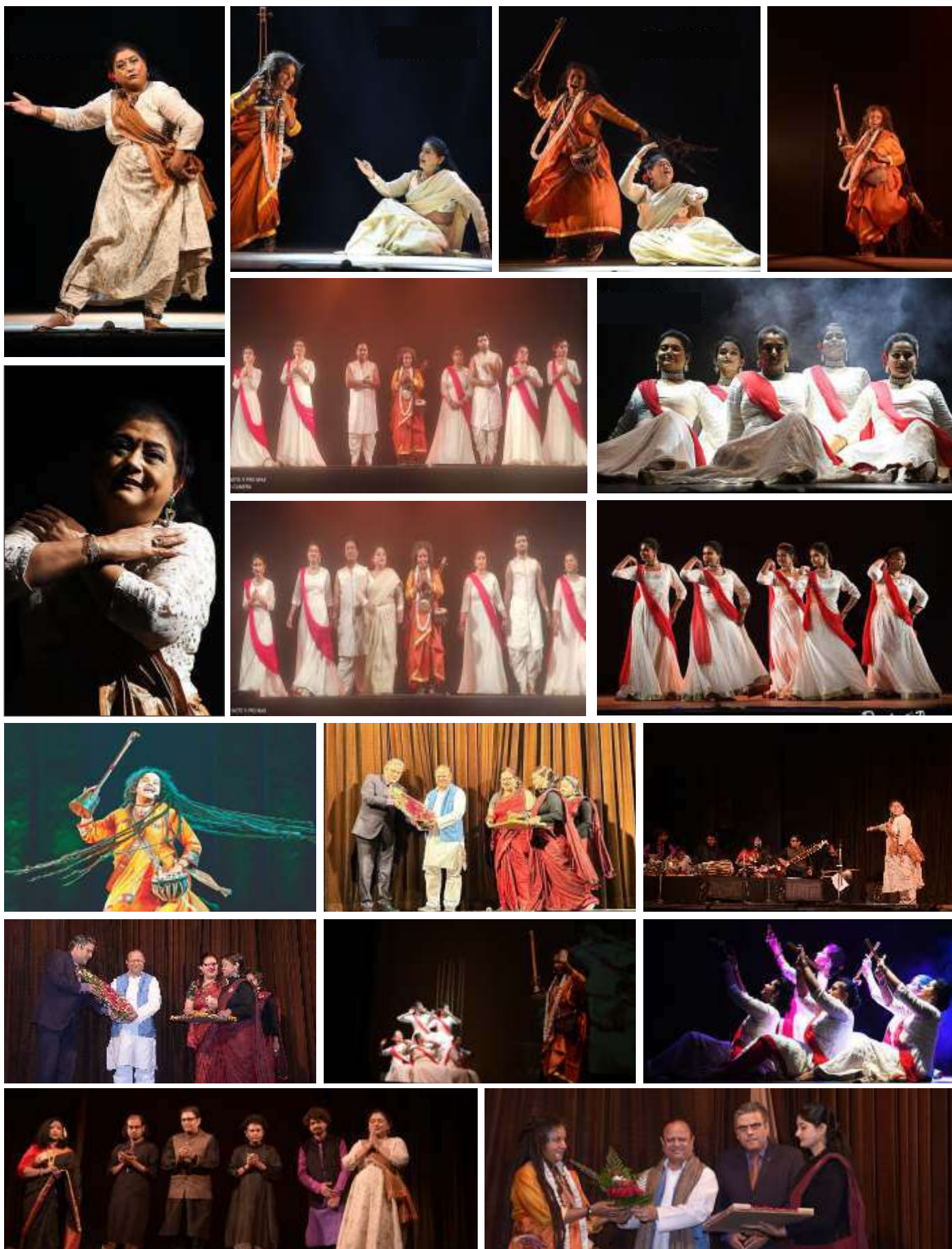
Kolkata: Delhi's famous dance repertory Dhvani organised a colourful evening of Kathak dance and Baul songs at the famous Kalamandir auditorium on 23rd December 2022. Performers were renowned Kathak dancer Vaswati Misra and Parvathy Boul. Both enthralled everyone in the evening. After a long time, the director of Delhi's Dhvani dance troupe Vaswati Misra performed a mind-blowing solo dance in the cultural capital of the country. Renowned artiste Parvathy Baul also enthralled the audience with her popular songs at the programme.

Ghulam Rabbani, Cabinet Minister of West Bengal, was the Chief Guest at Friday's event. Ratnajyoti Dutta, a renowned international journalist and Honorary National Adviser of Dhvani, welcomed the Chief Guest at the programme. Rabbani is the minister in-charge of minority affairs and madrasah education in Chief Minister Mamata Banerjee's cabinet.

Rabbani praised nationally acclaimed dancer Vaswati Misra's dedication to promote the Kathak dance form among the new generation. Kathak dance lovers got a unique opportunity in the cultural capital of the country to watch a wonderful blend of Kathak dance and Baul songs at the event.

Coalesce took the inspiration from the works of the mystic poetry of *Jalal ad-Din Muhammad Rumi*. The general theme of Rumi's thought, like that of other mystic and Sufi poets of Persian literature, is that of tawhid — union with the Beloved. Rumi believed passionately in the use of music, poetry and dance as a path for reaching God. He believed, music helped devotees to focus their whole being on the divine and to do this so intensely that the soul was both destroyed and resurrected.

Dhwani, a leading arts organisation, has been in existence since 1984. The company receives grants from the Department of Culture, Govt. Of India and is empanelled with Indian Council for Cultural Relations under 'outstanding category'. The members of Dhvani have performed at a number of national and international festivals and collaborated with outstanding musicians and writers. Some of the unique productions have been 'Arpan', based on the works of Dr. Harivansh Rai Bachchan, sharing the stage with the legend Shri Amitabh Bachchan, 'Rare Rhythms' in collaboration with Sivamani, Selva Ganesh and Taufiq Qureshi. A Hindi version of Pinocchio, penned by Gulzar with music by Zakir Hussain. 'Rasaarchana' with music by Ustad Amjad Ali Khan and a Sufi work 'Raha' with Parvathy Baul.



News Mania Desk / Photography : Sudipta Karmakar

Pen of the Reverend

AYURVEDIC TREATMENT: PROSPECTS AND CHALLENGES FROM THE PERSPECTIVE OF CANADA

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Student Award (2009), CSA Best Article Award (2010), SAEA Volunteer Award (2011), AFC Celebrate Agriculture in Alberta Photo Award (2012), ASPB Peggy Thompson Publication Award (2014), Gopalchandra Bhattacharya Award (SAB), Annual Award 2020 (GBMC) and Prof JB Mathew Award (CMRA).



Ayurveda, the traditional medicinal system of ancient India that has long been neglected both in India and abroad. A revival of Ayurvedic practises was also noted during the British Raj as that was the most easily available medical treatment of that period. Modern medicine and treatment were restricted to our British bureaucrats, officers, soldiers and other top administrative and military top brass of that time. The Britishers realized that this much cheaper, easily accessible, traditional and well received medicinal treatment is an excellent alternative for the treatment of the rural Indian mass where it is challenging both in terms of logistics and funding to provide and make modern medical system accessible and affordable for all.

Over seven plus decades post Indian independence; Ayurveda has seen rapid deterioration across the decades until the very recent COVID-19 pandemic. Prior to the successful commercial production of vaccines, Ayurvedic treatment and medication has stood the test of time in protecting a significant portion of global human population from the massive onslaught of COVID-19. The entire planet has witnessed the abject failure of modern allopathic medicines and drugs at the time of need; and how simple basic Ayurvedic formulations boosted immunity to recover people from deadly viral infection.

Canada, a G7 industrial first world nation with immense natural resources and geopolitical leverage is no different in its apathy towards Ayurveda and Ayurvedic treatment like any other advanced western democracies. But before we point fingers at Canada or any other First World countries for their socio-cultural differences; as well as their existing scientific and technological limitations for appreciating Ayurveda; we have to humbly accept the criticism that India as the founder nation has done very little or almost nothing to promote Ayurveda around the globe. Only fairly recently, the Indian Government has taken exemplary steps in promoting Ayurveda through the previously neglected AYUSH ministry under the monumental leadership of a visionary leader and a global statesman like Prime Minister Narendra Modi. The current initiatives of the Indian Government and the impact of the deadly pandemic as cumulative force has synergistically once again placed Ayurveda as the front runner via AYUSH both in India and abroad.

Like in other western countries, Ayurveda has rekindled interest once again in Canada big time. A carafe Canadians have become interested about Ayurvedic treatment within the country and are also showing positive interest in trying Ayurvedic formulations and medications. One of the most important concerns among the Canadian population in exclusively adopting to Ayurvedic formulations has been their concern for correct dosages of the plant based medicine provided. It is quite unfortunate that both in India and abroad, a significant part of the populations are unaware of the fact that Ayurvedic medicine preparations have undergone a silent revolution. Very few people know that just like allopathic modern medicine and advanced synthetic chemical based drug production; plant based Ayurvedic medication are now available in correct dosages in the form of tablets, capsules, syrups, liquids and other easily usable oral applications. These user-friendly, plant based medication with very little or almost zero side effects are extremely effective both in boosting immunity in the body and successful preventing spread of pathogens inside human blood stream, cells, tissues and body organs prolonging a healthy life.

Prior to pandemic, Ayurvedic treatment meant to Canadians as exciting an opportunity to go for traditional medical tourism in Sri Lanka and Southern Indian states like Kerala, Karnataka, Andhra Pradesh and Tamil Nadu for a weeklong or fortnightly Ayurvedic medical tourism for a full body treatment with use of herbs, natural aromatic oils, massage, yoga, pranayam, aroma therapy, hot stone therapy, Ayurvedic spa or healthy bath in water containing neem (*Azadirachta indica* A. Juss; *Meliaceae*) and turmeric (*Curcuma indica* L., *Zingiberaceae*) or application of mixed medicinal plant paste and related applications. But more than real medical tourism it has been like an exciting workshop exploring the various approaches, treatments and disciplines of Ayurveda in present day India and Sri Lanka.

This practise is quite expensive for many lower middle class and lower income class Canadians to be able to afford. Such luxurious pleasure trips and treatments have been afforded mostly by rich and affluent Canadians or upper middle class Canadian citizens with high paying government and private jobs or businesses. But it still remains beyond the rich and affordability of average Canadians. Hence, it is important to bring Ayurveda to Canadians in Canada to make it more useful, affordable and accessible to average Canadians; not just restricting it to rich, social elites and other privileged member of the Canadian society.

In the mainstream, it is not possible to access Ayurvedic formulations over the counter in Canada without medical prescription. Hence, it is mostly being sold here as herbal products, cosmetics, perfumery, nutraceutical or pharmaceuticals or as body strength or immunity booster formulations abs not directly as drugs or medicines. Practising Ayurveda is similar to practising herbal medication or aroma therapy in Canada. The products are also not easily available in standard stores and super markets or malls visited by most Canadians. Medical practitioners as well medical councils at both the provincial and federal levels have concerns regarding Ayurveda regarding application of proper and well defined dosage applications, process of administration, Ayurvedic drug shelf life, Ayurvedic medical formulations and actual chemical constitution by percentage or other measurable matrices used in modern pharmacology and pharmacists, whether any constituent is allergic and due to lack of proper long term Ayurvedic treatment follow up against well observed controls in various level of drug trials, reliable data source and lack of credible impacts of Ayurvedic treatments in modern peer reviewed western high impact factor journals.

I think that both the Indian government as well as Ayurvedic medicine manufacturing industry needs to work together hand in hand in providing proper education and awareness to traditional western societies. These could be effectively done by organizing Ayurvedic fairs, workshops, seminars, symposia and colloquiums organized through Indian High Commissions and Indian Embassies in foreign countries. The Ayurvedic medicine manufacturing industry together with the Ayurvedic fraternity in India needs to support, sponsor and actively participate in such interactive sessions to clear the doubts of Ayurvedic medication and treatments from the minds of average Canadians. Such initiatives needs to be talked about and properly discussed with their appropriate counterparts by Indian diplomats, Ayurvedic industry members, academics, scientists, scholars and researchers practising abs working actively with Ayurvedic modes of treatment and proper medication.

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Pathaan is a victim of controversy, says former CBFC Chairman Pahlaj Nihalani: 'CBFC must have got pressurised from.'



CBFC had asked Pathaan's makers to revise certain parts of the film and the 'Besharam Rang' song, owing to the controversy surrounding the saffron colour clothing worn by Deepika Padukone. News reports on the matter quoted the CBFC Chairman, Prasoon Joshi saying, "The committee has guided the makers to implement the advised changes in the film including the songs and submit the revised version prior to theatrical release." Media seeking his opinion on the revisions being asked of Pathaan and the controversial song Besharam Rang. Since Nihalani was the CBFC Chairman from 2015 to 2017. Expressing his views, Nihalani said, "The examining committee has suggested modification after viewing the film. There's no guideline that states that a colour can be cut. You can suggest changes if there's vulgarity or obscenity. But if they ask for cuts because of a colour, it would be a wrong proceeding. There could be pressure from the ministry."

Huma Qureshi recalls feeling 'rage' while shooting rape scene in Badlapur



The 2015 neo-noir thriller film Badlapur, directed by Sriram Raghavan, starred Varun Dhawan and Nawazuddin Siddiqui. Directed by Sriram Raghavan and starring Varun Dhawan and Nawazuddin Siddiqui, the 2015 neo-noir thriller film Badlapur was a critical and commercial success. The film revolves around how Varun's character plans his revenge against Nawaz's character Liak for murdering his wife and son in a bank robbery. To avenge Liak, Raghu forcibly has sexual intercourse with his girlfriend Jhimli, played by Huma Qureshi, multiple times. The actress recalled that she felt rage while shooting the rape scene in the film, adding that she had to calm herself down when she went back home as her hands were shaking. In a roundtable discussion with media, Huma said, "I play a sex worker. That's why I did the film because, for me, it was such a beautiful thing to explore how can we make people feel bad for a sex worker who we judge so freely and who can also be raped and that she is also a woman at the end of the day. I loved the character but while doing the scene, I was a wreck."

James Cameron says he cut 10 minutes' gun violence in Avatar The Way of Water 'to get rid of some of the ugliness'



Filmmaker James Cameron has said that he cut out at least 10 minutes of gun violence from his latest film Avatar: The Way of Water as he wanted 'to find a balance between light and dark'. At least 10 minutes of gun violence was cut down from the new Hollywood film Avatar: The Way of Water, filmmaker James Cameron said. The new Avatar film is raking huge numbers at the box office worldwide, and has been running successfully in theatres across the globe for two weeks now.



Pitchers' New Season Is Set To Level Up The Entertainment Quotient This Winter!

Pitchers will feature Ridhi Dogra, Sikander Kher, and Ashish Vidyarthi joining Naveen Kasturia, Arunabh Kumar, Abhay Mahajan, Abhishek Banerjee, and Gopal Dutt in pivotal roles. After a seven-year hiatus, the series is finally back, and this time we meet them 2.5 years after their tech start-up, 'Pragati.AI', was established. After a long wait and much anticipation, the next season of Pitchers will premiere on December 23 on ZEE5 Global. Amit Golani directed the first season, and Biswapati Sarkar, who played Puneet in the two episodes, wrote the scripts for the web series. It tells the tale of four entrepreneurs who quit their jobs to start their business venture and successfully do so, overcoming all obstacles. Tu Beer Hai, And Then There Were Four, The Jury Room, Bulb Jalega Boss, and Where Magic Happens were the five episodes of the series.



SAMANTHA RUTH PRABHU TALKS ABOUT 'EASIER' RESOLUTIONS THAT ARE 'KINDER AND GENTLER'

Samantha Ruth Prabhu, dropped a no-makeup photo of herself and wrote about the upcoming year. The actress looks beautiful in a printed black and red night suit while flaunting her smile. Sharing the photo, she wrote, "Function forward... control what we can!! Guess it's time for newer and easier resolutions.. ones that are kinder and gentler on ourselves. God bless. Happy 2023!!" Netizens also reacted to the photo, one of his fans wrote, "Waited for your post!! You are the strongest, superwoman Get well soon Samantha Will always pray for you."

The second one mentioned, "Life lo anni problems ochina yela undali... Yenta strong ga undali ninni chusi nerchukuna... thank you Sam." The third one said, "You don't what you are giving me! really i don't know what to call it.. Happiness, motivation,

strength, inspiration, mental support, Hope, or whatever!!! Really don't know what to call it! All I can say just stay happy be happy you deserve only loads of love and happiness God bless you abundantly." The third one said, "Happy to see you Sammu Stay strong i'm sure everthing's gonna be alright soon It's going to be happy23 sending you lots of love."

Yashoda star Samantha Ruth Prabhu left her fans shocked and worried after she shared about getting diagnosed with Myositis. Usually, people boast about achievements and goody-goody pictures on social media. But give it to Samantha, who has shared a vulnerable side of her in this courageous post on her social media.

Alison Brie's Hottest Looks: Celebrate The 'Community' Star's 40th Birthday With Her Sexiest Red Carpet Photos



There isn't a single role that Alison Brie hasn't totally owned, and her sense of style is just as on point. The 'Community' beauty always has a fresh, fun look and her personality truly shines through with her fashion sense. She loves big colors and playful shapes, never afraid to push the limits a little. Whether she's heading to an interview or strutting down the red carpet for a premiere, Alison always looks amazing.

Take this sunny look from 2019. She was a burst of energy in a mango-hued Zimmerman dress that featured flap pockets and a belt. Accessorizing with a cream purse and silky scarf heels, she looked perfect for summer.

VIVEK AGNIHOTRI RESPONDS TO ALLEGATION HE WILL 'FOCUS ON GOVERNMENT, IGNORE SCIENTISTS' IN THE VACCINE WAR



Vivek Agnihotri responded to a Twitter user who accused him of focusing only on the government and not on scientists in his upcoming film The Vaccine War. Vivek, who has had a successful year with his film The Kashmir Files raking in Rs 341 crore at the box office, is currently filming The Vaccine War. The film is reportedly based on India's effort to develop an effective Covid vaccine.

On Thursday morning, Vivek posted a behind-the-scenes picture from the sets of the film that shows him gazing at something off camera, deep in thought. The caption read, "#TheVaccineWar #ATrueStory. A war that you didn't know India fought. And won. #ShootSnap." Responding to this, a Twitter user said that he was certain the filmmaker would focus more on government than the scientists. "I am sure you shall focus more on govt and will ignore contribution of our scientists and doctors in the movie. In case I am proved wrong, I shall publicly apologize to you," they tweeted in reply to Vivek's tweet.

Prabhas' appearance on Unstoppable With NBK to be telecast over two episodes



Prabhas is set to make a rare appearance on a chat show as he will appear on Unstoppable with NBK, hosted by Nandamuri Balakrishna. Ever since the first pictures of the actor's appearance on the show emerged online, fans have been writing and tweeting to the show and the platform it streams on, urging them to not edit the interview. It seems their prayers have been answered.

Sources from aha, the streaming platform that telecasts Unstoppable, say that Prabhas' interview will be streamed over two episodes, a first for the show. "We have received numerous messages from fans asking us not to edit the episode. Additionally, aha and Prabhas have been delighted with the outcome. Therefore, we decided to go ahead with the two parts after consulting Prabhas, Nandamuri Balakrishna and the team internally," shares a source.

The first episode, which will stream on December 30, will see Prabhas and Balakrishnan share some fun, banter and 'revelations', as informed by the platform. The second episode will be released the following week, on January 6, 2023. On this episode, the two will be joined by actor Gopichand, who is Prabhas' best friend. The two actors will share their struggles in the industry and how their friendship blossomed over the years.

Jake Gyllenhaal on why he agreed to do Strange World



For the Academy award-nominated actor, what was most interesting about the film was how the focus was on three generations and how they connected — or not. He explains, "When they pitched me the story of Strange World, I was so moved. It lines up with so many things that I believe, like the

psychological dynamics in a family, the generational issues that we all have, how difficult we find loving to be sometimes — and I also think the idea that family is a microcosm for how we treat the world and what is taught within that unit is eventually what we bring to the world outside of us. It was really a very special, fated connection with the story."

The actor further added, "I think we grow up and we try for many years to define ourselves to be our own selves, separate from our family, no matter how much we love them, or they love us. There are desires that our parents have for us; there are things that they push us into that they don't even realize they are. There's a whole unconscious world going on underneath all of the conscious world that we live in, and it was why I loved this story so much. Because Strange World is really a world — though it has all these amazing layers underneath it—about having to go to a place that is maybe scary or different to be able to learn to listen to the people we love the most in our lives."

CINEMAR SAMABARTAN'S 7TH EDITION ANNOUNCED BY WBFJA



By : Partha Roy : West Bengal Film Journalists' Association (WBFJA) announced the nomination of the 7th edition of the West Bengal Film Journalists' Association Award 2022 - "Cinemar Samabartan" in Kolkata on 27th December 2022. Shri Shirshendu Mukhopadhyay noted journalist, author was Chief Guest. National award winner actor-director Kaushik Ganguly, renowned actress, Ms. Paoli Dam & popular directors Birs Dasgupta, Prasun Chatterjee and renowned film personality Anik Dutta graced the occasion.

There are seventeen award categories in the popular segment, eight award categories in the Technical Award segment and a Life Time Achievement Award. "Cinemar Samabartan" is the ultimate gathering of original story tellers, where best talents of Bengali cinema will be awarded. Talents are judged by film-critics or journalists and it is only industry to industry (B2B) award ceremony. "...

Theme of the award ceremony this year: "Where There Is No Imagination, There Is No Horror" to stimulate the imagination and create new perspectives. It is an attempt to enthuse the masses to indulge in their share of fun and excitement in the theatres" said Nirmal Dhar Secretary of West Bengal Film Journalists' Association. One hundred eleven film were screened & nominated this year in various categories.

Internationally acclaimed award winning actor Shri Dhritiman Chatterjee who acted in several films of Satyajit Ray as well as in different languages films of renowned directors will be honoured with Satyajit Ray Life Time achievement award.

LAKADBAGGHA' - INDIA'S FIRST ACTION FILM ABOUT AN ANIMAL LOVER VIGILANTE, SET AT THE KOLKATA INTERNATIONAL FILM FESTIVAL



The lead cast of Anshuman Jha, Ridhi Dogra along with Director Victor Mukherjee and the film's Music Composer Simone Fransquet attended the premiere of the film in the city of joy. The film is a Kolkata set story of a courier boy living in Hartaki Bagan, who is a 'Krav-Maga' (Israeli Martial Arts Form) teacher & his love for Indian desi dogs leading him to unearth a huge animal trade nexus.

DELHI CONDUCTS THE 'FEEL THEIR PAIN CHALLENGE' AS PART OF A NATIONWIDE CAMPAIGN

on 24th December around 100 animal rights activists across Delhi were seen conducting a unique challenge called 'Feel Their Pain'. This event is an initiative by the pan India collective, Vegan India Movement to show people the reality of the world's most neglected victims—animals.

In Delhi the event was organised by Delhi Vegans of Animal Liberation at Jantar Mantar as part of this campaign, the public was requested to sit inside a cage or stand on a crate for as long as they could, to experience less than a fraction of what animals are put through every day to be used as commodities by humans. The volunteers then showed the public footage of what animals are subjected to in different industries and conversed with them about Veganism. The footage gave glimpses into the lifelong suffering and cruel deaths caused by our exploitation of animals for food, clothing, entertainment,



experimentation, etc. The event aimed at drawing people's focus to the immense suffering that our everyday choices inflict upon animals and urging them to make changes.

"Veganism is not a diet choice, but a social justice movement that recognizes that animals are sentient beings and should therefore not be treated as commodities — not

just for food (which includes meat, dairy, and eggs), but also all the other ways in which they are exploited — for clothing (silk, wool, leather), entertainment (circuses and zoos), experimentation, etc.", says Indraneel, one of the event organizers.

"Anyone who has spent time with animals knows that each animal has an individual personality, just like us humans. They value their families, freedom and lives just like we do. Yet, we separate animals from their loved ones, rob them of their freedom, and mutilate their bodies. Every day, hour and minute, non-human animals are subjected to horrors that no human would knowingly support", adds Muskan Yadav, another organizer.

The animal liberation movement has already spread rapidly in India over the last decade and is poised to become much bigger!

EASTERN INDIA'S FIRST CARBON NEUTRAL CONFERENCE AT 47TH REGIONAL CONFERENCE ORGANIZED BY EASTERN INDIA REGIONAL COUNCIL OF THE INSTITUTE OF CHARTERED ACCOUNTANTS OF INDIA

The Eastern India Regional Council (EIRC) of ICAI has organised its annual signature event the 47th Regional Conference spread over two days (23rd & 24th December, 2022) at Biswa Bangla Convention Centre, Kolkata with the theme — "Awakening the Change Within" where in more than 2500 members, finance professionals and others attended the event from all across India.

The 47th Regional Conference organized by ICAI & EIRC was inaugurated by CA (Dr) Debashis Mitra, Hon'ble President, ICAI and was attended by: CA Ranjeet Kumar Agarwal, Council Member, ICAI; CA Ravi Kumar Patwa, Chairman, EIRC of ICAI and many other eminent personalities.

On this occasion, CA (Dr) Debashis Mitra, Hon'ble President, ICAI emphasized on the development of Technology and sustainability as per Global Standard. He praised the Carbon Neutrality aspect of the conference which will bring social and community benefits. While



talking on G20 Summit 2023, he reiterated the Motto "One Earth One Family One Future" and confirmed the leadership of India and the efforts of the Institute towards this noble cause. He also added that the ICAI utilizes its surplus for the future generation to serve the Nation and to cater for the betterment of the society.

One of the key topics of the Conference was Social Audit and Social Stock Exchange. A social audit is an internal examination of how a particular business is affecting society and serves as a way for a business to see if the actions being taken are being positively or negatively received and relates that information to the company's overall public

image. Social Stock Exchange is a bourse meant to serve the private and non-profit sectors and will help them in raising funds through the exchange. In the era of corporate social responsibility, both the topics were very much relevant.

Another topic of current interest was Sustainability and ESG. The 3 Ps of sustainability are People,

Profit, and Planet. Those are the 3 principles upon which sustainability is built and sustainable development achieved. Knowing what the 3Ps of sustainability are and their importance is paramount to achieving our eco-friendly goals. Finding the right balance between the three principles of sustainability should be a very important part of the long-term corporate strategy.

The Conference was spearheaded by the Chairman of the EIRC, CA. Ravi Kumar Patwa along with his team in the Regional Council supported by the Council Members of Eastern Region of the Institute. The participants had a great learning experience in these two days.

50 YEARS OF ESTABLISHMENT OF DIPLOMATIC RELATIONSHIP BETWEEN INDIA AND VIETNAM CELEBRATED

By Partha Roy : The 2nd Viet Nam Forum has organised conference on theme "Enhancing Viet Nam - India Comprehensive Strategic Partnership Towards 2030" in commemoration of 50 years of diplomatic relations between India and Vietnam. This conference was held at the Vietnamese Embassy, New Delhi on 21 December 2022. India is the third country to have Comprehensive Strategic Partnership with Vietnam; the other two are China and Russia. This conference was aimed to take stock of the progress of the bilateral relations and brainstorm on how to increase the depth and breadth of the comprehensive strategic partnership between the two countries and to



cope with new complexities and uncertainties of today's world.

In his introductory remark, Mr. Nguyen Thanh Hai, Vietnamese Ambassador to India has emphasized about the relevance of having strong relations between Vietnam and India and the contemporary geopolitical scenario, specifically with reference to Indo-Pacific concept. The speakers of different sessions of

the conference have summed up the geopolitical, economic, strategic, security and connectivity issues of bilateral and multilateral concern. On this occasion, Mr. Nguyen Thanh Hai, Vietnamese Ambassador to India has launched the Special Edition of "Vietnam-India: Comprehensive Strategic Partnership" published by The World & Viet Nam.

Ambassador Dr. Mohan Kumar, Dr. Do Thanh Hai, Deputy Chief of Mission, Prof. G. Jayachandra Reddy, Dr. Prabir De, Dr. Le Thi Hanh Nga, Dr. Vu Le Thai Hoang, Dr. Nguyen Tran Tien, Dr. Anand Mishra, Dr. Pankaj Jha, Dr. Om Prakash and Dr. Abira Bhattacharya participated in the deliberations.

EMILIANO MARTINEZ OF ARGENTINA HAS BEEN ACCUSED OF HARASSING KYLIAN MBAPPE



France has filed a formal complaint against Emiliano Martinez of Argentina for severely harassing Kylian Mbappe following the final between France and Argentina.

Martinez's activities have gone too far, according to a written letter of complaint from French FA President Noel Le Graet.

The vulgar taunting of France forward Kylian Mbappe by some Argentina fans in Buenos Aires as they celebrated the homecoming of the World Cup winners was denounced by Amelie Oudea-Castera, France's minister of sports, who also stated she may contact her Argentine colleague.

During Argentina's trophy procession, Emiliano Martinez made fun of Kylian Mbappe by holding a baby doll with the French star's face on it.

To make matters worse, Martinez

actually raised the Mbappe doll while standing close to the 24-year-old PSG player Lionel Messi as the two enjoyed Argentina's victory over France in the penalty shootout.

The Argentina players danced around the locker room earlier in the celebration following their victory while simultaneously chanting a minute's silence for, creating a pause in which goalkeeper Martinez yelled, "For Mbappe who is dead!"

Martinez and Mbappe have been at odds since before the World Cup even started. Mbappe claimed that because European football is of a greater caliber than football played in other parts of the world, European teams had an advantage over other teams during the World Cup.

Martinez's celebrations following his Golden Glove victory also generated controversy.

TALIBAN PROHIBIT WOMEN FROM WORKING FOR LOCAL AND INTERNATIONAL NGOS

All domestic and international non-governmental organizations in Afghanistan were told on December 24 to stop hiring women, according to the Taliban leadership, who claimed that some of the women workers weren't properly donning the Islamic headscarf. Separately, they forbade women from attending religious sessions at the mosques in Kabul, the country's capital.

The bans, which come only days after the Taliban forbade female students from attending universities throughout the nation, are the most recent restrictions imposed by Afghanistan's new rulers against the rights and freedoms of women.

Since the ban was implemented, Afghan women have



protested it in major cities—a rare instance of domestic unrest since the Taliban took control last year. The judgment has also sparked uproar on a global scale.

The NGO directive was issued in a letter from Afghanistan's Economy Minister Qari Din Mohammed

Hanif, who also threatened to cancel the operational license of any organization found to be disobeying the order. Abdul Rahman Habib, the ministry's spokesman, verified the letter's contents to The Associated Press.

According to the ministry, it had been informed of severe complaints over female employees of NGOs who were not donning the proper headscarf, or hijab. It was unclear right away whether the directive applies to all women or just Afghan women who work for NGOs.

There were questions about whether the most recent Taliban action was a prelude to a general ban on Afghan women leaving the house, therefore more information was not immediately accessible.

AFGHAN WOMEN PROTEST THE UNIVERSITY'S PROHIBITION

Although the Taliban first pledged to uphold the rights of women and minorities, since taking power in Afghanistan last year, they have widely applied their interpretation of Islamic law and almost eliminated women from public and educational life.

Systematic discrimination

The strict Islamist government forbids girls from attending middle and high school, prohibits them from working in the majority of professions, and requires them to cover up completely in public. Women are also prohibited from visiting parks or gyms alone and from traveling without a male relative.

Even madrassas that only had female pupils in attendance were closed down by the authorities.

Universities were compelled to enact new policies following the Taliban's takeover, including gender-segregated classrooms and entrances, and women could only take classes from professors of the same sex or elderly men.

Last week, the Taliban outright forbade women from enrolling in universities.

Only a few days later, all local and international non-



governmental organizations received orders to stop hiring women or face having their operating permits removed.

The most recent rulings have led to unprecedented female protests in a number of Afghan cities. Women flocked to the streets, braving water cannons and freezing temperatures, shouting "Education is our right" and "education for all or none."

To fight for their rights, the ladies are risking everything, including their lives.

Futures separated

Marwa will now be forced to watch helplessly as her brother leaves without her while she was only a few

months away from becoming the first woman in her family to attend university.

She was overjoyed to be attending the campus every day with her brother Hamid.

However, their destinies have now been torn apart.

As she held her new baby in her arms, Marwa's mother remarked that she saw history repeating itself. She was compelled to stop studying twenty years ago, between 1996 and 2001, when the Taliban's first government was in power.

Worldwide condemnation

The restriction of women's rights has received criticism on a global scale. Upon hearing about the NGO restriction, UN Secretary-General Antonio Guterres expressed his grave concern and stated that women must be given the opportunity to play a vital part in all facets of society, including humanitarian assistance.

The Taliban's action was deemed devastating for the Afghan people by US Secretary of State Antony Blinken, who also noted that women are crucial to humanitarian activities around the world.

CRITICISM OF RISHI SUNAK'S "EXCRUCIATING" TALK WITH A HOMELESS MAN



The encounter between UK Prime Minister Rishi Sunak and a homeless guy in a widely circulated video has drawn criticism for being utterly weird and "excruciating."

On December 23, Sunak was working as a volunteer at a soup kitchen when a man arrived for breakfast. After exchanging pleasantries, Sunak asked the man, who introduced himself as Dean, how he was, to which the man replied, "hungry." After asking him what he wanted and serving him a variety of cuisine, he continues the

conversation.

The PM of Indian descent asks the man if he thinks the shelter is a wonderful place, and then inquires as to whether Sunak is sorting the economy out.

The 1:36 video has 11.5 million views and was first posted by a news outlet, which later attacked Sunak for being tone deaf until another journalist posted it.

View it here:

The video was also posted by Angela Rayner, the deputy leader of the-

-opposition Labour Party, who called it "excruciating."

The video was also mentioned on Twitter by Labour MP Jess Philips, who wrote: "Rishi Sunak cosplaying as a charity worker as homelessness and poverty soured under his stewardship of the economy and while his government drags its feet on the regulation against those profiting from homelessness and vulnerability is as cringe-worthy as expected."

A few others said he didn't patronize the man just because he was at a soup kitchen, and he did get some support online.

Sunak, a 42-year-old former investment banker from a wealthy background, has faced criticism before for being out of touch with the general public and making insensitive statements.

INDIA'S VISA-FREE ACCESS TO SERBIA WILL END ON JANUARY 1ST



The Serbian government has decided to end visa-free travel for Indians in order to curb illegal immigration and adhere to the rules of the European visa policy. The statement claims that starting on January 1, 2023, holders of Indian passports would no longer be able to visit Serbia without a current visa.

Previously, holders of diplomatic and official Indian passports were permitted a 90-day visa-free stay, compared to a 30-day limit for ordinary passport holders.

Serbia began allowing visa-free immigration in September

2017. Due to Serbia's visa-free entrance, Indians visiting the country are unable to visit other nations, including those that are neighbors with Serbia and other European nations.

Following the government of Serbia's announcement, the Indian embassy in Belgrade, Serbia, published advice advising Indian nationals of the change in visa requirements.

The advice further stated that Indian nationals with valid visas for the Schengen, UK, or US, as well as legal resident status in these nations, may still enter Serbia for up to 90 days.

AN EX-KING OF BHUTAN FOREWARNED INDIA ABOUT CHINA



Jigme Singye Wangchuck, the then-king of Bhutan, had forewarned India of Chinese pressure in 1999.

Former Research & Analysis Wing (R&AW) chief AS Daulat made this remark in his book.

Dulat claims that the previous King's statements were prophetic on the ensuing infrastructure buildup by China and the India-China tensions in Doklam in 2017.

Additionally, he claims that New Delhi's strong stance on a number

of subjects, such as the Kashmir problem and its strict foreign policy in the region, resulted in failures.

Dulat spent time with "K4", the reigning monarch at the time, during his three-day trip to Thimphu in 1999.

"Democracy will arrive more quickly than later. However, [the Indian establishment] is making life somewhat challenging for us". The previous Bhutanese King reportedly told Dulat during his visit that "the Chinese are breathing down our necks."

Daulat continued by saying that the King was certain that if India pushed Bhutan too hard, the issues with China would only become worse.

Dulat comments in the memoirs, "The old King [Jigme Singye Wangchuck] was a clever man and looking back, his remarks have proven prophetic."



INDIA'S CUISINE CAME IN FIFTH ON THE LIST OF THE WORLD'S BEST CUISINES AWARD 2022

According to Taste Atlas, India is ranked fifth on the list of the world's top cuisines for 2022. Votes from the audience for ingredients, dishes, and beverages are used to determine the ranking. The food of Italy came in first, followed by that of Greece and Spain.

According to the assessment, the greatest meals in India are garam masala, malai, ghee, butter garlic naan, keema, which

obtained a score of 4.54. The list contains 460 things in total. The list also includes 450 additional restaurants, such as Shree Thaker Bhojanalay (Mumbai), Karavalli (Bengaluru), Bukhara (New Delhi), Dum Pukht (New Delhi), and Comorin (Gurugram) as the top places to try Indian food.

Among the top 10 nations with the best cuisines were Japan, the United States of

America, Turkey, France, and Peru. The most popular cuisine in the world, however, Chinese, came in at number 11. The list in this tweet has drawn a lot of attention online. With more than 15,000 comments, it has had over 36 million views. Many people believed that the list's rankings were unjustified. Some people claimed that their country's food was superior to all others.

Do people still develop? A study discovered 155 new genes in humans, indicating that we are still evolving seven million years after splitting off from the chimpanzee lineage. Researchers from Trinity College in Dublin, Ireland, and the Alexander Fleming Biomedical Sciences Research Centre (BSRC Fleming) in Greece conducted the study. They claimed that a little, non-coding region of the DNA gave rise to the recently found genes. The discovery is incredibly significant since, according to Science Alert, these genes appear to have a significant role in human biology.

Cell Reports is the journal where the paper has been published.

The researchers behind this new study built a genetic tree comparing humans to other vertebrate species using data from the prior study (released in 2020).

The researchers observed that while some of the recently identified genes have been around for a long time, others are more recent additions. According to the study's findings, two of the genes appear to have appeared since the separation between humans and chimpanzees.

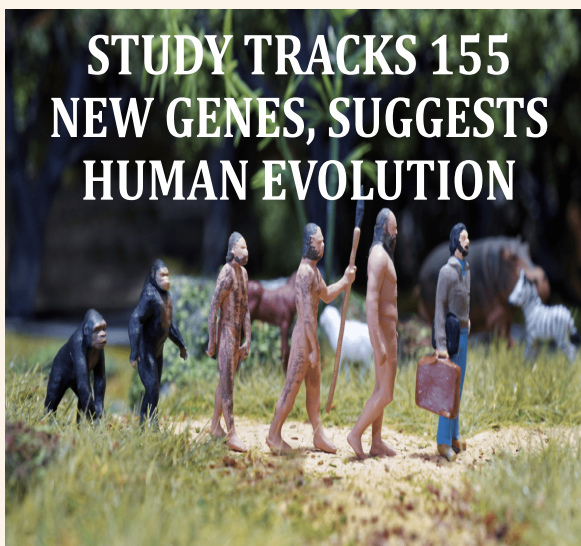
Best Methi Powders For Skin And Hair That Costs Under Rs. 500

Methi, also known as fenugreek, has antifungal and antibacterial properties that efficiently battle the same bacterium that causes dandruff without having the same adverse side effects as other synthetic drugs. According to one study, fenugreek extract can successfully treat hair loss by encouraging hair growth and reducing the time it takes for the hair to develop by half. They are rich in linoleic and oleic fatty acids, which can be found in many skincare products. Let's look at some of the best methi powders on the market today!

INDUS VALLEY Bio Organic Fenugreek Methi Powder

Indus Valley Bio-Organic Fenugreek Seed Powder is made from crushed methi or fenugreek seeds that have been grown organically. This 100% pure, certified organic powder can be used to improve your complexion, halt hair

STUDY TRACKS 155 NEW GENES, SUGGESTS HUMAN EVOLUTION



loss, delay the signs of aging, and more. You can also use it to cleanse your intestines and lower blood sugar levels.

LYUSH Herbal Ayurveda Organic Methi Powder

lyush's herbal methi powder is completely safe to use regularly for problems with flexible joint movement and/or the scalp. Methi seeds include fiber and other substances that may hinder digestion and the body's absorption of sugar and carbohydrates. Methi seeds are a rich source of iron and protein, two essential elements for hair development. They also include a special combination of plant compounds, including flavonoids and saponins. Since methi powder has anti-inflammatory and antifungal qualities, it is believed to stimulate hair growth.

Attar Ayurveda Methi Seed Powder

Methi Powder from Attar Ayurveda is an ideal treatment for all of your hair-related problems and an effective natural anti-aging cure. Due to its high niacin or vitamin B3 content, it can effectively repair already damaged skin cells and regenerate new ones. As a result, it even gets rid of wrinkles, age spots, fine lines, and other flaws. No other natural powder manages dandruff as this one does. It is the greatest natural powder for dandruff by far. In addition to controlling hair loss, it is one of the greatest dandruff treatments.

Forest Herbs 100% Natural Organic Fenugreek Methi Powder

This methi powder from Forest Herbs is rich in iron, protein, and vitamins A, K, and C, all of which are essential for hair growth. This methi powder soothes itching caused by dandruff, strengthens hair, and lessens shedding. It deeply cleanses and unclogs clogged pores on the skin by penetrating the skin's layer. Methi powder from Forest Herbs encourages hair growth and improves hair health by feeding the scalp with a variety of minerals and essential fatty acids. The high protein and nicotinic acid content of fenugreek powder improve the texture and volume of hair.

Jain Methi (Fenugreek) Powder

Jain methi powder is helpful for a variety of conditions, including anemia, lactation, diabetes, and digestion in addition to hair care. It is frequently used as a natural treatment for baldness and other related problems, such as dandruff or an itchy, dry scalp. Acne, scalp rashes, and dandruff can all be treated with the help of their anti-inflammatory and antioxidant properties. This methi powder is highly advised if you are thinning your hair as a result of menopause because it contains a lot of estrogens and does so.



Mercentile Post

EMPLOYED PEOPLE WHO PAY INCOME TAXES WILL BENEFIT FROM RELIEF!

Income Tax for Business/Self-Employed



The public's interest in the budget is growing as the presentation date of the Union Budget 2023 (Union Budget 2023) approaches.

Farmers and those in the workforce are those who are most reliant on the budget. In addition, for the convenience of taxpayers, the Income Tax Department frequently modifies the rules. The amount that taxpayers received for treatment is now exempt from income tax by the department.

Announcing the formation of a committee to address grievances

In addition to this, the Income Tax Department has been granted a tax exemption on the amount of help received due to a family member's passing during Corona. Additionally, it has been announced that local committees will be formed to expeditiously address any complaints made to the agency. In addition, the

Income Tax Department has digitized a variety of services and related forms for the convenience of the public and to further digitization. You won't need to travel around the office anymore for various tasks.

There will be more than 123 forms online

To make the process of filing taxes easier, the government will make more than 123 pieces of paperwork available online. The department has additionally offered a tax exemption on the sum paid for care during the Corona period in 2020 and 2021. In actuality, during the Covid time, every family had gotten aid for Covid treatment. Income tax was allowed on it up until this point. However, the issue will now be resolved.

Additionally, SOP has been published to offer video conferencing. A grievance website called "Samadhan" has been established to address taxpayers' complaints.

FIRST INDIA-WIDE LICENSE FOR CORTEN STEEL PRODUCTION ISSUED TO TATA STEEL



The Jamshedpur factory of Tata Steel has been granted the first license by the Bureau of Indian Standards (BIS) to manufacture structural weather-resistant steel (Corten steel).

Shipping containers, as well as other heavy-duty weather-proof applications like rail wagon side panels, rice mill containers, building construction, street furniture, and

USERS WON'T BE ABLE TO SHARE THEIR NETFLIX PASSWORD WITH ANYONE AFTER 2023

There is terrible news if you have been using your family and friends' Netflix passwords to access your favorite episodes and movies. The OTT platform now intends to entirely outlaw password sharing starting in 2019.

Password sharing has been identified by Netflix as a key factor in declining subscribers over the years. With so many OTT platforms available today, the corporation was worried about fixing the issue without endangering its customers.

Reed Hastings, co-CEO of Netflix, said to his top staff earlier this year that the password-sharing problem had been hidden by the Covid-19 pandemic and that they had put off fixing it for a very long time. Noting that 100 million people use passwords they borrowed from friends and family to access material on the network. The Wall Street Journal claimed that the corporation has



since announced that beginning in 2023, it will charge those who share accounts to do so.

Early next year, the streaming service is anticipated to launch the update in the US. However, the company's decision runs the risk of losing the client loyalty that it had gained over the years.

Hastings had previously stated that he did not believe the users would appreciate the change, but added that it was crucial for the business to make sure users saw value in

paying for the services.

The subscriber who pays for the account should control the devices utilized and not share login information, according to the terms of service for the OTT giant. The corporation hasn't, however, ever enforced the terms of service. This year, Netflix said that accounts should only be shared by residents of the same household, noting that the policy would be enforced based on IP addresses, device user IDs, and account activity.

Because consumers could be hesitant to share their login information with others for fear of having their bills skyrocket, the OTT giant had also contemplated allowing users to rent pay-per-view material using their subscriptions, similar to what Amazon Prime subscribers can do. The product executives were worried that the move would detract from the service's simplicity, therefore the business ultimately opted against it.

NASAL SPRAY COSTS ARE DISCLOSED BY BHARAT BIOTECH IN A DISPUTE WITH COVID



The COVID-19 intranasal vaccine iNOVACC, which is now offered on the CoWIN site, is priced at 800 (excluding GST) for private markets and 325 (excluding GST) for government supplies,

according to Bharat Biotech International Limited on December 27.

The vaccine is scheduled to be administered in the fourth week of January 2023, according to a press release from the manufacturer.

The first intranasal COVID vaccination in the world to be approved for both a heterologous booster dose and the primary two-dose regimen is iNOVACC.

The Central Drugs Standard Control Organization (CDSCO) gave Bharat Biotech permission to employ heterologous booster dosages of iNOVACC earlier this month.

According to the press announcement, phase-III trials of iNOVACC (as a two-dose regimen) were carried out for safety and immunogenicity in almost 3100 people across 14 trial sites in India, while heterologous booster dosage studies were carried out in 875 subjects for safety and immunogenicity.

It was noted that iNOVACC was created in collaboration with Washington University in St. Louis, which had created the recombinant adenoviral vector construct and assessed its efficiency in pre-clinical investigations.

more upscale works of art, signs, chimineas, and fire bowls, will be made from Grade WR FE 490 H steel, which complies with IS 11587.

The license given to Tata Steel to produce Corten steel is a part of a bigger initiative by India to lessen the country's reliance on the importation of shipping containers made of Corten Steel.

What is Corten Steel?

A category of steel alloys known as corten steel was created to do away with the requirement for painting and to build a stable superficial rust coating after extended atmospheric exposure. Because of its great degree of weather and corrosion resistance, it is utilized primarily in adverse weather situations.

The term is derived from the original brand name COR-TEN, which US Steel Corporation trademarked in 1933. The letters "COR" and "TEN" stand for corrosion resistance and tensile strength, respectively—two characteristics of weathering steels.

Weathering steel Corten has developed a novel method of overcoming rust, the weakest part of steel, by actually exploiting rust.

When Corten, which has minimal requirements, is exposed to the air, rust develops initially similarly to conventional steel, but over time, the action of the alloy element causes dense protective rust to form on the surface of the steel, preventing the eventual formation of more rust.

Corten can be used without any coating since it has great weather resistance. In addition to the economic benefit of lower coating costs, it also has a calming aesthetic impact because of the protective rust color.

INDIAN AMBASSADOR TO SWITZERLAND HONOURABLE SHRI SANJAY BHATTACHARYA'S INTERACTION WITH CII AND ICC DELEGATION AT INDIA HOUSE, IN BERNE, SWITZERLAND ON 28 NOVEMBER 2022



Ambassador Sanjay Bhattacharyya interacted with the Confederation of Indian Industry (CII), Indian Chamber of Commerce (ICC) business delegation, Academia and Swiss SMEs representatives and exchanged ideas on Collaboration and Cooperation to strengthen bilateral trade between India and Switzerland. The programmes for the Indian ICC Delegation were varied and all inclusive. Business and Trade, Academia and Environmental Concerns.

Ms Chaitali Das, Social Entrepreneur, Jute Environmentalist and Founder CEO Rakshak Foundation was requested to highlight her views on important business and Environmental issues and she shared her thoughts at the World Economic Forum, Headquarter in Geneva followed by 'India Business Week 2022' in Zurich at Hyatt Airport Convention Centre hosted by Indian Embassy in Switzerland.

She emphasised in her deliberation mainly over sustainability, use of Indian jute, khadi, cotton in fashion & lifestyle, Social Entrepreneurship & community engagement, conserving environment &

heritage , rising of Indian Women at work inclusive growth at the World Economic Forum,

Head Quartered in Geneva and also at the interactive session held at EPLFL Public Research University, Innovation Park, the innovation ecosystem of Western Switzerland, Public Research University Lausanne.

Ms Sushmita Das Biswas -Jt. Director from Indian Chamber of Commerce also spoken about SME & MSME's contribution to Indian Economy.

She also proposed to be the nodal office to execute the collaboration and bilateral business partnership between Indian & Swiss companies.

The programmes were well attended by Swiss experts, Kaushal Kumar from Indian Embassy in Switzerland, Harsh Sangla, Co-Chairman from Confederation of Indian Industries (CII) highlighted upon bilateral business relation, collaboration and mutual growth.

The Indian delegation facilitated by Indian Chamber of Commerce and Confederation of Indian Industries were invited to the University of Applied Science and Arts Northern western Business School of Switzerland where Chaitali has advocated about eco friendly lifestyle & the use of jute replacing plastic.

The 23 members of Indian delegation team representing respective industries and sectors were invited to EPFL

Innovation Park, and the innovation ecosystem of Western Switzerland, Lausanne where Chaitali Das proposed Technology collaboration both in Textile & Agriculture.

The Indian delegation team learnt about the Innovation park which creates synergies that strengthen the innovation culture in Switzerland. The Indian delegation team later joined the luncheon hosted by the Ambassador of India at India House, Embassy in Switzerland after visiting the Palais des Nations United Nation HQ in Geneva. As part of "India Business Week", Embassy of India, Berne collaborated with the University of Applied Sciences Northwestern Switzerland, Olten and organised a seminar on "Cooperation Being The Decisive Key Success Factor For Switzerland" followed by a panel discussion on "Success Factors For Fruitful Cooperation Between India And Switzerland" for the Confederation of Indian Industry (CII) and Indian Chamber of Commerce (ICC) business delegation to Switzerland



Source : Media Releases

'8 AK-74 RIFLES, 12 PISTOLS, 14 GRENADES': HUGE CACHE OF ARMS AND AMMUNITION RECOVERED IN J&K'S URI



Srinagar: Jammu and Kashmir Police along with the Indian Army on Saturday recovered a huge cache of arms and ammunition in the Hathlanga Sector of Uri in North Kashmir's Baramulla district on Saturday. A police officer said that in a joint operation, Baramullah police along with 3 Rajput of the army recovered a huge cache of arms and ammunition from the Hathlanga sector of Uri. Giving details, the officer further said that 8 AK74u, 24 AK 74 Magazines, 12 Chinese Pistols, 24 pistol magazines, 9 Chinese grenades, 5 Pak Grenades, 5 wheat bags, 81 Pak Balloons, 560 rounds of AK Rifle and 244 rounds of the pistol were recovered from the area. Meanwhile, a case has been registered in this regard and investigations have been taken up

THEATERISATION WILL HAVE ITS UNIQUE CHARACTERISTICS: FORMER CHIEF OF ARMY STAFF MM NARAVANE



New Delhi [India], December 29 (ANI): Former chief of the Indian Army General MM Naravane on Thursday emphasised on the importance of creating a Theatre Command system, which aims to increase cooperation between the three components of the armed forces. Addressing the 4th Edition of Gen KV Krishna Rao Memorial Lecture, organised by the Indian Army and United Service Institution of India, Narvane said, "Theaterisation as mentioned this topic has occupied much space both in the public as well as in the strategic committee. He said "We have always said theaterisation will have its unique characteristics. Once we know what is to be done, we will automatically know every component of it. Theaterisation is not an end. It is only a means to an end and that end is to be specified first in form of the defence strategy." He also emphasised on the importance of the defence budget by citing instances from the colonial era.

"Any calamity, including natural calamity, is a result of wrong decisions over several years. In 1921, Britain-

INDIAN ARMY IS COMMITTED AND SUPPORTIVE OF EFFORTS TOWARDS EVOLVING INTEGRATED THEATRE COMMANDS: ARMY CHIEF GEN MANOJ PANDE



New Delhi Army chief General Manoj Pande on Thursday said that the Indian Army was fully committed to theaterisation, and supportive of efforts towards evolving integrated theatre commands. The government kicked off the

theaterisation drive three years ago with the creation of the post of chief of defence staff (CDS).

"We are convinced that that's (jointness and better integration) the future. We are also looking at how best we can aggregate the capabilities of the three services...and achieve the integrated theatre command model," Pande said while delivering the keynote address at 4th General KV Krishna Rao Memorial Lecture.

Efforts to push theaterisation are on after the

appointment of General Anil Chauhan as CDS in September-end even though the momentum of the long-awaited military reform was hit after his predecessor, General Bipin Rawat, died in a helicopter crash last December, and the top post was vacant for several months.

Theaterisation refers to placing specific formations of the army, the navy and the air force under a theatre commander. Such commands are to be led by an officer from any of the three services, depending on the roles assigned to them.

4 TERRORISTS HIDING IN A TRUCK KILLED IN GUNFIGHT WITH SECURITY FORCES IN JAMMU'S SIDHRA

Jammu: The security forces on Wednesday gunned down four unidentified terrorists in an encounter at Sidhra area of Jammu district, said ADGP Jammu said. "Four terrorists were killed and their bodies have been retrieved. 7 AK-47 rifles, 3 pistols and other ammunition were recovered from the slain terrorists, adding the identity of those killed is being ascertained," ADGP said.

Meanwhile, searches are going on at the encounter site when this report is being filed. An official said that terrorists were travelling in a Srinagar-bound truck which was intercepted by the



security forces while seeing an unusual movement of the truck. He added as the truck was intercepted and stopped the driver flees away and as the police

officers started frisking of the truck the hiding terrorists fired on the searching party which led to a Gunfight. The exchange of fire continued for 40 minutes and in a joint operation of police and the army who later joined the operation terrorists were killed. However, The driver of the vehicle managed to flee from the spot, and he is yet to be identified", ADGP said. Jammu and Kashmir has been put on high alert to nab the Truck driver all SHO's have asked to establish the check post and intensify the searches.

LAST RITES OF 8 SOLDIERS KILLED IN SIKKIM ACCIDENT HELD WITH FULL STATE HONOURS



Family members of eight Army personnel who were killed in a road accident in Sikkim were inconsolable as their last rites were held with full state honours at their native places in four states on Sunday.

There was hardly a dry eye as the three-year-old daughter and one-year-old son of Lance Naik Somvir Singh of the 113 Engineers Regiment lit his pyre in Haryana's Hisar.

As soon as his mortal remains reached his residence, his mother and father kissed their son's forehead while his sister saluted him.

The scenes were no different in Jharkhand where the eight-year-old son of havildar Arvind Kumar of 8 Rajputana Rifles performed his father's last rites.

WHAT HAPPENED TO INDIAN FOOTBALL ?

The irony of the situation should not be overlooked, despite the attention-grabbing photos of Indian soccer supporters dancing and celebrating the world's biggest sports fiesta 2,885 kilometers away in Qatar, particularly in Kerala and Bengal.

Even if they were loud, committed, and well-informed, India could have played in the World Cup of soccer with a little luck and foresight, not to mention administrative and political insight.

It would have been a different tale if India had continued to prioritize football in the early 1960s rather than switching its whole attention to cricket, a sport that was only played by a small number of former British colonies. In fact, it would have been a lot more well-known tale than the cricket narrative, which only roughly half of the globe is familiar with.

The Syed Abdul Rahim era, from 1951 to 1962, when India's football team rose to become one of the greatest in Asia, is regarded as the golden age of Indian football.

The 1950s had a promising start. India, the games' hosts, won the 1951 Asian Games by defeating Indonesia and Afghanistan 3-0 en route to the championship match, where they defeated Iran 1-0. Iran took part in the 2022 World Cup.

India maintained their success in 1952 by taking home the Colombo Quadrangular Cup, which was played in Sri Lanka. She went on to win three additional competitions for the Quadrangular Cup, which were held in 1953, 1954, and 1955 in Burma, Calcutta, and Dhaka, respectively.

India performed poorly at the 1954 Manila Asian but did well at the 1956 Olympics.

Neville D'Souza's hat trick against Australia helped India defeat the hosts 4-2 and advance to the Olympic semifinals, becoming the first Asian team to do so. They eventually fell to Bulgaria 3-0 after losing 4-1 to Yugoslavia. Australia took part in the 2022 World Cup as well.

India placed second in the 1959 Merdeka Cup in Malaysia,



but fourth at the 1958 Tokyo Asiad. After defeating South Korea 2-1 in the championship game, India went on to win the 1962 Asian Games. South Korea has qualified for the World Cup.

The nation's performances at the Merdeka Cup in 1964, 1965, and 1966, where they placed second, third, and fourth, respectively, showed promise.

The early 1960s saw Indian football suffer greatly after Rahim's passing. Even then, India defeated Japan 1-0 in the play-off to finish third at the 1970 Asiad. Japan recently made headlines when it defeated Germany and Spain, two former world champions, in the World Cup.

A youth Indian team and an Iranian team shared the Youth Asian Cup victory in the middle of the 1970s. The days of India becoming a rising soccer powerhouse by the late 1970s, 1980s, and 1990s were over. Cricket was permanently ingrained in the nation's consciousness, and the rest is history.

There is some FIFA history as well. India automatically qualified for the 1950 FIFA World Cup finals when its opponents pulled out, but the All-India Football Federation

(AIFF), the country's governing body, wisely decided against going because it seemed to lack understanding of the significance of the event at the time.

Despite FIFA's kind offer to fully cover the majority of the trip costs, the cost of travel was officially given as the reason why a team did not participate in the World Cup. But the smart people decided that the Olympics were more significant than the World Cup. Until 2018, when they overcame Nepal 2-0 over the course of two home-and-away matches, India had not advanced past the first round of the FIFA World Cup Qualifiers. Describe your long-sightedness.

The Golden Era of Indian football was characterized by the holy trio of PK Banerjee, Tulsidas Balam, and Chuni Goswami. Banerjee's iconic goal at the 1960 Rome Olympics won India a renowned 1-1 draw with France. He was named the Indian Footballer of the 20th Century by the International Federation of Football History and Statistics and received the FIFA Centennial Order of Merit (IFFHS).

Chuni Goswami, who led India to an Asiad Gold at the 1962 Asian Games in Jakarta, reportedly received a trial offer from premier English side Tottenham Hotspur but declined

it out of loyalty to Mohun Bagan.

The other greats of the Golden Era included Yusuf Khan, Neville D'Souza, Ram Bahadur, legendary captain Sailen Mann, who was poised to represent India at FIFA 1950, Jarnail Singh, the toughest tackler in Asia of his era, and Peter Thangraj, a star goalkeeper who excelled during the 1956 and 1960 Olympics.

It's especially infuriating because some of the oldest football clubs in the world are located in India. In the middle of the nineteenth century, British soldiers popularised the sport.

Mortimer Durand, the foreign secretary of India at the time, established the Durand Cup at Shimla in 1888. After the FA Cup and Scottish Cup, it is still the third-oldest football competition in the world. As the Mohun Bagan Sporting Club, Mohun Bagan AC is the oldest active team in India. Several more, including Aryan Club, Sovabazar, and Calcutta FC, was founded in Calcutta in the 1890s.

The fourth-oldest trophy in existence, the IFA Shield, was established in 1893, and Calcutta—then the capital of British India—became the center of Indian football.

The oldest football club in south India was founded on February 20, 1899, in Thrissur, Kerala, and was named after the Kochi Police SP, RB Ferguson. In the early 1900s, it went on to play a significant part in promoting football in Kerala.

It's not like celebrities or money is in short supply. Even now, without any frills and publicity, any match at Delhi's Ambedkar Stadium or at another significant soccer hub in the nation draws a substantial audience. That such a legacy has been allowed to deteriorate is unfortunate.

A million Indian hearts were broken a few years ago when tennis player Maria Sharapova claimed she had never heard of Sachin Tendulkar. Who can blame her? It is improbable that someone has played cricket if they are not from a former British colony. It turns out that it is not a universal sport like football.

SUNIL GAVASKAR LOSES THE BOWLER HE LOVED THE MOST



Sunil Gavaskar's autobiography, Sunny Days, is a story that sheds light on his mother's love of cricket, her son, and her bravery.

At their home at the time in central Mumbai, little Gavaskar was playing with his mother, who frequently threw tennis balls his way. Young Gavaskar fired once, striking his mother in the nose. Gavaskar Jr. became frightened as soon as there was blood. As soon as the bleeding subsided, his mother cleaned her face and we continued the game, Gavaskar wrote.

Meenal Gavaskar, a batting icon who was in Bangladesh for a commentary assignment, passed suddenly on December 25 morning at the age of 90. She wasn't just very interested in her son's cricketer endeavors. She also adored Milind Rege, a buddy from Gavaskar's youth.

Rege recently disclosed on the mid-day Mumbai Cricket Podcast with Clayton Murzello that Meenal Gavaskar turned them down for the 1967 India Schoolboys tour of England because it would interfere with their academic schedules.

When her kid was batting, Madhav Mantri's sister stated she couldn't eat. Madhav Mantri is a former Test wicketkeeper. That information was revealed in her Marathi book, Putra Whava Aisa.

Meenal Gavaskar spoke on the time her son was anxiously awaiting the news of the 1971 Indian squad to the West Indies, for which he was ultimately selected, in a translated chapter that appeared in Sports week's World of Cricket.

PELE'S DAUGHTER POSTS A PHOTO OF HER HOLDING HER CANCER-STRICKEN FATHER

The daughter of Brazilian football star Pele posted a photo of her father in his Sao Paulo hospital bed on Instagram. She wrote "one more night together" as the caption.

Only one-half of Kely Cristina Nascimento's father's face can be seen in the photo as he is cuddling her. Pele's illness has gotten worse and she also has kidney and cardiac problems.

At the Albert Einstein Hospital, where the three-time World Cup champion is receiving care, it was revealed on December 21 that his colon cancer was progressing and that he needed more comprehensive therapy to treat kidney and heart failure. Nascimento and Flavia Arantes, another of Pele's daughters, had posted minutes earlier on Instagram that their father would spend Christmas at the hospital.

Argentina's Lionel Messi received accolades from Pele for his earned triumph over France. During this World Cup, Pele saw Neymar break the previous international goal-scoring mark for the Selecao.

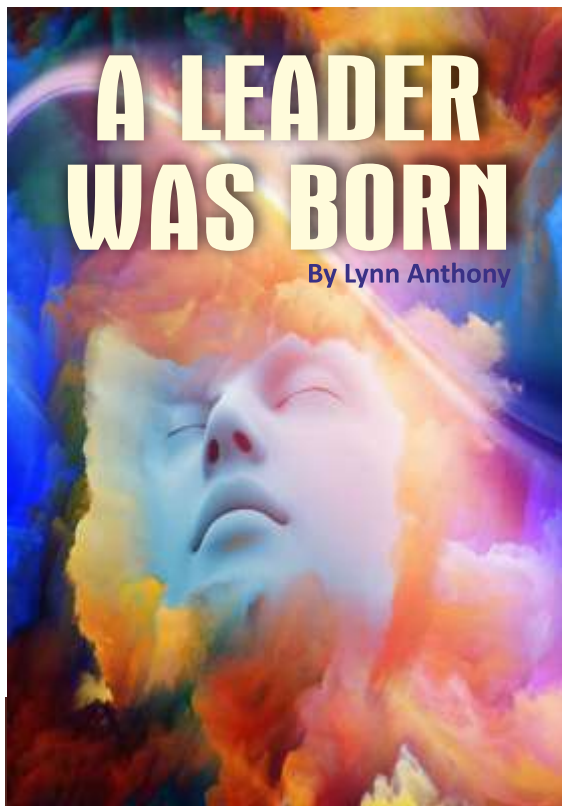
Following Pele's hospitalization, French star Kylian Mbappe, who urged supporters to pray for the King, gave him a message of support. Most people agree that Pele is the best football player that has ever lived.

Pele was brought to a hospital in Sao Paulo on November 29 after having his chemotherapy treatments, which he has been undergoing ever since having surgery to remove a colon tumor in September 2021, reevaluated.



"Artizen's Column"

Poem of the week



A LEADER WAS BORN

By Lynn Anthony

The day your child said she wanted the green toy and not the pink one;

The day your child said he wanted pink shoes;

The day your child said she preferred pants over lacy dresses;

The day your child said he wanted to paint his nails;

The day your child said she loved playing football;

The day your child asked you if you'd take a picture of him in his new frock.

A leader was born

The day your child stepped out of the box that mapped their predetermined interests;

The day your children believed that they were more than their gender;

The day they realised they were ready to open the cages of conformity;

The day they realised they were breaking stereotypes;

The day they went out into the world as themselves

And knew they deserved the world as the world deserves them;

A leader is born

One who will require your love and support

To use it as a shield when hate that arises from unfamiliarity tries to hunt them down;

One who will understand that love and kindness kept them warm during the loneliest nights;

One that needs you to hold their hand till they decide to step out alone;

One who will change the world just by being who they are.

Art of the week



Title - Bonding

Artist: **Kaushik Karmakar**

Medium: Pen on Paper

Interpretation- The strong bond of friendship is not always a balanced equation; friendship is not always about giving and taking in equal shares. Instead, friendship is grounded in a feeling that you know exactly who will be there for you when you need something, no matter what or when.

Face of the week



Name – **Ishani Biswas**

Interpretation - A loving daughter who's growing to be smart and graceful.. A future supermodel coming right up

Thought of the week



"There's a difference between determination and obsession. One takes you to your goal, while the other takes away everything you already have. Prioritising the things at hand is the first step of ending obsession and moving on in life."

-**Satyaki Das**

Shot of the week



Title – **Brothers**

Description:-There is no love like the love of a brother.

Clicked by **Aakash**

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