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NTA takes SC call on NEET result

Citywise results published

PIONEER NEWS SERVICE ■ NEW DELHI

The National Testing Agency (NTA) on Saturday announced the centre and city-wise results for medical entrance exam NEET-UG, which is under the scanner over alleged irregularities. The results, which were initially announced on June 5, have been published in this format following an order of the Supreme Court, which is hearing several petitions about the alleged irregularities in the conduct of the exam, including paper leak. The exam was conducted on May 5 at 4,750 centres in 571 cities, including 14 cities abroad, for more than 24 lakh candidates. The court had ordered that the results be announced while masking the identities of the aspirants, saying it wanted to ascertain whether candidates appearing at allegedly tainted centres secured more marks than those writing the exam elsewhere. Candidates who appeared for the NEET UG 2024 can check their results on the official website of NTA NEET exams.nta.ac.in/NEET/ or neet.ntaonline.in. On July 18, the Supreme Court directed the NTA to announce the NEET UG results by July 20, at 12 noon. The court mandated that the Agency publish the students' marks on its website without



Representational image

revealing their identities. A bench comprising Chief Justice of India DY Chandrachud and Justices JB Pardiwala and Manoj Misra instructed that the NEET UG results be published separately by city and centre by today noon. The top court will resume hearing the arguments on Monday on a batch of pleas seeking cancellation, re-test and a court-monitored probe into the allegations of malpractice in the prestigious exam. The bench comprising of Chief Justice of India DY Chandrachud and Justices JB Pardiwala and Manoj Misra ordered for the announcement of the results separately, city and centre-wise by Saturday noon. The court had also stressed that the NEET-UG re-examination can only be done on a concrete footing that sanctity has been lost on a large scale.



Convoy of Chief of the Army Staff General Upendra Dwivedi arrives at the Police headquarters for a meeting, in Jammu, on Saturday

Army Chief in Jammu to bolster anti-terror ops

MOHIT KANDHARI ■ JAMMU

After more than 50 bravehearts have been martyred in the ongoing counter-terrorism operations in the Jammu region since October 2021, the top brass of the Indian army led by Army Chief General Upendra Dwivedi on Saturday landed in Jammu to fine-tune its counter strategy aimed at flushing out well-entrenched Pakistani terrorists from the Jammu Heights. The crucial security review meeting was convened here at the Police headquarters. Director General Border Security Force, DG CRPF, DGP Jammu and Kashmir police, representatives of the Union Defence and Home Ministry, and top brass of the Intelligence agencies attended the brainstorming session over two hours. The Army Chief also interacted with the top commanders of the Northern Command headquarters to discuss possible strategic responses and measures to

counter the rising threats in the Jammu region. The high-level security review meeting assumes added significance as it comes close on the heels of the recent meeting of the Cabinet Committee on Security chaired by Prime Minister Narendra Modi in New Delhi on Thursday. The meeting took place amid a sudden surge in terror attacks in the Jammu region. Last month the Prime Minister had separately chaired a review meeting to assess the security situation in J&K. Sensing the gravity of the prevailing security situation and to plug the gaps, the Indian Army has already inducted more than 3,000 troops comprising three infantry battalions in the Jammu region to take on the Pakistani terrorists. In addition around 400-500 elite para commandos have been deployed at various locations to minimise the response time in case of any exigency.

Airports function normal, full recovery awaited

STAFF REPORTER ■ NEW DELHI

Airport systems in India resumed operations normally from 3 am on Saturday, hours after major disruptions caused inconvenience to passengers. However, the overall system has not yet fully recovered, as confirmed by airport officials. The significant backlog of cancelled and delayed flights and yet-to-be-delivered baggage means full restoration of normalcy may take a couple of days. Additionally, the process of rebooking affected passengers or processing refunds will begin as the systems are back up. The Ministry of Civil Aviation on



Saturday issued a statement saying airline systems across airports have started "working normally" and all issues related to travel adjustments and refund processes were being taken care of. Union Civil Aviation Minister K Rammoan

Naidu said airline systems across airports, have started working normally, and all issues are likely to be resolved by noon on Saturday. The Ministry is constantly monitoring the operations at airports and airlines to ensure travel readjustments and refunds are taken care of, he added. "Since 3 am (Saturday), Airline systems across airports have started working normally. Flight operations are going smoothly now," Naidu said. At Delhi's Indira Gandhi International Airport's Terminal 3, passengers experienced some improvement today, but a few problems persist as the Digi Yatra system, remained non-operational.

Monsoon health woes

ARCHANA JYOTI ■ NEW DELHI

The monsoon season's fluctuating humidity levels, along with contaminated food, water, and environmental changes, have assured conducive conditions for various pathogens. "This has resulted in a notable increase in stomach infections, fevers, and vector-borne diseases like hepatitis A and E," medical professionals have noted, warning potential serious health risks if overlooked. Furthermore, health experts have highlighted another concern: Individuals who have previously had Covid-19 may experience compromised immunity. This makes them more vulnerable to bacterial and viral infections during this susceptible period. While attributing multiple reasons for the rise in stomach infections and fever cases during this season, Dr Ajaya Kumar, Director, Medical Services at Lucknow-based Apollomedics Hospital said "Covid-19 has left its lingering effect on its survivors by compromising their immune system, leading to 'immunomodulation'." "Because of low immunity caused by the Covid-19, the Sars Cov 2 virus survivors are catching infections more easily." He



cited research in this context. According to a study, patients who have had Covid-19 are more likely to experience digestive symptoms like constipation, diarrhoea, bloating, vomiting, and abdominal pain. The doctors advised not to ignore fever and stomach infections as they may also signal more severe underlying medical conditions. Said Dr Neha Rastogi Panda, infectious diseases expert at Fortis Hospital, Gurugram, "With monsoon season around, we are seeing a surge in stomach infections and fever, mostly due to contaminated food and humidity in the atmosphere."

UPSC chairman Manoj resigns

PNS ■ NEW DELHI

UPSC chairman Manoj Soni has resigned citing personal reasons before the expiry of his tenure in May 2029, official sources said on Saturday. His resignation is "not in any way connected to controversies and allegations surrounding the Union Public Service Commission (UPSC) after probationary IAS officer Puja Khedkar issue came to the fore," they said. "The UPSC chairman had tendered his resignation citing personal reasons over a fortnight back. It is yet to be accepted," a source said. Eminent educationist Soni, 59, took over as a member of the Commission on June 28, 2017. He took oath as the UPSC chairman on May 16, 2023 and his term was to end on May 15, 2029. Sources said Soni was not keen on becoming the UPSC chairman and had requested to be relieved. However, his request was not accepted then, the sources said.

RS handbook on Parliamentary etiquette for MPs

DEEPAK KUMAR JHA ■ NEW DELHI

With a series of disruptions marking the Parliament proceedings in recent times leading to acrimonious scenes on floor of both the Houses — Lok Sabha and Rajya Sabha, a new set of "Handbook for Members of Rajya Sabha" has been circulated to the members drawing the attention towards Parliamentary customs and

conventions and Parliamentary etiquette. This includes improperly raising of slogans like "Vande Bharat", "Jai Hind" usage of words like "Thanks" and also abstaining from criticising rulings given by the Presiding officer and in this case Chairman of the Rajya Sabha. Sources said similar manual is to be issued for the members of the Lok Sabha which every Parliamentarian will have to abide. The Monsoon Session begins on

July 22 and is slated to conclude on August 12 and July 23 the annual Budget is scheduled to be announced. The manual has advised that MPs should not display "placards" on the floor of the House as this will tantamount to House is "not in order". "The decorum and the seriousness of the proceedings of the House require that there should be no 'thanks', 'thank you', 'Jai Hind', 'Vande Mataram' or any other slogans raised in the House," said a bulletin by RS secretariat. The Opposition protests have been more frequent and aggressive in recent times following which Chairman Jagdeep Dhankhar had engage in verbal duel with senior most MPs as well. The bulletin issued by the Table Office of the Rajya Sabha has mentioned a total of 28 conventions and etiquette that are usually practised in Parliament.

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INDIA EYE UAE SCALP, WOMEN'S ASIA CUP SEMIFINAL BERTH

PTI ■ DAMBULLA (SRI LANKA)

Dominant India will be eager to perfect their tactics further while warding off United Arab Emirates which also can push them firmly towards the semifinals of the women's Asia Cup here on Sunday. Defending champions India's supremacy was evident in their facile seven-wicket victory over arch-rivals Pakistan on Saturday, and the UAE will require a giant-sized miracle to stop Harmanpreet Kaur's side. India currently have two points and a Net Run Rate of +2.29, and a win over the Emirates will take them to four points, which will also have a positive reflection on their NRR. It would not be an exaggeration to say that India will look more inwards in their match against the UAE, than fretting over the rivals. There were excellent spells from Deepti Sharma, Renuka Singh and Pooja Vastrakar, who though was slightly on the expensive side, against Pakistan, and their effort would have pleased the management to no limit. They will hope that left-arm spinner Radha Yadav, who returned to the India fold during the home series against South Africa recently, too can join the wicket-takers' list on Sunday. "It was a good spell and there was some assistance from the weather as well. Of course, I could execute all the plans that I have been working on at



nets," said Renuka in the post-match press meet. To top it, the Indian batters were ruthless in hunting down a non-challenging target with 35 balls to spare. Openers Shafali Verma and Smriti Mandhana gave the team a flying start adding 85 runs in just 9.3 overs and the loss of three wickets from that position was a minor aberration. Hence, India would hope that there would be a matching effort from the middle-order batters in the upcoming matches, starting with the

UAE. The Asia Cup also presents India with a wonderful opportunity to prepare for the T20 World Cup to be held in Bangladesh later this year. Renuka said India are treating this event as a preparatory ground for the ICC showpiece. "The Asia Cup is important for us because after this we don't have many matches (ahead of T20 WC) and we will have to rely on practice. "So, this is a learning experience for us, and the conditions (in Bangladesh) could be similar. So, this is a

good chance for us to get ready for the World Cup," she said. That said, India would do well not to lose focus on the present assignment and the UAE have the ability to give some tight moments as they showed against Nepal on Friday despite a six-wicket defeat. In the day's second match, Pakistan will look to bounce back with a win when they face a tricky Nepal.

Richa Ghosh (wk), Uma Chetry (wk), Pooja Vastrakar, Deepti Sharma, Arundhati Reddy, Renuka Singh, D Hemalatha, Asha Sobhana, Radha Yadav, Shreyanka Patil, Sajana Sajeevan. UAE: Esha Rohit Oza (C), Kavisha Kumari Egodage, Rithika Rajith, Samaira Dharmidharka, Lavanya Keny, Emily Thomas, Heena Harish Hotchandani, Mehak Thakur, Indhuja Nandakumar, Rinitha Rajith, Khushi Mohan Sharma, Rishitha Rajith, Suraksha Kotte, Theertha Satish, Vaishnav Mahesh.

TEAMS (FROM):
INDIA: Harmanpreet Kaur (C), Smriti Mandhana, Shafali Verma, Jemimah Rodrigues,



Abhishek Nayar, Doeschate likely to join India in SL as assistant coaches

PTI ■ NEW DELHI

Abhishek Nayar and Ryan Doeschate are set to join the support staff of newly-appointed head coach Gautam Gambhir during India's white ball tour to Sri Lanka, starting from July 27. Nayar, who has played three ODIs for India, and Doeschate, who was a hard-hitting all-rounder for Netherlands, have worked closely with Gambhir at the Kolkata Knight Riders and are likely to come in as assistant coaches, the PTI has learned. Nayar comes with a high reputation as a sharp cricket mind and a lifestyle/motivational coach who have worked with the likes of Dinesh Karthik and

Rinku Singh. Doeschate is currently working with LA Knight Riders in the ongoing Major League Cricket (MLC) and Gambhir has openly expressed his admiration for the team-first attitude of the Dutchman. While there was no clear view on the appointment of the bowling coach, it seems that T Dilip, who was part of Rahul Dravid's regime, will continue in the role of the fielding coach. Gambhir had suggested to the BCCI the names of former India seamers R Vinay Kumar and L Balaji and former South African pacer Morne Morkel for the role of bowling coach. The PTI had reported on July 10 that Morkel could get the role ahead of Vinay and Balaji.

While Vinay and Balaji have associated with Gambhir at the KKR, Morkel worked alongside him at the Lucknow Super Giants. If indeed Morkel gets the nod, he could be the first foreign bowling coach after Australian Joe Dawes, who did the duty under Duncan Fletcher until the tour of England in 2014. Morkel was also the bowling coach of Pakistan until the 50-over World Cup in India. The Indian team is scheduled to travel to Colombo from Mumbai in a chartered flight on July 22. Nayar and Dilip could also be travelling with the team while it's not yet clear when Doeschate would link up with the side.



ICC keep watch on security situation in Bangladesh, venue of women's T20 WC

PTI ■ NEW DELHI

The International Cricket Council (ICC) said it has been keeping a watch on the security situation in Bangladesh, the venue of the women's T20 World Cup later this October. The Bangladesh Police imposed curfew and military forces patrolled Dhaka on Saturday after violence escalated in the capital and elsewhere over protests by students, demanding reforms of the quota system for government jobs. "We have independent security monitoring across the world. So, yes, we are keeping a watch on it (the situation in Bangladesh)," an ICC Board member told PTI on conditions of anonymity. Australia are the most successful team in the women's T20 World Cup winning the tourna-

ment a record six times in 2010, 2012, 2014, 2018, 2020 and 2023. England and the West Indies won the event once each, while India under Harmanpreet Kaur will look to grab their maiden title. India are currently playing in the Women's Asia Cup in Dambulla, Sri Lanka, and pacer Renuka Singh had said the team was using the tournament as a preparation for the ICC showpiece. "The Asia Cup is important for us because after this we don't have many matches (ahead of T20 WC) and we will have to rely on practice. "So, this is a learning experience for us, and the conditions (in Bangladesh) could be similar. So, this is a good chance for us to get ready for the World Cup," she said.

Indian archery, rowing teams first to check in at Paris Games Village

PTI ■ PARIS

India's chef-de-mission for Paris Olympics, Gagan Narang on Saturday informed that archery and rowing contingents are first from the country to check in at the Games village and said the athletes are eager to begin their campaign at the sporting extravaganza. While archery and rowing contingents checked in at Paris Games village on Friday, the Indian men's hockey team will arrive on Saturday from the Netherlands, where it was undergoing its final preparation. "I arrived in Paris on Thursday night and have taken stock of the arrangements inside the Games Village for the Indian contingent. Archery and rowing were the first Indian teams to arrive on Friday and have comfortably checked-in. The athletes are slowly settling in and are exploring the Village," said Narang, the 2012 London Olympics bronze medalist shooter. He further stated the mood among the athletes is that of excitement and anticipation. "The mood is certainly upbeat. We have the Indian men's hockey team arriving on Saturday. Surely, I am



reminded of my hey days at the Olympics as an athlete. "While there is a lot of excitement, athletes will also want to get some game time in the competition arenas. We want to make sure the athletes' have everything they need ahead of the start of their respective events," added Narang, a four-time Olympian. The decorated Indian shooter, who is also the recipient of the prestigious Khel Ratna and the Padma Shri awards, expressed his gratitude to the Indian Olympic Association (IOA) for appointing him as the chef-de-mission for the Paris Games. "It is a matter of great honour for me to travel with the Indian contingent as the Chef-de-

Mission for Paris Olympics. I express my heartfelt gratitude for considering me for the role, and giving me a chance to once again serve my country on the sports' biggest stage," Narang said. "As an athlete myself, I fully understand the requirements of elite athletes at the world's greatest sporting extravaganza. I will work strenuously to motivate and inspire the Indian contingent, while also safeguarding their priorities to perform their optimum. "I am delighted to have the opportunity to play the role of the primary liaison between our athletes, the organising committee, and other relevant stakeholders during the

Games and will ensure a smooth and efficient process," he said. India will be represented by 117 athletes across 20 disciplines at the Paris Olympics. "It is a matter of great pride for me to see the growing number of medal contenders in the Indian contingent. Each and every athlete in our contingent is capable of not only being on-par against the best athletes of the world but can also surpass them and bring laurels to the nation," Narang said. "Having a strong contingent puts India on the hot seat as we gear up for Paris." The Paris Games will be held from July 26 to August 11.



Mayank, Devdutt, Vyshak among retained players ahead of KSCA T20 auction

PTI ■ BENGALURU

Some of the top state cricketers such as Mayank Agarwal, Devdutt Padikkal and Vyshak Vijaykumar have been retained by the teams ahead of the Maharaja Trophy KSCA T20 auction later this month. The third edition of the tournament will be held from August 15 to September 1 at the M Chinnaswamy Stadium here. Defending champions Hubli Tigers, runners-up Mysore Warriors, Gulbarga Mystics, Bengaluru Blasters, Mangaluru Dragons and Shivamogga Lions retained four players each from their previous season's squad. The Hubli outfit retained the services of skipper Manish Pandey, wicketkeeper Shrijith KL and young all-rounder Manvanth Kumar and ace medium pacer Vidwath Kaverappa. Mysore Warriors, the last year's

runners up, chose to stay with captain Karun Nair, CA Karthik, SU Karthik and the hard-hitting all-rounder Manoj Bhandage. The Mystics have retained Devdutt Padikkal even though he missed the previous season's campaign due to an injury. Vyshak Vijaykumar has also been retained by the Gulbarga side along with Smaran Ravi and Aneesh KV. The Shivamogga Lions retained Abhinav Manohar, the most expensive player in last year's auction with a price tag of Rs 15 lakh. Nihal Ullal, Shivraj and pacer Vasuki Koushik have also been retained by the Lions. The Mangaluru Dragons handed retention to Nikin Jose, Rohan Patil, Siddharth KV and Paras Gurbax Arya. The Bengaluru Blasters' retentions include Agarwal, Suraj Ahuja, Shubhang Hegde and Mohsin Khan.

Katie excited about swimming after all these years

AP ■ INDIANAPOLIS

For Katie Ledecky, there is seemingly no such thing as burnout. Sure, there are times when it all gets a bit monotonous, staring at that black line at the bottom of the pool, turning lap after interminable lap with nothing on the line. Yet, a dozen years after she burst on the scene with a surprising gold medal at the London Olympics, Ledecky keeps finding ways to enjoy swimming as much as ever. The times may not be quite as fast. But the ultimate payoff is staying on top year after year, Olympics after Olympics, even as other swimmers struggle to deal with the mental and physical demands of a grueling sport that only provides once-every-four-years gratification. Ledecky is one of the most consistent swimmers in history. "I pride myself on that consistency," the 27-year-old Ledecky said. "I challenge myself to stay consistent. Yeah, I mean sometimes it can be tough feeling like you're not having a breakthrough. But to be really consistent is something I'm really

happy with. I've learned to just really enjoy each day of training and take in every moment and just appreciate the fact that I've been able to have this long of a career, stay injury free, stay pretty healthy, be able to do this for this many years." Perhaps the greatest freestyle swimmer history, Ledecky heads to her fourth Olympics in a familiar role. A gold-medal favourite. The focus of so much attention. The template for sustained excellence. "Such a big influence," said fellow American swimmer Erin Gemmill, who has looked up to Ledecky much of her life and will be joining her as an Olympic teammate. "I don't think I would really be here if it weren't for her." Gemmill's father used to coach Ledecky. Young Erin once dressed up as Ledecky for Halloween. They've spent so much time together at the pool, Gemmill has had a unique perspective on Ledecky's tedious brilliance. "It's really special to be able to be that close to someone who is so inspirational, getting to see the day-to-day work that they put in," Gemmill said. "It makes it seem more achievable,



in a way, being so close. It makes them seem a lot more human." Ledecky isn't as dominant as she once was, but she'll definitely be the swimmer to beat in the two longest freestyle events, covering 800 and 1,500 metres. She already

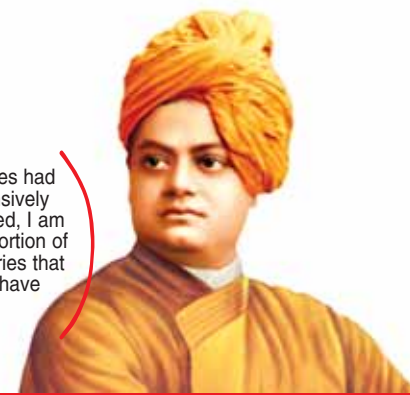
has six individual gold medals, the most of any female swimmer in Olympic history. "Every athlete, as they get older, has to learn new ways to set goals, learn new ways to evaluate the results," Ledecky said.

In many ways, she's still driven by her very first Summer Games, where she burst on the scene at 15 with a gold medal in the 800 freestyle. She provides further perspective on that experience in her new book, "Just Add Water,

My Swimming Life." "I wanted to get back to that level, prove that I wasn't just a one-hit wonder," Ledecky said. "At the same time, I reminded myself that anything more than that is just like icing on the cake, the cherry on top, because, I just never thought I'd make it to that one Olympics." All these years later, after all those trips to the top of the medal podium, she feels much the same way. "That's the perspective that I've been able to maintain and that keeps me focused and keeps me enjoying the sport so much, enjoying the teammates and the people that are around me," Ledecky said. She's an old soul, for sure. Even in her teens, Ledecky had young swimmers looking up to her. "I was definitely an annoying child," Gemmill said, grinning. "But I think she was just so welcoming to a little 7-year-old fan. When I think about it, she was only a sophomore in high school at the time. I think if someone had acted like that towards me when I was a sophomore in high school, I would have been really weirded out. But she was kind and welcoming with all of it."

Eight years ago in Rio de Janeiro, Ledecky turned in one of the greatest performance in swimming history. She took gold in the 200, 400 and 800 freestyle with a pair of world records (the 1,500 was not yet an Olympic event for women, or she undoubtedly would've won that, too). For good measure, she anchored the US to a gold in the 4x200 free relay with a time that was more than a second faster than anyone else in the final. Five years later in Tokyo, the rest of the world began to catch up in the shorter races. For the first time, she was beaten in an individual race when Australia's Ariarne Titmus took gold in the 400. Ledecky didn't even reach the podium in the 200, settling for fifth. Ledecky doesn't plan to swim the 200 free in Paris even though she won that event at the US Olympic trials. She's a definite underdog in the 400 free, where Titmus and Canadian phenom Summer McIntosh would appear to have the upper hand. McIntosh might even give Ledecky a run for the gold in the 800 free - an event Ledecky has won at the last three Olympics - after beating her at a low-level meet this year.

"If faith in ourselves had been more extensively taught and practiced, I am sure a very large portion of the evils and miseries that we have would have vanished"
— Buddha



A MODEL FOR INDIA'S SMART CITY ASPIRATIONS

From integrating advanced technologies to fostering community engagement, New Taipei City offers a wealth of lessons that can guide Indian cities towards a smarter and more sustainable future, writes **GYANESHWAR DAYAL**

New Taipei City, Taiwan's most populous city, has emerged as a leading example of smart city development, integrating advanced technology, sustainable practices, and citizen-centric services. As India embarks on its ambitious Smart Cities Mission, there are valuable lessons to be learned from New Taipei City's approach to urban planning and management.

One of the biggest achievements of New Taipei City is its involvement of citizens in various facets of planning and execution and participation. New Taipei City actively involves its citizens in the planning and decision-making process. "Through public consultations, digital platforms, and community programs, residents are encouraged to participate in shaping the city's future. This collaborative approach has fostered a sense of ownership and responsibility among citizens," says Dr Tih-Ju Chu, deputy mayor of New Taipei City, Government of Taiwan.

As far as the Indian smart city concept is concerned, it has been a bureaucratic exercise where citizens have had hardly any role to play. Engaging citizens in the smart city development process is crucial for ensuring that the initiatives meet the needs and aspirations of the people. Indian cities should leverage digital tools and community engagement strategies to involve residents in planning, implementation, and monitoring of projects. We embarked upon making Varanasi into Kyoto but have reached nowhere. Perhaps the biggest reason for this has been the government's top-down approach where people come last. Local people know their city better than any bureaucrat or politician and their input can go a long way in preserving the cultural heritage of the city and modernising it at the same time.

“ONE OF THE BIGGEST ACHIEVEMENTS OF NEW TAIPEI CITY IS ITS INVOLVEMENT OF CITIZENS IN VARIOUS FACETS OF PLANNING AND EXECUTION AND PARTICIPATION. NEW TAIPEI CITY ACTIVELY INVOLVES ITS CITIZENS IN THE PLANNING AND DECISION-MAKING PROCESS. “THROUGH PUBLIC CONSULTATIONS, DIGITAL PLATFORMS, AND COMMUNITY PROGRAMS, RESIDENTS ARE ENCOURAGED TO PARTICIPATE IN SHAPING THE CITY'S FUTURE”



that nurture talent and drive economic growth. Encouraging innovation and entrepreneurship should be a priority for Indian smart cities too. By creating supportive ecosystems for startups, providing access to funding, and facilitating collaboration between academia, industry, and government, Indian cities can become hubs of innovation and economic development. After all, no city can thrive without a robust locally sustained economy. People must find jobs and reasons to settle in a smart city, else it may end up like several ghost cities of China. Yet another initiative that makes New Taipei City a model is sustainability. "The city mayor places a strong emphasis on sustainability, incorporating green building practices, renewable energy, and

efficient waste management systems. The city has extensive green spaces, promotes the use of public transportation, and encourages eco-friendly practices among residents," says Dr Tih-Ju Chu. Indeed, sustainable urban development should be at the core of India's smart cities initiative. By prioritising green infrastructure, renewable energy projects, and comprehensive waste management systems, Indian cities can reduce their environmental footprint and enhance the quality of life for their residents. New Taipei City has implemented intelligent transportation systems (ITS) to enhance mobility and reduce traffic congestion. These systems include smart traffic signals, real-time traffic monitoring, and integrated public transportation

networks. The city's focus on multimodal transportation options has made commuting more efficient and accessible. Unfortunately, traffic and commuting are one of the biggest challenges. In a city like Bengaluru, India's IT hub, commuting is a nightmare. To address urban mobility challenges, Indian smart cities should invest in ITS, including smart traffic management, real-time public transport information, and infrastructure for non-motorized transport. Developing a comprehensive and efficient transportation network can alleviate congestion and improve the overall commuting experience. One of the cornerstones of New Taipei City's success is its adoption of cutting-edge technology to

streamline governance. The city has implemented an integrated digital platform that connects various departments, enabling real-time data sharing and decision-making. This has resulted in efficient public service delivery, reduced administrative costs, and improved transparency. Indian smart cities can benefit from creating unified digital platforms that foster inter-departmental collaboration, enhance service delivery, and promote transparency. Investing in robust ICT infrastructure and data analytics can drive more informed policy decisions and optimize resource allocation. Situated in a region prone to natural disasters, New Taipei City has prioritised building resilient infrastructure and robust disaster management systems. The city employs advanced monitoring and early warning systems, conducts regular drills, and has developed comprehensive emergency response plans. Implementing early warning systems, conducting regular drills, and involving communities in disaster management plans can significantly reduce the impact of disasters.

Let us face it, India's smart city project faces several significant challenges that hinder its progress. Foremost among these is the bureaucratic approach that often sidelines citizen participation and local insights, resulting in top-down planning that lacks community buy-in. Additionally, there is a persistent lack of robust infrastructure and technological integration, impeding the development of effective digital platforms and smart solutions. Moreover, coordination between various government departments and private stakeholders is often fragmented, leading to inefficiencies and delays. Without addressing these fundamental issues, the ambitious vision of India's smart cities may remain unfulfilled. We must be open to such initiatives outside of India and there would be no harm in trying the best practices from around the world. The lessons from New Taipei City serve as a blueprint for India's smart cities to follow, ensuring that they meet the needs of their residents while addressing the challenges of the 21st century.

A TALE OF TWO COUNTRIES INDIA AND CHINA BEYOND BINARIES

There is more to India and China relations that meets the eye and a lot goes behind the curtain in the people's republic of China writes **GYANESHWAR DAYAL**

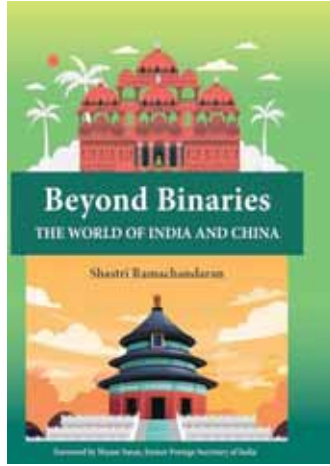
The book "Two Binaries: The World of India and China" by Shastri Ramachandran has generated significant interest. It explores several issues confronting the two countries and their bilateral relations. The author has ostensibly analysed why they behave as they do and what prevents the two countries from coming closer. Shastri Ramachandran is a journalist and well-versed in Chinese culture, having spent considerable time there, which makes him an authority on the subject. Indeed, he knows more about China than many so-called experts here. Although I haven't read the book, I recently participated in a discussion organised by the publishers to promote the book and initiate an informed debate. The discussion was chaired by Professor Madhu Bhalla, with veteran journalist Paranjay Guha Thakurta and Professor Arvind Yelery as other panelists.

The discussion certainly achieved its purpose and initiated a debate on Indo-China relations and our skewed understanding of China as a country beyond TV news and newspaper articles, often superficial in nature. China is always on the minds of most Indians. We have a love-hate relationship with it: we love it when we use its cheap products and buy them to profit in the domestic market. As Paranjay Guha Thakurta pointed out, most businesses would struggle without Chinese imports. Most pharmaceutical companies use raw materials from China, as do many car companies which import Chinese spares.



Indeed, India and China represent 40 percent of humanity and wield enormous power by sheer population size. However, coming together requires overcoming many obstacles. Shastri has the benign notion of making this the Asian century, which is not possible without India and China burying their hatchet. But that is easier said than done. They have historical and geographical factors that keep them apart. Shastri sees Western influence, amplified by our media, as a root cause of strained relations. He praises the Chinese people and believes it is possible to bridge the divide between the two peoples, as we are more than two countries – two

civilizations. However, there is a problem with perception. He sees China as a country painted by the West as evil, and we are expected to accept that view. We do so happily, gulping down Western propaganda as the gospel truth. There is some truth in that. The West has a powerful media with unparalleled reach, capable of making or breaking anyone's image. But that is only part of the truth. Giving China a clean chit is definitely oversimplifying the situation. Let's put it this way: China and the Chinese government are two separate entities often at cross purposes. When you interact with Chinese



people, you encounter individuals who are nice, like people anywhere else. However, when you deal with China as a nation, you deal with its government, which is reactionary and dictatorial. Shastri makes a distinction between Chinese and Arab dictatorships in their construct, but the end result is the same: an oppressive, intolerant, and regressive structure focused on self-preservation. Simply assuming a communist facade does not make one truly communist. Let's face it: Stalin was a dictator, Nicolae Ceaușescu was a dictator, Kim Jong Un is a dictator, and so is Xi Jinping. Having a party like Hitler's doesn't

qualify one to be called a Communist (a much-abused term, but I would think of Lenin as one). A fun fact here: Hitler's party was officially called the National Socialist German Workers' Party! On October 22, 2022, Hu Jintao, former General Secretary of the Chinese Communist Party, was escorted out of the hall at the closing ceremony of the 20th National Congress of the Chinese Communist Party. He was pulled from his seat by two men while Xi maintained a stoic face. Was it a Western construct? When Shastri says, and I quote, "Nancy Pelosi leads a delegation to Dharamshala with business stakes in Taiwan, and the Dalai Lama

receives treatment in the US, making clear what is happening," he trivializes the Tibetan struggle and casts aspersions on the Dalai Lama's credentials. The human rights violations and systemic cleansing in Tibet are beyond the scope of this piece. It is not just about Tibet; the Uyghur province, dominated by Muslims, has seen enough misery. The Uyghur province of China has witnessed a series of human rights violations. It includes mass arbitrary detention, torture, enforced disappearances, mass surveillance, cultural and religious persecution, separation of families, forced labour, sexual violence, and violations of reproductive rights. Many of the cases are well documented. And by the way, there is nothing capitalist about the students' protest in Hong Kong. I wish someone on the panel had spoken about these issues too. Most of them were fixated on Doklam and Galwan and relished Chinese cuisine and the great economic strides China made and how everyone wants to have a piece of the Chinese pie. Interestingly, after taking advantage of Chinese largesse, many African and Asian countries are now waiting their turn to go bankrupt. China's Belt and Road Initiative is turning out to be a noose around hapless economies. China is doing in the 21st century what the West did in the 19th. Do we have a locus standi in criticising China's human rights violations when we have skeletons in our cupboard? Sure, we do. Martin Luther King Jr. said, and I quote, "Injustice anywhere is a threat to justice everywhere!"

INSPIRATIONS BEHIND ZAIRA AND AUTHORSHIP JOURNEY

Professor **VINITA DHONDIYAL BHATNAGAR** shares the personal inspirations behind her novel *ZAIRA* and reflects on her journey from literature scholar to published author

What inspired you to write *Zaira*? Were there any personal experiences or specific events that sparked the idea for this novel?

Zaira was inspired by many events and incidents. I saw a terrible accident on a flyover near my office. The young man was hurled across the parapet and crashed onto the road below. The blood was trickling from his head like a rivulet. This scene has stayed with me and informs one of the most pivotal moments in the plot.

The awareness as a mother and as a college teacher about the vulnerability of our young population also played a part. This is the age of experimentation and exploration, which is fantastic. But they should not fall prey to addictions or to habits that endanger their lives and their futures. This inspired me to write about the cynical, profiteering men who might make a fortune by luring people into consuming drugs.

Can you share your journey as a writer? What were some of the key moments or turning points that led you to become a published author?

I have been studying literature since 1985 and have a PhD in literary studies. So I have a long history of reading. It took guts to jump into writing especially because in my mind I kept comparing myself to the literary greats I had studied. I kept writing and kept getting rejected. Part of the problem was that my characters were not gripping enough. My father passed away in 2010 and his last words to me were not to give up. I am going to keep to that. The publishing industry has changed drastically in the last few years. Maybe my time was now. My editor friend, Kaneez, told me of Book Bakers, my literary agent and they helped place my book.

How do you balance your roles as a professor and a writer? Do you find that your



academic work and storytelling complement each other?

In my fantasies I would have been a full time writer, locked up in a room with my thoughts for company. In reality I am juggling a home, and a job in which I have seventy young people in a classroom and they come from far off places and with distinctive personalities and life stories of their own. I now recognise this as strength. It may give me less time to write but it gives me deeper compassion and understanding. I teach communication skills and my purpose in writing is primarily to communicate rather than impress. My book has been written primarily for the type of people I teach.

The characters in *Zaira* are richly detailed and complex. Can you share your process for developing characters like *Zaira*, *Rajyawardhan* and *Jai*? Did any of them change significantly from your initial concept?

Thank you! As you know characterization is what I struggle with the most. So your words are a healing balm to my soul. Frankly, *Zaira* is based on a friend of mine who is like a daughter to me. The story is not hers. The

character is. I asked her at points "What would you wear to this?" or "What would you eat?" "Since I understood her well I could imagine what her responses might be in certain circumstances. Rajyawardhan is based partially on my favorite film star. I saw him on VIP road in Bhopal and I said to myself, "This man will be a legend." I think he is on his way to becoming one. I won't say more or I might be sued! With Jai I was thinking of the migration of the Sindhis to Bairaigarh near Bhopal after partition. A character carries the history of his people and I hope some of that is reflected in Jai's story. What changed significantly throughout the course of the writing was the relationship outcome of Jai and *Zaira's* story. I was so keen to write a romance. Alas!

***Zaira* is filled with unexpected twists and suspenseful moments. How do you approach plotting a story to maintain tension and keep readers engaged?**

My professor Malashri Lal suggested I start storytelling to live audiences. It's a very difficult art. Listeners get restless and children are bound to say "I am bored" when they are bored. That gives my writing urgency. I don't want to bore you. I don't want to waste your precious

time and attention.

The book touches on serious issues like drug trafficking and personal trauma. What kind of research did you conduct to ensure these aspects were portrayed accurately and sensitively?

I didn't do specific research on these topics but I have always stayed aware of these issues in society. I listened to ex-drug addicts speak about the fear of slipping back into the habit and of the humiliating lives they had led when they were in the grip of addiction. I knew a fantastic young man who just slipped away. It makes me sad. It makes me angry. We are letting our younger generations down if we don't do enough to protect and inform them. I was in the process of losing my mother as I wrote the book. I didn't know it then at a conscious level. But at a subconscious level, something inside me was preparing to let go. That rawness, that vulnerability and ache found itself on to the pages.

Fyodor Dostoevsky works often explore deep psychological and moral issues. How has Dostoevsky influenced your writing, particularly in *Zaira*? Are there specific aspects of his work that resonate with you?

During my MPhil days at Delhi University, I attended a seminar course of Russian Literature. (I must tell you the first four years of my life were spent in Russia. They believed then that the only privileged class should be children and I was treated accordingly.) I think I am obsessed with him because my uncle once dismissed somebody else's writing as "He is no Dostoevsky" Since then he has become my standard of good writing!

As a storyteller, are there any elements of Fyodor Dostoevsky's work that have influenced your writing, particularly in *Zaira*?

Ha Ha! I am arrogant enough

to really crave that comparison. Dostoevsky doesn't bother with facts as much as with states of mind. I find it difficult to add irrelevant details just to enhance the literariness of the language or story. He explores the two radically opposing sides of a character or situation. When I read his morally ambiguous characters I feel "This could be me, I could respond like this in this situation." I am hoping readers will feel the same way about my work.

You've mentioned that no change is possible unless the story touches the hearts of its readers. How do you ensure your stories have this emotional impact?

Even as a teacher I am aware miracles can happen and mountains can move if you can touch the hearts of your students. I do have a worldview, an urgent sense of how I think things should be. If I wrote them in a pamphlet it would be thrown away. So I weave a story. One of my favourite writers just revealed that he cried through the writing of his book. He knew the reader could feel the emotion because he felt it first. That is my greatest challenge. Years of struggling with literacy issues of theme, character, plot and conflict means I have a head first approach. I have to get in touch with my own heart to write. When we communicate heart to heart, we understand each other better. That's all I am going for.

What do you hope readers will feel or think about after finishing *Zaira*? Is there a particular message or feeling you want to leave them with?

I am hoping they will feel energised and empowered. Mistakes happen. So what? Why be afraid of heartbreak and betrayal to an extent where we forget to live? There are possibilities and opportunities all around us. We have a story to live. Let's make it grand!

BOOK REVIEW

A GRIPPING TALE OF AMBITION, THRILLER AND SELF-DISCOVERY

Zaira is a gripping thriller that blends suspense with societal critique, following a young woman's perilous journey through Bollywood and drug trafficking to uncover the truth behind her idol's death, says **SAKSHI PRIYA**

ZAIRA by Prof. Vinita Dhondiyal Bhatnagar is a compelling young adult thriller that masterfully blends suspense with social commentary. Set against the glamorous backdrop of Bollywood and the dangerous world of drug trafficking, the novel follows the journey of *Zaira*, an ambitious college student from Bhopal, as she navigates the complex intersection between her dreams of fame and the traditional expectations of her family.

The book introduces key characters like Jai, who provides stability and support to *Zaira* and Rajyawardhan Singh, Layla's charismatic lover whom *Zaira* admires. Rajyawardhan's presence adds complexity to the story, intertwining with *Zaira's* ambitions and the dangers she faces. Bhatnagar skillfully portrays *Zaira's* internal conflict as she navigates her relationship with Jai, initially a source of joy and comfort, which becomes a lens for her own desires and aspirations. Jai plays pivotal roles in shaping *Zaira's* journey, enriching her character development. Rajyawardhan also influences *Zaira's* decisions, adding depth to the narrative dynamics.

One of the most striking aspects of the book is its exploration of societal pressures and their impact on individuals, especially women. *Zaira*, initially portrayed as a somewhat naive and idealistic young woman, faces judgment and ridicule from her peers for her choices. The dialogue between Shikma and Deepa, who mock *Zaira* for her slipping grades and newfound relationship, highlights the harsh scrutiny that women often face. This criticism is not merely about academic performance or personal relationships but is deeply rooted in societal expectations and the pressure to conform to traditional roles.

The book grips you from the first page to the last, urging you to finish it in one sitting as you delve into every character and their stories. Author beautifully portrays *Zaira's* journey, creating a remarkable reading experience. The subplot involving

Rajyawardhan Singh adds suspense and danger, *Zaira's* involvement in a dangerous drug trafficking investigation and the subsequent threats to her life bring a sense of urgency and tension. Her time in isolation, grappling with fear and turmoil, showcases her inner strength, particularly in her struggle to maintain sanity and self-awareness.

Bhatnagar's writing is engaging and evocative, drawing readers into *Zaira's* world from the first page. The pacing is well-managed, balancing the thriller elements of the drug trafficking investigation with moments of introspection and character development. The author's ability to weave together personal growth, suspenseful plot twists and broader societal issues is commendable. The novel's exploration of the complexities of human relationships and emotions adds depth to the narrative. *Zaira's* evolving relationships with her family members, her romantic entanglements and her changing perception of Layla (whom she initially idolizes) all contribute to a human connection and growth.

ZAIRA is more than just a thrilling page-turner; it's a profound exploration of personal growth, societal pressure and the quest for justice. Bhatnagar's nuanced

characters, engaging plot and evocative writing create a story that resonates long after the final page is turned. Once you start reading, you'll be eager to finish it in one go, drawn to explore every character and their stories. The book is highly recommended for readers who enjoy emotionally rich narratives combined with cultural authenticity and suspenseful elements. *ZAIRA* stands out as a remarkable contribution to contemporary Indian literature. It offers a thought-provoking experience that prompts readers to reflect on their own life choices and the societal forces that shape them. Vinita Dhondiyal Bhatnagar has crafted a novel that is both a gripping thriller and a sensitive portrayal of a young woman's journey to self-discovery, making it a must-read for fans of the genre and beyond.



LOBSTER LOVE

PAWAN SONI discovers how Delhi is experiencing a culinary renaissance with new venues offering world class ingredients



PAWAN SONI
 Food critic and founder of the Big F Awards



Getting high-quality lobster in Delhi can be quite a challenge. This is why I make it a point to attend most crab and lobster festivals in the city, where the freshness and quality of these exquisite sea creatures are guaranteed.

I have enjoyed several memorable meals at Shang Palace, Shangri-La Eros Delhi, and the ongoing 'Clawsome Chobster' meal was no exception. This special menu features dishes made with both chicken and lobster, likely to appeal even to those who don't typically enjoy shellfish.

We began with a lobster and mango salad, a perfect summer dish. The sweetness of the lobster meat and fresh mangoes, combined with the coconut sauce, was perfectly complemented by the texture of lettuce and the acidity of lemon. For those who enjoy Chongqing chicken with its bullet chili heat, the lobster version is a must-try. The lobster, with its meat still clinging to the shell, is truly a palate pleaser. After tasting this, I wonder if I'll ever enjoy the chicken version as much. The only chicken dish we tried in starters was the bang bang chicken. Coated with panko/breadcrumbs for the extra crunch for this juicy chicken breast filling, it surely had the bang. Though for the sauce, I missed the mayonnaise in the dip which is normally

mixed with sweet chilly sauce. In the dim sum selection, we tried the kaffir lime lobster dumplings served with oscietra caviar. Though the kaffir lime flavor was somewhat subdued, these beautifully crafted dumplings were delightful. The lobster and chicken siu mai were expertly made with thin skins and juicy fillings. Feeling quite full after the starters, we decided to skip the carbohydrate dishes, which

included fried rice with lobster, chicken, and egg. Another intriguing option was the Chobster, a whole grilled chicken served with lobster rice. This dish, as our server mentioned, requires about 45 minutes to prepare, so we opted for the chili pepper lobster tail instead. During our meal, Mr. Abhishek Sadhoo, General Manager of the hotel, stopped by, and we exchanged pleasantries. When

asked about the sourcing of their lobsters, he proudly shared that they are flown in from Canada. I am eagerly anticipating their new festival offerings, which will feature an abundance of lobster, reflecting their commitment to bringing top-quality seafood to India. Shhh... keep this secret between us. Delhi is experiencing a culinary renaissance, with new venues offering world-class

ingredients. If you love seafood as much as I do, don't miss this special menu, available only until July 21, 2024.
 (Author is a food critic and founder of the Big F Awards. He can be reached at Pawan.Soni@indianfoodfreak.com)
 Address: Shang Palace, Shangri-La Eros, 19 Ashoka Rd, Janpath, Connaught Place, New Delhi, Delhi
 Phone: 011-41191919



A CULINARY COACH

Introducing Capital Diner, a unique restaurant located in a refurbished railway coach, providing travelers and locals with a nostalgic and immersive dining experience at the New Delhi Railway Station

Nestled within the bustling confines of New Delhi Railway Station lies Capital Diner, an enchanting escape that seamlessly blends the nostalgia of old-world train journeys with the flair of contemporary dining. This innovative restaurant, housed within a meticulously refurbished railway coach, promises an unforgettable culinary experience for travelers and locals alike. Stepping into Capital Diner is equivalent to embarking on a journey through time.

Capital Diner offers a unique blend of history, ambiance and exquisite cuisine, making it an ideal spot for travelers and locals alike. Upon entering Capital Diner, guests are transported back in time, as the restaurant's design combines the charm of American diners with the luxury of old-world train journeys. The interior, fashioned from a retired Indian Railways coach, exudes an air of elegance and charm reminiscent of the bygone era of train travel. Rich brown vertical stripe wallpaper, evoking memories of the legendary Orient Express, complements plush mallard shade suede booth seating and tasteful mosaic tiling. Soft beige LED lighting strips cast a gentle, starlit glow, enhancing the ambiance with a touch of luxurious warmth. Beyond its captivating aesthetics, Capital Diner delights diners with a diverse menu that celebrates both traditional Indian flavors and international cuisines. From hearty kadhai paneer paired with freshly baked naan to creamy penne tomato pasta with succulent chicken, every dish is crafted with meticulous attention to detail and premium ingredients. Each bite is a witnessed to the culinary expertise of the restaurant's dedicated chefs, ensuring a gastronomic journey that satisfies even the most discerning palate. "We are delighted to introduce Capital Diner, where the romance of



railway travel meets the sophistication of modern dining," shares Mr. Harish Kumar Arora, Founder of Capital Diner. "Our aim is to create a dining experience that not only tantalises the taste buds but also evokes cherished memories of train journeys past." Capital Diner stands as a testament to innovation in the culinary landscape of New Delhi, offering more than just a meal but an immersive experience that celebrates the cultural heritage of India's railway history. Whether seeking a quick bite before catching a train or a leisurely dining experience amidst the station's vibrant atmosphere, Capital Diner promises an unparalleled fusion of nostalgia and culinary excellence.

So, next time you find yourself at New Delhi Railway Station, don't just pass through - immerse yourself in the allure of Capital Diner. Indulge in the ambiance, savor the flavours and rediscover the magic of train travel through a dining experience like no other.

FAST FACTS

Circulating Area, New Delhi Railway Station, Near Ajmeri Gate, Connaught Place, New Delhi. Hours: 11 AM to 11 PM
 Price for Two: INR 600 Instagram: @capital.diner

EMBRACING VEGANISM IN ZURICH

When considering a trip to Switzerland, famous for its chocolate and cheese, you may question if it suits vegans. Yet, surprisingly, Switzerland is an exciting destination for vegans, offering unexpected delights. In Zurich, there are chances to explore innovative sustainable dining options

BY AKANKSHA DEAN

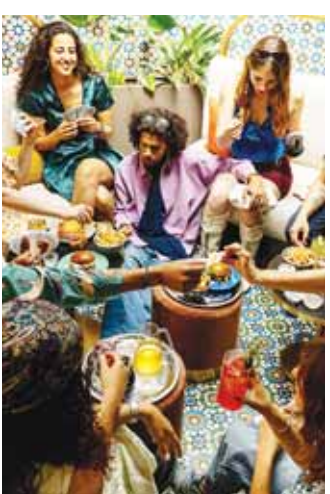
Switzerland pleasantly surprised me with its vegan options. Local supermarkets carry a variety of vegan products such as plant milk, tofu, lentils, and Swiss vegan brands like New Roots Cheeses and Planted Vegan Meats. The cities like Zurich, Geneva, Lugano, Bern, and Lucerne offer many vegan-friendly restaurants listed on Happy Cow. Zurich and Geneva stand out in the vegan scene, but other cities also provide for vegans. Be sure to check food labels for hidden dairy ingredients. Swiss cities feature diverse vegan eateries like Tibits and Hiltl serving global cuisine. Do try the traditional Swiss dish Röstli. During my month-long stay in Zurich following a vegan diet, I discovered the city's vibrant vegan scene, surprising given its reputation for banking and luxury shopping. Haus Hiltl, the world's oldest vegetarian restaurant on Sihlstrasse 28, 8001 Zurich, offers classic dishes like house-made meatballs and rich Bolognese bowls. Guests can enjoy a la carte options or the vegetarian buffet, allowing them to savour various flavours. Hiltl Sihlpost near the main train station offers buffet options for breakfast and other meals. One remarkable aspect of Haus Hiltl is its carefully curated menu, making it a top choice for those with specific dietary needs like gluten-free, nut-free, or soy-free preferences. Discover and savour these top dining destinations in the city.

REDEFINING GASTRONOMY

Zizi Hatab, a Moroccan immigrant raised in a multicultural setting near the Mediterranean coast of Spain, is redefining gastronomy with plants. Despite starting with a background in Spanish fishing gastronomy, Zizi's journey led her to Barcelona for engineering studies, where she balanced hosting dinners in her student dorm with exploring tapas venues. Transitioning to a corporate engineering role in Switzerland, Zizi's passion for cooking persisted. Without professional culinary experience, she boldly approached top Swiss chef Andreas Caminada, securing an internship at his renowned restaurant, Schloss Schauenstein. Returning to Zurich in 2019 to prepare for the launch of her debut restaurant, KLE, Zizi made a bold decision to offer an exclusively plant-based menu and lifestyle. Despite scepticism from various quarters, Zizi remained steadfast in aligning her values with her culinary vision, believing in the transformative power of a plant-based diet and food's ability to connect people. Through KLE, Zizi aims to inspire a change in consumer habits by offering a culinary experience based on love, innovation in plant-based cuisine, and sustainability. Emphasizing locally sourced ingredients and sustainability, Zizi creates a welcoming atmosphere for both her teams and guests, fostering memorable dining encounters. Her pioneering work in plant-based



fine dining at KLE has garnered recognition both locally and internationally, solidifying her influence in the gastronomic realm. Her second establishment, DAR, swiftly became recognized and was highlighted as a top spot by The 50 Best. Particularly noteworthy is DAR being awarded a distinguished Green Michelin Star in 2022. This accolade marks Zizi as the first Swiss vegan chef to attain such an honour, affirming her status among the global culinary leaders. In the same year, Zizi was honoured as one of the 10 emerging chefs influencing the evolution of gastronomy in the 50 Next prestigious list.



ELEGANT YET APPROACHABLE FINE DINING AT KLE

Located in the vibrant District 3 of Zurich, KLE's diverse team brings a multicultural flair to Zurich's dining landscape, creating an intimate and welcoming ambiance. An inviting outdoor terrace provides a charming setting for open-air dining when the weather is pleasant. Recently awarded both a green and red Michelin star, KLE stands out as Switzerland's first plant-based restaurant to receive such recognition, a testament to the chef's dedication to culinary excellence. Each dish emphasizes quality ingredients, such as the 'black pearl mushroom' with a

sauce crafted from 25 locally sourced elements like Weggis lemongrass. The house bread, reminiscent of Moroccan buns, served with egg-free aioli made from 'aqua-faba' and Moroccan hummus, along with unique pickled vegetables, showcases the chef's inventive twists on traditional flavours. Sauerklee, a cherished ingredient in various cuisines, highlights KLE's blend of local and global culinary influences, inviting diners to savour a sensory exploration of the chef's culinary heritage.

DAR & ITS COCKTAIL BAR

My visit was truly eye-opening. DAR, meaning 'to give' in Spanish, fuses Moroccan and Spanish influences to create a remarkable plant-based dining experience. The menu showcases fresh seasonal vegetables, artisanal bread, and delectable desserts, inviting diners to explore global flavours like salted lemon mustard buns and turmeric-infused roasted beets. Opting for the chef's selection treats guests to a well-curated array of snacks, entrees, and sweets that leave a lasting impression. Reserving ahead is essential for a table at DAR, especially for the popular weekend vegan brunch featuring delightful honeycomb-shaped pancakes. Adjacent, the Cocktail Bar offers sustainably crafted vegan drinks that embody the vibrant tastes of Spain and Morocco. This 'slow fast food' concept extends to enjoying homemade vegan burgers while respecting the environment.

DAR's atmosphere celebrates guilt-free pleasures that blend taste, tradition, and ethical dining, offering a truly gratifying experience.

PINTOS AND WINE AT COR

Cor on Weststrasse is a hidden treasure in the heart of Zurich, offering a cosy atmosphere where wine and tapas are the stars. Zineb and Bernd Vogel's love for Catalan cuisine is evident in the carefully crafted plant-based tapas and pintos. The wine selection, featuring mainly Spanish and French wines, adds elegance to the experience, promising a diverse culinary journey with each bottle. Savouring delights like stuffed peppers and 'pa amb tomaquet' reveals Cor's dedication to organic, local ingredients. What distinguishes Cor is its innovative wine menu, constantly evolving to complement the diverse menu offerings. Whether for an impromptu aperitif or a relaxed dinner, Cor's charming ambiance and delicious offerings make it a top choice in Zurich's dining scene. A visit to Cor promises a delightful blend of flavours, setting, and warmth that truly elevates the dining experience in Zurich.

AKANKSHA DEAN is an independent food & travel writer, a chef and a catalyst and is the first Indian to have trained at Osteria Francescana, in Modena, Italy, rated as the world's best restaurant in the World's 50 Best Restaurants, in 2016 and 2018 and currently in the Best of The Best Category.



**YOUR
WEEK
AHEAD**

MADHU KOTIYA



ARIES March 21-April 19

This week, you possess significant physical and mental strength. Utilize your willpower to overcome challenges. Here are some tips: focus entirely on your goals, seize opportunities, and actively participate to succeed. A journey or trip may be on the horizon. Pay attention to all details before making decisions. Your actions are usually quick, but this week calls for patience and strength. Firm decisions will lead to a more meaningful and stable life. Midweek, domestic issues may require your attention, with discussions around travel, marriage, or property matters. Towards the end of the week, you may receive marriage proposals. Those already in relationships will find their bonds strengthening, with increased intensity bringing you closer. Emotional moments may arise; keep them in check.

Lucky number 3 | **Lucky colour** Coral
Lucky day Wednesday



LEO July 23-Aug 22

Now is the time to engage in discussions and seek equilibrium. Refreshing your energies is essential for achieving mental clarity and tranquility. Challenges may surface, such as relationship strains, financial worries, or minor health concerns. You may experience confusion and uncertainty, leading to a feeling of bewilderment. It's important to address emotional, domestic, and health issues with renewed focus, especially in matters such as reconciling estranged relationships or navigating separations. Liberating your mind from entrenched beliefs and barriers is crucial for embracing new opportunities. During unfavorable periods, it's wise to allow time to unfold naturally while preparing for future opportunities to maximize benefits. This approach will help you navigate through difficult phases with resilience and lay a solid foundation for success in more promising times.

Lucky number 14 | **Lucky colour** Peach
Lucky day Saturday



SAGITTARIUS Nov 22-Dec 21

This week presents a notable period of achievement both at home and in your professional life, as favorable circumstances align to support your endeavors. Any project you undertake is likely to succeed effortlessly. Consider making significant decisions related to family or real estate during this time. You'll find yourself in a position of influence and leadership, recognized for your ability to manage and inspire. Your natural charisma ensures that others are receptive to your ideas. Engagements in meetings, networking, and partnerships are particularly advantageous, leading to positive outcomes. Your ability to leverage the strengths of those around you shines, driven by your insight and magnanimity. As the week concludes, you'll experience a sense of substantial personal and business growth. A thoughtful discussion with elders could be beneficial, enhancing family dynamics.

Lucky number 1 | **Lucky colour** Grey
Lucky day Monday



TAURUS April 20-May 20

This week begins on a high note with a clear understanding of both personal and professional landscapes, allowing for efficient and effective action. You exhibit strong leadership and a robust self-confidence, positioning yourself as a source of inspiration and a driving force for many. As the week progresses, you'll find yourself at the heart of familial warmth and affection, playing a pivotal role in deepening bonds among loved ones. A long-held wish may see fruition during this time, bringing your efforts into the spotlight and garnering appreciation. However, as the week closes, be prepared for some internal conflicts as cherished beliefs and established methods may need reevaluation. This could pertain to personal habits or professional approaches. Embrace flexibility and consider thoughtful changes to ensure continued progress.

Lucky number 7 | **Lucky colour** Pink
Lucky day Sunday



VIRO Aug 23-Sep 22

This week promises a rich sense of emotional fulfillment. You may find yourself reconnecting with loved ones from your past, nurturing bonds that have stood the test of time. Expect a dynamic period ahead, with the possibility of embarking on an international journey related to a fresh professional role. Harness your creative energies this week, as they are peaking and could lead to significant achievements. Midweek brings recognition for your recent efforts, enhancing your sense of accomplishment. You'll notice an expansive outlook positively impacting your decisions. As the week closes, a new employment opportunity may arise, alongside a burst of inspiration to launch a new project. This could set the stage for future success. Overall, the week holds promise for professional growth, fulfilling travel, and joyful connections.

Lucky number 11 | **Lucky colour** Blue
Lucky day Wednesday



CAPRICORN Dec 22-Jan 19

This week promises a significant shift in your daily routine, possibly affecting either your professional environment or personal life. You may find yourself moving to a favored location or adapting to a new role. As you anticipate these changes, you'll find your thoughts deeply engaged in planning for what lies ahead. By midweek, take a moment to appreciate the abundance life offers, as your well-being and satisfaction contribute to your allure and positive demeanor. Achieving a balance between a joyful home and fulfilling work life reflects your resilience and determination. Your steadfastness in facing challenges has set the stage for you to enjoy the rewards of your efforts. Embrace this period as an opportunity for growth and self-reflection, leading to deeper insights and personal development.

Lucky number 4 | **Lucky colour** Brown
Lucky day Saturday



GEMINI May 21-June 20

Your persistent efforts are about to pay off, manifesting as tangible successes. You have a profound sense of stability and security, which reflects in your demeanor, professional endeavors, and interpersonal relationships. Your innovative spirit and enthusiasm for your work empower you to master your environment. Those around you, including peers and team members, appreciate your sincerity and commitment to collective well-being. You radiate positivity and skillfully navigate challenges through informed decisions, leaning on historical precedents and strategic negotiation. Professionals in advisory roles excel during this time, harnessing their strength, discipline, and accumulated wisdom. With your dedication, self-assurance, and solid foundation, you are well-positioned to succeed. This is an excellent time to maximize your capabilities and achieve.

Lucky number 10 | **Lucky colour** Lemon
Lucky day Monday



LIBRA Sep 23-Oct 22

Currently, you're encountering a challenging phase where vital aspects of your existence demand urgent attention and a balanced approach. As the week progresses, you might find yourself feeling disengaged and desiring a break from the hustle, prioritizing personal needs over others. It's important to value your current blessings and concentrate on savoring the here and now. Your progress in various areas might seem stalled, potentially leading to a sense of confusion. Beware of negative influences from those around you, and be proactive to counteract their effects. Be cautious with new romantic or professional offers this week as they could lead to complications. Though times seem tough, it's not the end. Strive for equilibrium and unity in your actions and relationships.

Lucky number 6 | **Lucky colour** Orange
Lucky day Tuesday



AQUARIUS Jan 20-Feb 18

This week heralds a burst of inspiration and the potential for a spiritual renaissance. Harnessing this dynamic surge creatively could yield significant achievements. However, prudence is advised as your actions will come under scrutiny, potentially leading to complications. It's wise to monitor your actions closely. The outcomes of your recent and past efforts are shaping your future prospects, aligning with the principles of karma. A significant triumph may be on the horizon, rewarding your justified endeavors. Should you encounter any legal challenges, they are likely to resolve favorably. A deep sense of thankfulness for the blessings in your life will pervade, culminating in celebratory gatherings with loved ones towards the week's end. You'll find yourself invigorated and exuberantly connected with those around you.

Lucky number 12 | **Lucky colour** Magenta
Lucky day Wednesday



CANCER June 21-July 22

This week, there is a notable surge in impulsive behavior and a tendency to rush decisions, which could lead to chaos and loss of control. It's essential to manage your emotions and reflect deeply on your challenges. You might feel compelled to distance yourself from your current environment, possibly through a quickly organized trip. Be prepared for unexpected disagreements that could arise. Now is not the optimum period to initiate new ventures. You will overcome various challenges, whether they are mental, physical, emotional, or spiritual. As the week closes, you'll likely turn towards spiritual growth, finding answers and peace through reflective practices. Engaging in spiritual rituals and acts of kindness will provide you with great comfort and grounding.

Lucky number 20 | **Lucky colour** Lavender
Lucky day Thursday



SCORPIO Oct 23-Nov 21

This week heralds a period of fruitful outcomes and vibrant energy. You may find yourself yearning for advanced learning opportunities, with prospects from abroad presenting themselves enticingly. Despite the fierce competition, your perseverance and tenacity will see you through successfully. Your professional life might require relocation or travel, but this shift promises to align with your broader ambitions and prove beneficial. Exercise caution in interactions with colleagues to avoid unnecessary disputes. Overall, this week is exceptionally favorable for both your career and personal relationships. Your innate potential and creativity are at a peak—harness these qualities to maximize every opportunity. Additionally, your personal life could see significant growth or a joyful addition. A sense of renewed purpose may invigorate your pursuits, leading you toward exciting and innovative ventures.

Lucky number 2 | **Lucky colour** Mint
Lucky day Friday



PISCES Feb 19-March 20

This week promises to be enjoyable with a positive start and finish. Expect harmony and joy within the family sphere. Relationships, both romantic and platonic, are likely to thrive alongside comfortable living conditions. Children will experience success, and longstanding matters, particularly those related to family assets, are poised to reach favorable resolutions. However, potential disagreements with colleagues might arise. Facing these challenges with constructive strategies will be key. Your patience and wise handling of differing viewpoints will help navigate any tensions smoothly. As the week concludes, you'll discover effective solutions to your concerns, paving the way for new opportunities. With confidence in your capabilities and a persistent positive outlook, you're set to triumph over the week's challenges. Enjoy the week!

Lucky number 9 | **Lucky colour** Teal
Lucky day Sunday

Madhu Kotiya is a tarot card reader, spiritual healer, and Founder, MShezaim Institute of Tarot and Divination. Contact details: madhu@indiatarot.com, www.indiatarot.com, M: 9873283331



Om – The Shabda Brahman

Today is Guru Purnima, dedicated to the torch bearer in one's life - the Guru - in the annular Hindu calendar. Heartfelt salutation to my revered Guru on this solemn occasion. For, he in his own ingenious ways helped me rise over the limitations of mind and emotion, expand my vision, making me worth serving as guiding spirit to many. Also, I greet other Gurus who have been enlightening their disciples. The importance of the word: 'Guru' is hidden in its very construct. Guru is made of two syllables - 'Gu' meaning darkness/ignorance and 'Ru' implies light. Guru, thus, is the one who enlightens to remove darkness/ignorance. Here, it is important to understand the difference between a teacher and a Guru. Teacher is academically aware of a particular subject or discipline, which he carries forward to the students. Guru, on the other hand, who through his intense sadhana, gets over the limitations of mind and emotions, whence he has access to the whole landscape of mind, which knows no limits. He then explores and realises the truths of life - both eternal, which includes even subtle

realities operative at unseen level, and living realities of life. Only such realised masters could intuitively comprehend the soundless sound Om.

Now coming back to the subject matter under discussion since the previous issue, we have seen why the sound note Om is also termed as Shabda-Brahman. Shabda in Sanskrit means word - both written and as heard. The word Brahman here means the primal-source and effective cause of all creations.

The Shabda-Brahman concept is laid down in the Vedas as:
**Prajapatirvai idam-asit
Tasya Vagdwitiya asit
Vagvai paramam Brahman**

In the beginning was Prajapati which is another name assigned to the source and effective cause of all creations. The word Prajapati is made of two words: Praja and Pati, respectively meaning the subjects and their lord, the two when combined means lord of all creations. The word came second - spoken of as second because it was first potentially in and then emerged as the evident power from Him. The word is that ultimate Brahman.



This finds resonance even in the Biblical scripture, the fourth Gospel: "In the beginning was the Word; and the Word was with God; and the Word was God". The 'Om?' symbol, as we see, is written as the Hindi letter 'ॐ' (Om) towards its main body. On top of it is placed a crescent having a dot within, which is spoken of as Hindi letter 'm?'. The

crescent sign with the dot within symbolises particular action or the stirring at the primal source. The main body - 'ॐ' (Om) reflects what followed thereafter, which eventually culminated in the manifest plural world of name and form. Supposedly following Pranava (causal stress) at the primal source, arose Nada

(sound). The crescent here symbolises the arousal of causal stress. When the causal-stress gathered up and gravitated further, energy streams got released with a bang. Here, the dot within the crescent has two-fold implications. First, it symbolises the dense singular source where from the world process took off. Second, it symbolises centralisation of causal stress and issuance of energy streams there from. The second part, 'A' (U) symbolises the manifest energy as the world experience. A question will naturally arise in curious human mind: "Why and how the scope for causal-stress at the primal-source, believed to be originally in equilibrated state?" The dictionary meaning describes 'stress', as a system of forces applied to a body. Evidently, when two things attract or distract each other, will lead to stress (the resulting force arising thereof). It is therefore possible that mutual attraction/distract amongst energy particles constituting the primal source, hitherto in equilibrated state, would be subject to stress. This phenomenon being the self-activated cause of all

further actions in the world process is termed as causal stress. This, when gathered momentum, and got centralised, found issuance of forces with a roaring 'Hum' sound. Here, a mention about the state of atom, seemingly inactive, becomes imperative to make things clear. At the centre of an atom lies the positively charged nucleus, which apparently remains in an inactive state. Negatively charged electrons circle around the nucleus. The bonding energy between the two provides stability to the atom. If the bonding energy gets any way disturbed, the atom releases enormous energy. Similarly, it is very well possible that stress arising out of mutual attraction amongst the energy particles constituting the primal source would have disturbed the bonding energy, which had earlier held these particles in equilibrated state.

The issue continues.....

The writer is an astrologer, vastu consultant and spiritual counsellor. Connect with him at Tel: 91-11-9818037273/9871037272 Email: bharatbhushanpadmadeo@gmail.com