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PAPER WITH PASSION

Delhi dislodges AAP

In a landmark political shift, the BJP has stormed to power in the 2025 Delhi Assembly elections, marking its return after 27 years

Am Aadmi Party (AAP) that ruled for ten years has been ousted by the BJP. It is one of the major setbacks that AAP has suffered since its inception. Despite its misadventures it always remained voters favourite in Delhi. Now with the BJP making a comeback it has suffered not only a big jolt to the party morale but also to the brand Kejriwal. In a historic political shift, the Bharatiya Janata Party (BJP), led by Prime Minister Narendra Modi, has secured a decisive victory in the 2025 Delhi Assembly elections, ending the AAP's decade-long governance in the national capital. This marks the BJP's return to power in Delhi after 27 years. The BJP won 48 out of the 70 Assembly seats, surpassing the majority mark of 36 seats. In contrast, AAP managed to secure only 22 seats, a significant decline from its previous tally of 62 seats in the 2020 elections. The Congress party failed to open account, continuing its decline in the region. Notably, AAP's prominent leaders faced unexpected defeats. Aam Aadmi Party chief



Arvind Kejriwal lost the New Delhi seat to BJP's Parvesh Verma by a margin of 4,089 votes. Similarly, former Deputy Chief Minister Manish Sisodia was defeated in the Jangpura constituency. Senior AAP leaders, including Saurabh Bharadwaj in Greater Kailash and Somnath Bharti in Malviya Nagar, also lost their seats. After ten years in power, AAP encountered strong anti-incumbency sentiments, with voters expressing a desire for change.

Legal troubles and corruption allegations against key leaders, including Kejriwal and Sisodia, further diminished public trust in the party. Meanwhile, the BJP successfully leveraged AAP's shortcomings, presenting a development-driven governance model that resonated with the electorate. This electoral outcome serves as a critical juncture for AAP. The party must undertake a comprehensive introspection. Perhaps it is time it realised that it would be a good idea to remain with the INDIA bloc and playing solo is not always a good idea. One of the major reason for its defeat might have been the division of votes. Congress though did not gain but pulled it down. Addressing the corruption allegations transparently and implementing internal reforms will be essential to rebuild credibility. Reassessing policy positions and strengthening grassroots connections can help the party reconnect with its core voter base. In his concession speech, Arvind Kejriwal acknowledged the defeat and extended his congratulations to the BJP, expressing hope that the new government will fulfill its promises to the people of Delhi. The results of the 2025 Delhi Assembly elections send a strong and clear message to all political parties—governance, credibility and adaptability matter more than rhetoric. The political parties cannot rely solely on past achievements; they must continuously evolve and deliver on public expectations. Ultimately, there are no shortcuts to winning voters' trust— even freebies have their limits.



Tourists take a ride on a hot air balloon, in Manali

Flying faster-than-sound travel closer to reality

Boom Supersonic successfully tested its prototype supersonic aircraft, proving that supersonic commercial travel is not just a dream but an imminent reality

A significant milestone in commercial aviation history has been achieved. Boom Supersonic, a Colorado-based startup, completed a successful test flight of its prototype supersonic aircraft XB-1, demonstrating that commercial air travel at faster-than-sound speeds is not only feasible but may soon be available for frequent flyers, cutting average intercontinental flight times in half.

When we think of supersonic commercial aviation, Concorde often springs to mind. Concorde was an iconic aircraft that flew passengers across the Atlantic in just three hours. It was the first commercial supersonic aircraft, and it flew twice the speed of sound for Air France and British Airways from 1976 to 2003. Concorde was retired in 2003 due to excessive costs, high fares and loud noise. Since then, aerospace giants like Airbus and Boeing have never delivered a commercial-scale replacement.

So, what makes Boom different? Boom's team didn't vent past failures as insurmountable obstacles. Instead, they



saw them as engineering challenges to be overcome with a fresh mindset. Unlike traditional companies that would try to upgrade a subsonic plane to go faster, Boom's team designed every component, from the aerodynamic shape and propulsion system to the fuel system, specifically for supersonic travel. The company exemplifies how ignoring legacy assumptions and knowledge can unlock groundbreaking solutions. Boom's engineers embraced the concept of "unlearning," jettisoning assumptions that certain design elements were necessary or that certain hurdles were insurmountable. Unlearning allowed Boom to innovate with advanced composite materials, wing design and a new noise-reduction strategy.

They rewrote the rules of the game, overcame longstanding technical barriers and ignited fresh interest in supersonic flight. Established players like Boeing and Airbus often shy away from radical changes for fear of failing or canalising profitable products. Boom took calculated risks, embraced uncertainty, and refined each step through rapid data-driven iteration. Historically, supersonic jets are fuel guzzlers. Boom's approach combines aerodynamic optimisation with advanced high-performance materials and a propulsion system designed ground-up to minimise fuel consumption. The propulsion system (Symphony) will run on zero aromatic 100 per cent sustainable aviation fuel (SAF) for sustainable commercial supersonic flights. As a start-up, Boom operates with lean teams. This contrasts sharply with the massive bureaucratic hierarchy within aerospace giants. Swift prototyping, quick feedback loops, and a willingness to pivot ensure that new technology is tested and integrated faster than what Boeing or Airbus might manage.



RAJNEESH BHANDARI

The prototype aircraft smoothly transitioned through Mach 1 (the speed of sound) and touched Mach 1.1. This technology demonstration will help refine the design ahead of the company's next goal: launching a full-scale 60 to 75-seater supersonic jet called Overture. The founders' vision is that passengers can fly supersonically at tickets comparable to business class fares. Imagine cutting a 7-hour transatlantic flight to 3.5 hours. Suddenly, a business meeting in Delhi and a dinner date in London are feasible on the same day. Overture is being designed to fly 7800 km. It can fly nonstop on routes like Delhi to Frankfurt or New York to London. Faster travel time can be a game-changer for business travellers and high-priority cargo. While Airbus, Boeing, and other established players have the resources and legacy to make big moves, it often takes a nimble newcomer with a fresh perspective and first-principles thinking to challenge what's possible.

(The writer is an author, innovator and founder of NeuroEquilibrium; views are personal)

The new geopolitical communication era

With emerging technologies, evolving geopolitical alliances and the dominance of visual storytelling, the way messages are crafted and delivered is being redefined



CHAITANYA K PRASAD

One of the critical areas where visible changes will be witnessed post-January 2025 is the communication landscape geopolitically. This era is positioned to redefine the very speedways of global communication, with a pivotal question arising: Are we on the verge of a 360-degree transformation in communication delivery, content orientation, outreach mechanisms, and the tools we deploy? Geopolitically, the communication ecosystem will embrace a new language—a language of immediacy, focused messaging, results-driven delivery, and the prioritisation of measurable outcomes to identify realistic patterns and global impacts.

As the world steps into this new chapter of geopolitical shifts, communication strategies are becoming more sophisticated, dynamic and multidimensional. The need of the hour is to analyse the new alliances afoot in the shifting political landscape and the major geopolitical developments. The evolving political climate is challenging traditional paradigms, compelling communication specialists, diplomats, and policymakers to rethink how messages are crafted, delivered, and received on a global stage.

The era demands a communication framework that not only transcends borders but also bridges divides with precision, creativity, and authenticity. In 2025, the phrase "a picture is worth a thousand words" takes on greater resonance. Visual communication has become the most impactful way to deliver messages. A single, well-composed image has the power to convey emotions, ideas, and narratives that words may struggle to encapsulate. Building on this, the explosion of short-form videos, and 30-second reels, for instance, has transformed the landscape further.

Their brevity and emotional depth make them tools of unparalleled influence in shaping public opinion, mobilising support, and even defusing tensions. This evolution places immense responsibility on communicators in the geopolitical arena. Diplomacy, once conducted primarily behind



closed doors, is increasingly playing out in the public domain through curated visuals, symbolic gestures and strategic messaging amplified by digital platforms. For foreign policy, the challenge is to balance transparency and strategy, using these tools to build trust while maintaining sensitivity.

As social media continues its rapid rise, many ask whether traditional media can still hold its ground in the face of this digital juggernaut. Social media has undeniably globalised and democratised communication, giving individuals, governments, and organisations a direct channel to their audiences.

It thrives on immediacy, engagement, and the power to go viral, making it an essential tool in geopolitical communication. However, traditional media is far from obsolete. In an era of information overload, its role as a trusted gatekeeper remains critical. While social media is the messenger of the moment, traditional media provides depth, analysis, and context—elements that are crucial for informed decision-making. For communication to be effective in this new geopolitical era, the two mediums must complement each other, creating a holistic narrative that is both immediate and enduring. The rise of artificial intelligence has added another layer of



SOCIAL MEDIA HAS UNDENIABLY GLOBALISED AND DEMOCRATISED COMMUNICATION, GIVING INDIVIDUALS, GOVERNMENTS AND ORGANISATIONS A DIRECT CHANNEL TO THEIR AUDIENCES

complexity to global communication. AI-driven analytics enable unprecedented insights into audience behaviour, preferences, and sentiments, allowing for hyper-personalised messaging. These tools are invaluable for diplomats and foreign policy experts, who can now craft messages with immense precision and predict their impact with greater accuracy. However, with these advancements come ethical dilemmas. The line between strategic communication and manipulation can easily blur, necessitating robust frameworks to ensure accountability and fairness. As the communication landscape becomes more intricate, the demand for skilled specialists is growing. These professionals are not just channels for information, they are strategists, analysts, and creators who understand the nuances of messaging in a diverse and rapidly changing world.

Traditional media must evolve to remain relevant, embracing digital innovations and audience-centric approaches. Meanwhile, social media must grapple with issues of misinformation, polarisation, and echo chambers, striving to become a platform that unites rather than divides.

In this era, communication is no longer just about delivering a message; it is about shaping perceptions, building relationships, and driving action. As

the world becomes increasingly interconnected, the ability to communicate effectively will be one of the most powerful tools in navigating the complexities of a neo-geopolitical era. In an era marked by shifting alliances and evolving global priorities, multilateral institutions face both challenges and opportunities.

The reworking of commitments by key nations to international frameworks has drawn notice to the fragility of global consensus, raising questions about the role and relevance of these institutions in addressing shared challenges like public health, climate change, and economic inequality. This shifting landscape calls for a more nuanced approach to diplomacy within multilateral spaces, with a renewed focus on collective responsibility. For these institutions to thrive in a complex geopolitical climate, they must leverage communication technologies to foster transparency, engage diverse stakeholders, and amplify their ability to drive action. Whether through the lens of a camera, the reach of a tweet, or the depth of an investigative report, the stories we tell and how we tell them will shape the world in ways we are only beginning to understand.

(The writer is a former civil servant. Views are personal. Inputs by Vaishnavie Srinivasan and Zoya Ahmad)

LETTERS TO THE EDITOR

WTO NEEDS REFORM

Madam — It is with reference to the editorial page article "WTO is at a crossroads; Reform or perish" February 8. WTO is the world's largest international economic organisation, established in 1995 with 166 members representing over 98 per cent of the global trade and global GDP. Before the WTO, there was the General Agreement on Trade and Tariffs (GATT), a global trade organisation with 23 countries. Every member country is obligated to follow the laws and policies framed by WTO rules. India is a significant member of the WTO. Trade disputes are addressed by the WTO's dispute settlement process. It is the WTO that makes efforts to promote transparency in decision-making by encouraging participation and, in particular, the use of the consensus rule.

As an international platform, the WTO regulates and negotiates additional trade liberalisation. In recent days, the WTO has been facing many challenges related to changes in the global economy and geopolitical context. Its members have not been able to agree on new rules on agricultural goals, highlighting the conflicting interests between developed and developing countries. Difficult trade relations between the two largest world economies and WTO members—the US and China—also put a strain on the WTO. Unilateral trade measures such as raising tariffs on iron and steel threaten the multilateral trading system. This highlights the WTO might need to be reformed to meet current concerns such as national security, environmental standards, and the impact of technology on trade. If urgent reforms are not undertaken, the global trading system may soon witness the demise of the institution once deemed indispensable.

P Victor Selvaraj | Tirunelveli

ZERO SEATS FOR CONGRESS IN DELHI

Madam — It will be painful for the Congress for the massive loss in the Delhi elections when people voted against them consistently for the last 3 terms 0-0-0. The most pathetic observation is that they

BJP returns to power in Delhi



The BJP's long wait of 26 years to return to power in Delhi has ultimately come to an end after it registered an emphatic victory in Delhi Assembly polls. In fact, Delhi was the only erstwhile BJP-ruled state where victory remained elusive for the BJP even under the strong Modi wave since 2014. Hence, this victory has come as a big relief for the saffron party, which faced unceremo-

couldn't manage even a single seat in the last 3 assembly elections. Capital is Congress's home ground under the leadership of Sonia Gandhi.

The greed for power and dynastic politics made Priyanka Gandhi run all the way from Delhi to Wayanad to come back victorious in the by-election. There's a saying in the villages that 'If one has to assess the quality and power of a person in the village', ask the locals. The same yardstick proved right when there were no takers for Congress locally in Delhi and scoring 0-0-0 in their report card reflects that the quality of the Congress party is under a scanner. For the Congress to survive, the realistic approach must be to keep Rahul and Priyanka from the main limelight and keep them in a low profile so that the party can rebuild the faith for a better future of the party.

A P Thiruvadi | Chennai

RBI CUTS INTEREST RATES

Madam — It is a first-rate cut in nearly five years by RBI and it signifies a shift in monetary strategy. With this cut, RBI has clear-

ly sent a signal that it wants to boost lending, stimulate consumer demand and nurture investment. In the recent months, core inflation has shown easing out, providing much-needed headroom to the RBI to implement this rate cut. And a slowdown in the economic growth forced the RBI to take the plunge now. By lowering the borrowing cost, RBI wants to encourage businesses to expand, boost consumption, and help economic growth. Now banks will be happy to extend credit more freely, but they need to be wary of what they have witnessed with their microfinance and unsecured loan portfolios in recent months. In the real estate sector, SMEs will take a sigh of relief, and individual borrowers will see a reduction in their EMIs and, in turn, more money in their pockets, coupled with recent income tax cuts, which will create a positive environment for the consumption boom to take place.

Bal Govind | Noida

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FIRST COLUMN

LIFE IS A MOUNTAIN: CLIMB YOUR PEAK, YOUR WAY

Just like climbing a mountain, life's true joy comes from the ascent, not just the summit



O P SINGH

I have come to believe life is a lot like climbing a mountain. It's not a race or a competition, and it's not about finding a shortcut. The absolute joy of life isn't standing at the summit—it's in the climb. It's in slipping on loose gravel, feeling the burn in your legs, and wondering halfway through if you should turn around. But when you catch your breath at a ridge or find your footing after a stumble, you realise something powerful: the climb isn't about the mountain—it's about who you become along the way.

Each of us has a mountain to climb. It doesn't need to be Everest or Kilimanjaro. It doesn't have to impress anyone else. What matters is that your mountain challenges you, excites you and pushes you to grow. And yes, the climb will be messy. The trail will disappear just when you think you're getting somewhere. The air will get thin. You might even feel like quitting. But that's the beauty of it—the mountain shapes you with every step. Every great climb starts with a dream—one so audacious it gives you butterflies. Don't let its enormity overwhelm you. Focus on taking the next step, then the one after that. Progress isn't about giant leaps but small, consistent efforts.

Moving forward, even a little each day, builds the path to big dreams. Mountains don't reward the fastest or most competent climber—they reward perseverance. Talent may get you started, but resilience carries you through fatigue, failure, and seemingly impossible moments. You don't need to be perfect; you need to keep climbing. Your journey is unique; not everyone will understand or agree with it. That's okay. When the trail disappears, create your path, even if it's messy.



The best routes are discovered through improvisation and authenticity, not by meeting others' expectations. Slips and falls are inevitable, and they hurt. Yet, each stumble teaches something valuable about the terrain, limits, and strength. Mountains don't demand perfection—they demand persistence. Learn from every fall, and rise stronger. The mountain doesn't care who reaches the summit first. It isn't about trophies or comparisons. The climb is about pushing yourself, growing beyond your comfort zone, and becoming someone who belongs at the summit.

True success is transformation, not competition. The best climbers don't focus solely on themselves. They lend a hand, share tools, and cheer others on. Life's peaks are more meaningful when shared. Those you help will often support you, making the climb richer for everyone. When you reach your summit, pause and reflect. Did your climb inspire others? Did you leave the path better for those who follow? Success isn't standing alone at the top; it's in the legacy you leave—the encouragement, improvements, and hope for others to climb higher. Ultimately, the climb makes life beautiful.

The summit is fleeting, but the slips, breakthroughs, lessons, and growth endure. These moments shape you into someone worthy of the top. If your mountain feels daunting, don't let the height scare you. Start small. Take one step at a time. You don't need to move fast or know the whole path. Just keep climbing. One day, standing at your summit, you'll look back and realise it wasn't about the peak. It was about the person you became along the way. That's the valuable reward of the climb—knowing every inch of it was unapologetically yours.

(The author is DGP & Head of Haryana State Narcotics Control Bureau, with three books to his credit; views are personal)

Trump's vision for Gaza: Paradise or purgatory?

President Donald Trump's proposal for Gaza is more than just another audacious policy move—it is a collision of commerce, geopolitics and power



NILANTHA ILANGAMUWA

Everyone saw it unfold. This is the harsh reality of life in the Devil's paradise, where desires are transformed into laws, ambitions become twisted ethics, and behaviour is coerced into the very fabric of the system. The truth? To survive here, one must bow to the powers that be, no matter the cost. Conscience and integrity are irrelevant—praise those in power or face annihilation. President Donald Trump welcomed Prime Minister Benjamin Netanyahu—an alleged war criminal wanted by the International Criminal Court—as the first foreign leader in his second term, declaring his grand vision to take control of Gaza, turning it into a “brave new Levantine Riviera” by cleansing over 2 million Palestinians.

Nevertheless, the proposal has sparked strong opposition. Saudi Arabia, a key ally of Trump, swiftly condemned it, insisting that no nation would recognise Israel without the creation of an independent Palestinian state. Jordan and Egypt also rejected the idea of accepting millions of displaced Palestinians. The mere announcement of this plan starkly illustrates the chaotic grandeur of Trump's vision. Yet, his proposal, however audacious, was no accident of rhetoric. It was a calculated, methodical blueprint, crafted long before Trump's second term in office. With Netanyahu—a willing ally in these manoeuvres—Trump painted a picture of Gaza not as a refuge for the Palestinian people, but as a commercialised “paradise” defined not by its displaced residents, but by foreign investments and a transformation into a luxury resort.

Trump's proposition, laden with both visionary ambition and horrific repercussions, challenges the entrenched paradigm. This proposal, as reported, was not born of sudden whim, but the culmination of years of deliberation within Trump's inner circle—an enterprise in which his son-in-law, Jared Kushner, played a pivotal role in positioning the geopolitical and commercial components across Asia.

Kushner's claim, in a recent interview with the Financial Times, that his “ability to see trends before others” uniquely positions him to capitalise on opportunities others find unpalatable, resonates with the underlying logic of Trump's plan. It's a logic that blurs the line between statecraft and property development, where geopolitical ambitions are pursued not merely for strategic suprema-



cy but also as a means to expand a business empire throughout Asia. This fusion of commerce and conquest is as disquieting as it is unprecedented, conjuring images of modern-day feudalism, where land and people are subjugated to serve the profit motives of a privileged few. What is truly striking, however, is that Trump's plan could offer a rare and pivotal opportunity for Arab nations, whose history of disunity has long hindered their collective potential. Regional players—Saudi Arabia, Egypt, Iran, Qatar, Jordan, and others—have long danced to contradictory rhythms, using Palestine as a symbol to justify their betrayals, while failing to act with sincerity or consequence. These rivalries, cultivated over decades of political expediency, have reduced Palestinians from champions of an independent cause to mere pawns in a game that has been further complicated by internal rifts within Palestinian movements.

For far too long, the Arab states have abandoned Palestine's plight in favour of personal ambition and strategic alliances, turning the Palestinian cause into a commodity—moulded and shaped according to the whims of foreign powers. This latest manoeuvre must be understood within the context of the convoluted history of Arab disunity—an entangled web of colonial subterfuge, sectarian fragmentation, and a legacy of betrayal that has persistently eroded Palestinian sovereignty and reduced their cause to a tragic geopolitical instrument. The Arab world, once intoxicated by the idea of pan-Arab unity, has repeatedly succumbed to its internal fissures, never able to overcome the corrosive forces of realpolitik and self-interest. Behind the veneer of solidarity and proclamations of support for Palestinian self-determination, there lies a catalogue of secretive agreements, covert operations, and Machiavellian plots that have long entangled the region.

While the Sykes-Picot Agreement remains the most infamous symbol of colonial partition, it is far from the only clandestine accord that has shaped the fate of Palestine.

Lesser-known pacts, such as the Husayn-McMahon Correspondence, which promised Arab independence in exchange for rebellion against the Ottoman Empire, were later betrayed in favour of European imperial ambitions.

Similarly, the post-World War II period saw Arab states engage in secret dealings with both Western and Soviet powers, each prioritising their strategic interests over Palestinian rights. Agreements such as the Baghdad Pact and the Eisenhower Doctrine—purportedly aimed at regional stability—left the Palestinian cause sidelined in favour of Cold War allegiances, perpetuating cycles of betrayal.

And perhaps most insidious of all were the secret negotiations between Arab leaders and Israel, at times tacit and other times more explicit, often involving quiet exchanges of territory, economic support, or even military cooperation, all under the guise of broader diplomatic manoeuvres. These acts of realpolitik—often driven by the selfish interests of a few at the expense of the many—have left Palestine isolated, its sovereignty forfeited in a game of geopolitical chess. The fractured nature of Arab leadership, perpetuated by sectarianism and divergent national ambitions, only serves to deepen the wound. While leaders such as Egypt's Nasser sought to rally the Arab world under a banner of unity, his efforts were consistently thwarted by rivalries and internal conflicts.

Today, these past betrayals reverberate in the region's collective psyche, leaving Palestinian aspirations still choked by the suffocating embrace of powers both external and internal, with the dream of a unified Arab world and a free Palestine rendered ever more elusive by the cynical. Yet, it is precisely this history that

makes Trump's audacious proposal so paradoxically compelling. Here lies an opportunity for the perennial exiles—the Palestinians—not as pawns in a geopolitical chess game, but as potential agents for the reawakening of Arab unity.

For decades, Palestinian suffering has been wielded as a symbol of resistance, a poignant reminder of an exodus that began with the Nakba in 1948. However, the continued instrumentalisation of Palestinian tragedy by neighbouring Arab regimes—who have long used the plight of these people as a rhetorical tool without offering substantial solutions.

It is within this environment of ambivalence and simmering tension that Trump's proposal must be viewed as a paradigm-shifting moment. The convergence of statecraft and property development, epitomised by Trump and Kushner's ambitions, signals a departure from conventional geopolitical paradigms. We are stepping into an era where the shifting power of oligarchies is increasingly driven by the convergence of economic gain and political opportunism—a transformation with far-reaching consequences for the future of West Asia.

Whether this radical reimagining of Gaza could catalyse Arab unity remains uncertain, inherently tied to the unresolved contradictions within the region's historical legacy. Trump's Riviera dream for Gaza is as much a test of American resolve as it is a crucible for Arab unity—a proposition that, if realised, could compel the Arab states to transcend their long-standing acrimony and mistrust.

However, the likelihood remains that this bold gambit, with all its extravagant rhetoric and ambitious visions, will only serve to deepen existing rifts, leaving Palestinians once again at the mercy of external schemes.

(The writer is a journalist and a policy analyst. Views expressed are personal)

Uttarakhand leads the way: The first state to implement Uniform Civil Code

Uniform laws that empower women will be the common thread binding the nation in oneness and uphold the constitutional spirit

Uttarakhand has led the way in formalising laws for women of different faith as equal, upholding the spirit of the constitution. Babasaheb Ambedkar would have been a contented man knowing that Uttarakhand has become the first state in India to have put an end to the disparity in legal protection provided to women, as till now, they were governed by their respective personal laws based on religion and customary state practices.

By implementing the Uniform Civil Code (UCC) from January 26, 2025, with less than 2 per cent of total land area and less than 1 per cent of total population, Uttarakhand has taken the lead in reinstating the ethos of social equality, part of our syncretic cul-



GEETA BHATT

ture/constitution. The courageous step taken by this young state will pave the way as a paradigm for others to follow similar footsteps. For the first time post-independence, a legislative body has drafted rules for marriage, divorce, inheritance of property, and live-in relationships. UCC has been used as a political tool ever since it was

tabled for discussion in the Constituent Assembly when Babasaheb, as Chairman of Drafting Committee, had expressed need for uniformity in fundamental laws, both civil and criminal. UCC was placed under a sub-committee which proposed to list it as a non-justiciable right hence, making it non-disputable in the courts.

Majority of the members of this sub-committee were in agreement with the proposal except Minoos Masani, Hansa Mehta and Rajkumari Amrit Kaur who wrote to Patel stating, “One of the factors that have kept India back from advancing to nationhood has been the existence of personal laws based on religion”. The dissent observed by the women members of the constituent assembly got support from Dr BR Ambedkar, KM Munshi and Alladi K Aiyar. The opposition from the Muslim members ensued the UCC under Directive Principles Article 44, where the Constituent Assembly was not obliged to enforce the provision and at the same time, the provision could be implemented by the legislatures in the future.

A compromise made between those in support and those in disagreement of the UCC. The changing social milieu has seen a trend in rigorous churning to shed away repressive, orthodox practices so as to evolve a social structure which believes in equal rights. This led to the codification of matrimonial, inheritance, succession and adoption laws for the

Hindus from 1955-56. The women's rights under Muslim Personal law were challenged by Shah Bano in 1985 demanding maintenance from her husband. The landmark Supreme Court judgement in favour of Shah Bano was later overturned when the incumbent Rajiv Gandhi-led Congress government, under pressure, enacted the Muslim Women



(Protection of Rights on Divorce) Act, 1986. The lingering wait for gender rights saw a ray of hope after 30 years when on the plea filed by Shayara Bano and others, who were victims of matrimonial dispute, the Supreme Court declared “talaq-e-biddat” or instantaneous triple talaq as unconstitutional in 2017. This time the government of the day stood by the rights of Muslim women and vindicated the crusade undertaken by Shah Bano by legally prohibiting triple talaq and protecting the rights of married Muslim women by bringing The Muslim Women (Protection of Rights on Marriage) Act in 2019. Though the present government has asserted equal rights and status to Muslim women

by bringing this act, there are miles to go as social customs of polygamy and Halala still looms large. The judiciary has reminded the legislators to fulfil their obligation towards the Constitution and promote equal rights for women. A five-member panel constituted in the chairmanship of retired justice Ranjana Prakash Desai diligently worked on the draft for two years besides holding public interactions, taking suggestions from people of the state and internal meetings of the panel to discuss the points to be taken under the draft. The bill in its four parts covers marriage and divorce, succession, live-in relationships. The section 4 of the bill outlines that “neither party has a spouse living at the time of the

marriage” with marriage age of 21 and 18 for man and women respectively, making polygamy and child marriage illegal. The bill also requires compulsory registration of marriages within 60 days where the couple has equal right to dissolve the marriage through a decree of divorce only through court proceedings. The Bill says that marriages can be dissolved only through the provisions of the law “notwithstanding any usage, custom, tradition, [or] personal law of any party to the marriage”. This bill provides legal safeguards to protect women who cohabit in a live-in relationship.

(The writer is Director, Non Collegiate Women's Education Board, University of Delhi; views are personal)

Kim slams US-South Korea-Japan partnership

Vows to boost his nuclear programme

North Korean leader Kim Jong Un said an elevated US security partnership with South Korea and Japan poses a grave threat to his country and vowed to further bolster his nuclear weapons programme, state media reported on Sunday.

security partnership established under a U.S. plot to form a NATO-like regional military bloc is inviting military imbalance on the Korean Peninsula and "raising a grave challenge to the security environment of our state," according to the official Korean Central News Agency.



Trump has said he would reach out to Kim again as he boasted of his high-stakes summit with him during his first term. During a joint news conference with Japanese Prime Minister Shigeru Ishiba on Friday, Trump said that "We will have relations with North Korea, with Kim Jong Un. I got along

Trump met Kim three times in 2018-19 to discuss how to end North Korea's nuclear programme in what was the first-ever summit between the leaders of the US and North Korea. The high-stakes diplomacy eventually collapsed because Trump rejected Kim's offer to dismantle his main nuclear complex, a partial denuclearization step, in return for broad sanctions relief.

reaffirmed that North Korea "will invariably support and encourage the just cause of the Russian army and people to defend their sovereignty, security and territorial integrity." Kim accused the U.S. of being behind "the war machine which is stirring up the tragic situation of Ukraine."

Imran: Army should return to its constitutional limits

Jailed former Pakistan premier Imran Khan on Sunday penned an open letter to Army chief Gen Asim Munir in which he criticised the military's unlawful actions and its engagement in politics and urged it "to return to its constitutional limits".

gunpoint to take control of the judiciary and appoint hand-picked judges and the imposition of draconian legislation like the amendments to PECA (Prevention of Electronic Crimes Act) to silence dissent. Khan noted that political instability and the "might is right" policy plunged the country's economy into chaos.

Electricity to his cell was cut off for five days, leaving him in darkness, and even his exercise equipment, television and newspapers were confiscated and access to books was arbitrarily restricted.

PTI rules out possibility of resumption of dialogue with govt

Jailed former prime minister Imran Khan-founded Pakistan Tehreek-e-Insaf's Leader of Opposition in National Assembly, Omar Ayub Khan, has ruled out the possibility of resumption of the dialogue between the party and the government, a news report said on Sunday.

Bunkers demolished in Kurram district under Shia-Sunni peace deal

Peshawar (PTI): Pakistani security forces have demolished 10 more bunkers in the strife-torn Kurram district in Khyber Pakhtunkhwa province as part of a peace agreement reached between warring Sunni and Shia tribes, officials said on Sunday.

Country's most influential presidential election in Ecuador

Ecuador that is shaped up to be a repeat of the 2023 race, when voters chose a conservative young millionaire over the leftist protégé of the

Conservative, leftist lawyer in presidential race



polls opened on Sunday in Ecuador. More than 13.7 million people are eligible to vote. On Thursday, thousands of inmates who await sentencing cast ballots at voting centres set up in more than 40 prisons.

ECUADOR POLLS

Noboa defeated González in the October 2023 runoff of a snap election triggered by the decision of then-President Guillermo Lasso to dissolve the National Assembly and shorten his own mandate as a result. Noboa and González, a mentee of former President Rafael Correa, had only served short stints as lawmakers before launching their 2023 presidential campaigns.

Britain navigates rough waters as Trump strains 'special relationship'

Pierce, who was widely respected by both Democrats and Republicans in Washington. It's rare for a politician, rather than a career civil servant, to be given a key UK ambassadorial post. The centre-left former lawmaker is not an obvious emissary to the Trump administration.

2019 state visit, and said he had a "great talk" with Prince William when the two men met in December. A return visit to the UK for Trump, replete with pomp and pageantry, seems likely.

Some officers navigated through the remains of collapsed buildings, using drones and life-detection radars to locate any signs of life with the help of locals who were familiar with the area, state broadcaster CCTV said.

Rescuers search for 28 in China landslide

Beijing (PTI): Emergency teams in China's southwestern Sichuan province raced against time Sunday to locate 28 people after a landslide triggered by rains killed one person and buried homes. Nearly 1,000 personnel were deployed following the landslide in the village of Jinping in Junlian county on Saturday.

ed. At a news conference Sunday, authorities said preliminary assessments attributed the disaster to heavy rainfall and local geological conditions. They said these factors transformed a landslide into a debris flow about 1.2 kilometres long, with a total volume exceeding 100,000 cubic metres.

UK shadow ministers join protest against China's mega embassy plan

London (PTI): UK shadow ministers and fellow Opposition Conservative Party parliamentarians were among hundreds of protesters who descended upon the proposed site of China's so-called mega embassy in east London. Shadow justice secretary Robert Jenrick, shadow security minister Tom Tugendhat and former Tory leader Ian Duncan Smith joined groups representing Hong Kongers, Uyghurs and Tibetans at the site of the historic Royal Mint Court near the Tower of London on Saturday.

THE PIONEER CLASSIFIEDS. THANKSGIVING. Thank you holly spirit for all the blessings Celine. PD(1433)C

PUBLIC NOTICE. TO WHOMSOEVER IT MAY CONCERN. This information for the General Public that my client Manoj Kumar son of Jay Bhagwan resident of 69, Basant Nagar, Vasant Vihar, South West Delhi, Delhi-110057, has disowning and disinherited their daughter namely Shubhangini from all their moveable & immovable properties and have also severed all their relations from her.

PUBLIC NOTICE. It is known to all that the allottees of Residential Flat No. B-703, 7th Floor, in Tower-B Grand Anara Heritage, Plot No. GH-01/B, Sector-74, Noida, P.S. Kamalpuri Chani W/O Sh. Jagjit Singh & Sh. Jagjit Singh S/O Sh. Gurdev Singh, Both Presently residing at 229, LLOYD Ave, Fremont, CA-94536, USA has sold the above flat on CPA basis as under - 1. A G.P.A. was executed on 10.07.12, 2024 in favour of Mr. Manjeet Pratap Chani S/O Mr. Ramnarayan S/O Mr. Riddhanta Basu W/O Mr. Malayata Satyaketu, Both Presently Residing at Flat No.1401, Wing A, Tower-Prosperity, Sikka Karmic Greens, Sector-78, Noida-201301. If anyone has any objection, he/she will submit his/her objection in the Residential (Group Housing) Section of Noida Authority within 30 days of the publication of this notice.

पट्टा सूचना. सर्वे साधारण को सूचित किया जाता है कि ग्राम पंचायत हरचन्द्रपुर में पॉलिका व SC (I) व SC (II) चौपाल के कंडम सामान जैसे गार, स्थाल को गार व पत्र को बोली लगाई जायेगी। पॉलिका को बोली दिनांक 11 फरवरी 2025 दिन मंगलवार दोपहर 2 बजे पॉलिका के स्थान पर तहसील के साइड में एवं SC (I) व SC (II) चौपाल को बोली दिनांक 11 फरवरी 2025 दिन मंगलवार सुबह 11 बजे दोनों चौपाल में लगाई जायेगी। पॉलिका के लिए जमा राशि 10000/- रुपये होगी एवं चौपाल के सामान के लिए जमा राशि 5000/- रुपये होगी। नियम व शर्तें लागू।

Government looking at procedural easing to further promote FDI: Official

PTI ■ NEW DELHI



The government is looking at further easing of procedures in certain sectors to attract more foreign direct investments (FDI) into the country, a government official said. The department for promotion of industry and internal trade (DPIIT) has held stakeholder consultations with different government departments, regulators, industry associations, advisory and law firms, pension funds, private equity and venture capitalists.

Under this press note, government approval is mandatory for investors from countries sharing land borders with India in any sector. Foreign direct investment inflows into India have crossed the \$1 Trillion milestone in the April 2000-September 2024 period. The key sectors attracting the maximum of these inflows include the services segment, computer software and hardware, telecommunications, trading, construction development, automobile, chemicals, and pharmaceuticals.

The investment in India rose by 45 per cent year-on-year to \$29.79 Billion in April-September this fiscal. Experts suggested that steps such as implementing time-bound approvals for FDI applications, clear guidelines for approvals, and a seamless single-window clearance system will help India further improve its business climate for overseas players. "India's FDI inflows are largely into brownfield projects, but the real opportunity lies in greenfield expansion. A plug-and-play infrastructure ecosystem, coupled with streamlined land acquisition processes, efficient dispute

resolution, and easy clearances can unlock India's full investment potential," Rumki Majumdar, Economist, Deloitte India, said. Rudra Kumar Pandey, Partner, Shardul Amarchand Mangaldas, said that at present, the approval process for FDI often involves cumbersome bureaucratic procedures, creating an environment of uncertainties - as generally speaking the overall timeline goes beyond six months and in some cases even 9-12 months. "This perception can be addressed by introducing greater transparency, particularly in the objectives and criteria the government considers when assessing FDI applications. Clear guidelines and timelines for approvals would help eliminate uncertainty, ensuring that investors feel secure and informed," Pandey said. One of the most impactful reforms would be the introduction of "deemed approvals", he said, adding, under this system, FDI applications that are not processed within a specified timeframe would be automatically approved, thereby eliminating unnecessary delays. Avimukt Dar, Founding Partner, IndusLaw, suggested the government provide clarity and alignment on the meaning of beneficial owners under press note 3.

Markets to track inflation data, global trends this week: Analysts

PTI ■ NEW DELHI



Investors would track a host of macroeconomic data announcements scheduled this week, including inflation numbers, and also monitor global market trends, and trading activity of foreign institutional investors, analysts said. The ongoing quarterly earnings announcements and the rupee-dollar trend would also influence the markets.

"This week is set to be dynamic for global and Indian markets, driven by key macroeconomic data releases and corporate earnings. Market sentiment will be shaped by inflation figures, industrial production data, and major earnings announcements," Master Trust Group Director Puneet Singhania said. On Wednesday, the US inflation data for January will be in focus. Later in the day, Fed Chair Jerome Powell's testimony will be closely watched for insights into interest rate expectations, Singhania said. "For India, inflation and industrial production data will be released on February 12," he said. On Thursday, the UK's GDP

growth data will be released and on Friday the US retail sales data for January will provide insights into consumer spending, Singhania said. Corporate earnings will also drive market sentiment. Major companies reporting earnings include Eicher Motors, Grasim Industries, Vodafone Idea, Steel Authority of India, he added. The BJP on Saturday trounced the Aam Aadmi Party in Delhi and returned to power in the city after more than 26 years, extending its saffron imprint and dealing a body blow to the Arvind Kejriwal-led party whose top leadership crumbled or barely made it. "The sentiments in the Indian market are slowly improving in response to an excellent Budget and the rate cut by the MPC. The victory of the BJP in the Delhi elections is a major achievement for the ruling dispensation. This is likely to positively impact the market in the short run. "However, the medium to long-term trend in the market will depend on the recovery in GDP growth and earnings recovery," V K Vijayakumar, Chief Investment Strategist, Geojit Financial Services, said. Last week, the BSE benchmark climbed 354.23 points, or 0.45 per cent, and the Nifty went up by 77.8 points, or 0.33 per cent. Ajit Mishra, SVP, Research, Religare Broking Ltd, said, "Looking ahead, investor focus will shift to earnings and upcoming macroeconomic data, including IIP, Consumer Price Index (CPI) inflation, and Wholesale Price Index (WPI) inflation, scheduled during the week.

Increase in MSME financing right step to boost biogas industry: IBA



PTI ■ NEW DELHI

Indian Biogas Association (IBA) on Sunday said the proposed increase in MSME financing in the General Budget 2025 is a right step to boost biogas industry. With a strong push for manufacturing, green energy, and digital transformation, this Budget sets the stage for Aatmanirbhar and Viksit Bharat, an IBA statement said. From the standpoint of the fledgling biogas/CBG (compressed biogas) industry, the announced increase to the MSME Credit Guarantee Scheme will significantly benefit the biogas industry, which often faces challenge in securing credit with reasonable terms, it noted. By expanding the credit guarantee cover from ₹5-10 Crore, the scheme ensures

promoters to sell carbon credits in both international and domestic platforms, enhancing financial viability and aiding climate targets, it stated. The policies further must include funding for collection of agricultural residues, subsidised transportation costs, and expansion of the anti-crop burning scheme as that existing in Haryana to the rest of the country, it suggested. Investment in CBG production would be stimulated through a corporate tax holiday and, in turn, investment would boost employment and cleaner energy, it also suggested. Tax incentives would yield losses in the short-term, but with CBG producers, about 100 commercial plants generating ₹1,200 Crore in FY25, there will be long-term benefits. These steps will greatly enhance sustainability, economic development, and elevate India's clean energy standing, it said. Overall, the recently presented Indian Budget is a consumption-driven blueprint that gives the economy a much-needed push by increasing domestic demand, improving credit access, and encouraging entrepreneurship, it added.

Significant reduction in gold smuggling post July import duty cut, says CBIC Chief

PTI ■ NEW DELHI

Gold smuggling has reduced significantly since July 2024 when the government slashed import duty on the precious metal to 6 per cent, Central Board of Indirect Taxes and Customs (CBIC) Chairman Sanjay Kumar Agarwal said. As per the latest available data, Customs and DRI officers seized 847 kg of gold worth ₹544 Crore at various airports in the April-June period of the current fiscal. In July, the government reduced customs duty on gold to 6 per cent from 15 per cent. "After the rate of duty was reduced on gold in the last year's budget, there is a significant reduction in the smuggling of gold," Agarwal told PTI in an interview. Although Agarwal did not reveal the quantum or value of gold seizures, he said authorities are keeping regular watch over the international passenger traffic, porous borders, and commercial cargoes coming into the country to cut the smuggling of narcotics through any route. Smuggling is the secret movement of goods across national borders to avoid customs duties or import or

export restrictions. It typically occurs when either customs duties are high enough to allow a smuggler to make a large profit on the clandestine goods or when there is a strong demand for prohibited goods, such as narcotics or weapons. The Directorate of Revenue Intelligence (DRI), under CBIC, is the apex agency of the Indian customs in the field of anti-smuggling in India. During the 2023-24 financial year, DRI officers alone seized 1,319 kg of gold and smuggling through India's porous eastern borders, particularly with Bangladesh and Myanmar, has also emerged as a major concern for law enforcement agencies. This is part of the 4,869.6 kg of gold seized by the CBIC, including by Customs officers, in 2023-24. 1,922 persons were arrested by the CBIC during the year. As per DRI's Smuggling in India Report released in December, India has become a major destination for illicit gold imports, with gold and silver predominantly originating from Gulf states such as the UAE and Saudi Arabia, where these metals are sourced and available at lower prices.

Maruti Suzuki plans to boost charging infra

PTI ■ NEW DELHI



Maruti Suzuki India aims to bolster charging infrastructure in the country before it drives in a VITARA with plans to establish the model as a primary vehicle in a household, according to a senior company executive. The auto major also plans to boost after-sales support, bring in a leasing model and more finance options to encourage customers to buy the model. "One of the major concerns for the customer is the adequacy of the public infrastructure in terms of the chargers. So we are planning to have a fast charger at a frequency of 10 kilometers in the top 100 cities," Maruti Suzuki India (MSI) Senior Executive Officer (Marketing and Sales) Partho Banerjee told PTI in an interaction. Currently top 100 cities in the country account for almost 97 per cent of the total EV sales, he stated while elaborating on the plan. "We believe that the customer who will be buying the car will be moving out of the city as well so we want to make our e VITARA as the primary car, not the secondary car and to make it a primary car, it is very important to provide a good after-sales support," Banerjee

said. As per the industry figures, electric passenger vehicles in the country today are mostly bought as a second or third vehicle in a household. Banerjee said the auto major is planning to have 1,000 cities where it will be providing the EV after-sales support in case someone is having an emergency, he added. "So this more or less covers the entire India. We want to make e VITARA as the primary car, then only the EV car penetration will go up," he stated. MSI unveiled the electric SUV in the Bharat Mobility Global Expo. The e VITARA will first be exported to a few key markets overseas before being put on sale in India. The production of the model is expected to commence later this year at MSI's Gujarat plant which would also cater to all

Saudi's USD 63-Billion giga project Diriyah sees keen interest from Indian investors

PTI ■ NEW DELHI/DAVOS



Several Indian firms have shown a keen interest in investing in Diriyah, a \$ 63-Billion Saudi Arabian giga project, while some big names like Tatas and Oberois having already signed up, its CEO Jerry Inzerillo said. Diriyah, being billed as the City of Earth, is being built on the outskirts of Saudi Arabia's capital Riyadh and it will have homes for 100,000 people and office space for a further 100,000 plus. This new city will include over 40 luxury hotels, more than 1,000 shops, over 150 restaurants and cafes, a university, arts and cultural assets, museums, an opera house, a 20,000-seater multipurpose event arena, a golf course and an international equestrian and polo centre, among other facilities. The \$63.2 billion real estate development and tourism project aims to restore the historic birthplace of the modern Saudi Kingdom and the site includes the UNESCO World Heritage Site of At-Turaif. "At Diriyah we are keen to enhance the impact of India as one of Saudi Arabia's biggest trading partners, ranking among the top in bilateral

trade, with a trade volume of approximately \$52.8 Billion in 2022-23," Inzerillo told PTI. He was in Davos for the World Economic Forum Annual Meeting 2025. Inzerillo said over 3,000 Indian companies are already operating in the Kingdom, contributing to sectors such as construction, IT, energy, and telecommunications, strengthening the economic partnership between the two nations. "Diriyah is very keen to work with firms here already and those based in India itself. This is a \$63.2 Billion project backed by the Public Investment Fund and it means the investment opportunities in Diriyah are countless and cover multiple asset classes," he said. "The scope for the Indian investment community and partners is enormous. Diriyah

among the more than 40 luxury hotels being built at Diriyah," he said. Inzerillo said companies and investors from India can also benefit from a number of new investment packages tailored across various sizes and asset classes, including for mixed-use, residential, hospitality, office, education and healthcare assets. "Given the size and economic impact India has in the Kingdom - we are confident that Indian firms will have a significant part to play in the continued success of The City of Earth," he said. He said Diriyah will also have a major role in helping showcase Saudi Arabia in the most beautiful light for tourists from India and other countries. "Two of our biggest attractions - the UNESCO World Heritage Site of At-Turaif and neighbouring Bujairi Terrace - are heavily featured and have welcomed over three million visits since opening just over two years ago. "For Indian tourists and others their journey into the Kingdom will typically start at Diriyah and we are confident that Indian visitors will play a major part in our anticipated 50 Million visits a year from 2030 onwards," he said.

Ministry of DoNER working with Amazon, two other companies to boost Bamboo market: official

PTI ■ CHENNAI



The Ministry of Development of North East Region would explore the market opportunities for Bamboo in domestic and overseas markets and it was working with Amazon and two other companies in this connection, a senior government official has said. Besides promoting Bamboo locally, the Ministry would also look for shipping them to neighbouring countries like Bangladesh, Myanmar, Ministry of Development of North Eastern Region (MDoNER) Secretary Chanchal Kumar said. At a recent roadshow in Chennai, Union Minister for Communications and Development of North Eastern Region Jyotiraditya M Scindia said nearly 38 per cent of the Bamboo was produced in the North Eastern States. This provides a huge opportunity for Chennai which has a huge furniture-making industry, he said. "Today, we can grow that Bamboo, process it to manufacture furniture and export it (to other parts of the country). Right now, my Ministry is working with Amazon and two other companies to adopt self-

help groups in the North East. Starting with two states - Tripura and Nagaland, where we plan to do end-to-end value processing of Bamboo. So, the possibilities are endless," Scindia said. In a brief interaction with PTI, the Ministry's Secretary Chanchal Kumar said the government intends to promote Bamboo products in both domestic and overseas markets. "We are going to market it. Marketing can be domestic and export. You have to come with quality. These companies will be helping them (Self Help Groups in North East) in designing world-class Bamboo items like furniture, and boards. So it will help the farmers

aggregate and take it to the end user. The entire value chain has to pick up," Kumar said. Elaborating on the initiative he said that after the companies entered into a tie-up with the ministry, it (the ministry) will help the companies to market the products easily. "Once it captures the domestic market, then we will go international. The ultimate aim is to go to the markets of neighbouring countries including Bangladesh, Thailand, and Myanmar," he noted. He underlined that the North East holds a majority of Bamboo resources in the country and offers a great opportunity to the furniture industry in Chennai.

Narcotic drug seizure declines about 22 per cent in 2024

PTI ■ NEW DELHI

Narcotic drug seizures have declined by about 22 per cent year-on-year to over 1,087 tonnes in 2024, government data showed. In 2024, 1,087 tonnes of narcotic drugs and psychotropic substances (NDPS) worth ₹16,966 Crores were seized in 72,496 cases across the country. The Central Board of Indirect Taxes and Customs (CBIC) authorities had seized 1,389 tonnes of NDPS worth ₹16,123 Crore in over 1.09 Lakh cases in 2023. To curb the smuggling of narcotics, the Customs Department is keeping a watch over international passenger traffic, porous borders, and commercial cargo coming into the country, CBIC Chairman Sanjay Kumar Agarwal told PTI. "We keep on making the cases but the border is porous. We are able to catch (smugglers) but still a lot may be coming which may go unnoticed," Agarwal said, without disclosing the quantum of seizures. As per the government data, in 2024 as many as 94.19 lakh narcotic drug tablets valued at ₹376 Crore were seized at ports in just two cases.



Must-Do Yogasanas

BY YASH GUPTA

Breathe in! Breathe out! As long as you live there are certain things that you cannot control but there are other things that you can control. Having control over your senses is considered one of the wealth and the path is through yoga. The list of activities is forever going,

there is no end to what to do for better mental and physical health. Some exercises do not go well with the body because of the body structure, past injuries, or ongoing health issues. But here are 5 yogasanas that are recommended and are equally beneficial for everyone. You can do it during office hours and 2 of them are recommended as for starting your day.



Tadasana: The most common asana for a healthy spine is the tadasana, just be barefoot and balance your body weight on both legs equally, join the feet together and lock your fingers together, and stretch up lengthening your spine, come on your feet, lift your heels and hold the position. Keep breathing and after a while slowly come down, relax your feet and hand by the side. Repeat 2-3 times. *People with shoulder injuries can just lift the shoulder without raising hands and elderly people can also do it while sitting on a chair.*



Malasana: As soon as you wake up, it is highly advisable to begin the day with lukewarm water and sit in malasana for a while. All you have to do is sip a glass of water like tea sip by sip fold your knees completely and come down in a deep squat position, stay there for a while, and also you can just touch Mother Earth and offer gratitude. Works magic for relief in bowel movements and what could have been a better start than offering your gratitude to Mother Earth. *People having knee issues, can try pulling knees towards the chest while sitting on the cushion surface.*

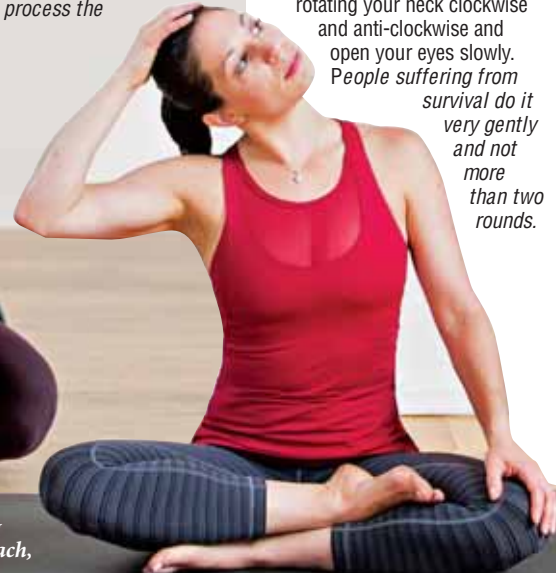


Nadi Shodhan: The King of all the pranayam, the instant stress buster and balancing the entire body. Place your right thumb on your right nostril and inhale from the left press the ring finger close left nostril and release the right exhaling breath, inhale through the right, and exhale through the left.



Yogic breathing: The most effective way to increase prana or vital life force is the pranayamas, simple yet effective and soothing too. It is also known as conscious breathing. Sit in an upright position, relax yourself, and relax your body, place one hand on your chest and the other on your navel. Start breathing in slowly, expanding your chest and stomach slowly, don't rush it and when you reach full capacity, even more slowly release the breath slowly contracting your abdomen and chest. Repeat 3-5 times. *Do not hold your breath and do not rush, the slower the breathing process the better.*

Neck stretch and movements: It is believed that all of the stress accumulated is usually in the neck and shoulder region. Work on your neck and it will help you release all your stress even in the middle of office hours or any other work. Simply relax your neck and sit in an upright position with a spine, take a deep breath in and out and close your eyes (recommended for better results) stretch your neck to the sides, and try touching your shoulder without lifting them. After a few rounds relax and start rotating your neck clockwise and anti-clockwise and open your eyes slowly. *People suffering from survival do it very gently and not more than two rounds.*



The author is an Art of Living faculty, meditation and mind coach, and professional yoga trainer.

Whole Foods Whole Flavours



TEAM VIVA

Eating well isn't just about counting calories or following strict diet rules; it's about embracing a balanced lifestyle that fuels your body with nutrient-rich, delicious foods. When we choose fresh, wholesome ingredients, we not only boost our health but also enhance the flavours and textures of our meals. Whether you're looking to add more plant-based goodness to your

plate, experiment with creative ingredient combinations, or simply prepare meals that are both nutritious and satisfying. From salads packed with fiber and antioxidants to hearty grains and protein-rich legumes, each dish is crafted to bring out the best in natural ingredients while keeping things easy, flavourful, and fulfilling. These carefully curated recipes prove that healthy food can be just as your favourite comfort meals.

Barley Salad With Chickpeas And Cherries



Ingredients

- Salad:**
- 1 cup hulled barley (uncooked)
 - 14.5 oz can chickpeas, drained & rinsed
 - 1/2 cup diced celery
 - 1/4 cup chopped green onion
 - 1 cup pitted & halved cherries
 - 1/4 cup toasted slivered almonds
 - 2 oz crumbled goat cheese
- Dressing:**
- 2 tbsp fresh lemon juice
 - 1 tbsp white balsamic vinegar
 - 1 tbsp grape seed oil
 - 1/2 tsp Dijon mustard
 - 1 tsp honey
 - 1/2 tsp kosher salt
 - 1/8 tsp black pepper

Directions

- Cook barley in salted boiling water (3 cups) for 45-60 mins until chewy. Drain, rinse, and cool.
- Mix barley with chickpeas, celery, green onion, and almonds.
- Whisk dressing ingredients and toss with the salad.
- Gently fold in cherries and goat cheese.
- Serve immediately or chill for up to 1 hour.

Note: Add cherries and almonds just before serving to maintain texture and prevent discoloration.

Chilean Cherry, Wild Rice, and Quinoa Salad



Ingredients

- 3/4 cup wild rice
 - 1/2 cup quinoa
 - 2 cups fresh Chilean cherries, pitted & halved
 - 2 celery stalks, diced
 - 3/4 cup smoked Gouda cheese, diced
 - 1/2 cup toasted, chopped pecans
- Vinaigrette:**
- 1/4 cup extra virgin olive oil
 - 1/4 cup fruity vinegar (raspberry or strawberry)
 - 1 tsp Dijon mustard
 - 3/4 tsp salt
 - 1/4 tsp freshly ground pepper

Directions

- Cook wild rice in boiling water for 30 mins, add quinoa, and cook 15 mins more. Drain, rinse, and cool.
- Toast pecans in the oven at 350 F for 8 mins or in a skillet until fragrant. Cool and chop.
- Whisk vinaigrette ingredients in a large bowl.
- Toss rice, quinoa, cherries, celery, Gouda, and pecans with the vinaigrette.
- Serve at room temperature or chilled

POWER OF SELF-CARE

Self-care is often neglected yet the most important part that defines your overall health. Authentic self-care fits with your needs, values, and lifestyle. Self-care need not be copied such as using gratitude journaling, bubble baths, etc., rather it should be something that aligns with your body and mind and nourishes your soul.

- Importance of self-care:** To be honest, as a psychiatrist, I have felt that self-care is a biological necessity as it has a direct relation to improving mental and physical health.
- Stress reduction:** - When a person stays in persistent stress, the body's cortisol levels rise, leading to poor sleep quality and anxiety too. But to alleviate stress, it's best to practice self-care activities such as deep breathing, mindfulness practices, exercise, etc. These activities are responsible for activating the parasympathetic nervous system.
- Boosting up emotional health:** The activities that are guided towards self-care are responsible for releasing the 'feel good'

neurotransmitters namely dopamine and serotonin. They, in turn, improve the mood and relieve the symptoms of anxiety and depression. So working on you is an excellent approach to improve the quality of life and gain emotional regulation.

- Improvising physical health:** Self-care activities are inclusive of a good quality night sleep, consuming a well-balanced diet, and engaging in regular physical exercise. They lay the foundation for a healthy mind and body.
- Better decision making:** When your mental health stays sound, it creates an opportunity to develop a recharged brain that is efficient in problem-solving and is more focused on chores.

Authentic self-care isn't about perfection or following trends, it's about tuning into yourself and making intentional choices that enhance your well-being.



True self-care aligns with your unique needs and lifestyle, fostering balance, resilience, and emotional well-being

CREATING A SELF-CARE ROUTINE

Identification of needs: Think about the self-care activity that you need the most and aligns with your lifestyle, values, and thoughts. You may need it in physical form such as exercise or sleep, emotional form such as therapy or journaling, social form such as connecting with friends, and spiritual form like prayer, nature therapy, etc.

Wise choice - After identification of your

needs, choose activities that are in alignment with your personality. For instance you may prefer solitude or social gatherings as per your nature.

Building a routine: After choosing the activity that you are interested in, plan a simple yet flexible schedule that is easy to follow. Begin by practicing 1-2 habits and try to fix them in your current routine.

Tracking progress: Keep a record of your self-care activities and also reflect on your feelings post accomplishing them.

—Inputs by Dr Ashish Bansal, MD, Consultant Psychiatrist & co-founder of House of Aesthetics

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