I Y A NEWS

- The Media Helpline

"An Association Based Community Media Organization"

R.N.I Reg. No.- ODIENG/2017/72682 ; R/U R.N.I, Ministry of I&B, Govt. of India

VOLUME - VI | ISSUE - VI | BHUBANESWAR, ODISHA | AUGUST, 2022 | Pages - 20 | Rs. 10/-

Special Story : Ahimsa Rath

@. Ahimsa Rath spreads the messages of Gandhiji in Capital City
@. Four vehicles having LED are moving to cover all districts by October 2nd
@. People pay humble respect and felicitates Rath in all places

(Report By : Pathani Rout)

After the historic moment of flag off ceremony of Ahimsa Ratha by Hon'ble Chief Minister Shri Naveen Patnaik on Independence Day at Unit-III Exhibition Ground, Bhubaneswar, 04 numbers of Ahimsa Ratha carrying the messages of Ahimsa of Mahatma Gandhi moved to different places of Capital City of the State, within Bhubaneswar Municipal Corporation area on the same day.

One amongst the four Rathas moved to Gatikrushna Villa, near Brahmeswar Temple, Bhubaneswar on 15th August. Here members of Gatikrushna Villa Welfare Association along with hundreds of residents of the area eagerly awaited the Rath. Commemorating Azadi Ka Amrit Mahotsav on the eve of 75th years of Independence, they welcomed Ahimsa Rath with due respect and felicitation. Documentary films on Gandhiji in Odisha was displayed through LED Video Van spreading the messages of truth and non-violence witnessed by the people of Gatikrushna Villa. Sri Debendra Mishra, President, General Secretary, Dr. Ajit Mishra and others were present on the occasion. A cultural event was also held in the campus with patriotic song and debate programme by students.

Similarly Ahimsa Ratha was welcomed by Doctors, Staff Nurses and other employees at Sum Hospital, Bhubaneswar. At Chandrasekharpur too local representatives, Women SHG members also welcomed Ahimsa Rath and witnessed documentary of Gandhiji in Odisha.

At Unit -8 Kalyan Mandap, local people greeted Ahimsa Rath with much enthusiasm. Here folk dances were performed by Tribal Women with feeling of patriotism. Ahimsa Rath was also welcomed at Badagada Kalyan Mandap. A large gathering was witnessed there. Children also performed patriotic song and dances. Similarly Ahimsa Ratha was welcomed at Aditya Nagar Welfare Association, Sundarpada. President of the Association Sri B.K. Behera, Secretary Sri Sumant Mohanty and other members were present on the occasion.

Ahima Ratha was also moved to Saheed Nagar Durga Mandap, Jharpada Durga Mandap, Dumuduma Auto Stand and SOA University Campus. At all places support from local corporators, local residents there and they were inspired with the spirit of Ahimsa.

At Sainik School, Bhubaneswar Ahimsa Ratha Spread the Message of Non-violence and thoughts of Gandhiji. Here students also witnessed documentaries on Baji Rout, Utkalmani Gopabandhu Das. They paid respect to Ahimsa Rath with slogan 'Bharat Mata Ki Jai' and 'Vande Maataram. At VSS Nagar, local corporator of Word No-1, President of VSS Nagar Cultural Association Sri Dillip Dash Sharma and local people of VSS Nagar in large scale welcomed Ahimsa Ratha and witnessed the programme on Gandhiji in Odisha through LED Video Wall.

With the initiatives taken by Information and Public Relations Department, Odisha, Ahimsa Rathas is in a mission to cover all the Districts of Odisha by 2nd October, 2022 and have already covered districts such as Puri, Dhenkanal, Angul, Deogarh, Kandhamal, Sambalpur, Bargarh, Subarnapur, Boudh, Nayagarh including some parts of Bhubaneswar Municipal Corporation area. On 31st August four Rathas were in Bolangir and Jharsuguda District and by October 2nd these will cover rest of the district including some programmes at Bhubaneswar and some other areas in Khordha District.

(Ahima Rathas At Lok Sampark Bhawan To Move To Different Places of The State)

Ahimsa Ratha Being Played At Gatikrushna Villa Witnessed By Residents

Members of VSS Nagar Cultural Association Along With Resident of VSS Nagar Are Witnessing Gandhiji in Odisha Played Through Ahimsa Ratha At VSS Nagar

Ahimsa Ratha Being Welcomed At Unit-8 Kalyan Mandap

Documentary of Saheed Laxman Naik Being Played Through Video Wall At Saheed Nagar

THE CINE EXPRESS COLUMN

Vijay Deverakonda : Liger

(Written By : Our Correspondent)

Deverakonda Vijay Sai (born 9 May 1989), better known as Vijay Deverakonda, is an Indian actor and film producer who works mainly in Telugu cinema. He is the recipient of a Filmfare Award and a SIIMA Award.

Deverakonda made his Telugu debut with Nuvvila (2011) and received praise for the films Yevade Subramanyam (2015) and Pelli Choopulu

(2016). He established himself with the blockbuster Arjun Reddy (2017) and gained further success in 2018 by starring in Mahanati, Taxiwaala and Geetha Govindam, all of which are among the highest grossing Telugu films of 2018.

Deverakonda also owns his own production house, King of the Hill Entertainment that had its first release with Meeku Maathrame Cheptha (2019). In 2019, he was featured by Forbes India in their 30 Under 30 list, and became the most searched South Indian actor according to Google's annual report.

Deverakonda Vijay Sai was born in Hyderabad, Andhra Pradesh (now Telangana) to Govardhan Rao and Madhavi.

His family hails from Thummanpeta village of erstwhile Mahbubnagar district (now Nagarkurnool). His father was a small television serial director who quit doing them due to lack of success. Deverakonda studied in Sri Sathya Sai Higher Secondary School (a boarding school) till 10th grade in Puttaparthi. He holds a Bachelor of Commerce degree. He has a younger brother, Anand, who is also an actor.

Deverakonda made his debut with Ravi Babu-directed romantic comedy Nuvvila (2011). He later appeared in Sekhar Kammula's Life is Beautiful in a minor role. He was introduced to Nag Ashwin, who later cast him in a supporting role for the 2015 film Yevade Subramanyam alongside actor Nani. The film was produced by the daughters of Ashwini Dutt, a producer in the Telugu film industry; Priyanka Dutt backed him and once shooting started, and Swapna Dutt signed him onto her company.

Deverakonda's first lead role was in Pelli Choopulu, a romantic coming-of-age film directed by Tharun Bhascker. The film became commercially successful and won the Best Feature Film in Telugu and the Filmfare Award for Best Film – Telugu at the 64th National Film Awards. He starred in the masala film, Dwaraka in 2017. His next film Arjun Reddy received praise and criticism alike for being very bold and radical. Vijay's portrayal as a self-destructive, short-tempered, and alcoholic surgeon received critical acclaim, and won him awards like the Filmfare Award for Best Actor – Telugu. In 2019, Film Companion ranked Deverakonda's performance in Arjun Reddy in "100 Greatest Performances of the Decade".

Following Arjun Reddy was Ye Mantram Vesave, which was supposed to release in 2013 but released on 2018. He then starred in Mahanati, a biographical film around the life of actress Savitri. Deverakonda's next release in 2018 was Geetha Arts' romantic comedy Geetha Govindam, in which he starred as an innocent and nervous college professor. His next film, released on 5 October, was the Tamil political thriller NOTA, directed by Anand Shankar, which performed poorly at the box office. His next project was UV Creations' supernatural comedy thriller Taxiwaala.

In 2019, Deverakonda was seen in Bharat Kamma's Dear Comrade, a romantic action drama, alongside Rashmika Mandanna. He later signed Hero, directed by Anand Annamalai co-starring Malavika Mohanan. But the film was reportedly shelved after beginning its production.[28] In 2020, he acted in Kranthi Madhav's romantic drama World Famous Lover opposite Raashi Khanna, Catherine Tresa, Aishwarya Rajesh, and Izabelle Leite which opened to negative reviews. In 2022, he acted in the Hindi–Telugu bilingual film Liger which was directed by Puri Jagannadh and produced by Karan Johar which also opened to negative reviews. He is currently acting in Kushi which is directed by Shiva Nirvana and is scheduled to release on 23 December 2022. He also is signed onto Jana Gana Mana which is being directed by Puri Jagannadh, and is scheduled to release on 3 August 2023.

He was the brand ambassador of food delivery app Zomato. On 15 October 2018, Deverakonda launched his fashion brand Rowdy Wear. Later, in 2020 Rowdy Wear was launched on Myntra.

Deverakonda has donated to relief funds, including a donation to families of victims in the 2019 Pulwama attack.

Deverakonda conceptualised and founded The Deverakonda Foundation, a nonprofit organisation in April 2019. In early 2020, he donated ₹ 24,000 through the Foundation to help Ganesh Ambari, a kickboxer who won the Vaco Indian Open International Kick-boxing Championship Title 2020.

An initiative was started to battle COVID-19 pandemic crisis. The foundation has successfully aided 17,000 middle-class families with their groceries and basic essentials, spending ₹ 1.7 crores, with the help of his Middle Class Fund (MCF). More than 8,500 volunteers donated over ₹ 1.5 crores to join his community effort. Organizers decided to end the initiative on 2 June 2020.

Deverakonda says his family used to call him a rowdy every time he did something that they did not approve of. Over time, he started using this term for himself and his fans.

Deverakonda is known to express his real, unfiltered opinions on stage or interviews and has gathered a lot of popularity, like his speech at the Arjun Reddy audio launch in 2017.

Deverakonda placed 72nd in the Forbes India Celebrity 100 list of 2018. He was ranked in The Times Most Desirable Men at No. 4 in 2018, at No. 3 in 2019, at No. 2 in 2020.

IYA LAW CHAMBER

Media As A Legal Framework - An Analysis

Article By :
Sri Jiban Jyoti Garnaik
Advocate, Orissa High Court
Mob - 7008598870

Media

In this modern hot and chase world, Media, without a doubt plays a very important role in a participatory democracy by informing people about all the happenings within the surroundings, the truth and the situations they reside in. Media law is not an uniform and integrated body of law like the law of contract or the law of crimes. Moreover, in today's world Media in our lives play a very crucial role in human mind as we are surrounded by all kinds media devices which include radio, television, mobile and internet. The concept of mass communication was defined during the late 19thcentury, which is indeed associated with media. Along with that the technological development and the increased needs of the society, which make it possible to create a new media as media has become an irreplaceable parcel to the modern human life, furthermore, media creates, moulds and develops the public opinion to a large extent in a democratic society.

As said, Media not plays an important role within the society but it also functions as watchdog over the activities of government and as such they are subjected to certain specific regulations based upon the common values such as the freedom of expression, pluralism, copyright protection, promotion of cultural and linguistic diversity and as a result in most of the democratic countries these regulators serves mainly two important purposes which are the overseeing the allocation of broadcast frequencies and secondly to develop codes and ethics to deal with various broadcast practice topics.

In a democratic society, the most important source of raising the voice of masses is through media and it creates an impact not only regionally but in respect of the whole international arena. For instance, the atrocities in Syria got worldwide support through media and as such free media in any democratic society is an oxygen to the existence of free will and to unearth the hidden truth.

Media- Under the Indian Constitutional Framework of India:

The legal framework of the freedom of press in India has been in true sense inspired by various international bodies such as the United Nations, US constitution and the British Constitution. The Universal Declaration of Human Rights in its charter under Article 19 clearly stated that "Everyone has the right to freedom of opinion and expression and right to seek and impart information through any medium regardless of the frontier".

With this there in the constituent assembly debate, there was an urge to include freedom of press as a separate Article but the framers of the Indian Constitution were well aware of the fact that absolute freedom to media may become very disastrous and as such Dr B.R. Ambedkar, Chairman of the drafting committee stated : " the press is merely another way of stating an individual or a citizen. The press has no special rights which are not to be given or which are not to be exercised by the citizen in his individual capacity. The Editor of a press or a Manager are all citizens and therefore when they choose to write in the news paper, they are merely exercising their right of expression and therefore no special mention is necessary of the freedom of press at all".

Earlier from the time of struggle of Independence Media has been a catalyst and there developed various trends during that period of time as various laws were proposed and even implemented during the colonial period which are:-

- The Press and Registration of Books Act
- Vernacular Press Act, 1878
- Telegraphic Act, 1885
- The Newspaper (Incitement to an offence) Act,1905
- Copyright Act,1911
- Cinematographic Act,1918
- Indian Press Act, 1910.

In the Indian context, though, Media has developed leaps and bounds but at certain times it has struggled to surface its freedom and in that regard, The Indian Judiciary played a very pivotal role in interpreting Article 19 of the Indian Constitution. At the first sight, in the case of Sakal Newspaper Pvt Ltd vs Union of India in which there was constitutional validity challenge of the Newspaper (Print and Page) Act, 1956 which empowered the government to regulate the price of paper in relation to their pages and size but the Honourable Supreme Court held that the State cannot make any law which would directly affect the circulation of a newspaper as it would amount to violation of the fundamental right as guaranteed under Article 19 of the Indian Constitution. In yet another case of Indian Express Newspaper Ltd vs Union of India where there was a challenge to the working journalist (condition of service) and miscellaneous Provisions Act, 1956 on the ground that it violates Article 19 (1)(a).

The Act was impunged to regulate the service conditions of the working journalist and other persons employed in the newspaper establishment. The Honourable Supreme Court in this case came to the conclusion that the Working Journalists (Conditions of Service) and Miscellaneous Provisions Act, 1955 was enacted for the amelioration of the conditions of those employed in the newspaper industry and that any impact of the legislation on the right to freedom of speech and expression as complained by the petitioners was far too remote and incidental to warrant a striking down of the legislation. Moreover, that the government has no monopoly over the electronic media and an Indian citizen has the right to telecast and broadcast the viewers through media has been also held by the Supreme Court in the case of Minister of Information and Broadcasting vs Cricket Association of Bengal.

Besides this, the concept of "right to know" under Article 19 of the Indian Constitution was also interpreted by the Judiciary in the case of Smt Indira Gandhi vs Raj Narain, where Justice KK Mathews in his concurring Judgement observed that "In a government of responsibility like ours, where all the agents of the public must be responsible for their conduct, there can be but few secrets. The people of this country have a right to know every public act, everything that is done in a public way, by their public functionaries. They are entitled to know the particulars of every public transaction in all its bearing. The right to know, which is derived from the concept of freedom of speech, though not absolute, is a factor which should make one wary, when secrecy is claimed for transactions which can, at any rate, have no repercussion on public security. To cover with veil of secrecy, the common routine business is not in the interest of the public. Such secrecy can seldom be legitimately desired. It is generally desired for the purpose of parities and politics or personal self-interest or bureaucratic routine. The responsibility of officials to explain and to justify their acts is the chief safeguard against oppression and corruption". Moreover in the case of S.P. Gupta vs Union of India, where Justice Bhagwati held that, "no democracy can survive without the transparent and accountable information".

From this, it is quite evident that not only the Constitution of India makes the existence of freedom of media but in reference to the Indian context it is equally supplemented by the Judicial Activism which clearly establishes Right to Freedom of Press under Article 19 of the Indian Constitution.

Media- Under the International Legal Framework: The term Media Freedom is often used along with other terms such as " Freedom of Speech" and "Freedom of Expression" but the protection of media becomes more necessary in the context that it works as public watch dog and helps to disseminate information and ideas which inturn guarantees the right of public to seek and receive information.

In the International arena, the Universal Decleration of Human Rights under Article 19 which reads as"Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers", played an instrument role in understanding the role for protection of Media, besides this the European Convention on Human Rights also enrishes it under Article 10which states Everyone has the right to freedom of expression.

This right shall include freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers. This Article shall not prevent States from requiring the licensing of broadcasting, television or cinema enterprises and the exercise of these freedoms, since it carries with it duties and responsibilities, may be subject to such formalities, conditions, restrictions or penalties as are prescribed by law and are necessary in a democratic society, in the interests of national security, territorial integrity or public safety, for the prevention of disorder or crime, for the protection of health or morals, for the protection of the reputation or rights of others, for preventing the disclosure of information received in confidence, or for maintaining the authority and impartiality of the judiciary.Alongside this, the ICCPR in Part III under Article 19 also gurantees Freedom of expression and there various regional standards which also protects the freedom of media in their drafts such the American Convention on Human Rights and Amsterdam Recommendation- Freedom of Media and the Internet.

Role of Media in a Democratic Society - As a Promoter and Protector of Human Rights: In a modern democratic world the socio-political life would be impossible without the existence of mass media and as result they are often recognized as "fourth pillar" of democracy along with the Executive, Legislative and the Judiciary. Media law as branch legal science, which regulates the activities the principles of dissemination of media products and on the other handcan affect the format and content of media products. Some regulations apply only to specific types of media. For example, there are broadcasting laws that apply only to the activities of broadcast media. More general legal provisions are to be respected by all media.

The media not only regulates the public opinion but at the same it time it work as a protector of Human Rights and also unhide the reality by exposing corruption and also with its impact and wide reach it helps to mobilize people and raise awareness which can be seen by certain examples which are:

- Wide Reach- Rohingya Crisis, Syria Violence, Jessica Lal Murder Case
- Strong Impact- Nirbhaya Case, CWG Scam, 2g Spectrum
- Raises Awareness- Cricket Betting Scandal 1999, Mob Lynching and IAC movement
- Ability to mobilize people and Create Awareness- NRC issue in Assam

From this it is quite evident that Media through its freedom has been able to chalk out important issues and bring it to the public dominion which has really impacted the Nation at large.

Conclusion:

Thus to conclude, Media protection takes a very pivotal position because of the special role such as to work as public watchdog as well as the assurance to disseminate the information to the public in general and it is a fact that Media is the main cornerstone for open and participatory democracy.

Moreover, the freedom to express to one's ideals and to hold an opinion is an important pre requisite for political process in a democratic society and it national level it is important for good government and to prosper in socio-economic process and as such without such broad gurantee of freedom of speech and expression there cannot be a free society and no democratic state.

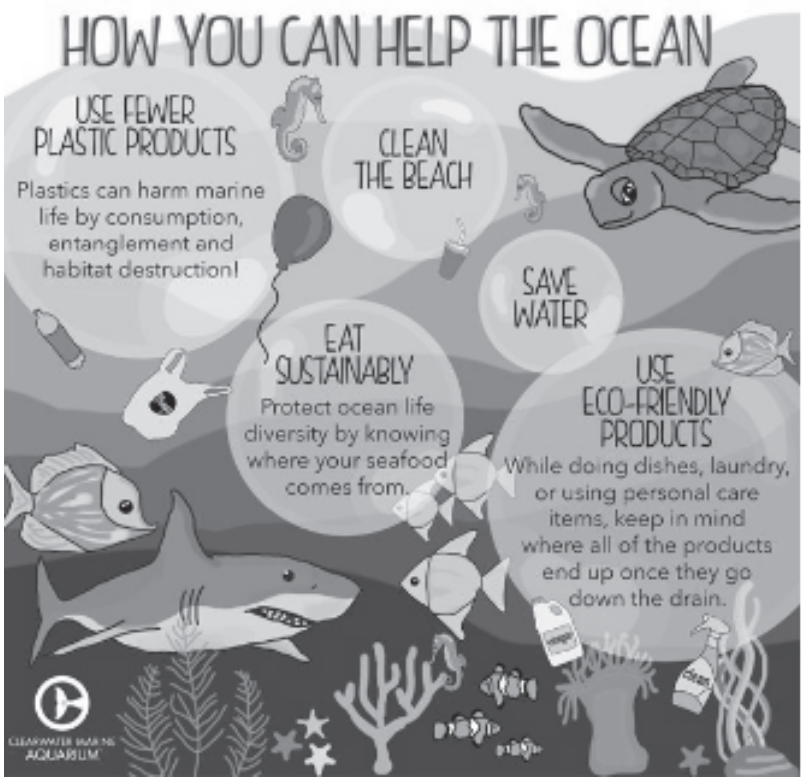
However, in the researcher's opinion Freedom of expression is a fundamental human right that must be upheld in democratic societies. Yet there is a worrying global trend of governments unjustifiably limiting freedom of speech, targeting journalists, protesters and other persons considered to be dissenting from government views. It is imperative that civil societies as well as the individuals across the globe are vigilant in defending freedom of expression.

ENVIRONMENT & AGRICULTURE COLUMN

10 Easy Ways to Help Protect Marine Life

(Report By – Our Correspondent)

The ocean is downstream of everything, so all of our actions, no matter where we live, affect the ocean and the marine life it holds. Those who live right on the coastline will have the most direct impact on the ocean, but even if you live far inland, there



are many things you can do that will help marine life.

Eat Eco-Friendly Fish

Our food choices have a significant impact on the environment—from the actual items we eat to the way they are harvested, processed, and shipped. Going vegan is better for the environment, but you can take small steps in the right direction by eating eco-friendly fish and eating locally as much as possible. If you eat seafood, eat fish that is harvested sustainably, which means eating species that have a healthy population, and whose harvest minimizes bycatch and impacts on the environment.

Limit Your Use of Plastics, Disposables and Single-Use Projects

Have you heard of the Great Pacific Garbage Patch? That is a name coined to describe the vast amounts of plastic bits and other marine debris floating in the North Pacific Subtropical Gyre, one of five major ocean gyres in the world. Sadly, all the gyres seem to have their garbage patch. Plastic stays around for hundreds of years can be a hazard to wildlife and leaches toxins into the environment. Stop using so much plastic. Buy things with less packaging, don't use disposable items and use reusable bags instead of plastic ones wherever possible.

Stop the Problem of Ocean Acidification

Global warming has been a hot topic in the ocean world, and it is because of ocean acidification, known as 'the other global warming problem.' As the acidity of the oceans increases, it will have devastating impacts on marine life, including plankton, corals and shellfish, and the animals that eat them.

But you can do something about this problem right now. Reduce global warming by taking simple steps that will likely save money in the long run: drive less, walk more, use less electricity and water—you know the drill. Lessening your "?carbon footprint" will help marine life miles from your home. The idea of an acidic ocean is scary, but we can bring the oceans to a more healthy state with some easy changes in our behavior.

Be Energy-Efficient

Along with the tip above, reduce your energy consumption and carbon output wherever possible. This includes simple things like turning off the lights or TV when you're not in a room and driving in a way that increases your fuel efficiency. As Amy, an 11-year old reader said, "It might sound strange, but being energy efficient helps the Arctic marine mammals and fish because the less energy you use, the less our climate heats up—then the ice won't melt."

Participate in a Cleanup

Trash in the environment can be hazardous to marine life, and people too! Help clean up a local beach, park or roadway and pick up that litter before it gets into the marine environment. Even trash hundreds of miles from the ocean can eventually float or blow into the ocean. The International Coastal Cleanup is one way to get involved. That is a cleanup that occurs each September. You can also contact your local coastal zone management office or department of environmental protection to see if they organize any cleanups.

Never Release Balloons

Balloons may look pretty when you release them, but they are a danger to wildlife such as sea turtles, who can swallow them accidentally, mistake them for food, or get tangled up in their strings. After your party, pop the balloons and throw them in the trash instead of releasing them.

Dispose of Fishing Line Responsibly

Monofilament fishing line takes about 600 years to degrade. If left in the ocean, it can provide an entangling web that threatens whales, pinnipeds and fish (including the fish people like to catch and eat). Never discard your fishing line into the water. Dispose of it responsibly by ?recycling it if you can, or into the garbage.

View Marine Life Responsibly

If you're going to be viewing marine life, take steps to do so responsibly. Watch marine life from the shore by going tide pooling. Take steps to plan a whale watching, diving trip or other excursions with a responsible operator. Think

twice about "swim with dolphins" programs, which may not be suitable for dolphins and could even be harmful to people.

Volunteer or Work With Marine Life

Maybe you work with marine life already or are studying to become a marine biologist. Even if working with marine life isn't your career path, you can volunteer. If you live near the coast, volunteer opportunities may be easy to find. If not, you can volunteer on field expeditions such as those offered by Earthwatch as Debbie, our guide to ?insects, has done, where she learned about sea turtles, wetlands, and giant clams!

Buy Ocean-Friendly Gifts

Give a gift that will help marine life. Memberships and honorary donations to non-profit organizations that protect marine life can be a great gift. How about a basket of environmentally-friendly bath or cleaning products, or a gift certificate for a whale watch or snorkeling trip? And when you wrap your gift - be creative and use something that can be re-used, like a beach towel, dish towel, basket or gift bag.

How Do You Protect Marine Life? Share Your Tips!

Are there things you do to protect marine life, either from your home or while visiting the coast, on a boat, or out volunteering? Please share your tips and opinions with others who appreciate marine life.

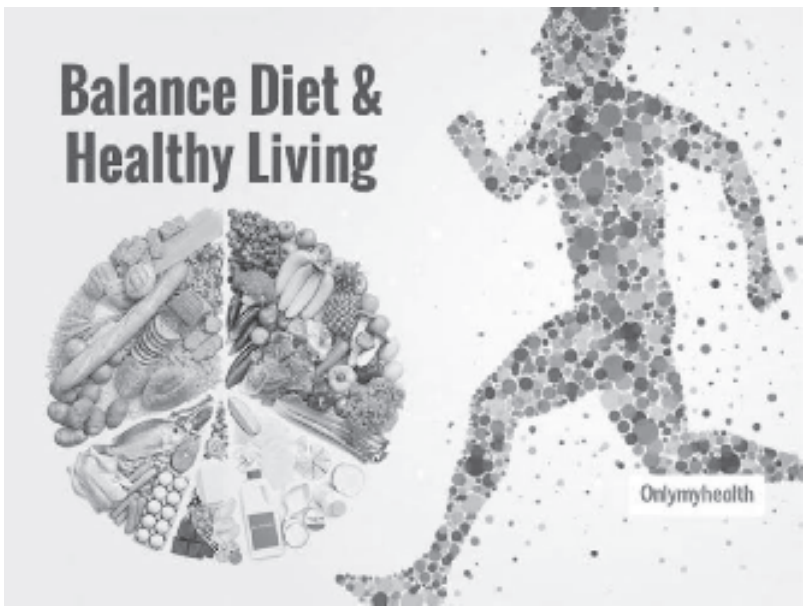
Hope is being able to see that there is light despite all of the darkness.

HEALTH AND FAMILY WELFARE COLUMN

Importance of Balanced Diet in a Healthy Lifestyle

(Report By – Our Correspondent)

The importance of a balanced diet can't be emphasized enough for a healthy lifestyle. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. The importance of a balanced diet can't be emphasized enough for a healthy lifestyle. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body.



What is a balanced diet?

But what exactly is a balanced diet? In simple words, it's a diet that offers the nutrients to help your body function properly. The importance of diet lies in the intake of the right amount of calories. Your body gets the right nutrition when you consume a wide variety of food rich in calories such as fresh fruits and vegetables, whole grains, and proteins.

Calories

Calories are an indicator of the energy content in the food. Once you intake the food, the calories are consumed when you walk, think, or breathe. On average, a person may require about 2000 calories a day to maintain their body weight. Generally, a person's calories may depend on their gender, age, and physical activity. Moreover, men need more calories than women. Again, people who are more into exercising require more calories in comparison to people who don't. It's also important to remember that the source of calories is equally important as the amount. Stuffing your food with empty calories, i.e. those that don't contain any nutritional value doesn't help in any way. Empty calories can be found in foods such as:

- Sugar
- Butter

- Cookies
- Cakes
- Energy drinks
- Ice cream
- Pizza

Importance of a Balanced Diet

Eating a healthy diet is all about feeling great, having more energy, improving your health, and boosting your mood. Good nutrition, physical activity, and healthy body weight are essential parts of a person's overall health and well-being.

There's no questioning the importance of healthy food in your life. Unless you maintain a proper diet for a healthy body, you may be prone to diseases, infection, or even exhaustion. The importance of nutritious food for children especially needs to be highlighted since otherwise they may end up being prone to several growth and developmental problems. Some of the most common health problems that arise from lack of a balanced diet are heart disease, cancer, stroke, and diabetes.

Being physically active manages many health problems and improves mental health by reducing stress, depression, and pain. Regular exercise helps to prevent metabolic syndrome, stroke, high blood pressure, arthritis, and anxiety.

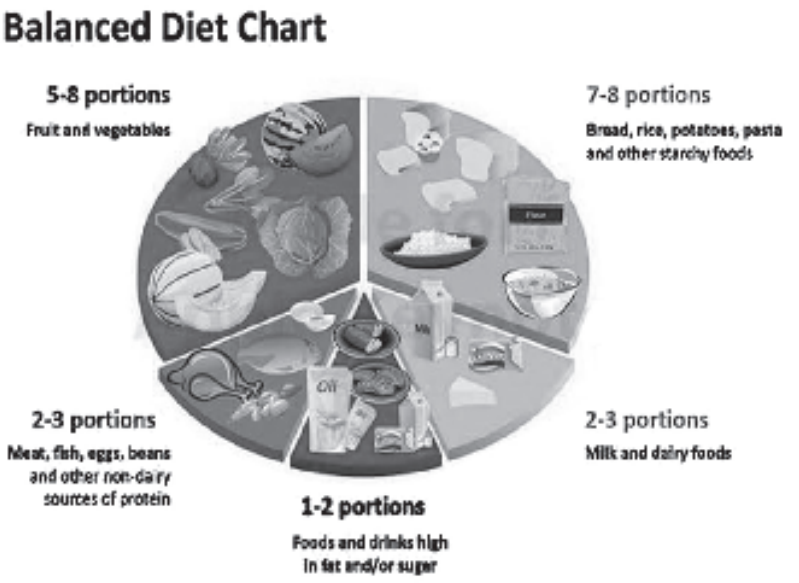
What falls under a balanced diet?

A balanced diet includes some specific healthy food groups under it:

- Vegetables such as leafy greens, starchy vegetables, legumes like beans and peas, red and orange vegetables, and others like eggplant
- Fruits that include whole fruits, fresh or frozen fruits but not canned ones dipped in syrup
- Grains such as whole grains and refined grains. For example, quinoa, oats, brown rice, barley, and buckwheat
- Protein such as lean beef and pork, chicken, fish, beans, peas, and legumes
- Dairy products such as low-fat milk, yogurt, cottage cheese, and soy milk

A wide variety for the selection of food choices should be from each of five food groups in the specific amounts recommended. These food sources from each food group provide a similar amount of key micro and macro-nutrients to meet the body requirements.

A balanced diet typically contains 50 to 60 percent carbohydrates, 12 to 20 percent protein, and 30 percent fat. All the organs and tissues need proper nutrition to work effectively by consuming the right amount of nutrients and calories to maintain an ideal weight. The overall health and well-being of a person are dependent on good nutrition, physical exercise, and healthy body weight.



A proper meal pattern is a complete combination of food ingredients, food items and quantities required for breakfast, lunch, snack, and dinner for each specific age group. All you need is protein for your muscle mass and blood cells which brings oxygen and nutrients to your muscles.

The body requires quality carbohydrates, lean protein, essential fats and fluids accompanied by regular exercise in maintaining physical health and well-being.

These are effective in preventing excess weight gain or in maintaining weight loss but healthier lifestyles are also associated with improved sleep and mood. Physical activity particularly improves brain-related function and outcomes.

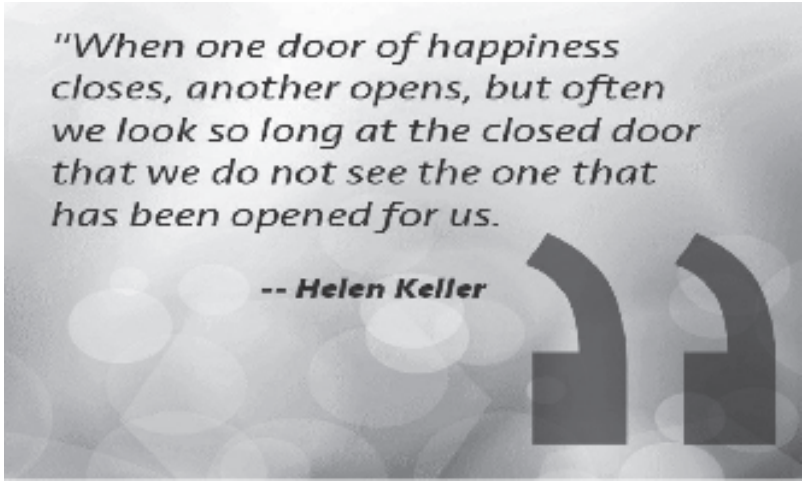
As with physical activity, making small changes in your diet can go a long way to attain the ideal body weight. Consuming the right kind of carbohydrates is important. Many people rely on the simple carbs found in sweets and processed foods.

Fruits and vegetables are rich sources of natural fiber, vitamins, minerals, and other compounds that your body needs to function properly. They're also low in calories and fat. Unsaturated fats may help reduce inflammation and provide calories.

The importance of a healthy lifestyle

It's not just a balanced diet that's enough but also healthy practices of eating. Some of them which you can follow are:

- Eat-in smaller portions – You can do this by eating in small bowls to trick your brain into thinking it to be larger portions.
- Take time to eat – Not rushing your meals in between other work but taking the time to nourish your meals can send signals to your brain that you've had enough food necessary for functioning.
- Cut down on snacks – Unhealthy snacks are a strict no as they hamper your hunger. Switching to healthy bite-sized food can help.
- Curb emotional eating – Binge eating can be extremely harmful. Using it to relieve yourself from stress, sadness, or anxiety may affect your health. Instead, you can use healthier alternatives to beat negative emotions.



SCIENCE & TECHNOLOGY COLUMN

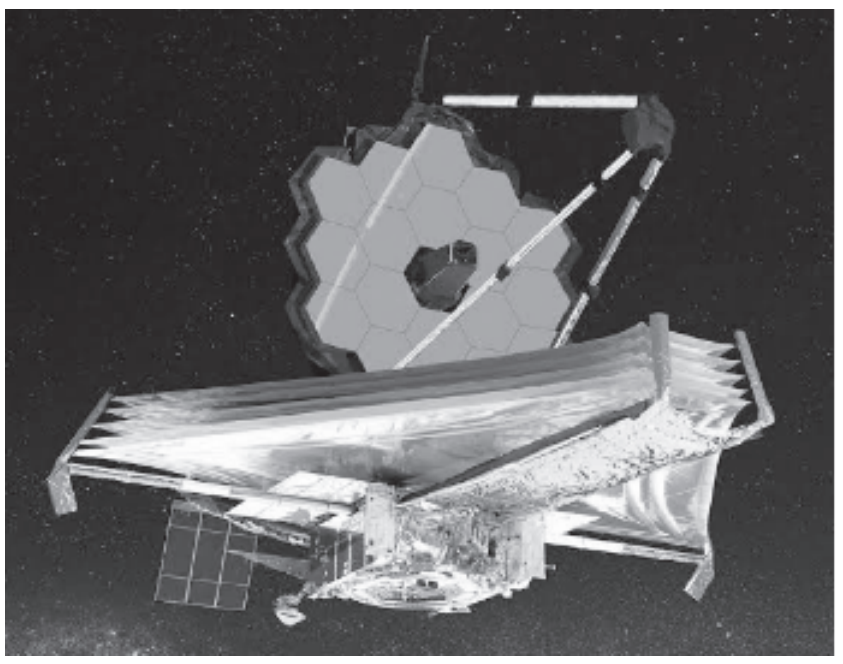
James Webb Space Telescope

(Report By – Our Correspondent)

The James Webb Space Telescope (JWST) is a space telescope designed primarily to conduct infrared astronomy. As the largest optical telescope in space, its high infrared resolution and sensitivity allow it to view objects too early, distant, or faint for the Hubble Space Telescope. This is expected to enable a broad range of investigations across the fields of astronomy and cosmology, such as observation of the first stars and the formation of the first galaxies, and detailed atmospheric characterization of potentially habitable exoplanets.

The U.S. National Aeronautics and Space Administration (NASA) led JWST's development, and collaborated with the European Space Agency (ESA) and the Canadian Space Agency (CSA). The NASA Goddard Space Flight Center (GSFC) in Maryland managed telescope development, the Space Telescope Science Institute in Baltimore on the Homewood Campus of Johns Hopkins University operates JWST, and the prime contractor was Northrop Grumman. The telescope is named after James E. Webb, who was the administrator of NASA from 1961 to 1968 during the Mercury, Gemini, and Apollo programs. The James Webb Space Telescope was launched on 25 December 2021 on an Ariane 5 rocket from Kourou, French Guiana, and arrived at the Sun–Earth L2 Lagrange point in January 2022. The first image from JWST was released to the public via a press conference on 11 July 2022. The telescope is the successor of the Hubble as NASA's flagship mission in astrophysics. JWST's primary mirror consists of 18 hexagonal mirror segments made of gold-plated beryllium, which combined create a 6.5-meter-diameter (21 ft) mirror, compared with Hubble's 2.4 m (7 ft 10 in). This gives JWST a light-collecting area of about 25 square meters, about six times that of Hubble. Unlike Hubble, which observes in the near ultraviolet and visible (0.1 to 0.8 μm), and near infrared (0.8–2.5 μm) spectra, JWST observes in a lower frequency range, from long-wavelength visible light (red) through mid-infrared (0.6–28.3 μm). The telescope must be kept extremely cold, below 50 K ("223 °C; "370 °F), such that the infrared light emitted by the telescope itself does not interfere with the collected light. It is deployed in a solar orbit near the Sun–Earth L2 Lagrange point, about 1.5 million kilometers (930,000 mi) from Earth, where its five-layer sunshield protects it from warming by the Sun, Earth, and Moon.

Initial designs for the telescope, then named the Next Generation Space Telescope, began in 1996. Two concept studies were commissioned in 1999, for a potential launch in 2007 and a US$1 billion budget. The program was plagued with enormous cost overruns and delays; a major redesign in 2005 led to the current approach, with construction completed in 2016 at a total cost of US$10 billion. The high-stakes nature of the launch and the telescope's complexity were remarked upon by the media, scientists, and engineers. The James Webb Space Telescope has a mass that is about half of Hubble Space Telescope's mass. The JWST has a 6.5-meter (21 ft)-diameter gold-coated beryllium primary mirror made up of 18 separate hexagonal mirrors. The mirror has a polished area of 26.3 m2 (283 sq ft), of which 0.9 m2 (9.7 sq ft) is obscured by the secondary support struts, giving a total collecting area of 25.4 m2 (273 sq ft). This is over six times larger than the collecting area of Hubble's 2.4-meter (7.9 ft) diameter mirror, which has a collecting area of 4.0 m2 (43 sq ft). The mirror has a gold coating to provide infrared reflectivity and this is covered by a thin layer of glass for durability.



JWST is designed primarily for near-infrared astronomy, but can also see orange and red visible light, as well as the mid-infrared region, depending on the instrument. It can detect objects up to 100 times fainter than Hubble can, and objects much earlier in the history of the universe, back to redshift zH"20 (about 180 million years cosmic time after the Big Bang). For comparison, the earliest stars are thought to have formed between zH"30 and zH"20 (100–180 million years cosmic time), and the first galaxies may have formed around redshift zH"15 (about 270 million years cosmic time). Hubble is unable to see further back than very early reionization[16][17] at about zH"11.1 (galaxy GN-z11, 400 million years cosmic time).

The design emphasizes the near to mid-infrared for several reasons:

- high-redshift (very early and distant) objects have their visible emissions shifted into the infrared, and therefore their light can be observed today only via infrared astronomy;
- infrared light passes more easily through dust clouds than visible light;
- colder objects such as debris disks and planets emit most strongly in the infrared;
- these infrared bands are difficult to study from the ground or by existing space telescopes such as Hubble.
- Ground-based telescopes must look through Earth's atmosphere, which is opaque in many infrared bands (see figure at right). Even where the atmosphere is transparent, many of the target chemical compounds, such as water, carbon dioxide, and methane, also exist in the Earth's atmosphere, vastly complicating analysis. Existing space telescopes such as Hubble cannot study these bands since their mirrors are insufficiently cool (the Hubble mirror is maintained at about 15 °C [288 K; 59 °F]) which means that the telescope itself radiates strongly in the relevant infrared bands.
- JWST can also observe objects in the Solar System at an angle of more than 85° from the Sun and having an apparent angular rate of motion less than 0.03 arc seconds per second. This includes Mars, Jupiter, Saturn, Uranus, Neptune, Pluto, their satellites, and comets, asteroids and minor planets at or beyond the orbit of Mars. JWST has the near-IR and mid-IR sensitivity to be able to observe virtually all known Kuiper Belt Objects. In addition, it can observe opportunistic and unplanned targets within 48 hours of a decision to do so, such as supernovae and gamma ray bursts.

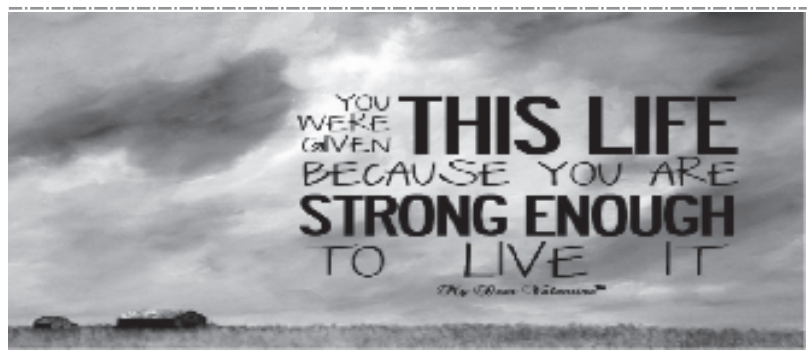
JWST operates in a halo orbit, circling around a point in space known as the Sun–Earth L2 Lagrange point, approximately 1,500,000 km (930,000 mi) beyond Earth's orbit around the Sun. Its actual position varies between about 250,000 and 832,000 km (155,000–517,000 mi) from L2 as it orbits, keeping it out of both Earth and Moon's shadow. By way of comparison, Hubble orbits 550 km (340 mi) above Earth's surface, and the Moon is roughly 400,000 km (250,000 mi) from Earth. Objects near this Sun–Earth L2 point can orbit the Sun in synchrony with the Earth, allowing the telescope to remain at a roughly constant distance with continuous orientation of its unique sunshield and equipment bus toward the Sun, Earth and Moon. Combined with its wide shadow-avoiding orbit, the telescope can simultaneously block incoming heat and light from all three of these bodies and avoid even the smallest changes of temperature from Earth and Moon shadows that would affect the structure, yet still maintain uninterrupted solar power and Earth communications on its sun-facing side. This arrangement keeps the temperature of the spacecraft constant and below the 50 K ("223 °C; "370 °F) necessary for faint infrared observations.

To make observations in the infrared spectrum, JWST must be kept under 50 K ("223.2 °C; "369.7 °F); otherwise, infrared radiation from the telescope itself would overwhelm its instruments. Its large sunshield blocks light and heat from the Sun, Earth, and Moon, and its position near the Sun–Earth L2 keeps all three bodies on the same side of the spacecraft at all times. Its halo orbit around the L2 point avoids the shadow of the Earth and Moon, maintaining a constant environment for the sunshield and solar arrays. The resulting stable temperature for the structures on the dark side is critical to maintaining precise alignment of the primary mirror segments. The five-layer sunshield, each layer as thin as a human hair, is made of Kapton E film, coated with aluminum on both sides and a layer of doped silicon on the Sun-facing side of the two hottest layers to reflect the Sun's heat back into space. Accidental tears of the delicate film structure during deployment testing in 2018 led to further delays to the telescope. The sunshield was designed to be folded twelve times (concertina style) so that it fit within the Ariane 5 rocket's payload fairing, which is 4.57 m (15.0 ft) in diameter, and 16.19 m (53.1 ft) long. The shield's fully deployed dimensions were planned as 14.162 m × 21.197 m (46.46 ft × 69.54 ft).

Keeping within the shadow of the sunshield limits the field of regard of JWST at any given time. The telescope can see 40 percent of the sky from any one position, but can see all of the sky over a period of six months.

- bright M-dwarf star

Within two weeks of the first Webb images, several preprint papers described a wide range of early galaxies believed to date from 235 million years (z=16.7) to 280 million years after the Big Bang, far earlier than previously known. The results await peer review. On 17 August 2022, NASA released a large mosaic image of 690 individual frames taken by the Near Infrared Camera (NIRCam) on JWST of numerous very early galaxies. Some early galaxies observed by JWST, like CEERS-93316, which has an estimated redshift of approximately z=16.7, corresponding to 235.8 million years after the Big Bang, are candidate high redshift galaxies. On 24 August 2022, astronomers published the first detailed scientific result for the telescope on the detection of carbon dioxide in the atmosphere of the gas giant exoplanet WASP-39b from transmission spectroscopy observations obtained with JWST as part of the Early Release Science Program (ERS). It was the first confirmed detection of carbon dioxide on a planet outside the Solar System.



THE ART & CULTURE COLUMN

Gujarati Culture, Dress & Food - The Heart & Soul of Gujarat

The diverse and vibrant state of Gujarat has a significant contribution to the cultural aspect of India. The sheer simplicity and amiability of Gujaratis have made them a flourishing community. The state of Gujarat boasts a vibrant art, architecture, culture, and heritage; all of which is quite evident in the day-to-day lives of the locals. The diversity exhibited by Gujarat is a result of the various ethnic groups constituting Gujarat's population; including Indic and Dravidian groups.

1. Art and Culture of Gujarat

The vast array of handcrafted products displaying intricate Gujarati art forms are not only popular in our country, but are a well-known entity all across the globe. These products include furniture, jewellery, embroidered garments, leatherwork, metalwork, baked clay articles and mirror work. Gujarat serves as the producer of some of the most creative and elegant furnishings that include bedcovers, quilts, cushion covers and table mats. Intricate dainty patterns are woven on the patola sarees with high precision. The traditional art forms of the state play a significant role in preserving its rich heritage.

Music

The folk music of Gujarat is known as Sugam Sangeet and has acclaimed world-wide fame. The range of musical instruments utilized in Gujarati folk music includes turi, manjira, ektaro, jantar, zanz pot drum, prabhati, dhol and ravan hattho. Bhajans are also incorporated in their folk songs. Bardic tradition is another major type of folk Gujarati music.

Dance Forms

Since Gujarati people are quite enthusiastic and amiable, they have many traditional forms of dance. The four major forms of dance are Dandiya Raas, Garba, Padhar, and Garbi.

- Dandiya Raas is performed by both men and women and utilizes the movement of bamboo sticks, known as Dandiyas. It has ancient roots and was believed to be played by the beloved Gopis of Lord Krishna.
- Garba is usually performed by the females in a circular formation. It is performed with reverence of the feminine form of the divinity.
- Garbi is traditionally performed by only the men and incorporates the use of instruments like dhol and manjiras.
- Padhar is mainly performed by the rural communities near Nal Lake.

2. Customs and Traditions of Gujarat

Due to many religions coexisting in the state, Gujaratis believe in various Gods and Goddesses. Embracing different religious faiths, Gujaratis demonstrate a vibrant mix of Hinduism, Islam, Jainism, and Buddhism. This amalgamation of cultures is quite evident in their beliefs, customs, traditions, institutions, and practices. The natives display a balanced lifestyle due to the perfect system of learning, a blend of religious practices and the development of artistic traits.

3. Languages and Religions

- Although Gujarati is the mother tongue of the natives of Gujarat, many other languages are widely spoken throughout the state. Gujarati is an Indo-Aryan language derived from Sanskrit and is the 26th most widely used language in the world. Gujarati has about 11 different dialects, spoken in various parts of the state.
- Since the state of Gujarat shares its border with Maharashtra, Madhya Pradesh and Rajasthan; a small section of its population speak the native languages of the neighbouring states, namely Marwari, Marathi, Hindi along with Urdu and Sindhi.
- The natives of Kutch-a semi-arid region in Gujarat-speaks Kachchi language, which is quite an important language of the area.

4. Fairs and Festivals

The fairs and festivals of Gujarat showcase the real vibrancy and colours of its diverse culture. Thousands of people flock to Gujarat to witness the extravaganza during festivals like Navratri Mahotsav, Deepawali, Rathyatra and Kite festival. There are some fairs as well that are organized in the state every year, namely- Shamlaji Melo, Bhadra Purnima Fair, and Mahadev Fair. The Rann Utsav is a major festival and witnesses an exquisite carnival of music, dance and natural beauty.

5. Food of Gujarat

A traditional and authentic Gujarati meal consists of dal, roti, rice, vegetables, salad, chaas, farsan followed by a sweet dish. Gujarati cuisine is quite similar to that of Maharashtra, and most of the Gujaratis are vegetarian. Some of the famous Gujarati delicacies include dhokla, fafda, khandvi, dhal Dhokli, Undhiyu, handvo, Ganthia, dal Wada, khakhra, and Thepla.

In Gujarati dishes, the flavors are a blend of sweet, spicy and sour tastes. Each region of the state has a distinctive flavor associated with its local food. A typical Gujarati dinner includes bhakri-shak or khichdi-kadhi. The Gujaratis are noted for their sweet tongue, and hence every meal is followed by a sweet dish or sometimes even jaggery.

6. Cultural Dresses of Gujarat

· Patola Silk or popularly known as 'Queen of all silks' forms a major part of traditional Gujarati attire. Gujarati brides are adorned with silk and zari woven sarees of Gharchola and Panetar.

- The traditional attires often incorporate tie-dye or traditional block prints.
- The region of Kutch has a distinctive traditional outfit adorned by women known as Abhas. Chania Cholis are a popular choice of outfit during the festive season of Navratri Mahotsav.
- Men also wear unique attire known as Kediya dress during the Navratri season.
- A prevalent Gujarati trend is the silver Pachchikam jewellery that originated in Kutch.

7. Gujarati Engagement and Wedding Ceremony

Just like other elements of the Gujarat culture, their wedding ceremony is as elaborate and exciting. With multitudes of ceremonies each with its own significance, sometimes the bride and groom await the marriage ceremony more than the marriage itself.

Engagement Ceremony

The engagement ceremony or the 'Gaud Dhana' translates to jaggery and coriander, which will be distributed to the guest. After the exchange of rings, the ceremony ends with the bride's family gifting the groom a box of sweets to represent a sweet relationship.

Wedding Ceremony

The wedding ceremony in the Gujarati culture is probably the most awaited event for the couple and its family but for all the guests as well. Like every Indian wedding, the rituals go back to the Vedic times, and the ceremonies kick off with the (Varghodo) wedding procession, that goes from the groom's house to the bride's house where the ceremonies take place. On arrival, the groom is welcomed by the bride's family (Swagatam) after which the bride's father performs a ritual involves him handing over his daughter to the groom (Kanya Daan) in front of the guest. After this, the rituals (Ganesh Puja) commences, this is known as the Vivaan.

During the Vivaan, the couple performs the Mangal Phera where they go around the sacred fire and go through the most important part of the ritual, the Saptapadi or the seven sacred steps. The religious part of the ceremony comes to a close with the holy thread (Mangalsutra) being tied around the neck of the bride by the groom and he places the red dot (tika) on the wife's forehead, as a declaration of her new married status (Suhaag). The ceremony comes to a close when the couple goes to the groom's parents who will bless the couple (Aashirvaad).

8. Gujarati Cinema

With strong themes of mythology, history, social and political, the Gujarati cinema industry is different from the approach they have to cinema.

Before the industry came into being, during the era of silent movie age, there was already a hoard of movies made on Gujarati culture and its people. More than just a means of entertainment, the Gujarat film industry brings in various forms of cinematic art. A trip to the cinema is a favourite past time amongst the Gujarati locals. Also known as 'Dhollywood' or Gollywood, the industry released its first movie in 1932, Narsinh Mehta.

The Gujarati community has well preserved their rich traditions and customs that have deep roots in their past. The mingling of the diverse ethnic folks has resulted in a well-balanced community that displays significant qualities like friendliness, liveliness, unity and immense love for their various ancient art forms. The plethora of traditions along with a tinge of modernization sums up the culture of Gujarat.

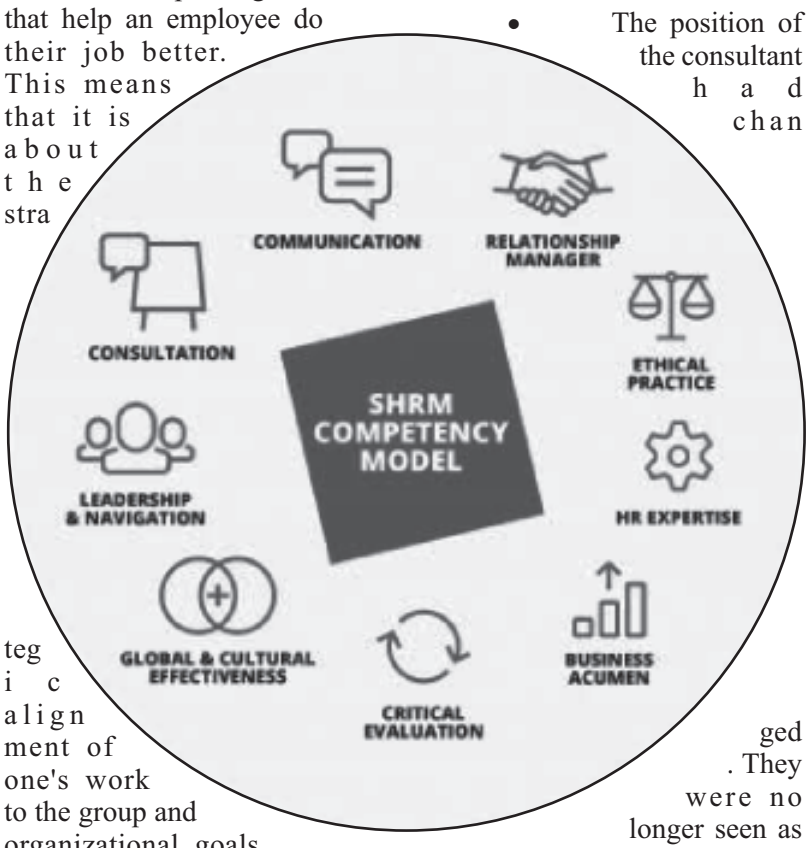
Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

THE CORPORATE & BUSINESS COLUMN

Effect of Employee Performance Management on Business Sectors

(Report By – Our Correspondent)

Performance management is a set of processes and systems aimed at developing an employee so they perform their job to the best of their ability. Performance management is not aimed at improving all skills. In fact, good performance management focuses on improving the skills that help an employee do their job better. This means that it is about the strategic alignment of one's work to the group and organizational goals.



Because performance management is a process that aims to align individual goals with group and organizational goals, it is a strategic and formal process. This means that key individual career decisions, like bonuses, promotions, and dismissals are all linked to this process. Performance management can further be described as a periodic, systematic, and objective process. Interesting to note is the difference between performance appraisal and performance management. Where performance appraisal focuses on the individual, in performance management the strategic goals of the organization are included.

Let's look at an example of an organization that went through a period of intense change and was able to leverage performance management to come up ahead of its competition. I changed the characteristics and details for anonymization purposes but the example remains, in essence, the same.

This company, Xylon, is a mid-sized consultancy firm and has long been a well-respected name within their industry. Customers frequently approached the firm and consultancy projects were usually long-term engagements that were very profitable for the company. However, after the most recent financial crisis, customers became a lot less willing to work on long-term consultancy projects, opting for cheaper, short-term projects with well-defined KPIs instead. To survive, Xylon's strategy had to change. After extensive research and interviews with customers, the board of directors defined three new key drivers for better business results.

- The position of the consultant had changed. They were no longer seen as experts who know best. Instead, the customer was looking for a trusted colleague who would work alongside their employees and was able to integrate their knowledge into new business processes and transfer know-how to employees.
- Consultants had to develop commercial skills to see tangible opportunities for 'upsells'. This required them to constantly be on the lookout for opportunities where Xylon could add further value for the client.
- Consultants had to learn to productize services. When leaving the client organization, this digital product would stay in place, creating stable and predictable revenue for Xylon.

These key drivers required a tremendous shift in the way consultants work and the skill they needed to do their work. The attitude of the consultant had to change, the consultant had to develop a more commercial mindset, and the consultant had to learn about digital productization of services – something they hadn't worked with before. The board of directors clearly understood that the key to this change would be changing the people who ran the organization. By translating these new requirements into skills for consultants, Xylon was able to implement a new performance management policy that focused on three elements.

1. New HR approach. Traditionally well-defined internal roles changed based on the new skills required to be a successful consultant. A successful consultant at Xylon was a trusted advisor, was commercially savvy, and was able to conceptualize a vision for value-adding digital products.
2. Individual training & coaching. Employees were assessed, trained, and coached on their commercial and digital skills. Individuals who excelled were promoted quicker, clear benchmarks for individual performance were set, and suboptimal performance would result in either a demotion or an exit.
3. Changing hierarchy. Because of these shifts, the traditional hierarchy at Xylon also changed. People who were more commercially and digitally savvy were promoted faster and more frequent, while people who weren't able to develop these skills quickly were let go of. This fundamentally changed the company's values and identity into something that represented the type of consultant the company needed much more closely.

Despite the fact that this big change in company culture led to a lot of initial tension and people quitting, it resulted in Xylon being regarded as one of the most innovative firms in the market within a few years after implementing this new policy and creating a much more stable stream of revenue, ensuring its competitiveness for the future. The example of Xylon clearly shows that performance management has several goals. In essence, performance management is about measuring and improving the contribution of the employee to the organization. A famous quote attributed to Peter Drucker is "if you can't measure it, you can't improve it". Or alternatively, "if you can't measure it, you can't manage it". Performance management is about measuring, managing, and improving the contribution of the individual to the organization.

In a classical study by Cleveland, Murphy & Williams (1989) that's still relevant today, HR managers were asked what their goals were for their performance management. Based on this data, the researchers ran a factor-analysis and identified four factors, or goals, for performance management in these organizations.

1. Between-person applications. This includes evaluating the performance of employees, determining compensation, promotions, raises, mutations, job rotations, and firing.
2. Within-person applications. This includes feedback on individual performance, assessment of weak and strong points and further identification of training needs. These points of feedback enable the employee to develop the specific skills required for the job and career advancement.
3. Consolidate the global HR approach. Performance management is also used to identify a company-wide HR approach, including strategic workforce planning, identification of company-wide training needs, and the identification of a productive organizational climate.
4. Research purposes. Performance management can finally be used to validate selection choices and evaluate training programs. An example is the quality of hire metric, which measures to what degree new employees perform satisfactorily after joining the company. This is a key success metric for HR's recruitment activities.

According to the researches, especially the first two factors were popular. They were used by up to 77% of organizations.

There are many ways to conduct performance management. In literature, there are two approaches when it comes to performance evaluation.

- Behavioral approach: Employees are evaluated based on their behaviors and effort made. Behaviors are identified and evaluated. This approach is suitable for giving detailed feedback on behaviors and by mapping desirable future behaviors. This approach is suitable when individual results are hard to measure. Examples include individual players in a team, support staff, and (oftentimes) HR professionals.
- Result-oriented approach: In this approach, employees are evaluated based on objective criteria. The focus is not on input but output, both in terms of quality and quantity. This approach is suitable when there are multiple ways to do the job. The end-result is key, not how it has been done. Examples include call center employees who have specific success metrics, as well as sales professionals. The evaluation of lawyers and accountants is also highly result-oriented, as they keep track of their billable hours.

A second element to focus on is extra-role behavior. These are the behaviors that go beyond the job description. For more information about these, check our employee performance review template article.

THE GENERAL KNOWLEDGE COLUMN

Current Affairs

1. India's First Portal On Arrested Narco Offenders 'NIDAAN'

- A first-of-its kind database of arrested narcotics offenders has been made operational for use by various central and state prosecution agencies tasked to enforce anti-drugs laws in the country.
- The portal--NIDAAN or the National Integrated Database on Arrested Narco-offenders--has been developed by the Narcotics Control Bureau (NCB).
- It is part of the narcotics coordination mechanism (NCORD) portal that was launched by Union Home Minister Amit Shah on July 30 in Chandigarh during the national conference on 'Drug trafficking and national security'.

2. 17th Pravasi Bhartiya Divas 2023 to be held at Indore

- According to External Affairs Ministry spokesperson Arindam Bagchi, the 17th Pravasi Bhartiya Divas 2023 will be held at Indore in January next year.
- Pravasi Bharatiya Divas is celebrated every year on the 9th of January to mark the contribution of the overseas Indian community to the development of India.
- It also commemorates the return of Mahatma Gandhi from South Africa to India on 9th January 1915.
- The decision to celebrate Pravasi Bharatiya Divas was taken in accordance with recommendations of the High-Level Committee (HLC) on the Indian Diaspora set up by the government of India under the chairmanship of L. M. Singhvi.

States News

3. Mandla becomes India's first fully 'functionally literate' district

- Madhya Pradesh's tribal-dominated Mandla region has become the first fully "functionally literate" district in the country. Another report of 2020 highlights that, more than 2.25 lakh people in this district were not literate, most of them were tribals from forest areas.
- Tribals frequently complained to the authorities about money being taken from their bank accounts by fraudsters and the root cause of this was that they were not functionally literate.

Appointments News

4. Bill Gates Foundation named Ashish Dhawan to its board of trustees

- Indian philanthropist Ashish Dhawan has been named to the board of trustees of the Bill & Melinda Gates Foundation. The foundation announced the appointment of two new members to its board of trustees.
- Ashish Dhawan is the founder and CEO of Convergence Foundation, and along with him, Dr Helene D Gayle, President of Spelman College, US, has also been appointed.
- The Gates Foundation has been working in collaboration with the Indian government and other partners since 2003 on various issues, including health care, sanitation, gender equality, agricultural development, and financial empowerment.

Defence News

5. HAL to establish its first marketing office abroad in Malaysia

- The Hindustan Aeronautics Limited (HAL) inked a Memorandum of Understanding (MoU) to establish its first international marketing and sales office in Kuala Lumpur in anticipation of a potential agreement for the Light Combat Aircraft (LCA) Tejas in Malaysia.
- The change has taken place because Tejas is being considered by Malaysia as a Fighter Lead-in Trainer (FLIT) aircraft for the Royal Malaysian Air Force.

6. India to buy Six Tu-160 long-range bombers from Russia

- India intends to purchase Tu-160 bomber from Russia, in order to boost its strategic force. America objected to its initial flight because of how hazardous this bomber is in nature. Tupolev Tu-160 bomber can reach a peak speed of 2220 kmph.
- The maximum weight that this aircraft can carry while flying is 110,000 kg. It has a 56-meter wingspan. Russia produces the tactical bomber known as the Tu-160 bomber. As a result, the bomber may carry out an attack at a distance of thousands of kilometres from its base.

7. Indian Army Set to Possess Quantum Communication Technology

- India is all set to join the elite global club, and the Indian Army will soon possess indigenous and more advanced quantum communication technology with equipped troops and a high-end secured defense system.
- With the support of Innovation for Defence Excellence (iDEX), Defence Innovation Organisation, the QNu Labs which is a Bengaluru-based deep tech startup has innovated advanced secured communication through Quantum Key Distribution (QKD).
- The Defence Ministry has initiated the procurement process of QNu Labs developed QKD systems by issuing a commercial Request for Proposal (REF) after the successful trials.

Bankings News

8. HDFC Bank opened the first all-women branch in north Kerala

- HDFC Bank inaugurated an all-women branch in Kozhikode, north Kerala. Mayor of the city Corporation Beena Philip opened the branch of HDFC Bank. As of March 31, 2022, women made up 21.7% (21,486) of the workforce, according to the bank.

States News

- By 2025, the private lender wants to raise it to 25%. Deals beyond a certain threshold require regulator approval, which keeps an eye on unethical business practises in the marketplace.
- The launch of the all-women branch of HDFC Bank, according to Sanjeev Kumar, Branch Banking Head, South (Tamil Nadu, Puducherry & Kerala), is yet another illustration of their efforts to advance gender and diversity initiatives of the HDFC Bank.

9. RBI Cancels Licence Of Deccan Urban Co-operative Bank

- The RBI said the licence of Deccan Urban Co-operative Bank, Karnataka, has been cancelled as the lender does not have adequate capital and earning prospects.
- As per the data submitted by the bank, more than 99 per cent of the depositors are entitled to receive the full amount of their deposits from Deposit Insurance and Credit Guarantee Corporation (DICGC), the central bank said in a release.

Science and Technology News

10. ISRO received a Crew Module Fairing from HAL for Gaganyaan mission

- Hindustan Aeronautics Limited (HAL) handed two pieces of space equipment to the Indian Space Research Organization (ISRO) for use in the Gaganyaan mission.
- This is the second crew module fairing (CMF) that India's top space agency has purchased from HAL for the mission. Even though both of these CMFs will be used in some capacity, the first experiment will use the CMF that ISRO obtained from HAL.
- According to sources, ISRO received the CMF structure, which included the thrust-transfer structure for the high-altitude escape motor (HTS).
- It should be emphasised that the HTS will be crucial in triggering an escape motor. Throughout the mission, this technology will keep the astronauts secure. In the event that a mission fails, the motor will aid in transferring engine power to the crew escape module.

11. Geothermal energy to be used to supply energy to Ladakh

- At 14,000 feet in Ladakh, ONGC is getting ready to pump geothermal energy. State-run explorer ONGC has set out on a mission to harness the steam streaming from the earth's core at Puga, a lonely valley off the road to Chumar on the de facto boundary with China, at a height of more than 14,000 feet.
- In India, geothermal energy is nothing new. The Indian government first provided a report on the nation's geothermal hotspots in 1973. This occurred after shallow drilling exploration by the Geological Survey of India (GSI) revealed prospective hot spring and geothermal areas. According to estimates, India has the ability to produce 10 gigawatts of geothermal energy.

Sports News

12. UEFA League: Manisha Kalyan becomes 1st Indian to play in the league

- Young striker Manisha Kalyan became the first Indian footballer to play at the UEFA Women's Champions League when she made her debut for Apollon Ladies FC in the European Club competition in Engomi, Cyprus.
- In November 2021, the 20-year-old had become the first ever Indian footballer to score a goal in the AFC Women's Club Championship.

Important Days

13. International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief

- International Day Commemorating the Victims of Acts of Violence Based on Religion or Belief, observed on August 22.
- On this day, the international community honours the survivors and victims of religious-based violence. The day aims to remember the victims and survivors of evil acts on the basis of or in the name of religion or belief.

14. World Senior Citizen Day 2022 celebrates on 21st August

- World Senior Citizens' Day is celebrated on August 21 every year. It is also known as National Senior Citizens' Day in the United States (US). The day is observed with the intent to highlight the contributions of elderly people in human society and honour them.
- The day is also celebrated to bring attention to various issues that affect the elderly, such as health issues and abuse by younger people, whether family or outsiders.
- World Senior Citizens' Day has its roots back in the August 19, 1988 proclamation by the then President of the United States of America, Ronald Reagan.

15. Sadbhavna Diwas 2022: Birth Anniversary of Rajiv Gandhi

- India celebrates Sadbhavna Diwas in memory of Rajiv Gandhi's birth anniversary. Sadbhavna Diwas 2022 commemorates the 78th birth anniversary of Rajiv Gandhi on 20th August 2022.
- Sadbhavna Diwas was instituted after the death of Rajiv Gandhi in 1992, by Congress. Sadbhavna Diwas promotes peace, harmony, empathy, and unity among all citizens of India. On this several cultural events and contests are organized across the country.

16. Akshay Urja Diwas 2022: India Observes Renewable Energy Day

- Every year on the 20th of August India observers Akshay Urja Diwas or Renewable Energy Day. Akshay Urja Diwas 2022 or Renewable Energy Day aims to spread awareness about the development and adoption of renewable energy in India.
- Akshay Urja Diwas 2022, marks its importance by promoting and lining up the alarming rate of depletion of Natural resources. This day makes people aware of the use of natural resources like wind energy, solar energy, and hydropower.

17. International Day of Remembrance and Tribute to the Victims of Terrorism

- International Day of Remembrance of and Tribute to the Victims of Terrorism is observed on August 21 each year in memory of the victims of terrorism.
- The day is observed to show the victims of terrorism that they are not forgotten and they are respected and recognised across the world.
- The theme for 2022's International Day of Remembrance of and Tribute to the Victims of Terrorism is "memories," as mentioned in a United Nations (UN). The theme was selected after consulting with victims of terrorism and victims' associations.

Miscellaneous News

19. GoI grants GI Tag to Bihar's Mithila Makhana

- The Central government has awarded Geographical Indication (GI) tag to Mithila Makhana. With this move, growers will get the maximum price for their premium produce.
- Over five lakh farmers of the Mithila region of Bihar will be benefitted from this decision. Makhana registered with GI Tag, farmers will get profit and it will be easier to earn.
- Once a product gets this tag, any person or company cannot sell a similar item under that name. This tag is valid for a period of 10 years following which it can be renewed.
- The other benefits of GI registration include legal protection to that item, prevention against unauthorised use by others, and promotion of exports.

20. Super Vasuki: Indian Railways longest freight train

- The Indian Railways conducted a test run of its latest train called Super Vasuki. The Super Vasuki is operated by the South East Central Railway (SECR) zone of the Indian Railways.
- The SECR ran the record long-haul freight trains Vasuki and Trishul last year and the 2.8 km long SheshNaag train before that. The Super Vasuki was set up by amalgamating five rakes of goods trains as one unit. The freight train is 3.5 km long.

THE EDITORIAL COLUMN

How Poverty Can Be Eradicated

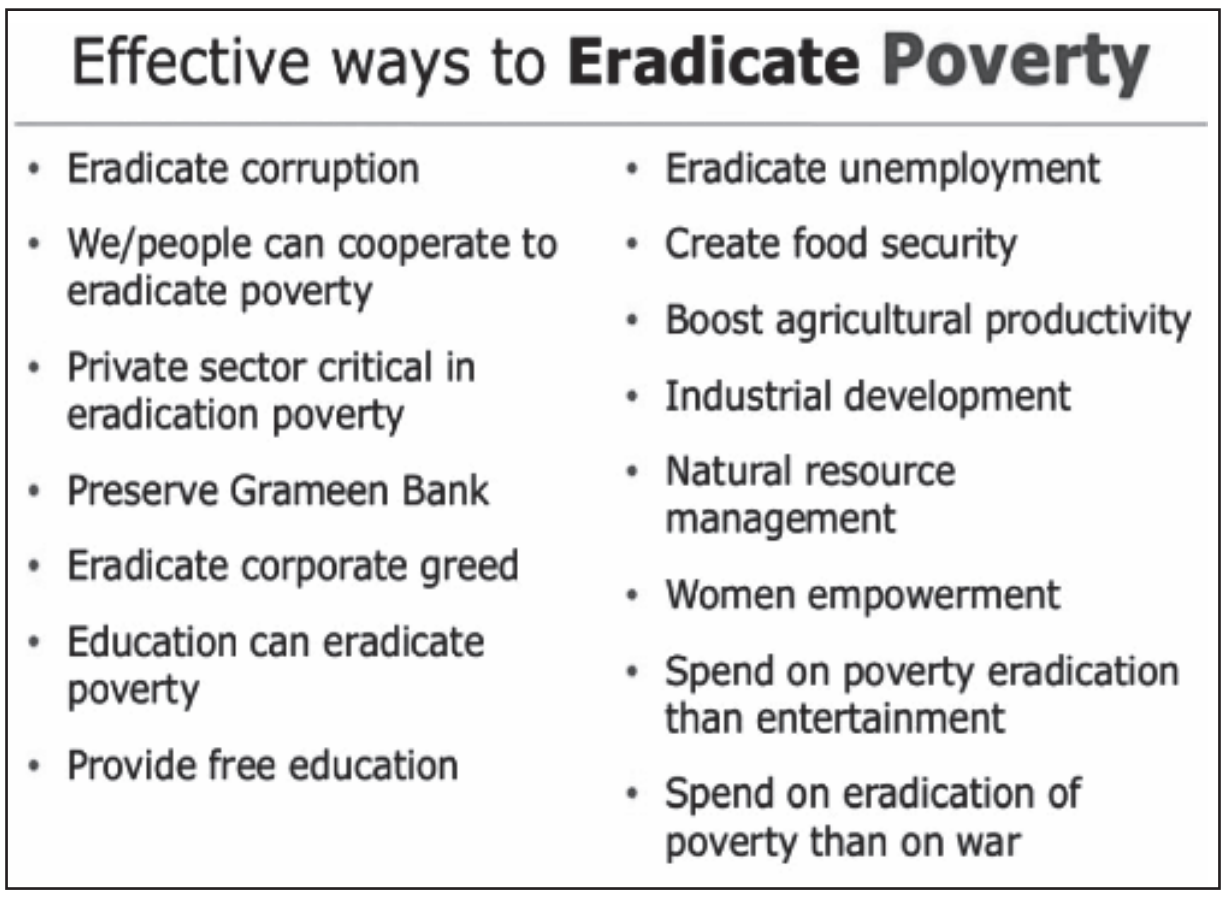
(Written By – N.H Priya Garnaik, Editor, Iya News)

Poverty entails more than the lack of income and productive resources to ensure sustainable livelihoods. Its manifestations include hunger and malnutrition, limited access to education and other basic services, social discrimination and exclusion as well as the lack of participation in decision-making. Various social groups bear disproportionate burden of poverty.

The World Social Summit identified poverty eradication as an ethical, social, political and economic imperative of mankind and called on governments to address the root causes of poverty, provide for basic needs for all and ensure that the poor have access to productive resources, including credit, education and training. Recognizing insufficient progress in the poverty reduction, the 24th special session of the General Assembly devoted to the review of the Copenhagen commitments, decided to set up targets to reduce the proportion of people living in extreme poverty by one half by 2015. This target has been endorsed by the Millennium Summit as Millennium Development Goal 1.

Poverty eradication must be mainstreamed into the national policies and actions in accordance with the internationally agreed development goals forming part of the broad United Nations Development Agenda, forged at UN conferences and summits in the economic, social and related fields. The Second United Nations Decade for the Eradication of Poverty (2008-2017), proclaimed by the General Assembly in December 2007 aims at supporting such a broad framework for poverty eradication, emphasizing the need to strengthen the leadership role of the United Nations in promoting international cooperation for development, critical for the eradication of poverty.

A social perspective on development requires addressing poverty in all its dimensions. It promotes people-centered approach to poverty eradication advocating the empowerment of people living in poverty through their full participation in all aspects of political, economic and social life, especially in the design and implementation of policies that affect the poorest and most vulnerable groups of society. An integrated strategy towards poverty eradication necessitates implementing policies geared to more equitable distribution of wealth and income and social protection coverage.



A social perspective on poverty should contribute to the debate on the effectiveness and limitations of current poverty reduction strategies. Poverty analysis from a social perspective requires thorough examination of the impact of economic and social policies on the poor and other vulnerable social groups. Poverty and Social Impact Analysis (PSIA) serves as a tool to assess both the economic and social impact of reforms on different social and income groups. Properly conducted PSIA contributes to national debate on policy options and helps to promote national ownership of development strategies and could contribute to the operationalization of Copenhagen's commitments.

The Millennium Development Goal to cut the poverty rate in half by 2015 was met in 2010 – five years ahead of schedule. While progress has been made, global growth estimates show more work is needed to reach the target of ending global poverty by 2030. Discussed below are the top 10 ways to reduce poverty in the world.

Effective 10 Ways to Reduce Poverty in the World

1. **Develop and implement rapid and sustained economic growth policies and programs,** in areas such as health, education, nutrition and sanitation, allowing the poor to participate and contribute to the growth. Studies show that a 10 percent increase in a country's average income reduces poverty by as much as 20-30 percent.
2. **Improve management of water and other natural resources.** Most of the rural poor depend on agriculture or other natural resources for their livelihood. Consequently, it is necessary that they have more equitable access to those resources so they are better able to manage their resources.
3. **Invest in and implement agricultural programs.** China has helped 800 million people out of poverty since 1978. As a part of its strategy to eradicate poverty by 2020, the Agricultural Bank of China will lend more than $400 billion to help develop rural areas, fund education, infrastructure, and crop production.
4. **Encourage countries to engage in trade as a path out of poverty.** Trade is the key to growth and prosperity. Some of the world's poorest countries including Indonesia, Botswana and Brazil have traded their way out of poverty.
5. **Create and improve access** to jobs and income and develop entrepreneurial talent.
6. **Providing all people with access to basic social services** including education, health care, adequate food, sanitation, shelter and clean water.
7. **Progressively developing social protection systems** to support those who cannot support themselves.
8. **Empower people living in poverty** by involving them in the development and implementation of plans and programs to reduce and eradicate poverty. Their involvement ensures that programs reflect those things that are important to them.
9. **Remove barriers** to equal access to resources and services.
10. **Provide access to technology and innovation** including internet access and affordable energy. In Bangladesh, only 40 percent of the rural poor have access to grid electricity. Those that do have access endure frequent power outages. The Second Rural Electrification and Renewable Energy Development Project plans to increase access to electricity in rural areas via renewable energy sources.

From Page 12 (Journey of Indian...)

Investments to GDP ratio in agriculture at 13.3% is very low. The composition of total investments in agriculture show that 78.2% of it is from households (ie farmers themselves) while public investments constitutes 19.4% share. Private corporate sector accounts for less than 2.5% of investments in agriculture sector. Out of total corporate investments of Rs.1874.9 thousand Crore in the economy during 2016-17, agriculture received only Rs. 7.987 thousand crore (0.42%). Regulatory restrictions on marketing and absence of business friendly environment in agriculture acts as a deterrent for corporate investments in agriculture production and marketing. This is said to be an important reason for slow change in agriculture, dominance of traditional marketing channels and weak linkage between pre and post-harvest agriculture. Another disquiet feature of investments in agriculture sector is that between public investments show a decline of 0.4% during 2011-12 and 2016-17. Changes in APMC Act and provisions for Contract farming are expected to attract much needed modern private sector investments into agricultural marketing as well as agricultural production. This will also reduce the need for government intervention and support for agriculture.

Recent available survey of NSSO reveals that land lease in the country is on rise but it is oral and not recorded. 59% area in AP, 30% in Bihar, 20% in Odisha was under lease farming in year 2012-13. Country average is 11.6%. Such farmers can't avail institutional credit, crop insurance and other govt benefits for agri. The incidence of tenancy is expected to rise further as members of farm families are moving out of agriculture. Recognition of land lease and protecting right of landowners, will help in raising farmers income in a number of ways and help in emergence of new class of farmers. Substantial increase in farmers income and transformation of agriculture require a paradigm shift in entire approach towards agriculture sector.

Indian Agriculture has come a long way. Advancement in science led technology, enhanced role of private sector in both pre and post harvest phases, liberalized output market, active land lease market, and emphasis on efficiency will equip agriculture to address challenges of 21st Century and contribute towards goal of New India. A well co-ordinated action and strategy between the Centre and the states is needed to ensure that agriculture marches to next stage of development alongwith other sectors, and agriculture is not left behind as it happened in the 1991 reforms agenda.

NEWS & VIEWS EXPRESS

Journey of Indian Agriculture Sector : Challenges and Way Forward

(Written By : Pradeep Kumar Panda, Economist)

Agriculture Sector of Indian Economy has transformed in a significant manner since the 1950s by diving into different policies and reforms, particularly over the years- where the transformation took place at an unprecedented pace and witnessed disruptive breakthroughs. Indian agriculture has come a long way. The growing population became a key driver for agricultural products and with time, rising urban and rural incomes also gave a boost to attractive opportunities in the Indian agricultural sector.

Transition of agriculture helped Indian economy to overcome great humiliation of food aid during 1960s and turned the country from severe food shortage to a food surplus nation. The country also experienced agriculture led socio economic transformation in many parts. Role of agriculture in growth of Indian economy and overall development hardly needs any elaboration. However, this role needs to be re-oriented in the light of changing environment and requirements and to meet the new challenges, and, also to harness new opportunities. This will require a shift in our approach and thinking towards agriculture from "pushing for incremental change" to "transformational change". Further, agriculture is at the nexus of three of the greatest challenges of the 21st century – sustaining food and nutrition security, adaptation and mitigation of climate change, and sustainable use of critical resources such as water, energy and land. Agriculture is also acquiring renewed importance for gainful employment due to failure of manufacturing sector to pull labour out of agriculture and to keep pace with the growth in workforce.

India's achievements in agriculture sector, though impressive in some areas and states, have remained lower than the potential. The main reason for this is the complacence of our leaders, particularly research leaders, with our achievements. We generally compare our contemporary food situation with the situation of food scarcity of mid 1960s and draw satisfaction from the fact that now we are not facing food scarcity. Our mindset is fixed in comparing agriculture of 2000s or recent years with agriculture of 1965-67 rather than comparing agriculture achievements with the achievements of India's other sectors and other nations. What has been achieved in agriculture is not compared with what is achieved in space, IT, telecom, services, automobiles, medical science, transport etc. Between 1965-67 and 2000s, we are much more different in all sectors and spheres of life than in agriculture but we do not assess achievement of agriculture against the challenging yardsticks. Surely, agricultural achievements are big compared to mid 1960s but they look dwarf compared to other yardsticks.

Transformation of agriculture sector is crucial for achieving this vision as 44.2% workforce in the country is employed in agriculture and thus depend on agriculture for their livelihood. There is large gap between income of agriculture workers and non agriculture workers. Poverty and undernutrition in the country are concentrated among agricultural labour and small and marginal farmers. There is lot of concern relating to rural distress. If current trends in agriculture are not changed there will be little improvement in reducing income gap between agriculture and non agriculture income and alleviating rural distress.

It has been empirically demonstrated that agriculture growth is significantly beneficial for reducing poverty and increasing per capita income. Beside inclusive growth, agriculture matters for health and nutrition, sustainability, climate change and quality of life in the country. All these factors underscore the need for a new vision for agriculture as we move forward in the 21st century.

Since 1970-71, agricultural output and value added in agriculture in India moved on a growth trajectory of around 2.8% in most of the period. The growth rate moved up and down depending upon the increase/decrease in real prices of agriculture commodities. Terms of trade (ToT) for agriculture followed a declining trend during 1971-172 to 1980-81, increasing trend after 1980-81 which continued till 1998-99. From late 1990s to 2005-06 there was a decline in ToT which was again followed by increase till 2016-17. Based on these movements in ToT the entire period from 1971-72 to 2016- 17 can be divided in four phases viz. (i) 1971-72 to 1980-81 which marked significant fall in ToT for agriculture (ii) 1981-82 to 1998-99 which marked significant increase (iii) 1999-00 to 2005-06 which marked modest decline and (iv) 2006-07 to 2016-17 which represents very sharp increase in ToT for agriculture. It is interesting to observe that growth rate in GVA in agriculture moved up and down according to the increase/decrease in real prices of agriculture.

It may appear strange that high growth rate in agriculture experienced during some phases did not bring down real prices of food in the country. The reason has been that the prices drove output growth rather than output growth determining prices! Some studies on this aspect also show that during the period of high agriculture growth (above 4%) much of the growth was driven by increase in agricultural prices. The implications of this strong association between agricultural prices and agriculture growth is that if agricultural prices do not rise faster than other prices, then the growth rate of agriculture is likely to fall, which then becomes a major cause for agrarian distress and adverse effect on overall economic growth. Thus, a formidable and foremost challenge at present is: (i) how to sustain agriculture growth without letting food price inflation rise beyond acceptable limits and (ii) how to incentivize farmers to raise production without causing hardship to consumers? The answer seems to be change in our goal and strategy from 'growth to efficient growth'. This requires upgradation of agricultural technology, application of modern skills in farm practices, new innovation in farming, and lowering wastages in use of fertilizer, water and other inputs. Factors for low productivity, high average cost, and low efficiency in Indian agriculture are well documented in literature. Seed replacement rate indicate that use of certified quality seed distributed by various agencies is quite low. Fertiliser use in most of states is sub optimal. Still a feeling is emerging against use of inorganic fertiliser and other chemicals and there is a talk to move to natural farming. On the other hand, use of compost, which is alternative source of plant nutrients is showing a big decline. More than one crop is grown on less than 50% of area under cultivation. Improved technology has not yet reached large number of farmers which is evident from the fact that more than 30% area under cereals is still under traditional varieties.

The main underlying reasons for under development of agriculture are poor extension, missing link with supply chain of quality seed and quality plant propagation material, low availability of institutional credit in many states, low level of investments in agriculture and low level of technology. Supply of low quality and spurious inputs is an important factor for increased cost without adequate gain in productivity. Thus, beside emphasising use of modern inputs there is a need to put in place effective mechanism for monitoring and regulating quality of inputs like seed, fertiliser and agro-chemicals.

Efficiency is driven by strong and vibrant R&D by public or private sector. Public sector R&D in the country is showing a fatigue and suffering from resource constraint, disciplinary fragmentations, and lack of drive and inspiration. Private sector investment in agri R&D is also low due to nature of IPR regime in the country. Consequently, the gap between domestic and global agricultural innovations is rising and many fascinating changes experienced in global agriculture are missing in the country. In the absence of domestic R&D attaining global standard, there is a need to facilitate easy access to our farmers to global technology, high quality seed and germplasm and other knowledge products.

Application of biotechnology in agriculture through genetic breakthrough and genetic enhancement, is playing an important role in shaping future of agriculture. Agri biotechnology in India has occupied a backseat after the restrictions imposed on field testing and non-release of Bt brinjal in the country. The countries which have embraced genetically modified and genetically engineered technology are gaining advantage in terms of productivity and cost. Trends in productivity of soybean and maize in India and the countries which have adopted biotech crops present a stark example of competitive advantage gained by the later over India through agri biotechnology. India will face very tough competition from biotech crops, which are leading to higher yield and lower average cost, if the country does not upgrade technology in such crops.

Traditional theories of economic transformation clearly established that share of agriculture in national income and total employment follows declining trend with the progress of economic development in a country. This has been experienced by most of the countries even in the recent times, as can be seen from Table 3. This transition has been slow in the case of India, particularly in respect of share of agriculture in the total workforce. During the 25 years after 1991, share of agriculture in workforce declined to around half in Brazil, China, and Malaysia. Labour share of agriculture in Vietnam declined by about 40%. In the case of India, the decline has been much smaller (one third). This has created serious structural imbalances between sectoral composition of output and employment. The primary reason for this is the failure of non agriculture sectors in India to pull and attract labour-force from agriculture. Recent developments in technology like automation, AI, big data, IOT, machine learning are further restricting the capacity of non agricultural sector to absorb work force from agriculture. This has put renewed focus on agriculture to create gainful employment in post harvest value addition activities.

Empirical evidence from successive surveys on employment and labour use since 2004-05 reveal significant changes in rural and agriculture workforce which have important implications for agriculture and economy. There is large scale withdrawal by female labour from agriculture (cultivators as well as labourers) which shows de-feminization of agriculture rather than feminization of agriculture. Two, withdrawal from agriculture by cultivators has sharply decelerated after 2011-12 while shift of agriculture labour from the sector has accelerated. This necessitates support for mechanization on smallholder farms. The concerns about threat to agriculture due to youth not staying in agriculture is belied by NSO periodic labour-force survey 2017-18.

An important reason for slow shift of farm youths to non agriculture sector is their strong preference for middle income jobs but in many cases they do not have required skill and capability for such jobs. Medium, small and micro (MSME) enterprises, which are labour intensive, seem to be an appropriate alternative for rural employment generation. Linking agri-food processing to production through efficient value chain, contract farming and direct linkage between factory and farm offers considerable scope for rural employment generation as well as raising farmers' income. In the wake of capital intensive production preferred by manufacturing sector and anticipated threats to jobs posed by emerging technological innovations there is a need for a rethink on pursuing traditional development strategy of shifting workforce from agriculture to manufacturing and services. India should explore possibilities of creating blue collar jobs in and around agriculture. This also looks desirable as withdrawal of labour from agriculture has already started affecting some farm activities and farmers income adversely and there is serious shortage of skilled workers in agriculture needed for specialized operations and adoption of modern technology. The reasons for workers preferring to move from agriculture to nonagriculture are low wages in agriculture, stress of manual work and irregular employment. These three problems can be addressed by innovative approaches in production and post-harvest activities. These can be harnessed by developing and promoting new farm models based on knowledge and skill based agriculture and post-harvest value addition at farm itself. Skill development can play a major role in this by promoting and imparting skills required in modern agriculture, value addition and primary processing.

India's nutrition indicators and child health indicators are low. According to FAO largest number of people who are hungry or undernourished live in India. IFPRI in its annual publication "Global Hunger Index" shows India in a very poor light year after year. All this despite the fact that India has become largest rice exporting country with about 10% of its rice production sold in overseas market. Since 1970-71, food production in the country has increased at trend rate close to 3% while population growth in the same period was 1.86%. Further, growth rate in food production has remained in-tact in the recent years whereas population growth rate has decelerated over time. Clearly, per capita production of total (all) food has witnessed exponential growth. India is also having excess stock of rice and wheat for many years in a row. Recently, huge surplus of sugar has also accumulated. According to some observers India represents paradoxical situation of "hunger in the midst of plenty". Indian diets are undergoing diversification in a significant manner. Per capita absorption of cereals has witnessed smallest increase despite increase in availability and heavy subsidy on cereals. This is consistent with dietary diversification seen in other countries with the increase in per capita income. There is manifold increase in per capita net availability of vegetables, and doubling of fruits and milk for domestic food use. Per capita availability of edible oils increased by 60% in the three decades since early 1980s. Similar changes are seen in the food balance sheet of China. However, there is a big difference in the growth and level of per capita supply of horticultural and livestock products between the two countries.

During early 1980s per capita supply of eggs and meat products in India was close to China. In the next three decades supply of these items turned five times that of India. Alongwith much higher level of eggs and meat products, Chinese use three times the vegetables and 80% more fruits than Indians. The data on food supply shows that though there is large shift towards horticultural and livestock products use in India the increase is much smaller compared to the countries like China who have improved nutrition and child and maternity health considerably. Low intake of total food is the main reason for widespread hunger and malnutrition.

Continued Page 12

Everybody knows how to raise children, except the people who have them.

NEWS & VIEWS EXPRESS

From Page 11 (Journey of Indian...)

The country would need to relook at policy interventions in agriculture which are heavily biased towards rice, wheat and sugar which are produced in excess of domestic and export demand. Some study shows that even among economically well to do households, incidence of undernutrition and underweight children is quite common. Addressing all these concerns requires close coordination between strategy for food production and health. Further, nutrition awareness is very important to improve nutrition and health, as, major cause for poor nutrition is rising preference towards spicy food, oily food and sugary food rather than nutritive food. Attributing poor nutrition entirely to low paying capacity is not correct.

India currently produces about 726 million tonnes of food to meet the food demand of 1.3 billion people. Three-fourth of this food comprises food of plant origin (cereals, pulses, edible oil, sugar, fruits, vegetables, condiments and spices, tea and coffee) and the remaining one fourth comprises food of animal origin (milk and its products, meat, egg, fish). In next 15 years, 40% more food will be required to meet domestic demand. This involves 2.3% annual growth. In case the country harnesses the export market and raises agricultural export share in GDP from present level of 12% to 20%, then the required annual growth turns out to be 2.64%. These increases do not look very high when compared with the achievements of the last 50 years. Since 1965, agri-food production in the country has risen by more than 500%. Recent 15 years witnessed more than 50% increase with no increase in the area under cultivation. This growth resulted mainly from intensive cultivation, increase in use of fertilizer and other agro-chemicals, higher use of water and irrigation, improved seed and technology and a favourable price environment for agriculture. Based on this, it looks India will not have any serious problem in meeting aggregate food demand in next 15 years or so. The challenge comes from composition of food and meeting nutrition requirement. There is also talk about fortification of food to improve nutrition intake while options for biofortification, which is considered superior to food additives, show promising results in some crops.

Food safety and quality are also becoming important considerations for consumers. A study indicate that one third of food expenditure towards 2050 will be for quality traits. Food safety, especially before sale of produce by the farmers, is not monitored and inspected effectively. Food Safety and Standard Authority of India (FSSAI) which is entrusted with the responsibility of food safety, covers only post harvest stage of food chain. The need for quality and safety monitoring is equally important in pre-harvest stage.

Domestic absorption of food has grown at a lower rate than domestic production. In early 1980s, India produced and consumed a little more than 1 kg food per person per day. The production has gradually increased to 1.73 kg. in recent years whereas domestic absorption increased to 1.59 kg. This shows that food surplus (domestic production less domestic absorption) has been continuously increasing for the last 35 years. This require a complete shift in food policy from shortage management to surplus management. This also indicate that much of the under nutrition in India is not due to availability of food but it is due to low food intake by Indian consumers. There is need to address the reasons underlying this. In any case, India has to look for overseas market to dispose rising food surplus.

Agriculture production in the Country is growing by about 2.9% per year. Domestic demand is projected to rise by about 2.3%. Therefore, surplus available for export will further grow in the coming years and India will be required to sell higher proportion of domestic production in overseas market. This requires export competitiveness. India need to act in three areas to achieve this. One, prices in primary markets should be sufficiently lower than international prices. Two, price spread in various stages of marketing should be reduced. Three, producers should be integrated with global value chains. In any case, future growth of agriculture will be significantly affected by exports. At present minimum support prices of some commodities recommended by the government in the country are higher than the international prices. In such a situation, if MSP is implemented through the system of procurement, it will keep domestic prices much higher than international prices, making the export impossible. Experience of many countries, of late China, shows that paying higher than open market prices to farmers through mechanism like procurement cannot be sustained. Fixing prices higher than open market price, attract imports even for exportable and surplus commodities. More focus on supply than on demand is justified as long as demand is ahead of supply. Once, demand falls short of supply the guiding principle for price intervention should be open market price or demand side factor. On the other hand, MSPs are considered important to ensure remunerative prices for the farmers. The best option to deal with such situations is to pay to farmers the difference between MSP and open market price rather than causing distortions in open market price through procurement.

Indian agriculture is missing the state of the art technology and modern method of farming. Advance world is moving towards precision farming using sensors and other scientific tools for exact practices and application of inputs. It saves costs, reduce environmental effect and yield more and better quality produce. We still continue to use flood method of irrigation, broadcasting fertilisers, and indiscriminately spraying chemicals whereas advance countries are shifting towards use of sensor based application of inputs based on actual requirement of plant. Application of advance science at farm level requires skill, knowledge, investments and improvement in human capital in farming. Indian agriculture continues to be dominated by low-tech farm practices, low level of mechanisation and relatively lower yielding cultivars compared to global level. Upgrading farming from low tech to high-tech (green house cultivation, poly houses, tissue culture, precision farming) will reduce average cost, raise farmers income and address some scale disabilities.

Green house gases emitted from agricultural activities are generally not visible. The emission results from application of organic and inorganic inputs to the soil for crop production, decomposition of biomass and dead plant residues, crop production, plant respiration, livestock rearing, enteric fermentation in ruminants, manure handling, and burning of crop residues. Agriculture is responsible for about 17% of GHG emission in India which is almost same as its share in GDP. Three-fourth of this is due to methane produced from rice cultivation and livestock and the remaining 26% comes from nitrous oxide emitted from fertiliser. The share of agriculture in total GHG emissions will increase significantly if burning of crop residue, which is now spreading to all states, is taken into account. Air, water and land are the three pillars of sustainability. According to official sources 80-90% of total water used in the country is used in agriculture sector. Still more than 50% area under cultivation is without irrigation. Because of common practice of flood irrigation, water use efficiency in the country is around 30-35%. India use 2-3 times the water used to produce 1 tonne of food in major agricultural countries. Water intensive crops are being grown in low rainfall areas and water intensive practices are spreading. Free or subsidised power for agriculture and free water for irrigation encourage excessive use of water and do not leave any incentive for water saving. As a consequence, groundwater resources are getting depleted in almost all the states. Data from monitoring wells for groundwater level reported by Central Ground Water Board show a big decline in area with groundwater depth below 3 metres and 3-5 metres and a big increase in area with groundwater depth exceeding 10 metres below ground level between 1998 and 2018. Further, these changes are spread over all regions of the country though severity of change differs across regions. In order to put a check on further overexploitation of water resources the country should create policy environment that leads to crop pattern and practices consistent with the natural resource endowment in various agro ecological zones of the country. Further, without improving efficiency of water use in agriculture through modern method of irrigation (drip, sprinkler, sensors) the country cannot address stress on water use and meet future water requirement. Almost half of the land in India is for agriculture uses (arable land). Therefore, the way agriculture is done, determines quality of soil and land resources. Very less area is available for ecological activities and functions. Meeting land requirement for non agricultural uses and addressing sustainable land use necessitate higher productivity in agriculture. It is evident from above that agriculture is central to climate change and clean air, and sustainable use of land and water. Agriculture is both part of the problem and part of the solution to climate change and sustainability. We must seize every opportunity to shift away from inefficient farm practices, towards long-term sustainability, efficiency and resilience. Among all sectors, agriculture offers the best hope for green growth that is environmentally sustainable.

Till recently, increase in agri-food production remained primary focus of agricultural policy and strategy. This strategy did not specifically target improvement in farmers' income and supply of food to consumers at competitive price which are important for welfare of farmers and consumers respectively. The transformation of some sectors of Indian economy following economic reforms in early 1990s lifted growth rate of total economy from 4.2% during 1971 to 1991 to close to 7% after 1991. This helped in doubling per capita income in the country at constant prices (2004-05) in just 17 years as compared to 37 years before 1991. However, agriculture sector, which comprised over 40% of Indian economy and 59% workforce in year 1991, did not experience any permanent change in its growth trajectory. GDP of agriculture and allied sectors doubled in about 23 years before 1991 and it took same number of years to double again. Even in recent years agriculture growth remain stuck around long run average of 2.9% whereas non agriculture growth hovers around 8%. The higher growth rate in non agriculture sector has been accompanied only by a small shift of farmers to non farm occupations. Consequently, the income of cultivators (farmers) has remained relatively lower and the gap with non farm workers has enlarged. A cultivator (farmer) earns less than one third of the income of a non farm worker. This is major cause of rural distress. Special focus is needed to raise income of farmers at faster rate like "Doubling Farmers Income by 2022". This requires transformation of agriculture production as well as marketing through a multi pronged strategy that involves increase in productivity, reduction in average cost, better price realization for farm produce, expansion of allied activities and shift of farmers to non farm occupations.

In the post economic reforms period, agriculture sector could not keep pace with the growth of other sectors of Indian economy despite potential for higher growth. This period also experienced fast shift towards globalization and commercialization of agriculture – increase in trade intensity, higher use of commercial inputs, rise in area under cash crops and market oriented production. These changes required evolution of agricultural markets, new institutional mechanisms and liberalisation of agriculture sector. However, the policy interventions in agriculture continues to follow the "Business as Usual" approach devoid of any significant change in regulation and innovative ways of supporting the sector. The most serious problem is faced in agricultural market and prices. Failure of markets to provide remunerative prices to producers is reflected in rising demand for payment of MSP for more and more products and higher MSP. While producers complain of low farm harvest prices consumers complain of high retail prices and both groups suffer from large price spread between farm and fork. Power of prices in raising farmers income and production is generally underestimated. A 10% increase in output prices realised by farmers directly raise their income by 16% beside large favourable effect on production as shown in table 1 above. Prices at farm level can be raised in two ways. First, by ensuring MSP and second by creating competitive market. In many states farmers get 10-20% lower price than MSP even for paddy and wheat where large part of marketed surplus is procured by government. Ensuring MSP in such cases will raise farmers' income by 16-32%. It is important to mention that green revolution happened in those states only where farmers got remunerative prices. The same is being experienced now in Central and Eastern India. Farmers group often demand raise in MSP and coverage of more agricultural commodities under MSP regime. In this context, it is important to emphasise that paying prices higher than open market price through the mechanism of procurement causes many distortions. There is a need to think of alternative mechanisms like "Deficiency Price Payment" which are less costly, more equitable, and non distortionary. The second and more subtle mean of ensuring better prices to farmers, without causing pressure on consumer prices, is through reforms in the system of marketing. This system and its infrastructure are outdated and exploitative. Rather than evolving, agricultural markets have decayed and serving the interest of intermediaries rather than farmers and consumers.

Most of the farmers' unions seek more doles for the sector rather than competitive and modern markets and other reforms in agriculture sector which can make the sector vibrant, self-reliant and economically quite attractive. The centre came out with a proposal to adopt Model APMC Act in year 2003 which was prepared in consultation with the states. The objective was to dismantle excessive regulation and control over markets, facilitate direct sale purchase, create more options for sellers, dismantle market collusion by local traders, and attract competition and investments in agricultural markets. However, the adoption and implementation of Model APMC law by states remained patchy, diluted and insignificant. Some states did not change the Act. Those which changed the Act did not notify rules, and where notification was done it was restricted to tiny fraction of produce. Thus, agricultural markets remained deprived of competitive environment, new commerce, modern infrastructure and formal sector participation, and modern value chains. Consequently, traditional capital, large price spread, price crashes at harvest time and spikes in lean period, with little value addition, remained the order of the day. This is leading to loss of faith in market and rising demand for MSP for every agricultural commodity. After review of the progress in Model APMC Act (2003) the Union Ministry of Agriculture has prepared and shared with states more progressive and updated marketing Act which also covers livestock. It is termed as the Model APLM Act (2017). States are being persuaded to adopt this Act but response has been very slow. Two other two important regulations being pushed by the NITI Aayog for adoption by the States are: The Model Contract Farming Act (2018) prepared by Ministry of Agriculture and Model Agricultural Land -Leasing Act, 2016, prepared by NITI Aayog.

Continued Page 10

Love is a sacred reserve of energy; it is like the blood of spiritual evolution.

THE EMPLOYMENT EXPRESS

Emerging Skills Which Will Make You Employable

(Written By : Our Correspondent)

Currently, there is a need of the best technologies and skills which if implemented by the industries will be beneficial for the country as well as the industry. Hence, the employees need to upgrade them with the latest skill sets.

After a difficult 2020, the Indian job market is starting to pick up again. Some estimates suggest that between April and May during the first wave of the pandemic, the market declined by over 60%. Thankfully, many recruiters are hopeful that the rate of hiring will soon bounce back to pre-COVID levels. So with that in mind, we take a look at the top skills in India.

As well as looking at some of the hard and soft employability skills in India, we've also picked out some of the courses that can help you on your way to learning something new.

What skills are employers in India looking for?

This isn't a straightforward question to answer. In reality, the skills you'll need will depend on the job you're applying for and the type of company you want to work out. However, there are some reports that highlight where some of the top skills in India might be.

Business networking specialists LinkedIn have created a couple of reports in recent years. In 2020, they published the Emerging Jobs: India report. This document shows 15 of the fastest-growing jobs in India at the moment. Other news outlets have looked at some of the hard and soft skills Indian students will need to become global citizens.

We've taken a look at some of the data out there to pick out some of the top skills in India at the moment.

Hard skills

First, let's look at some of the in-demand hard skills employers are looking for. These are the job-specific qualifications that you'll need to succeed in a particular role. They're the skills that can be taught in a formal and structured way. Some of the top hard skills in India include:

Blockchain

The success of Bitcoin and other such cryptocurrency has created a surge in interest in the technology that powers them. As well as for cryptocurrencies, blockchain technology is also used to build a host of different products and services, such as apps and smart contracts. It's also one of the top IT skills in India right now.

Learn about the basics of blockchain and distributed ledger technology with our free online course. You can also explore some of the blockchain innovations in fintech with our detailed Expert Track.

AI and machine learning

Artificial intelligence and machine learning are two

subjects that are closely linked. More than just buzzwords, these concepts are at the heart of a lot of technological innovation at the moment. The opportunities in these fields are diverse, and those with a working knowledge of the subjects will find a wide range of available roles.

If you're looking for the chance to enhance your understanding of machine learning and AI with Microsoft Azure, our Expert Track is ideal. You can also focus more on deep learning in Azure.

IT Security

As many businesses and organisations increase their reliance on IT systems, the need for data security increases. Because of this trend, there is a significant demand for those with IT security skills, in India and worldwide.

You can start exploring the world of cyber security and develop your knowledge of network defence management with our Expert Track. Alternatively, try our Cyber Security Foundations Expert Track to get started with your career.

Social Media Marketing

Social media is growing rapidly in India. An estimated 448 million people in the country will use social platforms by 2023, up from 330 million in 2019. With this rapid rise, those with social media marketing skills will be in high demand over the coming years.

Get started by working on your social media skills with our free online course. Alternatively, take a closer look at our ExpertTrack on how to create a social media strategy.

Big data analytics

Although the pandemic has derailed things slightly, data science jobs in India were expected to increase by 1.5 lakhs in 2020, an increase of around 62%. As such, those with skills in big data could find plenty of career opportunities over the coming years.

Take our free course on managing big data to find out how the R programming language and Hadoop programming framework allow for analysis or large data sets. You can also take our Data Analytics Using Python Expert Track for a detailed look at advanced analytics.

Software development

Three of the top five emerging jobs on LinkedIn's list are development roles. The need for those with a working knowledge of various programming languages is high worldwide. Coding in Python, JavaScript, PHP, and SQL can be very beneficial and are among some of the top coding skills in India.

If you're just starting out, our Expert Track on the fundamentals of software development is a good place to start. For those looking to develop their existing career, you could benefit from our Software Development with Python and Java Expert Track.

Robotics

Some of the most in-demand jobs in India at the moment are in the field of robotic process automation. This area focuses on creating software robots that can automate business processes. Other professionals, such as robotics engineers, are also highly sought-after.

Get started with your career in robotics with our free Begin Robotics course. You can also explore how we're building a future with robots.

Digital marketing

We've mentioned social media marketing already, but other skills in digital marketing are also highly desirable in the current climate. Digital marketing specialists with skills in areas such as SEO, PPC and Google Analytics will find many opportunities in India's job market.

Get started with our digital marketing course to learn about some of the digital marketing strategies that businesses use. Alternatively, delve deeper into content marketing strategy.

Data visualisation

Given the importance of data in today's world, there is a demand for those professionals who can make sense of and explain it. Data visualisation experts help to make complex data sets understandable, working in fields such as data science, marketing, and analytics.

Soft skills

When it comes to employability skills in India, practical knowledge is certainly important. However, many employers feel that interpersonal and transferable skills are just as important as hard skills. Here are some of the soft skills that are sought-after at the moment:

Management and leadership

No matter what job role you're in, being able to show management and leadership qualities can make you stand out from the crowd. Often, these skills mean that you work well with others and bring out the best in them. They tie into many other abilities, such as organisation, problem-solving, and productivity.

We have several Expert Tracks and courses available that can help you work on these essential skills. Get started with our course on people management skills, or develop your international leadership skills for the workplace.

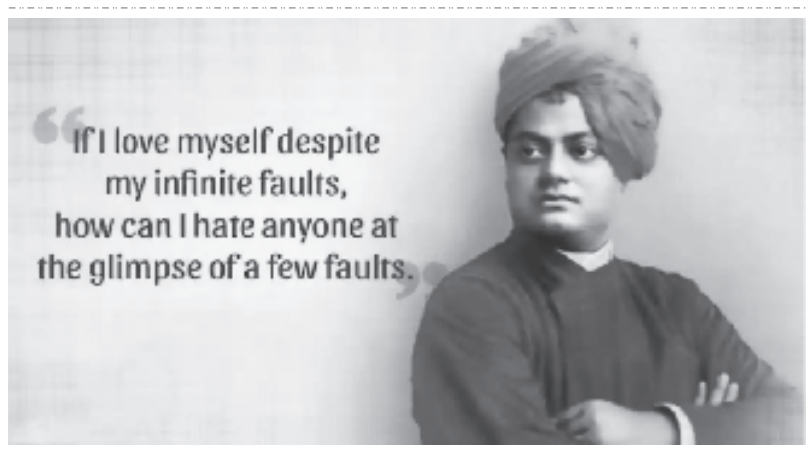
Teamwork

Whatever job you work in, the chances are that you'll need to work with other people. Teamwork skills are some of the most essential ones out there, yet many people don't spend the time developing them. If you can demonstrate efficiency in this area, you're sure to stand out to employers.

Given the current circumstances, many of us are having to work remotely. Why not spend time improving your collaborative work skills for this environment?

Communication

Effective communicators are vital to just about every area of a business. As well as helping with both teamwork and leadership, it also means you can explain your point of view and share ideas. Just about every top skill in India at the moment can be enhanced by strong communication.



A dog is the only thing on earth that loves you more than you love yourself.

THE REVOLUTION EXPRESS

French Revolution

(Report By – Our Correspondent)

French Revolution, also called Revolution of 1789, revolutionary movement that shook France between 1787 and 1799 and reached its first climax there in 1789—hence the conventional term "Revolution of 1789," denoting the end of the ancien régime in France and serving also to distinguish that event from the later French revolutions of 1830 and 1848.

Origins of the Revolution

The French Revolution had general causes common to all the revolutions of the West at the end of the 18th century and particular causes that explain why it was by far the most violent and the most universally significant of these revolutions. The first of the general causes was the social structure of the West. The feudal regime had been weakened step-by-step and had already disappeared in parts of Europe. The increasingly numerous and prosperous elite of wealthy commoners—merchants, manufacturers, and professionals, often called the bourgeoisie—aspired to political power in those countries where it did not already possess it. The peasants, many of whom owned land, had attained an improved standard of living and education and wanted to get rid of the last vestiges of feudalism so as to acquire the full rights of landowners and to be free to increase their holdings. Furthermore, from about 1730, higher standards of living had reduced the mortality rate among adults considerably. This, together with other factors, had led to an increase in the population of Europe unprecedented for several centuries: it doubled between 1715 and 1800. For France, which with 26 million inhabitants in 1789 was the most populated country of Europe, the problem was most acute.

A larger population created a greater demand for food and consumer goods. The discovery of new gold mines in Brazil had led to a general rise in prices throughout the West from about 1730, indicating a prosperous economic situation. From about 1770, this trend slackened, and economic crises, provoking alarm and even revolt, became frequent. Arguments for social reform began to be advanced. The philosophes—intellectuals whose writings inspired these arguments—were certainly influenced by 17th-century theorists such as René Descartes, Benedict de Spinoza and John Locke, but they came to very different conclusions about political, social, and economic matters. A revolution seemed necessary to apply the ideas of

Montesquieu, Voltaire, or Jean-Jacques Rousseau. This Enlightenment was spread among the educated classes by the many "societies of thought" that were founded at that time: masonic lodges, agricultural societies, and reading rooms.

It is uncertain, however, whether revolution would have come without the added presence of a political crisis. Faced with the heavy expenditure that the wars of the 18th century entailed, the rulers of Europe sought to raise money by taxing the nobles and clergy, who in most countries had hitherto been exempt, To justify this, the rulers likewise invoked the arguments of advanced thinkers by adopting the role of "enlightened despots." This provoked reaction throughout Europe from the privileged bodies, diets. and estates. In North America this backlash caused the American Revolution, which began with the refusal to pay a tax imposed by the king of Great Britain. Monarchs tried to stop this reaction of the aristocracy, and both rulers and the privileged classes sought allies among the nonprivileged bourgeois and the peasants.

Although scholarly debate continues about the exact causes of the Revolution, the following reasons are commonly adduced: (1) the bourgeoisie resented its exclusion from political power and positions of honour; (2) the peasants were acutely aware of their situation and were less and less willing to support the anachronistic and burdensome feudal system; (3) the philosophes had been read more widely in France than anywhere else; (4) French participation in the American Revolution had driven the government to the brink of bankruptcy; (5) France was the most populous country in Europe, and crop failures in much of the country in 1788, coming on top of a long period of economic difficulties, compounded existing restlessness; and (6) the French monarchy, no longer seen as divinely ordained, was unable to adapt to the political and societal pressures that were being exerted on it.

The Revolution took shape in France when the controller general of finances, Charles-Alexandre de Calonne, arranged the summoning of an assembly of "notables" (prelates, great noblemen, and a few representatives of the bourgeoisie) in February 1787 to propose reforms designed to eliminate the budget deficit by increasing the taxation of the privileged classes. The assembly refused to take responsibility for the reforms and suggested the calling of the Estates-General, which represented the clergy, the aristocracy, and the Third Estate (the commoners) and which had not met since 1614. The efforts made by Calonne's successors to enforce fiscal reforms in spite of resistance by the privileged classes led to the so-called revolt of the "aristocratic bodies," notably that of the parlements (the most important courts of justice), whose powers were curtailed by the edict of May 1788.

During the spring and summer of 1788, there was unrest among the populace in Paris, Grenoble, Dijon, Toulouse, Pau, and Rennes. The king, Louis XVI, had to yield. He reappointed reform-minded Jacques Necker as the finance minister and promised to convene the Estates-General on May 5, 1789. He also, in practice, granted freedom of the press, and France was flooded with pamphlets addressing the reconstruction of the state. The elections to the Estates-General, held between January and April 1789, coincided with further disturbances, as the harvest of 1788 had been a bad one. There were practically no exclusions from the voting; and the electors drew up cahiers de doléances, which listed their grievances and hopes. They elected 600 deputies for the Third Estate, 300 for the nobility, and 300 for the clergy.

The Estates-General met at Versailles on May 5, 1789. They were immediately divided over a fundamental issue: should they vote by head, giving the advantage to the Third Estate, or by estate, in which case the two privileged orders of the realm might outvote the third? On June 17 the bitter struggle over this legal issue finally drove the deputies of the Third Estate to declare themselves the National Assembly; they threatened to proceed, if necessary, without the other two orders. They were supported by many of the parish priests, who outnumbered the aristocratic upper clergy among the church's deputies. When royal officials locked the deputies out of their regular meeting hall on June 20, they occupied the king's indoor tennis court (Jeu de Paume) and swore an oath not to disperse until they had given France a new constitution. The king grudgingly gave in and urged the nobles and the remaining clergy to join the assembly, which took the official title of National Constituent Assembly on July 9; at the same time, however, he began gathering troops to dissolve it.

These two months of prevarication at a time when the problem of maintaining food supplies had reached its climax infuriated the towns and the provinces. Rumours of an "aristocratic conspiracy" by the king and the privileged to overthrow the Third Estate led to the Great Fear of July 1789, when the peasants were nearly panic-stricken. The gathering of troops around Paris and the dismissal of Necker provoked insurrection in the capital. On July 14, 1789, the Parisian crowd seized the Bastille, a symbol of royal tyranny. Again the king had to yield; visiting Paris, he showed his recognition of the sovereignty of the people by wearing the tricolour cockade.

In the provinces, the Great Fear of July led the peasants to rise against their lords. The nobles and the bourgeois now took fright. The National Constituent Assembly could see only one way to check the peasants; on the night of August 4, 1789, it decreed the abolition of the feudal regime and of the tithe. Then on August 26 it introduced the Declaration of the Rights of Man and of the Citizen, proclaiming liberty, equality, the inviolability of property, and the right to resist oppression.

The decrees of August 4 and the Declaration were such innovations that the king refused to sanction them. The Parisians rose again and on October 5 marched to Versailles. The next day they brought the royal family back to Paris. The National Constituent Assembly followed the court, and in Paris it continued to work on the new constitution.

The motive for revolt was less devotion to the monarchy than resentment at interference by the new republican government with the Chouans' old habits, the ruin of their contraband trade by the abolition of the gabelle (a centuries-old tax on salt), government measures against the clergy, and the enforcement of conscription. The rebels are vividly described in 'Honoré de Balzacs novel Les Chouans.

Money can buy you a fine dog, but only love can make him wag his tail.

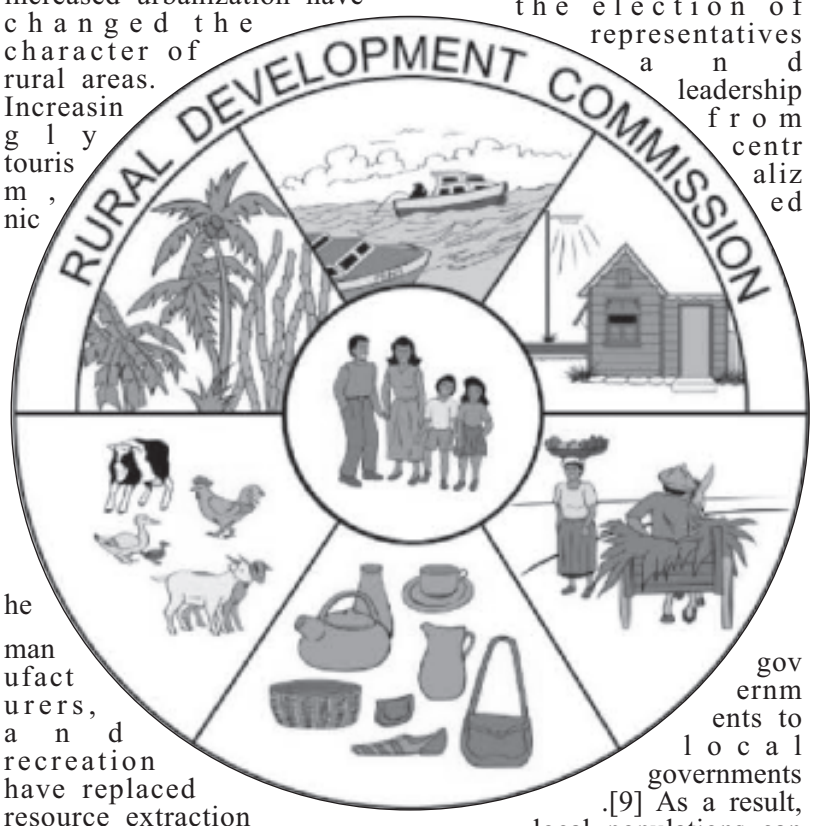
THE RURAL DEVELOPMENT COLUMN

Rural Development : A Review

(Report By – Our Correspondent)

Rural development is the process of improving the qualityoflife and economic well-being of people living in rural areas, often relatively isolated and sparsely populated areas.

Rural Development has traditionally centered on the exploitation of land-intensive natural resources such as agriculture and forestry. However, changes in global production networks and increased urbanization have changed the character of rural areas. Increasingly tourism, manufacturers, and recreation have replaced resource extraction and agriculture as dominant economic drivers. The need for rural communities to approach development from a wider perspective has created more focus on a broad range of development goals rather than merely creating incentive for agricultural or resource-based businesses. Education, entrepreneurship, physical infrastructure, and social infrastructure all play an important role in developing rural regions. Rural development is also characterized by its emphasis on locally produced economic development strategies. In contrast to urban regions, which have many similarities, rural areas are highly distinctive from one another. For this reason there are a large variety of rural development approaches used globally.



Rural development is a comprehensive term. It essentially focuses on action for the development of areas outside the mainstream urban economic system in some villages are now converted into cities but some are not.

Rural development actions are intended to further the social and economic development of rural communities.

Rural development programs were historically top-down approaches from local or regional authorities, regional development agencies, NGOs, national governments or international development organizations. However, a critical 'organization gap' identified during the late 1960s, reflecting on the disjunction between national organizations and rural communities led to a great focus on community participation in rural development agendas. Oftentimes this was achieved through political decentralization policies in developing countries, particularly popular among African countries, or policies that shift the power of socio-politico-economic decision-making and the election of representatives and leadership from centralized governments to local governments .[9] As a result, local populations can also bring about endogenous initiatives for development. The term rural development is not limited to issues of developing countries. In fact many developed countries have very active rural development programs.

Rural development aims at finding ways to improve rural lives with the participation of rural people themselves, so as to meet the required needs of rural communities. The outsider may not understand the setting, culture, language and other things prevalent in the local area. As such, rural people themselves have to participate in their sustainable rural development.

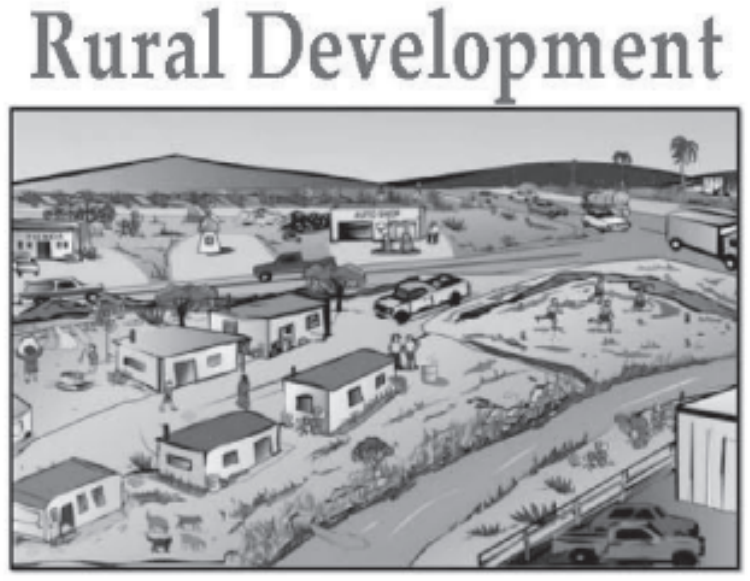
In developing countries like Nepal, Pakistan, India, Bangladesh, integrated development approaches are being followed up. In this context, many approaches and ideas have been developed and implemented, for instance, bottom-up approaches, PRA-Participatory Rural Appraisal, RRA- Rapid Rural Appraisal, Working With People (WWP), etc. The New Rural Reconstruction Movement in China has been actively promoting rural development through their ecological farming projects.

Because decentralization policies made development problems the responsibility of local governments, it also opened the door for non-governmental organizations (NGOs), nonprofits, and other foreign actors to become more involved in the approach to these issues. For example, the elimination of statist approaches to development caused an exponential increase in the number of NGOs active in Africa, and additionally caused them to take on increasingly important roles. Consequently, nonprofits and NGOs are also greatly involved in the provisioning of needs in developing countries and they play an increasingly large role in supporting rural development.

These organizations are often criticized for taking over responsibilities that are traditionally carried out by the state, causing governments to become ineffective in handling these responsibilities over time. Within Africa, NGOs carry out the majority of sustainable building and construction through donor-funded, low-income housing projects. Furthermore, they are often faulted for being easily controlled by donor money and oriented to serve the needs of local elites above the rest of the population. As a result of this critique, many NGOs have started to include strategies in their projects that promote community participation.

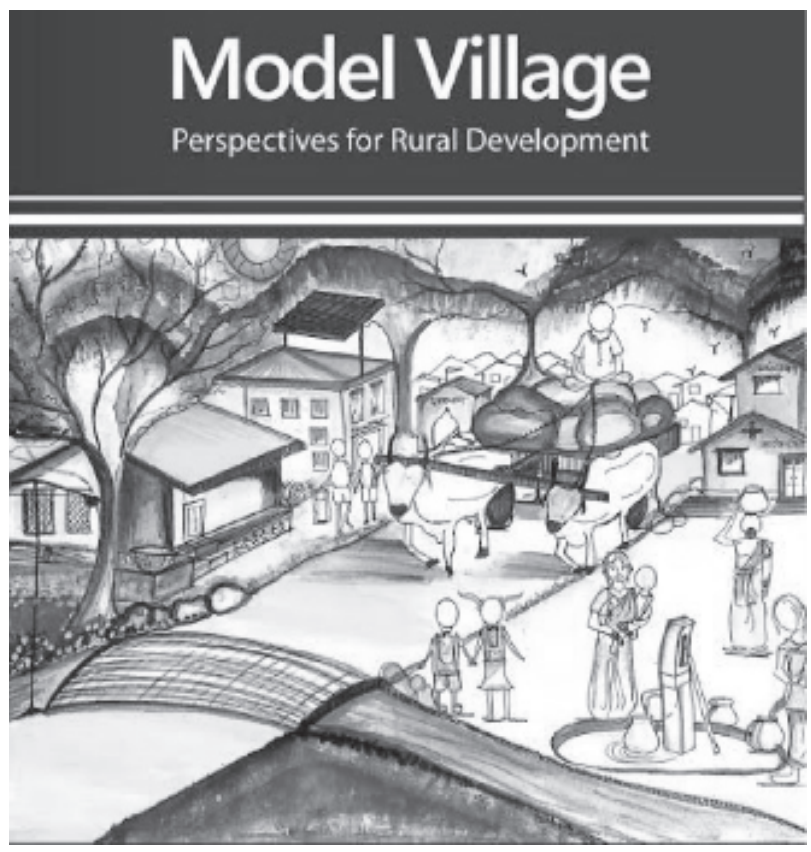
Many scholars argue that NGOs are an insufficient solution to a lack of development leadership as a result of decentralization policies. Human rights expert Susan Dicklitch points to the historical context of colonialism, organization-specific limitations, and regime restraints as hindrances to the promises of NGOs. She notes that "NGOs are increasingly relegated to service provision and gap-filling activities by the retreating state, but those supportive functions are not matched with increased political efficacy".

In Uganda specifically, several mid-century centrist administrations, particularly the regimes of Idi Amin (1971-1979) and Milton Obote (1981-1986), described as brutal and ineffective led to a sharp drop in responsiveness to citizen's needs between 1966 and 1986. As a result of these administrations, several constraints were placed on local governments that prevented effective development initiatives: every single employee in local governments had to be appointed by the president, all local budgets and bylaws had to be approved by the Minister of Local Government, and this Minister could dissolve any local government council.



Because of the several shortcomings of the dictatorial government in promoting the participation of citizens in local development efforts, a decentralization campaign was officially launched in Uganda in 1992, with its legislative culmination occurring in 1997 with the passing of the Local Governments Act. This act led to the transfer of power to local governments in an attempt to encourage citizen participation and further rural development. Regarding funding under the decentralization structure, local governments receive a majority of their funds in block grants from the national government, mostly as conditional grants but with some unconditional and equalization grants administered as well. Furthermore, local governments were given the power to collect taxes from their constituents, however, this usually only accounts for less than 10 percent of the local government's budget.

Some scholars express concern that decentralization efforts in Uganda may not actually be leading to an increase in participation and development. For example, despite increases over the years in local councils and civil society organizations (CSOs) in rural Uganda, efforts are consistently undermined by a lacking socio-economic structure leading to high rates of illiteracy, poor agricultural techniques, market access, and transportation systems. These shortcomings are often a result of taxes and payments imposed by local authorities and administration agents that inhibit farmers' access to larger markets. Furthermore, the overall financial strength of local governments is considerably weaker than that of the national government, which adversely affects their responsiveness to the needs of their citizens and success in increasing participation in community development initiatives. Finally, civil society organizations are often ineffective in practice at mobilizing for the community's interests.



Rural Development Agencies

- International Institute of Rural Reconstruction
- Technical Centre for Agricultural and Rural Cooperation ACP-EU (CTA) Agricultural and rural information provider
- USDA Rural Development, an agency of the United States Department of Agriculture
- European Agricultural Fund for Rural Development, a part of the Common Agricultural Policy by the European Commission's Directorate-General for Agriculture and Rural Development
- England Rural Development Programme by DEFRA
- Agricultural Development & Training Society, India
- Tipperary Institute, Ireland
- Azerbaijan Rural Investment Project in Azerbaijan
- Nimbkar Agricultural Research Institute , India
- Philippine Rural Reconstruction Movement, Philippines.

THE SPORTS AFFAIRS COLUMN

Hardik Pandya : The New Sensation of Cricket

(Report By – Our Correspondent)

Hardik Himanshu Pandya (born 11 October 1993) is an Indian international cricketer who plays for the India national cricket team at the international level and the Baroda cricket team domestically. He currently captains the newly debuted franchise Gujarat Titans in the Indian Premier League (IPL) and led them to their maiden IPL title in the 2022 edition. He is an all-rounder who bats right-handed and bowls right-arm fast-medium. His elder brother Krunal Pandya is also an international cricketer.

Hardik Pandya was born on 11 October 1993 in Surat, Gujarat. His father, Himanshu Pandya, ran a small car finance business in Surat which he shut down and moved to Vadodara when Hardik was five to provide his sons with better cricket training facilities. He enrolled his two sons into Kiran More's cricket academy in Vadodara. Lacking finances, the Pandya family lived in a rented apartment in Gorwa, with the brothers using a second-hand car to travel to the cricket ground. Hardik studied at the MK High School until ninth grade before dropping out to focus on cricket.

Hardik made steady progress in junior-level cricket, and according to Krunal, "won a lot of matches single-handedly" in club cricket. In an interview with the Indian Express, Hardik revealed that he was dropped from his state age-group teams due to his "attitude problems". He added that he was "just an expressive child" who did not "like to hide his emotions."

According to his father, Hardik was a leg spinner until the age of 18 and turned to fast bowling at the insistence of the Baroda coach Sanath Kumar.

Pandya has been playing for the Baroda cricket team since 2013. He played a vital role in helping Baroda win the Syed Mushtaq Ali Trophy in the 2013–14 season. In January 2016, he slammed eight sixes during his innings, scoring 86 runs not-out, to guide the Baroda cricket team to a six-wicket win over Vidarbha cricket team for the Syed Mushtaq Ali Trophy.

Indian Premier League

Pandya played for the Mumbai Indians in the IPL from 2015 to 2021. Against the Kolkata Knight Riders, in a must-win situation for Mumbai Indians to remain in the playoff race, he scored 61 runs off 31 balls to win the match for his side, earning him his second man of the match award in the season.

Ahead of the IPL 2022 mega auction, Pandya was released by the Mumbai Indians. He was then drafted by the new Ahmedabad franchise, Gujarat Titans, and named captain of the team. He led Gujarat to their maiden IPL title in 2022, becoming the first captain after Shane Warne to lead a team to the title in its first year.

Pandya made his Twenty20 International debut for India on 27 January 2016 at the age of 22, picking up 2 wickets –against Australia. His first Twenty20 International wicket was Chris Lynn. In the second T20I against Sri Lanka cricket team at Ranchi, he batted ahead of Yuvraj Singh and MS Dhoni and hit 27 off 14 balls before becoming hat-trick victim of Thisara Perera. In Asia Cup 2016, Pandya smashed an 18-ball 31 helping India post a respectable score against Bangladesh. Later on, he also picked up a wicket to secure the win. In the next match against Pakistan he bowled his best figures of 3 for 8 which restricted Pakistan to 83. In a 2016 World Twenty20 match against Bangladesh on 23 March, Pandya took two crucial wickets in the last three balls of match's final over as India beat Bangladesh by one run. His career best bowling figures of 4 for 38 was achieved in the 3rd and final Twenty20 International against England on 8 July 2018, he got 33 Not Out in 14 balls, hitting the winning runs with a six off Jordan. Hardik became first Indian to take 4 wickets and score above 30 runs in a T20I in the same match.

In September 2021, Pandya was named in India's squad for the 2021 ICC Men's T20 World Cup. However, Pandya failed to make an impact as was expected. He scored 11 against Pakistan, which India lost by 10 wickets. His subsequent innings of 23 against New Zealand did not help to further India's cause in the tournament as losing against New Zealand meant India crashed out of the World Cup despite winning big over inexperienced teams like Afghanistan, Scotland, and Namibia. Pandya was picked as an allrounder. However he only bowled 2 overs against New Zealand without picking any wickets and giving away 17 runs. His lack of runs and inability to contribute with the ball led to his dropping from the squad for the T20I series that followed the World Cup against New Zealand.

In June 2022, Pandya was named India's captain for their T20I matches against Ireland.

On July 7, 2022 Pandya achieved his first T20 international half-century against England at The Rose Bowl ground in Southampton, scoring 51 runs on 33 balls. Pandya also took 4 wickets, making him the first Indian player to record a half-century and take 4 wickets in a single T20 international match.

ODI career

Pandya made his One Day International (ODI) debut for India –against New Zealand on 16 October 2016 at Dharamshala. He became the fourth Indian to be named player of the match on ODI debut after Sandeep Patil, Mohit Sharma and K. L. Rahul. In his first ODI innings as a batsman, he scored 36 runs from 32 balls. In the group stages of ICC Champions Trophy, Pandya hit three consecutive sixes off Imad Wasim in the same over before rain stopped play. On 18 June 2017, in the final of the Champions Trophy at the Oval, he struck a 43-ball 76 in a losing cause, after coming in with India at 54/5 following a top order collapse.

He was selected in the ODI XI of the year 2017 by Cricinfo.

In April 2019, he was named in India's squad for the 2019 Cricket World Cup. On 27 June 2019, in the match against the West Indies, Pandya played in his 50th ODI.

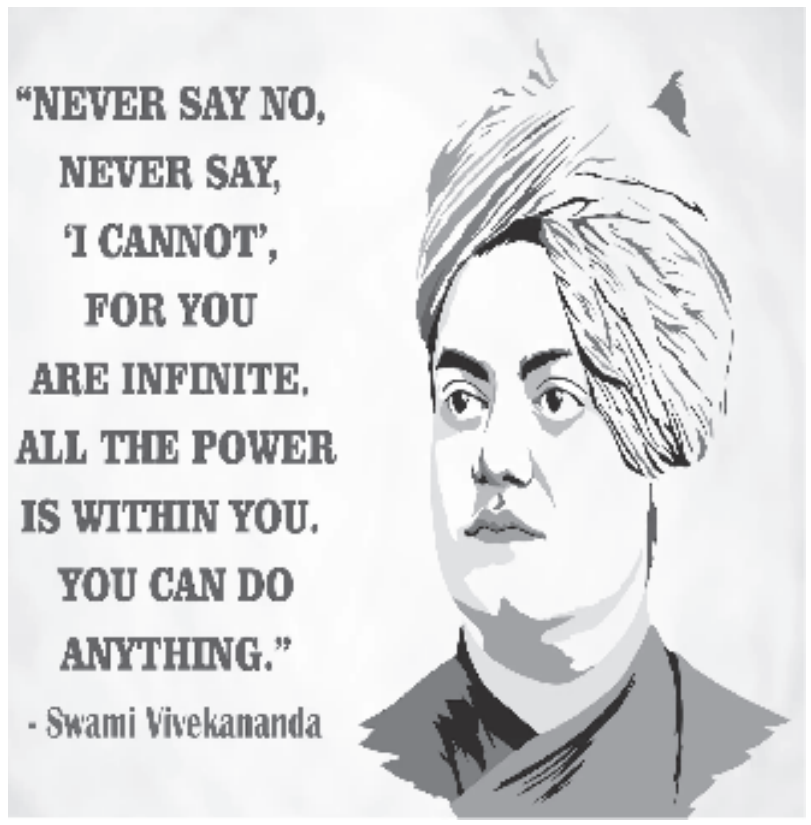
On 17 July 2022, Pandya bowled his ODI career-best 4-24 against England in Old Trafford. His 71 runs scored during the 2nd innings of the same match made him the first Indian player to score a half-century and take 4 wickets in an ODI since Yuvraj Singh in 2011.

Test career

Pandya was included in India's Test squad for their home series –against England in late 2016, but was eventually left out after he injured himself while training in the nets at the PCA Stadium. He was named in the squad that toured Sri Lanka in July 2017 and played his first Test on 26 July in Galle. In the 3rd and the final Test match against Sri Lanka at Pallekele, Pandya scored his maiden Test century, and set the record for becoming the first Indian batsman to score a Test century just before lunch. He also set the record for scoring the most runs in a single over of a Test innings for India, scoring 26 runs. This century was his first century in international cricket.

hPandya got engaged to an Indian-based Serbian dancer and actress Nataša Stankovic on 1 January 2020. On 30 July, their first child, Agastya Pandya, was born.

His brother Krunal Pandya has also played for India and the Mumbai Indians. Their father, Himanshu Pandya died in January 2021, following a cardiac arrest.



THE STUDENT AFFAIRS COLUMN

7 Quick Ways To Improve Academic Performance

(Report By : Our Correspondent)

Are you thinking of ways to improve academic performance? In that case, you have landed on the right page.

If you are struggling with improving your grades, you do not need a life coach to motivate you. Let us give you a few tips that can help. In this post, we go over some strategies you can implement to improve your academic performance quickly.

Whether you are a teacher wondering how to improve students' academic performance, or a student trying to get ahead in schoolwork, these tips are sure to make a difference.

1. Identify The Best Way You Retain Knowledge

Everyone is a genius in their own way. Individual strengths vary drastically from one individual to another. Comparing your grades with your classmates who do not put in much effort but still do well is a bad idea. It is a sure set way to get conquered by negative emotions. A bit of competition cannot hurt. However, improving weak subjects can significantly vary depending on your strategy to retain knowledge.

For instance, a few lucky ones are out there with a photographic memory, which lets them get straight A's without much effort. Then some of us have to go over our notes twice for the knowledge to retain in our memory. Others remember better when they take notes. Some prefer to record their lessons and listen to them again to comprehend what was taught.

Arm yourself with effective memory aids to help you remember information. Once you find out the best way you retain knowledge, you can construct an action plan to improve academic performance.

2. Work Out The Areas You Struggle the Most

Before you can make a plan of action, you need to find out which subjects or areas you need to target. The next step is to discover the areas you are underperforming and the cause. Are your grades generally lower than you'd prefer in all of your subjects? Or is there one specific area where you're having trouble affecting your overall performance in a subject?

Try to identify a pattern. Write down your grades on paper, or draw a graph if you have to see which areas you underperform the most. Next, try to understand why you aren't performing to your full academic potential in the areas you've pinpointed.

Are they external factors such as your family or other personal issues, or are you struggling with an academic skill to comprehend the subject? Once you isolate what is causing the issue, you can apply problem-solving strategies to overcome the areas you struggle with the most. If the problems are external, you might want to consider discussing them with a counsellor. If it's academics, you can try out our suggestion #3.

3. Consult Your Teachers

It's always a brilliant idea to consult your teachers or teaching assistants when devising a strategy for improving your grades. Most teachers are highly empathising and would be keen to help you do better.

Ask questions about the areas that you find challenging to comprehend. Get advice on strategies you can develop to do better in those areas. Teachers like to help out students who are making an effort.

4. Develop Essential Learning Skills

It could be that your lagging on your note-taking skill set, or you are terrible at essay writing. If your notes aren't making sense, attempting assignments would be a challenge. Therefore, you must take a good set of notes. If you struggle to take accurate notes, another way to try is to get your teacher's permission to record the lecture. That would help you to take notes at your own pace.

Researching skills is a critical aspect of modern learning. You must learn to quickly access the highly relevant information you require for a specific subject or topic. This will be a life skill that can win the day.

Most assignments require you to write essays. Therefore if you struggle in this area, it is best to work on your essay techniques. Developing these learning skills can quickly boost your academic performance.

5. Set Goals and Prioritise

Make sure you prioritise your time wisely and set achievable goals for yourself. We cannot emphasise enough the "achievable goals" because setting unattainable targets can be exhausting and could also be a reason you struggle.

When you choose to become a student, you have to learn to say no to many other things. Taking time to plan and focus on learning is a straightforward way to enhance academic performance.

Take time to list your priorities in order of personal, professional, and academic activities. Your list must reflect your academics and time for self-care, family, and sports. Achieving your academic goals is highly dependent on how your manage your time.

Make a daily schedule for yourself, break your day into time slots, and leave plenty of time for studying. Allocate more time to courses or topics that you've recognized as being challenging.

6. Organize Your Space and Notes

When you're studying, do so at your desk, and make sure you

maintain a tidy space. Organize all of your textbooks and study materials, and remove any needless distractions like your phone, tablet, or laptop. If you must use your computer, use software such as Self Control, which will prevent you from accessing distracting social media websites.

Clutter of any type hinders our capacity to focus effectively, so getting organized is another approach to improve your academic performance.

7. Incorporate Physical Activity and Good Nutrition

There is a lot of research out there that points out that physical activity improves academic performance. Physical activity has a direct effect on learning and behaviour.

Research has shown that physical activity can increase the oxygen flow to the brain. It also increases the number of neurotransmitters which helps with memory, concentration, and stress management. Physical activity can also improve classroom attitudes and behaviours, which are essential in enhancing academic performance.

Nutrition plays a significant role in getting better grades. It's not rocket science. To learn well, you need to eat well. Healthy food gives the energy that our bodies and minds require to grow, feel positive, be active, stay fit, and learn. Therefore if you are focused on enhancing your academic performance incorporate healthy nutritional habits and exercise into your lifestyle.

Little minds are tamed and subdued by misfortune; but great minds rise above them.

THE GOVERNMENT COLUMN

The Political Hero : Biju Babu

(Report By – Our Correspondent)

Bijayananda Patnaik (5 March 1916 – 17 April 1997) was an Indian politician, aviator and businessman. As politician, he served twice as the Chief Minister of the State of Odisha.

His parents lived in Bellaguntha, Ganjam district, around 80 km from Bramhapur. He was educated at Ravenshaw College in Odisha but, due to his interest

in aviation, dropped out and trained as a pilot. Patnaik flew with private airlines but at the start of the Second World War he joined the Royal Indian Air Force. He eventually became the head of air transport command. While in service, he developed an interest in nationalist politics and used air force transports to deliver what was seen as subversive literature to Indian troops. He was jailed by the British for dropping political leaflets to Indian soldiers fighting under British command in Burma and flying clandestine missions that carried Congress Party leaders from hideouts across India to secret meetings that charted the independence struggle. However Patnaik remained committed to fighting the Axis Powers.

Biju Patnaik met with Jawaharlal Nehru during his participation in Indonesian freedom struggle and became one of his trusted friends. Nehru viewed the freedom struggle of the Indonesian people as parallel to that of India, and viewed Indonesia as a potential ally. When the Dutch attempted to quell Indonesian independence on 21 July 1947, President Sukarno ordered Sjahrir, the former prime minister of Indonesia, to leave the country to attend the first Inter-Asia Conference, organised by Nehru, in July 1947 and to foment international public opinion against the Dutch. Sjahrir was unable to leave as the Dutch controlled the Indonesian sea and air routes. Nehru asked Biju Patnaik, who was adventurous and an expert pilot, to rescue Sjahrir and other Indonesian resistance fighters who were fighting their Dutch colonisers. Biju Patnaik and his wife Gyanwati, flew to Java, dodging the Dutch guns, he entered Indonesian airspace and landed on an improvised airstrip near Jakarta. Using left-over fuel from abandoned Japanese military dumps, Patnaik took off with prominent rebels, including Sultan Sjahrir and Achmad Sukarno, for a secret meeting with Nehru at New Delhi and brought out on a Douglas C-47 (Dakota) military aircraft reaching India via Singapore on 24 July 1947. For this act of bravery, Patnaik was given honorary citizenship in Indonesia and awarded the 'Bhoomi Putra', the highest Indonesian award, rarely granted to a foreigner. In 1995, when Indonesia was celebrating its 50th Independence Day, Biju Patnaik was awarded the highest national award, the Bintang Jasa Utama.

In 2015, Sukarno's daughter Megawati Sukarnoputri recounted how it was Patnaik who suggested she be named Meghavati or "daughter of clouds". She, whose full name is Diah Permata Megawati Setiawati Sukarnoputri, later became Indonesia's first female president, serving from 2001 to 2004.

In 2021, the Indonesian Embassy in New Delhi designated a room on the name of Biju Patnaik. On the walls of the Biju Patnaik room are photographs, newspaper clippings and letters that document Mr. Patnaik's secret assignments to fly out Indonesian leaders, as well as his relations with the Indonesian leadership.

Biju Patnaik flew many sorties on his Dakota DC-3 from Delhi Safdarjung Airport on 27 October 1947, after the first Dakota DC-3 (Reg. No: VP 905) flown by Wg. Cdr. KL Bhatia landed in Srinagar Airport early morning. He brought 17 soldiers of 1-Sikh regiment commanded by Lt. Col. Dewan Ranjit Rai. He flew low on the airstrip twice to ensure that no raiders were around. Instructions from Prime Minister Nehru's office were clear: If the airport was taken over by the enemy, he was not to land. Taking a full circle the DC-3 flew ground level. Anxious eyeballs peered from inside the aircraft – only to find the airstrip empty. Nary a soul was in sight. The raiders were busy distributing the spoils of war amongst them in Baramulla.

Patnaik's political ideals were centered in socialism and federalism. His strong advocacy for equal resources to all Indian states who needed such, made him a champion of his Odia constituents.

In 1946 Patnaik was elected uncontested to the Odisha Legislative Assembly from North Cuttack constituency. In 1952 and 1957 he won from Jagannathprasad and Surada, respectively. In 1960 he assumed the presidency of the state Congress. Under his leadership, the Congress Party won 82 of 140 seats and Patnaik (representing Chowdwar constituency) became the chief minister of Odisha on 23 June 1961 and remained in the position until 2 October 1963 when he resigned from the post under the Kamaraj Plan to revitalise the Congress party. He was the Chief Minister of Odisha at the age of 45.

Patnaik was close to Indira Gandhi who took over the Congress Party in 1967. However, they clashed in 1969 over the Presidential election. He left the Congress and formed a regional party—the Utkal Congress. In the 1971 assembly poll, his party did reasonably well. Patnaik then re-established contact with his old friend Jayaprakash Narayan and plunged into the JP movement as it picked up momentum in 1974. When the Emergency was declared in 1975, Biju Patnaik was one of the first to be arrested along with other opposition leaders.

He was released in 1977. Later, in the same year, he was elected to the Lok Sabha for the first time from Kendrapara and became Union minister for steel and mines in both the Morarji Desai and the Charan Singh governments until 1979. He was re-elected to the Lok Sabha again in 1980 and 1984 from Kendrapara as Janata Party candidate despite the Congress wave in 1984 following Indira Gandhi's death. With the Congress defeat in 1989, he bounced back into the political limelight. However, after playing a key behind-the-scenes role in manoeuvring V. P. Singh to the Prime Minister's post, he again chose to go back to Odisha, and prepared for the assembly election. In 1990 state assembly election, the Janata Dal received a thumping majority (two-thirds of the assembly seats) which saw Biju Patnaik being the Chief Minister of Odisha for the second time until 1995.

Patnaik was re-elected to the Lok Sabha in 1996 from Cuttack and Aska constituencies as a Janata Dal candidate. He retained the latter until his death on 17 April 1997 of cardio-respiratory failure.

In 1992, Bijayananda Patnaik left this quote for the people of Odisha;

"In my dream of the 21st century for the State, I would have young men and women who put the interest of the State before them. They will have pride in themselves, confidence in themselves. They will not be at anybody's mercy, except their own selves. By their brains, intelligence and capacity, they will recapture the history of Kalinga."

Biju Patnaik set up Kalinga tubes, Kalinga Airlines, Kalinga Iron work, Kalinga Refractories and the Kalinga, a daily Oriya newspaper. In 1951 he established the international Kalinga Prize for popularisation of Science and Technology among the people and entrusted the responsibility to the UNESCO. The projects which he was known to have spearheaded includes the Port of Paradip, Orissa aviation centre, Bhubaneswar Airport, the Cuttack-Jagatpur Mahanadi highway bridge, Regional Engineering College, Rourkela, Sainik School Bhubaneswar, Orissa University of Agriculture and Technology-Bhubaneswar, NALCO (National Aluminum Company), Talcher Thermal Power Station, Balimela Hydel Project, HAL-Sunabeda and the Choudwar & Barbil industrial belts.

He also established the Kalinga Cup in football.

Biju Patnaik was married to Gyan Patnaik, who belonged to Punjab, due to which he is known as a son-in-law of Punjab as well. Just like Biju his wife too was a pilot. In fact, she was the first Indian lady to get a commercial pilot's license. In the 1940s, Gyan Patnaik accompanied Biju in the freedom struggle movement and evacuation of British families from Rangoon when the Japanese laid siege on the region.

Biju Patnaik's younger son, Naveen Patnaik, is the current Chief Minister of Odisha. His daughter, Gita Mehta, is an English writer. His elder son Prem Patnaik is a Delhi-based industrialist.

The Government of Odisha has named several institutions after the name of Biju Patanaik. They include the Biju Patnaik Airport at Bhubaneswar, the Biju Patnaik University of Technology, Biju Patnaik Stadium at Nalco Nagar, Angul etc. Also his son Naveen Patnaik made his birthday 5 March as the Panchayat Raj Divas, a holiday in Odisha in his memory. The Biju Patnaik 5 Rupee commemorative coin was released in 2016. The glimpse of Biju Patnaik's stature can be understood by the fact that when he died, his coffin was wrapped in the national flags of India, Russia, and Indonesia.

An avid Bridge player, Patnaik was the father of author Gita Mehta, Odisha Chief Minister Naveen Patnaik and Prem Patnaik.

A good film is when the price of the dinner, the theatre admission and the babysitter were worth it.

THE WOMEN EMPOWERMENT COLUMN

Women Empowerment in India

(Report By – Our Correspondent)

What is empowerment?

- Empowerment is the ability to make choices and transform all those choices into proper outcomes and desired actions.
- An educated, self-dependent, self-motivated, and decision-making woman is an empowered woman.

Malala Yousafzai | Indira Gandhi | Hilary Clinton | Mary Kom

Some empowered women across the world

Why is women's empowerment important for society?

- Empowering women and making them independent needs to be done for humankind to progress.
- Women should have equal rights and opportunities to participate in education, economics, and politics.
- Women must understand the value of self-worth.
- They should influence each other and boost the economic growth of the country.

Few facts regarding the status of women in India:

- Only 29 % of women serve in the national workforce.
- Crimes against women are not always reported to the police station.
- In the villages, many girls suffer from malnutrition.

- Women also suffer from domestic violence.
- In many situations, a girl child is not allowed to complete her education.

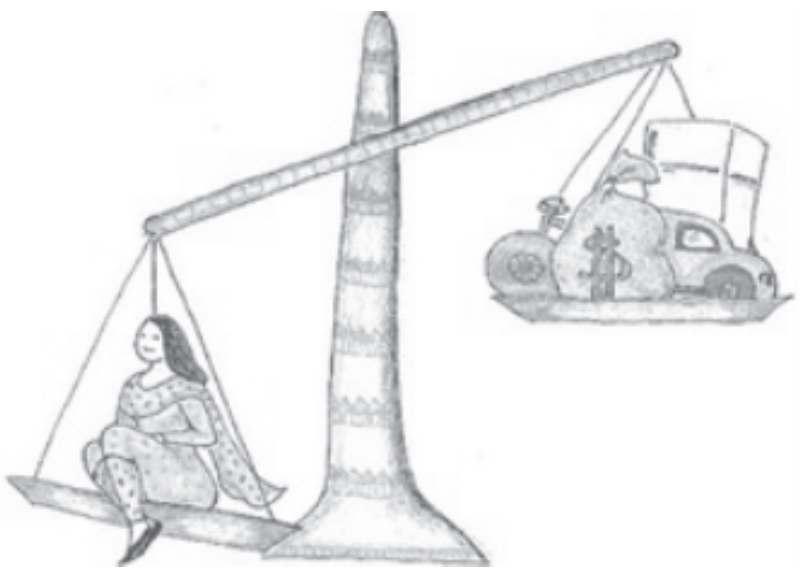
Factors that prohibit women empowerment in India:

1. Lack of education:

- Lack of education among women is more prominent in rural areas than urban areas.
- In low-income families, parents do not encourage girl children to complete education and be self-dependent.
- Completing education and getting a good job is a long process, and the parents do not have the patience and time for that.
- Parents even think investing money for a girl child's education is a waste; instead, they would spend that money on the girl's marriage.
- If a girl child is discouraged from pursuing education, she does not feel interested and loses motivation.
- Sometimes parents encourage them to go for vocational courses before completing education.
- These courses may help them earn, but primary and secondary level education is necessary to become self-sufficient.

2. Leaving school without completing education:

- Many girls leave school before completing their education for various reasons.
- Sometimes parents are not able to provide education due to financial crises.
- The lack of a supportive environment may cause students to drop out early.
- Parents encourage their girl children to provide support in household work because they think that in the future, they will be doing the same.



- Sometimes female students drop out and start working at various places for minimum wages as they think it can help their family to sustain themselves.
- In many areas, female students stop going to school because of distance and security reasons.

3. Child marriage:

- Child marriage is banned in India and is a punishable offence.
- Each year many girls under the age of eighteen get married in India.

- According to the law of the land, girls cannot get married until they are twenty-one years old.
- The reason for child marriage could be different in different localities.
- In many places in India, child marriage is a social practice, so the parents allow this medieval practice even today.
- Sometimes parents prefer their girls to get married because of social security.
- Suppose a family with two or three girls suffers from a financial crisis. In that case, the parents always try to get their girls married instead of saving for education.

4. Child labour:

- When a female child below fifteen years of age participates in any labour work in return for money, she is considered child labour.
- There are many causes behind child labour. Most of the time girl students drop out of school and start doing various jobs to earn money and support their families.
- Families are very poor in rural areas due to the lack of employment opportunities. The parents cannot support their girls' education because of limited earnings and savings.
- Children grow up in a challenging environment as they see the struggles and hardships around them. So, they consider completing education less important than earning money and supporting the family.
- Sometimes parents also urge their children to support the family economically.
- Although child labour is discouraged in India, many girl children work at tea stalls, construction sites, and manufacturing factories at minimum wages.

5. Female foeticide:

- Female foeticide is very much prevalent in some regions of our country.
- To destroy or kill an unborn, immature female foetus in the mother's womb is called female foeticide.
- Female foeticide is a punishable offence in India.
- It leads to an imbalance in the number of males and females in society.

6. Dowry:

- Giving dowry is a malpractice prevalent in our society.
- When the bride's family gives cash, goods, and other movable properties to the groom's family as a condition of the marriage, then that is called dowry.
- When a dowry is not given to the groom's family, the bride may face many difficulties at her in-law's place.
- There are reports that either the groom himself or other family members tortures the newly-wed bride for dowry and money even after marriage.

7. Gender discrimination:

- When women are not given equal opportunities and resources like men in different spheres of society, that situation is called gender discrimination.

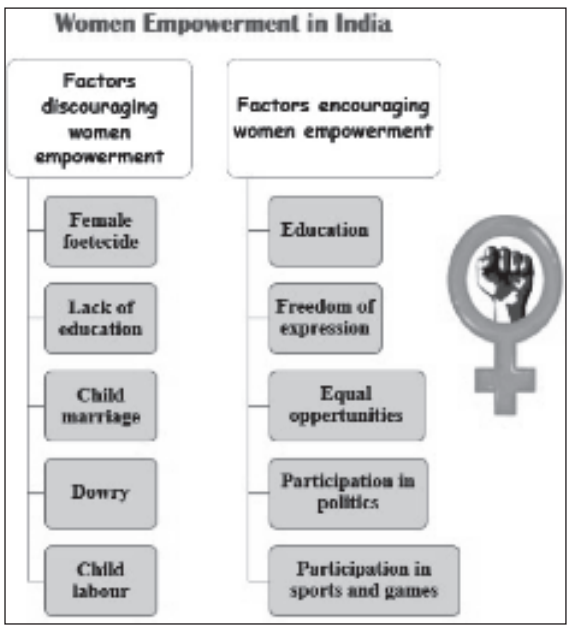
- In many workplaces, women do not get the chance to be promoted or are not given important roles.
- Others might overlook a woman's hard work and dedication.

- Even for the same job role, women get less paid than their male counterparts.
- All these instances create a hindrance to women's empowerment.

8. Women abuse:

- Women abuse is quite frequent in our society.
- They are abused both verbally and physically.
- Any abuse is a punishable offence as it can lead to anxiety and depression.

Factors that encourage women empowerment:



- Education
- Job opportunities
- Participation in politics, defence, sports and games
- Equal opportunities in society
- Exposure to media
- Freedom of expression
- Freedom of movement
- Proper nutrition and sanitation
- Decision-making power
- Introduction to self-help groups
- Changes in women's labour patterns
- Beti Bachao Beti Padhao is a scheme launched by the Government of India to reduce female foeticide and encourage parents to support their daughters in education and sports.
- The concept of widow remarriage was introduced in society by Ishwar Chandra Vidyasagar.

The most important thing in the world is family and love.

Padma Shree Dr. G.V. Chalam - Father of High Yielding Rice Revolution

(Written By - Akshaya Kumar Nayak)

Guduru Ramachandra Rao – a Gandhian and a pioneer social reformer who convened the first "Adi Andhra Mahajana Sabha" in 1917 for emancipation of the untouchable castes (Malas and Madigas – known now as "Dalits").

Chalam's early education was in Gudivada and Rajamundri and later continued his undergraduate studies in P.R. Raja College in Kakinada. Being inspired by his uncle he became involved in contemporary social reforms and came out as a leading member of a society (known as Sodara Samajam) which aimed at establishment of an egalitarian society transcending caste, creed and religion. Fired by patriotic zeal, Chalam threw himself into the seditious and anti-British pamphlets by the police and imprisoned for 14 months in the Vellore jail. Due to setback (for imprisonment) he did his PG at Benaras Hindu University and awarded first class Master's Degree in Botany. Following a short stint at the newly formed Indian Agricultural Research Institute (IARI) he joined as Research Asst. in Agricultural in Govt. of Odisha, Cuttack and was responsible for evolving a number of varieties of high yielding strains of rice. He carried out special work on the Taxonomy of rice and obtained his Doctorate from Patna University in 1943 (the first Ph.D on Anatomy of rice in Agricultural Botany in Bihar and Odisha States).

He evolved T-1145, T-141 and T-1242 and also a Saline Resistant variety of rice SR 26 B which occupies the entire East Coast, part of West Coast of India, Ceylon and some SE Asian countries. As Asst. Director of Agriculture for Land Reclamation and Seed Multiplication he established two large sized Farms after reclaiming forest areas – known as "Sukinda Farm" and "Deras Farm" – contributed about 50% of total seed production in Odisha in 1967 and in 1954 a Paddy Specialist of Odisha Govt. , he was the first Prof. of Agricultural Botany in Orissa Agricultural Collage (now Odisha University og Agriculture and Technology). He handled the Japonica / Indica Hybridization Scheme sponsored by the FAO under which some promising hybrids were evolved and a comprehensive monograph called "Rice in Orissa" was published by Govt. of Odisha which was presented to the International Rice Commission. Several new varieties of raising of second crop which was unknown to farmers was under

taken in the Command Area of Hirakud Dam.

Agricultural Revolution :

Dr. Chalam joined as Dy. Agricultural Commissioner in the Union Ministry of Food and Agriculture and organized several Seed Production and Training Programmes in the country in collaboration with the Rockfeller Foundation and Ford Foundation. He was the main draftsman of Seed Law for India known as National Seed Act (1966) in 1963. He was appointed as the first General Manager of National Seeds Corporation and established the Certified Seed Farms in India to produce high quality seeds to farmers which played a key role in ushering the Green Revolution in India in the late 60s. Dr. Chalam was the first Member Secretary of the Central Variety Release Committee – the forerunner of the statutory Central Seed Committee. After the term of G.M. he was appointed to the Indian Council of Agricultural Research (ICAR) in 1964. He attended the International Seed Testing Seminar in New Zealand, visited the International Rice Research Institute at Manila.

At his own initiative and expense selected the TAICHUNG NATIVE -1 (TN-1) as one of the most promising indica varieties that could thrive in India.

Chalam could get only one Kg of seed of this variety and with the approval of the ICAR he carried trials at 4 places which gave outstanding results beyond all expectations which brought new vistas in rice production in India. In spite of criticism by many Indian agricultural scientists and skepticism of UN agencies and World Bank officials relating to the characteristics of the variety and abilities of Indian farmers to embrace the new cultivation techniques Dr. Chalam was undeterred in carrying out the trials of TN-1 in Odisha, A.P., Punjab, West Bengal, U.P., Haryana; it proved as an outstanding variety. Yield came to 6000 to 7000 1b. (3,200 kg) per acre – a rare occurrence. He sponsored the release of TN -1 before the statutory central variety Release committee in January,1966. His second trial in the 2nd crop season of 1965-68 was in 11,000 acres (45km) which made it possible for planting one million acres (4,000km2) for kharif season.

He introduced high yielding Mexican Dwarf wheat variety and hybrid Maize and Ground nut in India. He was the member of the coopted team on Agricultural Implements of the planning Commission. He produced 40 scientific papers. He had a flair of writing and fluent in Telugu, English and Odia. He was awarded "Kavikokila" prize foe extending scientific agriculture to farmers through his popular book on rice cultivation styled "VARISAGU" in Telugu appreciated by farmers in A.P. He gave away the prize money to the National Defence Fund. In recognition of his enduring contribution in the filed of agricultural development and for the stewardship of Green Revolution in the country Dr. Chalam was honored with Padma Shri in April,1967 by the Govt. of India. Unfortunately a month later, on 8th May,1967 he passed away leaving behind him his wife and 8 children. As long as rice is the staple diet in India Dr. Chalam will be fondly and thankfully remembered as a doyen who waged relentless battle for "Freedom from Hunger" for the poor of the country.

The Department of Posts, Govt. of India issued a postage stamp with a denomination of Rs5.00 on 08.05.2010 to honor Dr. Chalam. Also a special cover was released on 9th November 2009 on occasion of his Birth Centenary held at Bhubaneswar.

Printed & Published By Narahari Priya Garnaik on Behalf of Indian Youth Association And Printed At M/s Shree Mandir Publications, At : Plot No. - 512, At/Po - Saheed Nagar, Bhubaneswar, District - Khordha, Pin - 751007, State - Odisha And Published At : Plot No. - 945, At/Po - Baramunda, In Front of New Jagannath Temple, Bhubaneswar, District - Khordha, Pin - 751003, State - Odisha, Editor - Narahari Priya Garnaik

Ph. : +91-8637258113 ; Mail : iyanews.india@gmail.com ; Web : www.iyanews.com, FOUNDER : JIBAN JYOTI GARNAIK (ADVOCATE, ORISSA HIGH COURT)
All Disputed Matters In Bhubaneswar (Odisha) Jurisdiction Only