

THE WOMEN Voice of GrandQueens NOW

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The brutal rape and murder of a 31-year-old post-graduate trainee doctor at a government hospital in Kolkata on August 9 has ignited widespread outrage and sparked nationwide protests. This tragic event has cast a harsh spotlight on the pervasive issue of sexual violence against women in India, prompting a critical reassessment of the country's commitment to gender equality and justice.

As India approaches its 78th independence anniversary, the incident raises a pressing question: does India truly belong to its women as much

its suburbs demand a re-evaluation of how society addresses violence against women.

The protests in Kolkata have captured national attention, with demonstrations spreading to other cities. These protests align with global movements like "Take Back the Night," emphasizing the need for substantial change to combat and prevent sexual violence. The severity of the doctor's injuries, as revealed in the post-mortem report—including a broken collarbone, pelvic bones, and significant geni-

reported daily, but this number does not account for the numerous unreported cases, making the true scale of the issue even more alarming.

The Kolkata



which obstruct their access to justice.

Survivors have sometimes faced further violence; such as being burned to death while enrooled to court hearings for their rape cases. The delay in delivering justice for the Delhi gang rape case, which took seven years, illustrates the profound obstacles to timely justice. Many incidents go unreported due to societal shaming and pressure on survivors to remain silent.

India's rape culture is deeply rooted in patriarchy and misogyny, which normalize male violence against women. Perpetrators often use sexual

violence as a means of asserting dominance and control over women's bodies. Exposure to harmful stereotypes and toxic masculinity fosters a culture of aggression and entitlement, enabling men to justify rape as a form of power.

Addressing this entrenched rape culture requires a genuine commitment from the government and a multi-faceted approach. This includes challenging harmful social attitudes and ensuring timely justice. Significant mind-set and policy changes are necessary, such as educating men and boys about consent and dismantling toxic masculine behaviours.

India must create a secure and inclusive environment where women and girls can live without fear of violence and oppression. National and state governments need to ensure timely trials, witness protection, and counselling services for survivors. This comprehensive approach is essential for fostering a society where gender equality is genuinely upheld.

As India prepares to celebrate its independence, the irony of political slogans like "Bharat Mata Ki Jai" underscores the gap between the nation's proclaimed values and the reality faced by women. The recent tragic incident and the resulting protests offer an opportunity for critical reflection and action. It remains to be seen whether this collective outrage will lead to meaningful, long-overdue changes, ensuring justice for the victim and her family and a safer future for all women and girls in India.

Rape and Murder of Doctor Sparks Nationwide Protests in India

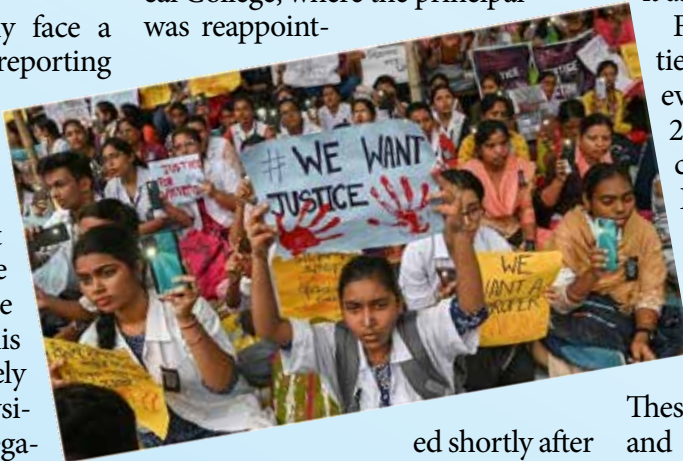
as it does to its men? Although the Indian Constitution guarantees fundamental rights to women through Articles 14 and 21, the real-world scenario often falls short. The cultural and social landscape in India continues to foster a culture of silence and victim-blaming, significantly obstructing women's access to justice and support.

Indian women frequently face a culture that discourages reporting sexual violence and often blames the victim. This environment not only hinders survivors from seeking legal aid and social support but also forces women to live in a constant state of vigilance regarding their safety. This ongoing alertness adversely affects their mental and physical well-being, leading to negative health outcomes.

The recent case of the murdered doctor has intensified these concerns, with widespread protests erupting across the country. Government hospital doctors have gone on indefinite strike, highlighting the urgent need for systemic change. With women comprising 30 percent of doctors and 80 percent of nurses in India, their participation in these protests underscores the critical need for reform. The "Reclaim the Night" marches and similar protests in Kolkata and

tal trauma—highlight the violent nature of the assault. Yet, RG Kar Medical College's initial attempt to label her death as a suicide underscores systemic issues in handling cases of sexual violence and raises serious concerns about institutional accountability.

The response from RG Kar Medical College, where the principal was reappoint-



ed shortly after

his resignation, reveals troubling institutional failures. This move exacerbates concerns about cover-ups and mishandling of serious cases, undermining public trust in institutions meant to ensure justice.

Sexual violence in India has become an epidemic threatening the safety and future of women and girls. The normalization of rape and sexual violence reflects a culture of impunity, where crimes are often covered up and victims are blamed. In 2022 alone, an average of 90 rapes were

incident mirrors previous high-profile cases of sexual violence, such as the 2012 Delhi gang rape. The similarities between these cases highlight a recurring pattern of brutality and public outcry. In 2012, a gang rape case in Kolkata's Park Street also drew public criticism when Chief Minister Mamata Banerjee initially dismissed it as fabricated.

For marginalized communities, such as Dalits, the situation is even more dire. Between 2015 and 2021, there was a 45 percent increase in sexual violence against Dalit women. Noteworthy incidents include the 2020 gang rape of a Dalit woman in Hathras, Uttar Pradesh, and the 2022 rape of a 13-year-old girl by a police officer in Uttar Pradesh.

These cases reveal severe disparities and systemic failures in addressing sexual violence against marginalized groups.

The cycle of impunity for sexual violence perpetrators persists due to a lack of political will and systemic failures. Law enforcement officials often participate in covering up crimes, and government representatives frequently silence and blame victims. Despite efforts to establish fast-track courts for rape cases, obstacles to timely justice remain significant. Victims face barriers such as stigmatization, violence, and marginalization,

GrandQueens Club Launches Mission #freedomfromfear

GrandQueens Club had announced its new mission #freedomfromfear starting this independence Day around which India has witnessed some most heinous crimes against Women! They understand that Pen is mightier than Sword as well as there are times when Sword may leave a larger impact in the short term. With this thought in mind, they are making a plan of action and over 40 GrandQueens across the country have volunteered to lead the movement.

GrandQueens Club is building up its movement across and beyond with multiple solutions from these leaders which will be shared through various mediums and a

systemized plan of action is being built for the same.

Project Laxmibai: A series of Self-defence workshops for Women is getting on ground and have established VEERA - "Volunteer Emergency Reach out Association", which consists of both Men & Women who will be trained to act in emergency situations and also shall educate young adults on the same.

As per The Founder of GrandQueens Club, Dr. Saurabh Sureka, "freedom from fear is not just about addressing immediate safety concerns, it's about creating an environment where women can thrive, contribute, and live with dignity.

I think for achieving this requires comprehensive efforts across legal, social, and cultural domains, supported by advocacy, policy changes, and community engagement. We are no one to Empower Women as they have always been powerful. We just need to support them and the World will be Inspired & Empowered.

The Co-founder of GrandQueens Club, Mrs. Rupa Sureka shared her view on #freedomfromfear campaign "The need for freedom from fear is essential for achieving well-being with dignity. This need is especially urgent for women in various contexts, including India, where societal and structural chal-

lenges often exacerbate fear and insecurity. Persistent fear can lead to chronic stress, anxiety, and other mental health issues, while reducing fear enhances mental health and overall well-being. When women are liberated from fear, they are able to engage more fully in social, economic, and political spheres, including pursuing education, careers, and leadership opportunities. GrandQueens Club founders strongly believe that over the time the mission shall gather lot of momentum and they shall ensure that while the Candle March are on across the country, they should get into action to safeguard such instances and re-instill the confidence of Women in themselves.

Voice of GrandQueens...



Another brutal rape reminds us that women are unsafe everywhere. Public protests raise awareness, but real solutions are needed. Severe punishments, like public hangings for perpetrators, could deter crime. While self-defense is crucial, it's challenging when multiple attackers are involved. Many women face physical abuse daily, even in public transport. Carrying pepper spray isn't always enough for safety. Educating offenders and enforcing stringent measures may be the most effective solution at present.

Bhavna Hemani
Socio cultural, Kolkata

It's time to end violence against women and reclaim freedom from fear through targeted activism. Addressing gender-based violence requires understanding its lasting impact and fostering awareness. Building a unified effort with a shared purpose empowers change. Every individual must promote inclusiveness to uphold rights. Violence against women reveals deep societal power imbalances, especially affecting marginalized groups in crisis contexts. Defending women's rights demands a comprehensive approach, with both ordinary citizens and media amplifying calls for justice and holding governments accountable.

Dr Archana Acharya
Socio cultural, Hyderabad



Such criminals should be awarded capital punishment.

Shanti Krishna
Advocate/ Wellness
Communication Coach
Hyderabad



A country where women are unsafe can never progress. Right brought up of both girls and boys with equity and equality in the home and society can ensure women safer. A wide range of campaign about gender equality should be done. Unless and until gender equality is not addressed girls and women are taken for granted in the patriarchal society no girl or woman can be free from harassment or raise her voice against anti social activities or atrocities as in the present case.

Sunitha Khanna
social activist, Hyderabad



Now situation should change and men should not consider us as a jagir

Meenakshi Dubey
entrepreneur,
Hyderabad



The recent event is both tragic and deeply troubling. I find myself at a loss for words to convey my sorrow. Women possess the fundamental right to exist without the constant fear for their safety. It is a source of shame for our society that such a fundamental human right continues to be violated upon repeatedly. The irony lies in the fact that women are considered as goddesses in our culture. However, does society genuinely honor women, or are they merely viewed as objects of desire? Why is it that women are perpetually instructed to exercise caution, while young men are not equally educated to respect them? It is essential to restore freedom from fear by instilling in boys and men the significance of respecting women. As a nation, we must strive to ensure that every location within our country is safe for girls and women.

Vijayeta Tirkey
Trade Advisor
Hyderabad



We can reclaim our #Freedom-FromFear by teaching our children, from a very young age, to respect one another. It's essential that they grow up seeing every person not as someone to exploit, but as someone to protect and be responsible for.

Asma Afreen
Author/Writer, Hyderabad



Women should stand for themselves not only by being vocal but also by taking the appropriate steps in the situation. Its only women who can change the situation by raising voice and hands too..No one has the right to assault a person in any terms or any reason..Crime is a crime. whether its done by a criminal or by prestigious professionals..Respect is reciprocal ..it doesn't depend upon post, age or money..

Prof. Basudha Basu
Motivational speaker
Kolkata



Fight back for justice n such rapists have to be sentenced n punished in public.

Sushmita Belde
Entrepreneur
Hyderabad



India's safety for women remains a critical issue, requiring more than protests and campaigns. Key actions include: Strengthen law enforcement and judicial reforms, Challenge patriarchal attitudes and stereotypes, educate on consent and boundaries, develop reliable helplines and victim support services, involve local communities in safety efforts, enforce laws protecting women's rights, promote women's economic and social empowerment, utilize technology for emergency response, Engage men as allies, continuously assess and improve safety measures.



Shifa Basith
Founder & President of
BS Events & Co. Hyderabad



Be the voice you want to be heard

Bali. D. Sanghvi
Educator, Kolkata

Earlier Nirbhaya now Rkar why culprits not fearing of law public or god while committing brutality .learing starts from home schools temples preaching these incidents should be added to curriculum and educate everyone this would be one of intiate .

Dr. Tulasi Qualixa
Education Consultant
Hyderabad



In light of the recent tragic incidents in India involving the brutal rape and murder of women and girls, it is imperative to take a multi-faceted approach to ensure their safety. Strengthening law enforcement and ensuring swift justice are crucial steps. We must also focus on widespread education and awareness programs that promote gender respect from an early age. Incorporating sex education into children's syllabus and emphasizing the role of mothers in teaching both boys and girls about respect and equality are vital. The socialization process should begin in childhood, grooming children to understand gender equality and the importance of respecting women. Additionally, raising awareness about protective laws and how to seek help are essential to preventing such atrocities and fostering a safer environment for all.

Dr. Biva Samadder
Lieutenant & Academician, Kolkata



Law should be change
Ladli Roy
Actress,
Patna

This is a petrifying and obnoxious incident which showed Patriarchy Still Reigns in our society. We can only be free from any phobia after boys are taught self control fro young age along with difference between good touch and bad touch to boys and girls. strict laws need to be enforced too fro legal action against perpetrators.

Dr. Madhurima Dasgupta
Assistant Professor of Sociology
Kolkata





A quick review of our existence: We celebrate independence and modern lifestyles, but women's security remains a serious concern. From casual outings to workplaces, safety issues persist despite advancements. Recent global atrocities reveal our failure to uphold humanity and justice. Claims of progress are undermined by inadequate safety measures. If current efforts fail, public protests and stricter actions are necessary. Women must be empowered with self-defense tools and reject injustices. Advocacy for safety and societal change is crucial.

Shilpa Chatterjee
Artist, Kolkata



The current situation in my view is a conspiracy and became completely political. Every girl from her childhood should be taught self defence. Infact it should be made mandatory by every school. Women should be given equal opportunity for everything, every sector. Every girl should be educated and given freedom to earn, so that they are not dependent on others mercy.

Dr. Suman saraf
Autism expert, Hyderabad

GrandQueens Club and The Women Now A New Era of Empowered Women's Voice

For the past seven years, GrandQueens Club has stood as a beacon of women's encouragement. What began as a modest initiative has now evolved into a significant force for change, boasting members from every corner of India and extending its reach to five countries worldwide. Through its diverse range of activities, Grand Queens Club has consistently championed the cause of women, providing a platform for their voices and aspirations to be heard and valued.

As Grand Queens Club has grown, so has its impact. It has become more than just a network, it is a movement dedicated to enhancing the lives of women through support, education, and advocacy. The club's activities have spanned various aspects of women's lives, from professional development and career advancement to mental wellness and personal growth. Its success is a testament to the collective strength and commitment of its members, who have worked tirelessly to foster a supportive and encouraging environment.

In a significant development,

Grand Queens Club is excited to announce a strategic collaboration with The Women Now, a platform dedicated to addressing issues relevant to women's lives. The Women Now was conceived as a space for women to discuss their well-being, future aspirations, career opportunities, men-

as the voice of Grand Queens Club, merging their strengths to create a more powerful and unified platform for women's advocacy and encouragement. The collaboration is driven by a shared vision to give women a platform where their opinions are voiced, their needs addressed, and their potential realized. It represents a lifelong mission to not only highlight the issues women face but to actively work towards meaningful solutions. By joining forces, Grand Queens Club and The Women Now are setting the stage for a more dynamic and influential advocacy movement that will resonate across communities and nations.

This partnership invites

all Grand Queens Club members and women from around the globe to be part of this transformative journey. We encourage everyone to come forward, share your stories, contribute your perspectives, and participate in this collaborative effort to make a lasting impact. Your voice is crucial in driving the change we wish to see and in building a future where every woman has the opportunity to thrive.

tal health, and more. It was built on the principle of being "of the women, by the women, for the women," and has become a vital voice in advocating for women's rights and needs.

This partnership marks a pivotal moment for both organizations. By aligning with The Women Now, Grand Queens Club aims to amplify its mission and broaden its impact. The Women Now will now serve



President Murmu inaugurates divine retreat centre of brahma kumaris

The President of India, Smt Droupadi Murmu inaugurated the Divine Retreat Centre of Brahma Kumaris at Haridamada village near Bhubaneswar, Odisha on July 8, 2024. She also launched a national campaign 'Lifestyle for Sustainability' of Brahma Kumaris.

Speaking on the occasion, the President said that Mother Nature is full of bounties. Forests, mountains, rivers, lakes, seas, rain, air - all are essential for the survival of living beings. But humans should remember that abundance in nature is for their needs, not for their greed. Human beings are exploiting nature for their indulgence and by doing this, are becoming victims of nature's wrath. She stated that establishing harmony with nature and living nature-friendly life is the need of the hour.

The President said that Indian culture has always emphasized a lifestyle compatible with nature. In our philosophy, the earth has been called mother and the sky has been called father. The river has also

been given the title of mother. Water has been called life. We worship rain as Lord Indra and the ocean as Lord Varuna. In our stories, mountains and trees move and animals even talk to each other. This means that nature is not inert, it also has the power of consciousness within

tion of nature.

The President said that climate change, global warming, and uncertainty of weather are big challenges that the world facing 8th July 2024. Natural disasters like floods, landslides, avalanches, earthquakes, forest fires, and tsunamis are no longer

The President said that small changes in our daily lives pave the way for big changes in society. We have to change our habits to ensure minimum use of natural resources. Often, drinking water gets wasted due to the taps being left open. Lights remain on even during the day. Similarly, be it at home or office, we do not pay attention to switching off the fans or lights. We have not been able to free ourselves from the habit of leaving some food on plates. She emphasised that it is not enough to just discuss nature-friendly lifestyle, we have to make it a part of our daily life. She urged everyone to make a habit of saving natural resources to conserve it.

The President appreciated all associated with the national campaign 'Lifestyle for Sustainability'. She said that it is a praiseworthy step in the direction of connecting people with nature. She stated that this campaign should not be limited to meetings, committees, or conferences. She urged all associated with the campaign to go to various parts of the country and make people aware, especially, the rural people about the environment.



it. All these are beautiful thoughts of Indian philosophers for the protec-

occasional. Now these have become frequent incidents.

occasional. Now these have become frequent incidents.

Union Budget Signals Govt. Commitment Towards Enhanced Role of Women in Economic Development



laboration with industry, and establishing creches. In addition, the partnership will seek to organize women-specific skilling programmes, and promotion of market access for women SHG enterprises, Smt. Sitharaman announced.

218.8% increase in the Budget for welfare and Empowerment of Women from FY14 to FY25

As the Indian concept of welfare transforms into empowerment, India is transitioning from women's development to women-led development, highlights the Economic Survey 2023-2024. Tabled in the Parliament 23rd July 2024 by Union Finance and Corporate Affairs Minister Smt. Nirmala Sitharaman, the Economic Survey 2023-2024 focuses on steering the country through compacts and consensus in the times of geo-political and global challenges. It sheds light on the expanding Indian Economy demonstrating resilience. The Economic Survey has noted that the Indian economy has consolidated its post-Covid recovery and is on a strong and stable footing.

The Survey highlights that to realise the clarion call to Nari Shakti, the Government has made various legislative interventions and enabling provisions to ensure women's participation in various professions."The Economic Survey points out that 218.8 per cent increase has been seen in the budget for schemes for the welfare and empowerment of women. It has grown from Rs 97,134 crore (BE) in FY14 to Rs 3.10 lakh crore in FY25 and also shows a 38.7 per cent rise in the Gender Budget Statement (GBS) as compared to FY24 BE. The share of the Gender Budget in the total Union Budget has increased to 6.5 per

cent in FY25, the highest since the introduction of GBS in FY06.

The Survey has stressed that women-led development begins with ensuring the health and education of the girl child. The sex ratio at birth (SRB) at the national level has improved from 918 (2014-15) to 930 (2023-24, provisional), and the maternal mortality rate has declined from 130/lakh live births in 2014-16 to 97/lakh live births in 2018-20. "Beti Bachao, Beti Padhao" along with Sukanya Samridhi Yojana has been instrumental in sensitizing collective consciousness towards cherishing, educating, and saving for the girl child, the Economic Survey observes.

The Survey points out that over the last decade, the prevalence of institutional delivery has increased from 78.9 per cent in 2015-16 to 88.6 per cent in 2019-21 due to programme to incentivize institutional delivery through Janani Shishu Suraksha Karyakram and aided by PM Matru Vandana Yojana, India's largest conditional cash transfer programme. The programmes have had a positive side-effect of utilization of public-health services and increasing the interval between births.

The government initiatives to empower women have focused on enablers that improve upon women's conditions as well as tackle gender-specific disadvantages that inhibit their development. Tackling the gender-specific disadvantages, the construction of toilets under 'Swachh Bharat Mission', the provision of clean cooking gas connections under 'Ujjawala Yojana' and the provision of tap drinking water connections under 'Jal Jeevan Mission' are identified to have transformed the lives of women by reducing the drudgery and care burden. These initiatives, besides addressing concerns of safety and dignity, have freed up time and energy for productive work such as participation in women's collectives through National Rural Livelihood Mission (NRLM).

Mission Saksham Anganwadi & Poshan 2.0 programmes have been enlisted as enabling initiatives with the underlying principle that women's health forms the bedrock of societal health. The programmes have shifted the focus from caloric sufficiency alone to improved health, wellness, and immunity through micronutrient sufficiency. Women's education, a key enabler, is at the centre of women empowerment, stresses the Economic Survey. "With implementation of the Sarva Shiksha Abhiyan and the Right to Education, gender parity has been achieved at all levels in terms of enrolment in schools. In higher education, the female GER has been greater than male GER for five consecutive years", the Survey has highlights. Acknowledging that the skilling schemes have put a dedicated emphasis on covering women, the Survey observes that the participation of women among those trained has increased from 42.7 per cent in FY16 to 52.3 per cent in FY24 under Pradhan Mantri Kaushal Vikas Yojana (PMKVY). Under the Jan Shikshan Sansthan (JSS) Scheme, women constitute about 82 per cent of the total beneficiaries. In the long-term ecosystem, i.e., in ITIs and National Skill Training Institutes (NSTIs), the participation of women has gone up from 9.8 per cent in FY16 to 13.3 per cent in FY24. Under National Apprenticeship Promotion Scheme (NAPS), the participation of women has increased from 7.7 per cent in FY17 to 20.8 per cent in FY24. 'Women in Science and Engineering-KIRAN (WISE KIRAN)' programme that strives to boost the involvement of women in STEM fields has benefitted nearly 1962 women scientists between 2018 and 2023. The Vigyan Jyoti programme, initiated in 2020, that aims to address the underrepresentation of girls in various science and technology courses from 9th to 12th grades, has seen an enrollment of around 21,600 female students of Class IX-XII from 250 districts as of December 2023.

The Union Budget 2024-25 presented in Parliament on 23rd July 2024 by Smt. Nirmala Sitharaman, Union Minister for Finance & Corporate Affairs strongly signalled Government's commitment for enhancing women's role in economic development.

The Union Finance Minister announced an allocation of more than Rs. 3 lakh crores for schemes benefitting women and girls. This is envisaged as a measure to promote women-led development, she elaborated.

She recalled the focus on 'Mahilayen' (Women) in the Interim Budget, which was part of the four major castes, namely 'Garib' (Poor), 'Mahilayen' (Women), 'Yuva' (Youth) and 'Annadata' (Farmer), again in the Union Budget 2024-25 and stated, "We are determined to ensure that all Indians, regardless of religion, caste, gender and age, make substantial progress in realising their life goals and aspirations".

The Union Minister informed that the Government will facilitate higher participation of women in the workforce through setting up of working women hostels in col-



Union Finance Minister Smt. Nirmala Sitharaman & her team.

With a bronze medal at the Paris 2024 Olympics, gold medals at the World Championships, Asian Games, Commonwealth Games and Youth Olympic Games, Manu Bhaker has become the most successful Indian woman shooter in history at a very young age.

Manu Bhaker became the first Indian woman to win an Olympic medal in shooting with a bronze at Paris 2024 in the women's 10m air pistol event. It came a day after she became the first female shooter to reach an Olympic final in an individual event in 20 years. A pistol malfunction had denied Manu

the 2017 Asian junior championships and the following year, Manu Bhaker announced her arrival on a big stage in style.



Though she did not get a medal at the 2018 Asian Games, Manu Bhaker ended the year by creating history at the 2018 Youth Olympics Games in Buenos Aires, Argentina. She won the 10m air pistol gold, becoming the first Indian shooter and first female athlete from the country to win a gold medal at the Youth Olympics.

The teenager then teamed up with Saurabh Chaudhary at the 2019 ISSF World Cup in New Delhi and it proved to be a very fruitful partnership.

The duo won the mixed team gold medals at all three

hary. The two could only finish seventh even after topping stage 1 of qualification.

Manu Bhaker's forgettable Tokyo Olympics campaign ended with the 25m pistol, in which she fell short of making the final.

Shortly after Tokyo 2020, Manu Bhaker became the junior shooting world champion in the women's 10m air pistol at Lima and has won medals in the junior circuit fairly regularly since.

Manu Bhaker won the women's 25m pistol silver at the 2022 Cairo ISSF World Championships and a gold in the same event at the 2023 Asian Games in Hangzhou but her only individual senior triumph - a bronze in women's 25m pistol - came at the Bhopal leg of the 2023 ISSF World Cup series.

The young shooter secured a Paris 2024 Olympic quota for India after finishing fifth in the women's 25m pistol event at the Asian Shooting Championships 2023 in Changwon.

At the Paris 2024 Olympics, Manu Bhaker was selected to compete in the 10m air pistol, 10m air pistol mixed team and the women's 25m pistol event. She was the only athlete from the 21-member Indian shooting team to participate in multiple individual events. She qualified for the final in all three events.

Manu Bhaker won the bronze in the women's 10m air pistol event and then added another bronze in the 10m air pistol mixed team event with Sarabjot Singh.

Manu Becomes First Indian to Win Two Medals in a Single Edition

Bhaker a shot at a medal at the Tokyo 2020 Olympics in the same event.

Days later, she became the first athlete from independent India to win two medals at the same edition of the Olympics after she claimed another bronze in the 10m air pistol mixed team event with Sarabjot Singh.

Even as a teenager, Manu Bhaker quickly rose through the ranks to become India's latest shooting star.

Manu Bhaker was born on February 18, 2002, in Jhajjar, Haryana, a state known for its boxers and wrestlers. She, however, took to sports like tennis, skating and boxing in school and also participated in a form of martial arts called 'thang ta', winning medals at the national level.

She then impulsively decided to try her hand at shooting when she was just 14 - just after the Rio 2016 Olympics ended - and loved it. Within a week, Manu Bhaker asked her father to get her a sports shooting pistol to hone her craft.

Her ever-supportive father, Ram Kishan Bhaker, bought her a gun - a decision that would one day make Manu Bhaker an Olympic medallist.

At the 2017 national shooting championships, Manu Bhaker stunned Olympian and former world No. 1 Heena Sidhu. Manu shot a record score of 242.3 to erase Sidhu's mark to win the 10m Air Pistol final.

She then added a silver medal at

Making her ISSF World Cup debut at Guadalajara, Mexico, Manu Bhaker broke the junior world record in the qualification rounds to sail into the women's 10m air pistol final.

Up against Olympic champion Anna Korakaki, three-time ISSF World Cup medallist Celine Goberville, and local favourite Alejandra Zavala in the final, Manu Bhaker shot a total of 237.5 to win the gold medal on debut.

At just 16 years old, it made her the youngest Indian to win a gold medal at an ISSF World Cup.

Manu Bhaker then paired up with Om Prakash Mitherval to win her second gold in the 10m air pistol mixed team event.

Bhaker was still eligible to participate in the ISSF Junior World Cup, and she promptly won gold medals in the individual and mixed team event in the 10m air pistol.

A month later, at the 2018 Commonwealth Games at Gold Coast, Australia, Manu Bhaker shot a new CWG record to clinch the women's 10m air pistol gold.

She then won another gold in the 10m air pistol at her second ISSF Junior World Cup to add to a bronze at the mixed team event while narrowly missing out on a medal in the 25m pistol event.

ISSF World Cups in 2019 and at the World Cup final in China, Manu Bhaker won both the individual and mixed team event gold.

Manu Bhaker also sealed an Olympics quota place for Tokyo 2020 with a fourth-place finish at the 2019 Munich ISSF World Cup.

She added a gold and silver medal in the 10m air pistol at the 2021 New Delhi ISSF World Cup and a bronze in the 25m air pistol, making her one of the medal favourites for India at the Tokyo Olympics.

However, Manu's debut at the Games did not go as planned.

The teenager's pistol developed a snag in the middle of the 10m air pistol qualification, forcing Manu to move away from the competition to fix the gun.

The damaged

piece was replaced and Manu came back to the firing range. But the rhythm was already broken and it was a race against time to complete her remaining shots.

The youngster did well under pressure but it wasn't enough to push her into the top eight for a place in the final.

In her next event - mixed 10m pistol - Manu Bhaker partnered with fellow teenager Saurabh Chaud-



President receives first copies of books on her speeches

The President of India, Smt. Droupadi Murmu received first copies of four books namely, 'Wings to Our Hopes'; 'Aashaon Ki Udaan'; 'Kahani Rashtrapati Bhavan Ki'; and 'Rashtrapati Bhavan: Heritage Meets the Present', from Union Minister for Agriculture and Farmers Welfare and Rural Development, Shri Shivraj Singh Chouhan at Rashtrapati Bhavan July 18, 2024. Among the dignitaries present on the occasion were Minister of State for Information and Broadcasting and



Parliamentary Affairs, Dr L. Murugan, officials from Directorate of Publications Division and Ministry

of Information and Broadcasting. These books, published by the Di-

rectorate of Publications Division, were formally released earlier 18th July 2024 at Rashtrapati Bhavan Cultural Centre by Union Minister for Agriculture and Farmers Welfare and Rural Development Shri Shivraj Singh Chouhan, Minister of State for Information and Broadcasting and Parliamentary Affairs, Dr L. Murugan and Secretary Information and Broadcasting, Shri Sanjay Jaju. The books 'Wings to Our Hopes' and 'Aashaon Ki Udaan' are the collection of selected speeches of Presi-

dent Droupadi Murmu during first year of her Presidency. 'Kahani Rashtrapati Bhavan Ki' is a book for children which includes information about Rashtrapati Bhavan and President Droupadi Murmu in an interesting manner and simple language. 'Rashtrapati Bhavan: Heritage Meets the Present' is a pictorial representation of the history and architecture of Rashtrapati Bhavan and contains information about all the former Presidents. Information about President Droupadi Murmu and pictures of the major events of current Presidency are also part of the book.

Development of drone ecosystem aligns with PM's 'NAMO Drone Didi' scheme to empower women in agrisector



Union Minister of Commerce & Industry, Shri Piyush Goyal during his address at the International Innovation Conclave organised by the PHD Chamber of Commerce & Industry (PHDCCI) in New Delhi said that Prime Minister Narendra Modi's government is ready to promote the drone industry that has seen rapid growth in the last three years. Praising the develop-

ment of technology and growth in the drone industry on the strength of innovation, Shri Goyal asserted that development of the drone ecosystem and deploying them in villages across the nation aligns with the PM's 'NAMO Drone Didi' initiative that will help empower the women in the agriculture sector.

Shri Goyal said that technological progress in the drone industry will help combat erratic weather patterns and assist farmers in getting higher quality and higher quantity yields. The Production-Linked Incentive (PLI) Scheme for drones and drone components is a Kickstarter for the sector to progress and should not be considered as a permanent subsidy scheme from the government, said the Minister. "In the third term of the PM's administration we

will work at triple the speed, ensure three times the result and hope to become the third largest economy in the world", said the Union Minister.

He further stated that drones have the ability to contribute to the cooperative sector, Self-Help Groups (SHGs) and to Farmers Producer Organisation (FPOs) as a shared facility with the help of agri-infrastructure funds in delivering fertilisers and reducing wastage and expenses of the farmers. The Union Minister said that for financing and mentoring of the drone ecosystem, SIDBI can be roped in to promote the sector.

On the startup ecosystem, the Minister said that 18 Initial Public Offerings (IPOs) have already been offered in the first half of 2024 and 17 IPOs were offered in

2023. Shri Goyal added that under the guidance of PM Modi, the country has seen windfall investments from foreign investors and there has been a massive push for infrastructure. He further stated that easing of regulations and compliance burden on startups along with enabling Ease of Doing Business (EoDB) have been the primary focus of PM Modi's government.

Shri Goyal also stated that the infrastructure growth has a multiplier effect on the economy that leads to demand for goods and services and increases consumption in the country. He added that PM's infrastructure push has enabled growth of industry and generation of employment that has put the nation on a virtuous cycle of growth.

CM announces the Global AI Summit

The Hon'ble Chief Minister of Telangana, Sri A. Revanth Reddy announced the much-anticipated Global AI Summit to be scheduled on September 5th and 6th, 2024, at HICC, Hyderabad. Hon'ble Minister for ITE&C, Industries & Commerce and Legislative Affairs, Sri D. Sridhar Babu, along with Special Chief Secretary of the ITE&C Industries & Commerce Departments, Sri Jayesh Ranjan unveiled the logo.

During the logo launch, Hon'ble Chief Minister Sri A. Revanth Reddy said, "The Global AI Summit represents our commitment to positioning our state at the forefront of technological innovation. We eagerly welcome thought leaders and innovators from around the world to Hyderabad."

The summit, with its overarching theme "Making AI Work for Everyone", aims to explore how Artificial Intelligence can benefit and empower society. The event will feature keynote addresses and thought-provoking sessions by global AI experts, tech industry leaders, policymakers, and academicians. These discussions

will delve into crucial aspects of AI, including its potential for social good, the importance of safe AI practices, AI's role in driving paradigm shifts across industries, and how it is pushing the bounda-

ries of innovation.

Hon'ble Minister Sri D. Sridhar Babu stated, "The Global AI Summit showcases Telangana's dedication to harnessing the power of AI. This event will be a key platform for knowledge sharing,

fostering innovation, and exploring AI's potential to tackle global challenges."

This summit is poised to be a must-attend event for anyone interested in the future of AI and its

ous segments such as industry, academia, startups, government and foundations. Attendees can look forward to expert keynote addresses, engaging panel discussions and fireside chats, and lightning demos showcasing cutting-edge AI technologies. The summit will also witness the launch of "Telangana's AI Compendium" and other groundbreaking announcements for the future of the state's AI ecosystem. The summit's comprehensive agenda is further enriched by the support of 15+ partners.

The Emerging Technologies Wing of the ITE&C Department is facilitating the organization of this prestigious event. Leveraging its extensive network and partnerships in the tech ecosystem, the wing aims to bring together the brightest minds in AI and ensure a world-class experience for all participants. The official website for the Global AI Summit will be launching soon, offering more details about the event, including speaker profiles, the complete program schedule, and registration information.



impact on the world. It offers unparalleled opportunities for learning, networking, and collaboration for AI enthusiasts. The event will feature an impressive lineup of over 50 speakers, attracting 2,000 delegates representing vari-

Grand Ganesha Awards

Fostering Cultural Harmony and Sustainability in Hyderabad's Gated Communities

In the dynamic, cosmopolitan city of Hyderabad, the Grand Ganesha Awards have been introduced to celebrate and understand the unique amalgamation of cultures and ethnicities. This initiative emphasizes maintaining traditions while embracing sustainability, reflecting Hyderabad's essence as a modern metropolis deeply rooted in its heritage. Hyderabad is renowned for its vibrant celebration of the Ganesha Festival, a time when the city comes alive with enthusiasm. People from various ethnic backgrounds engage in this festival, which is celebrated with fervor for several days. The Ganesha Festival not only highlights cultural richness but also strengthens community bonds through a myriad of cultural activities. This annual event becomes a stage for diverse communities to come together, fostering a shared sense of identity and joy. Gated communities in Hyderabad, which function as mini-townships within the city, play a pivotal role in this celebration. These large, premium societies provide a unique setting where the cosmopolitan population and local residents converge. During the Ganesha Festival, these communities transform into vibrant hubs of interaction and cultural exchange. The festival,



spanning 5 to 11 days, offers a valuable opportunity for residents to interact, build connections, and deepen their understanding of one another. The collective celebration strengthens the sense of unity among diverse groups within these communities. The concept of the Grand Ganesha Awards emerged from this vibrant cultural milieu. Designed to enhance the festival's excitement, the awards recognize and reward gated communities for their efforts in celebrating Ganesha in a way that promotes cultural unity and sustainability. The awards aim to create a sense of anticipation and involvement among residents, encouraging them to actively participate in the festival's activities and contribute to a more cohesive com-



munity spirit.

By participating in the Grand Ganesha Awards, gated communities have the chance to showcase their commitment to both tradition and sustainability. The awards serve as a platform for communities to demonstrate their innovative approaches to celebrating Ganesha while integrating environmentally friendly practices. This initiative not only highlights individual community achievements but also fosters a collective



sense of pride and purpose.

In essence, the Grand Ganesha Awards bridge the gap between tradition and modernity, celebrating Hyderabad's rich cultural diversity while promoting sustainable practices. They offer a unique opportunity for residents of gated communities to come together, celebrate their shared heritage, and contribute to building a legacy that honors both the past and the future. Through this initiative, the Grand Ganesha Awards help shape the city's future by reinforcing the values of unity, cultural appreciation, and environmental responsibility.

Registration forms for the Grand Ganesha

Awards are distributed across gated communities. Each submission is meticulously screened and shortlisted for further evaluation. A dedicated team, comprising Lions Club members and jury officials, then visits every shortlisted society. During these visits, the jury assesses various aspects of both the festival celebrations and the overall society environment. This evaluation involves firsthand observations, inquiries, and interviews to gauge the quality and enthusiasm of the celebrations.

After completing the site visits, the jury convenes to review their findings and discuss the merits of each participating community. They use their detailed observations and jury cards to finalize the winners in various categories.

Following this deliberation, an Awards Ceremony is held where the heads of Resident Welfare

Associations (RWAs) are invited to present certificates to the winning societies. These certificates, which recognize excellence in various categories, are intended to be proudly displayed at the societies' offices as a symbol of their achievement and dedication.

The award categories are Most Elegantly Organized Festival, Most Culturally Active Society, Matri Shakti Society, Best MahaArti Concepts, Best PrasadamSeva, Most Nationally Integrated Society, Most Promising Society, Most Innovative Concepts, Most Upcoming Society, Most Harmonious Society, Most Integrated Society, Most Enthusiastic Society, Most Resident Friendly Society, Most Environment Friendly Society, Most Dynamic Society, Most Evolving Society, Ideal Society for Social Welfare, Most Promising Society, Best Décor Concepts, Most Futuristic Society, Change Makers Society, Most Ideal Society, Good Sustainable Concepts, Go – Green Society, Most Digitally Active Society.

The Grand Ganesha Awards are proudly presented by a collaboration of esteemed organizations dedicated to celebrating community spirit and cultural heritage. It is Conceptualized by



Celebration Makers, known for their expertise and excellence in organizing events and activations for gated communities. Their innovative approach ensures that every aspect of the event resonates with the vibrant and diverse nature of these communities. Presented by Lions Clubs International, the world's most prestigious service organization, through the Lions Club of Hyderabad Yuva, Dist. 320A. This partnership underscores a commitment to service and community engagement. The initiative is further supported by the Department of Language & Culture, Government of Telangana, which adds an official dimension to the celebration of Hyderabad's rich cultural tapestry.

Together, these organizations work to make the Grand Ganesha Awards a landmark event that highlights and rewards excellence in community spirit and cultural preservation.



It has been the constant endeavour of Ministry of Culture to spread awareness about the Indian culture and heritage among all sections of the society including the youth of the country. Accordingly, the Ministry administers schemes for the youth viz. Scholarships to Young Artistes in Different Cultural Fields and Award of Fellowship to Outstanding Persons in the field of Culture, the details of which are as under:

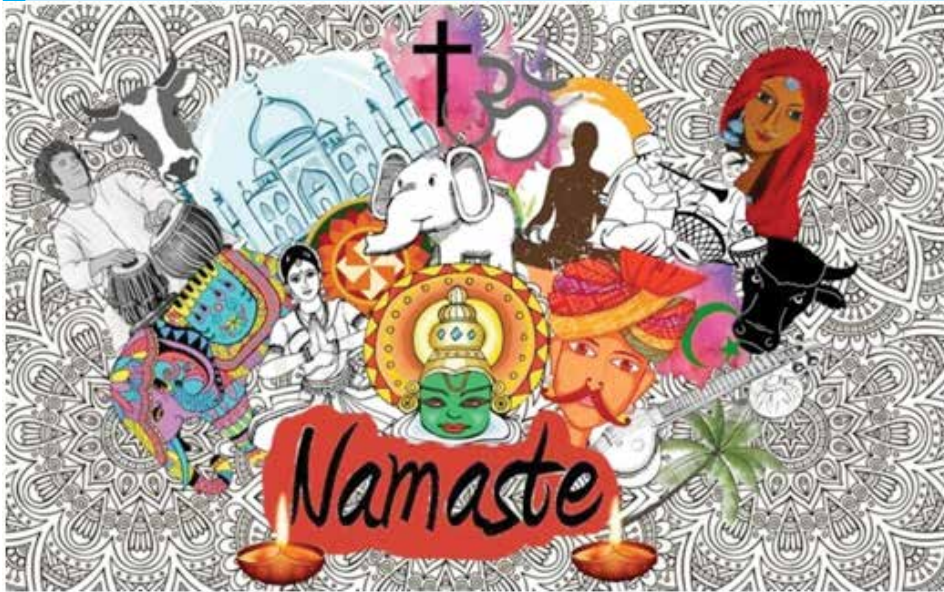
i. Scheme for Scholarships to Young Artistes in Different Cultural Fields: Up to 400 Scholarships are awarded in a batch

year. Under this scheme, financial assistance is given to young artistes of outstanding promise in the age group of 18-25 years for advanced training within India in the field of Indian Classical Music, Indian Classical Dance,

Theatre, Mime, Visual Art, Folk, Traditional and Indigenous Arts and Light Classical Music etc. @ Rs. 5,000/- p.m. for 2 years. The Scholarship is released in four equal six-monthly instalments.

ii. Scheme for Award of Fel-

Spreading awareness about indian culture and heritage among youths



lowship to Outstanding Persons in the field of Culture: Up to 400 fellowships (200 Junior and 200 Senior) are awarded in a batch year to outstanding persons in the age group of 25 to 40 years (Jr.) and above 40 years (Sr.) in different cultural fields @ of Rs. 10,000/- p.m. and Rs. 20,000/- p.m. respectively for a period of 2 years for cultural research. The Fellowship is released in four equal six-monthly instalments.

Further, to protect, promote and preserve various forms of folk art, culture and heritage in the country, the Government of India has set up seven (7) Zonal Cultural Centres (ZCCs) with headquarters at Patiala, Nagpur, Udaipur, Prayagraj, Kolkata, Dimapur and Thanjavur. These ZCCs organize various

cultural activities and programmes throughout the year all over the country on regular basis for which annual grant-in-aid is provided to them. Artists are engaged by ZCCs to showcase their talents in these cultural programmes/activities for which they are paid honorarium, DA/TA, boarding & lodging etc. Besides, all the seven ZCCs also implement a number of schemes viz. Award to Young Talented Artistes, Guru Shishya Parampara Scheme, Theatre Rejuvenation Scheme, Research & Documentation Scheme, Shilpgram Scheme, OCTAVE, J&K Festivals and National Cultural Exchange Programme (NCEP) to help artists.

Also to spread awareness about our culture and heritage among youth of the country, Ministry of Culture organizes Rastriya Sanskriti Mahotsav (RSMs) through these ZCCs where a large number of artists from all over India are engaged to showcase their talents during these Mahotsav. From 2015 onwards, fourteen (14) RSMs and four (04) Zonal Level RSMs have been organized by Ministry of Culture across the country. These ZCCs also organize a minimum number of 42 Regional Festivals every year for development of art and culture.

The Ministry of Culture regularly provides cultural support to all Ministries/ Departments of Government of India including Ministry of Education for their various initiatives/ programmes. Therefore, no separate steps have been taken by the Ministry of Culture in collaboration with Ministry of Education to include chapters from our rich culture and heritage in the school curriculum.

The upcoming northern zonal round of the Khelo India women's wushu league is set to draw significant attention, featuring prominent international athletes Ayeera Chisti and Komal Nagar. This competition will take place at the Netaji Subhas National Institute of Sports in Patiala from July 9 to 13, showcasing the talents of 350 athletes across sub-junior, junior, and senior categories. Organized by SAI Patiala, the event will encompass both Sanda (fighting) and Taolu (forms), welcoming participants from Haryana, Punjab, Delhi, Himachal Pradesh, Chandigarh, Uttarakhand, Jammu & Kashmir, and Ladakh.

Department of Sports, Ministry of Youth Affairs and Sports funds the Rs 7.2 lakh prize money competition conducted by the Wushu Federation of India. The top eight wushu athletes from the sub-jun-

players wanting to make it big like international medallists Ayeera (18 years) and Komal (19 years), who train at the NSNIS Patiala Centre.

"I am very excited to play in my home ground here in my third Khelo India women's wushu league, having won gold in the last two championships," said Ayeera, who debuted in this competition in 2022.

"The Khelo India women's league is very important for a lot of girls especially looking at the future and I'm thankful to the government for this. As for me, I want to clinch gold medal at the Asian Games in the 52kg category and become the first woman to achieve this feat for India in this weight division. Before that, I am aiming for the gold at the senior Asian championships in China this September," Ayeera added.

Khelo India Women's Wushu League Gears Up for Northern Zonal Showdown in Patiala

ior, junior and senior events will get cash incentives.

Following last month's successful South Zonal event in Karnataka, the North Zonal meet marks the next phase in the league's calendar. After the four zonal meets, the national ranking championship will be held.

The women's wushu league will provide an opportunity to several

Jammu and Kashmir's Ayeera Chisti looking to clinching her third consecutive gold medal at the Khelo India Women's Wushu League. Jammu and Kashmir's Ayeera, who will take part in the senior 52kg Sanda category, won a bronze at the junior wushu world championship in Indonesia in 2022. She also landed a gold at the international wushu champi-

on-ship in Georgia in 2022 as well as a gold at the Russian Moscow Stars Wushu International Championship in 2024.

Chandigarh's Komal, gold medallist at the Russian Moscow Stars Wushu International Championship 2023 in Sanda, said, "Getting an opportunity to play one more tournament in the calendar year besides the nationals, bolsters our confidence."



"The Khelo India Women's League gives us a good playfield for our performance assessment, understand flaws in our game and areas to work on," said Komal, who started learning self-defence

techniques when she was 14.

About Sports for Women:

Under the Sports for Women Vertical, Khelo India Women's Leagues are structured into two main formats: Major League and City League. These leagues serve as platforms for promoting women's sports across various disciplines. Additionally, leagues are organized within specific age categories or weight categories, tailored to the requirements of each sport.

This approach, supported by the Union Ministry of Youth Affairs and Sports, not only encourages widespread participation among women athletes but also facilitates talent identification and development across different skill levels and age groups nationwide. Through these structured formats, the Khelo India initiative aims to foster a vibrant sports culture and support the growth of female athletes in India.

The Animal Husbandry Statistics Division under the Department of Animal Husbandry & Dairying (DAHD) 26th July 2024 organized an orientation workshop for the newly engaged National Level Monitors (NLM)

Advisor (Statistics), DAHD Shri Jagat Hazarika.

The Department of Animal Husbandry and Dairying has a robust monitoring and evaluation framework in place, encompassing regular progress reports,

parent and objective monitoring system that would offer direct, regular assessment of program performance at the state level.

The workshop covered detailed presentations on four key programs: Rashtriya Gokul Mission, National Livestock Mission, Livestock Health & Disease Control Program, and National Program for Dairy Development. Eminent officials from the department provided in-depth insights into the programs' goals, implementation strategies, and challenges.

Smt. Varsha Joshi provided a comprehensive overview of the Rashtriya Gokul Mission and the National Program for Dairy Development. Her presentation delved into the operational aspects, administrative structure, and technological advancements of these missions. She also identified key areas requiring close

the Livestock Health & Disease Control Program (LH&DCP), focusing on key initiatives such as the National Animal Disease Control Program (NADCP), Mobile Veterinary Units (MVUs), and Assistance to States/UTs for Control of Animal Disease (AS-CAD). Her presentation detailed the administrative framework and operational mechanisms of these programs.

Deputy Director General, NIC, Shri Prashant Mittal gave a live presentation of the application being developed by NIC for the National Level Monitors. The purpose of this application is to capture the information from the field, directly into the mobile application, reducing the time taken for reporting and improving process efficiency.

Under the NLM Scheme, the monitors, comprising a distin-



Department of Animal Husbandry & Dairying Orientation Programme for National Level Monitors

to empower the effectiveness of independent monitoring of key departmental programs at Vigyan Bhawan, New Delhi. The workshop aimed to equip the NLMs with a comprehensive understanding of the programs of the DAHD and their objectives, enabling them to play a pivotal role in ensuring transparency, accountability, and efficient implementation.

Secretary, Department of Animal Husbandry & Dairying, Smt. Alka Upadhyay inaugurated the workshop, who emphasized the significance of independent monitoring in achieving the government's vision of empowering livestock farmers. "The NLMs are the eyes and ears of the department on the ground, and their role in ensuring that the benefits of our programs reach the intended beneficiaries is paramount," said Smt. Alka Upadhyay. The workshop was witnessed by Additional Secretary, DAHD, Smt. Varsha Joshi, Joint Secretary, DAHD, Dr. O P Choudhary, Joint Secretary, DAHD, Smt. Sarita Chauhan and



a dedicated management information system, and periodic review meetings. Despite these comprehensive efforts, a persistent need for independent, on-ground oversight emerged. Challenges such as ensuring uniform implementation across states and providing timely technical support to implementing agencies necessitated a more granular approach. Recognizing these gaps, the Department established the National Level Monitor scheme to introduce an unbiased/trans-

parent and objective monitoring by National Level Monitors during their field visits.

Dr. O.P. Choudhary presented the National Livestock Mission, outlining its expanded scope, which now includes entrepreneurship development, research and innovation, livestock insurance, and the Animal Husbandry Infrastructure Development Fund (AHIDF). Dr. Sujit Dutta and Dr. Lipi Sairiwal offered additional insights into the mission's functioning.

Smt. Sarita Chauhan presented

guished group of retired servicemen, will play a crucial role in assessing the progress of these programs, identifying gaps and bottlenecks, and suggesting improvements. Their feedback will be instrumental in enhancing the department's program delivery and ensuring that public funds are utilized optimally.

The Department of Animal Husbandry and Dairying remains committed to fostering the development of the livestock sector through transparent and accountable mechanisms. The successful orientation workshop marks a significant step towards achieving these goals, with the NLM initiative set to play a crucial role in the unbiased monitoring of DAHD's programs.

The workshop concluded with a vote of thanks by Shri V.P. Singh, Director of the Animal Husbandry Statistics Division at the DAHD. He expressed gratitude to all dignitaries and stakeholders for their presence and concluded on a hopeful note for a successful monitoring operation by the NLMs.

Bharat Coking Coal Limited (BCCL), under its CSR initiatives has successfully concluded a skill development training program in collaboration with Pramith Foundation Kolkata, benefiting 150 youth from the Dhanbad region. The training, focused on BFSI-Credit Processing Officer, aimed to equip participants with essential skills in financial services, including banking, investment, insurance etc. and ensuring financial well-being for individuals and businesses.

In a ceremony held at Jubilee Hall, Dhanbad, certificates and offer letters were distributed to the participants by Shri Samiran

BCCL Empowers Youth Through BFSI Skill Development Training

Dutta, CMD, Bharat Coking Coal Limited (BCCL). The event saw the presence of Shri M.K. Ramiah, Director (Personnel) of BCCL, along with Shri Prasenjit Kundu, Advisor of Pramith Foundation, and Shri Swapanendu Bikas Mandal, Director of Pramith Foundation, among other distinguished dignitaries from BCCL. Addressing the aspirational candidates, CMD, BCCL expressed his happiness over the successful comple-

tion of the program. He emphasized the importance of economic skills for India's young workforce. He said that a major economic skill is mandatory for India's young population and if our workforce is professionally trained, our economy has a potential to become number one in the world. CMD, BCCL highlighted the crucial role of BCCL in producing coking coal for the entire country.

He added that in future, BCCL

will impart several other training programs under its CSR and community development activities. Training and job opportunities should go hand in hand. He also informed that 100% of participants have received placements. He said that focus is not only on training and jobs but also on fostering entrepreneurship.

Spanning 960 hours, the program provided comprehensive training with boarding and meal facilities

Financial assistance under the 'cyber-crime prevention against women and children'

Cyber-crime is a daunting challenge. Due to its vast and borderless nature, a cyber-criminal can commit crime while sitting anywhere. On the basis of suspect mobile numbers reported by citizens on National Cyber Crime Reporting Portal, during the period 1st January 2024 to 22nd July 2024, the major cities and places of origination of cybercrime in the country are Deeg (Rajasthan), Deoghar (Jharkhand), Nuh (Haryana), Alwar (Rajasthan), Nawada (Bihar), West Delhi (Delhi), Nalanda (Bihar), Jamtara (Jharkhand), Mathura (Uttar Pradesh), Patna (Bihar), Bengaluru Urban (Karnataka), Dumka (Jharkhand), Gautam Budh Nagar (Uttar Pradesh), Jaipur (Rajasthan), Khertal-Tijara (Rajasthan), North 24 Parganas (West Bengal), Kolkata (West Bengal), North West Delhi (Delhi), Sheikhpura (Bihar) and South West Delhi (Delhi).

The National Crime Records Bureau (NCRB) compiles and publishes the statistical data on crimes in its publication "Crime in India". The latest published report is for the year 2022. Specific data regarding criminals engaged in cyber-crimes is not maintained separately by NCRB.

To strengthen the mechanism to deal with cyber-crimes in a comprehensive and coordinated manner, the Central Government has taken steps which, inter-alia, include the following:

i. The Ministry of Home Affairs has set up the 'Indian Cyber Crime Coordination Centre' (I4C) as an attached office to deal with all types of cyber-crime in the country, in a coordinated and comprehensive manner.

ii. Seven Joint Cyber Coordination Teams (JCCTs) have been constituted for Mewat, Jamtara, Ahmedabad, Hyderabad, Chandigarh, Vishakhapatnam, and Guwahati under I4C covering the whole country based upon cyber-crime hotspots/ areas having multi-jurisdictional issues by on boarding States/UTs to enhance the

coordination framework among the Law Enforcement Agencies of the States/UTs. Seven workshops were organized for JCCTs at Hyderabad, Ahmedabad, Guwahati, Vishakhapatnam, Lucknow,

'Police' and 'Public Order' are State subjects as per the Seventh Schedule of the Constitution of India. The States/UTs are primarily responsible for the prevention, detection, investigation, and prosecution of crimes including cyber-crimes through their Law Enforcement Agencies. The Central Government supplements the initiatives of the States/UTs through advisories and financial assistance under various schemes for capacity building of their LEAs.

Ranchi and Chandigarh in 2023.

iii. The state of the art 'National Cyber Forensic Laboratory (Investigation)' has been established, as a part of the I4C, at New Delhi to provide early stage cyber forensic assistance to Investigating Officers (IOs) of State/UT Police. So far, National Cyber Forensics Laboratory (Investigation) has provided its services to State LEAs in around 10,200 cyber forensics like mobile forensics, memory forensics, CDR Analysis, etc. to help them in investigation of cases pertaining to cyber-crimes.

iv. The 'National Cyber Crime Reporting Portal' (<https://cyber-crime.gov.in>) has been launched, as a part of the I4C, to enable public to report incidents pertaining to all types of cyber-crimes, with special focus on cyber-crimes against women and children. Cyber-crime incidents reported on this portal, their conversion into FIRs and subsequent action thereon are

handled by the State/UT Law Enforcement Agencies concerned as per the provisions of the law.

v. The 'Citizen Financial Cyber Fraud Reporting and Management System', under I4C, has been launched for immediate reporting of financial frauds and to stop siphoning off funds by the fraudsters. So far, financial amount of more than Rs. 2400 Crore has been saved in more than 7.6 lakh complaints. A toll-free Helpline number '1930' has been operationalized to provide assistance in lodging online cyber complaints.

vi. The Massive Open Online Courses (MOOC) platform, namely 'CyTrain' portal has been developed under I4C, for capacity building of police officers/judicial officers through online course on critical aspects of cyber-crime investigation, forensics, prosecution etc. along with certification. More than 96,288 Police Officers from States/UTs are registered and more than 70,992 Certificates issued through the portal.

vii. Till date more than 5.8 lakhs SIM cards and 1,08,000 IM-EIs as reported by Police authorities have been blocked by Government of India.

viii. I4C has imparted cyber hygiene training to 6,800 officials of various Ministries/ Departments of Government of India.

ix. I4C has imparted cyber hygiene training to more than 35,000 NCC cadets.

x. The Ministry of Home Affairs has provided financial assistance to the tune of Rs. 131.60 crores under the 'Cyber Crime Prevention against Women and Children (CCPWC)' Scheme, to the States/UTs for their capacity building such as setting up of cyber forensic-cum-training labo-



ratories, hiring of junior cyber consultants and training of LEAs' personnel, public prosecutors, and judicial officers. Cyber forensic-cum-training laboratories have been commissioned in 33 States/UTs and more than 24,600 LEA personnel, judicial officers and prosecutors have been provided training on cyber-crime awareness, investigation, forensics etc.

xi. National Cyber Forensic Laboratory (Evidence) has been set up at Hyderabad. Establishment of this laboratory provides the necessary forensic support in cases of evidence related to cyber-crime,

preserving the evidence and its analysis in line with the provisions of IT Act and Evidence Act; and reduced turnaround time.

xii. To spread awareness on cyber-crime, the Central Government has taken steps which, inter-alia, include; dissemination of messages through SMS, I4C social media account i.e. X (formerly Twitter) (@CyberDost), Facebook (CyberDostI4C), Instagram (cyberDostI4C), Telegram (cyberdosti4c), Radio campaign, engaged MyGov for publicity in multiple mediums, organizing Cyber Safety and Security Awareness weeks in association with States/UTs, publishing of Handbook for Adolescents/Students, etc. The States/UTs have also been requested to carry out publicity to create mass awareness.



for the candidates. The initiative culminated with all students successfully completing the course.

Notably, 100% of the interested candidates secured placements in different companies across

Jharkhand, West Bengal and other states.

BCCL invested 41.74 Lakhs towards this initiative, underscoring its commitment to empowering local youth through skill development. BCCL has developed a web-portal for capturing feedback and other important details from the participants.

BCCL has been at the forefront of empowering local youth through skill development. Over the past few years, BCCL has successfully provided training in various trades, benefiting numerous participants:

-Plastic Engineering (CIPET Ranchi and Hajipur): 280 partici-

pants

- General Duty Nursing Assistant: 240 participants

- BFSI: 150 participants

- IDTR: 30 participants

- Fashionpreneurs: 60 participants

BCCL remains committed to social endeavour and plans to continue its efforts in the future. Upcoming CSR courses include:

-Plastic Engineering (CIPET): 200 participants

-Medical Equipment: 150 participants

-Radiology Technician: 50 participants

-MSME: 75 participants

-NSDC: 660 participants

VP encouraged the FICCI members

to hand-hold meritorious girls facing financial and societal challenges

CMA.CA.CS Divya Abhishek, Chairperson of FICCI FLO Chennai spearheaded a delegation of 30 distinguished women entrepreneurs representing a diverse array of expertise and path breaking achievements. The delegation convened a meeting at the residence of the Vice President of India, Jagdeep Dhankar, in New Delhi for an insightful and engaging dialogue centered around pivotal issues concerning women's empowerment and societal progress.

The Vice-President, Shri Jagdeep Dhankar encouraged the members of FICCI Ladies Organisation to hand-hold meritorious girls facing financial and societal challenges. He emphasized the immense impact of such support, stating that aiding a girl's education and security can bring unparalleled satisfaction and happiness.

Highlighting the exponential geometric growth of a society associated with the empowerment of a girl child, Shri Dhankar exhorted that "When a woman controls the purse of the family, the economy of the family, growth of the family is assured. This has been done in the last ten years in a massive way."

Shri Dhankar also urged members to influence their families and associated corporates to channelize CSR efforts towards empowering girls. He emphasized

the need for structured CSR initiatives that reach the last mile. By extending support to the most underserved girls, the Vice President highlighted, hope and opportunities can be generated, creating a significant and positive impact on their lives.

Interacting with the members of FICCI FLO Chennai Chapter at Vice Presidents complex 11th July 2024, Shri Dhankar applauded the Supreme Court judgment regarding the equitable, uniform as-



sistance to women, irrespective of their religion.

Highlighting the hardships faced by women, Shri Dhankar highlighted various initiatives taken by the government to improve lives of women such as toilet in every

home, affordable housing, हर घर में नल और हर घर में जल, MUDRA Yojna.

Reaffirming his commitment to women's empowerment in Parliament, Shri Dhankar highlighted that when the Rajya Sabha passed the Women Reservation Bill, 17 women parliamentarians occupied key positions. Apart from himself and the Deputy Chairperson, all were women. He emphasized the significant progress in gender representation in Rajya Sabha, stating that the table, once dominated by

the country's first citizen. "India is defining women empowerment. India is defining women-led empowerment", he added.

Chairperson Divya Abhishek expressed her heartfelt gratitude to the Honorable Vice President for his invaluable time and guidance. She reiterated FICCI FLO's unwavering commitment to fostering social, economic, and cultural progress. The meeting concluded with a tour of the New and Old Parliament House, symbolizing the collective determination and collaborative spirit of the FICCI FLO Chennai Chapter. This event highlights their commitment to championing women's empowerment and paving the way for a more progressive and inclusive society.

The delegation accompanying Divya Abhishek, included Immediate Past President Sudha Shivkumar, Past President Kavitha Dutt Chituri, Past Chairpersons Raji Raju, Srikanta Jhaver, Parveen Papa, Senior vice chairperson Niyati Mehta, Sandhya Rajan, Dr. Amulya Rao, Anuradha Jhaver, Geetha Muthusamy, Dr. Apoorve Haree, Bhavana Sonthalia, Suja George, Geetha Premkumar, Sheetal Jain, Pratibha Malhotra, Devika Agarwal, Harsha Sajnani, Ashu Lodha, Shreya Jain, Afshan, Naina Shah, Preethika Munoth, Shruthi, Arul Selvi, Ayushi and Rachna Kumar.

हेल्दी रहना और स्वस्थ वजन बनाए रखना हर व्यक्ति के शरीर के लिए और हेल्दी रहने के लिए बहुत जरूरी है। आज के समय में लोग अपना वजन कम करने या हेल्दी वेट मैनेज करने के लिए क्रेश डाइट, इंटरमिटेन्ट फास्टिंग और डाइटिंग जैसे विकल्पों को चुनते हैं। लेकिन आप सिर्फ हेल्दी डाइट और स्वस्थ खानपान की आदतों की मदद से भी हेल्दी वेट बनाकर रख सकते हैं। दरअसल, शरीर में सही पोषण तत्वों का सेवन और वजन कम करने में मदद करने वाले खाद्य पदार्थों को अपनी डाइट में शामिल करके, वजन कम कर सकते हैं। डाइटिशियन गीतांजलि सिंह (चौल क्रेज रपव छीनीलीलेप) के अनुसार हेल्दी डाइट फॉलो करके, जंक फूड्स परहेज करने के साथ अपने रूटीन में जीरा और शहद का मिश्रण शामिल करने से भी आपको वजन कम करने में मदद (कुं डे गीश उीळप -पव केमशू त्रै थशळसहीं डीी) मिल सकती है।

वजन घटाने के लिए जीरा और शहद के फायदे **मेटाबॉलिज्म को बढ़ावा देता है**

मेटाबॉलिज्म बढ़ाने के लिए जीरा और शहद का सेवन कर सकते हैं। दरअसल, जीरे में थाइमोक्विनोन नाम का एक कंपाउंड होता है, जिसमें एंटीऑक्सीडेंट और एंटी-इंफ्लेमेटरी गुण होते हैं, जो आपके मेटाबॉलिज्म को बढ़ाने में मदद करते हैं, जिससे आपको बार-बार भूख नहीं लगती है।

पाचन में सुधार होता है
जीरा और शहद का सेवन आपके पाचन को बेहतर करने में मदद कर सकते हैं। जीरा और शहद पाचन एंजाइमों को बढ़ावा देते हैं, जो पाचन को बेहतर रखने और पोषक तत्वों के अवशोषण में मदद करता है, जिससे ब्लोटिंग की समस्या कम होती है और एसिडिटी, अपच आदि से राहत मिलती है।

ब्लड शुगर कंट्रोल रहती है
शहद का ग्लाइसेमिक इंडेक्स (ऋख) चीनी से

कम होता है, इसलिए आप कम मात्रा में शहद का सेवन कर सकते हैं। जबकि, जीरे में थाइमोक्विनोन नाम का तत्व होता है, जो शरीर में इंसुलिन बनाने में मदद करता है, जो ब्लड शुगर लेवल कंट्रोल करता है। शहद के साथ जीरा खाना, ब्लड शुगर के स्तर को बनाए रखने में मदद करता है, जिससे शुगर स्पाइक्स को रोकने में मदद मिलती है।

भूख कम करें

जीरे को शहद के साथ खाने से संतुलित आहार और हेल्दी लाइफस्टाइल



फॉलो करने में मदद मिलती है, जिससे वजन घटाने में मदद मिलती है। इसका कम ग्लाइसेमिक इंडेक्स और पोषक तत्वों से भरपूर मिश्रण भूख को शांत करने, एनर्जी बढ़ाने और ओवरऑल हेल्थ में मदद मिलती है।

वजन कम करना है तो सुबह खाली पेट शहद में मिलाकर करें जीरे का सेवन



वजन घटाने के लिए जीरा और शहद का उपयोग कैसे करें?

वजन कम करने के लिए आप शहद और जीरा का सेवन एक साथ कर सकते हैं, ये आपके भूख को शांत करने, ब्लड शुगर लेवल को कंट्रोल करके और पाचन को बेहतर रखते हुए देर तक पेट को भरा हुआ महसूस करने में मदद करते हैं।

शहद और जीरे का एक साथ सेवन करने के लिए आप एक गिलास पानी में एक चम्मच जीरा रात भर भिगोकर रख दें। सुबह, बीजों के साथ पानी को उबालें और पानी को छान लें। फिर गर्म जीरे के पानी में एक चम्मच शहद मिलाएं और इसे खाली पेट पिएं। गर्म शहद और जीरे का पानी पीने से वजन तेजी से कम करने में मदद मिल सकती है।