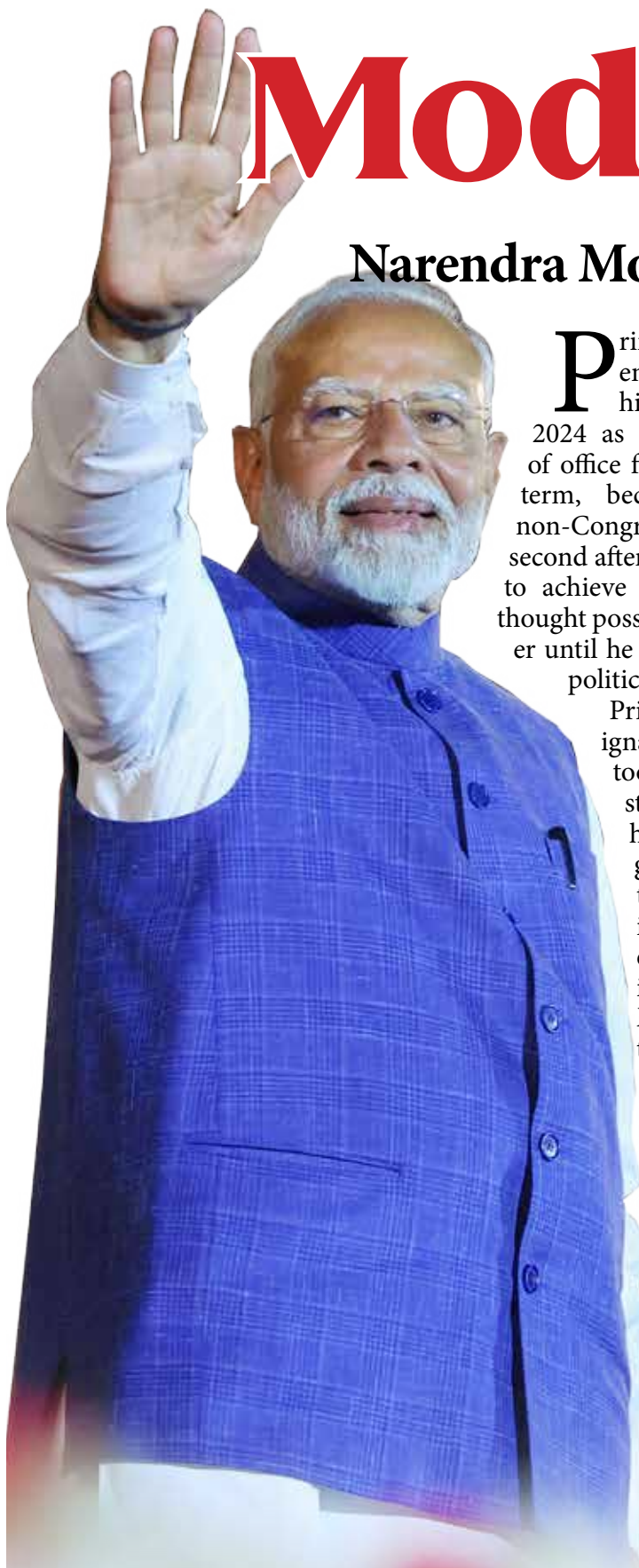


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Modi 3rd inning

Narendra Modi takes oath for third consecutive term as PM



Prime Minister Narendra Modi scripted history on 9th June 2024 as he took the oath of office for a third straight term, becoming the first non-Congress leader and second after Jawaharlal Nehru to achieve the feat that few thought possible for a BJP leader until he shook up national politics in 2014.

Prime Minister-designate Narendra Modi took oath for a third straight term as the head of a coalition government after two full tenures in which the BJP enjoyed a majority on its own. Mr. Modi, 73, equalled the feat of the first Prime Minister Jawaharlal Nehru, who won in the 1952, 1957 and 1962 general elections. President Droupadi Murmu administers the oath of office and secrecy to Mr. Modi; Rajnath Singh, Nitin Gadkari, Amit Shah, J.P. Nadda, Shivraj Singh Chouhan



and H. D. Kumaraswamy among 30 others to take oath as Cabinet Ministers; 36 MoS, 5 MoS (independent charge) also take oath.

Rewarding the BJP's coalition partners, Mr. Modi has inducted several MPs from the NDA partners. Two MPs each from the Telugu Desam Party (TDP) and the BJP in Andhra Pradesh, where the National Democratic Alliance (NDA) won 21 out of 25 Lok Sabha seats, took oath. Several leaders, including TDP's Ram Mohan Naidu, Pemmasani Chandrashekhar, JD(S)'s H.D. Kumaraswamy, BJP's Sarbananda Sonowal have been inducted into the Cabinet. The NDA won 286 seats in this election, and the BJP won 240 seats, falling short of the 272-majority mark. This is well below the 303 and 282 seats it had won in 2019 and 2014, respectively, to have a major-

ity on its own. Meanwhile, leaders of seven countries from South Asia and the Indian Ocean region will attend the swearing-in ceremony.

PM takes charge of the Prime Minister's Office

The Prime Minister, Shri Narendra Modi has taken charge of the Prime Minister's Office on 10th June 2024. Addressing the officers and staff of the Prime Minister's Office, Shri Modi asserted that it has been an endeavour to make the PMO an institution of service and the People's PMO from the very beginning. "We have tried to develop the PMO as a catalytic agent which becomes a source of new energy and inspiration", the Prime Minister said.

Prime Minister Modi said that the Government means new energy of strength, dedication and resolve and expressed confidence that the PMO





is primed to serve the people with dedication. He highlighted that it is not Modi alone who runs the government but thousands of minds that come together and shoulder the responsibilities, and as a result, it is the citizens who become witnesses to the magnificence of its abilities.

Shri Modi underlined that the people who belong to his team have no time constraints, limits to thinking or any set benchmarks for effort. "Entire nation has faith in this team", the Prime Minister said.

The Prime Minister took the opportunity to thank those who have been a part of his team and also exhorted those who wish to join and become a part of the journey of Viksit Bharat for the next 5 years and dedicate themselves to nation-building. "Together, we will achieve the target of 'Nation First' with one intention of Viksit Bharat 2047", the Prime Minister said. He also reiterated that his every moment belongs to the nation.

Prime Minister Modi explained that the combination of desire and stability makes for determination while success is achieved when determination is complemented by hard work. He further added that if one's wish is stable, it takes the form of a resolution whereas a wish that constantly takes new forms is merely a wave.

The Prime Minister expressed the desire to take the nation to new heights and exhorted his team to breach the global benchmark while outperforming the work done for the past 10 years in the future. "We must take the nation to the heights no other nation has ever achieved", Shri Modi exclaimed.

PM Modi highlighted that the prerequisites of success are clarity of thought, faith in conviction and character to act. "If we have these three things, then I don't believe failure will be anywhere near", he added.

The Prime Minister credited the employees of the Government of India who dedicated themselves to a vision and said that they deserve a huge share in the government's achievements. "These elections put a stamp of approval on the efforts of government employees", PM Modi said. He encouraged the team to develop new ideas and boost the scale of the work being done. The Prime Minister concluded the address by throwing light on the secret of his energy and said that a successful person is one that keeps the student within him alive.

The Women Now In Modi Government 3.0 Cabinet

Seven women, including two in the Cabinet role, have been inducted into the new council of ministers in the 18th Lok Sabha. Here's a look at the new women ministers inducted into the council of ministers.

Nirmala Sitharaman

Nirmala Sitharaman, the former finance minister and a key member of PM Modi's 2014, 2019 cabinets, took the oath as part of PM Modi's 3.0 cabinet. She played a pivotal role in significant economic reforms and holds the distinction of presenting six consecutive budgets, setting a record for a female finance minister.



Annपूर्णा Devi

Annपूर्णा Devi, formerly minister of state for Education and BJP national vice-president, won her second term from Koderma, Jharkhand. Once a homemaker, her political career began after her husband's sudden death. She now joins PM Modi's third cabinet, bolstering BJP's OBC support.



Shobha Karandlaje

Shobha Karandlaje, Bengaluru's first ever woman MP, won the 2024 Lok Sabha election from Bengaluru North, defeating Congress's MV Rajeev Gowda. She took oath as part of PM Modi's third cabinet, replacing BJP's D V Sadananda Gowda.



Raksha Khadse

Raksha Khadse, Maharashtra MP, was sworn in as minister of state in PM Modi's third cabinet after winning the 2024 Lok Sabha election



from Raver. She defeated the NCP candidate by 2,72,183 votes. Khadse has served as the youngest MP since her 2014 win.

Savitri Thakur

Savitri Thakur, BJP MP, took oath as minister of state in PM Modi's third cabinet after winning from Dhar, a Scheduled Tribe reserved seat in Madhya Pradesh, by defeating Congress' Radheshyam Muvel with a 2.18 lakh vote margin. She has been a key tribal leader since her election to the district panchayat in 2003 and her 2014 Lok Sabha win.



Nimuben Bambhaniya

Nimuben Bambhaniya, one of BJP's three female winners from Gujarat in the 2024 Lok Sabha elections, has been appointed as a minister of state. She won the Bhavnagar seat by defeating AAP's Umesh Makwana by 4.55 lakh votes. A former teacher and two-term mayor, Bambhaniya hails from the OBC Koli community.



Anupriya Patel

Anupriya Singh Patel, president of Apna Dal (Son-eyal) since 2016, was sworn in as a minister after Prime Minister Narendra Modi's oath-taking at Rashtrapati Bhavan. Representing Mirzapur since 2014, Patel was previously minister of state for Commerce and Industry and Health and Family Welfare.



74 women MPs in 18th Lok Sabha

The 18th Lok Sabha will have 74 women MPs. (13.6%). This is lower than the 78 MPs in the outgoing Lok Sabha (14.4%). BJP has the highest number of women MPs (31) followed by INC (13) and AITC (11). 22 states and UTs have women MPs in the 18th Lok Sabha. The only large state without a woman MP is Kerala.

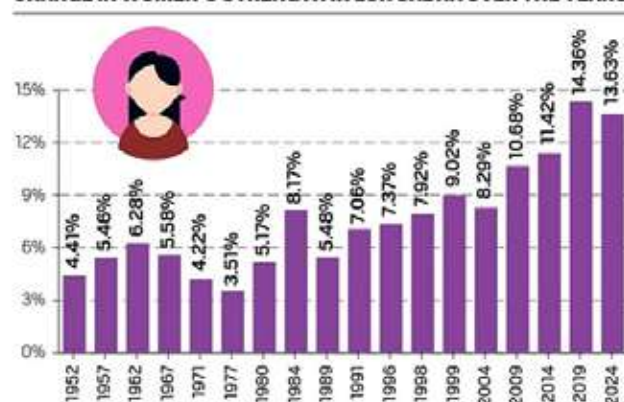
799 women among the 8,352 candidates in the fray (9.57%). Steady upward change in the number and share of women candidates in India's General Elections. From just 556 women candidates in 2009 to 799 in 2024.

According to a factsheet by The Quantum Hub, a New Delhi-based public policy research and consulting firm, it was found that in 150

constituencies (constituting 27.6% of the total), there were no women candidates.

More women candidates emerged

CHANGE IN WOMEN'S STRENGTH IN LOK SABHA OVER THE YEARS



victorious in the election compared to their male counterparts. 74 out of 799 women candidates won the elections (9.3%). Among 7,553 male

candidates, 469 were elected (6.2%). BJP had the highest share of women candidates 15.91%, followed by INC 12.42%, CPI (M) (11.76%), and BSP (7.99%). AAP had no women candidate among its 22 candidates.

West Bengal sent the maximum number of women MPs (11), followed by Uttar Pradesh, Maharashtra (7), and Madhya Pradesh (6). 44 women candidates are first time members of Lok Sabha, out of which 1 MP was previously member of the Rajya Sabha. 56 woman candidates got elected from general seats, followed by 12 and 7 from seats reserved for SCs and STs respectively.

Kriti Devi Debbarmar from

Tripura East (ST) received highest vote share 68.54% and Shobha Karandlaje from Bangalore North seat received Highest no.of votes 9,86,049. Only national parties and state parties managed to get their women candidates elected. No independent woman candidate won the elections.

The average age of women MPs is 50, less than the overall average of 56. 12 are below the age of 40. Among parties with more than 10 women MPs, INCs MP are the youngest with an average age of 46, followed by BJP at 52, and TMC at 53. Baramati (Maharashtra), Secunderabad and Warangal (Telangana) had the highest number of women candidates (8 each), followed by Karur (Tamil Nadu), and Kolkata Dakshin (West Bengal) with 7 candidates each.



President of India presents Padma Awards - 2024

The President of India, Smt. Droupadi Murmu presented 2 Padma Vibhushan, 9 Padma Bhushan and 56 Padma Shri Awards for the year 2024 at the Civil Investiture Ceremony-II held with grandeur in Darbar Hall of the Rashtrapati Bhawan on 9th May.

The Vice President of India, Jagdeep Dhankhar, Prime Minister Narendra Modi, Union Home Minister and Minister of Cooperation, Amit Shah, many Ministers of the Union and other dignitaries were present on the occasion.

President Droupadi Murmu presents Padma Vibhushan in the field of Art to Dr. Vyjayantimala Bali. She is a renowned Bharatanatyam dancer and played leading roles in popular Hindi and Tamil movies. She is the recipient of numerous awards and honours. Dr. Vyjayantimala Bali has also served the nation as a Member of Parliament.

Murmu conferred Padma Bhushan in the field of Public Affairs upon Justice Ms. M. Fathima Beevi posthumously. She was an eminent jurist and the first woman Judge in the Supreme Court of India. She was a champion of women's rights. Her commitment to justice and equality will continue to inspire generations.

President Droupadi Murmu presents Padma Shri in the field of Social Work to Smt. Sano Vamuzo. She is a social worker and an educationist. Smt. Vamuzo has worked on wide-ranging issues such as women rights, drug and alcohol abuse, education, health, economic exploitation and deforestation.

President Droupadi Murmu presents Padma Shri in the field of Art to Smt. Daliparthi Umamaheswari. She is a Harikatha artiste of Telugu and Sanskrit languages. Smt. Umamaheswari also trains and inspires many female stu-

dents to take up Harikatha as a profession.

President Droupadi Murmu presents Padma Shri in the field of Literature & Education to Smt. Gouri Lakshmi Bayi Thampuratty. She is an accomplished writer. Smt. Thampuratty's work focusses on Indian culture and history.

President Droupadi Murmu



presents Padma Shri in the field of Trade & Industry to Smt. Shashi Soni. She is an entrepreneur engaged in many fields such as defence manufacturing, information technology and semiconductor packaging. Smt. Soni is also a social activist and philanthropist working for the welfare of people.

President Droupadi Murmu presents Padma Shri in the field of Art to Smt. Silbi Passah. She is a renowned artist and a Hindi teacher. Through her artistic performances, Smt. Passah has showcased the rich cultural heritage of Meghalaya.

President Droupadi Murmu confers Padma Shri in the field of Medicine to Dr. G. Natchiar. She is an eminent ophthalmologist working with a vision to eliminate needless blindness by pro-

viding quality, compassionate, and affordable eye care to all. She has also been empowering young women from rural backgrounds by providing them training to become eye care professionals.

President Droupadi Murmu presents Padma Shri in the field of Social Work to Ms. Chami Murmu. She is an environmentalist



working to replenish the forests. She is popularly known as the 'Lady Tarzan' of Jharkhand. In the last decade, more than two million trees have been planted under her supervision.

President Droupadi Murmu confers Padma Shri in the field of Art to Smt. Anupama Hoskere. She is a master puppeteer. Smt. Hoskere has also established a puppet museum that has a curated collection of unique puppets from India and the world.

President Droupadi Murmu presents Padma Shri in the field of Yoga to Smt. Charlotte Chopin. She is a renowned French yoga teacher. Smt. Chopin has been teaching yoga for more than four decades and is still active as a yoga teacher at the age of 101.

President Droupadi Murmu-

confers Padma Shri in the field of Sports to Ms. Joshna Chinappa. She is an accomplished Squash player who has brought laurels to the country by winning medals in international tournaments. She, along with her teammate, won India's first gold medal ever in squash in women's doubles at Commonwealth games in Glasgow.

President Droupadi Murmu presents Padma Shri in the field of Agriculture to Smt. K. Chellammal. She is an organic farmer from Andaman & Nicobar Islands. She is known as "Naryalamma" because of her sustainable and profitable coconut-based cropping system. She promotes agro tourism and has introduced innovative solutions for many crop production related issues.

President Droupadi Murmu confers Padma Shri in the field of Art to Smt. Smriti Rekha Chakma. She is an expert artisan and designer of the ethnic textiles of Tripura. Smt. Chakma has also been working to provide education and training to rural women and make them financially self-reliant.

President Droupadi Murmu presents Padma Shri in the field of Social Work to Smt. Parbati Barua. She is India's first female elephant Mahout. She has overcome gender stereotypes and earned the nickname 'Hasti Kanya'. Smt. Barua is also an animal conservation activist. She has been giving training and assistance to officials and Mahouts, which has helped decrease human-elephant conflicts.

After the Investiture Ceremony, Union Home Minister and Minister of Cooperation, Shri Amit Shah and other Union Ministers interacted with the Padma Awardees at a dinner hosted by the Home Minister at his residence in New Delhi.



Telangana formation Day

Telangana celebrated with grandeur as the state reached its ten-year milestone



The anniversary of Telangana's formation was celebrated with grandeur as the state reached its ten-year milestone.

The day marking the establishment of Telangana was marked with grandeur as the state celebrated its 10th anniversary. The event was graced by the presence of Telangana Governor C P Radhakrishnan, Chief Minister A Revanth Reddy, and other dignitaries on June 2nd, 2024.

Hon'ble Chief Minister Sri A. Revanth Reddy paid tributes to Telangana martyrs at Martyrs Memorial, Gun Park and hoisted the National Flag at Parade Grounds on the occasion of Telangana State Formation Day. Later Hon'ble CM addressed the gathering.

Chief Minister A Revanth Reddy took a moment of silence at Babasaheb Ambedkar's statue at the Tank Bund before being joined by the Governor. The Chief Minister and the Governor then

toured the stalls operated by women's self-help groups. The festivities featured performances by artists of traditional Telangana arts, a display of 'flag walk' by aspiring police officers carrying National Flags, a vibrant fireworks and laser light show, among other highlights.

The newly adopted state anthem, 'Jaya Jaya he Telangana', written by acclaimed Telangana poet Ande Sri and composed by the Grammy Award-winning music director M M Keeravani, was performed at the event. Despite the rain, the participants remained undeterred in their celebration. Chief Minister Reddy also attended a formal function hosted by the state government at the Parade Ground earlier in the day.

Governor Radhakrishnan was in attendance at the state formation day ceremony at the Raj Bhavan, while the celebrations extended to the Secretariat and other governmental buildings in the city. The day was also observed in the offices of political parties like BJP, BRS, CPI, among others, and throughout the city.

Telangana state Formation Day: Date, history and significance

Telangana State Formation Day is observed on June 2nd every year to mark

the establishment of the state of Telangana. Here's a detailed overview of its date, history, and significance:

Date: Telangana State Formation Day is celebrated on June 2nd.

History : Demand for Statehood: The demand for a separate state of Telangana stemmed from long-standing socio-economic and political grievances of the region, which felt marginalized within the larger state of

Andhra Pradesh. After years of deliberation and political negotiations, Telangana was officially carved out of Andhra Pradesh as India's 29th state on June 2nd, 2014, under the Andhra Pradesh Reorganization Act, 2014.

Significance : Cultural and Identity Celebration: Telangana State Formation Day is significant as it celebrates the distinct cultural identity and heritage of the Telangana region.

Political Empowerment : The formation of Telangana fulfilled the aspirations of the people for self-governance and regional development, marking a significant milestone in Indian federalism.

Development and Progress : Since its formation, Telangana has focused on accelerating economic growth, infrastructure development, and improving the quality of life for its residents.

Annual Celebrations : On this day, celebrations typically include cultural events, flag hoisting ceremonies, parades, and speeches that reflect on the state's achievements and future aspirations.

Telangana State Formation Day is not only a commemoration of historical significance but also a celebration of unity, progress, and the spirit of the people of Telangana.



Andhra Pradesh.

Movement for Statehood : The Telangana movement gained momentum over decades, marked by protests, strikes, and political activism advocating for a separate Telangana state.

Formation : After years of



Military Nursing Service celebrates International Nurses Day

International Nurses Day 2024 was celebrated on 11 May 2024 at Ayurvigyan Auditorium, Army Hospital (R & R). Maj Gen Kanwarjit Singh, Offg Commandant Army Hospital (R&R) attended the occasion as the Chief Guest. Maj Gen Sheena P D, Principal Matron welcomed the gathering.

International Nurses Day is celebrated across the world, every year on the birth anniversary of Florence Nightingale to mark the contributions of nurses towards society.

The International Council of Nurses has declared the theme for this year as 'Our Nurses Our Future, The Economic Power of Care' and the theme was unveiled by Maj Gen I D Flora, Addl DGMNS. To commemorate the occa-



sion, a debate on 'Artificial Intelligence in Nursing: Boon or a Bane' and a panel discussion on the theme was conducted. The eminent panellists discussed various aspects including challenges in the nursing profession, approaches to empower nurses, the leadership role of nurses, nursing education, digitaliza-



tion in healthcare, nurse burn out, etc.

The Chief Guest felicitated the panelists and awarded the meritorious Nursing Officers with Appreciation certificates. Capt Deepa Shajan was awarded with the Pushpa Ranjan Award. The Chief Guest also addressed the gathering and motivated them to uphold the professional standards and ethos set by Military Nursing Officers. He complimented the MNS Officers for working tirelessly in endless shifts taking care of patients with utmost compassion and empathy.

India's historic show at Cannes

Payal Kapadia wins Grand Prix Award for her film 'All We Imagine as Light'

India's performance at 77th Cannes Film Festival has been phenomenal with 2 filmmakers, an actress and a cinematographer won top awards at the world's leading film festival. As one of the largest film producing Nation with a thriving Film industry, Indian Film makers have fetched huge accolades at his years' Cannes.

For the first time in 30 years an Indian film, Payal Kapadia's 'All We Imagine as Light' which centers around the lives of two nurses, was nominated for the Palme d'or, the highest award in the festival. Kapadia's film won the Grand Prix, the second position in the category. With this win Payal Kapadia, a FTII alumna, becomes the first Indian to bag this prestigious award. This comes after 30 years when Shaji N Karun's 'Swaham' competed for highest honour.

Payal's film was granted official Indo-French co production status by the Ministry of Information and Broadcasting, under the signed Audio-Visual treaty between India and France. Permission for shooting of the film was also granted by the Ministry in Maharashtra (Ratnagiri and Mumbai). The film received Interim approval for 30% of the Qualifying Co-production expenditure under the Incentives Scheme of the Government of India for Official Co-production.

Film and Television Institute of India's student Chidananda S Naik bagged the first prize in the La Cinef section for "SUNFLOWERS WERE THE FIRST ONES TO KNOW", a 15-minute short film based on a Kannada folklore. This FTII film is a production of the FTII's TV Wing's One-year program where four students from different disciplines i.e. Direction, Electronic Cinematography, Editing, Sound worked together for one project as a year-end coordinated exercise. Before joining FTII in 2022, Chidananda S Naik was also selected as one of the 75 Creative Minds at 53rd International Film Festival of India (IFFI), an initiative of Ministry of I&B to recognize and support budding young

artists in the field of Cinema. It is important to note that an India-born Mansi Maheshwari's Bunnyhood, an animated film, bagged the third prize in the La Cinef Selection.

The Festival celebrated the work of world famous Director Shyam Benegal. After 48 years of its release in India Benegal's 'Manthan', preserved at the National Film Archives of India (NFDC-NFAI under Ministry of Information and Broadcasting) and restored by the Film Heritage Foundation, was showcased at Cannes in the classic section.

The much renowned Cinematographer Santosh Sivan, known for his rich body of work in Indian cinema became the first Asian to be awarded the prestig-



ious Pierre Angé-nieux Tribute award at the 2024 Cannes film festival in recognition of his "career and exceptional quality of work". Another individual who made history at Cannes is Anasuya Sengupta as she became the first ever Indian to win the Best Actress award for her performance in 'The Shameless' in the 'Un Certain Regard' category.

Another independent film maker who shines at Cannes was Maisam Ali, also a FTII alumna. His film "In Retreat" was screened at the ACID Cannes sidebar programme. It was the first time an Indian film was screened in the section run by the Association for the Diffusion of Independent

Cinema, since its inception in 1993.

As we witnessed a historic year for Indian Cinema at 77th Cannes Film Festival, Film and Television Institute of India has a special reason for celebrating its accomplishments as its Alumni such as Payal Kapadia, Santosh Sivan, Maisam Ali and Chidananda S Naik shines at Cannes. FTII is an autonomous institute under Ministry of Information and Broadcasting, Government of India and functions as a society with the financial support from Central Government.

The priority of Central government to promote film sector by way of facilitation through single window clearance, joint production with different countries, supporting education in the field of Cinema through its autonomous institutes such as Film and Television Institute of India and Satyajit Ray Film and Television Institute or multifaceted efforts in establishing India as the content hub of the world all are bringing positive impact at National and International stage.

Further, this year The Bharat Pavilion set up by NFDC under the aegis of Ministry of Information and Broadcasting at the Cannes Film Festival was the Center Point of a multitude of activities throughout the festival days. The Pavilion acted as a platform and a catalyst for Indian filmmakers, producers, film companies to discuss projects with international film corporations, producers and buyers, through a series of meetings and panel discussions. More than 500 B2B meetings were held at the Pavilion through the course of the festival, which hold the promise of future collaborations and co-productions.

It was also for the first time that India hosted the Bharat Parv in Cannes, an evening that celebrated India's presence on the global stage as a content hub and an emerging creative economy. More than 250 delegates from across the world participated in this event that saw the official launch of the 55th IFFI poster.



The IndiaSkills Competition 2024, which held from 15th to 19th May 2024 at Yashobhoomi, Dwarka has been witnessing increased participation of women in trades that were previously dominated by men. Female participants are competing head-to-head with their male counterparts, showcasing a lot of fervor and enthusiasm, and proving that skill and talent know no gender boundaries.

This year, IndiaSkills is witnessing

participating in trades like Logistics & Freight Forwarding, Web Technologies, Visual Merchandising, Fashion Technology, Graphic Design Technology, Painting and Decorating, Electrical Installations, Industrial Design Technology, and Renewable Energy. The competition is also offering a platform to provide equal opportunities. In previous years, Plumbing & heating skill witnessed participation by a female candidate. Landscape garden-

“IndiaSkills 2024 has seen a remarkable increase in women’s participation, showcasing their immense talent and resilience. This growing representation is not just a testament to their skills but also a significant step towards a more inclusive and equitable future for our nation,” said Sonu Lather, winner of IndiaSkills 2022 and jury member of IndiaSkills 2024.

KirteparnaSadangi, a participant in IndiaSkill 2024 from Odisha said that she was inspired by the previous year’s competitor RinkiMaha-to. “If I get the chance to jet off to France, I am determined to paint our tricolour proud on the global stage,” she added.

skills are driving innovation, enhancing productivity, and positioning India as a global leader in the digital economy,” said Akshat Marathi from Maharashtra, jury of Autonomous Mobile Robotics.

Winners of IndiaSkills 2024, with the help of best industry trainers, will prepare for the WorldSkills Competition scheduled to take place in Lyon, France in September 2024 and will bring together 1,500 competitors from over 70 countries. This year, early trends further predict that India will win medals in automobile, hospitality, mechatronics, and water technology in WorldSkills.

Alongside the trainers, the competitors are being guided by winners of previous WorldSkills. This is not only helping them to understand the nuances of the trade but also helping them gain that extra edge. The National Skill Development Corporation (NSDC), working under the aegis of MSDE, is implementing the event and it will conclude on 19th May with a grand closing ceremony.

This year the participants will have the opportunity to earn credits, within the National Credit Framework. All skills showcased in both the World-

Women Shine at India Skills 2024

170+ Women participate in male-dominated trades in IndiaSkills 2024

the participation of 900+ candidates from 30+ States and Union Territories in 61 skills and 400+ industry experts. More than 170 women are

ing skill had two all-women teams. Visual merchandising was female dominated too. Mobile robotics also saw a team of two girls.



New-age skills like Autonomous Mobile Robotics, Automobile Repairing, Cloud Computing, and Mechatronics are also garnering a lot of popularity in this edition of IndiaSkills 2024. Candidates are participating in these emerging trades with lot of zeal and determination. New-age skills are becoming crucial for bolstering the country’s economy by driving innovation, enhancing productivity, and expanding job opportunities. These skills are fostering a vibrant start-up ecosystem, creating new roles, and attracting foreign direct investment, all of which contribute to economic growth. Additionally, proficiency in digital and technological skills enhances the country’s export capabilities, supports sustainable development through green technologies, and improves overall living standards through smart infrastructure.

“IndiaSkills 2024 highlights the pivotal role of new-age skills in shaping our future, with participants demonstrating expertise in cutting-edge technologies. These

Skills and IndiaSkills Competitions are meticulously aligned with the National Skills Qualification Framework (NSQF), empowering participants to creditize their learning outcomes and lead a thriving career in their chosen fields. It is also the first time that IndiaSkills has incorporated a competition information system called Qrencia.

About 2.5 lakh candidates registered for the competition on the Skill India Digital Hub (SIDH) Portal, out of which 26,000 were shortlisted through a process of pre-screening. This data was shared with the states for organising the state and district level competition, out of which 900+ students were further shortlisted for IndiaSkills National competition.

This year, IndiaSkills is supported by more than 400 Industry and Academic Partners like Toyota Kirloskar, Autodesk, JK Cement, Maruti Suzuki, Lincoln Electric, NAMTECH, Vega, L’Oréal, Schneider Electric, Festo India, Artemis, Medanta, and Cygnia Healthcare.

World Cocktail Day is celebrated annually on May 13th. It's a day to celebrate the art and craft of cocktails, whether you're a professional mixologist or a home bartender. Modern women have made significant contributions to the field of mixology, bringing creativity, innovation, and skill to the craft of cocktail making. In recent years, there has been a noticeable rise in the number of Indian women making their mark in the world of mixology. These talented individuals are breaking stereotypes and making significant contributions to the cocktail scene both in India and internationally. Here are a few notable examples: Shatbhi Basu, she is a pioneering figure in the Indian bartending and mixology scene. She is often referred to as the "First Lady of Indian Bartending" or the "Queen of Indian Cocktails." Basu began her

career in the late 1980s when the concept of professional bartending was relatively new in India.

Over the years, Basu has made significant contributions to the field, including setting up India's first bartending academy, STIR, in 1999. She has also trained countless bartenders and has been instrumental in raising the profile of Indian bartending on the global stage. Basu has won numerous awards for her bartending skills and has been a judge at several prestigious international cocktail competitions. She is known for her innovative approach to mixology, often incorporating Indian flavours and ingredients into her cocktails.

In addition to her work as a bartender and educator, Basu is also a prolific writer, having authored several books on bartending and cocktails. She continues to be a respected figure in the industry and is an inspiration to many aspiring bartenders, especially women, in India. The next in line of women mixologist is Ami Shroff, she is a talented mixologist based in Mumbai, India. She has made a name for herself in the Indian bartending scene with her innovative cocktail creations and passion for using fresh, local ingredients. Ami has worked at some of Mumbai's top bars and restaurants, where she has gained a reputation for her creative flair and attention to detail.

Ami is known for her ability to create unique and flavourful cocktails that often incorporate Indian spices,

tor, conducting cocktail master-classes and workshops to share her knowledge and expertise with aspiring bartenders. She is a strong advocate for the craft of bartending and is dedicated to pushing the boundaries of mixology in India.

Picture courtesy: Ami Shroff Facebook Page

These women, among others, are not only changing the perception of bartending as a male-dominated profession but are also adding a unique Indian touch to the world of mixology with their creative flair and innovative approach. These women, along with many others, have helped to shape the modern cocktail landscape and continue to inspire and mentor the next generation of bartenders. Their contributions highlight the important role that women play in the world of mixology and the impact they have

The cocktail culture began to flourish in the United States, with the rise of cocktail lounges and bars. Bartenders started experimenting with different ingredients and techniques, leading to the creation of many classic cocktails that are still popular today, such as the Martini, Manhattan, and Daiquiri. The 1920s and early 1930s saw the Prohibition era in the United States, during which the production and sale of alcoholic beverages were banned. This



Women in Mixology

Celebrating World Cocktail Day

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herbs, and fruits. Her cocktails are not only delicious but



also visually stunning, often served with elaborate garnishes and presentations.

In addition to her work behind the bar, Ami is also a passionate educa-

tor, conducting cocktail master-classes and workshops to share her knowledge and expertise with aspiring bartenders.

THE HISTORY OF COCKTAILS: The history of cocktails is a fascinating journey that spans centuries and continents. The term "cocktail" is believed to have originated in the United States in the early 19th century, but mixed alcoholic drinks were consumed long before that. In the 1700s, punches and toddies were popular, often made with spirits, water, sugar, and spices. The first written definition of a cocktail appeared in 1806 in a New York newspaper, which described it as a combination of spirits, sugar, water, and bitters. This laid the foundation for what would become known as the "Old Fashioned" cocktail.

led to the rise of speakeasies, illegal bars where people could still enjoy cocktails and other alcoholic drinks. After Prohibition was repealed in 1933, the cocktail culture continued to evolve. The mid-20th century saw the rise of Tiki culture, popularized by bars like Trader Vic's and Don the Beachcomber, which introduced exotic and fruity cocktails like the Mai Tai and Piña Colada.

In recent decades, there has been a resurgence of interest in classic cocktails and craft bartending. Bartenders are once again focusing on quality ingredients, artisanal spirits, and creative techniques to create innovative and delicious cocktails.

Today, cocktails are enjoyed all over the world, and new recipes and variations continue to be created, keeping the cocktail culture alive and vibrant.

Department of Telecommunications (DoT), Ministry of Communications, has issued an advisory to citizens to not to take fake calls being received by the citizens wherein callers are threatening to disconnect their mobile numbers, or their mobile numbers are being misused in some illegal activities.

The DoT had also issued advisory about WhatsApp calls from foreign origin mobile numbers (like +92-xxxxxxx) impersonating government officials and duping the people.

Cyber criminals through such calls try to threaten or steal personal information to carry out cyber-crime/financial frauds. The DoT/TRAI does not authorise anyone to make such call on its behalf and has advised people to stay vigilant and report such fraud communications at 'Chakshu - Report Suspected Fraud Communications' facility of Sanchar Saathi portal (www.sancharsaathi.gov.in/sfc). Such proactive reporting helps DoT in prevention of misuse of telecom resources for cyber-crime, financial frauds, etc.

The DoT also advises citizens to report at cyber-crime hel-

pline number 1930 or www.cybercrime.gov.in in case of already a victim of cyber-crime or financial fraud.

Various measures have been taken to combat suspected fraud communications and to curb cybercrime activities:

- Under CHAKSHU facility, 52 Principal Entities, involved in sending malicious and phishing SMSs to the citizens have been blacklisted.
- 700 SMS content templates have been deactivated. 348 mobile handsets blacklisted on pan-India basis across all telecom operators.
- 10,834 suspected mobile numbers flagged for re-verification to the telecom operators out of which 8272 mobile connections disconnected failing re-verification till 30th April 2024.
- 1.86 lakh mobile handsets blocked on pan India basis for involvement in cybercrime/financial frauds.
- Advisories have been issued on a regular basis for the public to create awareness on fake notices impersonating DoT/TRAI, suspected fraud communications and malicious calls via press, SMS, and social media.

FAKE CALLS
Don't take any calls threatening to disconnect your mobile on behalf of DoT/TRAI

Defence Research and Development Organisation (DRDO) celebrated the National Technology Day 2024 by organising various lectures and orations in its laboratories & establishments on May 10, 2024. On this occasion, Secretary, Department of Defence R&D and Chairman DRDO Dr Samir V Kamat presided over a special function organised by Defence Science Forum (DSF), Delhi.

In his address, the Chairman DRDO greeted the scientists & technologists



and appealed to them to rededicate themselves in the service of the nation by providing cutting-edge technologies for making the country strong and self-reliant.

Former GM of Integral Coach Factory, Chennai Shri Sudhanshu Mani was the Chief Guest of the function. Chief Technologist for Amazon Web Services

SmtShalini Kapoor was the Guest of Honour. Shri Sudhanshu Mani delivered his keynote address on the topic 'Leadership and innovations in large organisations: some takeaways from Van-

de Bharat/Train 18 Project'. The other keynote address was given by SmtShalini Kapoor on 'Future trends in AI and Digital Transformations'.

Convener DSF and Director General (Life Sciences) Dr UK Singh, in his welcome address, brought out the importance of AI in R&D and the need for an innovative leadership style in large

organisations like DRDO.

A total of forty-five oration papers were received from various DRDO laboratories and establishments, out of which best three papers were selected for presentation. The DRDO Technology Day Spectrum was also released on the occasion. A monograph titled 'Investigations on failures of defence hardware components: Fundamentals and case histories' authored by former Scientist 'G', Defence Metallurgical Research Laboratory Dr KP Balan was unveiled. DRDO publications namely DRDO Newsletter (2024); Defence Science Journal (May, 2024), and the Defence Scientific Information & Documentation Centre (D E S I - DOC) Journal of Library science and information technology

were also released. In addition, Commendation Certificates were given to DRDO scientists on the occasion. National Technology Day Orators were also felicitated.

National Technology Day is celebrated on May 11 every year to remember the successful nuclear test conducted by India and recognise & honour the significant contributions of scientists and engineers who have played a crucial role in the country's technological progress. It also serves as a reminder of the importance of science and technology in nation-building.



Kareena appointed Unicef Ambassador

In its 75th year of partnership with India, UNICEF India today announced the appointment of one of the most iconic stars of Indian Cinema, Kareena Kapoor Khan as the organization's National Ambassador. In her role, Kareena Kapoor Khan will support UNICEF India in furthering every child's right to early childhood development, health, education and gender equality. As UNICEF India's Celebrity Advocate since 2014, Kareena Kapoor Khan has been a strong advocate for girls' education, gender equality, foundational learning, immunization and breastfeeding. During the COVID-19 pandemic, Khan advocated for children's learning and returned to school once they reopened. She has been an instrumental support in several UNICEF's global campaigns on #EveryChildRights. On her conferment as UNICEF India National Ambassador, Kareena Kapoor Khan said, "There are few things as important as the rights of children, the future generation of this world. I am honoured to continue my association with UNICEF now as India's National Ambassador. I will strive to use my voice and influence

for vulnerable children and their rights, especially around early childhood, education and gender equality. For every child deserves a childhood, a fair chance, a future." In the same event, UNICEF India also announced the appointment of its first ever Youth Advocates, who are peer leaders and champions on issues like climate action, mental health, innovations and Girls in STEM.



between 16 to 24 years the four advocates have specific areas of interest. Gauranshi Sharma from Madhya Pradesh on right to play and disability inclusion, KartikVerma from Uttar Pradesh on climate action and child rights advocacy, Nahid Afrin from Assam on mental health and early childhood development and VinishaU-

mashankar, from Tamil Nadu is a budding innovator and STEM pioneer. These youth advocates are part of UNICEF's global programme and join a cohort of more than 93 youth advocates have been appointed across the globe and are driving change on issues concerning children and young people. Speaking on his appointment as youth advocate, KartikVerma, said, "Youth can lead the change in India. As the UNICEF India Youth Advocate, I will use my voice to amplify concerns and perspectives of children and young people especially those from marginalized and vulnerable communities to different stakeholders." "I am very happy at being appointed as UNICEF India's Youth Advocate. It's a great opportunity for me to use my voice to amplify issues that many young people are dealing with including mental health," said Nahid Afrin youth advocate from Assam. Speaking at the conferment event UNICEF India Representative Cynthia McCaffrey said, "UNICEF is delighted to welcome Kareena Kapoor Khan as our National Ambassador building on her years of commitment to advance children's rights. She has brought energy and impact through her support to sev-

eral national and global campaigns. She joins as UNICEF India National Ambassador together with our four Youth Advocates to the UNICEF family. We look forward to working with her and the four youth advocates to continue advocating for child rights" "Over the seven and a half decades, as a proud and passionate partner, UNICEF supported Government of India led programmes and milestones that benefited millions of children and young people. Marking the valued partnership of UNICEF with India@75 ushers an opportunity for renewal and recommitment to a vision for children in the coming years and decades. "In this spirit of partnership, UNICEF's engagement with popular National Ambassadors, celebrity and youth advocates will continue to build a promising future for all children," added McCaffrey. Note: Global, Regional and National Ambassadors are among the most recognizable faces of UNICEF. As prominent personalities from the worlds of art, music, film, sport and more, they play a critical role in shining a light on the challenges children face around the globe. Ambassadors volunteer their time to raise awareness and mobilize support, helping UNICEF to reach the most disadvantaged children and adolescents with lifesaving help and hope.

amazing women leaders resonated at the United Nations Headquarters

May 3, 2024, marked a momentous occasion as the powerful voices of women representatives resonated within the hallowed halls of the United Nations Headquarters. Elected women representatives (EWRs) from India's Panchayati Raj Institutions took centre-stage at the CPD57 Side Event titled "Localizing the SDGs: Women in Local Governance in India Lead the Way", captivating the audience with their inspiring stories and transformative initiatives. Three iconic women Panchayat leaders – Smt. Supriya Das Datta, Smt. KunukuHemaKumari and Smt. Neeru Yadav – inspired with their ground-breaking work empowering women and girls through initiatives ranging from combating child marriage, promoting education, financial inclusion, livelihood opportunities, environmental sustainability, and sports. Their stories exemplified the tenacity and impact of women's leadership in realizing the SDGs.

The Permanent Mission of India to the United Nations and the Ministry of Panchayati Raj jointly organized the Side Event in collaboration with the United Nations Population Fund (UNFPA) on 3rd May, 2024 at the UN Headquarters Secretariat Building in New York. The Side Event was organized as a part of the fifty-seventh session of the United Nations Commission on Population and Development (CPD57).

Ambassador Ruchira Kamboj set the tone for the event, highlighting India's unique Panchayati Raj system as a beacon of decentralized power and direct democracy. Ambassador Ruchira Kamboj set the context by highlighting India's unique system of decentralized rural local self-government through Panchayati Raj as a sterling example of direct democracy that facilitates active people's participation. With more than 1.4 million Elected Women Representatives (EWRs), India's journey with the Panchayati Raj system is a narrative of empowerment, inclusion and progress, particularly highlighting the strides made in women's leadership. Ambassador Kamboj emphasized the meticulous alignment of local planning processes with the Sustainable Development Goals (SDGs), with a special focus on addressing women's issues.

Shri Vivek Bharadwaj, Secretary, Ministry of Panchayati Raj, while shedding light on the robust democratic system in India and rich and old tradition of rural local self-government making India as 'mother of democracy', emphasized India's commitment to empowering women in local governance, with over 46% of elected representatives being women; and how Gram Panchayats are localizing the SDGs through thematic annual plans backed by resources and technological interventions like geotagging, Audit Online for transparency and initiatives like Panchayat Development Index to assess the overall holistic development, performance and progress of Panchayats. Empowering women at the grassroots level is pivotal for the advancement, vibrancy, and deepening of democracy and accelerating progress on the SDGs, added Shri Bharadwaj. He highlighted the innovative approaches taken by Pan-

They articulated the challenges and struggles they faced and overcame in their journey of leadership.

Smt. Supriya Das Datta highlighted initiatives aimed at empowering women and girls, including the construction of separate restrooms in government offices and the exponential growth of Self-Help Groups (SHGs) from 600 to almost 6,000 under her leadership. She underscored the importance of initiatives aimed at amplifying women's voices and ensuring that their issues are not only heard but also acted upon, highlighting the impactful initiative – 'Your Story Must Be Told'.

Smt. KunukuHemaKumari emphasized the importance of creating an enabling environment for women through access to health, education, and financial resources, driving towards financial independence and higher education.

Smt. Neeru Yadav showcased ini-

The Deputy Permanent Representative of Norway to the United Nations Ambassador Mr. Andreas Lovold highlighted the importance of women's leadership in local governance as a catalyst for development, particularly in economic development. He emphasized Norway's experience with women's leadership in local governing bodies and the positive impact and results it has yielded. Also, he praised India's women-led development as an inspiration to the global community.

UNFPA Regional Director Mr. Pio Smith commended India's robust progress in reducing inequalities through transformative women's leadership at all levels. Noting this is both a moral imperative and strategic necessity, he emphasized UNFPA's role in promoting gender-sensitive policies and capacity building of women leaders. Ms. Andrea M. Wojnar, UNFPA India Representative highlighted that India's success is crucial for the world's success in achieving the SDGs, stating that If India succeeds, then the world succeeds in achieving the SDGs. She also commended the brochure on the Panchayat Development Index brought out by the Ministry of Panchayati Raj. Shri Alok Prem Nagar, Joint secretary, Ministry of Panchayati Raj underlined that the fervor, zeal, and commitment of elected women representatives of Panchayats serve as a beacon, inspiring and influencing others to speed up action on the SDGs.

The CPD57 Side Event underlined the invaluable contributions of women in local governance towards achieving the SDGs. It sparked a global demand for exporting India's Panchayati Raj model as an effective system of local governance, inviting interested foreign delegations to witness the brilliance and innovation of India's Panchayati Raj system and Panchayati Raj Institutions firsthand. The CPD57 Side Event created global demand to learn from and institutionalize the successful Panchayati Raj model of local governance led by women. As Ambassador Kamboj stated, this system has revolutionized development with women at the forefront across health, education, sanitation and livelihoods in India.



chayati Raj Institutions in leveraging technology for development and policy interventions to ensure economic empowerment, citing examples like "Drone Didi" and "LakhpatiDidi" initiatives of the Central Government.

The event featured impactful interactive presentations by three iconic women Elected Representatives namely Smt. Supriya Das Datta from Tripura, Smt. KunukuHemaKumari from Andhra Pradesh, and Smt. Neeru Yadav from Rajasthan, who shared their experiences and innovations in local governance and advancing the Localization of SDGs in many thematic areas. From combating child marriages to promoting health, education, livelihood opportunities, and environmental sustainability, these women exemplified the transformative power of grassroots leadership.

tiatives promoting environmental sustainability, including the Swachh Bharat Abhiyan and efforts to curb plastic usage, demonstrating the critical role of women in building a cleaner and greener future. She mentioned her efforts and successes in inculcating sporting spirit among the girls and nurturing leadership in them.

The event witnessed keynote speakers including Deputy Permanent Representative of Norway to the United Nations Ambassador Mr. Andreas Lovold, and representatives from UNFPA, including Mr. Pio Smith, UNFPA Asia Pacific Regional Director, Ms. Diene Keita, Deputy Executive Director (Programme), UNFPA and Ms. Andrea M. Wojnar, UNFPA India Representative, who commended India's efforts in advancing gender equality and localizing the SDGs.

You don't need anything fancy to set new habits. Use these ideas to keep your health on track.

Improving your health doesn't have to be fancy, costly or complicated. There are plenty of free and simple ways to get your health on track. And you can feel good doing it.

Here are five ways that you can improve your health for free:

1. Take regular walks : Physical activity is an important part of good health. Walking is one easy way to do it. Consider a stroll around your neighborhood, head to one of the region's beautiful parks or find other ideas for adding movement to your day.

2. Try to stick to a sleep schedule : Studies suggest that a regular sleep schedule can help your

daily rhythm. It can give you the energy you need when you need it. It also gives your body and mind a chance to relax and can boost your mood. Get

5 ways to improve your health for free

tips on setting good sleep habits.

3. Practice yoga or floor exercises: Many places offer classes, but you can also do this on your own. You can find free instructional videos online to help you try yoga or floor exercises — whether

you're a beginner or more advanced. Watch these stretching exercises.

4. Take a break from screens : Many studies have shown that looking at a screen for long periods of time can affect your health. How? It could be anything from tired eyes to stiff joints from sitting to anxiety from feeling disconnected with other people. Experts urge parents to limit screen time for children to two hours per day. Adults benefit from the same guideline. Consider how your household can balance screen time with other activities.

5. Create new habits : This could be as simple as making a to-do list each day or doing a 15-minute stretch before bed. No matter what you choose, getting into a regular routine can benefit both your mental and physical health.

Umeed Niketan Inaugurated by president air force family welfare association

Mrs. Neeta Chaudhari, President Air Force Family Welfare Association visited Base Repair Depot Air Force Palam on 17 May 2024 and inaugurated Umeed Niketan, an advanced Therapy Centre for children with special needs. Mrs. Neeta Chaudhari and other esteemed dignitaries were received by Air Commodore Harsh Bahl, Air Officer Commanding, Depot and Wing Commander (Mrs) Reena Bahl (Retd) President Air Force Family Welfare Association (Local). The Umeed Niketan has been conceived and conceptualized to create a nurturing environment where children with special needs can think, grow and learn to develop life skills through recreational activities tailored to their unique abilities. From sensory exploration, speech therapy to adaptive sports and interactive immersive experience, the center offers diverse range of programmes designed to promote physical, emotional and social well-being of special children. The Umeed Niketan would cater to nearly 55 especially abled children who are helped by a trained special educators. The inauguration was held in a befitting manner and was attended by all the regional Presidents of Air Force Family Welfare Associations from across the country.



dedicated team of In addition, spouses of all senior Air Marshals from Delhi area were also present to witness this heart-warming inauguration. This special event underscores IAF's ongoing commitments for improving the facilities for the welfare of the Air Force families.



Workshop on Self Defence

Joint Secretary, MDoNER, Smt Anuradha S. Chagti Chairperson of the Internal Complaints Committee along with Ms Monalisa Dash JS, Smt Suchita Gupta, SA held a session with all women employees of the Ministry of Development of North Eastern Region and CISF officers posted in



Vigyan Bhawan Annexe complex on women related issues including self-defence techniques. The external member of the committee Ms Vaishali Dhoot was also in attendance along with other members of the committee. Ms Dhoot is CEO of Streebal Foundation. She is a veteran Self-Defence Instructor and 4th DAN Black Belt Achiever in Taekwondo Martial Arts. The comprehensive session covered basic techniques, situational awareness, punches, blocks, and other self-defence techniques. Ms. Dhoot emphasized the importance of prioritizing self-care and encouraged every woman to dedicate at least 10 minutes daily to exercise and self-defence training. She highlighted that these skills not only ensure personal safety but also enable women to support and protect others.



'Yoga Mahotsav'

Thousands of yoga enthusiasts from all walks of life participated in Bodh Gaya

For International Day of Yoga 2024, the countdown event concluded with a mega yoga demonstration in Bodh Gaya, Bihar. This mega event was organized at Magadh University, Bodh Gaya, Bihar. In this event which started in early morning with the rising sun on 27th May, 2024, more than 7000 yoga practitioners performed Yoga on the basis of Common Yoga Protocol (CYP). The enthusiasm and valuable contribution of the people further established the importance of Yoga in the lives of people. This programme of mass Yoga practice has proved to be important not only in individual but also in promoting social welfare.

With 25 days left for the International Day of Yoga, the Yoga Fest was held in Bodh Gaya, Bihar, as per the Common Yoga Protocol of the Ministry of Ayush. It includes various Asanas and Postures such as

Desai National Institute of Yoga, performed these Asanas with great enthusiasm.

Morarji Desai National Institute of Yoga (MDNIY), an autonomous body under the Ministry of Ayush has played an important role in shaping the landscape of Yoga in our country by producing thousands of skilled Yoga Gurus. Their dedication has ensured that Yoga is effectively promoted across the country. Their efforts not only promote physi-

ment towards furthering the practice and philosophy of Yoga in India and beyond.

Dr.Kashinath Samagandi, Director, Morarji Desai National Institute of Yoga (MDNIY) inaugurated the event with a welcome address and thanked the participants for their valuable contribution in the suc-

cess of the event. Emphasizing the importance of promoting universal practice of Yoga, he said that since the beginning of the International Day of Yoga, Yoga has attracted the attention of the world. Last year, more than 23.5 Cr people across the world performed Yoga at IDY-2023. The Ministry of Ayush is confident that this participation is expected to nearly double this year.

Dr. Kashinath Samgandhi, Director, Morarji Desai National Institute of Yoga, Bhikkhu Bada Bodhi and Dr.Rajiv Lochan Das, Principal S.R.T.Ayurved lit the lamp to mark the occasion. The event witnessed live demonstration of Common Yoga Protocol.MDNIY program officer IN Acharya welcomed all. The Ministry of Ayush, in association with Morarji Desai National Institute of Yoga, is organizing a series of mass Yoga demonstrations and sessions as part of the campaign 100 Days, 100 Cities and 100 Organisations - a programme to commemorate IDY-2024. The initiative is driven by collaboration with a wide range of stakeholders including schools, universities, institutions, colleges, corporate bodies as well as all States and UTs.

Paramilitary personnel have played an important role in promoting and propagating Yoga in their respective spheres, thus contributing significantly to the objectives of the campaign. Further, the use of IT assets helps in effective dissemination of Yoga practice, thereby widening its reach.

Ensuring wider reach and engagement, the dynamic event was carried out on social media platforms managed by the Ministry of Ayush, MDNIY and other reputed Yoga institutions. By leveraging the digital platform, the event expanded its reach beyond the physical space, empowering individuals across the world to participate in the transformative power of Yoga.

Dr. Kashinath Samgandhi, Direc-



Prayer, Yogic Suksamata, Tadasana, Vakrasana, Pad Hastasana, Ardha Chakrasana, Trikanasana, Bhadrasana, etc. The gathering, under the guidance of Director, Morarji

cal well-being but also contribute to mental and spiritual harmony among the people. The contribution of the Institute in training these Yoga Gurus underlines its commit-



मातृत्व एक अद्वितीय यात्रा है

मातृत्व वह अनुभव है जो हर माँ के जीवन में एक अद्वितीय परिवर्तन और समर्पण का प्रतीक होता है। यह यात्रा न केवल एक महिला के शारीरिक और भावनात्मक रूप से परिवर्तन का सफर होता है, बल्कि इसके साथ-साथ उसके माँ बनने के जिम्मेदारी और समर्पण की अद्वितीयता भी होती है।

मातृत्व की यह यात्रा एक पुरानी संवादित संवादित बात है, जिसमें हर माँ का अनुभव अद्वितीय होता है। जब एक महिला माँ बनती है, तो उसके जीवन में एक नई परिभाषा और मायने आ जाते हैं। उसकी देखभाल, समर्थन और प्यार के माध्यम से वह अपने बच्चे को जीवन की पहली और सबसे महत्वपूर्ण सीख सिखाती है। मातृत्व की यह अद्वितीयता उसके जीवन के हर पहलू में अनुभव की जाती है, जैसे कि बच्चे की पहली लड़ाई, पहला मुस्कान, और पहली बार उसकी गोदी में बिताए गए पल।

मातृत्व का यह सफर अन्य रिश्तों के मुकाबले अनूठा है। इसमें समर्पण, प्यार, और सहनशीलता के अनगिनत रंग होते हैं। माँ का दिल अपने बच्चे के लिए हमेशा खुला रहता है और वह अपने क्षणों को उसके साथ बिताने के लिए तत्पर होती है। यही कारण है कि मातृत्व को अद्वितीय यात्रा कहा जाता है, क्योंकि इसमें न केवल एक माँ का बच्चे के प्रति निष्ठा होती है, बल्कि यह एक नए जीवन की उत्तरदायित्वपूर्ण पहलू की पहचान भी है।

इस यात्रा में, माँ का जीवन एक नया संदर्भ प्राप्त करता है जिसमें उसकी स्वार्थहीनता, परिपूर्णता और प्रेम की गहरी भावना होती है। यहां उसकी व्यक्तिगतता और साहस की महत्वपूर्ण पहचान होती है जो उसे अपनी संवादित संवादित यात्रा में मार्गदर्शन करती है।

मातृत्व एक अद्वितीय अनुभव है जो हर महिला के जीवन में एक महत्वपूर्ण भूमिका निभाता है। यह न केवल एक नए जीवन की शुरुआत होती है, बल्कि इसमें प्रेम, समर्पण और अटल विश्वास का प्रतीक होता है।

असीम प्रेम: मातृत्व में माँ का प्रेम असीम होता है। वह अपने बच्चे के प्रति अपनी अनन्त प्रेम और स्नेह का प्रदर्शन करती है। उसका प्रेम उसके बच्चे

को हर परिस्थिति में समर्थन और सुरक्षा देता है। यह प्रेम एक बांधन का रूप ले लेता है जो कभी नहीं टूटता।

समर्पण: माँ का समर्पण उसकी महानता का प्रमाण होता है। वह अपने बच्चे के लिए हर संभव प्रयास करती है, चाहे वह उनकी शैक्षिक, शारीरिक या आत्मिक विकास हो। माँ का समर्पण उसकी बालक की अगुवाई में उन्हें प्रेरित करता है और उन्हें सफलता की दिशा में मार्गदर्शन करता है।

अटल विश्वास: मातृत्व में अटल विश्वास का भाव होता है। माँ अपने बच्चे की क्षमताओं, प्रतिभाओं और संभावनाओं में अटल विश्वास रखती हैं। यह विश्वास बच्चे को अपने अद्वितीय पोटेंशियल को पहचानने और उसे विकसित करने में मदद करता है।

मातृत्व का यह संबंध न केवल एक व्यक्तिगत स्तर पर होता है, बल्कि इसका महत्व समाज और समाजिक संरचना में भी होता है। यह एक माँ की अमूल्य भूमिका है जो समाज के निर्माण में महत्वपूर्ण योगदान देती है। मातृत्व की असीम प्रेम, समर्पण और अटल विश्वास की यह अनुभूति हमें समझाती है कि एक माँ की यह यात्रा अनमोल है और उसका महत्व अनगिनत है।

माँ बनने के बाद जीवन में कई बदलाव आते हैं। यह संवादित अनुभव महिला के जीवन के हर पहलू को प्रभावित करते हैं, जैसे: भावनात्मक परिवर्तन: माँ बनने के साथ ही भावनात्मक संवेदनशीलता और सहानुभूति में वृद्धि होती है। एक माँ अपने बच्चे के प्रति अपनी प्रेम और समर्पण को बढ़ाती है।

नई जिम्मेदारियाँ: माँ बनने के साथ साथ नई जिम्मेदारियाँ और संवादित मातृत्व के दायरे में आती हैं। यह जिम्मेदारियाँ शिशु की देखभाल,

पोषण, शैक्षिक विकास, और उसके संपूर्ण विकास के साथ जुड़ी होती हैं।

समय का प्रबंधन: बच्चे की देखभाल के साथ-साथ अपने समय का प्रबंधन भी माँ के लिए एक महत्वपूर्ण चुनौती होती है। उन्हें अपने कार्यक्षेत्र और परिवार के बीच संतुलन स्थापित करना पड़ता है।

शिक्षा और संवेदनशीलता: माँ बच्चे के लिए उसकी शिक्षा और संवेदनशीलता की अवधारणा के लिए महत्वपूर्ण स्थान रखती हैं। वे उसे अपने मूल्यों, धार्मिकता, और सामाजिक नीतियों का पालन करने की शिक्षा देती हैं।

आत्म-समर्पण: माँ अपने बच्चे के लिए आत्म-समर्पण दिखाती हैं। उन्हें बच्चे की सभी जरूरतों को पूरा करने के लिए सबकुछ त्यागने की तैयारी होती है।

इन सभी बदलावों के माध्यम से, माँ बनना एक महिला के जीवन में एक नया संवेदनशील और समर्पित मार्ग खोलता है, जो उसके व्यक्तिगत और सामाजिक विकास में महत्वपूर्ण भूमिका निभाता है।

नौकरिपेशा माँओं की भूमिका और उनका महत्व समाज में विशेष होता है। वे महिलाएं हैं जो अपनी पेशेवरी या करियर के साथ-साथ माँ का दायित्व भी निभाती हैं। इस समय में, नौकरिपेशा माँओं के लिए समय प्रबंधन, कार्य और परिवार के बीच संतुलन स्थापित करना चुनौतीपूर्ण हो सकता है। इन माँओं को अपनी करियर के साथ अपने बच्चों

की देखभाल, उनकी शिक्षा, स्वास्थ्य, और समय देने में सक्षम होना पड़ता है। नौकरिपेशा माँओं की भूमिका और उनका योगदान समाज में महत्वपूर्ण होता है क्योंकि वे अपनी पेशेवरी के माध्यम से आत्मनिर्भरता और स्वतंत्रता की मिसाल प्रस्तुत करती हैं। इन महिलाओं का संघर्ष और समर्थन उनके बच्चों के जीवन को सकारात्मक दिशा में प्रवर्तित करने में महत्वपूर्ण भूमिका निभाता है।

नौकरिपेशा माँओं की चुनौतियाँ आधुनिक समाज में कई औरतों के लिए एक महत्वपूर्ण विषय हैं। यहाँ कुछ मुख्य चुनौतियाँ हैं जिनका सामना वे कर सकती हैं: करियर और परिवार का संतुलन: नौकरिपेशा माँ को करियर और परिवार के बीच संतुलन बनाए रखने में कठिनाई हो सकती है। काम की जिम्मेदारियों का समाप्त होने के बाद घर की जिम्मेदारियों का संभालना भी उनके लिए मुश्किल हो सकता है।

कार्य स्थान पर समर्थन की कमी: कई बार महिलाओं को कार्य स्थान पर समर्थन की कमी महसूस होती है, खासकर जब उनके पास छोटे

बच्चे होते हैं। कार्य स्थानों में उचित और सुरक्षित सुविधाएँ उपलब्ध न होने के कारण, कुछ महिलाएं पेशेवर उत्थान में अधिक कठिनाईयों का सामना कर सकती हैं।

सामाजिक और सांस्कृतिक दबाव: कुछ समाजों और संस्कृतियों में, मातृत्व की स्थिति और पेशेवर कार्य में समाहित होने के बीच विरोधाभास हो सकता है। इससे उन्हें अपने परिवार और समाज के लिए दोनों में संतुलन बनाए रखने में कठिनाई हो सकती है।

पेशेवर विकास की आवश्यकता: नौकरिपेशा माँ को अपने करियर में आगे बढ़ने के लिए सामर्थ्य और नौकरी में स्थिरता बनाए रखने के लिए अधिक तैयारी और समर्थन की आवश्यकता होती है।

इन चुनौतियों के बावजूद, वे अपने बच्चों और परिवार के लिए एक उत्तम नेतृत्व प्रदान कर सकती हैं और समाज में एक प्रेरणास्रोत बन सकती हैं।

माँ होना एक अनमोल और अद्वितीय अनुभव है जिसमें समर्पण, सामर्थ्य, और प्रेम के अनेक रूप व्याप्त होते हैं। इस अनुभव के माध्यम से माँ अपने बच्चों के लिए न सिर्फ एक देखभालकर्ता होती हैं, बल्कि एक गहरी संवेदनशीलता और समर्पण की मिसाल भी प्रस्तुत करती हैं। यहाँ हम इस अनुभव की गहराई और रोचकता को समझने का प्रयास करेंगे।

माँ का जीवन समर्पितता का प्रतीक होता है। उन्हें अपने बच्चों के लिए समय, शक्ति, और ध्यान से भरपूर रहना पड़ता है। वे अपने करियर और परिवार के बीच संतुलन बनाए रखने के लिए अनगिनत प्रयास करती हैं। उनकी सामर्थ्य और संवेदनशीलता उन्हें हर स्थिति में सहानुभूति और समझ देती है। उनका समर्थन अपने परिवार के लिए न केवल आवश्यक होता है, बल्कि यह उनकी महत्वपूर्ण भूमिका भी है जो उन्हें दृष्टिगत बनाती है।

माँ का प्रेम अनमोल होता है। यह वह संबंध है जिसमें स्नेह, दया, और समर्पण का पूरा संगम होता है। उनका प्रेम उनके बच्चों के लिए एक निःस्वार्थिक और असीमित स्रोत होता है, जो उन्हें हर परिस्थिति में बचाव और प्रेरणा प्रदान करता है। माँ का प्रेम उनके बच्चों के लिए एक मार्गदर्शन भी होता है, जो उन्हें जीवन के महत्वपूर्ण संदेश और मूल्यों से परिचित कराता है। माँ का जीवन उसके अनुभवों की गहराई में छुपी होती है। यह एक प्रेरणा का स्रोत है जो हमें सीखता है कि कैसे वे अपने बच्चों के लिए हर समस्या का सामना करती हैं, हर मोड़ पर उनकी जरूरतों का ध्यान रखती हैं और उन्हें उनके सपनों की प्राप्ति में सहायता प्रदान करती हैं। इन सभी अनुभवों के माध्यम से हम उनकी गहराई को समझ सकते हैं और उनकी रोचकता को भी अनुभव कर सकते हैं।

माँ का जीवन एक ऐसा सफर है जिसमें प्रेम और समर्पण की अद्वितीयता होती है। इस सफर में उनकी महत्वपूर्ण भूमिका हमें यह सिखाती है कि जीवन के मूल्यों को कैसे सच्चाई से जोड़ा जा सकता है। माँ की गहराई और उनकी रोचकता को समझना हमें उनके समर्पण और प्रेम की महत्वपूर्णता को समझाता है।

बारिश के मौसम में बीमार होने से बचना है तो इन बातों का रखें ध्यान

मानसून से पहले भारत में गर्मी का मौसम होता है जिसे उष्णकालीन मौसम कहते हैं। इस मौसम में तापमान बहुत अधिक होता है और हवा गतिशील होती है। इस मौसम में आमतौर पर बहुत ज्यादा पसीना आता है। और मानसून से जुड़ी समस्याएं भी होती हैं। बारिश के समय जलभराव होता है जो कई बार बाढ़ का कारण बन जाता है। इसके अलावा मानसून के दौरान बहुत सी बीमारियाँ भी होती हैं जैसे जुकाम, खांसी, बुखार और अन्य अलसर।

इसलिए, मानसून में स्वस्थ रहने के लिए हमें अपने आहार और व्यवहार का ध्यान रखना बहुत जरूरी होता है। हमें अपने शरीर की देखभाल पर ध्यान देना चाहिए और खाद्य पदार्थों में हमेशा स्वच्छता बनाए रखना चाहिए। इसके अलावा, बारिश के दौरान हमें सतर्क रहना चाहिए और अधिक से अधिक सुरक्षा के साथ बाहर निकलना चाहिए।

मानसून में स्वस्थ रहने के लिए कुछ उपाय

1- सही आहार: बरसात के मौसम में सही

आहार लेना बहुत जरूरी होता है। इस मौसम में गर्म-गर्म खाने से बचें और ज्यादा पानी पिएं। आप गर्म खाने की जगह गर्म पीने वाली चाय और गरम पानी और हल्की भूनी चीजें खा सकते हैं।

2- व्यायाम: बरसात के मौसम में व्यायाम करना बहुत जरूरी होता है। योगा, वॉकिंग, स्काॅश, बास्केटबॉल, बैडमिंटन जैसे व्यायाम आपके शरीर को फिट और स्वस्थ रखने में मदद करते हैं।

3- नींद: बरसात के मौसम में अधिक नींद लेना बहुत जरूरी होता है। अपने बिस्तर को बेहतर बनाए रखें और अपनी सोने की अवधि को बढ़ाएं।

4- वातावरण: बरसात के मौसम में आपको वातावरण को अपने लिए सही बनाने की जरूरत होती है। अपने घर की सफाई को बढ़ाएं और अपने घर को ठंडा और सुखमय बनाएं।

5- बारिश से बचाव: बारिश के दौरान आपको खुद को सुरक्षित रखना बहुत जरूरी होता है। अपने इंटरियर की तरह अपनी बाहरी जगहों को भी सुरक्षित रखें। बारिश में बच्चों को घर से निकलने से रोक सकती है।

6- शरीर को गर्म रखें:

बरसात के मौसम में अपने शरीर को गर्म रखना बहुत जरूरी होता है। गर्म कपड़े पहनें और घर के अंदर ही रहें।

7- हा-इजीन: बरसात के मौसम में हा-इजीन बहुत जरूरी होता है। अपने हाथों को तथा अन्य जगहों को साफ रखना बहुत जरूरी होता है।

8- कपड़ों का ध्यान रखें: बरसात के मौसम में आपको अपने कपड़ों का भी ध्यान रखना बहुत जरूरी होता है। गीले कपड़ों से बचें और उन्हें सुखा दें।

9- दवाओं का सेवन: बरसात के मौसम में अपनी दवाओं का सेवन जरूर करें। अगर आपको किसी तरह की बीमारी होती है तो अपने डॉक्टर से परामर्श करें।

10- विशेषज्ञ से सलाह: अगर आपकी स्थिति



खराब होती है तो आपको अपने डॉक्टर से भी परामर्श करना चाहिए। इन सभी उपायों को अपनाकर आप बरसात के मौसम में स्वस्थ रह सकते हैं। इसके अलावा, आपको अपने शरीर को गर्म रखने के लिए अपनी उपयोगिता के अनुसार गर्म पानी का सेवन भी कर सकते हैं। इस मौसम में स्वस्थ रहना थोड़ा मुश्किल होता है, लेकिन आप उपरोक्त उपायों को अपनाकर इस मौसम में फिट और स्वस्थ रह सकते हैं।