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WE CONNECT

AUGUST 2023



TRYST WITH TRICOLOUR

Naveen Jindal

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Freedom and Beyond!

Dear Readers,

Happy 76th Indian Independence Day!

Indian Independence Day invokes a myriad of feelings and thoughts among us, the Indians! As the '**Tiranga**' unfurls and flutters in the breeze and the soul-stirring '**Rashtriya Gaan**' **Jana Gana Mana** fills the air, WE stand united in celebration of our country's 76th Independence Day. We take this as an opportunity to pay heartfelt tributes to the creators of our cherished national flag and anthem, **Sir Pingali Venkaya**, and **Thakur Rabindranath Tagore** respectively, for their intense patriotism crafted our nation's identity.

This day embraces and emits the indomitable spirit of our nation, forged by the valorous sacrifices of our freedom fighters who fought unwaveringly till we got Independence. In this special edition, WE pay tribute to the heroes of our past who brought us liberation from British rule. At the same time, WE celebrate the visionaries of present times who aspire to shape a brighter future for our country. One such visionary is **Naveen Jindal**, whose Flag Foundation of India has enabled citizens of India to embrace the national flag transcending barriers of geography and social strata. His unwavering commitment to unity reflects the core values that bind us as Indians. We also delve into the artistic brilliance of **Padmashri Tilak Gitai**, whose captivating paintings capture the essence of India's journey to freedom and the country's cultural heritage. What a symphony of art and patriotism!

Additionally, we explore the timeless wisdom of Ayurveda with **Dr. Rajiv Kumar Relhan**, shedding light on its relevance in modern times. Come! He will guide you towards holistic well-being and a profounder connection with nature. Also, mental strain is weighing us down in the hustle-bustle of today's fast-paced life and **Dr. Sona Kaushal** shines as a guiding light for those seeking liberation from mental stress. In the realm of sports, we applaud the leadership of **Narinder Dhruv Batra** whose dedication has elevated Indian sports on the global stage. He inspires every sports enthusiast through his contributions.

We honour the valour and sacrifices of our armed forces through the story of **Brigadier Raghbir Singh Rajawat**, a World War II veteran and Mahavir Chakra recipient. His heroic tale embodies the spirit of India's brave defenders. From being a freedom fighter to India's Chief Justice, late **Justice Kamal Narain Singh**'s journey shared by his daughter **Sunita Singh** will certainly inspire generations to uphold the principles of



fairness and righteousness.

WE proudly unveil stories that personify courage and compassion. The tale of **Lt. Col. Himanshi**, a trailblazer leader, epitomizes strength and dedication, inspiring us to dream on, fearlessly. There are stories of compassion, like that of **Dr. Abhijeet Sonwane** and '**Help Riders**' showcasing the power of selflessness and unity, reminding us of our collective responsibility to uplift society.

Today, dear readers, let us renew our commitment to a brighter, progressive India where the spirit of freedom shines eternally and the tricolour flag waves proudly, symbolizing the boundless potential of our great nation. Yes! With pride and awe, WE congratulate all fellow Indians as India embarks on another remarkable mission to the moon with Chandrayaan 3. What a prestigious achievement in space exploration! Cheers India!
Jai Hind!

We shall meet again soon!

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Table of CONTENTS

Cover Story

Tryst with Tricolour **03**
Gurbeer Singh Chawla

20th December 2005: A Historic
Day in Democratizing our Tricolour **05**

Flag Foundation of India Dedicates
Monumental Flag at AFMC, Pune **06**

Monumental National Flag Hoisted
at Puri **07**

WE Educate

Ayurveda: Adapting the Ancient
Wisdom to Modern Challenges **08**
Dr. Rajiv Kumar Relhan

WE NGO

Interview with Dr. Abhijeet
Sonwane **10**
Tejas Gujarathi

WE Inspire

We Cannot Buy Life and Give It,
But We Can Save It! **12**
Tejas Gujarathi

Ankush Shrimali: Embracing the
Selflessness of Blood Donation **13**
Tejas Gujarathi

WE Healthify

Mental Freedom: Escaping the
Clutches of Mental Fog **14**
Dr. Prof. Sona Kaushal Gupta

WE Honour

Exploring the Colours of Freedom:
Beyond Time and Space **15**
Maya Khandelwal

Brigadier Raghubir Singh Rajawat
Journalist Anubha Jain **18**

Shri. Jadunath Bandyopadhyay
Ms. Reetwika Banerjee **20**

A Freedom Fighter on the Bench:
The Remarkable Journey of Justice
Kamal Narain Singh **22**
Sunita Singh

WE Empower

A Trailblazer's Legacy: Path to
Sporting Independence **24**
Maya Khandelwal

WE Influence

Soldier's Heart, Patriot's Soul: A
Story of Lt. Col. Himanshi
Ayushi Tyagi **26**

WE Engage

Cracking the Grid **28**
August 2023

WE Report

Rashmeet Kaur Chawla **29**



TRYST WITH TRICOLOUR

- Naveen Jindal



*Turning the pages of history,
we find that the flag always
belonged to the ruler and
never the people*

"Tiranga: Uniting India with Pride. Naveen Jindal's pursuit to fly the flag at his factory led to legal battles, highlighting its significance beyond rulers. He won the case, making it a fundamental right for all Indians. Today, the Tiranga symbolizes unity, patriotism, and hope, empowering a billion dreams."

Netaji Subhash Chandra Bose had a dream - to witness the Indian Tricolour proudly hoisted on the Red Fort. This dream finally became a reality on 16th August 1947, when Pandit Jawaharlal Nehru unfurled the National Flag, marking India's independence from British rule. Since then, every year on 15th August, the Indian Prime Minister unfurls the flag at the Red Fort, reaffirming our commitment to preserve the hard-earned freedom.

A glance through history reveals that the flag always belonged to the ruler and not the people. From Ram Rajya to the Mughals to the British Empire, the flag represented power, victory, and conquering armies. It was never associated with the common man. However, the true essence of a nation lies not just in its boundaries, but in the shared values, beliefs, and sacrifices of its people. The National Flag serves as an emotional anchor, symbolizing both territorial sovereignty and the emotional integrity that binds us as one nation.

My fascination for Tiranga and its colours began in childhood. However, it grew stronger during my time in the US in 1990, where I witnessed the deep passion, the Americans had for their flag. Upon returning to India, I wanted to display the Tiranga at my factory in Raigarh. However, I faced legal hurdles due to the restrictive flag code that allowed flying the flag only on ceremonial occasions. I believed that if democracy is true "of the people, by the people, and for the people," then the flag should belong to the people who struggled and made sacrifices for independence.



The three colours of the flag hold a special emotional connection for me -

- ✦ Saffron signifies sacrifice, and I believe in selfless service to society with honesty.
- ✦ White symbolizes purity, and I strive for corruption-free probity in public life.
- ✦ Green represents growth, and I am committed to promoting sustainable development.



Inspired by Mahatma Gandhi and Sarojini Naidu's vision of a common flag that unites all Indians, I challenged this unjust law in the highest court of the land. Eventually, on 23rd January 2004, the Hon'ble Supreme Court of India recognized the flying of the National Flag as a Fundamental Right under Article 19(1)(a) of the Constitution, affirming that the flag belongs to the people of this country.

Today, I take immense pride in seeing our Tiranga fly high. It is not just a symbol of our success and unity but also an embodiment of the passion and patriotism of our youth. I fly the flag at my home, office, and all my industrial establishments as a reminder of my responsibility towards the nation.

In my journey to promote Tiranga, I have met numerous people, including Rahul Gandhi, who suggested the installation of monumental flagpoles in Delhi. Following his inspiring idea, the Flag Foundation of India has installed 72 monumental flagpoles across the country, including a 207-foot-tall one in the heart of New Delhi.

Six decades after independence, the aura of our Tiranga has grown even larger. It continues to be the symbol of hope and unity for over a billion people, empowering their dreams and aspirations. Let us take pride in our flag and strive to be the change we want to see.

JAI BHARAT, JAI HIND.

20th December 2005: A HISTORIC DAY IN DEMOCRATIZING OUR TRICOLOUR

20th December 2005 leaves an imprint in the history of the democratization of the Indian National Flag. On this day, the Government of India amended the Prevention of Insults to National Honour Act-1971, which enables every citizen to display the national flag (Tiranga) on clothes above the waist with due respect. Democratization of the Indian National Flag has always been a priority issue for the President of the Flag Foundation of India, Mr Naveen Jindal. He fought a decade-long legal battle to empower every citizen to fly and display our National Flag with pride, dignity, and honour.

Mr Naveen Jindal always wanted citizens to display the Tiranga to show their respect and pride towards the nation. After he joined the

Lok Sabha as a newly elected MP after winning the 2004 general elections from Kurukshetra Constituency, he was informed that a Member of Parliament cannot wear the Tiranga on the clothes under rule 349 (XIV) of the House. Mr Jindal filed a petition to the chair for permission to wear the National flag and got the resolution passed in the Parliament. In line with the action, he got amended the Prevention of Insults to National Honor Act-1971 on 20 December 2005, which allowed citizens of India to wear the National Flag above the waist.

The landmark decision helped to take the message of patriotism to every Indian and strengthened the roots of Indian democracy. Let us all cherish this historic day and pledge to continue to wear Tiranga on clothes and feel proud.



Flag Foundation of India Dedicates MONUMENTAL FLAG AT AFMC, PUNE

108 ft Tall Tricolour unfurled by Mr. Naveen Jindal, President, FFOI



The Flag Foundation of India (FFOI) continues its mission to promote the display of the Indian National Flag with pride and honour, and to raise awareness about its significance. On the Platinum Jubilee Celebration of the Armed Forces Medical College (AFMC), Pune, FFOI dedicated another Monumental Flag, which was dedicated to the nation by Mr. Naveen Jindal.

Established on May 1, 1948, AFMC is a renowned medical institution that provides world-class education and training to medical and nursing students. The institution is known for producing the best doctors and nursing staff, not only in peacetime but also during times of war.

The Monumental Flag dedication ceremony was attended by distinguished guests, including Lt Gen. Daljeet Singh, DG-AFMS, Lt Gen. (Retired) D P Vats, Rajya Sabha MP, and Lt Gen. Narendra Kotwal, Commandant of AFMC, Pune, along with other senior distinguished officers of the Indian Army.

In his speech, Mr. Jindal expressed his gratitude for being part of the platinum jubilee celebration and acknowledged the instrumental role that AFMC has played in serving the nation. He said, "The Indian National Flag symbolizes unity and equality among all citizens of India. The FFOI is committed to promoting the significance

of the tricolour and instilling respect for it among the people of the country." Later he added "The FFOI is running the Pledge for Tiranga Campaign, I urge you all to visit the website of FFOI and take the pledge and spread the word about the pledge to your close ones. The Pledge says- **"I take a pledge that I will dedicate myself to the nation and work for the good of my country."**

"When we stand below the flag, we must recognize our responsibilities as citizens to make this nation great. Tiranga also reminds us that nothing is more paramount than the country and the flag", Mr. Naveen Jindal further added.

Speaking on the occasion, Rajya Sabha MP and former AFMC Director, Lt Gen. (Retd) Dr. DP Vats said, "I appreciate the outstanding work being carried out by FFOI under the guidance of Mr. Naveen Jindal to install Monumental Flags across the country. I would like to see the chapters about the journey of Tiranga in school textbooks so that the next generations must know the significance of the Indian National Flag".

About Flag Foundation

The Flag Foundation of India was set up as a registered society under the Society's registration act of 1980, a non-profit body after Mr. Naveen Jindal won a decade-long court battle that enabled all Indians to display our National Flag with honour and pride at their homes, offices, and factories on all days of the year. On 23rd January 2004, after a decade-long legal battle fought by Mr. Naveen Jindal (Industrialist, sportsman & Member of Parliament), the Supreme Court of India ruled that the display of the national flag by every citizen on all days of the year, a fundamental right. Thereafter, he founded the Flag Foundation of India, a non-governmental institution.

The Tricolor is a common factor of inspiration for every Indian; it is indeed a true expression of pride for our motherland. To take this victory beyond pure symbolism and translate it into action, the Flag Foundation of India is undertaking various projects motivating the people of our country to draw inspiration from the National Flag and work for the betterment of the nation.



Monumental National FLAG HOISTED AT PURI



Hon'ble Governor Prof. Ganeshi Lal hoisted a Mammoth 36 ft x 24 ft Tiranga on a 108 ft high monumental flagpole installed by Flag Foundation of India (FFOI) at Batagaon Chhak, Puri town.

Speaking on the occasion, Hon'ble Governor Prof. Ganeshi Lal profusely praised the Flag Foundation of India and its president Mr. Naveen Jindal for installing monumental flags across the country for arousing the spirit of patriotism among Indians. Installing the National Flag at Puri, the land of Lord Jagannath, is synonymous with the universal brotherhood and peace that the Tiranga stands for, he added.

FFOI's President Shri Naveen Jindal said, "Tiranga is a pride of all Indians. It is above political, social or religious affiliation. Flag Foundation of India is constantly making an effort to inspire all Indians, especially the youth to take pride in displaying the National Flag. I hope this monumental flag will add colours to the beautiful skyline of Puri, the abode of Lord Jagannath. Every day, thousands of devotees and tourists visit Puri and this monumental flag will be another place of attraction for them".

Mr. Jindal paid his tributes to the Martyrs Sri Jayee Rajguru, Sri Chakhi Khuntia Freedom Fighters Pancha Sakha and others from Puri and spoke about his decade-long struggle to give the rights of flying the national flag with dignity to each Citizen of the Country.

The monumental flagpole has been installed in collaboration with the National Highways Authority of India and the Puri District Administration. A District Police team equipped with a Police band conducted the raising of the monumental National flag of 36 x 24 ft to the peak of the Pole of 108 ft.

About Flag Foundation of India (FFOI)

The Flag Foundation of India was set up as a registered society under the Societies Registration Act of 1980, a non-profit body on 3rd June 2003. Shri Naveen Jindal won a decade-long legal battle when the Hon'ble Supreme Court of India delivered the historic judgement on 23rd January 2004 enabling all Indians to display the National Flag with respect, dignity and honour thus becoming a fundamental right of every citizen. Inspired by the judgment, the 'Flag Foundation of India' was established by Shri Naveen Jindal and Smt. Shallu Jindal with a vision to popularize the display of the Tiranga by more and more Indians, with a great sense of pride.

Installation of the monumental flag is part of FFOI's sustained endeavour to inspire Indians to take pride in displaying the National Flag and build a relationship of today's youth with the Tricolor.

Tiranga is a symbol, that unites us in diversity; It serves as a great source of inspiration for countless Indians, spread across the globe, bringing laurels to the country in whatever field they are. In an endeavour to promote the use of the national flag by the general public, the Foundation has been organizing talks on the subject and has released books on the National Flag as well as CDs/ DVDs of patriotic songs rendered by noted singers of India. Flag Foundation has also organized several Tiranga runs in Delhi and Haryana and has installed more than 100 monumental flags across India.

AYURVEDA:

Adapting the Ancient Wisdom to Modern Challenges

teaches us how to lead a healthy and happy life individually and socially. The definition of health as per Ayurveda (Sushrut Samhita) is a balanced state of body humours (Vata, Pitta, Kapha), balanced state of digestive and metabolic fire (Agni), balanced state of all bodily tissues (Dhatu), proper excretions and secretions (Mala), a state of homeostasis and happiness of mind and soul. One, who has all these attributes is said to be healthy. WHO defines good health as a state of complete physical, mental, and social well-being and not merely an absence of disease or infirmity which is close to the definition of health mentioned in Ayurveda classics. The above descriptions of health endorses that in modern times we can adapt the concepts of Ayurveda to meet the modern challenges of dreadful diseases.

The first preference of Ayurveda is the preservation of the health with prevention of diseases and the second is the treatment of diseases of the diseased person. Ayurveda considers that diseases appear in the human body when the homeostatic mechanisms are disturbed as a result of erratic diet and lifestyle and various toxins and unwanted metabolites collect in body tissues. Ayurveda also believes that inherited and genetic disorders play a big role to impair health.

For the prevention of health disorders, Ayurveda focuses on the:

1. Din Charya (daily routine) which includes when to get up, when to eat, and what to



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Since the advent of the term “Cell” coined by British scientist Robert Hook in 1665, there has been tremendous advancement in the field of physics, chemistry, and biology. The application of science to human biology has created wonders in controlling communicable and contagious diseases like cholera, smallpox, diphtheria, polio, tuberculosis, hepatitis, etc. Diagnostic parts like MRI, CT scan, ultrasound, and biochemical markers of modern medical science have made it easier to know about the diseases like cancer, diabetes, heart diseases, and tumours at an early stage and save life.

Despite all this, the incidence of non-communicable diseases like diabetes, cancer, ischemic heart disease, hypertension, Parkinson's disease, and many psychiatric disorders like anxiety, depression and psychosis are on the rise. We see private and government hospitals more crowded than before. This situation thirsts to adopt such a system of medical science that can combat such modern challenges of diseases. We are fortunate to be born in India as it has its own traditional indigenous, age-old, and time-tested system of health called Ayurveda. If we see the etymology of Ayurveda, it is

made up of two Sanskrit language words; Ayur + Veda. Ayur means life and Veda means knowledge. Ayurveda is not only a health system but also the science of life. It





eat as per an individual's basic constitution.

2. Ritu Charya (seasonal regimens): we have six seasons (Ritu) in India like Varsha Ritu (rainy season), Sharad Ritu (autumn season), Hemant Ritu (early part of winter), Shishir Ritu (later part of winter), Vasant Ritu (spring), Greeshma Ritu (summer). The human body tries to adapt the seasonal changes differently in every season. Seers of Ayurveda understood this concept 3000 years back and prescribed different regimens for different seasons to adapt to seasonal changes without disturbing health.

For example, in Vasant Ritu (March to end of May in India) Kapha dosha (dampness) is aggravated and you are more prone to

develop digestive disorders the advice is that one should avoid heavy and hard-to-digest food, oily food, food with cold energy. Adding diet beverages like honey mixed water for non-diabetics, boiled water with sandalwood extract, fruit, and vegetable juice fast for a day or two per week may help your digestive system to have a break and rekindle your digestive fire and enzymes. Regular exercise every day, and avoiding daytime naps may help to maintain the balance of the biochemical environment. This may also prevent and postpone autoimmune diseases like ulcerative colitis,

Crohn's diseases, eczema, and bronchial asthma which sometimes are programmed genetically. When following the Ritu Charya, they do not find a proper environment to express themselves. Likewise, other seasonal diseases can also be prevented by following the rules of Ritu Charya.

Another important area of Ritu is Rasayan Chikitsa (rejuvenation). This part is specially meant for rejuvenation and preservation. In modern times we can say this can be applied to anti-ageing therapeutics. These are the premature senile cells which contribute to disease and ageing and senile cell ultimately lose their normal functioning and die. Common examples are degenerative health disorders of various systems of the body i.e., degenerative osteoarthritis of the knee, spine, and shoulder. Neurological degenerative disorders like Parkinson's disease, Motor Neuron Disease, Senile Dementia, etc. There are many herbs mentioned in Ayurveda which can play a big role to preserve positive health at a cellular level in various systems of the body. Recently COVID-19 witnessed the strength of ayurvedic herbs and decoctions to boost immunity. Basically, all the ingredients of kadha (decoction) are rasayanas and they have saved thousands of lives. A few examples are ashwagandha, Hareetaki, Yashtimadhu, Shatavari, Tulsi, Giloy, Brahmi, White Gourd, Amla, Triphala, Brahma Rasayan, Chyavanprash, etc. If Rasayana Therapy is taken under the supervision of an ayurvedic doctor many modern health issues can be prevented.

Our health policies are now focusing to get the maximum benefit out of our traditional medical system Ayurveda. It has great potential to handle the health challenges of the modern society. We all need to come closer to nature and preserve our environment, flora, and fauna to keep Ayurveda in its original strength.



MEDICAL CARE WITH A PURPOSE:

Dr. Abhijeet Sonwane for Beggar Rehabilitation

In conversation with Tejas Gujarathi



There are several misconceptions about beggars. What is the truth behind those who beg? The truth is often obscured and needs to be brought to light. So, how did you uncover this truth?

I come from Mhaswad, a village in Satara district, with a humble background. In my early days as a doctor, lacking the resources to build a hospital, I would travel to villages to practice. People affectionately called me "Doctor" despite my simple attire.

During one such visit, I met a beggar, a cultured man who had fallen on hard times due to illness. I treated him, and he insisted on paying me with the money he had collected from begging, valuing my efforts. This encounter had a profound impact on me. He imparted valuable insights into healing, emphasising the importance of empathy and sympathy in addition to medical treatment. He likened human life to a book with three pages: birth, death, and the one in between, symbolising our life's journey. Some are preoccupied with their well-being, while others stay awake, thinking of others; from self-awareness to awareness of others being the essence of life.

Inspired by this, I left my job on August 15,

2015, and have since dedicated myself to helping beggars and those in need. I provide medical assistance, financial aid, and essential support. This encounter taught me the true meaning of being a healer and the significance of caring for the less fortunate. It ignited a passion to serve others with compassion, spreading the message of empathy and kindness in our society.

Doctor, what help do you offer to those in need? How do you select them, find them, and help them—medical check-ups or more?

I believe in treating all devotees and beggars alike. I visit temples daily, sitting among them, sharing their joys. I have a family of 1100 people now. I offer medical services on the streets and hospitalize patients for complex procedures. We have numerous projects to provide essential medical care

and education to their children. During the pandemic, my beggars donated blood, saving 157 lives. I also encourage yoga to strengthen their lungs. In Pune, no beggar died due to a lack of medical care.

I have heard that you help with cataracts and other major operations and help them start a business. Through which organization do you get the funding?

My primary focus is on helping the elderly. I conduct eye examinations and provide glasses to those in need, including those recovering from cataract surgery. So far, we have performed 1200 cataract surgeries and given glasses to 1500–2000 people. My mission is to transform beggars into hard workers. Funding is managed through the registered Soham Trust. People want assurance that their donations reach the right recipients and support the transition

“

My primary focus is on helping the elderly. I conduct eye examinations and provide glasses to those in need, including those recovering from cataract surgery. So far, we have performed 1200 cataract surgeries and given glasses to 1500–2000 people.



from begging to employment. This approach has led to 105 people abandoning begging and becoming productive members of society.

Do the people you assist readily accept job opportunities and work when you help them find employment, as you mentioned earlier?

People's acceptance of working is still limited, but we try to instil self-reliance in them. We encourage them to start their own businesses, like selling vegetables or harvesting crops. We provide scales and boards for them to work independently. Many are educated but jobless, so we offer jobs, and they sit in busy areas, like gardens or Lakshmi Road, to earn with dignity. People try the weighing scale, paying Rs 5, which boosts their self-respect. We empower them to be self-sufficient, not dependent on me or others. Through these efforts, we help them start their own businesses and become self-reliant individuals.

Could you share some memorable moments of helping them?

Every day, I experience numerous heartwarming moments with these kind people. Elderly grandmothers lovingly wipe my sweat, shield me from the rain, and even

store cold water for me. It feels like I am in a kingdom, despite being a beggar's doctor. One remarkable incident was helping a girl who had a baby find love and get married. She named her child Abhijit, but when I asked, she admitted she would have named him Manisha. Their love and affection hold immeasurable value to me, surpassing the need for any medal or recognition. These moments remind me of the profound impact we can have on each other's lives through compassion and care.

What message do you have for society?

My message to society is to stop encouraging begging and instead offer genuine help and support. Empower people to be self-reliant by teaching them skills and providing opportunities for work, rather than perpetuating dependency.



We cannot buy life and give it, BUT WE CAN SAVE IT!

Help Riders: A movement to save lives

By Tejas Gujarathi



With the increasing number of accidents and life-threatening incidents due to the lack of timely help, we all need to be alert to make way for ambulances carrying patients who require urgent medical treatment. It is a reality that patients' lives are suffocated in an ambulance while navigating through traffic jams. With the aim of finding a concrete solution to this problem, the concept of Help Rider came into existence and was effectively implemented within 24 hours. Social media facilitated this, bringing together many strangers under this platform. Professionals from the IT sector, engineers, architects, tempo drivers, rickshaw pullers, individuals involved in politics and social causes, and journalists actively participate in the Help Riders movement. Such was the eagerness to participate in this social initiative that within twenty-four hours, over 450 members joined the group in Pune, followed by Help in

Pimpri-Chinchwad and Aurangabad Riders groups.

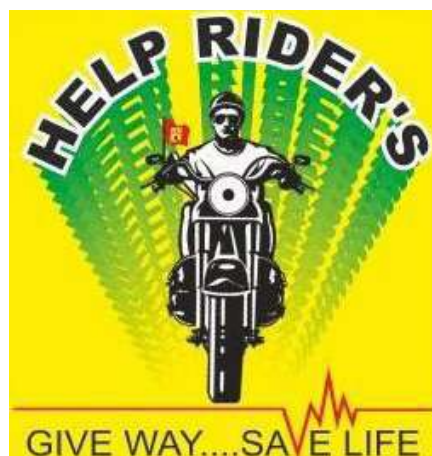
The Help Riders movement was initiated by two bitter incidents. One incident involved an ambulance getting stuck in a traffic jam

in Kolhapur, resulting in the unfortunate death of a child who was being transported to the hospital. In another incident, the son of the municipal commissioner in Pune had an accident, and while waiting for the ambulance to arrive, a Good Samaritan driver took the boy to the hospital, saving his life. These incidents highlighted the need for urgent assistance in such situations, leading Prashant Kanojia to take the initiative. Gradually, others like Praveen Pagare, Mahindra Jadhav, Sudin Jayappa, Ajit Jadhav, and Anupam Shah joined the cause. Artist Vinayak Murudkar also contributed by designing the logo for Help Riders. The network of riders is expanding rapidly, and the movement now boasts over 2500 members. In Aurangabad, Sandeep Kulkarni has successfully gathered a group of seven hundred riders.

Where the administration falls short, we step in to help! Initially focused on saving lives, the Help Riders movement took on a new dimension during the deadly Corona epidemic, helping those in need by distributing food grains, and lunch boxes, and assisting sick patients to reach hospitals during the first wave. The movement continues its efforts during the second wave as well.

Helping the poor is an integral part of the Help Riders' mission, whether it's assisting in emergencies or supporting those affected by incidents. The members of Help Riders always take the lead. They have helped seven villages in delivering medical aid to the flood-affected areas in Sangli and ensured that every student in these villages receives a complete school kit.

The social work of Help Riders will continue uninterrupted because it is considered God's work—the motto of every Help Rider.



ANKUSH SHRIMALI:

Embracing the Selflessness of Blood Donation

By Tejas Gujarathi



potentially save up to three lives. Ankush emphasizes that giving blood is not limited to a special reason; it requires personal motivation and reasoning to act.

He believes that young adults like himself should embrace blood donation as a selfless act. He urges his peers to overcome any fears and start giving blood early, as the need for donations is constant. By contributing to a healthy and reliable blood supply, they can positively change lives.

Ankush Shrimali, a compassionate individual from Nashik, has truly embraced the selflessness of blood donation. At the age of 18, driven by a desire to help others, Ankush began his journey as a regular blood donor. Now 35 years old and with a Bachelor's degree in Foreign Trade, he dedicates his time to assisting his parents in managing their business while continuing his commitment to saving lives.

Ankush's rare O blood group has allowed him to make a significant impact through his 40 blood donations to date. He believes that giving blood is an indescribable experience, knowing that he is directly contributing to someone's chance at a second lease on life. Ankush emphasizes that giving blood does not require a special reason; it simply demands personal motivation and the willingness to act.

Ankush encourages other young adults to follow in his footsteps, emphasizing that donating blood is the epitome of selflessness. He believes that by starting to give blood at a young age, any fears associated with the act can be overcome, leading to a lifetime of meaningful contributions. Ankush's resounding advice remains unchanged: "Give blood; it's the most selfless thing you can do. You will never regret it."

A 35-year-old from Nashik, began his journey as a regular blood donor when he was just 18. With a Bachelor's degree in Foreign Trade, he now assists his parents in managing their business. Ankush, motivated by a desire to help others, started donating blood and has continued to do so ever since. Having a rare O blood group, he has donated blood a remarkable 40 times to date.

For Ankush, giving blood is an indescribable feeling because he knows that he is directly saving someone's life. With someone in need of a blood transfusion every three seconds, and approximately 20 per cent of recipients being cancer patients, the impact of blood donation is immense. Just one pint of blood from a single donor can

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Give blood; it is the most selfless thing you can do. You will never regret it.
- Ankush Shrimali

MENTAL FREEDOM:

Escaping the Clutches of Mental Fog



Dr. Prof. Sona Kaushal Gupta
MBBS, MS, PhD
Consultant Psychologist
CBSE designated Counsellor
Dr. BC Roy National Awardee

What is mental health? Mental health refers to our emotional, psychological, and social well-being. It affects not only how we think, feel, and act but also how we handle stress, relate to others, and make healthy choices. Our physical and mental health are interrelated; for example, depression may lead a person to have diabetes and hypertension, and a person who has cancer may have depression. Holistic health includes physical, mental, and social well-being, so we should give equal importance to all three of them. Previously, mental health issues were ignored and treated with stigma, but now that there is awareness and knowledge that mental illnesses are treatable like physical ailments, there should be no stigma attached to mental health issues. The need of the hour is not only to celebrate our country's Independence but to celebrate our independence every moment from any mental health issues and have a clear, happy mind and attitude. Our minds should not be hostages to any mental illness or mental fog.

Awareness, self-care, self-love, and self-esteem are the remedies to this. Anxiety is the anticipation of a future event being dangerous and risky, even when it has not happened. Our body is in the present moment but is fearful and thinking of the

future. This is anxiety. As a result, the sympathetic system gets stimulated in our body, and our brain believes that we are endangered and goes into fight or flight mode. Our heartbeat increases, our breathing increases, we have palpitations, our muscles tighten up, and our body is filled with stress hormones. The need of the hour is to be mindful and keep our minds in the present moment. When both body and mind are in the present, there is no stress or anxiety. Worry is a component of anxiety, and it is the cognitive part of anxiety where one keeps thinking. What if this happens? Or What if that happens? and is fearful. Worry is like a rocking chair that rocks to and fro but does not take us anywhere; similarly, worry just leads to negative thinking and overthinking and does not lead us to any solutions. According to the WHO, 1 in 8 people in the world have mental disorders with significant disturbances in thinking, emotional regulation, and behaviour. WHO further says that approximately 280 million people in the world have depression, which is 3.8% of the population. 7 lakh people in the world die due to suicide every year.

The need of the hour is to keep our mental health and mental well-being our priorities. How do we stay mentally well?
Wake up with gratitude,
practise

mindfulness or meditation, engage in physical activity, hydrate, and nourish well, and have goals with priorities. Exercise, sleep well, and restrict your screen time. Be creative, and keep learning new skills. Take regular breaks. Have a hobby, have a good support system, and stay away from drug and alcohol abuse. We must be aware of our emotions; we have to learn to manage our emotions and feelings, and we should also be aware of the emotional turmoil others may be going through. This means we should develop a high emotional quotient. Try to have high self-esteem and focus on your happiness levels. Try to be in the zone of 'I am okay and you are okay'. The need of the art world today is to develop self-care, self-love, self-awareness, acceptance of others, empathy, compassion, and kindness. Volunteer to serve mankind in your free time by being in nature, or using some remedies for good mental health. Also, to help others, laugh and smile more and be in good, happy company. Make small goals and clap your hands for your achievements. So let us celebrate our independence every moment by keeping stress, anxiety, worry, drugs, and depression at bay. A HAPPY person has a happy family, a happy child, and enjoys his work. This is true Independence. Depending only on your Inner self. I wish you all a happy Independence Day, my friends!



EXPLORING THE COLOURS OF FREEDOM:

Beyond Time and Space



In conversation with Maya Khandelwal

Author

Poet

Biographer

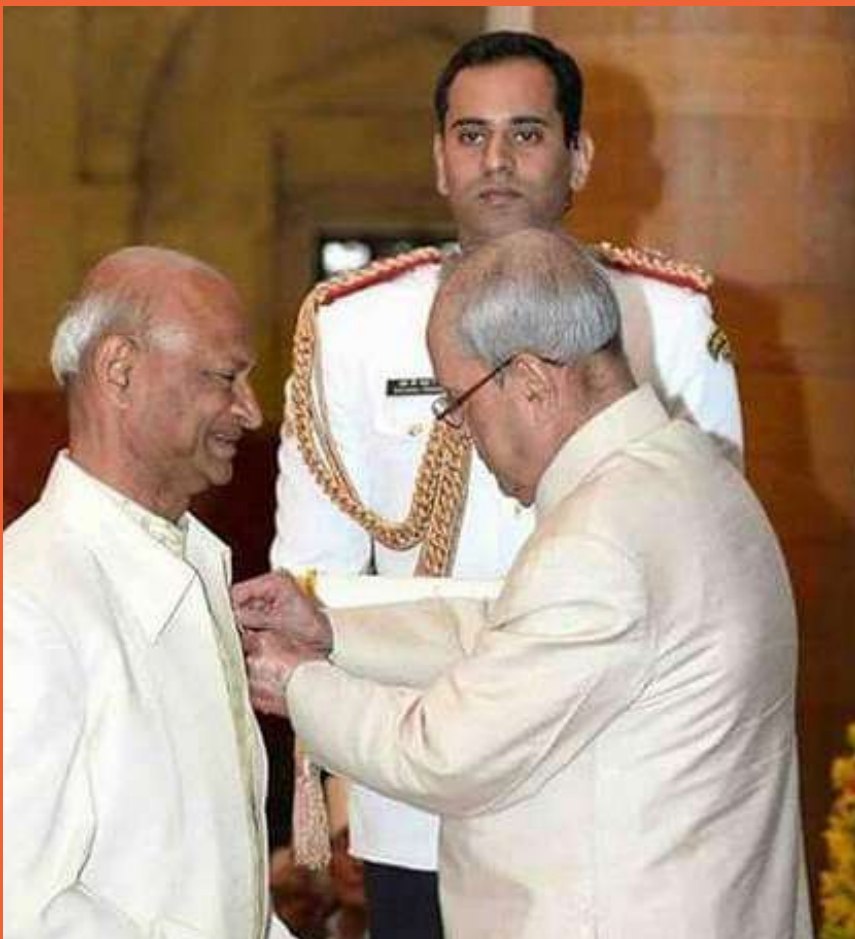
Motivational Speaker

How did your artistic journey commence?

I hail from a family of artists, with a rich artistic lineage. My great-grandfather, although a jeweller by profession, was a skilled musician and a kathak dancer. Additionally, my uncle had a strong inclination towards literature. Following in their footsteps, my father became a renowned artist. He was appointed as a court artist by Maharaja Ganga Singh of Bikaner, where he spent a decade designing sculptures, souvenirs, coins, and more. I was born in Bikaner in 1949, and my father, envisioning a magnificent artistic future for me, decided to leave his position at the King's court. He returned to Jaipur and established the renowned institution called Rajasthan Kala Mandir.

Having received a valuable artistic legacy from my father, I embarked on my artistic journey by working alongside him. Together, we explored new realms of creativity, pushing boundaries and venturing into uncharted territories. One of my notable accomplishments was the development of reverse engraving techniques for creating portraits, a skill that no one had ever attempted before. In 1982, my dedication and talent were recognized when I received the first national award in miniature painting. This achievement further deepened my passion for art. Under my father's tutelage, I learned the intricacies of art and honed my skills, particularly in the creation of miniature paintings. His guidance and expertise played a pivotal role in shaping my artistic style and technique.

Is there a particular incident from your school days that remains vivid in your memory?



Independence Day is a momentous occasion that not only celebrates the freedom and sovereignty of a nation but also encapsulates its rich heritage and vibrant arts. It is an occasion to revere our legacy, showcase artistic brilliance, and unite as a nation. Art is a universal language that transcends time and space. Art evokes emotions, inspires change, and offers solace. It holds up a mirror to society, reflecting its values, beliefs, and experiences.

Tilak Gitai, a Padma Shri laureate, and a distinguished painter, was born in 1949. He comes from a lineage of court painters who were supported by the rulers of Bikaner, and he is an expert in creating traditional Indian Miniature paintings.

Let us learn from him about the highs and lows of his artistic journey.



Painted by Padma Shri Tilak Gitai

I have a distinct recollection of an incident during my eighth-grade year involving our drawing teacher. We were given an assignment to create a drawing, and I decided to draw it freehand. However, the teacher was convinced that I had used butter paper to trace the image instead. He could not believe that I had managed to complete it so quickly without any assistance. In response, he presented me with a challenge: to draw a motif on the blackboard using only a piece of chalk. I felt a bit intimidated since it was my first time drawing on a blackboard. But then I remembered the wise words of my father, who used to say, "In challenging situations, trust your instincts. Do not worry about who is watching you. Just approach it as if nobody is observing." Encouraged by his advice, I boldly accepted the challenge.

To the teacher's astonishment, I effortlessly drew the motif freehand on the blackboard. He even predicted that I would receive the best artist award of the year. This incident has stayed with me ever since.

How did the journey progress?

After completing my Higher Secondary education, I pursued admission to an Art College and earned an art diploma. Realizing my thirst for knowledge was not satisfied, I persisted against family resistance and secured admission to Delhi College of Arts. Despite tough competition, I obtained a scholarship and successfully enrolled in the BFA course. Opting for freelancing, I faced challenges while establishing my personal brand but found contentment in continuous learning. Without access to a hostel, I sought

help from the lieutenant governor, who assessed my work and arranged a space for me at Delhi Engineering College, saving my unfinished work from abandonment.

Kindly share some insights about your approach to the art of sculpture creation.

'The smallest sculpture I created is a metal mosquito. Additionally, I crafted a housefly. Following an award ceremony, Prime Minister Indira Gandhi kindly invited me to join her for lunch. Seizing the opportunity for a playful prank, I placed the housefly sculpture on one of the plates. Indiraji became furious upon discovering a housefly on her plate. However, one of the curious waiters intervened and explained that it was a lifelike piece of artwork created by the artist she had invited. Intrigued, she closely examined the metallic housefly, marvelling at its intricate details, including the meticulously carved nerves visible on its tiny feathers. Later, I surprised her by creating a portrait of hers on a seed, which I presented as a gift.'

What inspires an artist to pursue art if not money? Is the patronage of the arts necessary for their success?

I believe that fine arts, music, and literature are bestowed upon us as gifts from Maa Saraswati. While you can guide a child to become a doctor, engineer, or programmer, the spark of being an artist is inherent and cannot be imposed upon. Talent frequently lies dormant, awaiting discovery, yet it can be honed through dedicated training. Parents often approach me, requesting that I teach their children and turn them into artists.



In challenging situations, trust your instincts. Do not worry about who is watching you. Just approach it as if nobody is observing.



Painted by Padma Shri Tilak Gitai

When they inquire about potential earnings, I straightforwardly advise them not to enrol their children under my guidance, as artists do not typically earn substantial amounts. It is an ironic situation. I tell them, "If your child is willing to endure hardship and rely solely on their art for sustenance, and if you as parents are prepared to witness their struggles to make a living, then I will teach them."

On being asked why often even a skilled artist



Artists like me receive numerous awards and recognitions. However, the government fails to consider our living conditions or how we manage to put food on the table three times a day.

is found struggling to make ends meet, Tilak responds, 'Artists like me receive numerous awards and recognitions. However, the government fails to consider our living conditions or how we manage to put food on the table three times a day. I desire a location where I can showcase my artwork, providing inspiration for aspiring art enthusiasts and ensuring the enduring existence of my creations. Unfortunately, my current living arrangements do not offer ample space to comfortably accommodate both my family and an art gallery. Throughout history, grand artworks, sculptures, and palaces have been created with the generous patronage of royal families. The arts rely on the support and sponsorship of the affluent segments of society. It is through this patronage we can preserve our cultural heritage.' He resumes, 'I lacked the financial means to offer bribes in order to receive awards, nor did I engage in flattery. Instead, I am grateful to our



Painted by Padma Shri Tilak Gitai

esteemed Prime Minister, Mr. Narendra Modi, who personally recognized my talents and deemed me worthy of the prestigious Padma Shri award. His genuine support for the arts exemplifies his role as a true patron.'

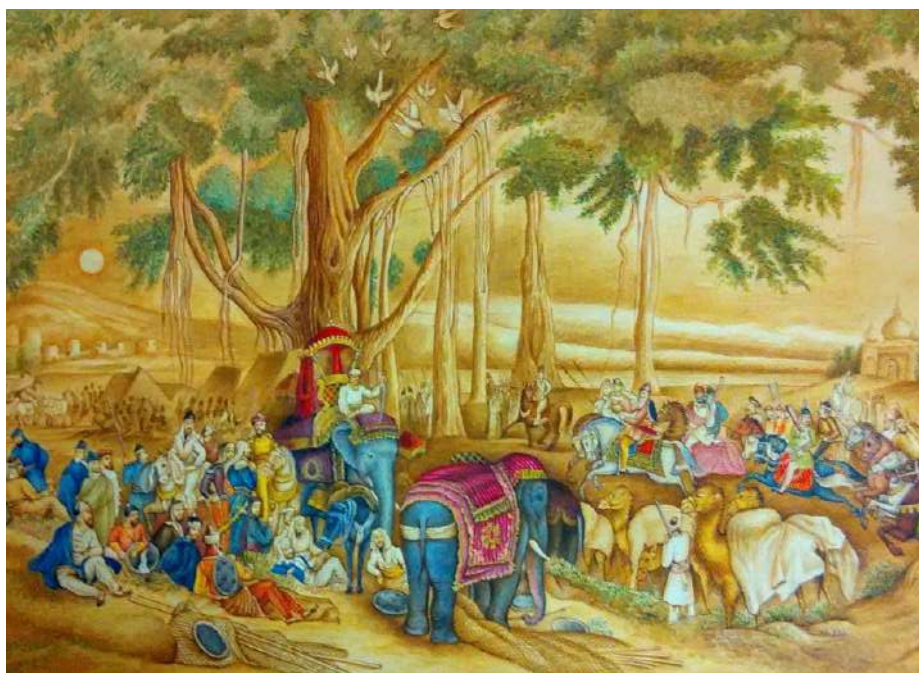
Tell us something about the 'Raga Mala.'

For a decade, I dedicated myself to the realm of music, tirelessly working to convey the profound interconnectedness between ragas and my artwork. It was a commonly held belief that music was purely an auditory experience, incapable of being captured in paintings. However, I defied this notion and

sought to prove otherwise. Unfortunately, people viewed me as a madman, believing that I was squandering my life on a fruitless pursuit that brought no financial benefits to our household. Despite their doubts, I remained resolute in my conviction that I was destined to depict music through my artistic creations. I still possess a wealth of knowledge and inspiration to impart to the younger generation, but I need proper resources to do so.'

In addition to being an artist, who is Tilak Gitai?

Apart from being an artist, I consider myself an ordinary individual who leads a busy and active life. When I am not working, I find joy in socializing and spending quality time with my friends, engaging in meaningful conversations. Additionally, I prioritize visiting the temple daily. My drive does not stem from the pursuit of wealth. Instead, I draw inspiration from Ramdhari Singh Dinkar, who humbly turned down the Padma Shri award during his time. As an artist, my aspiration extends beyond receiving accolades; rather, I seek recognition for my art. I strongly believe that it is crucial for society, particularly the government, to understand the significance of providing artists with the necessary resources and support. Mere bestowing of awards falls short of fulfilling the complete purpose. An artist aims to ensure that their legacy endures even when they are no longer present- beyond time and space.



Painted by Padma Shri Tilak Gitai

BRIGADIER RAGHUBIR SINGH RAJAWAT:

World War II Warrior and Mahavir Chakra Recipient



Anubha Jain
Journalist Writer
www.annucreation.com

During the 1965, Asal Uttar War or Indo-Pak War, about 3,000 Indian soldiers were martyred out of which 183 soldiers belonged to the warriors' land of Rajputana. I.C.6596 Brigadier Raghbir Singh Rajawat was one of those gallant army men who fought in this war and became the second Rajasthani warrior rewarded with the Mahavir Chakra, for his bravery and leadership. President of India Dr. S Radhakrishnan honoured Brigadier Singh with the second-highest gallantry award of the country, the prestigious Mahavir Chakra.

His Highness of Jaipur, Maharaja Sawai Man Singh presented a sword to Brigadier Singh as a token of appreciation, and Emperor Harish Chandra of Jhalawar honoured Singh. The then Chief Minister of Rajasthan, Mohanlal Sukharia hosted a grand dinner to honour this grand success, which was attended by many dignitaries and ministers.

When I met Brigadier Singh at his residence in Jaipur, he was leading a peaceful life and remained busy with farming. He proudly told me, "After receiving the Mahavir Chakra, His Highness, Jaipur gifted 20 acres (50 bighas) of land to me."

In his family, Singh had two sons and a daughter. His elder son, Sangram Singh also served in the army for almost 14 years. Sangram Singh took voluntary retirement in 1983 and was looking after his family's farming business. Boastfully, Brigadier Singh said, "I and my son were in the same battalion during the 1971 war with Pakistan. Sangram Singh was in the war force, and I was serving as the Provost Marshal." After his retirement, Brigadier Singh served for 15 long years as the foreman of his village Soda and did tremendous development work for the villagers, including road construction, electricity generation work, and water supply in the villages. He was also a member of the Tonk District Commission.

In a candid conversation with me, Singh talked about the 1965 war and said, "The Indo-Pakistan partition witnessed painful violence, and the two countries were engaged in many wars against each other. The wars in 1947-48, 1965, 1971,

and 1999 witnessed the deaths of many innocent people."

On September 2, 1965, Lt. Colonel Raghbir Singh was on his way to meet his family in Rajasthan, and at Rewari Station, he came to know that his leave had been cancelled due to an announcement of an Indo-Pak war. Immediately, he returned to Solan, Himachal Pradesh, and took charge as the leader of the 18 Rajputana Rifles. On Sept. 4, Raghbir Singh and his battalion were ordered to take a position in Punjab's Khemkaran sector against Pakistan's armed forces. Under Raghbir's command, the Indian forces repelled the Pakistani forces as is mentioned in his Mahavir Chakra Citation, "In the Khemkaran and the Asal Uttar sector war the rival force attack was extremely violent. However, Indian soldiers fearlessly confronted Pakistan's army attack and destroyed 22 Patton Tanks of the rival force. Under the leadership of Raghbir Singh, on Sept. 9th, 1965, his battalion successfully kicked out



Pakistan's army which had the suspicious motive of reaching India's Harike, Punjab."

Recalling the journey, Brigadier Singh mused, "The 1965 War was in the Asal village but we conquered the high ground which in local terms is called Uttar. Hence, the war is famous by the name Asal Uttar War. Here, the Indian Army used for the very first time the Defence SOS technique. Indian soldiers were positioned in the trenches and rival tanks passed over these trenches. Once the tanks passed over the trenches, Indian soldiers who were outside fired on Pakistan's tanks, and simultaneously, the soldiers in the trenches, at great risk of explosion and without caring for their own lives, also opened fire on the tanks from behind. Caught between two crossfires, the Pakistani tanks were fully destroyed and the Indian soldiers set a glorious example of courage and bravery."

Belonging to Jaipur's Rajawat clan, Raghubir Singh was born on November 2nd, 1923, in Soda village near Jaipur. Completed



schooling at Jaipur's Scottish Mission High School, Singh said, "Martial service was in my blood. I was highly inspired by my uncle, Colonel Ranjit Singh. Due to his recommendation, the King of Jaipur, Maharaja Sawai Mansingh was keen to take me into his armed forces. I joined the Jaipur State Sawai Man Guard on March 22nd, 1942. I completed my training at the Officers' training school, Bangalore on April 18th, 1943. During that time, a few Indians enrolled in this school. We were only 10% and the rest 90% were white. In Bangalore, my mentors were Major Ayub Khan and Captain Jagjit Singh. Ayub Khan later became Pakistan's Field Marshal and President, and Jagjit Singh became the Lt. General and led the Indian army successfully in the war against Pakistan where not only the Pakistan army got defeated but almost 1 lac Pakistani soldiers surrendered in Bangladesh."

Following this historic and the world's largest surrender by any army, Brigadier Raghubir Singh effectively handled the post of Provost Marshal in Military Police with the responsibility to look after 1 lac Pakistani soldiers in the Bangladesh Surrender Camp. Brigadier Singh had also taken part in World War II (1942–1974). Not only did he fight wars, but his services were marshalled around the world as a peacekeeper as well. He has provided his services not only in different parts and states of India but also in the high postings of the United Nations Commission's peacekeeping forces as well. Brigadier Singh, as a peacekeeper, had travelled to various countries like Burma, England, Hong Kong, Singapore, Russia, Australia, and the United States of America. During the war between North and South Korea in 1954, he was appointed to the peacekeeping force as the Major General of his battalion. And, during the Israel-Egypt war in 1959, he was the staff officer in the Peacekeeping force for almost one and a half years. In 1944, Raghubir Singh participated in the Burma War and went to Japan to fight against the British.

He fought against Pakistan's army just after independence in 1947–48 in the Uri Sector of Jammu & Kashmir. The war took place at a height of 15,000 feet. He retired from the military as a Brigadier General in 1975.

Passed away at the age of 99 in the year 2021, Brigadier Singh was highly disturbed by the current India-Pakistan situation and told me, "For development and peace, India and Pakistan need a permanent solution."

We bow to soldiers like Brigadier Singh who always inspire us and will be remembered forever in the heart of every Indian.



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*Not only did he fight wars,
but his services were
marshalled around the world
as a peacekeeper as well...*

SHRI JADUNATH BANDYOPADHYAY:

*The Safe-House Zamindar and Financer of
Bengal Freedom Fighters*



Ms. Reetwika Banerjee

Cybersecurity Specialist
Author
Filmmaker
Travel Blogger

19th century, British India. There were tremendous uproars of the Indian freedom movement across the country. In those days, Bengal Presidency included regions of present-day West Bengal, Bangladesh, Tripura, Bihar, Jharkhand, Odisha, Andamans and parts of Assam. This province had always been a European darling over centuries. Right from Job Charnock's landing to Portuguese merchants, Dutch traders, and French colonials until the end of British Rule, Calcutta was always an apple of the European invaders' eyes.

Shri Jadunath Bandyopadhyay (Birth: 1865, Death: 1939), a renowned Zamindar of Murshidabad, played a clinical role in masterminding innumerable Swadeshi attacks, provided hideouts and funds to legendary freedom fighters.

Jadunath was born to an elite family, erstwhile known as the 'Bandyopadhyays' of Rampara. His father discovered a brilliant child in Jadunath and was thus high on getting him admitted to an English medium school. Through his personal contacts, Jadunath got direct admission to a residential Anglo-Vernacular school in Nadia. It was like a turning moment in Jadunath's life.

Nadia was home to rebellions that motivated many young bloods against colonial oppression. Over time, Jadunath also got heavily influenced by the patriotic mission of the freedom fighters.

He topped the Matriculation exam with Merit Scholarship; one of the initial few natives to achieve it. After graduation, Jadunath successfully cleared the Civil Service examination and was appointed as the first Indian Tea Taster by the highly conservative British Tea Board, headquartered then at Calcutta. Mukhopadhyays of Balarampur (near Beldanga) were the presidential sponsor of the scholarship. Jadunath was a perfect match for his elder daughter Malati Mala and tied the knot in 1886. Later, he handed over Kathalguri Tea Garden in Dooars, known for fascinating Darjeeling Tea and indigo plantations; and announced the dynamic young man as the de-facto proprietor of his entire Zamindari estate.

Jadunath had a very deceiving personality. A polished British-loved business tycoon outside, at heart, he was a die-hard patriot. In a couple of quarters, Jadunath built a small green building, conspicuously hidden inside a tea garden. It was misjudged by the British as a tea-processing unit but in actuality, the edifice was constructed as a secret Swadeshi meeting point. Innumerable plans of fund-raising dacoities were hatched herein by the masterminds of the Jugantar group. Jadunath later acquired 'Neel Kuthi' (a lavish farmhouse of the indigo merchants) falling under the territories of his plantation and built a wooden Tea Bungalow in typical colonial style (to keep the Europeans happy superficially). Both these buildings were secured to provide a 'safe house' to the fugitive protesters.

On the other hand, Jadunath was a people's man; respected by the labourers, workers, union leaders, and officers alike and he was equally good at keeping relationships with top administrators. Darjeeling was the summer retreat of the British and quite often, owing to the tea auctions, Jadunath came in direct dialogues with the high officials of East India Company engaged in international trading. As part of tea exports, Jadunath got introduced to foreign ships docked at Khidderpore. In a few years' time, he became one of the most influential Indian maritime investors. And in one of such business deals, Jadunath met a German sailor who owned multiple merchant ships. It opened a covert channel for Jadunath to exchange foreign artillery against best quality Darjeeling tea. Though superficially a close associate of the Europeans, Jadunath held a keen interest in financing bulk arm purchases for the Indian rebels from these ships.



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A renowned Zamindar of Murshidabad, played a clinical role in masterminding innumerable Swadeshi attacks.

In 1891, Jadunath purchased a 12-cottage land in Lalbagh to build a palatial residence. And fondly named it 'Malati Kutir' in honour of his beloved wife. The inner patio of this house was an epicentre of countless Swadeshi meets and absconder's dens in Murshidabad.

In 1900, Jadunath bought a massive warehouse near Panch Raha market in Lalbagh. It was like an elephant's teeth. For the world, the shop was a wholesale tea auction house, inside there was a massive gymnasium and housed an underground room for hiding arms. He also played a vital role in instating the first branch of 'Bandhab Samiti' (a club of revolutionaries) in Murshidabad.

Jadunath and Malati Mala were blessed with two sons – Ananta and Basanta. Jadunath

had skillfully instilled the spirit of patriotism in them who too devoted their lives in service of the motherland. Though a student of medicine, Basanta was an undercover rebel closely associated with Binay Krishna Basu. Basanta died at the age of only nineteen years under suspicious circumstances at Calcutta Medical College and his body was never handed over to Jadunath.

Ananta was more like his father, an unsung man who financed innumerable secret missions of the Bengal Volunteers, heavily inspired by Subhash Chandra Bose. Upon his request, it is said that Netaji had once visited Murshidabad and addressed the youth against the rising domination of the British Raj.

Ananta bought a luxurious Bajra (houseboat), a Phaeton (horse-coach) and

Humber (expensive car) for personal use. Nevertheless, these vehicles were primarily used to arrange secret passages for top Indian rebels.

Ananta was a close acquaintance of Masterda Surya Sen. While studying at Berhampore College, they became close friends. Surya often visited Malati Kutir as a young student leader. The very idea of the historic Chittagong robbery was planned right at the warehouse of the Bandyopadhyays, hardly known to anyone today.

Sadly, a few years later, Ananta too died a mysterious death, the reason being unknown until today. Ananta's dead body was said to be found at the boy's hostel of Presidency College. The untimely deaths of both his sons shattered Jadunath mentally but he was not a man to compromise. And continued with his covert mission towards the Indian nationalist movement.

For over three decades, until his death in 1939, Jadunath's properties were regularly used as a hide-out by various top nationalist leaders who had devoted themselves to the struggle for Indian independence. On many occasions, Jadunath had also directly funded on large scales to purchase arms and ammunition for them. No one could ever imagine, how right under the nose of the British, Jadunath sheltered the absconding nationalists at his 'safe houses' spread across the Zamindari estate in Darjeeling, Murshidabad and Nadia districts of Bengal. Unfortunately, he could not survive to witness our independence, however, his backscreen contributions to the Indian freedom movement had been priceless.

A FREEDOM FIGHTER ON THE BENCH:

*The Remarkable Journey of Justice
Kamal Narain Singh*



Sunita Singh

Author
Poet
Storyteller

In today's fast-paced materialistic and globalized world, we often take our freedom for granted. Yet, it is imperative that we remember the countless men and women who fought against colonial rule armed only with the spirit of ahimsa, truth, valour, and sacrifice. It was their steely resolve and relentless struggle which helped us to gain freedom from bondage.

I was aware that my father, the late Justice Kamal Narain Singh, (former Chief Justice of India), had participated in the freedom struggle, but it was only when I started interviewing him at length in connection with a book which I was writing about him and the times that he lived in, that I came to know the extent of his involvement in the freedom movement.

My father was born in 1926, in a village in the sleepy hinterlands of Uttar Pradesh, to a family of landed farmers. Although his early education was in a village school but from sixth grade onwards, he was sent to a school which was away from home. In the hostel initially, and later in a lodge with other boys, he spent all his free time reading – apart from books, he regularly read *Leader* and *Young India* which were journals, the latter started by Gandhi in 1919. It was during

this time that he became deeply influenced by the vision and the work being done by Gandhi, Nehru, and other leaders. These were times when the spirit of nationalism was spreading from cities and towns to the rural hinterland.

During his schooling in Sirsa which was near Allahabad, he also came in contact with the Congress workers. The volunteers told stories and sang tales about the freedom fighters who had fought bravely against the Gori Sarkar. Filled with the spirit of nationalism, he too joined as a volunteer and took the oath of Ahimsa to always speak the truth. He would get up at the crack of dawn and go for Prabhat Pheri in groups, singing patriotic songs and shouting 'Inquilab Zindabad', 'Bharat Mata Ki Jai' carrying the flag in processions. In the evenings, he participated in conducting camps to educate the masses who hadn't received formal education. During this time, he started working with Mrs. Vijaya Lakshmi Pandit, Nehru's sister and a great freedom fighter.

He was inspired and influenced by Gandhian ideals and as a young teenager, he wore khadi dhoti and kurta which he spun on the charkha, rejecting western mill-made clothes in support of home-spun cloth. Due

to this, he was often teased as 'dhotiwala' by his anglophile classmates, but that did not deter him.

As my father shifted to Allahabad for further education, he started engaging more actively in the struggle and was a part of the group which distributed and posted information and messages from the leaders of the movement, clandestinely. They would venture out in the thick of the night, stealthily pasting patriotic newsletters and posters on walls and other public places where it was easily accessible to the general public. This was a risky task since the police were always on the lookout and dealt with it harshly. Sometimes, they could hear the policeman's footsteps or his whistle nearby and had to scurry away as fast as they could. Once, while all his friends escaped, my father froze and was caught by a policeman, though they could not catch him red-handed. Even so, he was taken to the police station for questioning and was released after a few hours.

Unfortunately, a few days later, he was caught again, with a friend while distributing the party newsletter this time, in broad daylight. He and his friend, Jaiswal were both taken to the Kotwali jail in Allahabad.





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He was inspired and influenced by Gandhian ideals and as a young teenager, he wore khadi dhoti and kurta which he spun on the charkha.

The news spread like wildfire. The next day my father's uncle rushed to the police station to request the release of the students. Though my father was released, but the police refused to let out Jaiswal since he was the group leader of that area. He was released a few days later but he could not survive the severe beatings by the police and passed away. This was an immensely traumatic period for my father as he had lost a close friend, but it only strengthened his resolve.

In 1942, the Quit India resolution was passed, and Gandhi gave the call 'Do or Die'. On 12th August 1942, my father and his friend Bhola Nath Tiwari took part in a juloos against the British. It was decided that the Indian flag would be unfurled and a dharna was planned at the collectorate. Allahabad University students took an active part in it. Though the dharna was non-violent and consisted only of students, the police grew restive, and the collector ordered the police to shoot. One student, Lal Padmadhar Singh, undeterred, kept on walking, holding the tricolour in his hand, till the time he did not fall to the ground. There was mayhem all around – people ran helter-skelter, many were wounded, and some died on the spot. Though my father, Kamal Narain Singh, escaped unhurt but his friend, Bhola Nath Tiwari was injured badly. During this time the British government clamped down on all leaders of the freedom movement. In the absence of their leadership, my father was closely working with Lal Bahadur Shastri. They would often hide in goods trains to go to Mirzapur secretly while evading police to meet other local leaders who had not been arrested, making sure the resistance remained ongoing against British rule.

The freedom movement has left an indelible impact on an entire generation of Indians, nurturing ordinary people into visionary leaders and nation-builders who steered our country towards an era of self-reliance and self-rule. As we commemorate the seventy-sixth anniversary of our Independence, it is incumbent upon us to honour and celebrate the ordinary people who formed the backbone of the freedom movement, collectively working towards making the British release their grip on our subcontinent and pave the path to freedom.

Leaf Art for Independence Day

- By Mamta Goel



A TRAIL BLAZER'S LEGACY:

Path to Sporting Independence



In conversation with Maya Khandelwal

Author
Poet
Biographer
Motivational Speaker

As India approaches Independence Day, the intertwining of sports and India's resilience and pursuit of excellence needs a mention.

Mr. Narinder Dhruv Batra stands as a trailblazer who has carved his name in the annals of history.

Among Narinder's exceptional achievements, one shines with an unparalleled radiance—being the sole Indian luminary to ascend to the prestigious position of President in a Summer or Winter Olympic Sport. He assumed the mantle of authority in the International Hockey Federation (FIH) 2016-2022. In a realm traditionally dominated by Europeans, he shattered the glass ceiling, to become the first non-European to occupy this illustrious position. He became the singular Indian luminary to hold simultaneous presidency over two significant domains—the Indian



Olympic Association and the International Hockey Federation 2017 - 2022. This rare distinction cast him as the guardian of India's sporting legacy.

Narinder secured a coveted membership within the esteemed International Olympic Committee 2019-2022, standing shoulder to shoulder with the most influential figures in the realm of global sports administration. He held a triumvirate of positions—IOC member, President of the IOA, and President of the FIH—held simultaneously by a select few. As President of the Commonwealth Games Association of India 2017-2022, he soared to unprecedented heights. Right from the inception of the Olympic Games in 1896, until date, he remains the sole individual in the world to have flawlessly juggled all four distinguished roles simultaneously—IOA President, FIH President, IOC member, and CGAI President.

Let us gain insight into Narinder's

perspective on sportsmanship and uncover his identity as a sportsperson.

1. When did the initial planting of the seed happen?

I had no sports background. In my family, none shared the passion I did. I took it upon myself to pursue a career in sports and dedicated my entire life to it.

2. What positions in sports administration and what significant tournaments you organized or participated in, need a mention?

I have held various positions in sports administration, including President of the Kashmir University Students Committee, Amar Singh College Students Committee, and J&K Hockey Association. Notably, I organized the All-India Senior Nationals Hockey Tournament in Jammu in 2000. Additionally, I served as Sr. Vice President of

the Indian Hockey Federation from 2002-2008.

I held key roles such as Secretary General and Treasurer of Hockey India 2009-2010, Secretary General 2010-2014, President of Hockey India 2014/2016, and Chairman of the Hockey India League 2012-2016. I organized the Olympic Qualifiers in India, in 2012, with the Indian Men's Team qualifying for the 2012 Olympics.

I organized events including the FIH World League Round 2, FIH Junior Men World Cup, FIH World League Final, FIH Champions Trophy, FIH World League Round 2, and FIH World League Final. I managed the annual Hockey India League 2013-2016.

I served as Treasurer of the Delhi & District Cricket Association from 2003-2013 and played a role in organizing the 2011 Cricket World Cup in India. I held positions such as Vice President of the Asian Hockey Federation, member of the Competitions Committee of the International Hockey Federation 2011-2013, and Executive Board Member of the FIH 2014-2016. I served as the President of the FIH 2016-2022 and was re-elected in 2021, while also chairing the FIH Foundation Board 2019-2023.

I held significant roles including President of the Indian Olympic Association and Commonwealth Games Association of India 2017-2022. I contributed to national sports development as a member of various national and international committees and advisory bodies.

3. Have you been following any specific industries or business sectors?

My family has a wide array of business interests, including education at a medical college and nursing college. We have ventured into hospitality. We export commodities and home furnishings, manufacture home appliances (L.P.G. cylinders, cylinder valves), and produce automobile components. We operate auto dealerships. Our transport services include L.P.G. and petrol tanker transportation, as well as specialized trucks for delivering new cars. Our commitment to sustainable energy is evident through our ownership of a solar power plant. We have won a bid for a seaport in Gujarat. We operate gas stations and petrol pumps in Jammu and Kashmir and Delhi. We make a significant impact across various industries and regions.

4. What notable recognitions have you received?

I received the Vijay Ratna Award as an Industrialist from the Honorable Prime Minister of India, Mr. Chandrashekhara in 1991. In 2012, during Teerthanker Mahavir University's first Convocation Ceremony, I was awarded the Doctor of Philosophy Honoris Causa. The year 2014 brought the International Hockey Federation Award at the FIH Congress, in Morocco. In 2019, I received the Doctor of Philosophy

Honoris Causa from Manav Rachna Educational Institution. In 2020, I received the prestigious Capital Foundation National Award.

5. What social responsibility activities have you, as a conglomerate, undertaken?

We have reserved 25% of beds in Delhi's Batra Hospital and Jammu's ASCCOMS Hospital for free treatment of the poor and those affected by militancy. We provide free food and accommodation during the Amarnath Yatra. We repaired temples damaged during militancy in Kashmir. We offered aid during the Kutch earthquake and Tamil Nadu tsunami. We supported orphanages, and old age homes, and collaborated with the J&K Sports Council to revive sports. During the Covid-19 pandemic, we organized food and ration distribution. We are dedicated to making a positive impact.

6. What is your perspective on the future of hockey, as well as sports in general, given your extensive involvement in the sport?

I must say, the future of hockey looks promising. However, there are three crucial aspects that require attention. Firstly, it is important to ensure fair selections. Merit should be the sole factor considered, with no room for favouritism or references. Secondly, coaching must be approached systematically, with coaches giving their best. Lastly, the fitness of the team should be maintained across the senior, junior, and sub-junior levels.

7 What initiatives have been implemented in India to promote sports on the grassroots level?

Prime Minister Narendra Modi, to my mind, is the most sports-oriented PM to date. Currently, he has raised the sports budget from 600 crores to 3800 crores. His focus extends beyond elite athletes, emphasizing a strong foundation at grassroots levels through initiatives like Khelo India Khelo and Khelo Youth Khelo. His vision includes equal distribution of Olympic medals between male and female athletes, as well as promoting women-centric sports events and employment opportunities in sports. The only requirement is to accelerate progress in the right direction. I sincerely hope that India continues its winning streak.



“

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SOLDIER'S HEART, PATRIOT'S SOUL:

A Story of Lt. Col. Himanshi



Ayushi Tyagi

Content Writer

In a world where women continue to break barriers and challenge societal norms, Lt Col Himanshi stands as a shining example of resilience, determination, and empowerment. Her journey from a conservative Rajput family to becoming a distinguished soldier, life coach, mentor to children with special needs, and a passionate advocate for the younger generation is nothing short of extraordinary. Through her relentless pursuit of excellence and commitment to serving her country and community, she has left an indelible imprint on the hearts and minds of those she has touched.

Born into a traditional Rajput family where educating women was still considered taboo, Himanshi faced early challenges in pursuing her dreams. However, her brilliance as a student and her exceptional talents in sports and co-curricular activities couldn't be denied. Recognizing her potential, her parents defied societal norms and supported her education, allowing her to blossom into the exceptional woman she is today.

With her unyielding determination and passion for service, Himanshi joined the Indian Army as one of the pioneering women in its ranks. It was a time when women were only just beginning to be commissioned, and she became an integral part of this historic transformation. Her dedication to duty, unwavering valour, and commitment to the Indian Army led her to participate in crucial operations, including the famed Operation Vijay during the Kargil conflict and Operation Parakram.

Her outstanding contributions and exemplary leadership did not go unnoticed, and she was honoured with numerous medals and awards for her bravery and service. As an advocate for women's rights in the military, Himanshi played a pivotal role

in raising awareness about the need for a permanent commission for women. Her efforts laid the foundation for more significant gender inclusivity in the armed forces, paving the way for other women to follow their dreams.

Beyond her illustrious military career, Himanshi's heart was filled with empathy and compassion for those in need. She discovered her calling in caring for and mentoring children with special needs. Taking charge of ASHA SCHOOL in Delhi, she worked closely with the Ministry of Social Justice and Empowerment (MoSJE) to create a nurturing environment for these children. Her dedication and hard work earned her praise not only from within the country but also from esteemed foreign dignitaries who acknowledged her efforts in this noble endeavour.

Himanshi's passion for mentoring and guiding young minds didn't stop there. She played a significant role in grooming and mentoring young NCC cadets, many of whom went on to become Commissioned Officers in the Indian Armed Forces. Her influence and mentorship have undoubtedly contributed to shaping the careers of several young leaders, instilling in them the values of discipline, integrity, and service to the nation.

As a woman who has always embraced challenges, Himanshi is also a keen sportsperson. She finds joy in playing golf and basketball, reflecting her well-rounded and dynamic personality. After more than two decades of active service, she decided to transition into a new role—one that would allow her to continue making a difference in people's lives.

Her journey took a new turn when she was crowned Mrs. International Glam Icon 2021. This prestigious title provided her with a platform to empower and mentor contestants of Mrs. India, using her experiences and wisdom to inspire them to be confident and successful in their own right. This role also allowed her to share her message of empowerment and self-belief with a wider audience.

But Himanshi's aspirations and ambitions didn't end there. She embraced the challenging role of a grooming and lifestyle coach, motivational speaker, and transformation expert. She founded her own company HV SoftSkills. Driven by her desire to bring positive changes in the lives of the younger generation, she embarked on a journey to provide one-on-one guidance and group coaching to individuals seeking direction and purpose in their lives.

Her impact has been profound, with some of her students going on to become officers in the Defence force—a testament to her ability to inspire and nurture future leaders. Along the way, she has been recognized and honoured with prestigious awards such as the Golden Achiever's Award by the Governor of Rajasthan and the Shaurya Samman by the Governor of Sikkim, among many others.

Acknowledging her expertise and accomplishments, premier institutes have sought her presence to deliver motivational talks to their students. One such notable occasion was at the Defence Service Staff College in Wellington, where she addressed the international strategic leadership on gender sensitivity—a topic close to her heart.

Himanshi's life journey is a living inspiration to many women in society. From defying societal expectations to breaking barriers in a male-dominated profession, she has shown that with determination and perseverance, anything is possible. Her multifaceted achievements as a soldier, mentor, life coach, and motivational speaker highlight her versatility and her genuine commitment to making a positive impact.



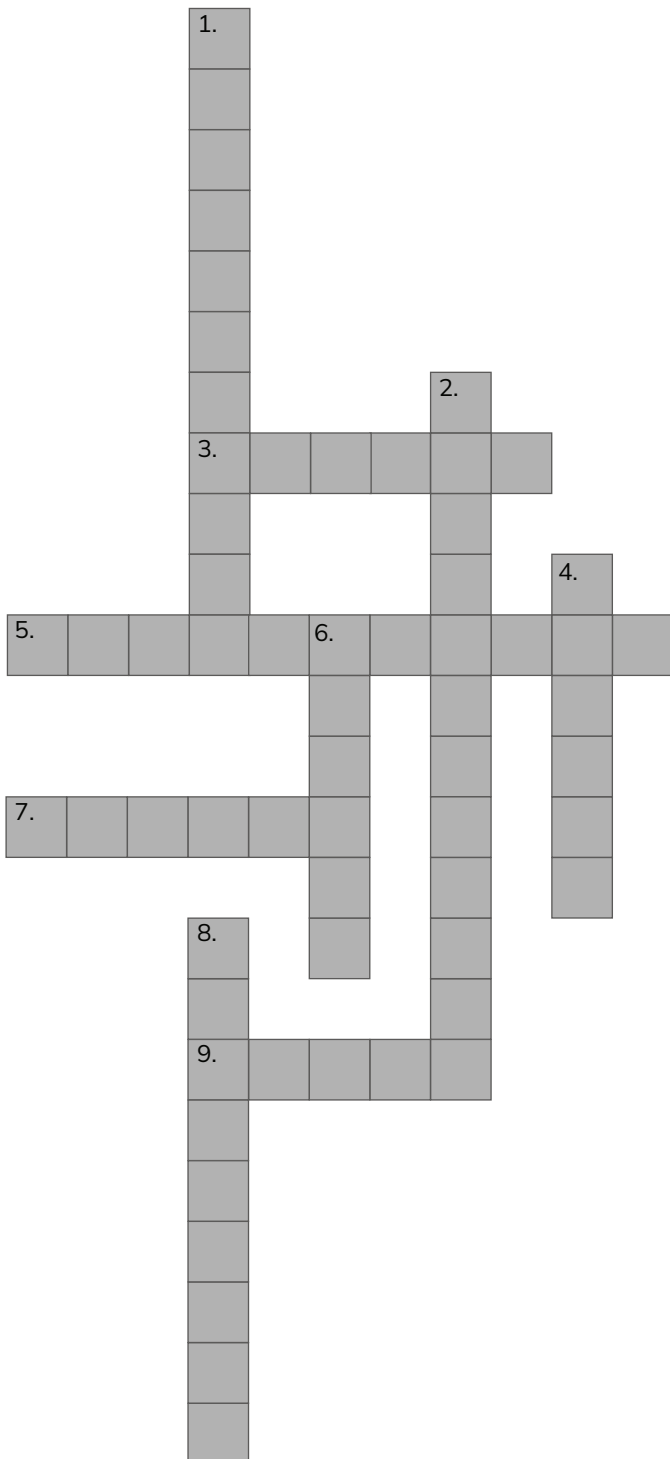
In a world where gender biases and limitations continue to exist, Lt Col Himanshi stands as a beacon of hope, encouraging women to dream big and believe in their abilities. Her story reminds us that empowerment isn't just about individual success; it's about lifting others up and paving the way for a more inclusive and equal society. As we look to the future, we can be certain that Lt Col Himanshi will continue to be a driving force in shaping the lives of the younger generation. Her dedication, passion, and unwavering spirit will undoubtedly leave an enduring legacy of empowerment and inspiration for generations to come.

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As an advocate for women's rights in the military, Himanshi played a pivotal role in raising awareness about the need for a permanent commission for women.

CRACKING THE GRID

AUGUST 2023



Across

3. The Indian national anthem, "Jana Gana Mana," was written by -
5. The famous resolution of 1930 in which Mahatma Gandhi called for complete independence.
7. This Indian state was the last to join the Indian Union in 1975.
9. Mahatma Gandhi's famous march against salt taxes was called, ____ March

Down

1. The Viceroy of India at the time of Independence.
2. A famous woman freedom fighter who led the Quit India Movement in 1942.
4. The Father of the Nation led India's nonviolent independence movement.
6. A famous hill station where the Indian National Congress was formed in 1885.
8. An iconic monument in Delhi, completed in 1929, commemorates Indian soldiers who died in World War I.

Answers for Cracking the Grid, July 2023

Across

1. Solar
5. Reuse
6. Wind
8. Desalination
9. Recycle

Down

2. Climate change
3. Composting
4. Coal
7. Wood

***Check out our September issue for answers**

Celebrating Swachhta Pakhwada at Wagah Border, a symbol of unity

New Delhi, In a collaborative effort to promote cleanliness and hygiene, officials from the Border Security Force (BSF) and Hindustan Petroleum Corporation Limited (HPCL) organized a special event. With the participation of over 8,500 enthusiastic attendees, the event aimed to foster a cleaner India.

During the event, a Swachhta pledge was administered to all the participants, emphasizing their commitment to maintaining cleanliness. This collective effort sought to inspire individuals to actively contribute to the cause of cleanliness and make it an integral part of their lives.

Esteemed guests delivered inspiring speeches, motivating the attendees to embrace cleanliness and hygiene practices. Their words resonated with the audience, encouraging them to take responsibility for their surroundings and work towards a cleaner and healthier India.

Adding a creative touch to the event, Nukkad Natak performances took centre stage, highlighting the significance of Swachhta. Through powerful and engaging street plays, the performers captivated the audience, effectively conveying the importance of cleanliness and its impact on society.

The joint initiative between the BSF and HPCL showcased their dedication to promoting a cleaner environment. By bringing together a large number of participants and employing various means of communication, they aimed to create awareness and instil a sense of responsibility among individuals towards maintaining cleanliness in their communities.

The event served as a reminder that cleanliness is not only a personal responsibility but also a collective effort that can lead to a positive transformation of the nation. Through such initiatives, it is hoped that the message of cleanliness will continue to spread, inspiring more individuals to actively contribute to the Swachh Bharat (Clean India) mission.



SECL - More Power Projects in Coming Years

New Delhi, SECL, one of Coal India's largest coal-producing subsidiaries, has announced its intention to venture into renewable energy by developing roof-top and ground-mounted solar power projects with a capacity exceeding 600 MW in the coming years.

The move is part of SECL's strategic expansion and diversification efforts aimed at achieving the "Net Zero Energy" goal. This aligns with the broader objective of "Panchamrita," as announced by Prime Minister Shri Narendra Modi at COP-26, to achieve net-zero emissions by 2070.

To realize these plans, the Miniratna PSU plans to invest over 1,000 crores. Several projects will be implemented in the RESCO (Renewable Energy Service Company)/BOO (Build-Own-Operate) mode.

SECL has already commenced the development of solar power projects with a combined capacity of over 180 MW in various phases across its operational areas in Chhattisgarh and Madhya Pradesh. Recently, roof-top solar projects with a total capacity of 580 kWp were successfully commissioned in the Johilla, Jamuna-Kotma, and Kusmunda Areas.

Among the ongoing projects, the company is executing two significant solar projects, each with a capacity of 40 MW. The first is a ground-mounted, grid-connected solar PV plant located on SECL's own land in the Bhatgaon and Bishrampur areas of Chhattisgarh's Surajpur district, which falls under the tribal-dominated Surguja region.

This project is currently in the execution stage and is expected to be operational within the current fiscal year. Additionally, the management is preparing a project report for a 40 MW ground-mounted solar PV plant in the Johilla area of Madhya Pradesh.

SECL has also initiated a tender process for a 4 MW rooftop solar project that will cover all its operational areas. Furthermore, the feasibility of installing a floating solar power plant at the Sharda OC mine in the Sohagpur Area of Madhya Pradesh is being explored.

SECL's foray into solar power projects signifies its commitment to sustainable energy generation and supports the nation's transition towards cleaner sources of power. By leveraging its operational expertise and investing in renewable energy, SECL aims to contribute to the nation's energy goals while reducing its carbon footprint.

Workshop on financing schemes and Energy Efficient technologies

New Delhi, BEE (Bureau of Energy Efficiency) organized a one-day workshop, aimed at spreading awareness among stakeholders about its financing schemes and energy-efficient technologies. The event witnessed the participation of over 60 attendees, including large industries, MSMEs (Micro, Small, and Medium Enterprises), ESCOs (Energy Service Companies), and industry associates.

During the workshop, several esteemed speakers from organizations such as Madhya Pradesh SDA (State Designated Agency), EESL (Energy Efficiency Services Limited), MSME DFO Indore (District

WE CONNECT

Forest Officer), MPUVNL (Madhya Pradesh Urja Vikas Nigam Limited), Indian Bank, Central Bank of India, and various industrial associations shared insights on investment potential in energy-efficient technologies.

The speakers emphasized the importance of adopting energy-efficient practices and technologies to achieve sustainability goals



and reduce carbon footprints. They highlighted the financial benefits and long-term cost savings that can be derived from implementing energy-efficient solutions.

The workshop served as a platform for stakeholders to gain a comprehensive understanding of BEE's financing schemes, which are designed to facilitate the adoption of energy-efficient technologies. Participants were provided with valuable information on the various financing options available and the associated benefits and incentives.

By bringing together industry representatives, financial institutions, and government bodies, the workshop aimed to foster collaboration and knowledge exchange to accelerate the implementation of energy-efficient measures across sectors. It provided a forum for discussions on challenges, opportunities, and best practices in the realm of energy efficiency.

BHEL extends cooperation with General Electric for Gas Turbines

New Delhi, Bharat Heavy Electricals Limited (BHEL) has entered into a Technical Assistance and License Agreement with General Electric Technology GmbH Switzerland for gas turbines. The agreement was officially signed by Mr. Jai Prakash Srivastava, Director (Engineering, Research & Development) & Director (Finance - Addl. Charge) at BHEL, and Mr. Theodoros Stamatiadis, Executive Counsel (IP) at GE Power, in the presence of Dr. Nalin Shinghal, Chairman & Managing Director of BHEL, Mr. Deepesh Nanda, CEO of GE Gas Power South Asia and President & CEO of GE Aero-derivative Business, Gas Power Asia, Ms. Renuka Gera, Director (Industrial Systems & Products) at BHEL, and other senior officials from GE and BHEL. Representatives from the US-India Business Council also attended the signing ceremony.

BHEL has been a trusted manufacturer and supplier of GE-design gas turbines to customers in India and abroad since 1986. This agreement marks an extension of the existing partnership, granting BHEL enhanced rights for both existing/uprated and new gas turbine models.

The collaboration between BHEL and GE aims to strengthen BHEL's



capabilities in the gas turbine segment. With the assistance and licensing support from GE, BHEL will be able to leverage advanced technologies and expertise in the development and manufacturing of gas turbines. This partnership is expected to enhance BHEL's competitiveness in the market and enable it to offer more efficient and technologically advanced gas turbine solutions to its customers. The signing of the agreement signifies the mutual commitment of BHEL and GE to drive innovation, technological advancement, and sustainable energy solutions in the gas turbine industry. Through this collaboration, both companies aim to contribute to India's energy landscape and support the nation's goals for clean and reliable power generation.

With BHEL's extensive manufacturing experience and GE's technological prowess, the partnership is poised to create synergies and propel the growth of the gas turbine sector in India and beyond.

ONGC stands tall among Indian PSUs in Forbes' 'The Global 2000' List 2023

Mumbai, ONGC, India's leading Energy Maharatna, has achieved a remarkable feat by securing the 226th rank in Forbes' "The Global 2000" List for 2023. This prestigious recognition highlights ONGC's unwavering commitment to excellence and its significant growth as a key player across 58 countries.

ONGC takes immense pride in this exceptional accomplishment, being the sole Indian PSU positioned within the top 250 companies on this esteemed list. The recognition underscores ONGC's consistent expansion, robust financial position, and relentless dedication to achieving excellence in its operations.

Forbes' "The Global 2000" List showcases the world's largest companies based on key metrics such as sales, profits, assets, and market value. ONGC's inclusion in this prestigious ranking reaffirms its leading position within India's corporate sector and its growing global recognition.

Indian Bank launches e-BG and several other new digital services

Chennai, Indian Bank has unveiled new digital services as part of its ongoing digital transformation initiative called "Project WAVE." The launch event was held in Chennai, with Shri S.L Jain, MD & CEO of Indian Bank, inaugurating the services. The Executive Directors of the bank, including Shri Imran Amin Siddiqui, Shri Mahesh Kumar Bajaj, and Shri Ashutosh Choudhury, along with other senior officials, were present at the event.

One of the notable services introduced under Project WAVE is the electronic bank guarantee (e-BG) in collaboration with National E-Governance Services Limited (NeSL). This service aims to streamline the traditional paper-based processes associated with bank guarantees. By leveraging digital stamping and e-signing, the e-BG service significantly reduces the issuance and delivery time of bank guarantees from an industry average of 3-4 working days to just a few minutes. This digital transformation eliminates the need for physical stamp papers and signatures, making the entire process seamless and paperless.

Indian Bank has introduced the IND GST Advantage scheme, which offers eligible customers who regularly file GST (Goods and Services Tax) the opportunity to avail 25% of their annual turnover as an overdraft cash credit facility. This facility allows customers to access working capital without requiring additional collateral security.

In line with its commitment to enhancing customer convenience, Indian Bank has also rolled out the Pre-Approved Business Loan facility. This end-to-end digital journey caters to eligible individuals and proprietor firms, providing them with a seamless and efficient way to meet their business needs.



PFC becomes 1st member from India to join the Asia Transition Finance Study Group

New Delhi, The Power Finance Corporation (PFC) has announced its membership in the "Asia Transition Finance Study Group" (ATFSG) during the Bilateral Ministerial Meeting between India's Hon'ble Minister of Power and New and Renewable Energy, R. K. Singh, and His Excellency Yasutoshi Nishimura, Minister of Economy, Trade, and Industry of the Government of Japan. The meeting took place on the sidelines of the G20 summit in Goa.

The ATFSG is an initiative launched by the Japanese Ministry of Economy, Trade, and Industry (METI) with the aim of promoting sustainable transition finance for Asian countries. The group consists of various members and observers, including Japanese banks, major Asian and global financial institutions, development banks, export credit agencies, and government agencies.

By becoming a member of ATFSG, PFC becomes the first representative from India to join the group. As a member, PFC will play a significant role in voicing India's perspective while contributing to the development of policy considerations for effective energy transition financing.

CIRC organized 2-Day Residential Management Development Programme on Transformational CSR and Sustainable Development



New Delhi, The CUTS Institute for Regulation & Competition (CIRC) successfully organized a two-day Management Development Programme (MDP) on "Transformational CSR and Sustainable Development" in New Delhi.

The inaugural address was delivered by Pradeep Mehta, Chairman of CIRC and Secretary-General of CUTS International. In his speech, he drew attention to the unprecedented hot weather experienced in the global West, emphasizing that it is a clear indication of the consequences of climate change.

He also mentioned the recent floods in

various parts of the world, including India, as evidence of the urgent need for sustainable development. Mr. Mehta highlighted the outcome of the COP27 meeting, particularly the focus on 'Loss & Damage' caused by climate change, which has become a critical issue. He further stressed that addressing poverty, inequity, and empowerment are crucial aspects of sustainable development.

Mr. Mehta emphasized that the intellectual capital of personnel is pivotal for the sustainability of any company and emphasized the role of Management Development Programmes (MDPs) in building the capacity of individuals and organizations.

Discussing global sustainability goals, Mr. Mehta underlined the utmost concern and necessity for biodiversity conservation and the sustainable use of natural resources to ensure long-term sustainability. He expressed his best wishes to the participants for fruitful learning during the CIRC's two-day MDP on CSR and Sustainability.

The two-day programme, led by Prof. Ashok B Chakraborty, Senior Advisor of CIRC and Programme Director, covered

various important topics. These included CSR projects focused on climate adaptation and environmental initiatives, designing CSR programs around afforestation with opportunities and case studies, and creating impactful community development programs. The programme also addressed critical steps in program implementation, such as monitoring, evaluation, and impact assessment.

AAI signed MoU to Enhance Safety and Efficiency at Airport

New Delhi, The Airports Authority of India (AAI) and the Indian Navy have taken a significant step towards enhancing the safety and efficiency of air navigation services at Goa airport. In a collaborative effort, both entities signed a Memorandum of Understanding (MoU) to bolster the airport and runway capacity for civil flights in Goa.

The MoU was officially signed by Shri B.K. Sarkar, Executive Director (ATFM) from AAI, and Commander Partha U. Bhatt from the Indian Navy, IHQ, Ministry of Defence. The signing ceremony took place in the presence of Shri M. Suresh, Member (ANS) of AAI, along with other senior officials from AAI.

The primary objective of this MoU is to strengthen the surface movement services (SMS) at Goa airport. SMS entails a range of services that facilitate the guidance and management of aircraft on the ground, from their arrival at the airport until their departure. With the Indian Navy providing SMS, the safety and efficiency of air traffic operations at Goa airport are expected to witness improvements.

In addition to enhancing air navigation services, the MoU also emphasizes the importance of resource and expertise sharing between AAI and the Indian Navy. This collaborative approach aims to ensure that the safety and efficiency of air navigation services at Goa airport remain at the highest level possible.

The signed MoU will be valid for a period of five years and can be further renewed for an additional five years. The agreement marks a significant milestone in fortifying the safety and efficiency of operations at Goa Airport. By addressing the growing demands of civil flights and optimizing military operations, the MoU seeks to elevate the overall functionality and capabilities of Goa Airport.



NTPC Wins ET HR World Future Skills Awards 2023

Mumbai, NTPC, the leading power generation company in India, has been honoured with two prestigious awards at the Economic Times (ET) HR World Future Skills Awards 2023. The company was recognized for its outstanding contributions in the areas of "Best use of AI/AR/VR in Learning and Upskilling" and "Best Advance in Creating an Extended Enterprise Learning Programme." The awards ceremony took place on 13th July in Gurugram, where Dillip Kumar Patel, Director (HR) of NTPC, received the awards on behalf of the company.

These accolades highlight NTPC's relentless efforts in adopting cutting-edge technologies, specifically focusing on virtual reality (VR), in Learning and Development (L&D) initiatives. The company's commitment to enhancing the competency level of its employees and outsourced workers through various L&D programs, including the innovative iGuru, which incorporates VR-based training, was acknowledged by the awards. NTPC has also introduced several other pioneering training initiatives such as GPiLearn, FutureSkills courses, and Samarth modules.

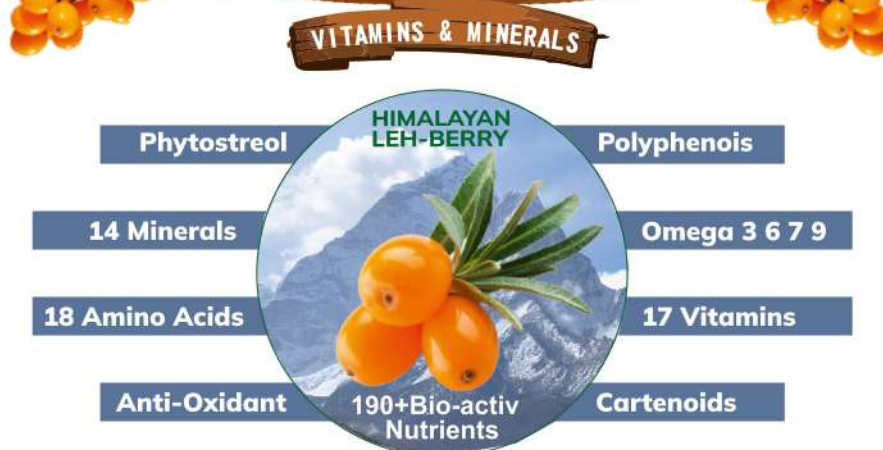
The recognition received by NTPC is a testament to its proactive approach in adopting progressive and best HR practices, solidifying its position as a leader in the industry. These achievements have garnered appreciation from prestigious forums at both the national and international levels.

The awards ceremony was attended by esteemed personalities, including Sital Kumar, CEO (UPL) & ED (HR), Ms. Rachana Singh Bhal, GM (PMI), A K Tripathi GM (RLI) from Sipat, and other senior executives of NTPC, who graced the event to celebrate the company's achievements in the field of HR and Learning and Development.





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