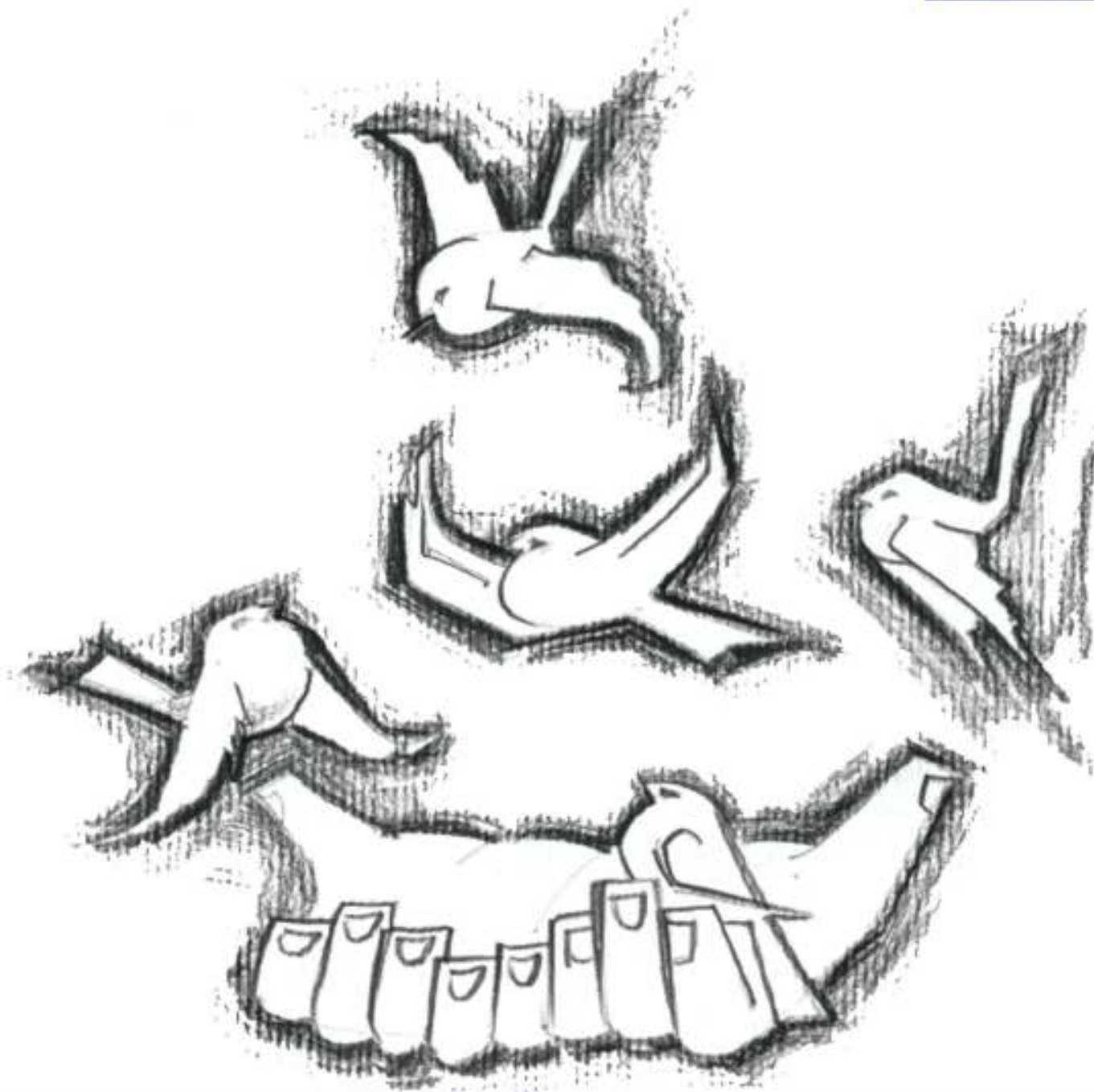


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SUNDAY PIONEER

SUNDAY, AUGUST 14, 2022

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Alvida is Adnan 2.0 for the Sultan of Music



PERSON

MUKESH KHANNA

Actor Mukesh Khanna, known for his superhero character Shaktimaan, has been slammed by social media users for his controversial statement about women asking for sex. On his YouTube channel 'Bheeshm International,' Khanna posted a video titled "Kya aapko bhi aisi ladkiya lubhati hain? (Do such girls also lure you?)" earlier this week. In the video, he said that women who desire sex and ask men for it, are sex workers.



VIDEO

BJP LEADER SHRIKANT TYAGI NOIDA ABUSING A GIRL

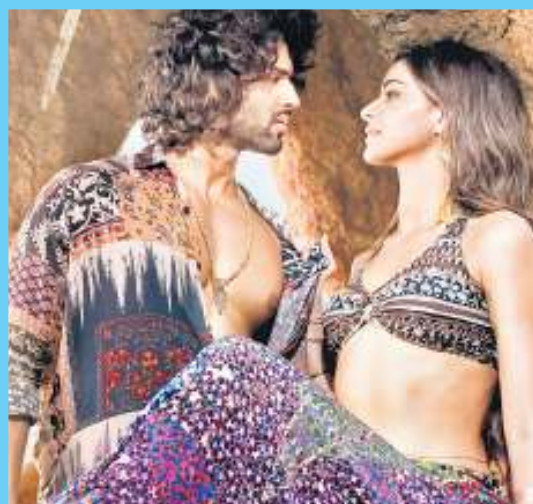
A video of Noida politician Shrikant Tyagi, verbally abusing a woman went viral. Later the politician was however arrested by the Uttar Pradesh police from Meerut. Tyagi claimed to be a member of the BJP Kisan Morcha and his social media handles had several pictures of him posing with top BJP leaders, including JP Nadda. While the BJP has denied any association with him, the Opposition has targeted the ruling party over Tyagi.



SONG

AAFAT

Vijay Devarakonda starrer *Liger*'s third song *Aafat* was released by the makers on August 11. Ever since the song was released, there's been a mixed response by the critics and the audience for the song. While some say the song has senseless lyrics, some can't stop adoring VD's dance moves.



MOVIE

RAKSHA BANDHAN

As the nation celebrates the festival of Raksha Bandhan, Akshay Kumar starrer *Raksha Bandhan* hit the theatres on August 11. Fans have been excited to watch their favourite star on screen that shows a touching sibling story.



PICTURE

DESTROYED CARS GIVEN NEW LOOK

Ukrainian artist Viacheslav Rybka paints a car destroyed during Russia's attack on Ukraine and then collected from different places in the town of Irpin in the Kyiv region, Ukraine.

Photograph: REUTERS/Gleb Garanich



UPSC Exams:

Coaching to pass or gamble?

Across India, millions of students aspire to crack the prestigious examinations conducted by the Union Public Service Commission (UPSC), which is the country's premier central agency for recruitment of all the Group 'A' officers under the Government of India.

The three stages in the UPSC Civil Services Exam — Preliminary Exam (Objective Test), Main Exam (Written Test) and Personality Test (Interview) — call for gargantuan efforts on the part of aspirants, who often taken the help of specialized coaching institutes.

On average, 9,00,000 to 10,00,000 candidates apply every year and the number of candidates taking the Preliminary examination is approximately 550,000. The number of candidates that pass the Preliminary examination is generally 11 or 12 times the number of vacancies. The number of candidates selected for the final interview is twice the number of vacancies. The foregoing figures mirror how intensely competitive the UPSC examinations are. Naturally, in view of the tough examinations of UPSC, the coaching industry that targets these aspirants has been growing by leaps and bounds. Hyderabad especially has carved a niche for itself in this ever-growing segment. *The Pioneer's* **TANISHA SAXENA** examines closely the present scenario of preparing for the examination and how the system treats every aspirant.



Once popular for its IIT coaching centres, Hyderabad has evolved also into a hub for Union Public Service Commission (UPSC) coaching, with many institutes dotting the cityscape. Tens of thousands of students from across the country descend upon the densely packed Ashok Nagar area every year to prepare for one of the world's toughest exams. Several parents dip into their life's savings or take out loans so that their child can be coached in Hyderabad for becoming a bureaucrat in the world's largest democracy. The Civil Services Preliminary Examination 2022 of the UPSC was conducted in June with 53.23 per cent candidates appearing for the examination. A total of 1,011 vacancies were notified. Initially, 861 vacancies were notified and later the government increased the number of vacancies.

According to studies, Hyderabad saw a significant 63% increase in registrations for UPSC exam from 2013 to 2022. In the same period, 64% more candidates from the city cleared the test.

Credit goes to many of the coaching institutes in the city. Admittedly, Delhi remains the top choice. Yet, Hyderabad has recently inched its way up over the years, mainly because of the affordable cost of living in the city.

In keeping with the trend, new

coaching institutes are springing up for a share of the pie. One such institute is Topper's Academy, started by a group of former IAS officers. Chaired by Rachel Chatterjee, former special chief secretary of combined Andhra Pradesh, the academy's board of directors includes former chief secretary of Telangana, former home secretary and former commissioner of technical education of undivided AP.

The Pioneer spoke with IAS Anudeep Durishetty, a resident of Metpally, a village in the Jagtial district of Telangana. He is the first UPSC AIR 1 from Telangana State. Durishetty shares: "It is indeed one of the toughest exams, but the reason is the competition and not the syllabus or the process. Lakhs of aspirants take the exams, and it is purely a matter of having a navigation compass. I secured all-India rank 1 in my fifth attempt. In my journey, I have seen people from all walks of life preparing and in fact making it. So, I believe that it is this fairness in the system of UPSC that every year we see bureaucrats from various backgrounds, rural or urban, lower or upper class and across castes."

The UPSC Civil Services Exam 2021 results suggest that AKS IAS Institute has been a torchbearer with impressive results holding the Top Rank in the Telugu states and 60+ Top All India Ranks. Director M.S Shashank reasons: "Preparing for UPSC is broadly a matter of right kind of strategy. Once the syllabus is

clear, it is about walking on the path with firm determination. We received thousands of applications for admission in the institute and we stick to the fact that while the recent past has shown that political motifs can even damage the pattern of such a prestigious examination, it is in rebellion the success lies at times. Yes, a lot of things have transformed, especially post 2013 and the huge change in the syllabus is to be blamed that aspirants find it so difficult to make it. Also, I believe that these days aspirants are not understanding what this examination is and further what the position requires. It is not a matter of employment, but of serving the nation. If the candidates accept the hard points, either it will help them prepare well or simply push them to develop other skills for employment."

"All that glitters is not gold", goes the saying. To believe that the UPSC examination offers a smooth road and that everything is going to be fine within the fabric of the system is unfortunately a wrong assumption. In the last 10 years or so the examination has lost its meaning and focus.

Captain Panduranga Reddy, an activist from Telangana, a veteran of the 1965 Indo-Pak war, has had a brilliant academic career: an M.A. with a Gold medal from Osmania University, an M.Phil. First-class-First from Annamalai University for his dissertation titled 'The Case of Hyderabad in the Security Council'.

Continued on Page 4...



Continued from Page 3...

...His writings and research works had become a resource for Telangana protagonists. While discussing the current scenario in the UPSC examination, Reddy asserts that the examination has been more glorified in the past few years. "History is literally omitted from the syllabus and the pattern has drastically changed. It happened the moment the examination papers' charge was given to Universities. And who killed it? Jawaharlal Nehru University killed it in the name of research experiments and economic interpretation. These days the examination is a glorious gamble! In 2013, the protesters strongly objected to exclusion of foreign languages, mainly Persian and Arabic, from the list of optional subjects for the Mains examination of UPSC. It is this elitization of UPSC syllabus that has affected students from rural areas and those from vernacular medium schools," Reddy elaborates.

To support needy students, a new IAS institute, Telangana Study Circle, was launched by Justice Konda Madhava Reddy Foundation in association with Captain Lingala Pandu Ranga Reddy, founder of Hyderabad Study Circle, considered to be one of the first coaching centres to cater to civil services aspirants.

"This institute is for the needy people, there will be minimal charges. We want to make everything accessible to students across the communities and economic background. It is a beginning, and a lot is in line for the aspirants," Ranga Reddy said.

Moreover, the institute aims to focus on the Telangana State Public Service Examination, apart from offering coaching to civil services aspirants. Coaching will also be given to students aspiring to get into defence services such as Navy, Army

History is literally omitted from the syllabus and the pattern has drastically changed. It happened the moment the examination papers' charge was given to Universities. And who killed it? Jawaharlal Nehru University killed it in the name of research experiments and economic interpretation. These days the examination is a glorious gamble! In 2013, the protesters strongly objected to exclusion of foreign languages, mainly Persian and Arabic, from the list of optional subjects for the Mains examination of UPSC. It is this elitization of UPSC syllabus that has affected students from rural areas and those from vernacular medium schools.

— CAPTAIN PANDURANGA REDDY

and Airforce.

The process of UPSC is broadly divided into three stages, namely the preliminary, mains and interview and the exam is roughly spread over nine months. The candidate must pass every stage, and their cumulative marks decide whether they make the list of India's prestigious and powerful new bureaucrats.

Another interesting and equally weird thing that came up recently is that passing the exam confers great prestige and social mobility. Besides bureaucratic power, it significantly increases eligibility in India's marriage market. In an unusual yet questionable incident, a man fraudulently posing as a civil servant demanded a dowry of Rs 40 million, while a real civil servant almost fatally hit his wife because he felt her dowry did not do justice to his "rank and stature." Isn't this all disturbing?

When The Pioneer looked at the lists of exam finalists in the last 5 years, we uncovered a disturbing trend: the number of minorities in civil services has significantly dwindled — and they are increasingly not passing this expensive and multi-layered glorious examination.

Manager at La Excellence Institute of Studies for UPSC exam preparation Karthik says: "It is shocking that people in power do not even acknowledge and accept that

minorities are being deprived in the examination and the whole web of selection process. Those Muslims even who passed the exam were stagnated between 3–5 percent over the past 20 years, even though Muslims make up 15.5 percent of the country's population, and while more Muslims are sitting for the exams since 2009. It is quite evident from the 2021 results, there was no Muslim candidate who made it to the top hundred ranks. In 2020, out of a total of 761 selected candidates, shockingly there were just 25 Muslims."

Coming to rescue, Minority Study Circle, an initiative of the Telangana government to provide coaching to job aspirants belonging to minority communities and appearing for competitive exams, is yet to reach its zenith. If we go by the response to a query under the Right to Information (RTI) Act, since 2018 no candidate has qualified for the Union Public Service Commission (UPSC) examinations.

The MSC initiative was announced in 2015 after the government noted that good coaching facilities were largely inaccessible to those from minority communities on account of their backwardness. The study circle prepared a plan according to which potential beneficiaries must appear for a screening

test, after which 100 successful candidates who qualify are given coaching for competitive exams at premier coaching institutes.

Kareem Ansari, an RTI activist who filed the query, observes: "To provide coaching to job aspirants free of cost is indeed a commendable step and rightly so the need of the hour. However, the RTI response shows that no candidate has been successful in UPSC exams since 2018. There appears to be some gap which the government should identify and fill. An increase in number of officers from minority communities will be a step towards inclusion." The RTI response also pointed out that only one candidate was successful for TSPSC Forest Recruitment.

To clarify, sources from the Minority Welfare Department stated that while not every beneficiary made it to the top, every year "two or three" aspirants cleared the UPSC Prelims.

Another aspect which cannot be dismissed is that once they receive coaching, there is a spillover, in the sense that they appear for other competitive exams and meet with some amount of success. According to data they provided, every year they receive around 800 applications and after screening them 100 are selected. Out of this 33% are women.

An official who wished to remain anonymous said: "The initiative could become more successful if certain criteria are changed. If we can remove the present cap of Rs 2 lakh annual income, chances are that we might be able to meet a larger talent pool coming who can fulfill it."

The Minority Study Circle began coaching classes for Group I, Group II, Group III and Group IV exams across the State. Classes are being recorded and the content is simply uploaded on social media.

"Can someone explain me why

am I asked questions like Muslim men having four wives, triple divorce and a thousand other things? What it has to do with me becoming a high-ranking bureaucrat. Simply put, I want to serve the nation. Then why I am always judged from the perspective of faith and religion. I will abide by the Constitution and that is enough for a bureaucrat. This is absolutely disheartening to see in a multicultural nation. It breaks our confidence when we are genuine. Every mark matters to us when the qualifying marks are less than 50 percent. Nobody has the right to play with our careers!," says, Hammad Khan, an aspirant in Hyderabad city.

Ranjit Kumar, a Ph.D. candidate from Hyderabad University, said that even getting to the personality interview stage of the Civil Services exam was like reaching the moon for them the Dalit candidates.

Kumar, 26, also raises the point that it is a matter of inter-generational privilege and the experience. He added, "Firstly, even if a Dalit candidate reaches the interview round, chances are very less for further selection. While the upper-caste candidates, largely already have their parents or relatives in the civil services makes things easier, while for us it remains an unachievable dream."

As per the analysis of the most recent annual report of the Union Public Service Commission suggests that out of the 1,115 candidates recommended for various posts in 2020–21, seven candidates were from the new EWS reserved criteria.

The most disturbing aspect concerning UPSC exams and the coaching institutes' grip over them is that an overwhelming majority of families stake their lifetime earnings on their children, though a very small percentage of the aspirants taste success because of systemic aberrations.

'New drama' on the horizon

We love the content that's coming from the West and not to stay behind, now we have the American television series *Married to Medicine* coming up with its season 9.

What caught our attention was the presence of actress Anila Sajja, born to Indian immigrant parents, in this series. This definitely should be on your binge-watch list.

Luckily, we happened to catch an exclusive interaction with Savvanah, and she unfolded so many surprising facts on her way. She says, starting with, "Though I am living abroad, growing up I still wanted to continue with an Indian-American cultural mix. My first preference was definitely to marry an Indian from the same religion. Hence, I ended up marrying Jaren, who is actually a South Indian. I know Hindi and he's well versed in Telugu. It's never been a point of contention between us, and I love to embrace our relationship."

The volatile drama continued to be a standout amongst the audience. She continued on the reason of her success, perhaps, "You'll see me celebrating Diwali in my opening scene this season. It will be so refreshing for American audiences to see how they welcome the new nuances in life with a wave of celebration. We girls take a trip, go to Vegas, and there is going to be so much drama. And, cheers to a real-life robbery that drew unwarranted attention in my life (she laughs), because I am now embarking on a new venture in the hair industry. A lot is in store."

With an already explosive season, she has her loyalties too. Like, "Troy

and I are really good friends and there was news all over about some issues arising between us last year. However, this year, we are taking baby steps. We talk every day now and it's surprising to see that we didn't start on a good note. Then there's Quad, who, off late, went out of town to celebrate her birthday, and we meet for lunch once in a while. From reel-life bonds to real-life ones, we have all come a long way."

Talking more about the shooting experience, the Mercer University graduate says, "I have finally made peace with the camera. Shooting is an everyday part of my life. I am more open to public scrutiny now, though in all pragmatic ways. Cameras are always going to be there on sets, but can that really take away my candid moments? No, no. Many must have thought that the outpouring news of the robbery taken at my home would put me into a cocoon. That's not it. I am just more careful. I am happy to share my life with the public."

Her looks in *Married to Medicine* are indeed making her look as fashionable as ever.

When she adorns something outside of that white cloak, you'll see a sex-bomb walking in and out. Speaking of her look, she says, "I have always been into fashion, and that's like the secondary side of me. Dressing myself has always been my guilty pleasure. My eyes are always on the latest trend. For hair, the more the better, so why not choose extensions? That gives you a whole new look! More than my outfits, there have always been incidents where people have gotten to notice my hair. So, I am working on it more to bring that apt volume."

Beginning a new business is no easy task, especially when there are other competitors on your way. And so we asked, how's she prepared to deal with it? Well, she signifies, "I am collaborating with a private label. They are including my store and will be launched soon. I have imported raw hair from India and we'll be selling it at wholesale pricing here. I want the Indianness in Georgia now. There will be wigs, extensions, micro links, hair tools, and make-up products."

Representation of various cultures is important as we get to educate ourselves about people of different ethnicities, and she didn't move away from that. She recalls, "Because I am a fifth-generation Indian, it was hard in the early years. I was the only Indian in my school. People didn't understand me. College changed everything. I began embracing Indianness even more. I love to show what our country is all about on the show every time we shoot. For instance, we celebrated Raksha Bandhan last year to let my kids also inculcate that. I got it from my father and bua. I don't speak Hindi every day at home, but I make it a point to let them know about this language too. And then, on set, we celebrated Holi."

The American television series *Married to Medicine* is all set for its 9th season. *The Pioneer* caught up with the actress Anila Sajja, who unfolds to us some surprising facts that make us believe she's got a lot in her store.

SHIKHA DUGGAL

"THOUGH I AM LIVING ABROAD, GROWING UP I STILL WANTED TO CONTINUE WITH AN INDIAN-AMERICAN CULTURAL MIX. MY FIRST PREFERENCE WAS DEFINITELY TO MARRY AN INDIAN FROM THE SAME RELIGION. HENCE, I ENDED UP MARRYING JAREN, WHO IS ACTUALLY A SOUTH INDIAN. I KNOW HINDI AND HE'S WELL VERSED IN TELUGU. IT'S NEVER BEEN A POINT OF CONTENTION BETWEEN US, AND I LOVE TO EMBRACE OUR RELATIONSHIP."



Sleep away to glory!



Due to early beginnings, late ends, and nonstop work schedules, quality rest is also frequently neglected. Burnout and chronic sleep deprivation, however, are closely related. Without it, your mind shuts down, and the energy tank also sputters, and gradually, you burn out. Your emotional, mental, and physical health suffers.

In a retrospective study at NumroVani, it came out that 90% of people facing emotional and/or mental trauma also struggle with sleep issues, and post-pandemic, sleep disturbances have become more prevalent and common.

Sleep is a natural form of meditation wherein the body rejuvenates itself.

The most effective thing a person can do to maintain health and quickly recover from severe burnout is to get good sleep every night. A good sleeping habit can keep you away from several kinds of diseases and illnesses. Sidhharth S. Kumaar, an Astro numerologist, shares with The Pioneer how to prevent

Sleep is a natural form of meditation wherein the body rejuvenates itself. A good sleeping habit can keep you away from several kinds of diseases and illnesses. Sidhharth S. Kumaar, an Astro numerologist, shares with *The Pioneer's* **K. RAMYA SREE** how to prevent burnout and take the proper nap.

burnout and take the proper nap. Here is the way to sleep away to glory:

Respect your body's need for sleep:

The idea that napping makes you lazy needs to be disproven. The notion that you will be more productive if you sleep less is also untrue. The "Archimedes lever" of health is sleep; it has the power to influence all other factors that affect a person's health individually. You can perform more cognitively, remember things better, concentrate better, have more energy, and feel better overall if you get a good night's sleep. Without it, there will be illness and

burnout; with it, there will be health and vigour.

Sleep as if it were your first time:

If you've stuck out burnout, then you should commit to getting sound sleep every night, without exception. It would help if you went to bed at the proper time for adequate sleep at night because this is essential to maintaining a healthy lifestyle.

Find some opportunities for good sleep:

If you want to get a minimum of 8 hours of sleep each night, you'll need to stay in bed for about 9 hours and 30 minutes

because every healthy person should have a sleep efficiency of eighty-five to ninety per cent and disburse ten to fifteen per cent of the night awake. If you consistently lack sleep and are exhausted, you may require extra sleep each night. Please pay attention to your body's requirements and respect them.

Frequently nap:

Taking little naps throughout the day may also help you feel less harried and get the nonadjustable seven to nine hours of decent sleep every night. Consider taking a 20- to 30-minute cat nap to relax quickly. A brief sleep period may boost happiness and productivity, according to research, without interfering with nighttime sleep or making you feel groggy. Try sleeping for a full 90 minutes.

How do you combat anxiousness before bed?

However, disturbed sleep and anxiety frequently function in a non-placet answer loop because sleep is your body's nocturnal emotional first aid for maintaining mental wellness. The cycle keeps going.

Before bed, spend 30 to 60 minutes completely unwinding and relaxing. Take a hot bath, meditate, breathe deeply, read under a soft lamp, and turn off all electronics.

Using sleep to fight burnout:

Switch on an alarm signal to remind you to begin

preparing for an early bed. should maintain a consistent wake-up and bedtime schedule each day. Make sure that the bedroom is quiet, dark, and comfortable. Try to finish dinner and work out by seven o'clock. Don't drink alcohol right before bed. Have a drink earlier in the evening if you want to. Avoid consuming caffeine after noon. Try to receive plenty of natural light in the morning to regulate your circadian rhythm. Put a time limit on using technology for ninety minutes before going to bed. Get rid of all the clock faces in your bedroom. Avoid counting sheep. Instead, go for a visual stroll. Crystals such as Howlite, Lepidolite, Aragonite, and Lapis Lazuli facilitate good sleep and support in fighting any sleep concerns. Mantras such as 'Ratrisukta' and 'Nidra Devi mantras' also facilitate good sleep. Healing by numbers and personalised sound therapy selected based on the date of birth and name also facilitates sleep. Seek expert assistance as early as possible.

Always remember, there is no panacea which would work well for all; sleep discipline needs personalised attention, which can be easily curated based on your date of birth and name.

Lastly, get up from bed and then move to another room if you can't fall asleep within 25 minutes. Do light yoga, reading, or leisurely stretching in low light until you get drowsy. Stay away from your phone!



Sex education:

A step towards reducing child sexual abuse

Be it sexual intercourse or sex education, people still find it humiliating to converse about the topic.

RAINN (Rape, Abuse & Incest National Network), the nation's largest anti-sexual violence organisation, stated that in FY16 alone, child protective services agencies substantiated, or found strong evidence to indicate that, 57,329 children were victims of sexual abuse. One in nine girls and one in 53 boys, under the age of 18 experience sexual abuse or assault at the hands of an adult. 82% of all victims under 18 are female. Females aged between 16 and 19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault.

Over the past years, there have been several instances where both the victims and the accused have been minors. For instance, the recent case that happened in the Jubilee Hills area of Hyderabad, where a 17-year-old minor was gang raped by minor boys. While there might have been several reasons for such acts to take place, according to experts, one reason might be a lack of awareness of sex education.

In a recent note, Kerala education minister V Sivankutty said that in the next two years, sex education will be included in the school curriculum.

Earlier too, there were times when several governments and NGOs had asked for sex education to be introduced into the school curriculum. However, several parents opposed and protested against the decision.

A journal by Xiangya Medicine also stated that sex education in childhood should be the responsibility of the community, family, and school. These components should be instrumentalized regarding how to work with each age group in a continuous manner so that children feel safe and protected when reporting abuse, knowing that their voices will be heard. With this, a reduction in the occurrence of sexual abuse will be possible.

So, does that mean a lack of awareness of sex education can lead to such a crime? We speak with a psychologist and a child rights activist to gain a better understanding of the situation.



The number of child sexual abuse cases has been increasing rapidly over the past several years. Recently, Kerala's education minister made sure that sex education would be included after two years, as it would take at least two years to revise the school curriculum and textbooks. **The Pioneer's TEJAL SINHA** speaks to people from the field on how sex education can be a step towards reducing the number of cases of child sexual abuse.

There is no doubt that there are many stigmas associated with discussing or learning about sex. Dr. Purnima Nagaraja, a mental health professional and therapist at Dhriti Wellness Clinic, says, "There are still a lot of stigmas attached to sexual talk and learning. What we Indian families do is, because there's so much stigma, we don't talk about it. Boys get their knowledge from porn, which is very unhealthy, and girls get no knowledge at all. Of course, now they might be watching porn or getting information from the net, which may not be the right kind of information. Nobody would read scientific articles for this. They mostly rely on these sites, which are only designed to attract people. People watching or getting addicted to these sites becomes a problem, and then sexual experimentation is done in the wrong way."

She gives an instance of the recent rape of a minor girl by a minor boy. She says, "This shows that without knowledge, people get reckless and it can actually worsen the situation."

All of us have been through the phase when attending biology classes, the chapter on reproduction was an embarrassing topic. Though it was important for us to learn, teachers would either take separate classes for boys and girls or ask us to read the chapter on our own. Dr. Purnima too believes this as she goes on to say, "Ours is a country wherein even in a biology class, when you have a chapter on human reproductive organs, that class is generally not taken and no doubts are entertained; you have to read it on your own, which is actually quite stupid because you are teaching somebody that something that is very natural is wrong."

She further says that the decision on sex education is a very welcome decision. She continues, "A lot of people have this wrong notion that if children know about it, they'll probably do it, but what they don't know is that if children don't know about it, they'll probably get information from the wrong places, and that is when they are in danger of going in the wrong way or path."



Children need to have a basic knowledge of what is right and what is wrong. When you teach them about good touch and bad touch, in the same way, safe sex, talking about sexuality, talking about LGBT, and sexual choices, it definitely propagates a healthy attitude towards a physical acts and towards a relationship. It would help in stopping sexual experimentation. When you have adequate knowledge, you don't have to experiment. Providing adequate knowledge in a safe and less provocative way helps in winning children off sites that are provocative and don't give the right type of knowledge."

On the other hand, we have Chhavi Dawar, a child rights activist, who herself was a victim of child sexual abuse when she was just 6 years old. She was too young to understand what she went through until she attended a session on "sex education" in Class 10. And thus, she's been on a mission to create a safe childhood for many children out there.

She believes that when it comes to sex education, there needs to be a pyramid that any organisation or government at large should follow. She says. And that is, identify the trainer, train the trainer, and use an age-appropriate model.

Explaining to us more about the same, she shares, "There are things that one has to think about first. First is that even if the government promises to have these courses in school, who is going to take them up? The teachers who would be teaching should not be biased. The first primary step is to train the trainer, to understand that they have

certain biases and that they are sort of well-equipped with children. Now we are at an age when Google can tell us anything, but now I'm actually more scared. People reach out to me as a personal safety educator and ask me to read and do what I do with children. So I tell them that working with children is an art form and that not everybody should be allowed to step into a classroom full of children and talk to them about topics like sexuality or even sexual safety. Every stage of a child, be it pre-primary, teens, or grown-up, every stage, it is mandatory that they need to be thought of in a very age-appropriate way. We cannot teach a teen about good touch and bad touch or the pp area. That's for the pre-schoolers. They obviously know about it. They should know about the penis and vagina. It needs to be openly talked about. There can be teachers who are very comfortable talking to the pre-schoolers about their bodies and safety. They might not be okay with talking to boys about masturbation, for example, or contraception."

Be it walking or talking, learning starts at home. So, why not sex education?

Chhavi agrees with this and says, "There's nothing more appropriate for a child than getting to know about their body from their parents. The idea goes to a child that when parents talk about this with their kids, their kids know that there's this space and, in any situation, they can talk to their parents. They need to understand the actions of their kids, and it's completely fine to be open with kids on such topics."

Raised in the United Kingdom and born to a Pakistani Air Force veteran, Arshad Sami Khan, and Naureen, who was originally from Jammu and Kashmir, Adnan Sami is regarded as the ‘Sultan of Music’. In 2016 he was declared an Indian citizen and was awarded the Padma Shri on January 26, 2020 for his remarkable contribution in music. He is also credited for being the first musician to have reproduced santoor-like improvisation of Indian classical on the piano and is also regarded as the fastest keyboard player in the world. The ace musician, in one of the rarest interviews, opens up with *The Pioneer’s* Shikha Duggal about his childhood, journey in music, life in general, and more.

From the school where rugby was born

As a child, I was pretty calm, by and large. I was definitely naughty. I was quite studious too when I had to be - that means when the exams neared, I would start slugging it out. Otherwise, I was quite a character, mischievous and fun-loving with an athletic nature. After all, I went to a school that was almost 800 years old, very traditional British private school (known as a ‘public school’) called Rugby. In fact, rugby was invented in my school and named after the institution. So, obviously there

Right values

Spirituality, for me, is the firm belief in a higher power. I believe there is only one power that rules all of us. During Diwali or Eid, I follow religious rituals, though not very seriously. I celebrate Diwali quietly without any crackers and during Eid I distribute sweets and send wishes to everyone. Religion is not just about being ritualistic, it is a way of life. I seldom get free time. But whenever I do, I make sure I visit a religious place. It might be a famous shrine like the Golden Temple or even the Sai Baba temple nearby. I am generally happy because I always try to keep others happy. I don’t like to hurt anyone’s sentiments ever.

was tremendous emphasis upon sports and in particular rugby. I was the captain of my squash team. I used to do horse-riding too. Then tent-pegging, but my interest of course was primarily upon the arts. I had a beautiful childhood and I must also say that it was quite privileged. I have beautiful memories of learning music and developing my musical skills in different areas of music.

And if you are good to people, I believe they will also be good to you. You should respect elders, be friendly with children and helpful to the poor. If you keep your heart clear and free from all negative vibes, you will get the energy that you want. Nothing can stop you from achieving what you want. I believe in yoga too, but do not practice it regularly. I believe you can get peace from anything around you if you focus. There are a lot of beautiful things around you that will keep you going. God has always been kind to me and I am thankful to him for that.

Backlash on Indian citizenship

My home for the last 18 years is in Mumbai and this is where I feel most comfortable. People really love me there. Mumbai is very much my hometown. But, God made one world and I have a right to go and live anywhere. Is God going to judge me by where I lived? Secondly, I want to live where I get a chance to take my talent forward. Doctors go to Britain for their career. I am a musician and I have to see where my talent can grow. My Pakistani passport was up for renewal and it was being delayed. I was informed by some inside sources that my passport would not be renewed in Islamabad. It eventually expired and I was stateless. India gave me a residence permit. And then I applied for citizenship. I understand that people in Pakistan were hurt, but judgment was passed on me for what happened without knowing why it happened. How was I treated? That was the provocative factor and not many people know about that. I came in 1999 and I had no clue where this journey was going to take me. I took it as it came and within a couple of years, I was in rapture with this overwhelming love I got from India. India fell in love with me, but I fell in love with India even more. To be honest, when Indians have embraced Pakistani artists, why can’t they come out in support when injustice has been meted out to the people? Pakistan doesn’t value its artists. It is unfortunate. Pakistan never valued Nusrat Fateh Ali Khan saab until English songwriter Peter Gabriel started collaborating with him. After that, the country suddenly realised that they have an amazing talent. This is the story of a lot of artists there.



Pioneering pianos

I was five years old when I first started playing piano. My father was ambassador to Portugal in Lisbon. The ambassadorial house into which we had moved was fully furnished. The house happened to have a piano too. I got attracted to the piano. I started to learn how to play the piano. Initially, I was playing by the ear. Later on, I started to get proper training.

Source of bravery

PAF pilot Arshad Sami Khan was my father who was awarded the Sitara-i-Juraat, Pakistan’s third highest gallantry award by Field Marshal Ayub Khan for his role in the war. He had the distinction of serving three Pakistani presidents; Ayub Khan, Yahya Khan and Zulfikar Ali Bhutto as their aide-de-camp. He retired from PAF in 1972 and joined the Pakistan Foreign Service at the behest of Bhutto. If you check out the PAF website, it throws light on how his enthusiasm and aggressive spirit was of the highest order and was responsible to ignite the spirit of competition amongst other pilots in its most effective form. With me receiving Padma Shri two years ago, it got silly as it gets. By all



Getting into trouble

Being a five year old, I was not allowed to touch the piano because it was a very expensive piece of instrument. My parents had warned that it was not a toy. Therefore, whenever anybody was not around, I would make it a point to go and play with the piano. Initially, I toyed with it. Gradually I started to make sense out of it and learned how to play tunes on it. One day my father came back from the office and was sort of trying to come out with a tune on the piano. The tune was a popular one in those days in Portugal

and I had already learned on the sly how to play it. I knew that he was making a mistake while playing that tune. So, I was consistently pointing it out to him. I was saying ‘Baba, you are making a mistake here. That’s not how this tune goes’. He initially just brushed me aside. When I kept insisting that he was making a mistake, he got of sick of me and asked me to correct it. I played that tune back to him with perfection. He was impressed, but I was caught! Gladly, he did not punish me. He realized that I had a flair for music and the piano in particular.

His only love now - Medina

I have named her after the city of Medina, which embraced Prophet Mohammed when he was forced to leave Mecca. Even today, the city is known for its love and hospitality. It is also here that you’ll hear the most beautiful Azaan, immersing you in a wave of spirituality. So, I felt that Medina was an apt name for my baby. Somewhere, the birth of Medina changed the human being in me, not only the singer. I have changed. I love to shop for her endlessly. I took note on baby girls’ latest fashion and buy dresses accordingly. Her arrival into my life opened up a whole new ocean of love from within the depths of my heart which I did not even know existed. I had heard of the special bond between a ‘father and daughter’ but was clueless what that truly meant until the moment Medina jaan entered my world. All night after her birth, I was awake, sitting next to her cradle and staring at her with love & absorbing a new emotion within myself which I had not felt ever before, consisting of an abundance of love, protection and overzealous possessiveness.

Remix or not?

Right now, the entertainment industry is going through a certain transformation across the world. The south industry has suddenly blossomed. Music is not as much as in the forefront as it used to be once upon a time. People are experimenting with more realistic stories. I was recently asked why is the music industry going through so many remixes, but remix is not a new phe-

Leading to a better adulthood

My family has had a profound impact on me. Abbu - God bless his soul. My father is a mixed bag of Pathani and Pashtuni cultures. Whereas, my Ammi is from Jammu. Both are highly educated and have seen the world and know it like the back of their hand. They extended this exposure to my brother and me. The one thing that they laid a lot of emphasis on was that, regardless of whatever culture we invite, we should never forget our own character and existence. Today, though I might be very westernized in many aspects of my personality, I am very much aware of my heritage, roots, traditions and culture! My father used to always say that if you don’t know where you come from, you will never know where you are going, and you must always have a very solid foundation in order to blossom into a tree that bears fruit for all. I tried my level best to bring these values into my daughter because I think it’s very important for her also to not only to know her culture, but to be proud of it too. I always urge her to adopt all the good things from different cultures but hold on to the most important aspects of her own culture because that’s imperative-that defines who you are. Medina never shied away from it.

Accidental singer

Singing was never part of my agenda initially. I was drawn towards the piano and later towards music composition. Singing was something that happened by chance because when I started composing songs, I actually did not have anybody to sing them. So as a result, in order to register those songs, I used to just roughly sing them and record them in my voice because nobody else would sing them. But after a while, I used to fantasize that I

In favour of CAA

I got it in the field of art. Where are the voices that chant the phrase ‘art has no boundaries’? The same people criticising me will have drinks and listen to my music while relaxing (he giggles). But, to me on a personal note, CAA is a move in the right direction so far as persecuted minorities in Pakistan, Bangladesh and Afghanistan are concerned. They have just given a facility to minorities coming from theocratic countries and given a process with which they can fast-track the citizenship. The Indian citizenship

nomenon, it has been going on for ages. All over the world, today all producers just want to play it safe. They only want to remanufacture sure shot hits, but they don’t realise by doing that they are depriving today’s generation of songs that they can solely own as their own. That is a tragedy. To be honest, when I compose, I compose what I can personally relate to. I am a very progressive person, but I will compose from my heart. I have never gotten into a fac-

would love so and so big singer to sing them. How I wish they would sing with my compositions! But, after a while I found that people around me started to say it sounds pretty good in your voice. You sound good. And that’s how slowly I started to develop a certain amount of confidence and sing more and more. Before I knew it, people started to refer to me as a singer and I found that very odd initially because I never saw myself as a singer. It took me a while to accept that particular title for me. That’s destiny.

process for the Muslims has been there for 50 years, through which I got my citizenship too. That process exists even today. The point is that those particular minorities get faster citizenship. If somebody requires quick assistance, this is a quick solution only. I have lived in different parts of the world. What we have here in India is not there in any other part of the world. We have a rich civilization, a rich culture, and amazing values. Don’t destroy it. Don’t mess with it; don’t allow any force from anywhere to stir up your emotions to misguide you.

tory mode, I always did less work, but I did work which I believed in. Whether somebody liked it or not is a different story altogether. I always work at one thing at a time, I cannot multi-task. I know if I don’t do it from my heart it is not going to work. I do keep myself up to date and incorporate the new things too. I have always believed in not only moving forward but also maintaining a certain element of tradition.

RAPID FIRE:

Best thing ever happened to Adnan: The birth of his baby girl
When’s he most inspired?: Any

odd moment can inspire him
What’s one thing that Adnan can’t do?: He can’t say no to anyone!

Between life and death

I followed a routine whereby I followed a high-protein diet whereby it had no bread, rice, sugar and oil. I was hoping to lose a little bit of weight, but I ended up losing 130 kilos. It was something that I did not plan but it happened that way. Today, I am very careful about what I eat. I do not try to overdo my consumption. I am happy with having small meals as opposed to large quantities. I did it simply because I needed to do it. It was a question of life and death. The first time I lost a tremendous amount of weight was around 2007-2008. Then, I kept putting on and losing

weight. But it just required a certain amount of discipline. And the first thing that I would recommend to anybody is that before you take on any diet or routine, you must consult a nutritionist. It is because they will tailor-make something that will suit your body. And what works for me might not work for somebody else. So, it is important that people follow their own routine that will suit their body. I didn’t realise that it would inspire many people, but I am just very happy that something I did has worked as an inspiration for others to do something positive for their own life.

Adnan 2.0

I have been very busy getting ready for a new phase of my musical journey. I have been composing a lot of music. One of the compositions I wanted to create was a song that was very soulful and emotional about break-up romantically. It was also about parting ways of two individuals. I wanted the poetry to be such that it could lend itself to any kind of situation. I also conveyed this to Kausar Munir who has written the lyrics beautifully. That’s how this song came about. *Alvida* is the commencement of the new phase of my musical journey. I am very proud of my past songs. I have beautiful memories and I am grateful for it, but I wanted to get a hold of all my previous posts and archive them. People thought I had deleted the posts; I would never do that. The idea behind it was to start with a clean slate. I have this new mindset not just musically, but even spiritually. I have refreshed myself in many areas of life. I think the pandemic allowed all of us with the opportunity to slow down. I had an opportunity to re-evaluate my entire life, and re-align myself. I was also able to reassess a lot of things musically. That’s where the Adnan 2.0 comes in. My whole mindset has changed over the last couple of years. I did not anticipate the wild imagination that people would get into. People thought I was leaving social media, some thought I was leaving India, some thought I was leaving the music industry and some even thought that I was leaving life. A lot of people commented asking me to be strong. I had never imagined that people would react this way. The silver lining in all this was seeing the enormous amount of love and concern people showed that overwhelmed me. I was deeply touched by it. It felt so nice to be loved so much.

B-town enigma

Bollywood experience has been great and I really admire talented composers like Rahman and Vishal Bhardwaj. Earlier I had composed music for *Lucky* starring Salman Khan. Today, the composers and the audiences are much more in sync with the world music and that’s what reflects in contemporary tunes. Fusion has been around for ages in Bollywood - even the masters like Nausheed, Shankar- Jaikishan, S.D. and R.D.Burman have used it in their compositions. But whereas people never noticed foreign influence in earlier times, now they immediately spot such tunes, thanks to their exposure to world music. It has made plagiarism risky for current composers (he laughs).



FREELANCING REVOLUTION

The outbreak of the Covid-19 pandemic upended work and the job markets across the globe. With businesses disrupted and restrictions maximised, the roaring job market instantly came to a standstill. Organisations had to pivot to remote work overnight and several project deadlines were pushed unforeseeably as business leaders tried to navigate the quagmire. But the pandemic-induced working models and changing dynamics blurred the age-old barriers to flexible working arrangements. Freelancers and contractual employees offered a new hope on the horizon to countless struggling businesses.

Many countries began to witness a sudden surge in demand for freelancers. India saw the second-most surge after the Philippines for freelancers and gig workers. According to reports, India's freelance community is projected to grow to \$20-30 billion by 2025. It is also forecasted that the online freelance marketplace could add \$2.7 trillion to the global GDP by 2025. Let us understand more about India's gig economy and the key enablers responsible for this growth trajectory.

Change in the gig economy post-pandemic

While several sectors experienced massive unemployment, the gig economy has flourished since the pandemic. India witnessed a whopping 46% increase in new freelancers from Q1 to Q2 in 2020 as many laid-off workers and employees took to freelancing to generate higher income. India's freelance community recorded a substantial rise of 42% in its average hourly rates from \$21/hour in 2020 to \$26/hour in 2022. In some sectors like finance, Indian freelancers demanded an hourly rate of \$71 against a global average of \$41/hour. In fact, droves of millennials are developing new skills to become a part of this burgeoning economy.

Industry & market size of the freelance gig economy

Over 77 million freelancers are currently operating from Europe, India and the US, with North America accounting for over 50% of the global freelancers. Due to rapid technological transformation, the global gig economy is experiencing a huge demand for tech freelancers, with the IT industry adding several new job roles. Countries like India, the Philippines, Pakistan and Ukraine with low domestic job opportunities are witnessing a surge in freelancers.



Startups & the gig economy

One of the most evident reasons for the rise in India's freelance community can be the growing number of startups in the country. India possesses the world's third-highest number of startups and is minting unicorns at an unprecedented speed. Unconventional as they are, these startups have embraced freelancers and gig workers with open arms. Since freelancers are experts in their domains, easy to hire, and less expensive than permanent employees, they are proving to be an alternative to full-time employees. Startups worldwide are hiring Indian freelancers due to their competitive rates and easy availability. As a result, the startup culture is

driving the freelance gig economy to new heights.

Rise in platforms for freelancers

As the demand for freelancers is soaring, several supportive and purpose-driven platforms have emerged. Freelancers, companies and these platforms are creating a mutually-beneficial ecosystem where everyone's needs are met. Freelance platforms not only help freelancers discover gigs and opportunities but also help to nurture them through online courses, consultation and specializations. Several organizations looking for skilled professionals are leveraging freelance platforms to find and

attract the right talent. As a result, online freelance platforms are acting as catalysts to connect freelancers with companies and vice-versa.

Final thoughts

Better work-life balance, higher flexibility, lucrative earnings and better-skilled opportunities are paving the way for many professionals into the freelance community. The freelance community in India can empower vulnerable groups like women, differently-abled, immunocompromised or those living in rural or remote areas to find suitable opportunities. Similarly, businesses can turn to freelancers, gig workers and contractors even during a recession or future crisis to ensure business operations and continuity. It can also generate myriads of employment opportunities in the country and recover the pandemic-inflicted economy. India's freelance community will keep making strides and dominate the global gig economy in the years to come.



(The writer, Harsh Jain, is the co-founder & CTO at UniGigs)

Education in 2022:

New trends and approach

Education in 2022 will experience a paradigm shift from the acquisition of degrees to competency-based qualifications. In addition to learning basic and fundamental theories, mastering a particular skill to specialize in a technique becomes rapidly important to get a job. We are conclusively ushering into an era of skill-based hiring, instead of qualification and degree-based recruitment. One of the consequences of the pandemic is that industry-driven skills have become the new equivalent of a degree.

Technology will be at the forefront of the educational sector. An increasing number of students are now choosing digital learning through interactive platforms. Practical training and computational simulations of concepts are more important than abstract imagination. With industry intervention, each student wants the experience of an internship and makes industry-related projects at the undergraduate level themselves. We are seeing the

emergence of specialisation in each industry and sector, making it imperative for career applicants to achieve industry-focused expertise and not opt for a generic degree. For instance, instead of a basic Commerce degree, one can choose to specialise in a particular industry such as E-Commerce, Accounting, Finance, Banking and Insurance.

To keep the students glued to a particular subject is a challenge for teachers today. This is because of the influence of the fast-paced internet world that has led to students' decreased attention span. The teacher's role is more to facilitate learning, to help students learn the subject by exploring different channels. Students have a lot of options available to choose from according to their abilities and interests in a particular topic. Teaching a specific skill is not enough; educational institutions must train students in general skills to improve their personality and self-confidence. There is an increased need in the industry for qualified and polished people who



are willing to learn new technologies and upgrade with the introduction of new technological advances.

The availability of online teaching and learning tools has narrowed the gap between industry and the academic community. Industry experts now reach students with a single click and from anywhere in the world. This hybrid model of education has improved opportunities to interact with experts from around the world and from various industries. Research institutes also collaborate with education institutes to promote special learning, research-

oriented training and internship opportunities.

There is an increased emphasis on developing and mastering industry-specific skills. As a result, e-learning and blended learning modules have exploded in popularity over the last couple of years, especially among students and professionals. Companies facilitate employee development programs to respond to new demands. It is important to keep up to date with new technologies and trends in the market and industries.

Talent teams today prefer skill-based hiring to look for people who

are passionate about their work, and who can get the specialised job done rather than sifting through resumes or training the individuals after selecting them based on grades, degrees, aptitude and attitudes. This trend in hiring practice also prioritizes transferable basic skills, individual skills and preferences that can be applied to a certain extent to a wide range of occupations and industries. For this purpose, Education institutes collaborate with industries to understand specific requirements, so there is a strong link between academia and industry and this will help reduce the gap between the education sector and service providers. Reducing the gap will play an important part in shaping the future of education in 2022.



(The writer, Dr. Anita Kanwar, is the principal of Vivekanand Education Society College of Arts, Science & Commerce)

TANDOORI PANEER AND ASPARAGUS ROLLS



Courtesy: Chef Raja Nadar, Chef de Cuisine, Hilton Al Habtoor City Hotels Dubai

WHAT YOU NEED

- Asparagus spears: 12
- Paneer: 600 gm
- Mango chutney: 40 gm
- Mixed pickle, chopped: 40 gm
- Paneer, grated: 50 gm
- Greek yoghurt: 100 gm
- Ginger garlic paste: 2 tbsp
- 1 pinch of sea salt
- Deggi mirch (a type of chilli powder): 1 tbsp
- Vegetable oil: 50 ml
- Turmeric powder: 1 tbsp
- Gram flour: 20 gm

FOR TOMATO CHUTNEY

- Large tomatoes, ripe: 2
- Sunflower oil: 1 tbsp
- Ginger, finely chopped: 1 tsp
- Green chillies, finely chopped: 1 tsp
- Red chilli powder: 1 tsp
- Turmeric powder: 1 tsp
- Sugar: 1 tbsp
- Kasundi mustard sauce: 1 tsp
- Sea salt: 1 pinch

FOR MINT CHUTNEY

- Fresh mint leaves: 2 tbsp
- Coriander leaves: 2 tbsp
- Green chillies, chopped: 1 tsp
- Ginger, chopped: 1 tsp
- Lemon juice: 1 tsp
- Greek yoghurt: 4 tbsp
- Sea salt: 1 pinch

HOW TO MAKE:

- Blanch the asparagus in salted boiling water for 2 minutes then plunge into iced water to chill.
- Mix together the greek yoghurt, ginger-garlic paste, salt, and deggi mirch in a large bowl.
- Place a pan on low heat and add the oil, turmeric powder, and gram flour. Cook gently for two minutes then mix into the yoghurt mixture.
- Cut the paneer into thin, rectangular slices and heat a non-stick frying pan over medium heat. Once hot, cook the paneer slices on both sides until golden brown then takes off the heat and cover each side with the marinade.
- Spoon a little mango chutney, mixed pickle, and grated paneer onto each piece of paneer, then roll up with an asparagus spear and secure with a skewer or cocktail stick. Set aside in the fridge until ready to cook.
- To make the tomato chutney, bring a small pan of water to a boil. Blanch the

tomatoes for 2 minutes, then drain. Once cool enough to handle, peel and roughly chop. Heat the oil in a saucepan over medium heat and add the ginger and chilli. Cook for 1 minute, then add the red chilli powder, turmeric, and a pinch of salt and cook for 1 more minute. Tip in the chopped tomatoes, turn the heat down to low and gently simmer for 6-8 minutes until the mixture forms a thick sauce. Add the sugar and kasundi mustard sauce, taste for seasoning then blitz until smooth. Set aside.

• For the mint chutney, simply blitz everything together until smooth.

• When ready to cook, pre-heat an oven to the highest possible setting. Place the paneer-wrapped asparagus on a tray and bake for 5 minutes, until lightly blistered all over. Transfer to plates, add a little of both chutneys to each roll and then serve immediately with the salad and beetroot on the side.

AGED DELHI CHICKEN CURRY



WHAT YOU NEED

- Chicken thighs, skinless and boneless: 8
- Coriander cress, or small coriander leaves, to garnish: 1 handful
- Ginger, thumb-sized, cut into matchsticks, to garnish: 1 knob
- Greek yoghurt: 300 gm
- Mustard oil: 2 tbsp
- Ginger-garlic paste: 2 tbsp
- Ground turmeric: 1 tbsp
- Kashmiri chilli powder: 1 tbsp
- Sea salt: 2 tsp for curry
- Vegetable oil: 2 tbsp
- Green cardamom pods: 4
- Black cardamom pods: 2
- Cloves: 4
- Indian bay leaves: 2
- Ginger-garlic paste: 4 tbsp
- Kashmiri chilli powder: 2 tbsp
- Green chillies, split lengthways: 2
- Plum tomatoes, pureed: 1 kg
- Double cream, plus extra to serve: 200 ml
- Unsalted butter: 250 gm
- Garam masala: 1 tbsp
- Fenugreek leaves, dried: 1 handful
- Caster sugar to taste
- Sea salt, to taste

HOW TO MAKE:

- Begin by making the marinade the day before. Place the greek yoghurt into a muslin cloth and tie the ends to create a bag (you could also line a sieve with the cloth). Hang the cloth (or place the lined sieve) over a bowl and set it aside to drain for 1 hour. Make sure the yoghurt isn't stirred or disturbed during this time, otherwise, you will lose it through the muslin.
- After 1 hour, transfer the strained yoghurt into a bowl with the rest of the marinade ingredients and stir together. Add the chicken, stir to coat, then cover and place in the fridge overnight.
- The next day, make the sauce. Place a saucepan over medium heat and add the oil. Add the whole spices and cook for 30 seconds, then add the ginger-garlic paste, chilli powder and green chillies. Cook for a few minutes, then turn the heat down to medium-low and add the tomatoes. Cover and cook for 30 minutes, or until the sauce has reduced by a third and the oil has separated from the tomatoes.
- Remove and discard the whole spices, then add the cream, butter, garam masala and fenugreek leaves. Season to taste with sugar and salt, then leave to simmer while you cook the chicken gently.
- Place a pan over medium-high heat and allow it to get hot. Add the marinated chicken and cook for 15 minutes, ensuring they are well sealed all over, then add them to the sauce. Taste again for seasoning to serve, drizzle the curry with a little extra cream and garnish with the coriander and ginger.

Motorola launches moto g32

Motorola announced the launch of its latest smartphone in the g series franchise, the moto g32. A device that is true #AllYouWant. Launched at a starting price of Rs 12,999, consumers can buy it at an amazing offer price starting at just Rs 11,749** (including up to Rs. 1,250 Instant Discount on HDFC Bank credit cards). With a super smooth 90Hz FHD+ 6.5" FHD display, the device allows clearer and sharper views and transitions. Along with this brilliant display, the moto g32 features stereo speakers with Dolby Atmos® enabling the user to immerse in fuller sound, better clarity, and improved bass on every beat.

Availability & Pricing:

The moto g32 will go on sale starting 12 PM, August 16, 2022, exclusively on Flipkart and leading retail stores. The phone will be available in a single 4GB +



64GB variant priced at Rs. 12,999 and can be availed at just Rs. 11,749 including a bank offer of an instant discount up to Rs. 1,250 with HDFC bank credit cards. Also, customers can avail themselves of the benefit of Jio offers worth Rs. 2,559 including Rs. 2,000 cashback on recharge and Rs. 559 discounts on ZEE 5 annual subscription. The phone will be available in two wonderful colours, Mineral Gray, and Satin Silver.



GLAM UP

Charcoal Gang from The Man Company: Rs 2,695

If grooming is something your man takes exceptionally seriously, then this is the perfect gift of euphoria he needs. Stocked with a Body Wash, Shampoo, Face Scrub, Face Wash, Cleansing Gel and Soap Bar, nothing is missing from this ultra-modern grooming kit. An outstanding package of Charcoal's goodness, this bundle of exhilaration provides out-and-out grooming solutions.

Beginners kit from Swiss Beauty, Rs 925

Right pick for a makeup enthusiast, this kit has all the essentials to teach makeup basics. It consists of Water

Drop Blemish Balm Bb Foundation, Silky & Smooth Oil Control Powder, Ultimate Shadow Palette, Baked Blusher and Highlighter, Hd Matte Lipstick, Bold Eyes Liquid Eyeliner, and Soft Kohl Kajal.

Face Masks by Skinella, Rs 99 each

Nothing like pampering your skin with refreshing face masks with the goodness of Superfoods from Skinella. These 3 skin-rejuvenating face masks are ideal for Radiance boost, Deep cleansing and Deep nourishing and come in 3 variants- Manuka Honey and Vitamin C, Apple seed and Tangerine and Fig and Green Maple sheet mask. The ingredients seep deeply into the skin, moisturising and softening it from within. It gives the skin the much-needed boost of anti-oxidants.

EKAM's perfume sprays to keep you enchanted

EKAM announces the launch of six new perfume sprays. The fragrances have been inspired by some well-known international aromas. Each of the fragrances is designed as a vibe that will enchant your senses and will keep you feeling fresh for up to 8 hours!

Perfume lovers will have a journey of olfactory indulgence, with EKAM's perfume variants with a dramatic theme based on the geo-

graphical locations such as the Weekends in Goa was inspired by the never-ending energy of this world-famous beach city. The perfume has berry and floral notes standing on a delicious vanilla base. It will make you feel bright and young.

The perfumes are available in stores and online in 3 sizes: 5ml @ Rs 150, 60ml @ Rs 450, and 120ml @ Rs 750.



Bye bye dull skin

QUENCH BOTANICALS launched new products including the Matcha Better Pore Clearing Skin Tonics, Yuzu Fine Vitamin C Brightening Toner, Mon Cherry Lip Nourishing Sleeping Mask. The hydrating formula of these new Korean treasures helps nourish and



calm the skin. It is infused with skin-loving unique and natural ingredients that soothe the skin and leaves a radiant look. It is designed to cut short your skincare regime to

achieve the ultimate glow on your face. So get ready to experience feather-like skin with QUENCH BOTANICALS. Do you know what's the best part? It's 100% vegetarian, sulphate-free, paraben-free, cruelty-free, toxin-free, and alcohol-free.

Available in a very affordable range, these products are a must-try for all. Visit their website for more details.

Samsung's new foldable phones out now

Samsung Electronics unveiled the next generation of its foldable smartphones in Bengaluru on August 10.

Customers can pre-reserve the next Galaxy smartphones ahead of the event to be eligible for early access. To pre-reserve the next Galaxy smartphone, customers have to pay a token amount of Rs 1,999 on Samsung.com or at Samsung Exclusive Store.

Customers who pre-reserve the next Galaxy smartphone will get additional benefits worth Rs 5,000 after delivery of the device.

SPECIAL WATCHES FROM JAIPUR WATCH COMPANY



A 43mm stainless steel watch has been created by using a particular One Rupee Coin from the year 1947 bearing a Tiger on the face. The Walking tiger (Baagh in Hindi) has a close resemblance with the Make In India Logo. This One Rupee Coin holds its significance as it was the last coin minted under British Rule. It was minted only in 1946 (second half) and 1947

The 'Baagh Collection' runs on a Japanese Miyota 8215 automatic movement. Serial-numbered to 100 units each, the collection is available in 4 variants; golden and silver coloured cases with Roman and Devanagari numerals. The watch has a sapphire crystal with AR coating from the inside and a partial see-through back.

Price: Rs 45,000 for the Silver variants and Rs 50,000 for the Golden variant



THE BODY SHOP INTRODUCES EDELWEISS

Bringing the phrase 'Flower Power' to life, The Body Shop, a Britain-based international personal care brand, has launched a transversal skincare range infused

with the Edelweiss flower, known for its remarkable antioxidant properties. The Body Shop has packed powerful natural protection systems found in Edelweiss into its new

range covered in more sustainable and recyclable packaging, reiterating the brand's commitment to "Changemaking Beauty". Edelweiss extract is 43% more powerful than Retinol, making it incredibly effective in protecting the skin's barrier.

Simple mantra

To get the best two-wheeler insurance



Manju (name changed) went to a store to buy a smartphone. Manju went to a store to buy a smartphone. Once she zeroed in on a model, she started comparing its price, features, and reviews across various online shopping apps. She found the best deal online at a lesser price with add-ons and made the purchase in minutes! Sounds familiar? When it comes to apparel, phone, bags, shoes, home décor, and jewellery; we compare almost everything online before buying. Then, why do we buy two-wheeler insurance without comparing?

Two-wheelers are a very popular mode of transportation in India. Besides being affordable, two-wheelers help to travel long distances comfortably and are easy to handle without taking up too much space on the roads. While there are several benefits of owning a bike, a crucial element of the ownership is to complement your bike with a valid bike insurance policy. The Motor Vehicles Act of 1988 mandates all two-wheelers must be covered by at least a third-party insurance plan.

Why compare bike insurance online?

A bike insurance plan essentially shields the vehicle owner from any financial burden resulting from an accident, theft, or a natural disaster. Given the different types of policies available in the market, it is important to compare the price and benefits and then buy the right policy that will suit your requirements. While comparison can be undertaken offline, it is a time-consuming

and cumbersome process wherein you will either depend on agents and their recommendations or visit multiple insurance providers to get details on available plans. However, in the case of online comparison, you have direct access to information at a click of a button, making you self-sufficient in taking an informed decision from the comfort of your home.

Checklist to compare bike insurance online:

When buying insurance, we habitually look at the premium amount as an essential decision-making factor. While it is important various other factors need to be considered before zeroing on the right policy. Here are seven factors that will help you compare bike insurance policies online and make the right choice:

- **Maximum benefit, minimum price:** Different policies have different premiums which must be considered as per one's budget. While comparing premiums, pay attention to the extent of cov-

erage that is offered before you make the final decision. Do keep in mind that a low premium is not always the best option as it may not cover all your requirements.

- **Extent of Coverage:** You must compare different bike insurance plans by the kind of coverage they provide. Third-party bike insurance plans cover against injury to a third-party person and vehicle, Own Damage insurance plans cover for damage caused to your vehicle, and Comprehensive bike insurance plans are a combination of Third-party and Own damage insurance insuring your vehicle against third-party liability

as well as damage or loss caused to your vehicle due to any possible accident or natural calamity. As you can see, some give you a basic cover while others offer extended coverage. So, keep in mind the coverage that suits your needs.

- **Claim process & claim settlement ratio:** One of the main concerns of policyholders is that the claim process is often long-drawn, delaying the settlement timelines. Make sure the claim process is easy, instant, and paperless and the claim settlement ratio (CSR) is high. The formula for finding CSR for a financial year = $\text{Number of Claims received} \div \text{Number of claims settled by the company}$

This indicates the reliability of the insurance provider.

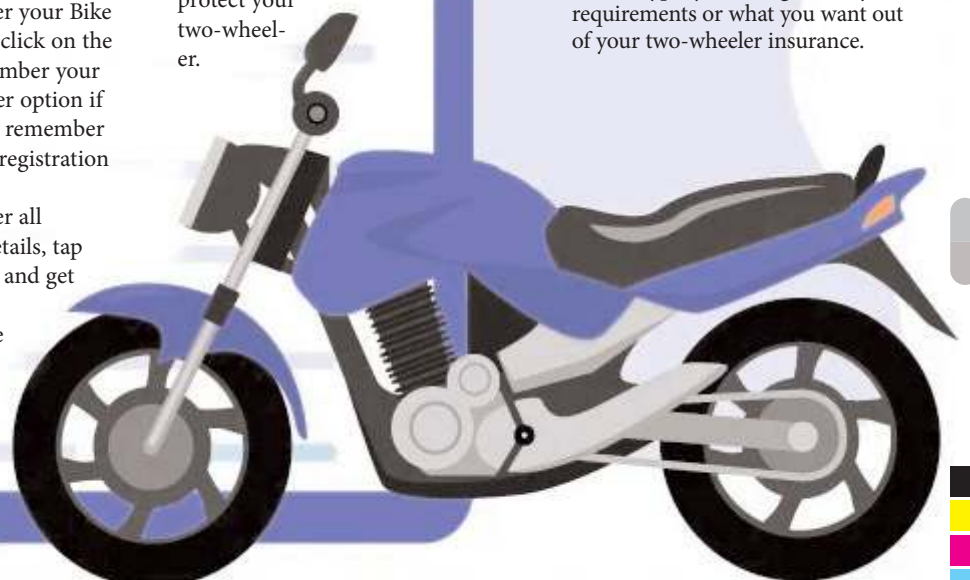
- **Network of cashless garages:** Just like while buying medical insurance policyholders look for a wide network of hospitals, while buying bike insurance look for a network of garages to avail cashless facilities. The wider the network, the better the access to these garages to experience a cashless facility.
- **Deductibles:** Deductibles are primarily the portion of the repair bill that you must bear while settling claims. Hence, the higher the deductible on an insurance policy, the lower will be the premium that will increase the payable amount during settlement and vice versa. Thus, compare the deductibles before buying insurance.
- **Read the fine print:** Fine print or terms and conditions in the case of insurance, are extremely important. You should make sure that you read and understand every piece of communication – from inclusions, coverage, benefits to exclusions. After all, you don't want to be unaware of any clauses that would lead to the rejection of your claim.

While the above-mentioned factors are a guardrail, each factor needs to be evaluated based on your vehicle type, your budget, and your requirements or what you want out of your two-wheeler insurance.

Steps to compare two-wheeler insurance policy:

- Step 1: Download the PhonePe app
- Step 2: Click the Insurance tab on the homepage
- Step 3: Select Bike in the Motor and Travel Insurance category
- Step 4: Enter your Bike number or click on the Don't remember your bike number option if you cannot remember your bike's registration number
- Step 5: Enter all required details, tap view plans, and get started.
- Online bike insurance policy comparison is as

important as purchasing or renewing the policy. After all, comparing is saving! So, go ahead and enjoy road trips tension-free as you buy the right insurance policy to protect your two-wheeler.



OVERCOME YOUR FEARS WITH HERAMBA SANKASHTI CHATURTHI

Are you someone who routinely follows the practices and traditions of Hinduism? Do you believe in the positivity which comes from following the rituals as described in the Puranas? If yes, you might be preparing to celebrate the festival of Heramba Sankashti Chaturthi this week. It is a very auspicious festival that focuses on respecting and worshipping Lord Ganesha.

Since it is a Chaturthi, you will be observing the festival of the 4th day of the Krishna Paksha during the ongoing month of Shravana. If you are in Southern India, you will likely be following the Amavasyant calendar and, in North India, this festival will be celebrated on the 'Krishna Paksha Chaturthi' of the 'Bhadrapada' month in the Purnimant calendar.

To understand the date according to the Gregorian calendar, Heramba Sankashti Chaturthi falls in the period of August-September. This year, the festival falls on Monday, the 15th of August, which is also Independence Day.

The festival is focused on showing devotion to Heramba Maha Ganpati and it is a part of the 13 Sankashti Chaturthi Vratams. If you observe this festival with complete devotion, you will find the ability to solve all the problems affecting you, in a successful way.

What are the rituals you should follow during Heramba Sankashti Chaturthi?

1) To fully benefit from the worship, and gain the blessings of Lord Ganesha, you should follow strict fasting on the day of Heramba Sankashti Chaturthi. The duration of the fasting will begin at sunrise and you can break the fast after seeing the moon and offering evening prayers to Lord Ganesha.

2) If you are finding it difficult to fast for the whole day, you can also do a partial fast. In this type of fast, you can eat some fruits or sabudana when you feel like you cannot control your hunger pangs or feel weak. But, if you are in a good physical condition, you can maintain the full day fast as a way of honouring Lord Ganesha and also improving the health of your digestive system in the process. Consuming fruits also has a beneficial effect on your health.

3) Once you wake up and have an early bath, you should offer your prayers to Lord Ganesha with a pure and holy mind and soul. Throughout the day, you should focus on the Lord and try to do good deeds, to gain blessings for your devotion.

4) You should also recite the 'Ganesha Ashtothara' and 'Sankashtnashana Sthothra' on this day as it will give you more blessings. Through the day, you can also chant mantras to show your devotion to Lord Ganesha.

5) In the evening, you can take part in the main puja, which will be conducted after the moon rises in the sky.

6) The idol of Lord Ganesha is decorated with the Durva grass and flowers. Many other forms of decoration can also be done to show your devotion. You can also beautify the mandir and its surroundings to show your love and worship for the Lord. Be completely devout during this puja and ask for the blessings you wish to receive.

7) You can also worship the Moon God dur-

<p>ARIES</p> <p>More ideas will come to you. Check yourself from flaunting your skills. Surround yourself with good people. Don't give up, even if others want you to.</p> <p>Lucky colour: Red</p>	<p>LEO</p> <p>Do not overestimate your abilities. Remain calm and quiet. This will make you more efficient and more endearing. There may be new experiences.</p> <p>Lucky colour: Red</p>	<p>SAGITTARIUS</p> <p>You will be restless and argumentative. There may be minor clashes. Complex situations may arise as a result. Prepare yourself to face situations calmly.</p> <p>Lucky colour: Yellow</p>	<p>CAPRICORN</p> <p>Control your impulse to seek more and more. Else it will bring opposite effects. Hope for the best. Do not wallow in self-pity. Worries will not last long.</p> <p>Lucky colour: Blue</p>	<p>VRGO</p> <p>Be patient while dealing with siblings. Emotional blowups will only worsen situations. Do not be too critical. Be presentable on important occasions.</p> <p>Lucky colour: Green</p>
<p>You have a zest to enjoy life to the fullest. You will hold attention during parties. A sense of joy will fill you. But do not overlook near and dear ones.</p> <p>Lucky colour: White</p>		<p>TAURUS</p>	<p>YOUR WEEK AHEAD</p>	<p>LIBRA</p> <p>Avoid expecting a lot. Face problems with tenacity and commitment. Try to mingle more with others. Time is apt to pluck the fruits of your hard work.</p> <p>Lucky colour: White</p>
<p>There may be self-esteem issues. You will become image conscious. Spare no expense to ensure a good image. Friends and relatives will help you.</p> <p>Lucky colour: Green</p>	<p>AQUARIUS</p> <p>Try to keep a tight grip on emotions. This is not the right time to commence new ventures. Do not be depressed. Fortune will find you without delay.</p> <p>Lucky colour: Blue</p>	<p>SCORPIO</p> <p>You will do a world of good to near and dear ones. Do not give important meetings a miss. The time is apt to implement new plans or renew old ones.</p> <p>Lucky colour: Red</p>	<p>CANCER</p> <p>You will feel weighed down by setbacks. Sit down and relax. Keep your cool. Do not resort to rash actions. The right moment has not yet arrived.</p> <p>Lucky colour: White</p>	<p>Frustration may set in. Your efforts may not bring due rewards. Utilize this time to clear confusions. Reach new understandings at work. Be confident.</p> <p>Lucky colour: Pink</p>
<p>GEMINI</p>				<p>PISCES</p>

ing this puja. You will see the pandit or the person performing the puja offering a special sweet, named modak, as well as bananas and coconut, to the Lord. Modak is considered as the favourite sweet of Lord Ganesha, which is why it is offered to him on this day. You will also see lamps being lit and an aarti being performed at the end. If you are doing the puja, you should remember all these points to attain the blessings.

8) Finally, after the puja and aarti, you can receive the prasad, and enjoy the favourite sweet of Lord Ganesha as a way of honouring him.

Timings to remember

You should keep an eye on the following timings to ensure that you wake up and perform the activities in the correct manner. This will help you get

the most blessings from the Lord.

- Sunrise August 15, 2022 6:07 AM
- Sunset August 15, 2022 6:55 PM
- Chaturthi Tithi Begins August 14, 2022 10:36 PM
- Chaturthi Tithi Ends August 15, 2022 9:02 PM
- Moonrise On Sankashti Day August 15, 2022 9:33 PM

Importance of Heramba Sankashti Chaturthi

The biggest importance of the festival involves the fact that, on this day, you will be worshipping the 'Heramba Maha Ganpati', which is a very rare form of Lord Ganesha. In this form, the Lord will depict five faces and ten hands. When you look at the image of this Ganpati, you will see that one

hand depicts the boon giving posture while another hand is placed in the blessing posture.

The other 8 hands will be seen holding a variety of important elements, such as a rudraksha, rope, goad, modak, apple, mala, axe and a tuck. The rare form of Lord Ganesha is usually seen riding a lion. The festival is celebrated with pomp and devotion across India, but especially so at Varanasi in UP, where the Heramba Ganpati is worshipped as a subsidiary deity in the famous Kashi Vishwanath Temple.

It is said that if you worship this form of the Lord, you will attain confidence to face all types of problems and hardships in your life. So, if you have been worried about the difficulties in life, this is a wonderful day to overcome your troubles by worshipping

the Lord. If you meditate on the rare form of the Heramba Ganpati, you will find yourself overcoming all fear about the future.

Why is Lord Ganesha called Heramba?

Lord Ganesha is also known as Heramba according to the auspicious text the Ganesha Purana. According to the Brahma vaivarta Purana, 'he' the syllable shows helplessness or weakness on the part of humans, 'ramba' indicates protection of the weak. Therefore, Heramba Ganpati is a deity form who saves the weak from harm. The name can be translated as "protector of the weak and good people".

So, now that you know all the important details about Heramba Sankashti Chaturthi, follow the rituals and pray for your protection and wellbeing.

GLOBE TROT

Leading #MeToo figure in China loses appeal in sexual harassment case

Zhou Xiaoxuan, popularly known as Xianzi in China, became the face of the country's #MeToo movement in 2018, when she publicly accused CCTV host Zhu Jun of groping and forcibly kissing her in a locker room.

Last September, a Beijing court ruled against Zhou, citing "insufficient evidence." In response, the court was accused of failing to ensure fairness of the proceedings.

Zhou said the judge denied her repeated requests to return supporting evidence, such as security camera footage outside the locker room. On Wednesday, the Beijing Municipal No. 1 Intermediate People's Court rejected her appeal on similar grounds. "The court held that the evidence presented by the appellant Chu was not sufficient to prove that Chu sexually



harassed her, and that the appeal could not be substantiated," the court said on its official Weibo account.

Now, the Beijing Municipal No. 1 Intermediate People's Court rejected her appeal on similar grounds.

Domino's fails to sell its pizza to Italians

Domino's' Italian job was harder than it looked. Seven years after its debut in the country, the American pizza giant has formally shut its stores after it failed to win over locals who preferred homegrown options, according to a report by Milano Today.

The Milan-based company faced "unprecedented competition" from local restaurants that started using services such as Glovo, Just Eat and Deliveroo during the pandemic, the court filing said.

Domino's said in a document, attached to the court filing, that ePizza's troubles last year were the result of "significantly increased level of competition in the food delivery market with both organised chains



and 'mom & pop' restaurants delivering food to survive."

It said it also faced problems once pandemic restrictions were eased and consumers started visiting sit-down restaurants again.

China overtakes US as world leader in scientific research output

China has overtaken the US as the world leader in both scientific research output and "high impact" studies, according to a report published by Japan's science and technology ministry.

The report, which was published by Japan's National Institute of Science and Technology Policy (NISTP) on

Tuesday, found that China now publishes the highest number of scientific research papers yearly, followed by the US and



Germany, the *Guardian* reported.

The figures were based on yearly averages between 2018 and 2020, and drawn from data compiled by the analytics firm Clarivate.

The Japanese NISTP report also found that Chinese research comprised 27.2 per cent of the world's top 1 per cent most frequently cited papers.

The US accounted for 24.9 per cent of the top 1 per cent most highly cited research studies, while UK research was third at 5.5 per cent.

Data Protection Bill: Won't the fresh one complicate matters?

The Centre's withdrawal of the Personal Data Protection Bill, 2019 trashes tremendous collective efforts of the industry, academia, civil society and parliamentarians to codify the fundamental right to privacy as affirmed by the Supreme Court. In 2017, the Supreme Court pronounced the existence of the Right to Privacy within the constitutional freedom of Right to Life under Article 21 of the Constitution of India.

While withdrawing the Bill, the Centre claimed that it will be replaced with one that has a 'comprehensive framework' and is in alignment with 'contemporary digital privacy laws'. The fresh PDP Bill is likely to be introduced as part of a set of four Bills to cover the entire digital technology landscape — telecom sector, information/digital technology, privacy and social media.

The maiden draft of the PDP Bill was presented by an expert panel led by Justice (retd) BN Srikrishna in July 2018. Three months later, the Union Ministry of Electronics and Information Technology started drafting the Bill. In December 2019, a Joint Parliamentary Committee was formed with MP Meenakshi Lekhi (BJP) as its chairperson. In September 2020, the committee sought more time to present its report. The extension was granted. In July 2021, PP Chaudhary was appointed new chairperson upon Lekhi's induction into the Cabinet. In December 2021, the JPC report was tabled in Parliament. The JPC had recommended 81 amendments to the Bill, which has 99 sections. The JPC had also made 12 recommendations. Besides, there was a huge pushback from civil society. For, the Bill had proposed a single law for dealing with both personal and non-personal datasets, while mandating irrationally complete local storage of data. It unsettled the industry and alarmed Big Tech. The Centre could not deflect advocacy players' outcry that the Bill gave sweeping powers to the government in certain segments.

The Centre had claimed that the Bill was patterned after the General Data Protection Regulation (GDPR) that emerged from EU Parliament. Had it been true, JPC, industry and others would not have sought so many amendments. The PDP Bill was touted to be more than an extension of the Information Technology Rules, 2011 presently governing protection of personal data in India and applicable to all body corporates.

Clause 35 of the Bill provided for a blanket exemption to the Central government from the ambit of the Bill in the name of 'sovereignty', 'public order', 'friendly' relations, 'security of the state' and 'relations with foreign states'. The JPC report, citing the 2017 SC judgment, listed down the test of proportionality, as to how any restriction on the right to privacy would have to comply with the conditions prescribed viz. it should be backed by the law; have a legitimate state aim, and be necessary and proportionate. On this, Justice Srikrishna too has said: "There must be some guidelines indicated by a parliamentary enactment as to its content or else our personal data will be acquired by the

mere *ipse dixit* of a vague declaration by the interested executive". Although only personal data privacy has been declared to be a fundamental right, the parliamentary debates have complicated matters by seeking to introduce in the Bill aspects relevant to non-personal data.

The only salutary aspects of the PDP Bill were the introduction of concepts such as 'data principal' and 'data fiduciary'. The natural person whose personal data is collected is referred to as the 'data principal' and the entity that determines the purpose or means of processing this data is referred to as the 'data fiduciary'. Data fiduciaries include the State, corporate entities and individuals. The definition of 'sensitive personal data' was

widened (compared to IT Rules) to include personal information constituting financial particulars, health data, official identifier, sex life, sexual orientation, biometric data, genetic data, transgender status, intersex status, caste or tribe; religious or political belief or affiliation; or any other data categorised as sensitive personal data under section 15.

The industry was not happy with some of the sweeping provisions requiring the data fiduciary to give notice to the data principal before collecting, processing and/or using the personal data of a data principal. The notice was required to include, *inter alia*, the purposes for which the personal data is to be processed; the categories of personal data being collected; the details of the data protection officer; the right of the data principal to withdraw such consent, and the procedure for such withdrawal. Personal data was required to be processed only as per the consent of the data principal. Such consent must be free, informed, specific, clear and capable of being withdrawn. Processing of sensitive

personal data is based on explicit consent from the data principal. The provisions relating to retention of data and audits were not tied to the sensitivity and relevance of data. The requirements for data localization, though necessary to tame Big Tech, would entail avoidable cost centres for lesser players, apart from time, logistical and other issues related to setting up/leasing local servers in India. Penalties for non-compliance were as high as INR 5 crore to INR 15 crore, or 2 per cent to 4 per cent of an entity's total worldwide turnover in the preceding financial year, whichever is higher.

The Data Protection Officer, appointed by the data fiduciary, was required to resolve the grievance within a maximum of 30 days from the date of receipt of grievance from a data principal. The Data Protection Authority envisaged under the PDP Bill, was given very wide and discretionary powers. The DPA was proposed to function as a supervisory body, enforcement agency and an adjudicatory body.

The Centre, instead of addressing concerns raised by MPs, industry and civil society players, chose to withdraw the Bill. Noticeably, the JPC did not recommend withdrawal of the Bill. Going by the unaddressed infirmities in the withdrawn Bill, the fresh one would only complicate matters.



MURALI RAMASWAMY
Senior Journalist

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