Sundeep Kishan finds his metiérel belatedly

Brain drain: Do we have a choice?

Careers in new-age tech domains

Soft and spongy
Samajwadi Party founder Mulayam Singh Yadav passed away on Monday morning at a Gurugram hospital after prolonged illness. The 82-year-old had been hospitalised since August. Yadav spawned UP’s most prominent political clan. He was elected an MLA 10 times and an MP seven times. He also served as the defence minister, and thrice as the UP CM. He even appeared to have a shot at the prime minister’s post briefly.

Katrina Kaif wows with her ‘electrifying’ dance in Phone Bhoot song Kinna Sona. Fans say they need a moment to appreciate her sultry avatar in the music video. Katrina is seen dancing alongside Ishaan Khatter and Siddhant Chaturvedi in the groovy song.

Madhuri Dixit’s Maja Ma narrates a tale from a queer theory lens and holds a strong message for all. The Amazon Prime video original, Maja Ma, is helmed by Anand Tiwari and features Gajraj Rao, Simone Singh, Sheeba Chaddha, and Ritwik Bhovnik, among others. This coming-out scene from Maja Ma is going viral on the internet, and people love how it stars a middle-aged lesbian couple and gives us an endearing message in the end.

Commuters in Bengaluru were recently surprised to see the heart symbol appear in many traffic lights across the city. While some took photos to share on social media, others wondered why the red traffic lights in the capital of Karnataka were suddenly flashing hearts. Turns out, the heart-shaped traffic lights are the results of a joint initiative by Manipal Hospitals, Bengaluru Traffic Police (BTP), and Bruhat Bengaluru Mahanagara Palike (BBMP) to provide quick access to first aid in case of cardiac emergencies. QR codes were also posted at all traffic signal junctions in the city for use during medical emergencies, according to Manipal Hospitals.

Actor Elnaaz Norouzi, known for starring in Sacred Games, has shared a video in which she stripped nude in support of the ongoing protests in Iran. Taking to Instagram, Elnaaz posted a video in which she wore several outfits highlighting that women have their own choice to wear whatever they want. The video started with Elnaaz wearing a burqa covering her head and entire face except for the eyes. She then took off the headscarf followed by the burqa. She wore a dress underneath the burqa and a denim shirt and pants under that. After that Elnaaz looked at the camera sporting a crop top and shorts. This was followed by Elnaaz wearing undergarments. As the video ended, Elnaaz took off her bikini top and covered her chest with her hands.
Brain drain: Do we have a choice?

You are fresh out of college wondering what to do next. That is when you get a call from a consultancy inquiring whether the idea of studying in the USA, the UK, China, Germany, Canada, Australia, or New Zealand interests you. Initially, you brush it aside thinking, “No way! I am not going anywhere. I am fine here.”

Next day, in the wee hours, while deeply engaged in Instagram, you find a picture of your friend posting at New York Fifth Avenue, and another friend of yours posting that he or she earns a lot more than you by flipping burgers in a joint in Canada. Well, on the flip side, when you see a friend narrowly escape the Chinese authorities for being himself, you feel lucky. Amidst these extremes, all of a sudden you start questioning some of the choices you have made over time. Eventually you ring up one of the leading consultancies hoping they would show you a way out from the crippling thoughts that haunt you all day.

To fly or not to fly is the question that pops up in the minds of young Indian students as soon as they think of higher education. If you ask anyone for some solid career advice, the first thing that comes out of their mouth is: “Why don’t you study abroad? There is no future here. You will be doing a lot better if you leave the country.”

We all must have come across people who give such advice. Why is that a given? What is lacking in our country that these so-called first-world nations possess? The Pioneer looked into factors like dignity of labour, companies underpaying employees, lack of quality education, and exposure to better standards of living.

Quite interestingly, Hanu, a professor who teaches at a popular Canadian college, takes a dig at the system at large and makes some valid points: “Students might have different reasons to study abroad, but I feel one major thing that needs to be abolished is caste, gender and political influence on the universities. The bribing and being democratic for the sake of it is something that has to stop. We must nurture self-respect and teach ourselves that comprising our self respect for the sake of an evil force is wrong. If we can set these things right, we will have a proper system in place and the quality of education will also improve by many folds.”

In Hyderabad alone, there are hundreds of consultancies that help students realise their dollar dreams. We are not saying it is wrong to go abroad, but we are rather concerned with the rate at which so many young Indians are making the move. One could have many reasons to leave the country for a few years to study or to leave once and for all. This is not to say they are making a mistake.

We are making a sincere attempt to know the many perspectives of students. The statement, “There is no future here. You will do better elsewhere,” is appalling, to say the least.

As per the data accumulated by the government, around 1,33,135 students left for other countries for educational purposes just in the first three months of 2022. Whereas 2020, the year plagued by Covid-19 saw 2,59,655 students made the move. As the intensity of the pandemic started to ease down, the numbers almost doubled in 2021 to 4,44,55.

A report by the Ministry of External Affairs, inclusive of 228 countries indicates that 2,45,601 Indian students have left for different countries citing education as the purpose of travel in the first six months of 2022. Going by the latest reports, till June 2022, the USA has seen the highest turnout with 64,667 students, while Canada, with its slightly easier immigration policies, stands in second place with 60,258 Indian students. The UK and Australia are now home to 38,695 and 28,090 young Indian students respectively.

Studying abroad has become a convenient way to achieve success in a professional career easily. Even though our country has good universities, the practical exposure and lack of industry connections and the course not being as per current industry standards is the main concern. Our education system is examination-based where students are required to remember things and pen it down on paper while in most universities abroad, assignments and projects play a more important role. Hence, students have to research and complete the work and this would be beneficial in the long run,” says a study abroad consultant from Hyderabad.

Vijay Raju, who is now working as a Research Assistant in the US, expressed his views on the topic. “I finished my engineering in Hyderabad. We are into the construction business, and my priority was to take care of the family business soon after engineering. Unfortunately, our business went into losses, and that is when I realised the experience that my father gained over 25 years in the Hyderabad market wasn’t enough. I wanted to gain more knowledge in the field of construction. That’s one of the reasons I moved to the US to study. Another reason is that people in India, especially people from the middle class are not happy with the salaries that are being paid by the companies. Most engineers end up with a meagerly salary even after working long hours. In today’s world, that is not enough and the quality of tertiary education is absolutely bad. These things propel most of us to leave the country. The colleges here give a lot of importance to the research in education, which I feel is one of the most quintessential aspects for the growth of an individual. The Indian government should make changes to the education system and prioritise quality education.’’

Promising people jobs and luring them by showing new IT companies in the city will not solve the issue.”

Continued on Page 4...
In contrast to Vijay’s opinion on people escaping reality, Arundhati Mishra from the University of North Carolina at Charlotte, commented, “Going abroad does not mean escaping from the current situation. It is just getting better opportunities abroad. India is not missing anything. As a country with a huge population, our resources are not sufficient to cater to the needs of people who aim for a good standard of living. Our education system needs many changes. For a populous country like ours, we need at least 100 IITs, IIMs, NLUs and with that, we also need to revamp the medical institutions as well. Our country’s education system lacks a global approach, i.e., international students do not come to India like we go abroad. We need to promote international students so that our students too get accustomed to global education. Increasing the number of seats in colleges in order to accommodate the population is the need of the hour. That makes it a lot easier to impart appropriate skills to the students. Better skills fetch better jobs, and a better job means a better salary.”

Mohan, who pursued an MBA from the UK, believes that going abroad to study is like giving yourself a second chance in life. To set things right and to get back on track. He also sheds light on the ground reality of going to a foreign country and pursuing a degree. Let’s hear out from him. “It is true a few people come here to get away from the pressure back home, but what they don’t know is that there is another reality waiting for us on the other side of the globe, managing the course and part-time work, missing family, a lot of sleepless nights. At the end of the day, you’ll be living on your own and there’s no escaping from it.”

Dignity of labour plays an important role to an extent, isn’t it? We have been taught that certain jobs are not worthy of social status. In our society, respect means working in an IT company, being a doctor, or doing MBA from the IIMs. If one chooses one of the fine arts, the majority of them have a misconception that the kids there just pass their time. Let me ask you a question, do you think you would be comfortable working as an usher to make those extra bucks to pay off your college fees in India? Alright! Even if you are comfortable, I don’t think your family members will appreciate the thought, because that would be a disgrace to the family. Maybe, you wouldn’t even be treated right by the crowd for what you’d be doing.

Pravallika Munukutla, currently pursuing her Masters in Canada, underscores the importance of dignity of labour and explains what is missing in the country. “Countries provide minimum wage, dignity of labour, health insurance, pension and many other perks even for the smallest of jobs. Minimum wages are set to $15.5/hour in Canada, around £12/hour, etc. In the UK, students are able to pay for their rent, utilities, and some are even able to pay their college fees which makes them feel empowered. While in India it is very hard to find dignity of labour in odd jobs and the whole concept of ‘log kya kahenge’ bothers them, but they feel it is totally fine to live off their parents’ money.”

Great! We’ve spoken to many guys and girls who are already experiencing the dollar dream, right? Let’s see what Vaishnavi, a journalism student from Hyderabad, who is planning to fly to Canada in the near future has to say about all this. “Students are eager to learn about what their personal skills can offer outside of our country. They want to explore possibilities of what the other countries have to offer to the people with their skill set and knowledge. Jobs are hard to find nowadays. Especially finding jobs in our interested skill set. Most of them end up working for money for a year, so that they can do something once they decide to leave the job and do what they heart and soul thrives in. Be it acting, photography, writing. Pay is the issue. Work is hardly recognised neither is their hard work. They have to be given a chance to prove.”

We can observe from the foregoing comments that the common theme is that there is a dire need to bring about fundamental changes in the Indian education system. The number of people pointing fingers at the system cries out for radical changes in the sector. We have gotten used to a certain way of living life. The deep cleansing that is essential to raise the bar for quality of life looks like a dream that is never going to be realised. So long as the men and women in charge donot respond to the needs of the younger generation, we are always at the risk of losing some of the brightest minds that belong to our country.
SUNDEEP KISHAN finds his metier belatedly

His approach towards grabbing roles has changed now, and that’s quite evident from the number of films he’s choosing. He says he now has a “reason” to do a particular project. The actor, in conversation with The Pioneer’s SHIKHA DUGGAL, talks about his movies, the sudden change in the way he is picking scripts, being an unapologetic actor now, and others.

We knew each other before; we hung out several times. If he’s on set, he’ll give you a reality check! He has no qualms about his superstardom — he’s in every film these days, giving actors from all diaspora a run for their money. That’s how an actor should be, according to me. Even if I look at Dhanush Anna, he’s also a national award-winning actor and that prompts me to do something similar in a more aggressive way, which is good for my career graph. For the first time in my filmography, you’ll see me in the race to snag a national award for the industry I belong to originally. All this success didn’t come in handy for him; he’s an outsider, as everyone knows. He’s also not an actor trying too hard to fit in; instead, he’s being marketed across the industry for honing some good skills. But the struggle was hard. "Cinema", as it’s called, is literally show business. Producers invest in actors. Some even played safe earlier, but I wanted to put my unique voice at the forefront and get recognised. It took time for me to convince them that yes, you can bet on me and attract the industry to me. I intend to give them back their returns with ample profits, and that’s mad tough. I wish a few of them had had my back earlier since it gets a little rough to carry all the sorrows on my shoulders, but it’s okay, I am an unapologetic actor now.”

H e’s more ‘castable’, he’s a known label in Tollywood now, we are talking about the ace actor Sundeep Kishan who is tasting the humongous success of late, and kid you not, the inside sources revealed to us the number game too. A bunch of buzzwords aren’t distracting him, but when his admirers come up to him and acquaint him with a creative actor, that’s what brings a smile to his face. That’s his motivational streak, he says!

With a prepossessing opportunity to be seen in the upcoming ventures titled Michael and Captain Miller, amongst others, he seems exhilarated. While interacting with us, he remarked, “I urge my audiences to not just make my physical body the nucleus on the whole — my approach towards grabbing roles has changed now and that’s quite evident from the number of films I am choosing. I needed to work on my appearance, but I also learned how to act. Nowadays, I have a "reason" to do a particular project. I am a child at heart when it comes to complete devotion towards my craft, and that’s what keeps me going in this industry. Even if the script demands I go through hell, if I find it a conscious choice, I, as Sundeep, am ready to dive in. My close peers ask me why I’m doing one film at a time, so for me, it’s quality over quantity, period.”

Already a household name, his hotness is not left behind. With just his hot and sexy pictures, he steals away all the limelight as soon as he posts a picture on his social media. He added, “A lot of people judge by saying it’s easy to make abs but difficult to maintain. To me, it is the reverse. Every actor wants to have six-pack abs! For better or worse, popular culture framed them as the epitome of fitness. Toning up is extremely difficult initially. But, I always want to maintain myself like this because I just love the way I look and am hoping to keep the same frame till I turn 55 years old (he giggled). And strictly, I don’t want girls to be hitting on me because of my body, but why not for my charm?”

He continued, “I chose Captain Miller because of the visual narrative and creativity the crew was bringing out — some films are bound to create cinematic history and I hope one of my films does so. My filmmaker wasn’t limited to his ideas; he was showing and telling both. And who will drop the chance to not work with Dhanush? All of us are just aiming to give the fans a serious visual experience.”

Refraining from any error in judgement, the naked truth says he’s gradually becoming a pan-India star — wondering how? Hush, hush, dropping a little secret here on Sundee Kishan’s appearance in the third season of the Family Man franchise too. More information will be revealed soon. And then another movie with V1 Amandi and Oru Perubhairavakona, some creative projects coming up, so hold that thought, he went on to share his camaraderie with Vijay Sethupathi: “For the record, once and for all, I love him.
As per the National Cancer Registry Programme report, over 13 lakh people in India suffer from cancer every year. Among them, one of the most common types of cancer is a blood cancer. Today, for the weekly health column, we talk about lymphoma, a type of cancer that begins in infection-fighting cells of the immune system, called lymphocytes. When you have lymphoma, lymphocytes change and grow out of control, writes TEJAL SINHA

**UNDERSTANDING LYMPHOMA**

Are you experiencing sudden and unexpected weight loss or swelling in your neck area? This is the time you need to consult a doctor as soon as possible.

While some might be happy that you are now losing weight without any exercise or diet, did you know this can be a symptom of lymphoma cancer? Let’s first understand what lymphoma is, or lymphoma cancer. Lymphoma is a type of cancer that affects white blood cells called lymphocytes. In other words, a lymphoma is a group of blood cancers that develop in the lymphatic system.

### Types of Lymphoma

Lymphoma cancer is categorised into two types:

- **Hodgkin’s lymphoma** (formerly called Hodgkin’s disease)
- **Non-Hodgkin’s lymphoma**

Hodgkin’s lymphoma is a type of cancer that affects the lymphatic system, which is part of the body’s germ-fighting immune system. In Hodgkin’s lymphoma, white blood cells called lymphocytes grow out of control, causing swollen lymph nodes and growth throughout the body. Hodgkin’s lymphoma, which used to be called Hodgkin’s disease, is one of two general categories of lymphoma.

Non-Hodgkin’s lymphoma is a type of cancer that begins in infection-fighting cells of the immune system, called lymphocytes. In non-Hodgkin’s lymphoma, white blood cells called lymphocytes grow abnormally and can form tumours throughout the body. Non-Hodgkin’s lymphoma is a general category of lymphoma. There are many subtypes that fall into this category. Diffuse large B-cell lymphoma and follicular lymphoma are among the most common subtypes. According to the National Library of Medicine, Non-Hodgkin’s lymphoma (NHL) is a common haematological malignancy. The age-adjusted incidence rates for NHL in men and women in India are 2.9/100,000 and 1.5/100,000, respectively. These are about one-fourth of the incidence rates reported from Western Europe or North America. Within India, the incidence is several-fold higher in urban cancer registries compared to rural areas; the incidence is higher in metropolitan cities and among Indian immigrants, suggesting that urban lifestyles and economic progress may increase cancer incidence.

Compared to developed nations, the key differences in the presentation in India include a median age of 54 years (almost a decade less), a higher male-to-female ratio, a higher proportion of patients with B-symptoms (40-60 vs. 20-30%), poor ECOG performance status (2) at diagnosis (50 vs. 20-30%), higher frequency of diffuse large B-cell lymphomas (60-70 vs. 40%), lower frequency of follicular NHL (20 vs. 30-40%), and T-cell type in 10-20 vs. 10%. The estimated mortality rate due to NHL is higher in India than in North America and Western Europe.

Delays in diagnosis and treatment, incorrect diagnosis, and ineffective or suboptimal treatment are all potential causes of a poor outcome. Any infrastructure, centralised review of histopathology subtypes, novel treatment protocols, rigorous follow-up, training of staff, and financial support towards treatment could be possible strategies to improve the outcome.

To understand more about this type of blood cancer, Dr. Ramakrishna Prasad, MS, MCH, surgical oncology, at ESI Hospital, Sanathnagar, shares, “The cases of lymphoma have been increasing for some time now. It is important for people to be aware of lymphoma. Most people who come to the OPD are asymptomatic. They complain of issues like unexpected weight loss, fever that is persistent for 3 or more weeks, and swelling of the lymph nodes. The patients will come with lymph nodes in the neck or even in the armpits. Sometimes, if they have pain in the abdomen or continuous bone pain, weakness, and fatigue.”

**Causes**

Doctors aren’t sure what causes lymphoma. But it begins when a disease-fighting white blood cell called a lymphocyte develops a genetic mutation. The mutation tells the cell to multiply rapidly, rapidly causing many diseased lymphocytes to continue multiplying. The mutation also allows the cells to go on living when other normal cells would die. This causes too many diseased and ineffective lymphocytes in your lymph nodes, which causes the lymph nodes, spleen, and liver to swell.

**Risk factors**

Factors that can increase the risk of lymphoma include:

- Some types of lymphoma are more common in young adults, while others are most often diagnosed in people over 55.
- Being male, males are slightly more likely to develop lymphoma than females.
- Lymphoma is more common in people with immune system diseases or in people who take drugs that suppress their immune systems.
- Some infections are associated with an increased risk of lymphoma, including the Epstein-Barr virus and Helicobacter pylori infection.

So, are there any precautionary measures for one to be aware of? The doctor shared, “To know about the precautions, we need to find out the reasons why these are coming up. There are no proven facts about the reasons for lymphoma, but some infections, let’s say viral infections, can trigger lymphomas. For instance, for people with HIV, when there is immunodeficiency, lymphomas might come up. Maintaining a healthy lifestyle, and avoiding smoking and alcohol could be a few precautionary measures.”

Now, let’s debunk some myths and misconceptions about lymphoma.

For any health-related issue, there are always some myths and misconceptions related to it. Dr. Ramakrishna breaks a few myths for us.

**Myth:** Lymphoma is not curable.

It is not at all like that. When it comes to Hodgkin’s lymphoma, despite the advanced stage and available kinds of treatment, there is a high rate of prevention of Hodgkin’s lymphoma. With the upcoming immunotherapy, there is a good success rate for non-Hodgkins lymphoma also. We have seen a good survival rate for non-Hodgkin’s lymphoma.

**Myth:** Lymphoma occurs only in older adults.

Non-Hodgkin’s lymphoma will affect both young and old people.

**Myth:** Everyone with non-Hodgkin’s lymphoma has the same type of cancer.

This can be true, but one of the sub-types of non-Hodgkin’s lymphoma behaves very slowly, not that aggressively, and we generally do not treat them. It is a very rare subtype that happens in some patients. In such patients, this can not be cancerous but can later turn out to be cancerous, and thus we observe the patient. But predominant non-Hodgkin’s lymphoma is definitely cancer, but if you ask me, it is a rare case.

**Myth:** Stress is the main cause of cancer.

No, stress is not the only thing. Stress is not a proven cancer-causing agent. Stress may cause some lifestyle modifications, and the seriousness of these modifications, like smoking, can sometimes lead to cancer.
If we sit down to understand the hot and cold relationship between VFX and Indian cinema, then we will realise that we have been nurturing this Indian dream for a long time. However, it is not all roses for Indian cinema’s VFX. It has been a roller-coaster journey, with many ups and downs. TANISHA SAXENA writes about why VFX is so hot these days, the growing use of VFX and CGI in films, hits and flops and more.
BVR Mohan Reddy
Spotting entrepreneurs

Sometimes an ‘average’ guy in school makes it big in life, winning accolades for overcoming formidable challenges. BVR Mohan Reddy, Executive Chairman of Cyient, belongs to this ilk. He founded Cyient at the age of 40 and steered it to rank among the top 30 outsourcing companies in the world in 2018. A recipient of the Padma Shri award, Mohan Reddy recently penned down his eventful journey in his book ‘Engineered in India: From Dreams to Billion Dollar Cyient’. In a free-wheeling conversation with The Pioneer’s SIDDHARTI KUMAR SINGH, he shares the defining and memorable moments of his life.

Exploring the world

I am a 267 guy. In the past, my wife and I have toured a lot of the world. We have visited most of the countries in the world. We have toured most of the countries. We have seen most of the countries. We have seen most of the countries.

Some people think that I was very modest during my childhood but as grown-up people, I worked hard. Some people think that I was very modest during my childhood but as grown-up people, I worked hard.

EDUCATION NEXT TO GOD

My father was a police officer, and mother, a homemaker. I was what they called an ‘average’ kid in school. However, I was very active in extra-curricular activities, from being the class leader to playing tennis. The disturbing thing was that even though I was very active in extra-curricular activities, my marks were very poor. I was not good at studies, but to put me in a Zilla Parishad school. It did not go well as I ran away from the hostel.

BUNDLED JOY

I approach my work the way that in a company like HCL, which is a large entrenched company, I would think if my little finger went out of it.

COMMIT LESS AND DELIVER MORE

As the chairman, I am supposed to do everything. But to hurt oneself is the stupidest way crossing. While sitting in the car, I have been asked to count the bogies in a passing train, and it was fascinating for me to watch how one engine was pulling about 19 or 20 coaches in one shot. This is where my fascination with physics began.

INVESTING IN STARTUPS

You don’t have to invest in what you want, one day when I was traveling, with a train, it was very strange. While sitting in the car, I have been asked to count the bogies in a passing train, and it was fascinating for me to watch how one engine was pulling about 19 or 20 coaches in one shot. This is where my fascination with physics began.

DESTINY WILL DECIDE OUTCOME

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Careers in new-age tech domains

When you think of careers in the technology sector, the first picture that comes to your mind is of a Software Developer or an IT Engineer — someone who is a master wizard in programming or coding. Because of this myth, people perceive that having good technical skill sets like coding is necessary to build a career in the technology industry. However, this is far from the truth. A quick look into the job postings from tech firms will tell you that they are not just on the lookout for hard-core technical talents. The advancement of emerging technologies is creating a whole new ecosystem of fresh jobs and unique opportunities that don’t require you to come from a technical educational background. If you’re aspiring to build a thriving career in the booming technology industry but don’t possess a technical educational background — not to worry! Here is a list of exciting job roles in various technology domains you can explore and experiment in.

**Business analysts:**
Through data-driven decisions, Business Analysts help companies maximise their efficiency. They use data to generate business insights and recommend modifying organizational processes to increase business profitability. As per PayScale.com, in India, Business Analysts can expect to earn from INR 5 lakh to INR 19 lakh annually, based on their experience.

**Product managers:**
Product Managers (sometimes known as Mini-CEOs) are the highest paid professionals, even more than Software Engineers in the coveted Silicon Valley. As per AmbitionBox’s recent survey, a Product Managers’ annual salary in India ranges between INR 6.0 lakhs and INR 35.0 lakhs, with an average yearly salary of INR 16.3 lakhs. They play a pivotal role in developing unique market products that address consumers’ needs and represent a feasible and profitable business opportunity. This role requires you to collaboratively work with engineering, sales, marketing, and client support teams to ensure that business goals are met, and consumer satisfaction is maximised.

**Strategic sales experts**
Strategic sales experts are sales wizards who can coordinate direct sales, inventory control, sales reporting, performance analysis, and calibrate and recalibrate targets after strategizing. In addition to making strategic decisions across the business model by working on market research, they collaborate across departments and serve as the customer’s advocate inside the organization. Although it’s not for everyone, if you have the right personality, an analytical brain, and play your cards right, this last-paced, high-adrenaline role can be your game plan.

**HR analysts**
HR analysts’ core aim is to make appropriate recruitment and create the perfect work culture for maximum productivity. They do so by gathering, compiling, and analyzing human resource data and statistics. Today, HR Analysts are a valuable asset because they present the most dependable solutions for increasing employee efficiency. Managing personnel inventories, talent acquisition, and operational improvement are just a few key aspects of this role.

With the advent of emerging technologies, almost all businesses and organisations are undergoing digital transformation. There are various opportunities like the above-mentioned job roles available for aspirants from non-technical backgrounds in the new-age technology domains, like Business Analytics, Product Management, Strategic Sales, People Analytics, and more. Careers in newer technologies are in high demand, and now is the best time to elevate your skillset, obtain certification in these revolutionary domains and build successful careers. For over a decade, UNext Jigsaw has continued to empower, encourage and enable aspirants to achieve their desired career transformations in emerging technologies by offering learning programs in Business Analytics, Product Management, Strategic Sales, People Analytics & Digital HR in collaboration with IIM Indore.

(The writer, Gaurav Vohra, is the Chief Business Officer of UNext Learning)

The role of metaverse in education

The concept of education in the Metaverse seems restricted to virtual reality. The images we usually see, inspired by the legendary Facebook ad while launching Meta, are mostly space related. This is undoubtedly a restricted narrow view of what the metaverse can offer when it comes to making learning experiential.

To understand the offering in totality, one needs to begin with understanding the role of education in today’s changing times, and explore the various facets of Web3 and the metaverse offer, to cater to the same. As per a recent survey by Market Research Future (MRFR), AR and VR in Education Market are anticipated to grow at a CAGR of 18.2% from 2022 to 2027. Moreover, education is expected to be the 4th biggest sector for VR investments, and VR in education is predicted to be a $700 million industry by 2025.

**How does metaverse impact the educational sector?**
The Metaverse is a virtual space that brings spaces that are far apart in reality, closer. It provides access, breaks geographical barriers, supplements the physical world, and provides customisation and levels of engagement that are way beyond the physical environment.

At no point does this act as a replacement for activities in the physical space. In fact, the metaverse is a good complement to the physical space, enabling children to experience and propel their imagination—offering AI-driven customised experiences basis each child’s comprehension and interest levels.

Let’s take Geography for example. In a class where students are trying to understand the soil and climatic conditions of a landscape, giving them access to this virtually through the Metaverse will open up opportunities for them to experience the land in a real yet virtual setting. Observing and understanding this encourages students to innovate and come up with practical solutions. This same concept can be used to teach subjects like math, science and even art and design, where students get practical experience and build things that would not be possible in a real-world environment.

AI, NFT, VR, a lethal combination for learning

Today, students are restricted when it comes to the pace at which their studies go. While in the metaverse, they can progress way beyond the scope of their class and school, via recommendations made by the AI that tracks their performance in the physical world as well as in the metaverse, in real-time. These recommendations could include learning from the best professors via virtual reality and also selling NFTs on secure networks. The exposure, and learning, would thus compound manifold, while at the same time reducing exam stress and adding the flexibility to explore new avenues.

Brings the world together

Many educators debate that with tech advancements, empathy would be a lost cause. However, interactions with people from across the world and experiencing incidents and events first-hand would only enhance the learning possibilities for students, giving them global exposure and making the world a better place to live in.

(The writer, Ritika Amit Kumar, is the CEO and co-founder of STEM Metaverse)
5 popular types of cookies that are worth a try

Gooey or crispy, nutty or full of chocolate chips, and indulgent or low-calorie — however you like your cookies, there’s little in the patisserie world that matches the allure of freshly baked batch of cookies filling the air with sweetness right out of the oven. And while you may deal with the internet cookies all day, if you’re someone who loves different types of real-life cookies, Chef Devashree Muni, Founder, Cocoa Cellar has the best cookie combinations up her culinary sleeve. Here are the five best cookies you must try.

1. S’mores cookies

S’mores cookies are a delicious twist on your favorite campfire treat — they even have a day of their own in America! These cookies are soft and chewy, filled with graham crackers toasted to golden perfection and chocolate, then stuffed with gooey marshmallows for the ultimate s’mores dessert. We’re sure you’d want s’more after you finish up a piece of this deliciousness. People usually love to experiment by substituting chocolate with peanut butter or caramel.

2. Pecan and cinnamon choc chip cookies

A must-bake and must-have, these cinnamon pecan chocolate chip cookies combine roasted and crunchy pecans with brown butter, brown sugar and a handful of chocolate chips. The result is a thick, super chewy cookie that smells and tastes like Christmas! Its nutty, melt-in-your-mouth texture is the perfect combination of crisped sweetness and the goodness of pecans — a kernel similar to the walnut.

3. Caramel and pretzel cookies

These salted caramel and pretzel cookies are a total baker’s delight. If you don’t want your cookies overladen with sugar, these are the ultimate sweet and salty cookie. They’re also chewy and crunchy at the same time as they are crafted with buttery sugar cookie dough, pretzel pieces, and dulce de leche (caramelised milk). The cookie is stuffed with dark chocolate chips and salty pretzels and has crisp, golden edges and a chewy middle. Sounds like perfection!

4. Brandied cherry cookie

This alcohol-infused sweet is a mix of fruity goodness and boozy fun, all rolled into one. The dried cherries used in baking these cookies are soaked in brandy for a few hours, and added to the cookie dough with delicious dark chocolate chunks — lending it a unique fragrant flavour different from regular cookies. These plump brandy-soaked cherry desserts are a fun way to liven up any get-together.

5. Toffee cookie

 Bursting at the seams with nostalgic sweetness, toffee cookies are super soft and chewy pieces of perfection especially perfect for children. Stuffed with toffee pieces and slightly pepered with sea salt, brown butter toffee cookies are a unique blend of homemade and gourmet. The best part is: You can choose the toffee pieces you want finely chop and put in the dough. Relish as each bite fills your mouth with the classic cookie flavour and undertones of the trademark sweetness of your favourite toffee bar.
**VOICE CONTROL WASHING MACHINE**

**Haier** announced the launch of its new AI-enabled revolutionary washing machine series, Haier 979 Front Load Washing Machines with its advanced super silent Direct Motion Motor with 52.3 cm super drum. The new washing machines feature advanced integrated Direct Motion Motor which significantly reduces vibration of the machine. IoT-enabled features and AI provide a superior laundry experience. The washing machines also feature inbuilt voice control technology with a touch panel. All you need is a Wi-Fi connection for an effortless and effective laundry experience. Price: Rs 95,990.

**ANOTHER LOOK**

The house of Lecoanet Hemant, established in 1981, by Didier Lecoanet and Hemant Sagar, is an organic reflection of their design philosophy. It was the coming together of their heritage, lived experiences and a common vision for authenticity - an extension of their partnership that has only grown with time. For Fall 22, Genes envisaged a season of colour, vivacity and freedom. Taking cues from neo-expressionist and contemporary artists Yayoi Kusama and Jean Michel Basquiat, PARIS dot DELHI celebrates the essence of individuality and creative expression. The clothes are a nod to that unique graphic eccentricity that illustrates the brand’s journey from Paris to Delhi. The collection is creatively helmed by Didier who has now taken on the role of artistic director. His own practice of art has influenced the course of this collection. So it only felt organic to celebrate PARIS dot DELHI with Didier’s artworks. Didier grew up in Chaumont in Eastern France. His family of interior decorators and engineering designers provided an environment that encouraged an artistic pursuit. Didier started his career in advertising but it did not take him long to realize that his heart lied in dressmaking, leading him to study the art of couture in Paris. The exhibit brings to light eight of Didier’s most recent works. After a long hiatus, he created this series titled Another Look, a narrative of mix-media paintings to configure the present tense, the essence of time. To get a sharper grasp of origination, growth and existence - all viewed from a celestial lens. The works hold a very personal and sentimental value; they are an homage to Didier’s beloved niece who passed away at a very young age.

**OPPO Reno8 series, a promise of durability**

In keeping with shift in consumer behaviour, OPPO has pushed its R&D efforts to create a durable device that lasts longer. 1600 battery charge cycles on the Reno 8 Series is twice the industry standard of 800 charge cycles. Reno8 Series runs smooth even after 3 years; a claim backed by TÜV SÜD’s 36-month Fluency Rating A certification. 2 full OS updates to the Reno 8 Series means users have the most current Android OS at least until the second quarter of 2024. The Reno8 Series goes through more than 300 rigorous tests at OPPO Test Labs to ensure high durability. OPPO has also optimised its software and hardware to ensure that its newly launched Reno8 series handsets run smoothly both in the early stages — when the handset is brand new — and even after 36 months of sustained use. The Reno8 Series smartphone — after undergoing nearly 500 tests — meets the certification requirements in relevant standards established by TÜV SÜD to obtain the 36-Month Fluency Rating A Mark.

Melorra lights up with trendy 22kt gold designs

Melorra, one of India’s fastest growing D2C brand that specializes in trendy, lightweight, BIS hallmarked gold jewellery at affordable rates has achieved the lofty goal of delivering in 26,000+ pin codes across India, UAE, USA, UK and Europe and is still expanding. In its new festive collection Melorra will be launching 4 new collections to perfectly capture the zest and fervour of the festive season. With 75 designs being launched every week, Melorra allows every Indian easy access to its wide range of designs living up to its overarching goal of providing access even in the remotest of markets, ensuring that those in hinterlands also have the choice to get trendy, affordable jewellery delivered right at their doorstep.

**Skin care**

Bioreva Dublin recognised for its unique skincare solutions, has entered the Indian market in collaboration with Zee Laboratories Limited, launching products such as Eye Repair Cream with patented Multisal Delivery System, Retinol with Hyaluronic Acid Serum infused with Ashwagandha, Vitamin C Serum powered with Amazonian Buriti Oil, Brightening Serum with patented compounds, and SPF 50 with skin fortifying technology, one of its greatest and top-selling skincare products.

**Menswear collection**

The Delhi-based label Cuin, is a contemporary fashion label established around the idea of optimising less to the fullest. They care about our planet and so sustainability is at the core of the brand. They create fashion that enables their consumer to take part in their creative process and their sustainability practices. Creating timeless pieces that stay in a person’s closet for a longer time, by elongating the life of a garment, they offer a more conscious lifestyle to their consumers. They now launched latest menswear collection HIBIKI MOMO trans-seasonal 22/23. Full of colours, the new collection is colourful and classy.
Five personal finance rules to multiple your money

Everyone in this world is in the race of doubling their money as soon as possible. However, people always try to figure out the best investment option which could assist them in multiplying the money. Here, the thumb rule 72 comes into action. This is because the rule explains that dividing 72 by the expected annual return will reflect a great amount of time to double up your money. Forwardly, let’s look at five personal finance rules that can help you in multiplying your money.

1. **Buy a house**
   This real estate point of view is a slow way to double up your money but a steady one. This is because most transactions are structured with the help of a mortgage. In addition, property owners solely depend on the power of leverage to make purchases.

2. **Go for National Savings Certificate**
   People who fail or can’t make large investments should consider this the safest option for investment. This is because NSC is issued by the Indian Postal Department and such certificates have a stable tenure of 5 to 10 years. If your NSC is within the tenure of 5 years, you will be offered an eight per cent per annum rate of interest (ROI). Moreover, the NSCs do not fall under section 80C of the Income Tax Act, 1961 for about 1.5 lakh per annum and can be utilized to avail loans from any bank. In the following nine years your money will double up if you invest in NSCs.

3. **Invest in stock market**
   Stock market investments always provide a high rate of returns to people. In the last decade, the stock market gave an annual rate of return of about 15 per cent per annum. If you invest in large-capped and well-known gigantic firms, it will help you to increase your chances of doubling the money in the following 5 to 7 years. Most importantly, before investing in stock markets grasp some knowledge about its fundamental and technical aspects.

4. **Invest in mutual funds**
   The market comprises a number of mutual funds like Equity Linked Saving Scheme, Balanced or Hybrid Mutual Funds, Debt-oriented, Equity-oriented, etc. However, mutual funds are subjected to market risk as the manager of funds sinks in pooled money in different organisations or sectors. Although, the return rate of Mutual Funds is comparatively higher than other options of investments. The rate of return of mutual funds is steered by the time period of the funds. The mutual funds for the longer term give you 12 per cent to 15 per cent per annum as the rate of return on average. Therefore, the multiplication of mutual funds might approximately take 5-6 years or more. This is because it comes with market risks and volatility.

5. **Corporate deposits and non-convertible debentures [NCD]**
   The NBFCs [Non-banking financial companies] and corporates give out high rates of interest for non-convertible debentures and corporate deposits as opposed to the fixed deposits option of banks. The return rate of corporate deposits is always around 8 to 11 per cent, based on the ratings of ICRA [Investment Information and Credit Rating Agency of India] and the time period of deposits. With this process, it will take more than seven years for the money to double. On one hand, the companies issue corporate deposits. On another hand, NBFCs issue non-convertible debentures.
As we are fast approaching Diwali, the festival of lights, we have begun to observe the many auspicious days that precede the Diwali celebrations. One such day is the Rama Ekadashi. Rama Ekadashi vrat is also known as Karthik Krishna Vrat or Rambha Vrat and is celebrated a few days before Diwali every year. This is one of the most significant Ekadashi vrats (fast) in the Hindu religion. Devotees observe these fasts to be absolved from all their sins. On this day, devotees perform Puja for Lord Vishnu and Goddess Lakshmi. The name Rama Ekadashi comes from Goddess Lakshmi, who is also known as Rama.

The Hindu calendar dates Rama Ekadashi every year, on the 11th day of Karthik month during Krishna Paksha.

This year, Rama Ekadashi will be celebrated on October 21, 2022.

According to Hindu Puranas, Lord Krishna had stated to Arjuna that whoever observes this Ekadashi vrat (fast) religiously would attain Vishnu Lok after his death.

Rama Ekadashi pooja timings

Sunrise: 6.25 am on October 21, 2022
Sunset: 5.46 pm on October 21, 2022
Ekadashi tithi begins: 4.04 pm on October 20
Ekadashi tithi ends: 5.22 pm on October 21
Dwadashi end timing: 6.02 pm on October 21
Parana time: 6.26 am to 8.41 am on October 22

Rituals to observe

As a devotee, it is ideal that you consume only Satvik food once on Dwadashi day before sunset. Devotees should sleep on the floor and observe Brahmacarya or celibacy from Dwadashi.

On Ekadashi day, they must wake up at dawn during the Brahma Muhurtha, and finish their daily routine and cleanse their body. They must visit a Vishnu temple and offer Mangal Aarti and prayers. Alternatively, they may also offer their prayers at home and offer Aarti at home in their Puja room. After offering Aarti, they must then provide water and a deep (Lamp) to Tulsi Devi and go around the Tulsi plant three times.

They must sit beside the Tulsi plant and chant the mantra ‘Hare Ram Hare Ram Ram Ram Hare Ram’. Hare Krishna Hare Krishna Krishna Hare Hare. Hare Ram Hare Ram Ram Hare’ as many times as possible.

Abstinence on Ekadashi day

On Rama Ekadashi, it is advisable that devotees abstain from consuming any form of grains, rice, lentils. If your health condition does not allow you to observe the fast strictly, then you may consume fresh fruits, milk or the Ekadashi Prasad. On Ekadashi day, you must recite the hymns and chant the mantras of Lord Vishnu and Lord Krishna and also read the Ekadashi vrat katha and immerse yourself in the worship of the lord. At dusk, you must again offer prayers and Aarti to the lord and continue to observe the fast.

The next day, you must wake up at Brahma muhurta at dawn, and after having finished your daily routine and cleansed your body, you must offer mangal aarti and prayers to the lord. After sunrise, during the Paranaahurta, you must provide a feast for satviks and give donations. It is a belief on this Ekadashi day, even the poorest of the poor must provide gifts and feed others according to their capacity and pay their obeisance to the Lord.

After feeding satviks, the devotee can then complete the fast by partaking in the Ekadashi Prasad or Jagannath Prasad. It is said that fasting on Ekadashi day is equivalent to being in the presence of the lord, and hence one should spend the day chanting hymns and praising the lord and worshipping the lord with complete devotion.

Why is the fast observed?

According to Hindu mythology, the story of Ekadashi vrat starts with the tale of a King named Muchukunda, who was blessed with a daughter named Chandrabhaga. Chandrabhaga was married to Shobhan, the son of King Chandrasen. King Muchukunda was an ardent devotee of Lord Vishnu. He instructed his subjects to observe the Rama Ekadashi fast strictly. Princess Chandrabhaga, too would therefore keep the Rama Ekadashi fast right from her childhood. On one such Rama Ekadashi day, Shobhan and Chandrabhaga were present in the kingdom of King Muchukunda as it was the day of observing the fast; Prince Shobhan was unable to follow the rigorous fast due to his poor and weak health, and Lord Vishnu gifted him a unique kingdom of Devpur on the condition that he observe the fast. princess Shobhan was revived back to life having kept the fast despite his ill health, and Lord Vishnu gifted him a unique kingdom of Devpur.

Later one day, a Brahmin from Devpur came to see the king and narrated everything that had happened to the Brahmin and told him that he wished to see his wife, Princess Chandrabhaga, who could make his kingdom a reality. The Brahmin returned to his kingdom and narrated everything to Princess Chandrabhaga. Chandrabhaga was delighted to learn that her love was indeed alive and well. She wished to be with her husband and travelled to the Devpur kingdom. She turned the kingdom of Devpur with the help of her divine blessings, which she had acquired as a result of having observed the fast right from her infancy. They both were reunited, and they ruled the kingdom of Devpur forever.

Importance of Rama Ekadashi

One of the biggest reasons for celebrating Rama Ekadashi is that it is an auspicious day to cleanse you of all sins, including those acquired by killing an innocent or a pious soul. It is also equivalent to performing 100 Rajasaayaugas or 1000 Ashvamedha Yagyas.
Rodent plague: Strict lockdown now in force in Tsona

Two Tibetans have died from a plague outbreak spread by mice and other rodents in a southern county of Tibet, with Chinese authorities now ordering county residents to stay at home, local media reported.

The two victims, who lived in Lhoka city in Lhoka prefecture’s Tsona county, died in September, a source living in the region told RFA, adding that neither has been publicly identified.

"Moreover, people are not allowed to discuss it," the source said, requesting anonymity in order to speak freely.

"But we have learned that the two individuals had been helping someone else showing symptoms of the plague. One of them died at a hospital in Tsona county, the source added.

A strict lockdown is now in force in Tsona, with county residents being told not to leave their homes, the source said, RFA reported.

"And authorities are warning people not to talk openly about this issue, saying they will be charged with spreading rumours if they are caught."

Crypto hackers have looted over $718 million so far in Oct

Cryptocurrencies may have crashed this year but they remain a digital cash machine for one potent constituency: hackers. At least $718 million has been stolen so far in October alone, taking the gross tally for the year past $3 billion and putting 2022 on course to be a record for the total value hacked, according to blockchain specialist Chainalysis Inc. Most of the targets are so-called decentralized finance — or DeFi — protocols, which deploy software-based algorithms to enable crypto investors to trade, borrow and lend on digital ledgers without using a central intermediary. Hackers have become adept at exploiting weaknesses in the security, coding and structure of DeFi marketplaces.

That’s putting the onus on crypto players to find solutions given that DeFi is hosted as an important for crypto adoption.

"October is now the biggest month" for hacking activity in 2022, Chainalysis said on Twitter, adding that bridges between blockchains are a big vulnerability too. Two major exploits have reeled the crypto sector in recent days. One was a heist whereby a hacker spirited away about $100 million from DeFi service Mango by manipulating the price of its tokens. The perpetrator wiped out depositors on the platform in the process.

Half of world’s coral reefs face climate change threat by 2035: Study

Under a worst-case scenario, half of the coral reef ecosystems worldwide will permanently face unsuitable conditions by 2035, if climate change continues unabated, according to a new study by researchers at the University of Hawaii.

Unsuitable conditions will likely lead to the corals dying off and other marine life struggling to survive due to disruptions in the food chain, according to the study published in scientific journal PLOS Biology.

Using an ensemble of global climate models, the study compared scenarios of five environmental stressors projected from the 1950s through the year 2100, reports Xinhua news agency.

These stressors included sea surface temperature, ocean acidification, tropical storms, land use and human population, the researchers said in a news release.

By 2035, it is projected that 99 per cent of the world’s coral reefs would be facing unsuitable conditions based on at least one of the five stressors studied, the study said.

Imposing Hindi is antithetical to a knowledge economy

In pre-independent India, when the Congress formed the government in the Madras Presidency under the leadership of C. Rajagopalachari in 1937, there was an attempt to impose Hindi on Tamilians. Mass anti-Hindi demonstrations, led mainly by EV Ramaswamy Naicker, brought the Madras government to its knees in February 1940. In 1965, there was another anti-Hindi agitation led by the Dravida Munnetra Kazhagam in Tamil Nadu. That period was marked by violent student agitations and at least seven cases of self-immolation.

The Constituent Assembly, after prolonged debates, had decided on Hindi as the official language, while providing for continuation of English as an official language for a period of 15 years. In 1963, the Union government headed by Jawaharlal Nehru passed the Official Languages Act, which provided for the continuation of English language for purposes of the Union and for its use in Parliament. It was decided that the Constitution will not mention any national language, but use Hindi and English as official languages for 15 years.

Indian courts have been wary of handling matters concerning linguistic fanaticism. In May 2020, the Haryana government’s decision to enforce use of Hindi in all courts and tribunals across the state was challenged in the Supreme Court. The apex court refused to interfere with the decision of the Haryana government, saying: “There is nothing wrong in Hindi as the official language of subordinate courts in some states. Even during the British rule, the recording of evidence was done in vernacular languages”.

In August 2021, a bench of the Madras High Court told the Centre that it was duty-bound to communicate in English with those states that have not adopted Hindi as their official language.”Any kind of fanaticism is not good for any society. Fanaticism, in any form, is to be condemned if it is exhibited. Linguistic fanaticism is more dangerous as it would give the impression that one language alone is superior and being imposed upon the people speaking different languages,” the bench observed.

All told, none of the 112 recommendations of the Amit Shah committee will be of interest to those entrenched in systems linked to a knowledge economy. Take for example, Hindi as mandatory language of instruction (rather than optional) in MBBS and other higher professional education. Today Indian doctors are popular the world over because the medium of instruction in the country’s medical colleges is English. As of now, no medical textbook is available in Hindi! Just imagine the time and resources required to build a knowledge base that subserves instruction in Hindi henceforth. Similarly, products of ITIs and IMMs are a class apart, wherever they are; to those who are taught in English. Going by the most recent count, 60 of the CEOs of Fortune 500 companies are of Indian origin. Would all of them have made it to the top if their education were in professional institutes with Hindi as the medium of instruction? The Bharatiya Janata Party-led government at the Centre should do chintan shivir on this solitary aspect in its wonderful quest to make India ‘Vishwa Guru’.