If you extort, how can it be GST?

‘WHEN LIFE GIVES YOU A SECOND CHANCE, YOU VALUE IT MORE’

Gabbar Singh

Tax vs GST
If you extort, how can it be GST?

PRANITHA SUBHASH

A picky actor and a doting mother
Canadian Prime Minister Justin Trudeau and his wife, Sophie Gregoire Trudeau, announced on August 2 that they are separating after 18 years of marriage. The two said in a statement posted on Instagram that they made the decision after “many meaningful and difficult conversations.” A statement from the prime Minister’s Office said both have signed a legal separation agreement.

Blockbuster maker Boyapati Sreenu and Ustaad Ram Pothineni’s highly anticipated mass action entertainer Skanda is getting ready for release. The first and title glimpse of the movie presented Ram in a never-seen-before mass avatar. To continue building the anticipation for the film, makers have kick-start the musical festival of the movie releasing its first song. The Telugu version of the song is titled Nee Chuttu Chuttu and sung by Sid Sriram.

Amazon Prime Video has unveiled their latest docu-series, titled AP Dhillon: First Of A Kind, which delves into the life and journey of the acclaimed singer-rapper AP Dhillon. AP Dhillon, whose real name is Amritpal Singh Dhillon, has gained fame with chart-topping tracks like Brown Munde, Insane, and Excuses. This unscripted Amazon Original series will take us on a captivating journey, delving into AP Dhillon’s humble beginnings as a self-made musician hailing from Gurdaspur in Punjab. The series provides an inside look at his meteoric ascent in the music industry, highlighting his influential collaboration with Run-Up Records, one of Canada’s leading record labels. Through the power of their hit songs, Dhillon’s music became a global sensation, propelling him to become an icon.

Charred remains of a shop and other temporary structures, set ablaze by miscreants in a fresh case of communal violence after Monday’s attack on a VHP procession in adjoining Nuh district, at Sector 67 area in Gurugram. Six people, including two home guards and a cleric, have died in the clashes that erupted in Nuh over an attempt to stop a Vishva Hindu Parishad procession and spread to Gurugram over the past two days.

Justin Trudeau

Ranveer Singh and Deepika Padukone were recently spotted stepping out on a date night as the couple watched Rocky Aur Rani Ki Prem Kahaani. The paparazzi managed to capture glimpses of the couple as they were walking hand in hand after the movie date. While Ranveer was seen in all black look, Deepika rocked the denim on denim trend. But what grabbed everyone’s attention was her jacket that had her husband Ranveer Singh’s name initials ‘RS’ written on the front and his colourful image imprinted at the back. Fans showered all their love on the couple as their video hit cyberspace!

Ranveer, Deepika Walk Hand in Hand Amid Divorce Rumours

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Nee Chuttu Chuttu

AP Dhillon: First of a Kind

Communal Violence in Gurugram

TRENDING

Sunday, August 6, 2023

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Gabbar Singh Tax vs GST

If you extort, how can it be GST?

Six years is quite long enough to understand the pros and cons of the Goods and Service Tax (GST), obviously imposed without adequate study and preparation to complicate the lives of people who pay their taxes honestly in the country. Of course, if you can fudge records, evade taxes, and turn a willful defaulter on multiple bank loans, the system will not hound you; for you would only be a VIP fugitive.

For the aam admi, GST has been and will remain ‘Gabbar Singh Tax’ — as it was first described by those who can’t see proper reasoning behind its imposition on some of the goods and services.

For instance, the Authority for Advance Ruling (AAR) in Bengaluru recently ruled that hostels are not residential dwelling units and are henceforth not exempt from GST. This week, Tanisha Saxena talks to people to assess the legality and ethics behind the imposition of GST on hostels’ rents and looks at the implications of this ruling beyond those on the applicants.

"In the process of nation building, we often arrive at a moment which leads us to a path-breaking juncture and opens up a plethora of opportunities imploring us to aspire for new dreams. At the stroke of the midnight hour today, together we shall ensure a pioneering future of the nation. Within a few moments from now, our nation will embark upon a new economic regime. The entire 1.25 billion citizens of the country are a witness to this historical event. I do not believe that this process at GST is restricted to the scope of economy only. This momentous occasion stands today as a testimony to the concept of co-operative federalism in Indian democracy. This hallmark day was possible due to the relentless efforts put in over decades by several stalwarts under developed this GST framework,” said Prime Minister Narendra Modi in his speech at the Launch of GST from Parliament in July 2017.

Six years later, we stand at a crossroad trying to figure out what good it has brought into the lives of people and especially the lower- and middle-class of the country who invariably pay taxes. Inflation has almost choked the middle class and poor people. Recently, in two separate rulings the Uttar Pradesh and Karnataka AARs clarified that hostel stays or PGs are categorised as ‘non-residential’. It simply means that now the students will have to pay 12 per cent GST just like the way small hotels and Inns charge from guests.

Doctor G. Vijay, professor of economics in University of Hyderabad, asserts: "This seems to be the consequence of changes made to ‘residential’ classification by state governments. This is perhaps for increasing state revenues. It will certainly affect rentals for youngsters residing in urban areas for educational or work purposes. This could mean education could become more expensive for youth. Middle class will be adversely affected.”

As per Census 2011 (the last one), a total of 32,96,340 men and 21,61,216 women have migrated from their native places across India because of education. Men constitute 60.4% and women 39.6% of this category of migrants. Of those who migrate for education, 60.4% and 60.5% from rural and urban areas respectively are males and the rest constitute females. Together they constitute 1.2% of the total migrants in India.

The 2011 Census data shows that, for education, the largest migrant state was the erstwhile Andhra Pradesh (including Telangana) with 9,33,354 migrants or more than 16% of the total migrants in this category.

Doctor Vijay amplifies: “I am shocked. How can this be the case when it directly impacts the students, subsequently affecting youth vote in the upcoming elections? It definitely needs clarification and reassessment. The students who migrate from one state to another already struggle a lot. Many families rely on loans for the further education of their child. Now, 12% GST would have a huge impact on the pocket of students.”

Shipra Sharma, a student of BA(Hons) from University of Hyderabad, says, “I have a single parent and she too lost her job during the pandemic. It is extremely difficult to pay high rent. I moved from Moradabad, Uttar Pradesh to Hyderabad a year ago to do my graduation. When we decide to move to a different state we already face so many challenges that an increase in rent would simply break everything apart. I really hope this ruling is not applicable in other states.”

BEFORE, WE UNDERSTAND THE CONCEPT OF GST ON HOSTELS’ RENT, LET’S FIRST UNDERSTAND THE PROVISIONS OF GST IN RELATION TO ANY ACCOMMODATION:

1. CGST Act 2017 has provided that certain activities or transactions as provided under Schedule II (Section 7) are to be treated as Supply of Goods or Supply of Services. Accordingly, the following clause is of importance for our discussion:
   - Clause 2. Land and Building –
     (b) any lease or letting out of the building including a commercial, industrial or residential complex for business or commerce, either wholly or partly, is a supply of services.

2. Later, the Act has provided for a specific exemption vide Notification No. 12/2017- Central Tax (Rate) issued on 28th June 2017 for the following:
   - Sl. No. 12 - Heading 9963 or Heading 9972: Services by way of renting residential dwelling for use as residence.

Continued on Page 4...
Continued from Page 3...

3. However, Notification No. 04/2022 Central Tax (Rate) dated 13th July 2022 has provided that serial number 14 and the entries relating thereto shall be omitted. That means the exemption provided above is removed in 2022. So, till the time the exemption was removed, all the hostels were making use of this exemption notification as the rent any way will not exceed Rs. 1,000 per day in most of the hostels.

4. Now they are left with only one option of exemption i.e., under Sl.No. 12. That is, to consider the hostel as “residential dwelling” used for residential purposes.

The crux is, CGST Act has nowhere defined “residential dwelling” and hence it has become difficult for the exchequer to charge GST on hostels even after lifting the exemption provided under Sl. No. 14.

5. Now coming the question of Advance Ruling given by the Karnataka and Uttar Pradesh AARs on not considering hostels or “residential dwelling” used for residential purposes. They have interpreted that the “residential dwelling” means which is leased for the purpose of permanent residence for a specified period of time and which has facilities which are used generally by residents such as kitchen etc., which obviously hostels will not have individual kitchens for each of the residents.

Purpose of GST on hostels rent

CA Vijay Srinivas Kothapalli explains, "GST is charges on all services, irrespective of nature, except for those which are specifically exempt from taxation vide Exemption notifications. As the residential houses are exempt from GST, hostels were considering themselves as residential units and hence were taking the shelter of exemption notification. As mentioned above, till 13th July 2022 even hostels etc., which were charging lease rent of Rs. 1,000 or less per day are exempt. Whereas the exemption was removed from 13th July 2022.

But why this step now when it would directly impact the youth and subsequently affect votes? "This step is not yet taken by the Government through the Act. It is only the advance ruling given by AARs of Karnataka and Uttar Pradesh wherein it would be applicable to only those States. However, now that they have made this interpretation the GST Council might consider this and accordingly may notify them in future meetings. The GST Council may not consider this point immediately till the elections. However, we cannot rule out this after the elections," says CA Kothapalli.

The implications of this GST on hostels rent

One major implication will be on those states which depend mostly on education system and Universities such as Telangana, Andhra Pradesh, Delhi, Mumbai, Karnataka etc., because 40-50% of the outstation students stay only in hostels, though rest might stay in shared rooms, university premises etc.

Kothapalli gives an example to break down the situation. If the hostel is charging Rs. 5,000 per month from a student, including food etc., after this amendment takes effect, it will be Rs. 5,900 per month. Though we might see a direct increment of Rs. 900 i.e., 18% the burden of tax will be totally on student, because the hostel owners will claim Input Tax Credit on grocery purchases, internet provision, furniture purchases etc.

Continuing the above example, let’s assume there is a hostel with 25 rooms provision and assuming there is 100% occupancy and for which they are charging rent of Rs. 5000 per room, which includes Rs. 3000 for food, Rs. 1000 for internet, TV, Study room etc., and Rs. 1,000 is margin.

Total rent from rooms: Rs. 5,000 X 25 = Rs. 1,25,000

GST on this amount = Rs. 22,500

So, total amount charged from students = Rs. 1,47,500 ÷ 25 = Rs. 5,900 per student

Whereas the hostel GST workings will be as under:

Total GST payable = Rs. 22,500

GST on inputs:

Kitchen groceries: Rs. 3000 X 25 = 75000.

GST on this is Rs. 13,500

Internet and TV bills etc., assuming a total of Rs. 5000. GST on this Rs. 900

Therefore, the hostel will pay GST of Rs. 8,100 after adjusting above GST on inputs.

So, the entire burden of GST will be only on students and hostel owners will not feel its impact. Unlike other businesses, hostel business is mostly unorganised in structure, and it would be a herculean task for the GST authorities to ensure proper tax collection from the hostels. Already there is a huge gap identified in GST collection from hotel businesses from that of actuals. We have witnessed many surprise raids by GST authorities have unearthed duplicate POS systems engaged by hotels and thereby paying less tax than actuals.

If business like hotels have such issue, we can imagine the magnitude of deficiencies in collection from hostels.

Essential commodities

We are gearing up for the 2024 General Election and sixteen per cent of the population think that inflation will have a huge impact this time. On the contrary, 14 percent of people believe that it is uncontrollable and that there’s no politics in this. They also think that it is all because of the tensions that spread due to Russia-Ukraine war.

If we look at the consumer sentiments index in 2023, then we observed a growth of about 0.9% in the month of May, while the cumulative growth for the first five months of 2023 stood at 17.4%, a tad lower than 17.9% in the corresponding months of 2022, as noted by CMIE (The Centre for Monitoring Indian Economy) in the labour report.

In July 2022, the ruling party was slammed for the levy of GST on essential items such as pulses, cereals, and rice. The Congress had said it is Gabbar Singh Tax! Similarly, Delhi’s Chief Minister, Arvind Kejriwal called GST on essential commodities an ‘ill-thought-out and arbitrary’ step. Well, all these comments hold importance because today the high inflation is evidence of the fact that the GST imposition has done more harm than good. It directly impacts the household budget.

On the other hand, Union Finance Minister, Nirmala Sitharaman made it specific that the step has been taken owing to the revenue leakage cases wherein businessmen are misusing the exemption provision for unlabelled food items by not registering them.

Commenting on this, financial analyst Harsh Kumar shares: "GST is a clean path which leaves no scope for fraudsters. Once your business is registered under the GST Act one has to present a crystal clear picture of their business. I have seen even small businessmen paying GST because they want to work systematically. And their business has in fact grown up significantly in a span of two years."

We might consider that the decision to impose GST on hostels has been taken in the light of some unavoidable reasons. However, it remains a matter of scrutiny.

Considering the social impact of the decision to identify hostels as ‘commercial dwellings’, instead of treating them as ‘residential dwellings’, for the purpose of GST and also the amount of collections which the exchequer will have from this business and also considering the utilisation of the tax infrastructure in making such collections, it may not be a right decision on the part of government to include the hostel collections under the purview of GST.

Apart from the direct impact of GST, students also have to bear the cost of compliance i.e., to ensure filing of GST Returns along with proper reconciliation of ITC will require a proper consultant or accountant whose charges in present market is around Rs. 15,000 per month. This cost also will be recovered from students, increasing the overall impact of hike in hostel charges by 20-25%, which is pretty high on the pockets of students from middle and lower classes.
When life gives you a second chance, you value it more’

Sushmita Sen — when one thinks of her, all that comes to mind is, She’s always been one of the celebrities that the industry has been blessed with, and she never fails to inspire the audience. Even today, she still exudes a young glow and can compete with any actress in the business. In addition to being a fitness enthusiast, Sushmita is a kind person who consistently radiates optimism.

It’s been over 29 years since she was crowned Miss Universe, and to date, she is still renowned for her style. Do you also wonder about her fashion mantra? Well, today we’ve got the diva herself onboard, who exclusively speaks to us about her fashion, upcoming project Taali, and more.

“I am somebody who doesn’t like to dress up with a lot of different accessories in my personal life unless I’m doing a film,” says the Aaryu actor, adding, “I don’t follow trends; I never have. I think style, like all other aspects of your life, is ever-changing! So one thing works today and another thing works tomorrow, depending on your mood, your state of evolution, and your experiences.”

As kids, most of us dreamed of becoming actors, singers, or doctors. But would you believe if we said that the Main Hoon Na actor, who has been an inspiration to many of us since childhood, had always wanted to reach people’s hearts? “Since I was a child, I had one desire, which was to reach people’s hearts, that relationship that people have with their loved ones at home. I wanted to share that with the entire country. So that’s something I never forgot — through good times and bad, that stayed with me, and that kept me going.”

Since being titled Femina Miss India and Miss Universe in 1994, something that’s been a constant for her over the last decade has been comfort, and then comes everything else. She believes, “If you’re not comfortable, it clearly shows, and to me, that’s not stylish. For me, style is very personal and a representation of who you are, so maybe that’s why people put so much thought into it. Being stylish isn’t just about the clothes you wear or the accessories you choose. It’s about the way you feel. Wearing a bold watch like the one I have on (Art Deco Automatic from Nebula by Titan) makes me feel very warrior-like and empowered.”

As we were also discussing watches, she had recently launched Nebula by Titan’s Art Deco collection. And we were eager to know what was something that attracted her the most to get on board, and she says, “Well, if you look at this watch, it’s made of gold, which is really timeless and always beautiful. Its design is inspired by a style of architecture called Art Deco, which first began in France 100 years ago. That style became popular across the world, including in India, I learned just recently that Mumbai has the second-largest number of Art Deco buildings in the world! And this collection of seven watches from Nebula is inspired by that legacy. We are literally in the lap of heritage, and that’s also timeless. I love that about the collection — the fact that it celebrates India and the world, the modernity of it.”

She’s in fact someone who buys a watch so that she can pass it on to her children, and then it can be passed on. So yes, she says, “I think the very vintage quality of a brand that you trust in and deeply admire is also important.”

Going further, she also sheds some light on the important lesson she would give to her daughters, which is to value authenticity and being true to oneself. “It’s an often repeated statement, but it’s very easy to become someone else because that’s how the world perceives us. The greatest success you can ever have is to be yourself.”

If you’d noticed, we mentioned her as an inspiration several times in our interview today. She has truly been an inspiration, not only to date with her journey but having recently also spoken in length about suffering a heart attack and recovering from it. And for her, this phase was short-lived. “I’m extremely fortunate to be on the other side. I no longer feel afraid of it; instead, I feel hopeful and have something to look forward to. When you are given a second chance at life, you value it more and are more cautious.”

While we could not stop hoping for her to be fit and fine, the team behind Taali had recently released an outstanding teaser for the web series. Sushmita is seen wearing a sari and adjusting her big bindi at the start of the teaser as she looks at herself in the mirror. One can see a photo of queer icon and iconic singer Usha Uthup on her cupboard. We then see members of the transgender community greet and touch the feet of Sushmita, who plays Shreegauri Sawant. Initially, when the project was announced and the first look was released, the actress and filmmakers faced a lot of flak for not hiring a trans actor to play the lead role. However, her performance, as shown in the teaser, has shut down her haters for good.

“It was very empowering. And I’m hoping that the honesty with which I have tried to portray the story of Gauri Sawant’s life comes through, because it’s a tribute, more than a performance, not just to her but to the whole community. I have tried to portray the story of Gauri Sawant’s life so that honesty comes through, because it’s a tribute, more than a performance, not just to her but to the whole community,” she signs off on a brighter note.
When television actress Debina Bonnerjee shared a snippet of her postpartum journey, the reverse effect after the delivery caught everyone’s attention. In medical terminology, hair loss that occurs after delivery is called pregnancy alopecia. But excessive shedding doesn’t usually happen right after delivery! Instead, it begins a few months after delivery, often peaking around four months post-partum. To confirm this, Dr. Shailendra Chauvey, an ayurvedic practitioner, verified, “As miraculous as the human body is, it undergoes numerous changes during pregnancy. Motherhood is an extraordinary journey filled with joy, love, and immeasurable happiness. However, amidst the joys and wonders of this transformative phase, women face some unexpected challenges. One challenge that often surprises new mothers is post-pregnancy hair loss. There is a likelihood that a new mother sheds about 400 hair strands in a day, whereas an individual sheds about 80–100 hair strands a day.”

Scientifically known as postpartum telogen effluvium, it is a common concern experienced by many new mothers due to hormonal changes during and after pregnancy. The Pioneer’s SHIKHA DUGGAL speaks to experts and brings a detailed story on how to deal with hair loss post-delivery.

It is advisable to opt for mild, herbal shampoos and conditioners that are free from sulfates and parabens for continual hair growth and conditioning. Avoid using chemical-based hair products without learning about the harsh ingredients in the products! Besides, the consultant at TRAYA endorsed, “Herbal hair masks deeply nourish the scalp and hair, thereby treating the deficiencies. One of the trendy formulas is to add herbs to your mask material. These herbs provide essential nutrients, strengthen the hair shaft, and reduce hair fall. Do not forget that postpartum hair fall is a temporary condition that can be effectively managed by adopting a nourishing diet, managing stress levels, and exploring the above-mentioned ayurvedic solutions.”

It looks like this condition is often self-limiting and associated with nutritional deficiencies of vitamins A, E, C, B, zinc, and selenium during the post-pregnancy phase. Dr. Sweta Suvarna, women’s specialist at ASTER CMI Hospital, explained, “According to ayurveda, postpartum hair loss is caused when vata and pitta doshas increase in the body, which is common post-delivery. Sootika Paricharya offers new mothers a specialized protocol to help them recover quickly from the stress and strain of childbearing. ‘These customised guidelines are specified for six months and take care of nutritional balance, stress management, and balancing estrogen levels. Classical ayurveda interventions, including abhyanga, shiro abhyanga, a balanced ayurveda diet, and special medicated ghee, help correct aggravated vata and pitta doshas, leading to prevention of hair loss as well as restoration. Practicing yoga also helps improve stress levels caused by sleep deprivation. It is important to consult a specialist doctor in ayurveda, Sree Roga and Prasuti Tantra, to benefit from a personalised prescription of diet, lifestyle, herbal medicines, and therapies, including do-it-yourself therapies.”

During motherhood’s joys and challenges, Rajeshwari, an assistant professor and mother of two boys, faced an ordeal: postpartum hair loss! Oh, the beauty of a woman’s hair turned into her worst nightmare. As she went through the transformation of carrying a baby and giving birth, she also went through postpartum depression. She illuminated, “In the year 2020, amidst the lockdown, my hair started saying goodbye to me. I didn’t even realize it was happening until five months after my baby’s birth, and it was a lot of frustration. I couldn’t bear the thought of facing my students with thinning hair, but luckily, online teaching came to my rescue. Yet, the question remained unanswered that was spinning in the back of my head: why was this happening to me? I never bothered to Google it because I literally didn’t have time to do the same, rather relying on vague explanations from others. It started from the left side and right side of my head, and the middle remained the same, resulting in a new look.” She battled with countless bobby pins and headbands. People speculated about nutrition and baby gazing, but she couldn’t find a definitive reason. The struggle continued, and she faced each day with a mix of despair and determination, unwilling to give in to this unexpected hair drama. Through it all, I learned to adapt and embrace new hairstyles. It was my younger sister who used to come up with a new hairstyle for my leftover hair and secure it with a lot of bobby pins. And so, my hair journey goes on, with hope in my heart and bobby pins in my hair. Eventually, my hair started growing. As I adapted to the changes, my hair journey continued with the birth of my second baby in the year 2022. I was anxious that the same nightmarish hair loss would repeat, but to my surprise, it didn’t happen this time. During pregnancy and after giving birth, my hair grew beautifully, eliminating the need for bobby pins or headbands to manage it. It’s been a roller coaster memory, filled with challenges, as I navigate this ever-changing hair journey with strength.”

Hair loss can be triggered by anything that involves a change in the estrogen hormone balance in your system. Discontinuation of birth control pills or any other hormonal type of birth control method, miscarriage or stillbirth, abortion, or a hormonal imbalance Dr. Sunil Kumar, senior dermatologist at Aster RV Hospital, shared, “Avoid pigtails, cornrows, hair weaves, braids, and tight hair rollers, which can pull and stress your hair. Eat a diet rich in fruits and vegetables, which contain flavonoids and antioxidants that may provide protection for the hair follicles and encourage hair growth. Use shampoos and conditioners that contain biotin and silica. Hair is fragile when it is wet, so be gentle and avoid fine-tooth combs. If you need to use blow dryers and other heated hair instruments, use the cool setting.”
Kaizen: The continuous move to overcome laziness

Everyone’s lazy to a certain extent. In some cases, being lazy can affect our productivity at work and sometimes lead to delays. While we look for various ways and techniques to overcome our laziness, today for our weekly segment of FYI, The Pioneer’s TEJAL SINHA brings to you a Japanese technique to beat laziness.

If you find yourself avoiding exercise, trying to avoid work and falling asleep easily, you might have had the option to prepare a nutritious salad and bring it to work, but because you slept in too late, it took too much time and effort. Instead, you pick up a greasy, calorie-dense breakfast sandwich from a fast-food restaurant on your way to work. By mid-morning, you feel like you’ve already failed, so you take a sweet treat that someone brought to work, telling yourself that you’ll try again tomorrow. You now feel really lethargic and a little queasy, so you may want to have a few drinks after work to numb yourself.

At the rate you’re going, there’s a strong possibility you’ll snooze again tomorrow, and the cycle will repeat itself. Food might not be the issue; perhaps tomorrow you’ll opt to leave work early since you had a poor day of productivity and are too exhausted to make phone calls.

While there have been various ways and techniques to overcome laziness, today we are going to discuss Kaizen, the approach of dividing the larger chores into smaller, more achievable steps to deal with the overpowering feeling of sloth. People can develop momentum and make consistent progress by concentrating on minor tasks.

According to reports and experts, Kaizen, or the 1-minute principle, is a Japanese strategy that requires people to perform an activity for exactly one minute each day. The words Kai (change) and Zen (good) are combined to form the word Kaizen. The term was first coined by Masaaki Imai, an organisational theorist and management consultant, and was introduced for the betterment of the management sector in Japan.

To understand more about this, we have Krisha Rao, a mental health professional, who explains it to us with an example: “A person who generally avoids exercise would, as a result, procrastinate. However, if he begins exercising for only a minute each day at the same time, it might start to appeal to him. That is what Kaizen is all about. One shouldn’t think of it as a technique for anyone in a specific field. No matter if you’re a sportsperson, businessman, teacher, or any desk employee, this technique is beneficial and also helps one to find their goals.”

The process of the Japanese technique includes determining the root cause of the problem, addressing the root cause, carrying out changes consistently, assessing the impact on our continuous improvement efforts, creating and determining how else we can keep improving.

Going ahead, Dr. Somashekhar S. P., Global Director, AIIO, GCC, and India, Lead Consultant, Surgical and Gynaecological Oncology, and Robotic Surgeon, Aster CMI Hospital, Bangalore, puts some light on it. “Kaizen is a Japanese belief that focuses on sustained improvement, and it means “Change for Better”, he says, adding, “It emphasises the importance of setting achievable goals and breaking them down into doable tasks. One can avoid anxiety and work-related stress by focusing and achieving smaller goals. It is all about making oneself better than yesterday. It stresses small changes that can lead to transformations over a period of time. This approach helps one get out of the laziness cycle and get into self-discipline and a productive lifestyle.”

To change something, it is crucial to recognise there is a challenge and accept it; thus, it is important to know how to combat laziness and work out the areas where you are bound to be lazy. If you are spending too much time on social media, procrastination, looking for excuses to not complete a task, and being highly unorganised are some of the signs of laziness.

Lack of self-discipline is often the cause of laziness; thus, it is crucial to train your mind to avoid falling prey to temptations and incuticate self-discipline. It can be accomplished by setting deadlines and prioritising tasks, which will help you stay focused and disciplined in what you are doing. Create and maintain a work schedule, and follow it up on a regular basis.

To increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work, and increase productivity at work.

Set achievable goals

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Recognise the habit of laziness

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The key aspects of kaizen include

Recognise the habit of laziness

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ONE-MINUTE RULE

As the rule name says, if a particular work takes less than a minute to finish, do it immediately. This rule helps in dealing with procrastination and increasing focus.

PRACTISE A REGULAR REGIME

Create or join support groups that share similar passions and goals. Engage in regular discussions. Share your successes, and hold each other accountable. Working with like-minded people will inspire and keep you motivated.

THE POMODORO TECHNIQUE OR TIME MANAGEMENT

Pomodoro is an Italian word for tomato. It is a recognised time management technique that talks about breaking complex work into smaller activities, which increases one’s productivity. It talks about focusing on a particular task for 25 minutes with a 5-minute break. This helps one to be attentive, concentrate at work, and increase productivity at work with no stress.

ONE-MINUTE RULE

As the rule name says, if a particular work takes less than a minute to finish, do it immediately. This rule helps in dealing with procrastination and increasing focus. Though it sounds minimal, it is beneficial for overall well-being. Eventually, you can apply the one-minute rule to complete bigger tasks, breaking them down into a one-minute timeline.

AFTER A “GROWTH” MINDSET

When a person focuses their thought process on growth, learning, and improving, instead of being discouraged by hurdles and challenges, they start visualising tasks as an opportunity for success. Personal development is a journey and not a destination; if one realises this, they will achieve their goals and success in life.
### HINDUISM IS A WAY OF LIFE

My daughter was born in 2005. My grandparents believe in the spiritual path. For them, the path is a way of life. Our family has a tradition of family gatherings where we gather in the lotus position and meditate. We also observe various spiritual practices. We believe in the unity of all beings and in the importance of spiritual growth.

### PRANITHA SUBHASH

A picky actor and a doting mother

Aress Pranitha Subhash is on cloud nine these days, immersed in maternal emotions. Of course, it has been extremely rewarding for her since the moment her daughter Arma was born. The bonding after childbirth has redefined her relationship dynamics and sense of identity so much so that everything seems to have changed for the good.

Every single day comes packed with surprises and challenges for her as a mother these days. But she is ready to take on the world, while watching her daughter grow. With an incredible libhra of backing her, she is not quitting films anytime soon. The latest on front is news that the actress will be next seen doing a debut in Malayalam cinema.

### HAPPENING HYDERABAD

On the other hand, Pranitha has always been open about the fact that she is not shooting off love ever after. But whenever she does, she will not miss many real ideas about Hyderabad. The development is mind-blowing. It was so basic during 2010. Today, the city is at a federal level. I always go to the hotel of a friend I stay in. I don’t have any reason for more than 5 nights. I always go to the city for shopping and enjoying the hospitality. I love the city for its culture, heritage, and lifestyle. I have always been a part of the city, and I have always loved it.

### GETTING BACK TO CINEMA

It has been a decade working for the entertainment industry, and I feel it has been a long time. I feel it was even more special because I was recovering from a surgery, and I was also dealing with the postpartum depression. I always go to the city for shopping and enjoying the hospitality. I love the city for its culture, heritage, and lifestyle. I have always been a part of the city, and I have always loved it.

### DEALING WITH CRAYONS

On my journey to comeback, I changed my lifestyle. I took up Pilates and yoga to help me with my overall fitness. I have always been conscious about my health, and I feel it was even more special because I was recovering from a surgery, and I was also dealing with the postpartum depression. I always go to the city for shopping and enjoying the hospitality. I love the city for its culture, heritage, and lifestyle. I have always been a part of the city, and I have always loved it.

### COMMERCIAL SUCCESS IMPORTANT

Commercial success is very important to me. It gives me the appropriate motivation. With it, I will have the freedom to do what I want. The success doesn’t come from the fact that I am a star, but it comes from the fact that I am a hard worker. I believe in hard work and I am ready to put in the time and effort to make it happen.

### FAME IS FICKLE

There is something that people fail to take into the role of an investor: different businesses have different time frames. A hit or a miss is not just about the financial aspect, but it is also about the social aspect. I have always been open about the fact that I am not shooting off love ever after. But whenever she does, she will not miss many real ideas about Hyderabad. The development is mind-blowing. It was so basic during 2010. Today, the city is at a federal level. I always go to the hotel of a friend I stay in. I don’t have any reason for more than 5 nights. I always go to the city for shopping and enjoying the hospitality. I love the city for its culture, heritage, and lifestyle. I have always been a part of the city, and I have always loved it.

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How freelancing is helping rebuild diversity in technology sector

The technology sector has long struggled with gender diversity and inclusivity, particularly concerning gender representation. From our constant interaction with companies we have observed that despite various initiatives aimed at promoting gender balance in tech companies, the industry continues to grapple with a lack of women in leadership roles and technical positions. In fact, recent events have shown that the traditional office-based work model can be particularly challenging for women, leading to a myriad of issues that have affected their professional growth. For BeGig, being in the technology sector, offering women greater flexibility, autonomy, and empowerment has been an ongoing issue for decades. Historically, women have faced numerous barriers in entering the tech industry, with stereotypes and biases hindering their progress. For BeGig, being in the technology sector means starting calls to companies for projects that align with their values, and work from anywhere. We have had hundreds of conversations around how women in India need a system that solves their unique problems. The rise of the gig economy and the advent of remote work platforms have opened up new avenues for skilled professionals to embrace freelancing. For women, this shift to freelancing offers a plethora of advantages, which are instrumental in revitalizing diversity in the technology sector.

**Flexibility and autonomy:** We know that micro entrepreneurs like to have the freedom to set their own schedules, choose projects that align with their values, and work from anywhere. This level of flexibility empowers women to tailor their work-life balance, leading to higher job satisfaction and retention.

**Inclusive work environment:** Gig working platforms such as ours promote a more inclusive and diverse work environment by offering equal opportunities to all irrespective of gender, race, or background while ensuring the best quality of projects and other tasks. This environment fosters a sense of belonging and eliminates potential biases that women may face in traditional office settings.

**Networking and skill development:** Solopreneurs or freelancing enables women to access a global talent pool, transcending geographical boundaries. This expanded reach allows them to connect with diverse clients and collaborate with international teams, enriching their professional experience. In our experience, this has helped women in building their portfolio while also enjoying a great control over their careers and experiencing autonomy.

**Entrepreneurial empowerment:** Freelancers are essentially entrepreneurs of their own skills, taking charge of their careers and financial independence. This sense of empowerment is particularly important for women who may face glass ceilings and limited growth opportunities in conventional employment structures. To have a workforce that’s skilled to take any entrepreneurial endeavor with utmost confidence, we need to promote more autonomy and decision-making power among these micro entrepreneurs.

**Key to success in today’s evolving library environment**

With significant advancements in digital technologies, libraries now have an opportunity to engage and empower people of all ages amidst both challenges and opportunities. In our experience, this has highlighted the persistent challenges that technology sector due to the call back to office settings. The exodus of women from the technology sector due to the call back to office settings contributed to their personal and career growth. The call of the office: a deterrent for women: The COVID-19 pandemic forced a sudden shift to remote work for many technology companies, and this transition initially appeared to be beneficial for women in the industry. Remote work offered increased flexibility, allowing them to better balance personal and professional responsibilities. However, as restrictions eased and companies started calling employees back to the office, it became evident that the traditional office-based model was not conducive to the needs of many women. News reports highlighted that women were leaving their tech jobs at higher rates than men when asked to return to the office. This phenomenon was attributed to various factors, including the absence of adequate support systems for childcare and eldercare, long commutes, and inflexible working hours. Women solo-preneurs at BeGig still state these problems as roadblocks to their professional growth. As a result, the progress made in promoting gender diversity in tech was at risk of stagnation or even regression.

Freelancing: an empowering alternative: Freelancing has emerged as a transformative solution for women in the tech sector. Platforms such as ours, enable and empower women to work and deliver projects from anywhere. We have had hundreds of conversations around how women in India need a system that solves their unique problems. In our experience, this has helped women in building their portfolio and contributed to their personal and career growth.

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**Networking and skill development:** Solopreneurs or freelancers are active in diverse projects, honing their skills and building a robust professional network. This constant learning and exposure to new challenges contribute to their personal and career growth. Our platform fosters a strong sense of community, allowing women entrepreneurs to connect with like-minded individuals, form partnerships, and collaborate on innovative projects. BeGig’s supportive network ensures that they are not alone on their entrepreneurial journey. The exodus of women from the technology sector due to the call back to office settings contributed to their personal and career growth. The call of the office: a deterrent for women: The COVID-19 pandemic forced a sudden shift to remote work for many technology companies, and this transition initially appeared to be beneficial for women in the industry. Remote work offered increased flexibility, allowing them to better balance personal and professional responsibilities. However, as restrictions eased and companies started calling employees back to the office, it became evident that the traditional office-based model was not conducive to the needs of many women. News reports highlighted that women were leaving their tech jobs at higher rates than men when asked to return to the office. This phenomenon was attributed to various factors, including the absence of adequate support systems for childcare and eldercare, long commutes, and inflexible working hours. Women solo-preneurs at BeGig still state these problems as roadblocks to their professional growth. As a result, the progress made in promoting gender diversity in tech was at risk of stagnation or even regression.

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**CLASSIC MUSHROOM**

**WHAT YOU NEED**
- Medium size mushroom: 180 gms
- All purpose flour (maida): 10 gms
- Corn flour: 20 gms
- Salt to taste
- Sugar: 5 gms
- White pepper: 5 gms
- Cream: 100 ml
- Chopped ginger: 5 gms
- Chopped garlic: 5 gms
- Chopped onion: 10 gms
- Spring onion for garnish: 5 gms
- Oil: 250 ml
- Butter: 10 gms

**HOW TO MAKE**

**Step 1:** Boil mushroom in a bowl and keep it aside.
**Step 2:** Mix well boiled mushrooms with maida, corn flour, sugar, salt, and pepper.
**Step 3:** Now take a deep fry pan and add oil to it. Now on slow fire, fry the mushroom until it turns brown in color and then remove the oil from the pan and keep the mushrooms aside.
**Step 4:** Now add some oil and heat, add ginger, garlic, and onion chopped, and mix it well until it turns brown.
**Step 5:** Now add the fired mushroom, salt, sugar, and pepper, and mix it well.
**Step 6:** Remove the platter and add some cream to top up the mushroom.
**Step 7:** Now garnish the fried mushroom with some fried cashew and spring onion and serve it hot.

**CREAM OF SORGHUM SOUP**

**WHAT YOU NEED**
- Sorghum grain: 100 gms
- Leek: 20 gms
- Celery: 20 gms
- Carrot: 20 gms
- Onion: 20 gms
- Turnip: 20 gms
- Veg stock: 1000 ml
- Seasoning to taste
- Bouquet garni: 10 gms

**HOW TO MAKE**

**Step 1:** Clean and boil sorghum along with all the vegetables.
**Step 2:** Add a spring of bouquet garni.
**Step 3:** When all the ingredients are well done remove bouquet garni.
**Step 4:** Blend it in a mixer and bring back in a pan to re-boil.
**Step 5:** Adjust the seasoning and add a dash of fresh cream.
**Step 6:** Serve it piping hot with garlic bread.

**A croque monsieur is a hot sandwich made with ham & cheese. The name comes from the french words croque (crunch) and monsieur (gentleman).**

**CROQUE MONSIEUR SANDWICH**

**WHAT YOU NEED**
- Bread: 2 slices
- Chicken ham: 4pcs
- Yellow cheddar cheese
- Béchamel sauce

**HOW TO MAKE**

**Step 1:** Apply mustard sauce on the bread slices.
**Step 2:** Add the slices of chicken ham grated with yellow cheddar cheese.
**Step 3:** Grill it till the cheese melts.
**Step 4:** Make a bechamel sauce using butter, flour, milk, thyme and Italian seasoning.
**Step 5:** Apply bechamel sauce on the bread and top with yellow cheddar cheese.
**Step 6:** Place it in the oven to gratinate till cheese melts.
**Step 7:** Serve directly from the oven with potato wedges on the sides.

**CLASSIC MUSHROOM CREPES**

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POCO MARKS ITS ENTRY INTO THE AIoT SPACE, LAUNCHES POCO PODS IN INDIA

POCO India has marked its entry into the TWS segment with the launch of POCO Pods. Built for a truly immersive listening experience, POCO Pods are engineered to deliver unmatched dynamic audio performance and powerful bass. The POCO Pods will be available on Flipkart starting July 29, 2023, at an irresistible price of INR 1,199. POCO Pods are equipped with 12mm drivers, finely tuned to deliver accurate bass performance, immersing users in rich, clear, and precise sound. Offering an impressive battery life of up to 30 hours on a single charge, these earbuds offer the convenience of last charging, where just a 10-minute charge grants an extra 80 minutes of listening pleasure.

OPPO RENO10 5G REDEFINES PORTRAIT PHOTOGRAPHY WITH TELEPHOTO CAMERA

OPPO has announced that its Reno10 sale which went live in July 27 at INR 32,999. The handset is available at OPPO E-Store, Flipkart, and mainline retail outlets. The Reno10 5G sports an ultra-slim body — available in Ice Blue and Silvery Grey — with a 3D curved design that is light and easy to hold. It features a 120Hz 6.7-inch AMOLED display and a 93% screen-to-body ratio for a borderless and immersive viewing experience. It comes with a Dragontrail X2 display and a sturdy polycarbonate back. Its 2412 1080px screen is capable of 1 billion colours with HDR brightness of 950nits to deliver detailed and crisp visuals even under direct sunlight. Also, you get Dual Stereo Speakers — with Real Original Sound Technology, tested by Dirac — for a surround sound experience.

RAY-BAN DEFIES CONVENTION WITH ITS FIRST-EVER INVERTED LENS ‘REVERSE’

Decade after decade, Ray-Ban dares to examine unexplored territory. Driven by this insatiable curiosity, Ray-Ban turns eyewear on its axis with the release of the revolutionary REVERSE collection: four unisex sunglass styles featuring an impossible new lens, completely reversed. An exceptional feat of advanced engineering, the shape of the lens shifts from traditional convex to concave without sacrificing optical precision, thanks to the innovative aspherical, prismatic and resolving powers. Finished with a high-performance anti-glare treatment, the pantoscopic lens is primed to reduce up to 70% of the reflections at wavelengths to which the eye is most sensitive. Four iconic silhouettes serve as the springboard, inverting the meaning of classic design with its entry into the avant-garde. Pricing: The new Ray-Ban Reverse collection starts at INR 11000 and is available at Sunglass Huts and online at rayban.com/India.

Wellness Hamper by Anahata Organics

Anahata is a sustainable lifestyle brand which focuses on wellness-based beauty products. The formulation of the products is curated in the Himalayas, where founder has spent several years learning and experimenting. Jisora, the architect of phenomenal design, is redefining the loungewear section as no master’s range. Created in collaboration with leading cocktail mixer brand Jimmy's, this ready to serve premium mixer caters to the evolving preferences of new-age consumers. Enriched with exciting flavors and offering a hassle-free experience, it allows individuals to elevate their at-home whisky drinking experiences with a premium serve. Originating in the early 19th century, the Old Fashioned lives up to its name in history, and is one of the most popular whisky cocktails enjoyed around the world. The new mixer presents a contemporary twist on the timeless Old Fashioned, packaged in 250 ml glass bottles which serves up to 4 cocktails. This latest innovation by DEWAR’S is now available for purchase on drinkjimmys.com and in leading retail stores in 20+ cities, with plans to expand to quick commerce platforms soon. As the year progresses, the availability of these mixers will expand nationwide, allowing consumers across the country to enjoy the product.
In India, the medical profession is highly esteemed, with doctors in high regard. However, doctors, like anyone else, are prone to making errors. These mistakes can have severe fallout for both patients and doctors. In such cases, doctors may face legal consequences, resulting in financial burdens and emotional stress. However, this can be avoided if doctors have comprehensive professional indemnity insurance. This type of insurance protects doctors from the financial repercussions of lawsuits and helps preserve their medical practice and reputation.

It is important to note that doctors never intend to harm their patients, whether financially or physically. Nevertheless, a single error, negligence, or omission can have significant consequences. Doctors can be responsible for patient losses, leading to legal complications and financial burdens. This is where professional indemnity insurance plays a crucial role. It provides doctors the necessary safety net to cope with the financial burdens of legal proceedings and compensations. It ensures that their medical practice and reputation remain intact.

**PROTECTS REPUTATION**

The importance of professional indemnity insurance lies in its ability to offer financial protection against claims arising from professional errors, omissions, or negligence. In India, professional indemnity insurance is legally required for certain professions, including doctors, lawyers, accountants, architects, and insurance brokers. This coverage helps professionals manage legal expenses and protects their reputations.

Medical and legal practitioners are strongly advised to have this insurance due to the nature of their work. The increasing number of professional liability claims further emphasizes the importance of having such coverage. Sector-specific requirements may exist, and consulting relevant authorities and insurance providers can provide more specific information.

Recent years have witnessed a 400% increase in medical negligence cases in India, as reported by the Indian Journal of Medical Ethics. This highlights the pressing need for professional indemnity insurance in the healthcare industry, particularly for doctors who are increasingly subjected to lawsuits due to errors and negligence. Without appropriate insurance coverage, doctors can face significant financial strain and damage to their reputation.

Professional indemnity insurance serves as a boon for healthcare professionals, safeguarding their reputation and financial future. Lawsuits arising from negligence can cause substantial harm, and professional indemnity insurance provides doctors with the necessary resources to defend themselves and protect their reputations.

To illustrate the importance of professional indemnity insurance, let’s consider an example. In a case, a doctor recommended surgery to remove gallbladder stones for a patient who unfortunately passed away due to post-surgery complications. The patient’s family filed a complaint alleging medical negligence. The State Consumer Disputes Redressal Commission (SCDRC) found the doctor negligent, but the National Consumer Disputes Redressal Commission (NCDRC) overturned this decision based on available evidence. However, the Supreme Court, upon reviewing the case, found that the NCDRC had made an error by not considering crucial evidence. As a result, the hospital and the doctor were ordered to compensate the complainants with a sum of Rs 25 lakh. This case highlights the potential financial consequences doctors can face without proper insurance coverage.

**IMPORTANT FOR OUT-OF-COURT SETTLEMENTS**

The significance of professional indemnity insurance also extends to out-of-court settlements. Such settlements are essential for mitigating potential damage to a professional’s reputation and are often more efficient in terms of time and cost compared to lengthy court proceedings. Professional indemnity insurance covers settlement costs, enabling professionals to effectively resolve disputes while safeguarding their reputation, maintaining client relationships, and potentially reducing claims.

In conclusion, professional indemnity insurance is an indispensable safeguard for doctors, providing vital protection for both themselves and their medical practices. By offering coverage against potential legal consequences arising from medical negligence cases, professional indemnity insurance becomes a crucial necessity for every healthcare professional. Investing in professional indemnity insurance can be viewed as a wise investment, ensuring the preservation of personal and professional well-being in the face of potential financial ruin.

(The writer, Yogesh Khemani, is the co-founder & CSO of CoverYou)
In astrology, the lagna, also known as the rising sign, is one of the most significant components of a person's birth chart. It refers to the zodiac sign that was rising on the eastern horizon at the exact time of an individual's birth. The lagna is an essential factor in understanding the way a person presents themselves to the world and how they interact with their environment.

To calculate a person's lagna, the astrologer needs the exact date, time, and place of birth. With this information, the astrologer can determine the sign that was ascending at the time of birth. The lagna is located at the cusp of the first house in the birth chart, and along with the position of the planets, plays a vital role in shaping a person's personality, behavior, and appearance.

The sun sign (a zodiac sign based on the birth date) is what most people are familiar with, but the lagna sign adds another layer of complexity to a person's astrological profile. The sun sign represents the core essence of an individual's personality, while the lagna sign reflects how that personality is expressed outwardly to others. Regarding career, the lagna presents the core essence of an individual's personality, while the lagna chart, along with the position of the planets, provides insights into the types of professions or work environments that may suit a person's natural tendencies and approach to life.

**Aries**

The professions could be linked to various fields such as salt, medicines, chemicals, colours, fuel, petroleum, kerosene oil, and related industries. Engaging in any of these areas might yield favorable results for the individual. Additionally, they may find success in businesses related to coal and cement. As Aries is one of the cardinal signs, individuals born under this yoga may excel in selling goods sourced from different places. They might also consider venturing into the travel and tourism industries. Agricultural or gardening work could also lead to success for individuals with Aries in their lagna.

**Taurus**

Individuals born under this Lagna tend to earn their livelihood through various artistic pursuits such as dancing, singing, acting, drawing, painting, embroidery, and other fine arts. Additionally, they may find success in careers related to fragrant products, gemstones, luxurious clothing, and interior design. There's a possibility that this person is drawn to engaging in social work, demonstrating a desire to contribute positively to society.

**Gemini**

This individual possesses the ability to excel in various fields, making them well-suited for professions such as music, writing, teaching, and literary pursuits. Additionally, their inherent curiosity and flair for creativity can lead them towards entrepreneurial ventures and other artistic endeavors. Their communication skills are often top-notch, enabling them to excel as artists or effective business representatives. Mercury, the ruling planet of this lagna, adds a keen interest in intellectual pursuits to their character.

**Cancer**

People born under this lagna may excel in professions related to water supply, well construction, or pond development. They might achieve positive results in dam construction and find livelihood opportunities in irrigation works. Cancer lagnas might find success in the dairy industry, possibly running their own dairy business. These individuals may exhibit proficiency in fields like glassware, photography, and fine arts. Those born under this sign could reap profits in professions related to beauty products, catering to the creative aspects of these industries.

**Leo**

The individual's profession may have connections with nature, particularly forests, mountains, and agricultural products. They are likely to flourish in occupations related to grass, wood, cotton, herbs, fruits, clothing, paper, and other natural resources. This person possesses the potential to excel as an actor or business manager, showcasing their charisma and leadership abilities. Alternatively, they might pursue a career as a soldier, security guard, or lawyer, drawing upon their innate sense of courage and justice.

**Virgo**

The person possesses a noble and intellectual demeanor. Patience and diligence define their approach to their duties, minimizing the likelihood of errors in their work. This placement fosters potential careers as a meticulous and active employee, a prudent businessman, or a capable treasurer. The possibilities include becoming a broker, agent, teacher, psychologist, or engaging in tasks related to accounting and banking. In general, job-oriented professions are more favorable than entrepreneurial pursuits.

**Libra**

The career could be as a judge, lawyer, or adviser. Given that Venus governs Libra, the individual may excel in businesses related to cosmetics, import-export, and luxury products. Fields such as music, drama, photography, painting, and cosmetics align with Venus's influence.

**Scorpio**

The career could be in spiritual, music, dance, or mathematics. They are compassionate, benevolent, and hold a keen interest in art and knowledge. A path in religion, academia, or science often leads to fame and prosperity. They can excel as counselors, religious preachers, and in fields related to financial management, literature, and philosophy.

**Sagittarius**

The career could be in spiritual, education, or science. They are compassionate, benevolent, and hold a keen interest in art and knowledge. A path in religion, academia, or science often leads to fame and prosperity. They can excel as counselors, religious preachers, and in fields related to financial management, literature, and philosophy.

**Capricorn**

Practicality, hard work, and patience are hallmark traits of individuals with Capricorn lagna. They navigate challenging situations with success, but at times they may experience feelings of depression or disappointment. Careers in agriculture, production, minerals, and land-related professions can lead to success.

**Aquarius**

Aquarius lagna people have intellectual inclinations. The influence of Saturn, the ruler of Aquarius, encourages potential success in engineering and writing. Additionally, ventures related to appliances, LIC, and gambling may also prove fortunate.

**Pisces**

Pisces lagna natives will be good in careers related to transportation, healthcare, and the hospitality industries. Success in cinema, entertainment, acting, modelling, and cosmetic products may also be within reach. Jupiter, the ruling planet of Pisces, opens opportunities for careers as teachers, professors, writers, journalists, and in import-export businesses.
**GLOBE TROT**

**Russian cat as tall as 4-yr-old child stuns internet**

A cat is making waves on social media due to its size. The feline is a pet of Yulina Minina, who lives in Stary Oskol town in Russia's Belgorod region. The woman is sharing the video of her huge cat on Instagram, which she says is the size of her four-year-old daughter, Anechka. In the recent clip, the cat can be seen standing on its hind legs and reaching for the door's handle. Ms Minina said that the cat names Kefir is a Maine Coon, one of the largest domesticated cat breeds.

In the video, Kefir is seen rushing outside after opening the door to stretch its long limbs in the sun before relaxing in the garden. Other clips and photos show Ms Minina, her daughter and Kefir spending time together in the house.

One adorable clip sees the inseparable pair lounging on the sofa, while the youngster watched cartoons. “Beautiful, beautiful baby. Wow! Our pets are better than many people. They deserve our love and deep care. Pretty baby I will say prayers to keep you in Gods care,” one user commented on her Instagram post.

**Maryland woman blasts a world record-breaking 107-decibel burp**

Maryland woman’s unusual talent earned her a Guinness World Record when she let out a belch that was measured at 107 decibels. Kimberly “Kimycola” Winter said she was encouraged to seek the world record for loudest burp (female) by viewers of her YouTube and TikTok channels, where often shows off her booming belches.

Guinness World Records required the belch to be measured in a soundproofed room, so she attempted the record live on the air during iHeartRadio’s Elliot in the Morning show. GWR confirmed Winter broke a record that had stood for about 14 years. Winter’s burp was measured at 107 decibels — about as loud as a motorcycle at full throttle.

Winter said she prepared for her attempt by experimenting with different foods and beverages. She said she ended up having coffee and beer with her breakfast on the day of the attempt to guarantee the maximum belch volume.

Winter’s record was just short of the male version of the record, 112.7 decibels, which was set by Australian Neville Sharp in 2021.

**Haryana: Political schism spurs administrative failure**

On Wednesday, when Chief Justice DY Chandrachud, hailed a Constitution bench’s discussions on the row-scarred Article 370 of the Constitution and rostered an urgent hearing for a petition on the riots in Haryana and elsewhere, the message must have been loud and clear to Nitu Bajrangi. A participant in the yatra and cow vigilante, boasted that the swords were meant for puja. Those carrying guns had licences for their “powerful experience.” We participated in the rally with women and children. Will we attack anyone,” he then asked, suggesting the provocative came from members of the minority community.

Reflecting deep erosion of confidence in the Haryana government, migrant families in Gurugram are reportedly preparing to leave for their hometowns in other states. Caught in the crossfire of communal violence, Gurugram-based and other major firms, including KPMG and American Express, have taken proactive measures to provide safety for employees. Several companies have reinstated work-from-home policies temporarily.

All told, the latest bout of communal violence in Nuh and contiguous areas has exposed the schism in the ruling Bhartiya Janata Party-Jannayak Janata Party coalition in the state. The Bhag Mandel Jalabhishek Yatra was asking for trouble and it did become the flashpoint. Divergent views are coming from even within BJP’s Haryana unit. No wonder, Haryana Chief Minister Manohar Lal Khattar and Chautala differ on the yatra itself. Khattar sees a ‘conspiracy’ behind the attacks on the yatra. Deputy Chief Minister and Jannayak Party chief Dushyant Chautala branded it “鳳火 and cow vigilante.”

A man in Japan is living his childhood dream - by transforming himself into a wolf. Toru Ueda, an engineer, spent three million yen (Rs 20 lakh) for the custom wolf costume, according to UK-based The Times. The suit was delivered to him earlier this year and he was extensively photographed wearing it. His story is going viral again now. The suit has been created by Zeppet Workshop, a specialist production and modelling company that provides costumes and figures for the film and TV industries. Four employees of the company spent seven weeks to make the wolf suit. But despite the huge cost, Mr Ueda does not wear it for fancy dress parties, saying he would be uncomfortable while walking in the wolf suit.

The 32-year-old, however, said that he slips it on at home to relax and forget his troubles. “When I wear my costume I feel I’m no longer human. I’m free of human relationships. All kinds of troubles, related to work and other things - I can forget about them,” Mr Ueda said. The man said that putting on the suit is a “powerful experience” for him.

**Japan man spends ₹20 lakh to transform into wolf**

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