



National Education Policy is going to give a new direction to 21st century India and we are becoming part of a moment that is laying the foundation for building the future of our country.

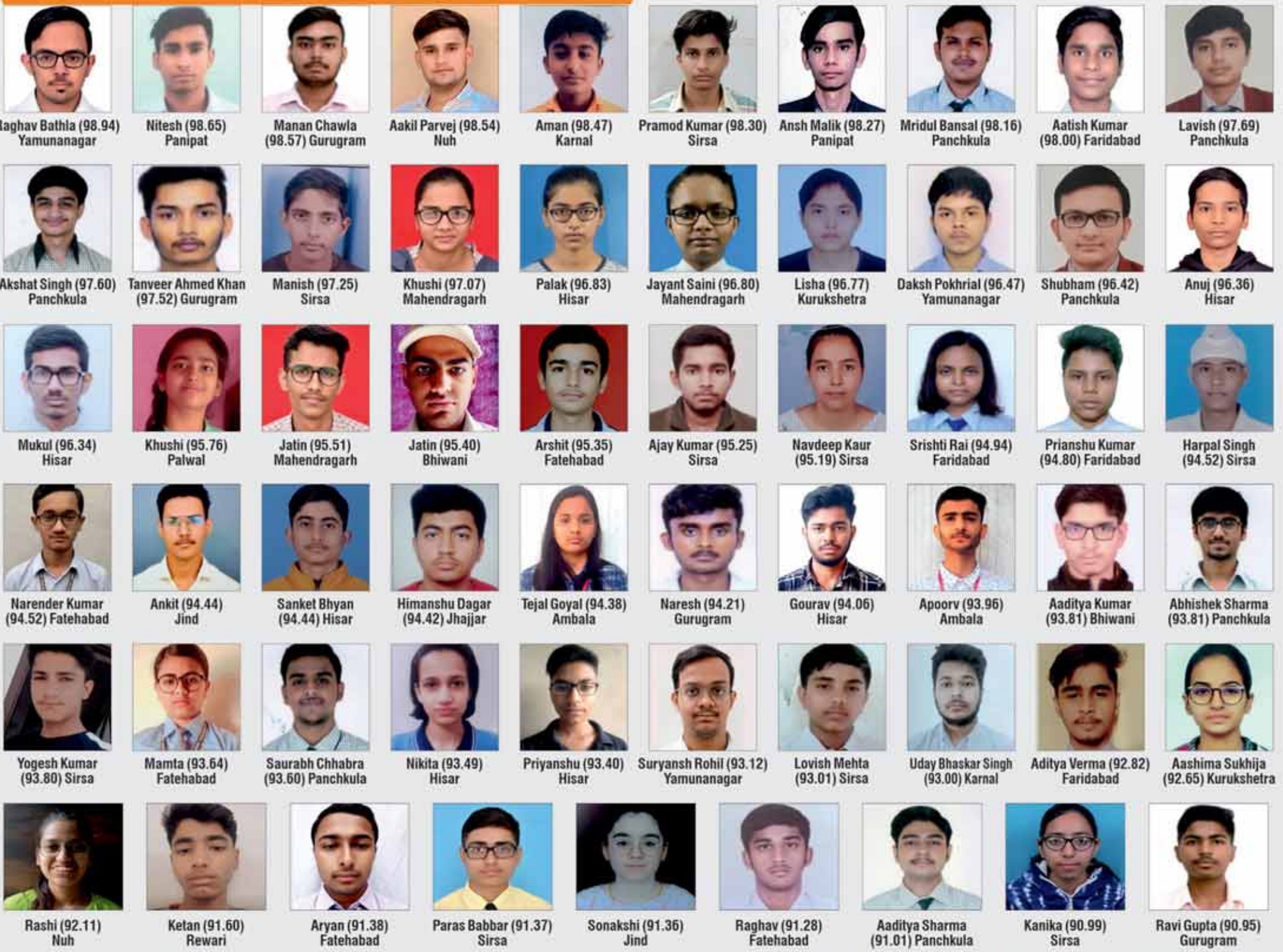
- Narendra Modi



147 Students of Government Schools of Haryana Qualified for JEE ADVANCED 2023

Students Scored more than 99 percentile

Students Scored more than 90 percentile



आंकड़े स्वयं बोलते हैं ...

School Education Department Haryana



Banks should have stronger overview on NBFC borrowers' lending practices: SBI MD

PTI ■ MUMBAI

Banks need to be given "stronger overview" on the lending practices followed by non-bank lenders who borrow from them, a senior official from SBI has said.

Non-bank finance companies and microfinance institutions should follow the same risk underwriting and credit monitoring principles as followed by the larger banks from whom they borrow money, C S Setty, a managing director at the country's largest lender, said.

It can be noted that banks lend to such non-bank lenders and also have onlending arrangements, wherein the NBFC or MFI will assess a borrower and utilise its distribution and collection expertise to make a loan.

"The banks should have a stronger overview on lending practices of borrowers from the non-banking lenders," Setty said, emphasizing that the non-bank lenders should follow the same risk underwriting and credit monitoring principles as it is followed by larger banks from whom they borrow.

He added that banks need to be "mindful of aggregate risk of the incipient stress if any" because a good proportion of banks' lending comprises loans to NBFCs and MFIs.

A banker's job is to assess the risk, mitigate it and price it, Setty said, adding that in the last five or six years, NBFCs have taken a lot of loans. He also made it clear that bank lending to such entities should not be seen as one of the financial sector, because ultimately it reaches the real sector of the economy.

"If you take MFIs, what are the governance standards which they are fol-



lowing? And NBFCs, what is the assessment and the quality of standards which they are applying while underwriting. These two have an aggregate risk impact on the banking sector because we are the largest lender to both the NBFCs and the MFI sectors," he said.

Setty also said that SBI is not aggressively looking at increasing the 65,000 business correspondent network, but is focusing on enabling them technologically to deliver more banking products.

He also added that the bank is focusing on unbanked rural areas, urban and metros for expanding the network.

Have commenced dispensing CNG and PNG connections to households: IndianOil

Coimbatore, May 13 (PTI) State-owned IndianOil commenced dispensing of CNG and PNG (piped natural gas) connections to residential units and the company has set a target of providing 1.50 crore connections across the country, a top official has said.

A CNG (compressed natural gas) cylinder testing unit, claimed to be the first-of-its-kind to be set up in Tamil Nadu by AIRVIO Technologies, was inaugurated by IndianOil Corporation Ltd Director-Pipelines S Nanaware near here.

CNG and PNG are almost 30 per cent cheaper than alternate fuels and considered "very safe", he said.

"It does not have any problem as compared with LPG and MS (motor spirit). This is very safe. In particular, households wherever they are using it as a fuel are safe. Because this is lighter than air and (even) if any leakage is there, it will go into the air without causing any harm to anybody and it is also cheaper," he told reporters.

Responding to a query, he said for IndianOil Corporation, the target is to provide 1.50 crore in the country with around nine lakh connections in Coimbatore. "But this (target) is not final. It may reduce or it may increase

also because it all depends on individuals," he said.

The plan was to lay the pipelines across the country except Jammu and Kashmir and the northeast.

"Even in Jammu and Kashmir, a plan is there, but it is difficult to lay pipeline in (such a) terrain. It is entirely in hilly area. But government is trying for that (to lay pipeline) and already have initiated EoI (expression of interest)," he said.

Observing that the Centre was trying to increase the sale of gas in their 'fuel basket' from the present 6.5 per cent to 15 per cent by 2030, he said: "Almost 98 per cent of the population of this country is being targeted for CNG and PNG connections."

The supply of LPG to serve domestic consumption was met by importing it while whatever LPG and CNG gas required was available within the country itself, he said.

He pointed out that with the Centre's plan of achieving net zero emissions by 2070, use of crude oil would be reduced gradually from 2040 onwards and by 2070 it would be hardly 10 per cent and natural gas consumption would increase to 15 per cent from the current 6.5 per cent.

Replying to a query about apprehensions raised by a section of farmers over laying pipelines in agricultural land, the senior official said: "IndianOil is the only company to lay the pipelines and it was taking the farmers on board. Once they (farmers) give their consent, we (will) lay the pipelines...As of now, we have laid almost 3,000 kilometres of pipeline in Tamil Nadu."



Power Minister asks industry to set targets under Green Open Access Rules

PTI ■ NEW DELHI

Union New and Renewable Energy Minister R K Singh on Saturday directed the industry to set targets under Green Open Access Rules 2022.

In June 2023, the government notified the Green Open Access Rules 2022 to further accelerate India's renewable energy programmes. These rules were notified for promoting generation, purchase and consumption of green energy including through waste-to-energy plants.

It also enables a simplified procedure for the open access to green power.

Singh chaired a meeting with industry and other stakeholders in New Delhi on Green Energy Open Access Rules, an official statement said.

"The minister exhorts industry leaders to set targets for going green. He called upon the industry leaders to set targets for going green and take advantage of the provisions of Green Energy Open Access Rules to get green power at reasonable rates," the ministry of power said.

The Green Energy Open Access Rules 2022, Singh said, are a major step towards India cutting emissions by 45 per cent in line with NDC (nationally determined contribution) target for 2030.

The minister also asked the industry stakeholders to inform the government of such cases where the Green Energy Open Access Rules are not being followed so that the government can take up the issue with the concerned agencies and if required, take penal actions.

He assured Industry of all help in adoption of Green Energy Open Access Rules. Over 500 participants attended the meeting.



Affle's profit rises over 18% to ₹62 cr in Q4

PTI ■ NEW DELHI

Global technology company Affle (India) Limited on Saturday reported an 18.4 per cent rise in its profit after tax to Rs 62.4 crore in the January-March 2023 quarter.

The company, promoted by Singapore-based Affle Holdings, had registered a profit after tax (PAT) of Rs 52.7 crore in the fourth quarter of FY22, Affle India said in a release.

Revenue from operations grew 12.9 per cent to Rs 355.8 crore in the reporting quarter as compared to 315.1 crore in the year-ago period.

The company's earnings before interest, tax, depreciation and amortization (EBITDA) increased to Rs 71.6 crore during the fourth quarter of this fiscal, up 22.1 per cent from Rs 58.7 crore in Q4 of FY22.

For the financial year 2022-24, the company's PAT increased by 33.8 per cent to Rs 245.3 crore from Rs 183.4 crore.

While its consolidated revenue from operations stood at Rs 1,434.0 crore, up 32.6 per cent year-on-year, EBITDA increased 37.2 per cent to Rs 293.0 crore during FY23.

The consumer intelligence-driven firm, which provides solutions to connect marketers with their target audience through mobile advertisements, reported robust operating cash flows of Rs 260.3 crore, with 106.1 per cent of the profit realized as cash flow from operations in the 12-month period.

Affle's MD and CEO Anuj Khanna Sohum said: "FY2023 was transformational for Affle as we continued to further enhance our platforms, ecosystem-level partnerships & teams while penetrating deeper across markets. "We continued to further verticalize our capabilities towards high-growth industry verticals to drive greater productivity and profitability."

He said the fast-evolving consumer trends accelerated towards adoption of connected devices and immersive technologies will help the adtech industry in the long term.

"This promises consistent long-term growth in ad-spending globally and our outlook for FY2024 remains optimistic," he added.

Some of Affle's platforms are Appnext, Jamp, MAAS, mDMP, mediasmart, niTraction Enterprise, RevX and Vizury. Affle's investors include Microsoft, Bennett Coleman & Company (BCL), amongst others.

Himachal Pradesh to cover 1,800 hectares for orange production

PTI ■ SHIMLA

The Himachal Pradesh government has proposed to cover 1,800 hectares of land in the state for orange production, under HP Subtropical Horticulture, Irrigation and Value Addition (SHIVA) project, Chief Minister Sukhinder Singh Sukhu said.

State Horticulture Minister Jagat Singh Negi-led delegation, which is on a six-day tour to Australia as part of the project, observed the micro-grafting technique in orange cultivation, besides discussing citrus pathology programme and national citrus repository pro-



gramme, a statement issued here on Saturday said.

The HP SHIVA project has been funded by the Asian Development Bank.

Citrus fruits are grown in plain areas of the state where the maximum temperature is between 30 and 40 degrees Celsius.

This is a key initiative of the state government to gain technical knowledge from Australia and utilise it to guide local horticulturists for improving the sector, the chief minister said, adding that this will help in preparing high quality orange plants in the state.

Himachal Pradesh has been endowed with a wide range of agro-climatic conditions which has proved a boon for a large number of fruit crops like apple, citrus fruits, mango, apricot and emphasis is being laid on adopting new techniques to increase the income of farmers as well as the survival rate of plants, Sukhu said.

The delegation during its visit observed and studied the modern techniques of screening, testing, cleaning and maintenance being adopted in the field of plant health management in Australia.

They also visited the Strawberry Industry Certification Authority and the Elizabeth Agricultural Institute laboratories in Sydney and discussed modern techniques for nursery registration programmes, as per the statement.



D-Mart's Q4 net profit up 7.8% to ₹460.1 cr, revenue up 20.5% to ₹10,594 cr

PTI ■ NEW DELHI

Avenue Supermarts Ltd, which owns and operates the retail chain D-Mart, on Saturday reported an increase of 7.81 per cent in its consolidated net profit at Rs 460.10 crore for the fourth quarter ended March 31, 2023.

The company had posted a net profit of Rs 426.75 crore in the January-March quarter a year ago, said Avenue Supermarts in a BSE filing.

Its revenue from operations was up 20.57 per cent to Rs 10,594.11 crore during the quarter under review as against Rs 8,786.45 crore in the corresponding quarter last fiscal.

Avenue Supermarts' total expenses were at Rs 10,002.21 crore, up 21.82 per cent in Q4/FY 23, as against Rs 8,210.13 crore in the corresponding quarter.

Total income of Avenue Supermarts in the March quarter was at Rs 10,627.18 crore, up 20.5 per cent.

For the fiscal year ended March 2023, Avenue Supermarts's net profit was up 59.36 per cent at Rs 2,378.34 crore. It had reported a net profit of Rs 1,492.40 crore in the previous fiscal.

Its consolidated revenue from operations was at Rs 42,839.56 crore in FY23, 38.3 per cent higher than the previous fiscal year.

The total number of D-Mart stores as of March 31, 2023, stood at 324.

Promoted by Radhakishan Damani and his family, D-Mart retails basic home and personal products across markets which include - Maharashtra, Gujarat, Andhra Pradesh, Madhya Pradesh, Karnataka, Telangana, Chhattisgarh, NCR, Tamil Nadu, Punjab and Rajasthan.

Headquartered in Mumbai, ASL also operates an online sales channel DMart Ready, which delivers goods to doorsteps in selected cities.

DLF to launch projects worth nearly ₹20K cr this fiscal; targets sale bookings of ₹12K cr

PTI ■ NEW DELHI

Realty major DLF Ltd will launch projects worth Rs 19,710 crore for sale by March next year and aims to achieve sale bookings of around Rs 12,000 crore in this fiscal on strong housing demand.

On Friday, DLF reported that its sale bookings jumped more than two-fold to a record Rs 15,058 crore last fiscal from Rs 7,273 crore in the previous year.

The company clocked Rs 8,000 crore from a single luxury housing project "The Arbour" which was launched in Gurugram during the March quarter.

"A normalized sale for 2022-23 should really have been in the range of Rs 10,000-11,000 crore. We will still keep our head guided. And we will say that in FY24 we should still be looking at sales guidance of Rs 11,000-12,000 crore," DLF CEO Ashok Tyagi told investors on Saturday in a conference call.

Buoyed by record sale bookings last fiscal, DLF has chalked out an aggressive launch pipeline for 2023-24 at 11.2 million square feet area with an estimated sales revenue potential of Rs 19,710 crore.

The bulk of the projects to be launched this fiscal would be in the housing segment in Delhi-NCR and Chennai.

Last fiscal, the company launched 10 million square feet worth Rs 14,600 crore.

On Friday, DLF reported a 40 per cent increase in consolidated net profit at Rs 569.60 crore for the quarter ended March as against Rs 405.54 crore in the fourth quarter of 2021-22.

Total income fell to Rs 1,575.70 crore in March quarter of this fiscal year from Rs 1,652.13 crore in the corresponding period of the previous year.

DLF's net profit increased 36 per cent to Rs 2,033.95 crore in the last fiscal from Rs 1,500.32 crore in 2021-22.

Total income declined to Rs 6,012.14 crore in 2022-23



from Rs 6,137.85 crore in the previous year.

On record sale bookings, DLF said, "Our offerings across multiple geographies continue to be the preferred choice of customers enabling healthy growth in our business."

The residential upcycle along with rising demand for luxury segment entices it to remain committed towards scaling up new offerings, the company added.

DLF said it would continue to follow a calibrated approach to bring new products across multiple markets while simultaneously ensuring timely execution of its launched products.

DLF is India's largest realty firm in terms of market capitalisation. It has developed more than 153 real estate projects and developed an area in excess of 330 million square feet.

DLF is primarily engaged in the business of development and sale of residential properties (the Development Business) and the development and leasing of commercial and retail properties (the annuity business).

The group has an annuity portfolio of over 40 million square feet.

The company has 215 million square feet of development potential across residential and commercial segment.

Adani to raise ₹21,000 cr from share sale in two group cos

PTI ■ NEW DELHI

Billionaire Gautam Adani's group will raise Rs 21,000 crore (over USD 2.5 billion) through share sale in two group companies in the boldest comeback strategy after the ports-to-energy conglomerate was rocked by allegations of fraud levelled by a US short-seller.

Adani Enterprises Ltd, the group's flagship firm, plans to raise Rs 12,500 crore while electricity transmission company Adani Transmission another Rs 8,500 crore, the companies said in stock exchange filings.

The board of renewable energy arm, Adani Green Energy Ltd too was scheduled to meet on Saturday for a fundraise but the meeting was postponed to May 24.

The fundraise will be through issue of shares to qualified institutional buyers. Sources aware of the matter said investors in Europe and the Middle East have evinced strong interest.

In a stock exchange filing, Adani Enterprises said its board on Saturday approved "raising of funds by way of issuance of...Equity shares having face value of Rs 1 each of the company and / or other eligible securities or any combination thereof, for an aggregate



amount not exceeding Rs 12,500 crore or an equivalent amount thereof by way of qualified institutional placement (QIP) or other permissible mode in accordance with the applicable laws."

Adani Transmission in a separate filing said its board has approved "raising of funds by way of issuance of such number of equity shares having face

value of Rs 10 each of the company and / or other eligible securities or any combination thereof, for an aggregate amount not exceeding Rs 8,500 crore or an equivalent amount thereof by way of QIP or other permissible mode in accordance with the applicable laws."

This comes three months after Adani Enterprises was forced to abort a Rs 20,000 crore follow-on public offering (FPO) in the wake of the Hindenburg report.

The offer was fully subscribed but the company returned the money to subscribers. The sources said the company stock which was offered in the price range of Rs 3,112 to Rs 3,276 in the FPO is now available at Rs 1,964 (at Friday's closing price).

US short-seller Hindenburg Research in January released a damning report alleging accounting fraud and stock price manipulation at Adani Group, triggering a stock market rout that had erased about USD 145 billion in the conglomerate's market value at its lowest point.

Adani Group has denied all allegations by Hindenburg and is plotting a comeback strategy. The group has recast its ambitions as well as prepaid some loans to assuage investors.

Promoters in March sold stakes worth Rs 15,446 crore in four group companies to leading US-based global equity investment boutique GQG Partners.

The group has been trying to win back market confidence with a series of investor roadshows, early debt repayments, and plans to scale back its pace of spending on new projects.

The funds that Adani Group is looking to raise will be the conglomerate's biggest borrowing since the January 24 Hindenburg report. The money raised is intended to be used for funding the group's expansion projects.

Pooran, Krunal keep LSG in play-off hunt

PTI ■ HYDERABAD

Nicholas Pooran justified his Rs 16 crore billing, pulling off what looked like a difficult chase on a tacky track as Lucknow Super Giants were back in play-off hunt with a seven-wicket victory over Sunrisers Hyderabad in an Indian Premier League match here on Saturday.

A target of 183 was certainly not an easy proposition on a track that got slower as the match progressed.

However, Pooran (44 not out of 13 balls), with assistance from domestic bulwark Prerak Mankad (64 not out, 45 balls) and Marcus Stoinis (40 off 25 balls), helped LSG get past the target with four balls to spare.

LSG now have 13 points from 12 games and are now in fourth spot behind Gujarat Titans (16 points), CSK (15 points) and Mumbai Indians (14 points). However, they will have to win their next two games to have an assured berth in the last four stage.

As far as SRH are concerned, another tournament of non-performance is coming to an end with a below-par show.

Till the 15th over, SRH controlled the proceedings as LSG crawled to 114 for 2, needing 68 more from five overs.

However, Aiden



Markram's decision to give an extra over to part-time left-arm spinner Abhishek Sharma, who was walloped for five

sixes in the 16th over, proved costly.

Stoinis thumped him for two maximums before being holed out at deep extra cover boundary. But Pooran came in and hit two 100m-plus sixes and one straight to complete-

Unruly behaviour by Hyderabad crowd after umpiring howler halts proceedings

PTI ■ HYDERABAD

The unruly behaviour of Sunrisers Hyderabad supporters halted proceedings of their IPL match against Lucknow Super Giants after on-field umpires Akshay Totre, J Madangopal and TV umpire Yeshwant Barde earned the fans' wrath for a poor 'no-ball' DRS call in the penultimate over here on Saturday.

Avesh Khan bowled what looked like a beamer to Abdul Samad and Totre didn't adjudge it a no-ball. SRH called for a DRS but to their horror, Barde also ruled it in favour of the bowling team.

An angry Klaasen spoke to on-field umpires and suddenly one saw LSG head coach Andy Flower and mentor Gautam Gambhir along with others in dug-out, standing inside the boundary rope, pointing at the stands which is exactly behind their team area.

It seemed as if someone from the crowd had thrown something and there were collective chants of "Kohli Kohli" in their bid to rile Gambhir up in reference to his bust up with former India captain Virat Kohli earlier this month.

Once the match started, Klaasen was immediately holed out at long-on, having lost his concentration due to the unwanted stoppage.

He didn't hold back his anger while speaking to broadcasters during the mid-innings snap interview.

"Disappointed with the crowd to be honest, that's not what you want. That also broke the momentum, not great umpiring either," Klaasen said.

Klaasen who top-scored with 47, also felt nature of track changed quickly.

"The wicket changed quickly in the middle. There was some spin and decent amount of bounce, there were a few rippers (by Krunal - Markram and Phillips' wicket.) That broke the momentum."

"It was difficult to play the harder length balls. Need to bowl length and slower ones into the wicket, can't be too full. It's not a bad wicket, but it's a bit slow. Can use the natural variations. I reckon if the spinners can bowl quickly into the wicket, the natural variations can take over," he added.

29), inarguably SRH's best batter, was in his natural attacking self as his three fours and an equal number of sixes took his team to a respectable total.

The difference between Krunal and leg-spinners Amit Mishra (1/40 in 4 overs) and Ravi Bishnoi (0/23 in 2 overs) was the optimum pace in his deliveries.

In case of Bishnoi, he ended up bowling half-trackers while trying to bowl fast. When Mishra bowled, it didn't help as he is much slower through the air compared to his younger days. Hence, the batters got enough time to plan their shots.

Once Krunal's wickets reduced SRH to 115 for 5, Klaasen took it upon himself and got support from Abdul Samad (37 not out off 25 balls) as the duo added 58 in 6.4 overs to take the score past 175-run mark.

Towards the end of the SRH innings, the match was briefly stopped when third umpire withheld the on-field umpire's decision of ruling an Avesh Khan full-toss as a fair delivery when it looked a no-ball. That agitated the crowd which must have disturbed the LSG dug-out to briefly halt proceedings and Klaasen lost his concentration to miss out on a well-deserved half-ton.

Punjab Kings knock Delhi Capitals out of IPL 2023

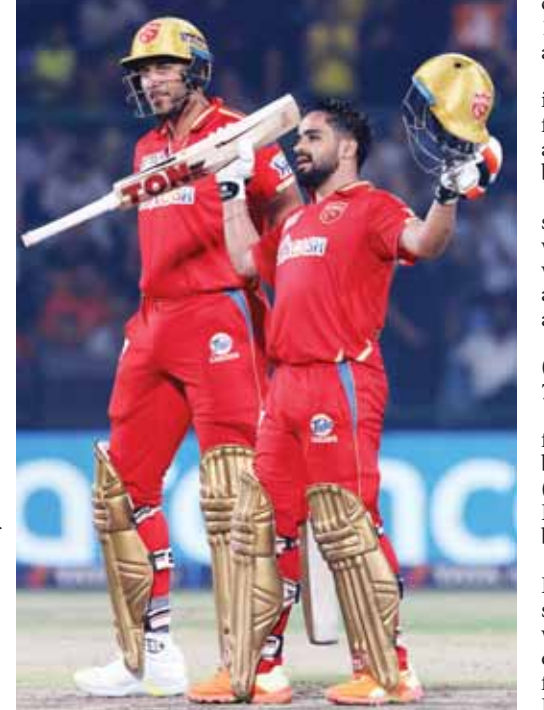
PTI ■ NEW DELHI

Prabhsimran Singh's magnificent maiden IPL hundred was well complemented by Harpreet Brar's four wicket haul as Punjab Kings on Saturday kept their slim play-off hopes alive with a comprehensive 31-run win over Delhi Capitals, who were knocked out of contention in the process.

If Prabhsimran showed tremendous resolve during his 65-ball 103 to single-handedly power PBKS to 167 for 7, Brar (4/30) and Rahul Chahar (2/16) then spun a web to strangle Delhi's chase as the home side managed just 135 for 8, despite a sizzling 27-ball 54 by skipper David Warner.

The win took Punjab to 12 points from 12 games, just outside the top four but they will need to win the next two matches as well to keep hopes of a playoff, while it was the end of the road for Delhi.

Earlier, while none of his batting colleagues could cross 20 runs on a sluggish pitch, Prabhsimran's perseverance paid



off as he lifted Punjab from 46 for 3 to a competitive total.

Warner and Phil Salt provided a flying start to Delhi's chase but the spin duo of Brar and Chahar triggered a collapse with the hosts inexplicably losing six wickets for just 19 runs to slip from 69 for no loss to 88 for 6 in 10.1 overs.

Brar and Chahar were rewarded for bowling full and straight as wickets tumbled like nine-pines at the Arun Jaitley stadium.

If Brar saw the back of Warner, Phil Salt (21), Rilee Rossouw (5), Manish Pandey (0), Chahar picked up wickets of Mitchell Marsh (3) and Axar Patel (1) in their quota of four overs.

With 66 needed off 36 balls, Aman Khan (16) and Praveen Dubey (16) tried their hands before becoming the victims of Nathan Ellis (2/21) as DC slumped to their eighth loss in 12 games to stay at the bottom with eight points.

Earlier, Prabhsimran looked well in control as 10 of his hits reached the ropes, while six

crossed over it during his 65-ball 103, only his second T20 hundred and first in IPL.

The 22-year-old paced his innings well, scoring 27 from his first 30 balls before exploding to amass his next 76 runs from 35 balls.

An aggressive approach on a slow track backfired for Punjab with the team losing three early wickets for 46 in the first six overs after DC skipper David Warner asked them to bat first.

Prabhsimran and Sam Curran (20) then steadied the ship with a 72-run partnership off 54 balls.

Ishant Sharma was at the forefront as he recovered from a first-ball six to remove Shikhar Dhawan (7) in the next ball with Rilee Rossouw taking the catch at deep backward square leg.

Following two nine-run overs, Ishant returned to destroy the stumps of Liam Livingstone (4), who paid the price for dancing down the pitch after being away from strike for sometime with Prabhsimran producing three



Rajasthan face RCB in Royal battle

PTI ■ JAIPUR

It promises to be a showdown between this edition's two most impactful batters in young Yashasvi Jaiswal and veteran Faf du Plessis when Rajasthan Royals take on Royal Challengers Bangalore, who are looking to avoid a hat-trick of defeats, in an IPL match here on Sunday.

Both Jaiswal and du Plessis are in scintillating form and are the top-two run-getters in the tournament so far.

While du Plessis is leading the scoring charts with 576 runs from 11 innings, including six half-centuries and a best of 84, Jaiswal is a close second with 575 runs from 12 knocks that includes four fifties and a 124-run knock.

It remains to be seen who gets the better of the other in Sunday's high-profile clash.

If both fire on Sunday, it will be a run feat for the spectators.

RCB will also look to avoid a hat-trick of defeats, having suffered losses against Mumbai Indians and laggards Delhi Capitals in their last two games.

The Royals, on the other hand, returned to winning ways with a comprehensive nine-wicket victory over Kolkata Knight Riders on Thursday after three consecutive defeats, courtesy Jaiswal's 47-ball 98 and skipper Sanju Samson's 48 off 29 deliveries

while chasing a modest 150-run target.

While Jos Buttler failed against KKR, he remains a big threat alongside Jaiswal at the top of the order for the Royals.

RR's middle-order too looks pretty strong in the presence of Joe Root, Druv Jurel and Shimron Hetmyer.

On the bowling front, leg-spinner Yuzvendra Chahal shone bright against KKR with brilliant figures of 4/25, New Zealand quick Trent Boult has been steady upfront and returned with two wickets in their last match.

RCB, on the other hand, lost their last two games against Delhi Capitals and Mumbai Indians and would be desperate to turn the tables around with a comprehensive win.

While du Plessis has been consistent with the bat throughout the tournament so far, Virat Kohli has sparkled in patches and RCB need both the batters to fire at the top to provide them a good start.

Mohammed Siraj has been the spearhead for RCB in the bowling department and has emerged as the most successful bowler for the team with 15 wickets from 11 games.

But Siraj needs support from the likes of Josh Hazlewood, Wanindu Hasaranga, Harshal Patel and Vijaykumar Vyshak to contain RR.



KKR face CSK in must-win game

PTI ■ CHENNAI

Four-time champions Chennai Super Kings (CSK) will clash with Kolkata Knight Riders (KKR) in an Indian Premier League match here on Sunday aiming for a win and strengthen their chances of sealing a play-off berth.

The Super Kings with 15 points (12 matches) are better placed to go through to the next stage, while KKR (10 points) need to win their two remaining games and hope other results go their way.

MS Dhoni's team comes into the match with two wins on the bounce and, like always, will be tough to beat at their 'den'.

Even a couple of sixes from Dhoni's bat are enough to send the Chepaug crowd into a tizzy and he did that in the previous match against Delhi Capitals, which proved vital.

For the home team, the opening batters Devon Conway and Ruturaj Gaikwad have been providing solid starts. Ajinkya Rahane and Shivam Dube have been benefitting from the clarity of roles they have been

BRADBURN APPOINTED AS NEW HEAD COACH OF PAKISTAN

PTI ■ LAHORE

The Pakistan Cricket Board (PCB) on Saturday confirmed Grant Bradburn's appointment as the men's national team's head coach for two years.

The board also announced that former South Africa cricketer Andrew Puttick has also signed a two-year-long contract as the batting coach of the men's side while strength and conditioning coach Drikus Saaiman and physiotherapist Cliffe Deacon will continue to work in their roles.

Kiwi Bradburn served as the head coach of the side during the recently-concluded home series against New Zealand on consultancy basis. He is well-versed about the strengths and challenges of the national side having previously served as the fielding coach from 2018 till 2020 before he moved to the National Cricket Academy to work on development of coaches.

Prior to his roles in Pakistan, Bradburn, a former New Zealand cricketer, worked as the head coach of Scotland men's side.

"It is a great honour for me to work with the highly talented and skilful side like Pakistan as a head coach. We have been working hard on raising our game and are eager to showcase our growing skills," Bradburn said in a PCB release.

The Pakistan team management has also unveiled a playing style with which it will approach the 2023 ODI World Cup.

"The style branded as 'The Pakistan Way' will see the team approach the One-Day Internationals in the build-up and during the mega-event



with positive and bold tactics and attacking strategies," the release said.

approach, recently-appointed team director Mickey Arthur said: "If a team wins without a culture, without a brand or without a style, it may work for a short period but will eventually fail. If a team is losing with a culture, a brand and its own style, then it is moving towards the right direction."

"So how do we achieve The Pakistan Way? We achieve this by winning while having our own culture, our own brand of cricket and our own style. We will not be satisfied with wins without that culture in the team."

"Pakistan as a nation is proud of its identity, culture and style. I love Pakistan and Pakistan cricket; I want to leave behind a legacy as a director where the rest of the world says we want to play 'The Pakistan Way,'" Arthur added.

Elaborating on the

Bangladesh beat Ireland in 2nd ODI

AP ■ CHELMSFORD

Mushfiqur Rahim finished the chase that Najmul Hossain Shanto started for Bangladesh to win a thrilling ODI against Ireland in the last over.

A delayed start due to rain on Friday reduced the match to 45 overs each, and Ireland amassed 319-6 thanks to a team-record 140 by Harry Tector.

Najmul's 117 laid the foundation in Bangladesh's reply, and when four runs were need-

Neser, Abbott set to join Oz's pre-Ashes camp

AP ■ SYDNEY

Australia has called up fast bowlers Michael Neser and Sean Abbott to their pre-Ashes training camp, a report said on Saturday, as coach Andrew McDonald remains confident pace spearhead Josh Hazlewood will be fit.

Hazlewood has not played any red-ball cricket since injuring his Achilles in the Sydney Test against South Africa in January and only recently made his comeback in the Indian Premier League.

McDonald told the Sydney Daily Telegraph Hazlewood was "building nicely" for the World Test Championship against India at the Oval from June 7-11 ahead of the five-Test Ashes series.

But the in-form Neser and Abbott, playing county cricket with Glamorgan and Surrey respectively, would nevertheless join the squad's training camp.

"So far so good. He's pulling up well from each encounter he has in the IPL," McDonald said of Hazlewood.

"We're hopeful all four of those quicks in that squad (Hazlewood, Mitchell Starc, Pat Cummins and Scott Boland) are up and available through the whole six Test matches."

"If not, then clearly we've got some really handy back-up (Neser and Abbott) that we're including in the camp."

Neser was controversially omitted from Australia's 17-man squad for the World Test Championship final and first two Ashes Tests, but selectors left the door open for the final three matches.

He has been in irresistible form for Glamorgan, taking a career-best 7-32, including a hat-trick, last week against Yorkshire.

He followed up by grabbing 4-40 and smacking 86 against Worcestershire this week.



You have to believe in yourself. You need to have the audacity to be great
— Rosie Perez



SUN'S FURY

Deadly heatwaves threaten to reverse India's progress on poverty and inequality, suggests new research by RAMIT DEBNATH and RONITA BARDHAN

Record-breaking heatwaves in April 2022 put 90% of people in India at increased risk of going hungry, losing income or premature death, according to our new study.

After 2022 was designated the hottest in 122 years, extreme heat has appeared early again this year with over 60% of India recording above-normal maximum temperatures for April, according to the country's Meteorological Department. El Niño, a natural climate event that can increase global temperatures, is also expected to occur this year.

The increasing frequency of such deadly heatwaves could halt or even reverse India's progress in reducing poverty, food and income security and gender equality, harming the quality of life for over 1.4 billion Indians.

As a natural phenomenon, extreme heat is projected to occur once every 30 years or so in the Indian subcontinent. This is no longer the case thanks to man-made climate change. India has suffered over 24,000 heatwave-related deaths since 1992 alone, with the May 1998 heatwave being one of the most devastating as it claimed over 3,058 lives.

Severe weather events that seemed previously impossible are happening now. Our experts break down the facts. Help us continue boost their voices.

During the May 2010 heatwaves, temperatures in the western city of Ahmedabad reached 47.8°C and raised heat-related hospital admissions of newborns by 43%, prompting the city to become one of the country's first to implement a heat action plan meant to guide preparations and emergency responses to heatwaves which has since saved thousands of lives. The 2015 heatwave killed over 2,330 people and prompted the government ministry for disaster management to set guidelines for preventing deaths during heatwaves and push Indian states to develop their own plans.

Failure to implement these strategies may stymie India's economic progress. If proper heat action plans are not developed, excessive heat could cost India 2.8% and 8.7% of its GDP by 2050 and

HEATWAVE

Global temperatures and the frequency and intensity of heatwaves will rise in the 21st century as a result of climate change. High air temperatures can affect human health and lead to additional deaths. Extended periods of high day and nighttime temperatures create cumulative physiological stress on the human body which exacerbates the top causes of death globally, including respiratory and cardiovascular diseases, diabetes mellitus and renal disease. Heatwaves can acutely impact large populations for short periods of time, often trigger public health emergencies, and result in excess mortality, and cascading socioeconomic impacts (e.g. lost work capacity and labour productivity). They can also cause loss of health service delivery capacity, where power-shortages which often accompany heatwaves disrupt health facilities, transport, and water infrastructure.

In India, heatwaves typically occur from March to June, and in some rare cases, even extend till July. On an average, five-six heat wave events occur every year over the northern parts of the country. Single events can last weeks, occur consecutively, and can impact large population.

What is criterion for declaring heat-wave in India?



Heat wave is considered if maximum temperature of a station reaches at least 40°C or more for Plains and at least 30°C or more for Hilly regions.

- Based on Departure from Normal Heat Wave: Departure from normal is 4.50°C to 6.40°C Severe Heat Wave: Departure from normal is
- >6.40degree C
- Based on Actual Maximum Temperature Heat Wave: When actual maximum temperature = 45°C Severe Heat Wave: When actual maximum temperature = 47
- If above criteria met at least in 2 stations in a Meteorological sub-divi-

2100, respectively. This is a worrying trend, especially given India's goal of becoming a 10-trillion-dollar economy by 2030.

A 'REAL-FEEL' MEASURE

Heat action plans are only useful if they can represent the consequences of heatwaves over the entire population. For Indian authorities to recognise when deadly heat is present (and emergency action is needed), the government has to know how conditions feel for the public.

We used an environmental health measure popular in the US called the heat index to determine how hot the human body is likely to feel in relation to air temperature and humidity levels. This helped us to map how sensitive people were to heatwaves across India and discover that 90% of the country was in danger of severe repercussions during last year's heatwave.

It's important to accurately measure India's vulnerability to lethal temperatures. The metric used by the Indian government, known as the climate vul-

nerability index, does not account for the physical dangers of heat to human health. Our research showed that combining air temperature and relative humidity levels gave our heat index a "real-feel" measure for extreme heat. In other words, how extreme heat felt for people experiencing it.

STOP UNDERESTIMATING HEATWAVES

Underestimating the effects of extreme heat in India could reduce or even reverse its progress on a range of

sion for at least two consecutive days and it declared on the second day.

What is a criterion for describing heat-wave for coastal stations in India?

When maximum temperature departure is 4.50°C or more from normal, Heat Wave may be described provided actual maximum temperature is 37°C or more. The peak month of the heat wave over India is May.

HEATWAVES AND HEALTH

The scale and nature of the health impacts of heat depend on the timing, intensity and duration of a temperature event, the level of acclimatisation, and the adaptability of the local population, infrastructure and institutions to the prevailing climate. The precise threshold at which temperature represents a hazardous condition varies by region, other factors such as humidity and wind, local levels of human acclimatisation and preparedness for heat conditions. The negative health impacts of heat are predictable and largely preventable with specific public health actions. Exposure to excessive heat has wide ranging physiological impacts for all humans, often amplifying existing conditions and resulting in premature death and disability.

(WHO)

food security, which endangers the health and wellbeing of a large portion of Indian society. Being a primarily agricultural economy, productivity losses in this sector threaten the jobs and health of millions of marginal and small land-holding farmers, as well as their ability to adapt and take up new livelihoods. Another worrying tendency with heatwaves is increasing water-borne and insect-borne diseases, which could further strain India's already beleaguered public health system.

Every year, millions of people from rural areas migrate to India's cities in search of a better quality of life. But heatwaves have a disastrous effect on the country's urban population too. Practically the entire city of Delhi and its 32 million inhabitants were threatened by the 2022 heatwaves. Most migrants are forced to settle in the city's poorest quarters, where the effects of heatwaves are particularly catastrophic. Sadly, these communities also lack the means to buy air conditioners that might ease their misery.

Present procedures for assessing the sensitivity of India to climate change will not help people resist the exceptional heat seen in recent years and must be upgraded immediately.

The Intergovernmental Panel on Climate Change estimates that heatwaves in South Asia will grow more powerful and frequent this century. Heat action plans will be crucial in speeding up efforts to mitigate and adapt to the effects, but they must represent the complexity of India's vulnerabilities to climate change. The emphasis on making Indian cities resilient to extreme heat is critical, since cities will see a population explosion in the next ten years, with 70% of Indian building stock yet to be created. There is a chance to incorporate methods for adapting to extreme heat by designing new homes that are easier to keep cool.

With many more people in India expected to be hit by even greater heat extremes in the future, finance, urban design and education are necessary to help people adapt.

(The Conversation)

ALL ABOUT GALL

In an interaction with ARCHANA JYOTI, a team of doctors from AIIMS Delhi's Department of Surgical Disciplines led by HoD Dr (Prof.) SUNIL CHUMBER gives a comprehensive medical reference information including symptoms, diagnoses, treatments, and follow-up of gallstones disease that impacts up to 10% of the population in the country. Unchecked dietary habits, sedentary lifestyles, and the rising prevalence of obesity and metabolic syndrome are confirmed risk factors. Here we present the first part of the article.

Gallbladder stones, also known as gallstones, are hardened deposits of digestive fluid that form in your gallbladder, a small organ located under the liver that stores bile, a digestive fluid produced by the liver.

These stones are typically made of cholesterol, bilirubin, and calcium salts and can range in size from tiny grains to several centimetres in diameter.

The gallstones disease (GD) can manifest in various forms, from asymptomatic gallstones to acute cholecystitis, a severe inflammation of the gallbladder.



DR PIYUSH RANJAN

"The incidence of GD in India is on rise, with estimates suggesting that it affects up to 10% of the Indian population. Poor dietary habits, increased sedentary lifestyles, and the rising prevalence of obesity and metabolic syndrome are to be blamed," says Dr Piyush Ranjan

"There is disproportionately higher incidence in north India compared to the south. Gallstone disease is more common in women than in men, with a female-to-male ratio of 2:1. It also tends to affect people over the age of 40, although it can occur in younger individuals as well."



DR PRASANNA RAMANA

If left untreated, GD can have significant health consequences, such as acute cholecystitis, obstructive jaundice, and pancreatitis which cause recurrent episodes of pain in the abdomen and may be severe enough requiring hospitalisation, adds Dr Prasanna Ramana



DR YASHWANT SINGH RATHORE

Hence, early diagnosis and management are crucial to prevent complications and improve outcomes. A simple Ultrasound scan of the abdomen is more than sufficient to diagnose gallstone disease. Mostly gallstones are asymptomatic or incidental gallstones, informs Dr Yashwant Singh Rathore.

"Asymptomatic Gallstones are stones in gallbladder which cause no symptoms or complications and are diagnosed during routine



right upper and central abdomen, radiating to back or right shoulder and is usually associated with nausea, vomiting or fever. There is tenderness in the right upper abdomen and severe symptoms may require hospital admission, intravenous antibiotics and in some cases, surgery.

Bile duct stones (choledocholithiasis): This condition occurs when the gallstone slips into the bile duct which carries bile from the liver to the small intestine. This can result in jaundice (yellowing of eyes), abdominal pain and fever, a condition known as cholangitis (infection of bile duct).

Acute biliary pancreatitis: This refers to inflammation of the pancreas, which occurs due to the blockage of the pancreatic duct by gallstone, preventing digestive enzymes from flowing into the small intestine. Symptoms may include severe upper abdominal pain, nausea and vomiting. The symptoms may worsen and the patient may require ICU admission.

Gallbladder cancer: In rare cases, gallstones may lead to gallbladder cancer which is one of the most aggressive cancers of the body.



"Meaning, there are some conditions or situations in which surgery is not recommended or is considered unsafe. For instance in some conditions like unstable medical conditions (uncontrolled high blood pressure, heart disease, or a bleeding disorder), pregnancy especially during the first and third trimesters, advanced age, severe lung or kidney disease, recent surgery or trauma, and other medical complications.

These contraindications may increase the risk of complications during or after surgery and may require alternative treatments to be pursued instead of surgery.

"It is important to note that these are general contraindications, and the decision to undergo surgery should be made on an individual basis after a thorough evaluation of the person's medical history, condition, and other factors. In some cases, alternative treatments such as medication or endoscopic procedures may be recommended instead of surgery," Dr Kataria further explains.

INDICATION OF SURGERY IN GALLSTONES

Surgery is the most common treatment for gallstone disease when symptoms are present. The primary indication for gallbladder surgery (cholecystectomy) is the presence of symptomatic gallstones. Symptomatic gallstones can cause significant pain, inflammation, infection, and other complications. These complications may include acute cholecystitis (inflammation of the gallbladder), cholangitis (infection of the bile duct), and pancreatitis (inflammation of the pancreas).



DR KAMAL KATARIA

Other indications for surgery may include the presence of large gallstones, stones in the bile duct, or gallbladder polyps. Patients with a high risk of developing gallbladder cancer may also require surgery, Dr Kamal Kataria says.



DR GAGAN SONI

Additionally, patients with asymptomatic gallstones may require surgery if they have certain risk factors such as age over 60, Diabetes Mellitus (poor follow-up capacity, poorly controlled, high risk of emphysema), Sickle cell disease, TPN, Chronic immunosuppression, or other medical conditions that increase the risk of complications, chips in Dr Gagan Soni.

He cautions that there are some contraindications of surgery in gallstones.

SYMPTOMS OF GALLSTONE DISEASE

Symptoms can vary, depending on the type and severity of the condition, say Dr Sunil Chumber and Dr Ajay Mohan



DR SUNIL CHUMBER



DR AJAY MOHAN

■ Biliary colic is a common symptom of gallstones, and it is characterized by sudden and intense pain in the upper right part of the tummy, which may spread to the shoulder or back. The pain can last for several hours, and it may be triggered by eating fatty foods.

■ Acute cholecystitis occurs when a gallstone blocks the duct that carries the digestive fluid (bile) out of the gallbladder, causing inflammation and swelling of the organ. The symptoms of acute cholecystitis may include severe pain in the upper right part of the tummy, nausea, vomiting, fever, and chills.

■ Chronic cholecystitis is a long-term condition that occurs when the gallbladder becomes inflamed and damaged due to the presence of gallstones. Recurrent episodes of pain in the upper right part of the tummy, nausea, bloating, and indigestion are common symptoms.

■ CBD stones, or common bile duct stones, occur when gall-

stones move out of the gallbladder and into the tube or duct that carries the digestive fluid (bile) from the liver to the small intestine. The symptoms of CBD stones may include pain in the upper right part of the tummy, jaundice (yellowing of the skin and eyes), and fever.



ultrasound incidentally for other abdominal conditions.

"Classically, pain due to gallstones is felt in the right upper quadrant or epigastrium, and may radiate to the back or the right shoulder. Atypical presentations include dyspepsia, postprandial discomfort, constipation, bloating, nausea and vomiting. Overall, up to 20% of adults develop gallstones and >20% of those develop symptoms or complications and about 80% of gall stone cases are asymptomatic."

Thankfully, gallstones can be detected easily due to easy availability and use of diagnostic ultrasound for a wide range of abdominal complaints as well as routine check-ups, he says.



DR RAVI CHANDRA

"Patient with cholelithiasis may develop complications like acute cholecystitis (which may evolve into empyema, progress to gallbladder perforation or even gangrene of the gallbladder, cholangitis (due to common bile duct calculi) and pancreatitis. It has been observed that in most cases of gall bladder cancers, gallstones are associated. In India, gallbladder cancer is the commonest GI cancer in women, points out Dr Ravi Chandra.

HEALTH NEWS

AIIA AND CCRAS HOLD INTERACTIVE MEET ON RESEARCH AND EDUCATION IN AYUSH

NEW DELHI: The All India Institute of Ayurveda (AIIA) and Central Council for Research in Ayurvedic Sciences (CCRAS) recently jointly organised an Interactive meet a first-of-its-kind for research and education in Ayush with focus on capacity building as well as set goals to capitalize on the expertise and experience of the Chairs in academic and research avenues.

The participants discussed the research education ecosystem in Ayush Colleges, in both graduation and post-graduation levels. Rajesh Kotecha, Union Ayush Secretary said, "Pandemic was the opportunity for Ayush to develop their science. We need to discuss how we can utilize Ayush science for our Young researchers which can help the country and the world to benefit from the sector. Pramod Kumar Pathak, Special Secretary, Ayush Ministry informed that the efforts are on to promote Ayush's patents and research.

Prof. (Dr) Tanuja Nesari, Director AIIA termed the occasion as a historic movement when administrators, policy makers, education experts, researchers and distinguished scientists came together under one platform for the first time. This will help showcase each other's success stories and learn by fulfilling our gaps. "This platform gives us an opportunity to create evidence-based Ayurveda, creating a disciplinary model and integration," she added.

Prof. Vd Rabinarayan Acharya, Director General CCRAS, said "When we compare Ayush with the Chinese alternative method of treatment, it has much more potential to go high. During Covid time Ayush system has registered more clinical studies, in comparison to the Chinese system of medicines. It is the reason we are here today, to generate pathways to expand the horizon of Ayush. It is high time to give much priority to research."

A team of doctors at AIIMS, Delhi recently carried out a marathon metal-free spine fixation surgery upon a six-month-old boy, making him India's youngest infant to undergo such a surgery. Prof Deepak Gupta from the Department of Neurosurgery at AIIMS said that the baby was brought to them from another hospital last June with spinal cord and brachial plexus injury during normal vaginal delivery with a birth weight of 4.5 kg.

AIIMS DOCS FIX SPINE OF SIX-MONTH-OLD BABY



DR DEEPAK GUPTA



After the surgery, the child was kept on a ventilator for eleven months at the centre and was discharged on May 10, 2023.

The child interacts well with his parents, is feeding well and has shown partial neurological recovery in his limb movements after surgery. "To the best of my knowledge, spine fixation surgery in such young infants has never been reported or seen in India," Prof Gupta said.

...To be continued

How to tap women's entrepreneurial potential

In India and throughout the world, women typically face more significant challenges in their work life than their male counterparts when attempting to accomplish similar goals. For women, ever so often, more barriers must be surmounted to arrive at the same destination.

Entrepreneurship among women not only stimulates the economy by creating jobs but also has transformative socio-cultural outcomes.

The number of women-owned micro, small and medium enterprises (MSMEs) in the nation is estimated at over 1 crore units which is barely 20 per cent of the nation's proprietary businesses, according to the 73rd survey round of the National Sample Survey Organisation (NSSO).

To make India a \$5 trillion economic superpower by 2025, the country's 49 per cent population — women — must be empowered.

The pandemic's disproportionate impact on women entrepreneurs in India

According to data from the Ministry of Women and Child Development, there were 90 lakh women employees before the Covid-19 lockdown (prior to March 25, 2020), which fell to 83.3 lakh as on July 1, 2020. In addition to losing an average of nearly two-thirds of their salaries during the lockdown, women were much more likely than men to report an increase in their unpaid workload.

Added domestic responsibilities made it more challenging for them to return to the market, with long-lasting economic repercussions. Consequently, vulnerable sections of women, including Muslim, migrant, single, separated, widowed, or divorced women, have suffered more from the crisis.

Thus, the data is unambiguous. By identifying and quantifying these impediments, we can create intelligent solu-



tions to eradicate them.

Ingredients for enabling a women-led economic revival and growth

Getting business loans is still challenging for women. According to a poll we conducted in 2022, about 85 per cent women are still unable to obtain small loans of a few lakh rupees, necessary to start a profitable enterprise.

The Central Government may need to improve the appeal of programmes like Mudra by increasing loan size from an average of ₹27,000 today for "Shishu" loans to

around ₹2-3 lakhs as well as invest more resources in the Deen Dayal Antyodaya Yojana to ensure scalability of women's businesses.

Empowering aspiring and existing women entrepreneurs to establish, manage, and expand their businesses should be the main objective to foster inclusive, resilient, and sustainable economies. Here's how we can make that happen:

□ Business knowledge to help foster entrepreneurship in women: The majority of women business owners encounter difficulties while

trying to avail loans from nationalised banks. By actively promoting financial literacy, we can inculcate positive financial behaviour and educate women entrepreneurs on how to manage their money in all respects — register their firms for GST, income tax and other statutory compliances, generate invoices and collect receivables, save and reinvest profits, manage their employees' productivity, and so on.

One such success story is a woman from Chennai who, armed with a bank loan and advice from an experienced mentor, managed to scale her

organic peanut butter manufacturing firm.

□ Provide hands-on ecosystem support: In India, several women entrepreneurship development programmes strive to boost the capacity of women-owned businesses. To strengthen both the entrepreneurs and their businesses and connect them to customers and the market, these programmes combine capacity-building workshops with hand-holding/mentoring support.

For instance, the Women Entrepreneurship Platform of Niti Aayog has served as a one-

stop shop for women entrepreneurs to obtain information, financing, assistance, and mentorship online.

In our survey we found that 97 per cent of women-owned businesses had repaid their loans on time. No wonder, banks are more confident lending to women entrepreneurs because they believe women are more likely to save money and repay loans.

□ Help women in the adoption of digital technologies early on: We must help create a robust tech-based marketplace for women and encour-

age them to adopt an entrepreneurial mentality early on. There would be a noticeable ripple effect in the country if one woman employed ten more women under her leadership.

□ Create a robust ecosystem: Various nations, some at comparable developmental stages to India, and states within India, have encouraged and expedited the growth and sustainability of women-owned businesses. These include affluent nations like the US and Canada, where about 40 per cent businesses are owned by women, and developing nations like Indonesia, Vietnam, and Russia, where over 30 per cent businesses are held by women. Notably, several Indian States, including West Bengal (23.42 per cent), Tamil Nadu (10.37 per cent), and Telangana (7.85 per cent), take the lead in terms of proportion of women running MSME businesses. By 2030, an all-State initiative aimed at assisting women entrepreneurs start and grow their businesses may result in an increase in direct employment of 50-60 million individuals and a rise in indirect and induced employment of another 100-110 million.

One such example is a woman entrepreneur from Rayagada, Odisha, who was homebound, came from a low-income household and was married off soon after her graduation. She decided to launch her own homemade snacks business and received help obtaining a bank loan, as well as coaching from an experienced mentor to scale her business.

She now employs seven direct employees and over 30 indirectly, making and distributing high-quality snacks and sweets in about 25 villages, with yearly sales of more than rupees fifteen lakhs.

(The writer is founding and managing trustee, Bharatiya Yuva Shakti Trust)

Empowering aspiring and existing women entrepreneurs to establish, manage, and expand their businesses is the key to India's economic growth



LAKSHMI VENKATARAMAN VENKATESAN

PERSPECTIVE

Curate your social media to serve you better

You shouldn't let tech giants' bottomline dictate how you engage with social media. By being aware of how algorithms work, what they're capable of and what their purpose is, you can make the shift from being a sitting duck for advertisers to an active curator of your own feeds

Whether it's Facebook's News Feed or TikTok's For You page, social media algorithms are constantly making behind-the-scenes decisions to boost certain content — giving rise to the "curated" feeds we've all become accustomed to. But does anyone actually know how these algorithms work? And, more importantly, is there a way to "game" them to see more of the content you want?

Since then, algorithms have become much more powerful and nuanced. They now take myriad factors into consideration to determine how content is promoted. For instance, Twitter's "For You" recommendation algorithm is based on a neural network that uses about 48 million parameters!

A black box

Imagine a hypothetical user named Basil who follows users and pages that primarily discuss space, dog memes and cooking. Social media algorithms might give Basil recommendations for T-shirts featuring puppies dressed as astronauts.

Although this might seem simple, algorithms are typically "black boxes" that have their inner workings hidden. It's in the interests of tech companies to keep the recipe for their "secret sauce", well, a secret.

Trying to "game" an algorithm is like trying to solve a 3D box puzzle without any instructions and without being able to peer inside. You can only use trial-and-error — manipulating the pieces you see on the outside, and gauging the effects on the overall state of the box.

Even when an algorithm's code is revealed to the public — such as when Twitter released the source code for its recommender algorithm in March — it's not enough to bend them to one's will.

Between the sheer complexity of the code, constant tweaks by developers, and the presence of arbitrary design choices (such as explicitly



tracking Elon Musk's tweets), any claims of being able to perfectly "game" an algorithm should be taken with a pinch of salt.

TikTok's algorithm, in particular, is notoriously powerful yet opaque. A Wall Street Journal investigation found it uses "subtle cues, such as how long you linger on a video" to predict what you're likely to engage with.

So what can you do? That said, there are some ways you can try to curate your social media to serve you better. Since algorithms are powered by

your data and social media habits, a good first step is to change these habits and data — or at least understand how they may be shaping your online experience.

1. Engage with content you trust and want more of

Regardless of the kind of feed you want to create, it's important to follow reliable sources. Basil, who is fascinated by space, knows they would do well to follow NASA and steer clear of users who believe the Moon is made of cheese.

Think critically about the accounts and pages you follow, ask-



ing questions such as Who is the author of this content? Do they have authority in this topic? Might they have a bias, or an agenda?

The higher the quality of the content you engage with, the more likely it is that you'll be recommended similarly valuable content (rather than fake news or nonsense).

Also, you can play to the ethos of "optimising for engagement" by engaging more (and for longer) with the kind of content you want to be recommended. That means liking and sharing it, and actively seeking out similar posts.

2. Be stingy with your information

Secondly, you can be parsimonious in providing your data to platforms. Social media companies know more about you than you think — from your location, to your perceived interests, to your activi-

ties outside the app, and even the activities and interests of your social circle!

If you limit the information you provide about yourself, you limit the extent to which the algorithm can target you. It helps to keep your different social media accounts unlinked, and to avoid using the "Login with Facebook" or "Login with Google" options when signing up for a new account.

3. Use your settings

Adjusting your privacy and personalisation settings will further help you avoid being microtargeted through your feed.

The "Off-Facebook Activity" setting allows you to break the link between your Facebook account and your activities outside of Facebook. Similar options exist for TikTok and Twitter.

Ad blockers and privacy-

enhancing browser add-ons can also help. These tools, such as the open-source uBlock Origin and Privacy Badger, help prevent cookies and marketing pixels from "following" your browsing habits as you move between social media and other websites.

4. Get (dis)engaged

A final piece of advice is to simply disengage with content you don't want in your feed. This means: Ignoring any posts you aren't a fan of, or "hiding" them if possible taking mindful breaks to avoid "doomscrolling" regularly revising who you follow, and making sure this list coincides with what you want from your feed.

So, hypothetically, could Basil unfollow all users and pages unrelated to space, dog memes and cooking to ultimately starve the recommender algorithm of potential ways to distract them?

Well, not exactly. Even if they do this, the algorithm won't necessarily "forget" all their data: it might still exist in caches or backups. Because of how complex and pervasive algorithms are, you can't guarantee control over them.

Nonetheless, you shouldn't let tech giants' bottomline dictate how you engage with social media. By being aware of how algorithms work, what they're capable of and what their purpose is, you can make the shift from being a sitting duck for advertisers to an active curator of your own feeds.

(The Conversation)

YOUR WEEK AHEAD

MADHU KOTIYA



ARIES March 21-April 19
This week will be good for your health. You will have an abundance of energy and creativity. A female influence, such as your mother or spouse, will help to meet your health's needs while also motivating you to maintain a balance between physical and mental levels. You may slow down in your career because you are constantly scrutinised by competitors and rivals. You will feel constrained in your life. Your addiction, such as alcohol, overspending, or an unhealthy relationship, may become a roadblock to your success. Protect yourself from all these negative influences. Accepting and surrendering to your current circumstances are required in love. It is best to forego immediate gratification in favour of a higher cause. Singles should take their time before committing to a relationship.

Lucky number 13
Lucky colour Blue
Lucky day Tuesday



LEO July 23-Aug 22
You have a lot of energy, creativity, and positive energy this week. Your health and vitality will be excellent. You must channel your energy into constructive endeavours. Maintain your equilibrium within yourself. On the professional front, you will demonstrate that you are a genuine leader, and people will listen to you. With your kind and honest nature, you will win hearts. This week, you will most likely be an effective participant in meetings, collaborations, and contacts. Support from someone of the opposite sex will help you achieve your goals. Those who are taking interviews or competitive exams this week will be successful. In matters of love, you must exercise caution. You should respect and comprehend your partner's emotions. You can achieve relationship success by being generous. Giving your partner a gift can work wonders and strengthen your bond.

Lucky number 19
Lucky colour White
Lucky day Friday



SAGITTARIUS Nov 22-Dec 21
This week you will be moody and frequently irritated. This may also raise concerns about your physical health. You may experience health issues such as headaches, nausea, and high blood pressure. You must master the wild side of your mind and trust your instincts. Stay focused as you walk the path of enlightenment. When it comes to your career, you must take steps to advance your greater good. You will be able to address any outstanding issues in your life and clear up any misunderstandings. Extra effort is required before you can see results. Your career will face numerous challenges this week. Give your all, and the rewards will be yours. A relationship contains an abundance of happiness for you. The card depicts love's stability and balance. People who are not married may receive marriage proposals. You will be soulful, passionate, and romantic, and you will go to great lengths to make your partner happy.

Lucky number 39
Lucky colour Red
Lucky day Wednesday



TAURUS April 20-May 20
This week will be filled with anxiety and tension. You are concerned about the future. This will make you anxious and cause you to sleep poorly. You may experience headaches, insomnia, or high blood pressure. Negative emotions such as fear, frustration, and uncertainty should not paralyse you. Concentrate on the present moment. Avoid flatterers in your career because you may be misled by inaccurate information. You may experience frequent mood swings and feelings of insecurity. Hidden forces at work may jeopardise your success. And the best part is that you are upbeat and confident in your ability to control the situation and emerge victorious. You will feel strong and established in your love life. You are balanced and considerate of your partner. Love relationships can lead to marriage.

Lucky number 17
Lucky colour Golden
Lucky day Sunday



VIRGO Aug 23-Sep 22
To stay healthy, you must draw positive energy from the five elements: earth, water, air, fire, and sky. You are likely to be extremely energised and require a balanced approach to life. Any changes in your diet or lifestyle will have a negative impact on you. As a result, keep your cravings under and your anger under control. You are meticulous and hardworking at work. You are eager to pick up new skills and techniques. Your dedication and focus will benefit you. Financially, there is a need to change your lifestyle to increase overall gratification; the best part is that you are committed to making those changes. This week will bring you good fortune in love and a high level of emotional contentment. You will be surrounded by perfection and will be in an emotionally fulfilling situation. You can experience joy and happiness.

Lucky number 14
Lucky colour Pastel Green
Lucky day Friday



CAPRICORN Dec 22-Jan 19
This week, you will exercise extreme caution in all health-related matters. You will go to any length to improve your health. You must choose between following your mind and following your heart. The first approach would be to examine your deepest desires and expectations. Your career may be at a standstill, and you may feel stuck. This is the time to maintain cordial relations with your superiors. Your optimistic outlook on life will keep you motivated and open the door to new opportunities. In terms of wealth, the outcome will be disappointing. Your hard-earned money will be spent on expenses, leaving you with nothing. In terms of relationships, you are trustworthy and dependable. Singles will receive a positive message about love. Romance with your ideal partner is on the agenda. Your dedication and loyalty will strengthen your bond.

Lucky number 28
Lucky colour Peach
Lucky day Saturday



GEMINI May 21-June 20
This week will bring you good health, vigour, and stamina. You will be able to care for not only yourself but also your family. You will make a firm commitment to raising a healthy family and will leave no stone unturned to achieve your goal. On the professional front, you should take a practical approach and make some important career/business decisions. There is a good chance that you will be emotionally blackmailed at work. A female counterpart could be beneficial to your career. You will witness a one-sided love, so you will need a lot of patience and strength. Otherwise, you will lose your mental equilibrium. Those in a committed relationship may have to stay apart on account of performing some important responsibilities. Married couples, you will have a mutual understanding.

Lucky number 11
Lucky colour Orange
Lucky day Tuesday



LIBRA Sep 23-Oct 22
The change is for the better in terms of health. The positive outlook will lead to even more progress. The mental tension and fatigue caused by a fast-paced lifestyle will disappear, and you will feel very relaxed and energised. Physical activity and spending time in nature will be beneficial to you. You are likely to find new job opportunities with better prospects later in your career. Those who have taken competitive exams will certainly succeed, and they will certainly be called for an interview. The good news is that a promotion or salary increase is on the way. Your hard work and goal-oriented attitude will pay off handsomely. Friendship with juniors will benefit you. Your orthodox nature will lead to separation and disappointment in your love life. You must abandon old-school thinking and develop a modern perspective on your partner.

Lucky number 29
Lucky colour Sky Blue
Lucky day Tuesday



AQUARIUS Jan 20-Feb 18
You will have good health as well as a lot of vitality and vigour. You are disciplined and health-conscious this week. Yoga, exercise, and a nutritious diet will be extremely beneficial to you. It is best to begin the week with the intention of living a healthy and enjoyable life. You can establish a routine and discipline your senses. This week, your career is looking up, and you will receive an unexpected financial boost. The change is positive; the company will expand, and employees can expect promotions, raises, or the desired transfer. Some of you may be required to travel abroad for project work. Some of you may receive a love message or a marriage proposal in your relationships. Singles, your chances of meeting someone special are favourable. Married couples can go on a pleasure trip and strengthen their bond.

Lucky number 18
Lucky colour Indigo
Lucky day Friday



CANCER June 21-July 22
You must seek out a positive environment to unwind. You are likely to experience mental conflict and nervousness, which may contribute to the BP problem. Concentrate on taming your wild energy. A disciplined lifestyle, a well-balanced diet, regular medical examinations, and exercise are unavoidable. Avoid arguing and being aggressive. You will establish your credibility in your career. It is likely that you have genuine affection for someone at work, which may be a factor in your success. Those who have their own businesses will benefit financially. Those in positions of authority will benefit from the favour of their superiors. Your amicable behaviour and communication skills will benefit you. You may experience feelings of love and emotions. People will like you because you are affectionate and romantic. You will be concerned about the emotions of those around you.

Lucky number 2
Lucky colour Grey
Lucky day Saturday



SCORPIO Oct 23-Nov 21
You have a lot of positive energy this week. It is suggested that you recover from your illness and live a healthy lifestyle. An emotional issue involving someone close's care or treatment will be discussed. To avoid gaining weight, avoid overeating. To stay fit and healthy, stick to a healthy routine that includes physical exercise and a well-balanced diet. This is a good week for your career. You will be given the opportunity to change your fate. You must be upbeat and spontaneous. You will gain the trust of your superiors and may rise to the top of the boss's priority list. Promotion is possible. A new beginning, such as a new job or a new residence, could occur. A manifestation of desire, good fortune, and contentment is on the horizon in terms of love life. Some of you may be planning a date or a romantic trip. Marriages may have mutual understanding.

Lucky number 12
Lucky colour Black
Lucky day Tuesday



PISCES Feb 19-March 20
This week, it is critical that you take care of your health. You have been avoiding this critical issue for a long time, so a trip to the doctor is in order. Be open and discuss all issues because appropriate medical advice and treatment are critical. Your spiritualism and faith in God are positive traits that will contribute to your peaceful personality. On the professional front, you have some exciting news to share. This could be a promotion or a pay raise. You may be transferred to the desired location due to a sudden change. Your perseverance and hard work will be rewarded generously. In love, you may be deceived or feel disheartened. You must make a sacrifice or surrender to be with your partner. This is not the time to start a new relationship or to have high expectations from an existing one.

Lucky number 31
Lucky colour Turquoise
Lucky day Thursday

Madhu Kotiya is a tarot card reader, spiritual healer, and Founder, MShezaim Institute of Tarot and Divination. Contact details: madhu@indiatarot.com, www.indiatarot.com, M: 9873283331



ASTROTURF
BHARAT BHUSHAN PADMADEO

Mind and its functional dimensions

Mind, even though has a dependant status, but at the same time, it does also enjoy a certain level of operational independence. For, it enjoys the freedom to guide our actions by choice and discrimination. But whenever there is a choice option in hand, it carries equal probability of use and misuse. That makes the mind vulnerable to act as a double-edged weapon - susceptible to act either way. Mind could lead us to conduct rightfully and turn life into a pleasant experience. It could act a trickster as well, which may delude us, and lay down the ground for self-invited pains and sufferings. Owing to this indwelling sense of duality, mind often gets trapped into self-excited conflicting thoughts. This human vulnerability makes a being a mystery by oneself. No wonder, both creative as well devilish tendencies are in evidence all around. This riddle needs to be resolved for a smooth run of life, individually and collectively. That calls for exploring the making of mind and all its functional dimensions. Knowing which, it would be possible for the mind to steer our lives towards the right course due.

Let us now have a look into the construct of human mind. Following Vedantic perception, as detailed in the concept laid down by Kashmir Shaivism, a school of non-dualism, there are three functional dimensions of Mind - *Buddhi*, *Ahamakara*, and *Manasa*. All three are empowered by a fourth factor, *Chiti* (fundamental element of consciousness). *Chiti* is 'the immanent consciousness (the kinetic side of the fundamental element of consciousness)' available to a dynamic existence. It is the indwelling powerhouse of a being, which animates all human functionalities. It grants us with the 'Power of Knowing', whereby one gains cognitive, perceptive, and comprehensive abilities, vital to all our dynamic functionalities. Inherent in *Chiti* is *Buddhi* - the faculty of discriminate intelligence, which is armed with a sense of dispassion. It grants us with the sense of reasons applying which, one could analyse, evaluate, dispassionately arrive at the right judgment, and direct *Manasa* to accordingly act upon. And the fact that *Buddhi* carries no bias, more often it would pick up the most appropriate lead.



Inherent in *Buddhi* is *Ahamakara*. In common parlance, we also term it as ego-consciousness. This faculty brings in the sense of 'I' in a being, which will fully makes choices, commits to the tasks undertaken, and own up all actions on our part. The way *Ahamakara* wills is how ordinarily mind works. It is again this very sense of 'I', which makes us identify ourselves with

our gross body and mind organism, differentiated from others. That makes us get into comparison, discrimination, differentiation, and comparative rating based on self-assumed standards. Our thought process, thus, gets corrupted by breeding in a strong sense of divide. Inherent in *Ahamakara* is *Manasa* - sense aided functionalities of mind - as one's operational tool working from the front. *Manasa* is duly aided by the 5 sensory organs of perception, each assigned with their respective functionalities of seeing, hearing, touch sense, taste, and smelling. *Manasa* is normally supposed to gather outer-field data through its aids; relay it to *Buddhi* for due diligence; and then react and respond as directed by the latter. Second, it puts into action desires projected by mind as are guided by indwelling *Karmic* carryover from the past, or under external influences. And if ever unmindfully, *Ahamakara* wills to take things on face value, ignoring the necessity to invoke *Buddhi*, *Manasa* could also form its own perception on instinctive judgment and accordingly respond to external stimuli. The three operative tools of mind are supposed to work in perfect coordination with each other, as an inseparable unitary mechanism. If allowed a free run as mandated, mind comes out with its optimum best. And together they empower us with the capacity to sense, cognize, think, feel, analyse, dispassionately evaluate, reason out and arrive at right judgment. And rightfully guide one's actions by choice and discrimination. For, it will look at the issues in hand in the right perspective due. It, therefore, will pick up most appropriate lead. Second, one would be able to intelligently react and respond to external stimuli. Third, one would be able to intelligently deal with the challenges coming one's way. Fourth, one could explore even uncharted territories and comprehend beyond the known, covering even invisible realities. And accordingly improve our skill sets to strike beyond the known. Living in this very mode, we have progressively evolved all through civilisation's run, from our primitive stage down to the developed world as on date.

The writer is an astrologer, vastu consultant and spiritual counsellor. Connect with him at Tel: 91-11-9818037273/9871037272 Email: bharatbhushanpadmadeo@gmail.com