

The

Indian Resolve

COVER STORY

SANTOSH SHUKLA

(International Personality, Supreme Court Lawyer, Serial Entrepreneur)

FEATURED

ARYAN JUYAL

(Ex-Mumbai Indians Player, Captain of UP Ranji Team)



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ISSUE

Autumn Edition 2024

The Indian Resolve

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UNDER THE AEGIS OF
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FROM THE EDITOR'S DESK

Rome was not built in a day!

The Olympics winner, the exam topper, the finest artist, all of them couldn't achieve their feat through one day's greatness. It takes consistent efforts to achieve greatness in any field.

In this special Achievers Edition, we celebrate not only the individuals who have scaled great heights but also the spirit of determination, resilience, and passion that fuels their journeys. From athletes who've triumphed against all odds to entrepreneurs who've transformed industries, each achiever has a story that inspires, challenges, and moves us.

In addition to highlighting their incredible feats, this edition delves into life's broader canvas, addressing topics that matter to each one of us—mental well-being, overcoming failures, and the pursuit of a balanced life. Achievements are not measured solely by accolades or awards but also by personal growth, the ability to inspire, and the wisdom to navigate challenges with grace.

Hope through the pages of this edition, we bring out real talent and showcase the best practices in different fields of life.

Happy reading.



VAIBHAV PANDE

Editor-in-Chief



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SHRI SANTOSH SHUKLA'S INSPIRING JOURNEY



Santosh Shukla's journey is characterized by a relentless pursuit of excellence across various domains, from business and education to social welfare and legal advocacy. Here's a deeper insight into his remarkable journey:

- Early Beginnings and Education

Santosh Shukla was born on December 6th, 1973, in Allahabad, Uttar Pradesh, India. His upbringing in this culturally rich city likely shaped his early values and aspirations. He completed his formal education in Uttar Pradesh and Madhya Pradesh, laying the foundation for his future endeavors.

- Professional and Business Career

At a remarkably young age, Santosh Shukla assumed leadership in the business world. He founded Alma World Limited, a pioneering entity that has expanded its footprint globally. His ventures span diverse sectors including education, information technology, quality control, and more. Through Alma Schools of London and various educational initiatives, he has contributed significantly to the education sector, promoting knowledge

exchange and learning opportunities across borders.

- Leadership and Advocacy

Santosh Shukla's leadership extends beyond business success. He is deeply involved in social, cultural, and humanitarian causes, dedicating over 30 years to fostering national integration, universal peace, and environmental conservation. His roles as Chief Editor of prominent publications reflect his commitment to democratic values and societal progress through journalism.

- Legal Expertise and Global Engagement

As a legal expert specializing in Cyber Laws and Security, Santosh Shukla has made substantial contributions to legal advocacy. His affiliations with prestigious legal bodies such as the International Court of Justice and various Bar Associations highlight his influence and commitment to legal reforms and ethical practices on an international scale.

- Philosophical Foundation

Inspired by the philosophies of Swami Vivekananda and Mahatma Gandhi, Santosh Shukla's journey is guided by principles of universal brotherhood and humanitarianism.



These ideals shape his approach to leadership, emphasizing inclusivity, ethical decision-making, and empowerment of marginalized communities.

- **Global Impact and Recognition**

Over the years, Santosh Shukla's efforts have garnered international recognition through numerous awards and accolades. His ability to bridge cultural divides and promote global cooperation underscores his vision for a more interconnected and harmonious world.

- **In a nutshell...**

Santosh Shukla's journey from Allahabad to London is a testament to perseverance, vision, and a deep-seated commitment to creating positive change. Through his multifaceted roles as a business leader, educator, legal expert, and humanitarian, he continues to inspire others to strive for excellence while fostering unity and universal peace. His journey reflects a life dedicated to service, innovation, and the pursuit of a better world for all.

PURPOSEFUL Perfect Practice... Chasing Greatness in 20s



A young star cricketer making waves in the cricketing world is Aryan Juyal.

He is not just a talented player, but also a versatile wicketkeeper-batsman.

His achievements include being a member of India's Under-19 Cricket World Cup winning team and playing for the renowned Mumbai Indians franchise.

VAIBHAV PANDE- What does it feel like to have celebrity status at such a young age, and how is it different from other experiences?

ARYAN JUYAL- I think it feels really good, and it is a great feeling when your hard work is recognized and people appreciate you. However, along with that, a lot of responsibilities also come. You have to think through every decision before making it, and I believe that is how it should be.

VAIBHAV PANDE- So Aryan, let's start by talking about your journey. How old were you when you started playing cricket, and how did you complete your cricket training?

ARYAN JUYAL- I was seven years old when I started playing cricket in Haldwani, my hometown in Uttarakhand. When I turned ten, I moved to Dehradun, where I continued my training at the Abhimanyu Cricket Academy. At thirteen, I went to Delhi.

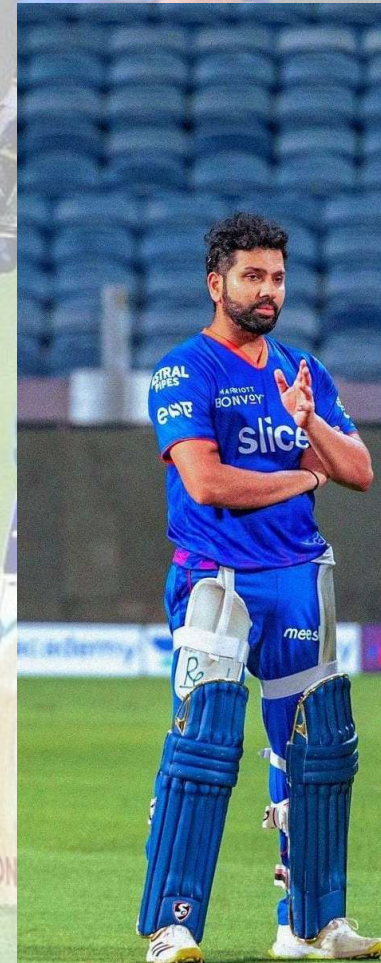
VAIBHAV PANDE- So, Aryan, at such a young age, how challenging was it for both you and your parents when you had to leave home?

ARYAN JUYAL- At that time, when you make the decision to go out, you don't realize the magnitude of changes that will happen. But when I left, I was very happy thinking that now I would play cricket seven days a week, enjoy it, and meet new people. But as soon as I reached there and saw my dad leaving me behind, that feeling hit me hard. Reality struck, and initially, it was very tough. I cried a lot; whenever someone asked if I missed home, I would immediately start crying. My sister was only two years old at the time, so missing her was the toughest part. A strong bond had formed with her because she was so young, and I felt a parental duty to take care of her when she came back from school. That caring bond was very strong. But with time, gradually, I got used to it.



VAIBHAV PANDE- So Aryan, we will also talk about your success, but before that, I would like to know how you deal with tough times since I am also your mental fitness coach. I want to know how you handle tough times, especially considering that you are currently recovering from a minor injury. Let's talk about dealing with tough times first, and then we will discuss cricket.

ARYAN JUYAL- Everyone has different ways of dealing with tough times, but personally, my way involves talking to my trusted people—like you, my coaches. If there's any technical issue, I discuss it with them. For instance, as you mentioned, I had an injury and was away from the game for three months. Obviously, when you start again after such a long time, the first few days won't be the same as before. It takes time. Initially, I was very stressed because my batting wasn't the same, and I didn't have that touch. So, I talked to you about it. If I have any mental issues, like being out of form, I always discuss them with you. After a certain level, the skill factor is similar for everyone, but the mental aspect is the most important. The main thing is to trust your process, repeatedly follow it, believe in yourself, and keep things simple without complicating them.



VAIBHAV PANDE- When you were playing for Mumbai Indians, training was a crucial aspect. How different was the IPL environment and experience? You also did wicket-keeping in an IPL match. What is the overall atmosphere like? As a spectator, it feels very enjoyable, but what's it like for those who are actually there?

ARYAN JUYAL- I think when you get selected, you obviously feel very good. It was one of the best moments of my life when Mumbai Indians picked me. That two-and-a-half to three-month phase was incredibly educational—what I learned and improved in those three months was more than what I had learned in my five-year career. The atmosphere is one of high performance. Nothing happens without a reason; everything has a specific purpose, which is how it should be.

As it's often said, 'practice makes a man perfect,' but now it's 'purposeful, perfect practice makes a man perfect.' Knowing the purpose of what you're doing is essential, then executing it perfectly, and then, of course, you have to practice and put in the repetition. The environment is very purpose-oriented, and the expectations are very high. Mumbai Indians are one of the biggest teams in the IPL, so if you're there, it's expected that you give your best every day on the ground.

@aryanjuyal_eleven





@aryanjuyal_eleven

The pressure factor is obviously there when so many people are watching you and expecting you to do well. I felt that pressure, those nerves, in my first match when I went for wicket-keeping. There was a sense of uncertainty, and I wasn't fully prepared. But I think, gradually, with time, you settle in.

VAIBHAV PANDE- I remember the day you met Sachin Tendulkar, the god of cricket. How was that moment, and what was the experience like?

ARYAN JUYAL- When he arrived at the camp, three to four days had already passed. As I was batting in the nets, I saw Sachin sir coming my way, and fortunately, he came to my net. After the batting session, all the players used to go to coaches to ask about their performances, asking questions like, 'Sir, what do you think? How was it, and what can I improve?' Similarly, I approached him. I was so star-struck that in those initial 10 seconds, I missed what he said. I was just looking at his face, thinking, 'Wow, he's actually standing in front of me.' But then he started giving me tips on my game. He watched my game and started telling me, 'Aryan, this is good, you can do this, you can do that.' He was my childhood hero. We've all seen him since childhood, and we've all dreamed of playing for India with the same passion. So, I think that was one of the best moments.

VAIBHAV PANDE- A one-star moment for me was also because of Aryan. Aryan was preparing for the Under-19 World Cup, and one evening after the matches, we were having a conversation. We were discussing post-match talks, and I asked him, 'Aryan, your coach is Rahul Dravid, right?' At that moment, I was also star-struck because meeting the people you've always idolized feels amazing, especially when someone from our place reaches a good platform and gets training from them. It's remarkable.

VAIBHAV PANDE- Aryan will come to the next question. If I talk about cricket, what qualities are needed for young children to become cricketers?

ARYAN JUYAL- The most important thing is hard work, and one can do hard work when one is laborious. Along with these qualities, discipline, determination, and dedication are crucial. Being 100% committed to your goal is very important because it's simple math: in India, many people play cricket. For instance, if I take one number, let's say 10 crores of people play cricket, and if only 15 people can play for India, then I think there will be less than 1 chance. So, if you want to play, then you have to put in the effort. Those who are successful, I think have worked the hardest and were determined towards their goal. Not a single day did they do anything that harmed their goal; everything was towards achieving it. So, I think that's very important.

VAIBHAV PANDE- Aryan, there's one more thing I'd like to discuss: your routine. Besides the hard work you put in, what else should be included in your routine, and what sets your routine apart?

ARYAN JUYAL- It's necessary for us to have at least two to three sessions in a day. So it starts in the morning; the first session is about fitness, which might start at 6 or 6:30, sometimes even earlier, depending on the day's plan. After that, there's breakfast and then some skills practice, whether it's batting or keeping nets, followed by a break for lunch and a good rest. Then, there's an evening session. This process continues, and I follow the same routine daily.

VAIBHAV PANDE- Aryan, since we often discuss mental fitness, is there anything you've learned that you believe youngsters should also learn? Any message that has emerged from our sessions on mental fitness?

ARYAN JUYAL- When I got injured during that crucial tournament, it was a tough blow. I felt devastated, especially considering that a similar small injury had caused me to miss a few matches last year as well. While I was on bed rest, you came to see me, and we were having a conversation. I asked why this was happening to me, especially during my tournament.

You said, 'Look, it's like driving a car at night. If a car is moving from point A to point B, but your headlights only illuminate about 20-25 meters ahead of you, you can't see the whole road. Life is like that'. You can only focus on what's in front of you, not on the past or the future. So, what was in front of me at that time was to get my foot fixed as soon as possible. So, I focused on that. Keep it simple, plan for the future, but work hard in the present.

VAIBHAV PANDE- And the message that I gave to Aryan, I would like to give it to all the youngsters. It's crucial to understand your process. Is your daily routine something that will lead to success, or are you just doing bits and pieces? Doing something good today and then nothing for a long time won't lead to long-term success. Aryan, we wish you all the best. Before I go, please do tell me, what else do you like besides cricket?



ARYAN JUYAL- Apart from cricket, I don't have much time, but I enjoy various activities. I like playing games, mostly on my PlayStation, although I don't get much time for it. Occasionally, I read novels and write in my diary. I also listen to music. These activities give me a break from cricket and refresh me, whether it's for a day off or to prepare for my next activity.

VAIBHAV PANDE- I remembered something very interesting: when Aryan was in England this year, he also learned cooking, and he is a very good cook too. So, in today's era, you have to be multi-faceted, which Aryan is. So, the effort is ongoing, and those who have goals in their eyes emerge as winners.



Public Speaking: An Ancient Art in a Modern World



Ms. Aparna Bhatt

Former Anchor for various News Channels
(Doordarshan, Star News)

International Author

Ex-Assistant Professor at Deshbandhu College
(Delhi University)



***Speaking is harder than all other work.
He who understands it makes it serve.***

(Ptahhotep's Instructions Verse 24)

When King Yayati, one of the first kings of the Chandravansha, announced that his youngest son Puru would be his successor, there was a tremendous uproar. The representative bodies of the State strongly opposed the king's decision stating that the eldest son must be the successor.

King Yayati then employed the art of oratory to convince them of the rationality and wisdom of his choice by quoting revered Shastric directives. The leaders of the representative bodies finally agreed after being convinced in this manner by the learned King.

Shakuntala's story is a story of a strong-willed woman with a flair for debate- a daughter who negotiated her own marriage terms while her foster father was away, a mother who fought tirelessly for her son's rights, a wife who severely admonished her erring husband (the King), an orator who spoke eloquently in the raj sabha and even cited the law to the King when she found him stubborn beyond reason. She was a spirited woman who utilized the art of public speaking to secure her son's future.

In ancient Greece we have Demosthenes who addressed the Athenian assembly, a group of around 6,000 men who would customarily shout down and derided their opponents. He used his oratory skills, evoked patriotism and convinced the Athenians to build up their naval fleet to show their readiness to defend themselves.

In the three nuggets mentioned above, “public speaking” is a common factor!

The roots of the tradition of public speaking can be traced back to the literature of ancient India that illustrates the importance of rhetoric in speech for the purpose of constructive communication. In world history, we also remember Demosthenes, Cicero, and Isocrates as great orators. The Instructions of Ptahhotep, written in Egypt some 4,200 years ago, was perhaps the earliest fully developed Western instructive text about “performing talk, listening to talk, and utilizing talk in social interactions.” In ancient China, we have Confucius’ classical text ‘The Analects’ in which he writes that “...if the speech jars, nothing can be accomplished.”

When we move from the annals of history to the newfangled 21st century, we find that the ancient art of public speaking has evolved from a profession, a performance, and a hierarchical art to an essential life skill.

As the forces of automation and artificial intelligence unite to play havoc with every career and to put an end to millions of jobs, the skill to communicate effectively becomes more important than ever. Communication is the backbone of our “global village” and public speaking is one of the most formidable and terrifying part of this essential 21st-century skill. Such is the fear of public speaking, whether prepared or spontaneous, that glossophobia or speech anxiety is the most common fear people exhibit the world over – a fear that must be vanquished if one wants to survive and thrive in the 21st century.

It is important to emphasize that public speaking is not a soft skill any longer, rather it is a fundamental skill. What’s more, the key to this vital skill is connecting with the audience to convey a message in the right light. And when it comes to this connection, it is imperative to remain authentic. Sincere words spoken with conviction and confidence always triumph over exaggerated polished acts that often sound superficial and mundane to the audience. Public speaking is all about holding a conversation and rousing hearts and minds to action. In a world of information overload, simply imparting facts or information doesn’t count as effective communication in any way whatsoever.

In our present-day world built on ideas and stories, the persuaders, the spellbinders, the orators-the ones who can win hearts, change minds, inspire and get results - have the one-upmanship.

Human history has exemplified that the art of public speaking has never gone out of fashion. Like the timeless values of honesty, humanity, integrity and loyalty, public speaking too never did and never truly will go out of style so much so that whenever American businessman, investor, and philanthropist Warren Buffett is asked about the one lucrative and treasured skill that anyone can acquire in the contemporary world, he replies public speaking. "The one easy way to become worth 50 percent more than you are now, at least, is to hone your communication skills - both written and verbal," Buffett is noted as saying. Coming from a man with a net worth of \$139 billion as of April 2024, this is definitely the biggest defense as well as an espousal of public speaking as an indispensable part of our 21st-century personal and professional world!

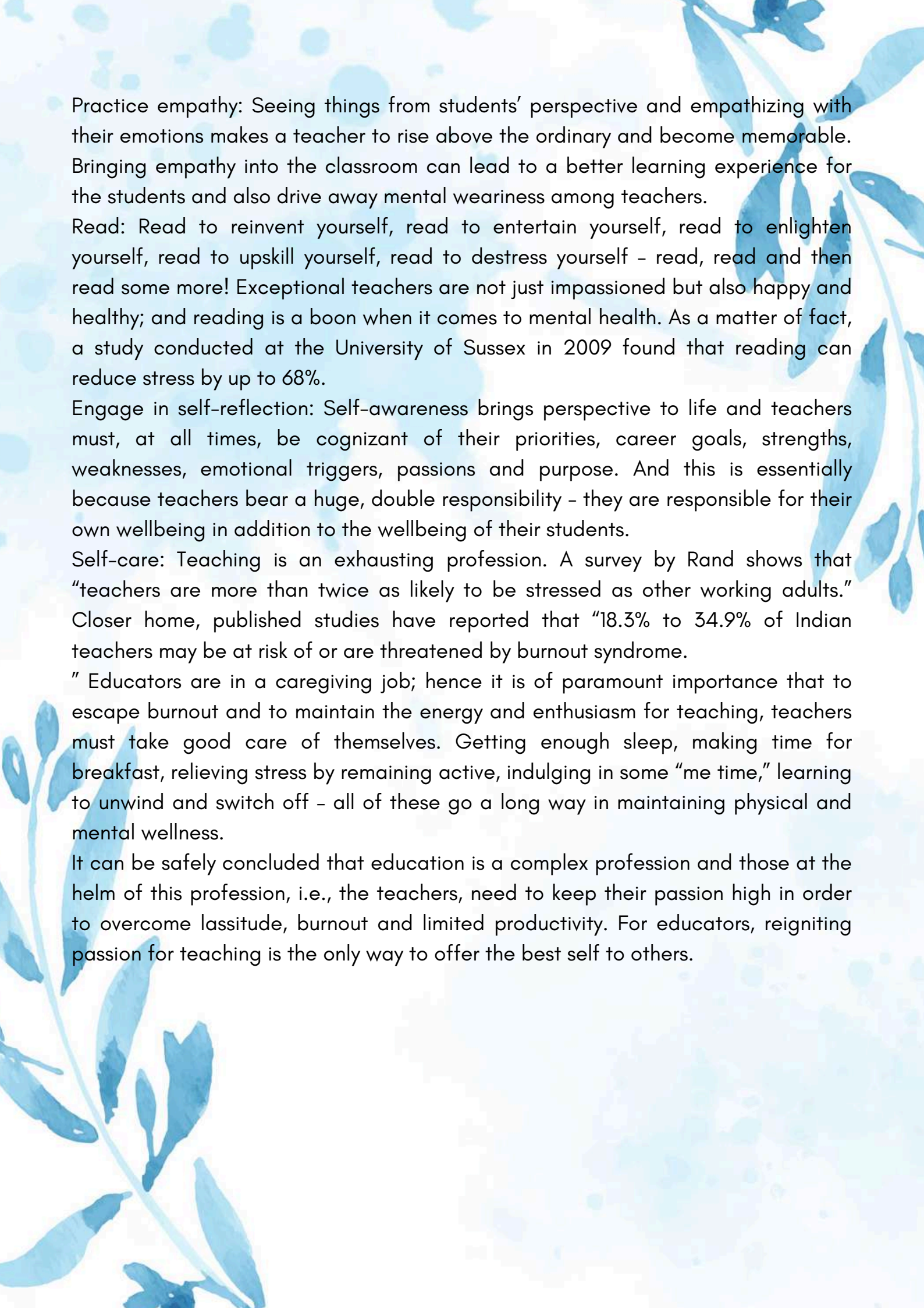
Good to Great: Reigniting Your Passion for Teaching

APARNA BHATT

Teaching is not just a profession; it is the mother of all professions. Whether an architect or an astronaut, a doctor or a dancer, teachers create all the professions. Teaching profession is a legacy of our past, of human history that speaks of not just war and dissent but also of knowledge, wisdom, empathy, creativity and curiosity. Teachers of today, even though this profession has gone through a sea change in the last fifty years or so, are carrying forward this legacy and building the future world, one student at a time. Often without even thinking about the humongous contributions they are making to the human race and humanity. Such is the simplicity and loftiness of this noble profession!

Teaching is all about heart and passion. But there are times that due to the inhuman demands of the business of education, mundane paperwork and drab formalities the fire of passion that propels this revered profession are replaced by apathy, emotional exhaustion and cynicism. Teacher burnout due to overpowering workload and emotional strain has led to personal and professional fatigue causing to a sharp decrease in passion and enthusiasm among the teachers of the present world. While one cannot combat this grave issue with just words of encouragement, there are ways for teachers to self-motivate themselves and keep their chins up, morale high, sanity intact and professional performance impactful.

Stay passionate: Never let your passion wither away. Find joy in your work every day. Appraise even a small accomplishment and keep reminding yourself that you play a vital role in your students' success. Always remember that your passion can always be infused in your classroom. It is a palpable force that can be used as a teaching tool as well as a springboard to professional success.

The background of the page is a light blue watercolor wash with delicate, darker blue floral and leaf-like patterns scattered throughout, particularly concentrated on the right and bottom edges.

Practice empathy: Seeing things from students' perspective and empathizing with their emotions makes a teacher to rise above the ordinary and become memorable. Bringing empathy into the classroom can lead to a better learning experience for the students and also drive away mental weariness among teachers.

Read: Read to reinvent yourself, read to entertain yourself, read to enlighten yourself, read to upskill yourself, read to destress yourself – read, read and then read some more! Exceptional teachers are not just impassioned but also happy and healthy; and reading is a boon when it comes to mental health. As a matter of fact, a study conducted at the University of Sussex in 2009 found that reading can reduce stress by up to 68%.

Engage in self-reflection: Self-awareness brings perspective to life and teachers must, at all times, be cognizant of their priorities, career goals, strengths, weaknesses, emotional triggers, passions and purpose. And this is essentially because teachers bear a huge, double responsibility – they are responsible for their own wellbeing in addition to the wellbeing of their students.

Self-care: Teaching is an exhausting profession. A survey by Rand shows that “teachers are more than twice as likely to be stressed as other working adults.” Closer home, published studies have reported that “18.3% to 34.9% of Indian teachers may be at risk of or are threatened by burnout syndrome.

” Educators are in a caregiving job; hence it is of paramount importance that to escape burnout and to maintain the energy and enthusiasm for teaching, teachers must take good care of themselves. Getting enough sleep, making time for breakfast, relieving stress by remaining active, indulging in some “me time,” learning to unwind and switch off – all of these go a long way in maintaining physical and mental wellness.

It can be safely concluded that education is a complex profession and those at the helm of this profession, i.e., the teachers, need to keep their passion high in order to overcome lassitude, burnout and limited productivity. For educators, reigniting passion for teaching is the only way to offer the best self to others.

Nature's Palette: The Artistry of Color, Form, and Texture

SANJANA JAISWAL

(Textile and interior designer and artist)

I am a painter and textile artist inspired by the natural world's beauty and mystery. My paintings celebrate color, form, and texture and meditate on the relationship between light, shadow, and atmosphere. As a textile designer by profession, my work is often nature inspired, but it is not simply depictions of the world around us but rather an expression of my emotional and spiritual connection to the natural world. Through my work, I hope to evoke a sense of wonder and awe and to invite the viewer to consider the beauty and complexity of the world around us.

Having worked with a few interior design studios and export houses in the past, I have now joined my mother in law as a part of our family business Elementé wherein we customise and manufacture high end furniture.

The constant aim to explore and learn got me to try my hand at painting on wood and successfully we developed a range of hand painted furniture. Like Albert Einstein has rightly said "Creativity is intelligence having fun." I aim to explore, experiment and grow...



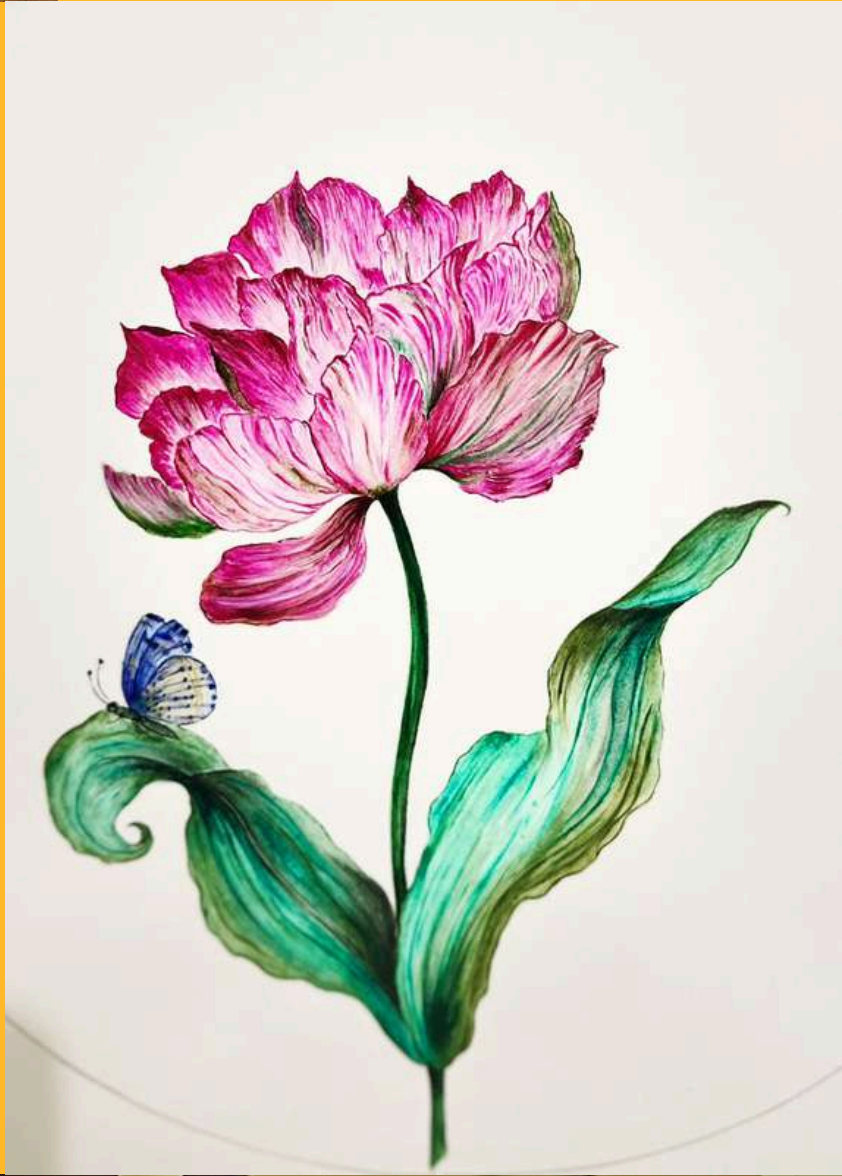


Piece 1

The Flamingo Cabinet

Transformed from a classic piece of French furniture into a stunning work of art, this piece is the epitome of elegance and whimsy. The vibrant pink flamingo stands out against a lush moss-green background, creating a mesmerizing contrast that captivates the eye.

This project was an absolute joy to create, and I'm ecstatic to announce that I'm now available for more personalized hand-painted designs! Whether you're looking to add a touch of artistry to your furniture, decor, or any other cherished item, I'm here to bring your vision to life.



Young Entrepreneurs of New India

Every generation has had its share of successful young entrepreneurs, from agriculturalist Eliza Lucas Pinckney (1800s) to Apple founder Steve Jobs (1900s).

In today's new generation, there's a trend of finding innovative ways to generate income early on, often through entrepreneurship, as a means to make a significant impact. Its significance lies in the convenience it provides, enabling customers to shop from home and have groceries delivered to their doorsteps. From web design services to affordable assistive technology for the visually impaired, these ventures cater to diverse needs, particularly benefiting individuals with busy schedules, mobility constraints, and those residing in remote regions.





Kaivalya Vohra - Zepto - Revolutionising grocery delivery



At just 21 years old, Kaivalya Vohra has achieved remarkable success as the co-founder and CTO of Zepto, a leading grocery delivery app, making him one of the youngest Indian billionaires. In 2021, during the height of the COVID-19 pandemic, Kaivalya and his co-founder Aadit Palicha launched Zepto. Despite the challenging circumstances, Zepto quickly became a major player in the e-grocery sector, revolutionizing how people shop for essentials.

Kaivalya's journey included studying computer science engineering at Stanford University. However, when the pandemic shifted classes online, Kaivalya and Aadit made the bold decision to leave the university and pursue their entrepreneurial venture in the e-grocery space. Sreelakshmi Suresh: Founder of eDesign Technologies.



Vinusha MK - Four Seasons Pastry

At just 9 years old, a simple cake-baking task to surprise her mother on her birthday inspired Vinusha to start her own enterprise, Four Seasons Pastry. Vinusha creates and sells cupcakes inspired by the four seasons. As she expands her business, she has launched a baking kit that includes all the necessary ingredients and recipes, along with homemade chocolates, sandwiches, and more. Every order is baked with passion and care.

Sreelakshmi Suresh - eDesign Technologies

Sreelakshmi Suresh demonstrates that age and gender are not barriers to achieving great things in the digital world. From Kozhikode, Kerala, India, she began her digital journey at just three years old when she started using computers. By the age of six, she had designed her first website. At the age of 11, Sreelakshmi founded eDesign Technologies, a web design company that offers a wide range of services, including website design, web development, SEO, and digital marketing, serving clients worldwide.





Shubham Banerjee - Braille printer

Shubham Banerjee's inspiration for his Braille printer using Lego bricks stemmed from a desire to create affordable assistive technology for visually impaired individuals. Yes, Shubham Banerjee gained widespread recognition for his innovative creation of a low-cost Braille printer using Lego bricks. He was just 12 years old when he developed this device, which significantly reduced the cost of Braille printing compared to traditional machines. His invention, called the "Braigo," not only demonstrated his technical skills but also his commitment to making assistive technologies more accessible to visually impaired individuals.

Shubham's project earned him numerous awards and accolades, including a spot on Forbes' "30 Under 30" list. His story continues to inspire young innovators around the world.

Deepak Ravindran - Innoz Technologies

Co-founder and CEO, Innoz Technologies has an inspiring journey for budding entrepreneurs. One day he wanted to google something. Though he had a cell phone but had no internet access at that time. This became his eureka moment. His innovation helped people who had no internet access data without having to go online. Through determination and hard work, Innoz today counts some of the biggest names like Airtel, Vodafone, Aircel, Idea, Wikipedia, Vuclip, Rotten Tomatoes, Zomato, Snapdeal, Bing, Worldweatheronline, etc., as clients.



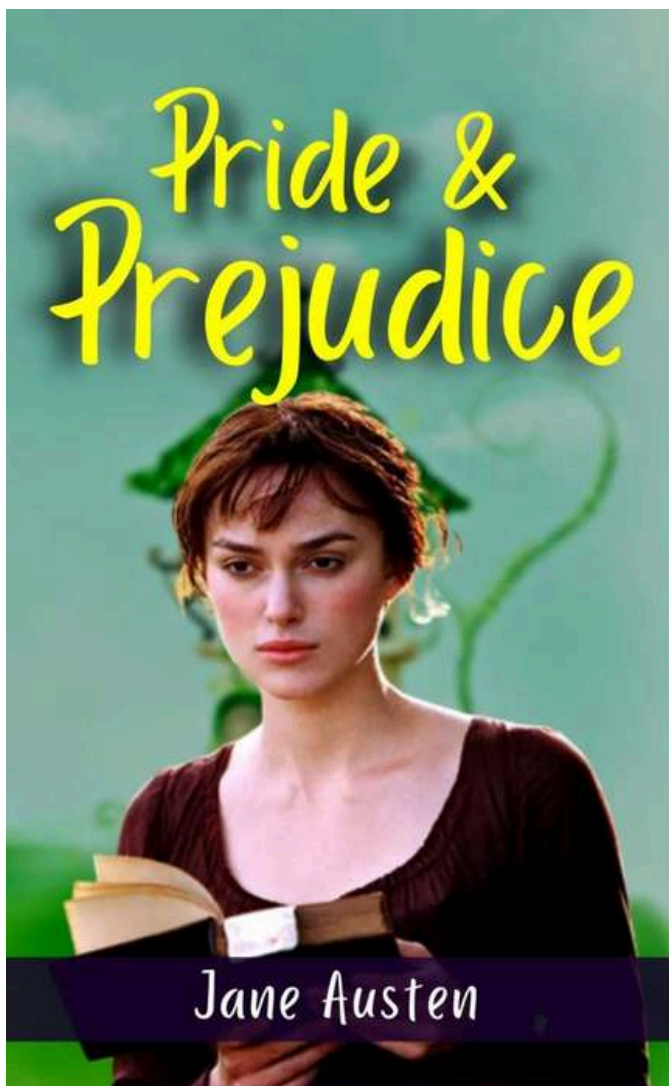
Worlds Within Words: 5 Books You Need to Read

Life resembles an expansive ocean, teeming with currents of experience, emotions, and knowledge. To adeptly navigate these waters, one can seek solace and guidance within the pages of books – be it fiction or self-help – which offer enlightenment and inspiration.

Within this carefully curated selection of five books, readers will embark on a journey through various facets of existence, from the nostalgic recollections of childhood to the intricate dynamics of societal norms. Whether seeking respite from daily stresses or yearning to broaden one's horizons, these literary works promise a harmonious blend of entertainment and enlightenment.

"Pride and Prejudice," a classic romantic novel by Jane Austen, centers on the burgeoning relationship between Elizabeth Bennet, the daughter of a country gentleman, and Fitzwilliam Darcy, a wealthy aristocratic landowner. Set in rural England at the turn of the 19th century, the Bennet sisters encounter several eligible bachelors, including Charles Bingley, Darcy, Lieutenant George Wickham, and Mr. Collins. However, "Pride and Prejudice" is much more than just a love story; it teaches readers about the importance of respect, forgiveness, and learning from mistakes.

In Austen's novel, self-awareness emerges as a central theme. Both Elizabeth Bennet and Mr. Darcy learn valuable lessons about overcoming their pride and prejudices, leading to true understanding and mutual respect. The novel deftly explores societal pressures surrounding marriage, emphasizing the significant weight placed on wealth and social status. Additionally, it underscores the dangers of believing gossip and highlights the necessity of seeking the truth. Throughout the story, Elizabeth's sharp wit and Mr. Darcy's intelligence are celebrated, not only as personal strengths but also as crucial elements in their character development and evolving relationship. Austen also emphasizes the importance of seeing beyond initial impressions, further enriching the narrative.



"Malgudi Days" by R.K. Narayan transcends a mere collection of stories; it serves as a portal into the vibrant fictional city of Malgudi, where the lives of ordinary people unfold in captivating detail. Narayan paints a rich tapestry of human experience, capturing the emotions, behaviors, and interactions that color the everyday lives of Malgudi's residents. The charm of the book lies not in grand adventures but in the intimate portrayal of the seemingly mundane. In these stories, we encounter the intricacies of family dynamics, the unspoken rules that govern social interactions, and the quiet battles against societal norms, particularly those of the mid-twentieth century. The brilliance of "Malgudi Days" lies in its focus on the common man. Narayan doesn't glorify the extraordinary; instead, he elevates the ordinary to an art form. We are drawn into the routines, aspirations, and challenges faced by everyday people. Some of these narratives, such as the tales of the unforgettable Swami and his friends, have captivated audiences not just in the pages of the book but also on television screens through the "Malgudi Days" series.

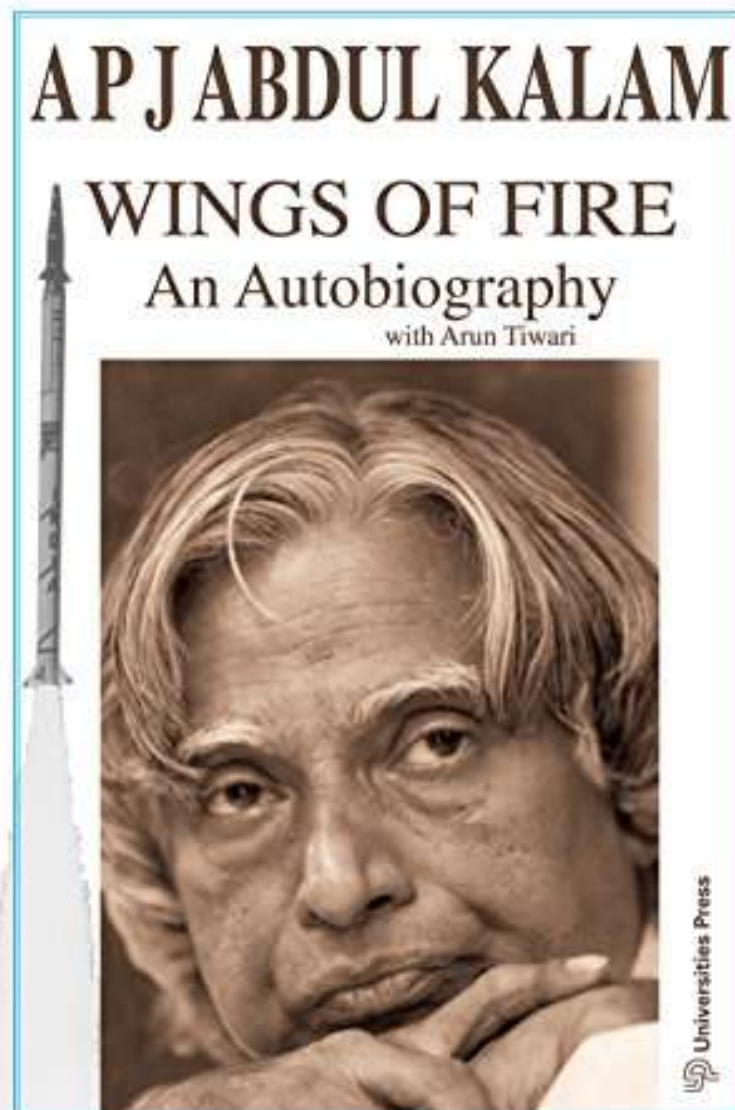


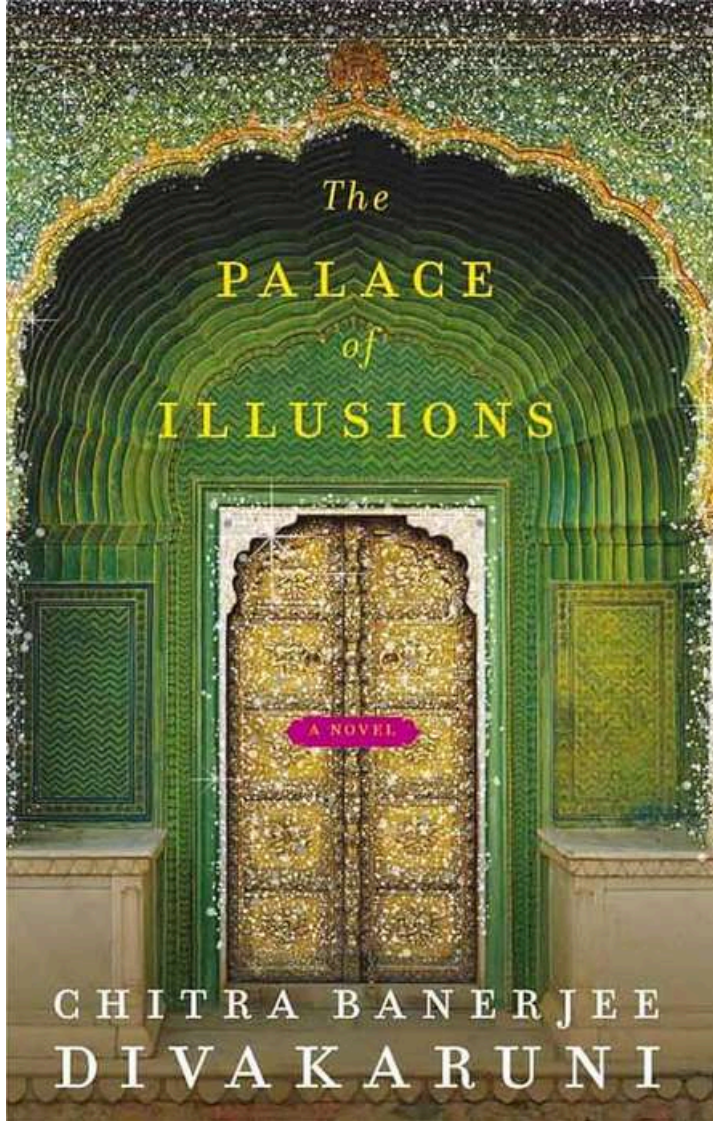
"Malgudi Days" is more than just entertainment; it is a social commentary. Narayan subtly yet effectively explores the social taboos of the era, prompting introspection and challenging societal norms. "Malgudi Days" offers a profound and engaging look into the unassuming lives of ordinary people. By weaving together the threads of their daily routines, relationships, and encounters with societal norms, Narayan creates a timeless masterpiece that resonates with readers across generations. It serves as a poignant reminder that the most captivating stories are often the ones closest to home.

"Wings of Fire" is more than just an autobiography by A.P.J. Abdul Kalam, the former Indian president and renowned scientist. It's an inspiring journey that takes readers from Kalam's humble beginnings in South India to his pivotal role in shaping India's scientific and technological landscape.

The book offers a glimpse into pre-partition India, showcasing Kalam's upbringing and the social and political climate that molded him. It delves into the struggles and triumphs that shaped his path from obscurity to becoming a leader in India's space and missile programs, even playing a key role in the country's nuclear development.

Kalam doesn't shy away from sharing the challenges he faces. But more importantly, he emphasizes the power of positive thinking and innovation in overcoming adversity and achieving success. "Wings of Fire" becomes a testament to the transformative power of purposeful learning, a philosophy Kalam himself championed: "When learning is purposeful, creativity blossoms. When creativity blossoms, thinking emanates. When thinking emanates, knowledge is fully lit. When knowledge is lit, economy flourishes." This quote, captured in the book, highlights Kalam's belief that education, fueled by purpose, is the key to individual and national progress.





"The Palace of Illusions" Stepping beyond the well-trodden path of the Mahabharata, Chitra Banerjee Divakaruni's "The Palace of Illusions" offers a captivating reimagining of the epic Indian tale. Published in 2008, the novel garnered critical acclaim for its unique perspective. Instead of the traditional focus on the Pandava brothers, Divakaruni weaves the narrative through the eyes of Draupadi, also known as Panchaali.

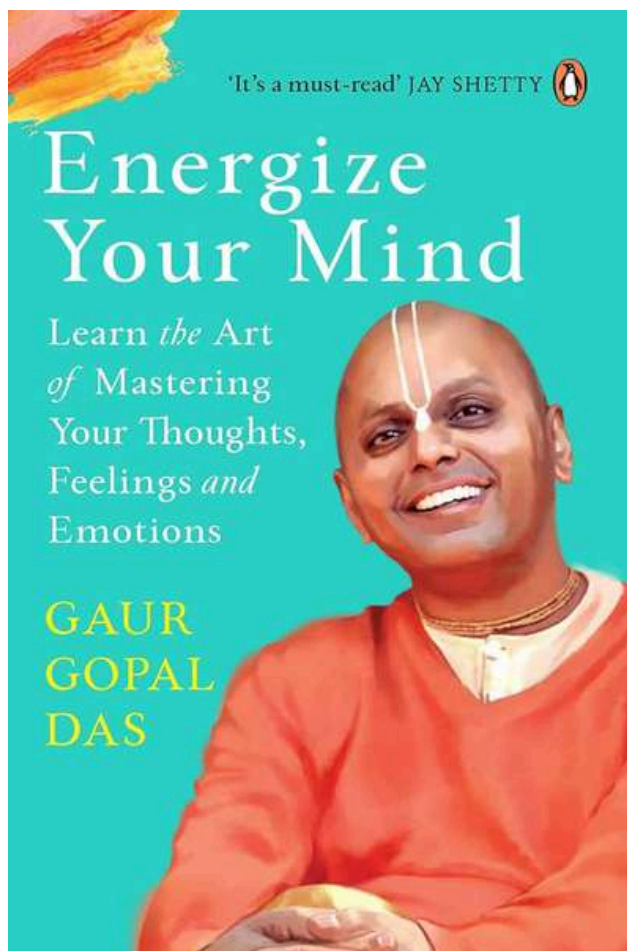
Draupadi's fiery birth from a sacrificial pyre sets the stage for her extraordinary life. The novel delves into the complexities of her existence, from her polyandrous marriage to the Pandava brothers to the challenges she faces navigating a patriarchal society. Divakaruni explores Draupadi's inner world, her struggles for identity and agency, and the depth of her love for Arjuna, one of the Pandavas.

The story unfolds against the backdrop of the Mahabharata's pivotal moments, including the infamous game of dice that strips the Pandavas of their kingdom, the public humiliation Draupadi endures in the Kaurava court, and the devastating Kurukshetra war. Through Draupadi's unique lens, readers gain a deeper understanding of the internal conflicts, political machinations, and personal sacrifices that shape the destinies of her family and kingdom.

"The Palace of Illusions" transcends a mere retelling. Divakaruni infuses the story with a feminist perspective, prompting readers to reexamine the timeless themes of power, loyalty, and destiny explored in the Mahabharata. It's a captivating blend of mythology, history, and storytelling that brings Draupadi to life in all her complexity and strength, ensuring her place as an unforgettable literary character.

"Energize Your Mind" by Gaur Gopal isn't just another self-help book. It's a comprehensive guide designed to empower readers to take charge of their mental well-being and cultivate a more fulfilling life. Gopal, a renowned motivational life coach and modern monk, brings a unique blend of spiritual wisdom and practical strategies to the table.

Written with eloquence and insight, "Energize Your Mind" delves into effective methods for managing thoughts, emotions, and feelings. Gopal doesn't simply offer vague platitudes; instead, he provides actionable steps enriched with personal anecdotes, exercises, and meditations. This approach makes even complex concepts understandable and applicable to everyday life.



Whether you're seeking to improve mental health, cultivate mindfulness, or simply find a better balance in life, "Energize Your Mind" serves as an invaluable resource. It guides readers on a journey of self-discovery, equipping them with the tools they need to train their minds and navigate the challenges of modern life. The book's focus on practical strategies ensures that these newfound tools aren't just theoretical; they can be implemented to create lasting positive change.

"Energize Your Mind" is a must-read for anyone seeking to unlock their full potential and embark on a path toward a more fulfilling and balanced life. It's a powerful testament to the transformative power of self-awareness and mindful practices.

The Habit Loop: How to Establish and Sustain a Reading Routine

Today a reader, tomorrow a leader – Margaret Fuller

Reading is the skill that opens up a new world full of imagination, creativity, and, most importantly, knowledge. Books can be considered the Gangotri Glacier, which replenishes the river of knowledge in a human's life. Reading is a complex process that involves the art of reading, comprehending, and storing information in our memory.

Reading skills ensure that we never get bored, as a book will always communicate with you in its own language if you are ready to listen.

There is no set way for a person to improve their reading skills; each individual will have a different spark to ignite the fire of reading habits. However, there are a few ways to build interest in reading. It is a practice to be followed and mastered. One book and its interest lead to another, and the journey becomes unstoppable. Let us discuss a few activities that will help build a castle of knowledge with bricks made of books.

1) Read what you like, not what others are reading. Don't join the rat race—if your peers are reading self-help books but you are interested in fiction, pick up a fiction book and start your journey. Conversely, if people around you are discussing fiction but you love self-help, build your library with self-help books. Building interest in the content you are reading will help you develop the habit of reading. As J.K. Rowling aptly stated, "If you don't like to read, you haven't found the right book." This suggests that a person who doesn't enjoy reading simply hasn't discovered the genre or book that can immerse them in a world of words and create a new universe of their own.

2) Establish a dedicated family reading time. Engage all members of your household, from elders to children, in this activity. Encourage each member to read or discuss their book's content with you. Solicit their recommendations and discuss the classics they have read or wish to read. Family encouragement and support will not only foster your reading habits but also instill the same in children, who often emulate their elders. Reading together or discussing books can create shared experiences and bonding opportunities, thereby strengthening family relationships.



J.K. ROWLING

**“If you don’t like
to read, you
haven’t found the
right book.”**

3) Commit to reading at least a few pages daily and set flexible goals.

Establishing daily reading targets, whether it be a few pages or chapters, can help improve reading habits by leveraging the human mind's competitive nature. Goals should be flexible; overly rigid targets can lead to a sense of failure if not met, potentially causing some to give up. Therefore, while goal-setting is important, it is equally crucial to maintain flexibility and consistency. Remember, a year from now, you may wish you had started today—so begin as soon as possible to avoid future regret.

4) Create a conducive reading environment. Ensure proper lighting and organize your books in a way that makes them easily accessible and visible for selection. Setting up a dedicated reading area, such as a personal library or a designated corner of a room, can lay a strong foundation for developing reading habits. Provide good lighting, and comfortable seating, and minimize distractions. Establishing a consistent and inviting reading environment creates a sense of ritual, making reading a habitual and enjoyable part of your daily routine. A comfortable space encourages readers to settle in and spend more time immersed in their books.

5) Use technology strategically. Technology has benefited readers in numerous ways, such as through e-books, which eliminate the inconvenience of carrying multiple physical books. However, technology also has its drawbacks and is often blamed for the decline in reading habits and reduced concentration. Yet, technology was designed to make our lives easier. As the saying goes,

**"Science is a good servant
but a bad master,"**

the same applies to technology. By using technology strategically, we can enhance our reading habits. Instead of carrying multiple books, we can access them with a single click on our phones, laptops, and other devices.

For those who prefer the tactile experience of physical books, they can continue to enjoy them as part of their reading journey. Digital platforms provide access to a vast library of e-books and audiobooks, making it easier to discover and enjoy new titles. Algorithms can suggest books based on your interests, preferences, and reading history. By leveraging technological advancements, readers can optimize their reading habits, and enhance their reading experience.

6) *Make friends who help you discuss books or join reading groups.*

Connecting with friends and joining reading clubs allows you to share your enthusiasm for reading with others, helping you stay committed to your reading habits. Regular meetings and discussions motivate you to finish books and come prepared, promoting a sense of responsibility and discipline. Reading clubs often explore various genres, encouraging you to step out of your comfort zone and discover new interests. Participating in a reading community fosters personal growth by developing new insights, empathy, and critical thinking skills. By joining a reading club or connecting with fellow readers, you can create a supportive and engaging environment that enhances your reading experience and promotes personal growth.

7) *Listen to author interviews to generate curiosity.*

Hearing about authors' journeys and experiences can make their books more valuable and increase your curiosity to read them. Authors' insights and explanations provide a deeper understanding of their work, characters, and themes, enriching the reading experience. Their perspectives can enhance appreciation for the writing craft, literary devices, and storytelling art. Additionally, listening to authors can introduce you to new writers, genres, and topics, broadening your reading horizons. This practice makes reading more enjoyable as you gain a deeper appreciation for the creative process and the minds behind the books.

8) *Reward yourself for completing books.*

Recognizing your achievement after finishing each book can significantly enhance your reading habits. Rewards offer tangible acknowledgment of progress, instilling a sense of pride and accomplishment in readers. These rewards can take various forms, such as physical items like stickers, badges, or additional books, experiential rewards like author meet-and-greets or participation in book clubs, or social rewards like sharing achievements with friends or receiving recognition. Incorporating rewards into your reading routine can lead to a more consistent, enjoyable, and fulfilling reading experience. They serve to reinforce the habit of reading, strengthening your reading muscle and making it easier to sustain over time.

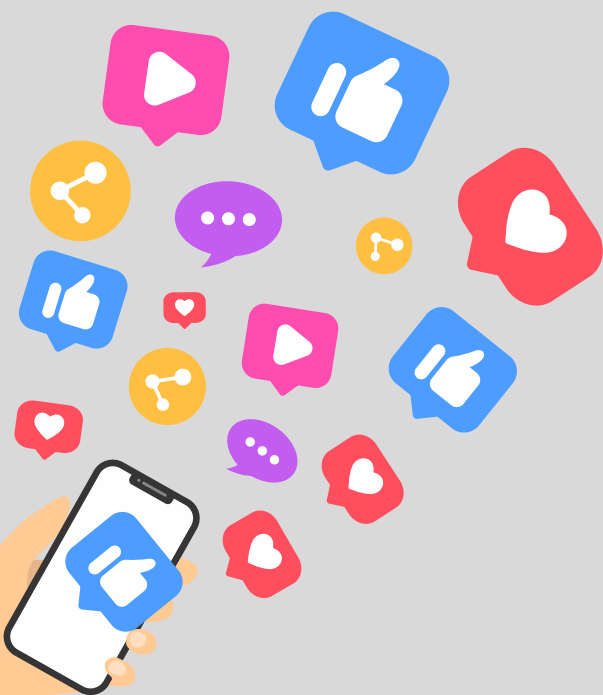
One glance at a book and you hear the voice of another person, perhaps someone dead for 1,000 years. To read is to voyage through time." – Carl Sagan. Developing a reading habit requires time and practice. Be patient, and persistent, and maintain confidence in yourself. A dedicated reader will continually discover new books to explore. Cultivating a robust reading habit is a potent means to foster personal growth, expand knowledge, and derive enjoyment. Embrace the pleasure of reading and nurture it as a lifelong habit that enriches your life indefinitely.

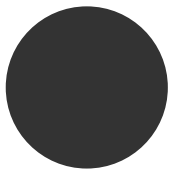
BEYOND LIKES AND FOLLOWS: CHALLENGES OF SOCIAL MEDIA INFLUENCERS

Social media has revolutionized the way we connect, communicate, and conduct business, creating a level playing field for even the smallest of enterprises. Beyond business, it has democratized education, information, entertainment, guidance, and networking, making them accessible to all. The power of influence has enabled individuals to build businesses and reach vast audiences. Additionally, social media holds businesses accountable, as brands are increasingly identified by the faces that represent them, which places a responsibility on influencers to ensure quality and service.

However, being a social media influencer, while seemingly glamorous, comes with its own unique set of challenges. As this profession is relatively new and rapidly evolving, influencers often face difficulties in navigating their roles. Unlike traditional industries where resources and suppliers are easily identifiable, social media influencers often struggle to find guidance on managing their platforms, securing good brand deals, or hiring skilled video editors. Building a network of fellow creators for advice and support is crucial. Networking not only eases the burden but also provides a support system for creators. Additionally, there are numerous websites offering freelancing services that can assist influencers in managing their tasks more efficiently.

One significant challenge for social media creators is the compromise of their personal lives. Sharing intimate details about their lives attracts unwanted attention, making it difficult to maintain a balance between public and private life while remaining transparent with followers.



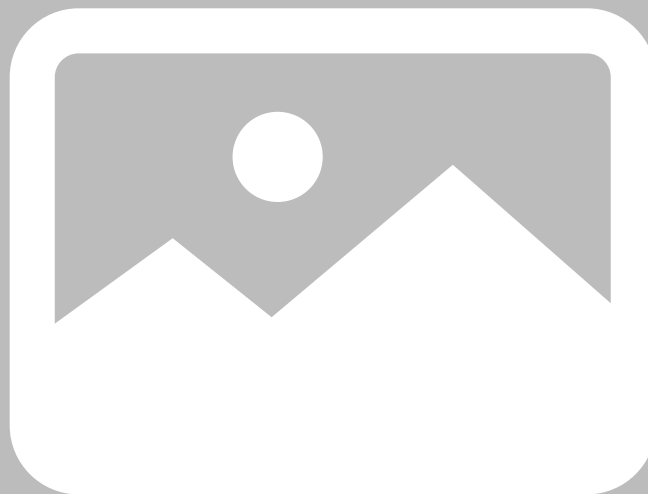


username



Consistently creating engaging and high-quality content is no child's play. The constant pressure to produce such content amidst burnout and creative fatigue is a tough nut to crack. Furthermore, the fluctuating numbers of followers and engagement can take a mental toll. Developing a thick skin and coping mechanisms to handle trolling and criticism from the audience is an unavoidable part of the job.

Technology plays a pivotal role in the lives of influencers. From camera equipment and videography to understanding lighting and editing software, influencers rely heavily on technical expertise to produce their content.



Understanding these challenges highlights how demanding the life of a social media influencer can be. It is far from being a piece of cake. Appreciating the hard work that goes into making a one-minute video not only equips the audience with the necessary skills and personality traits but also fosters a deeper appreciation for the dedication and effort invested by social media creators.



UNLEASHING CREATIVITY

Designing has a rich history that dates back to ancient times. Early humans used design for practical purposes, creating tools, clothing, and shelters. As civilizations developed, they began to use design to express cultural beliefs and tell stories, as seen in Egyptian hieroglyphs, Greek pottery, and Mayan carvings. Over time, design evolved with new materials and techniques, leading to the diverse field of graphic design we see today, where digital tools and technology play a major role in creating visual content for communication and branding. Despite the changes, the core of design—creativity and expression—remains constant.

Many people believe that graphic design is a mundane field requiring an analytical mindset and proficiency with computer programs. However, this perception is incorrect. Graphic design is a highly creative profession that enables designers to unlock their inner potential and depict what words often fail to express. It goes beyond creating visually pleasing designs; it's the art and practice of planning and projecting ideas and experiences through visual and textual content. The primary goal is to craft visually appealing and engaging designs that convey specific messages and evoke particular emotions. Graphic design incorporates elements such as typography, images, colours, and layouts to communicate messages effectively.

The Rule of Thirds (the principle that helps define zones that attract the majority of consumers' attention and then place objects correctly to your purpose)

Dive into a plethora of online resources, such as Digital Photography School, offering rich articles, tutorials, and immersive courses delving deep into this essential principle. Alternatively, embark on a visual journey through YouTube, where countless photography channels unravel the intricacies of composition techniques, including the rule of thirds. For hands-on experience and refinement, turn to industry-standard software like Adobe Photoshop and Lightroom, equipped with grid overlays facilitating seamless application. Alternatively, explore the user-friendly interface of Canva, an online graphic design haven replete with templates and tools, including intuitive grids to guide your compositions. Through these multifaceted avenues, you'll hone your craft and wield the power of the rule of thirds to craft visually striking narratives.

Colour Theory (plays a significant role in design)

Research indicates that people form a subconscious judgment about a product within just 90 seconds, with 62% to 90% of that assessment based solely on colour. The appropriate colour palette is crucial for a design's success, as it can evoke emotions, convey meaning, and create a cohesive and impactful visual message. This is where colour theory becomes essential, offering designers a set of principles and guidelines to craft harmonious and effective colour schemes.

Soft Skills

For graphic designers to excel in their field, effective collaboration, emotional intelligence, strong communication, efficient time management, and creativity are crucial. They need to work well with others, manage emotions adeptly, communicate clearly, meet deadlines, and continually innovate.

Graphic design is far from being a mundane or purely technical field. It is a dynamic and creative profession that enables designers to convey ideas and emotions beyond the confines of words. By incorporating principles such as the rule of thirds, utilizing colour theory, and developing essential soft skills, graphic designers produce visually captivating and engaging content that effectively communicates messages and evokes emotions. This combination of creativity and technical expertise underscores the true essence and significance of graphic design.