

The

# Indian Resolve

## FEATURED

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## COVER STORY

**Cassandra Mae**  
Spittmann (CassMae)  
German Singer-Songwriter

Pic credit - Luca Sankowski

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*Disclaimer: The opinions expressed in articles are the author's own and do not reflect the view of The Indian Resolve Magazine.*

ISSUE

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# The Indian Resolve

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UNDER THE AEGIS OF  
**TWIN WIN**

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## FROM THE EDITOR

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Dear Readers,

As the scorching heat of the sun raises the temperature in India in the month of April, the election season has also made its heat felt in numerous ways. Though The Indian Resolve Magazine's April edition is here to share a different story. In this edition, we talk about Entrepreneurs and artists who have held their nerves in most testing times. Their resolve is rock solid and they have nerves of steel. Their journey inspires millions of others to make it big and to dream big. On the cover page, we have an artist whose nationality is German but whose heart is Indian; as Columnists, we have educationists and social reformers who are travelling the road less travelled.

Embark on this journey with us, as you read the following pages word by word, by the end of it all, you will be a different YOU!

*Your Friend and Storyteller,*



*Vaibhav Pande*

VAIBHAV PANDE

Editor-in-Chief

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# CassMae

**Cassandra Mae Spittmann**, popularly known as **CassMae**, is a 21-year-old musician who is widely known for her Indian cover songs. Her love for India is visible on her Instagram bio which reads "German Singer-Songwriter in love with India".

Even though she hasn't been able to see the world around her since birth, her spirit never stops her from reaching amazing goals. Along with this, she has mastered singing in Sanskrit, Hindi, Kannada, Malayalam, Tamil, Assamese, Bengali and Urdu. Recently she along with her mother met with PM MODI in Palladam, Tamil Nadu. She has also found her mention in the 105th episode of 'Mann ki Baat' along with the tweet- "What a sweet voice... and through the emotions reflected in every word, we can feel her love for God. If I disclose that this melodious voice belongs to a daughter from #Germany, perhaps you will be even more surprised! The name of this daughter is - Cassandra Mae Spittmann."





### ***Tell us about your best memories from the latest Indian Tour***

India was such a great experience! I had amazing food, the temples were beautiful, the scents were unbelievable and I finally got the chance to meet my fans who were so sweet and kind. I was overwhelmed when I could play a concert at the Isha Yoga Center, sing for Sadhguru and be in the presence of the Prime Minister. And above all those things there was this feeling of coming back home after searching for a long time. It's very hard to describe but my heart was literally jumping when I took my first steps in India.

### ***How was it to be appreciated by the Prime Minister of India?***

I would have never thought that I would meet the Prime Minister on my first visit. I was very nervous since I didn't know what I should say or do in front of him. I was informed that I could sing two songs which I did (a Tamil song and a Sanskrit Shloka). We made music together - him drumming on the table - and I think it was a great conversation we had about my stay in India. He also told me that he had watched my reel confirming that I'm currently in India and he straight away thought about the possibility of meeting me.

### ***What attracted you to Sanatan and India?***

My first connection to Sanatan Dharma was an Indian restaurant in the US with the Mahamrityunjaya Mantra playing in the background. Something about this particular Mantra intrigues me a lot until today and I think it opened doors to the different forms of Brahman for me.

In the US, I also took part in the Five-Week-Berklee-Summer-Performance Program and I fell in love with the Indian ensemble there. Arriving back home, I started learning Hindi and listened to a lot of Indian songs in various languages. Some quite negative aspects of my life occurred but with the help of chanting Mantras and especially listening to Bollywood Evergreens, I was able to find motivation and happiness again.

***Tell us something about your future plans.***

I'm a Singer-Songwriter so definitely I would love to write and release new songs. I would call my genre I-Pop because my music combines Western and Indian influences. Maybe I could do a tour in India with this music. There's also my dream of producing a Mantra album but I don't know yet when this will happen. I also would like to raise awareness for Indian music in other countries. In Germany, where I live and come from, I will eventually have a lot of intercultural projects in the near future.

***Please share the struggles from your inspiring journey so far.***

Being born blind, I always had to deal with struggles but I somehow found the way out. Music helped me a lot in this process because I could forget problems for a while, transforming them into songs.

I think it's not about the struggles you might have, it's about what you can create out of them. I'm just so happy about always having supportive people by my side and this is what counts for me.

***How do you handle stress?***

When I'm stressed out, I have to let it out of my system because I always notice the stress heavily impacting my body, mind and soul. At this point, I just want to talk to people about it or when I'm a bit more introverted - it changes sometimes - I just listen to music and sink into my daydreams. But the faster I notice the stress reaction, the faster it goes away again. I'm patient enough to have a break if I need to and then everything is alright again.

***Any dream that remains unfulfilled?***

I think my biggest dream as of now is that I can actually live off my music. It's great to be creative but you literally need a balanced lifestyle to survive. If I work hard enough, I'm sure I'll make my way in the business but it'll take time and patience.

***Apart from singing what excites you?***

I love to read and learn about new topics. Since my childhood, I had so much fun with language learning, too. Of course, I also love practices of meditation and yoga and there's still so much to explore in this aspect of living this yogic way.

### ***Your favourite mantra/bhajan?***

There's something about Lord Shiva Bhajans that really blows my mind; I can listen to all of them and immediately feel connected. I also know a lot of Mantras now but simply chanting Om Namah Shivaya is my personal key to peace.

### ***Anything you would like to say to the youth reading this article?***

There's one thing I noticed and I would like to share. There are so many amazing people out there, telling their stories, and sharing their happiness. I just wish that people listen to their experiences and stories first without directly making up an image of this person in their minds. It's not just what you see, it's the hidden senses behind it. I'm actually optimistic that nowadays a lot of people seem to understand this and have such a deep connection with themselves and others around them.



Pic credit - Luca Sankowski



## ***Rabiaah Bhatia***



*Edupreneur | Mentor@Niti Aayog | Public Speaker(550 Talks) |  
LinkedIn Top Voice | Survivor to a Global Creator |  
Transformation Skills Leader | Global SDG Ambassador |  
Lifestyle Model & Brand Ambassador !*

### ***How are you bringing a change in the society?***

Being a Mentor of Change at NITI Aayog, I am using my skills for the sake of the improvement of society as well as to make each person understand that their happiness lies in their own hands.

I aim to create a peaceful society, spread happiness and inspire many other women to lead a life with a purpose. My mission is to open children's eyes to the wonder of the world around them and to make them realise their role as guardians of their environment.

### ***Who is your biggest source of motivation?***

The important thing is that you get into the habit of challenging yourself to the limit and never give up. My Life is based on the Art of "Gratitude" as Gratitude changes your life and Gratitude opens the Heart.

Create a mission for yourself and work towards that mission, this is how we can make our lives meaningful & keep motivating ourselves.

The only way is to exert yourself in whatever is before you.

### ***Please list some of your biggest achievements***

I never dreamed about success. I work for it. I define success on my terms, achieve it by my own rules, and build a life that I am proud to live. I always believe that one woman's success can only help another woman's success. I am unwavering in my vision and want to always be a better version of myself.

My life is full of achievements, accolades, honours and world-class experiences working towards bringing peace & harmony to society. To list a few:

- Becoming a Proud Mother - Awarded by our Cabinet Minister, Gajendra Singh Shekhawat ji for promoting Sustainability & becoming the Global SDG Ambassador.
- WomenOfExcellenceAward2022 by Chalk and Duster.

### ***How important is personal branding?***

Personal branding is no longer a luxury but a necessity

For me, Personal branding is to establish your distinct identity and reputation that reflects a leader's values, beliefs, and strengths. It's about communicating what makes a leader unique and how your leadership style adds value to others.

It enables you to be a better leader, a more authentic leader that creates a greater overall impact.

### **How do you handle setbacks?**

Life is full of challenges, the more challenges, the stronger you become and change your perspective towards Life. This is how and why I started my journey of professional life. A person who believes in "Never Give up". For me, every failure is a learning and road to success. Where there is Life, there are "Ups' & "Downs". Life is not easy but we can all make our lives beautiful by just one understanding - "We are born for a purpose which only we can fulfil."

### ***Topics you love speaking on.***

Life Skills, Soft Skills, Modeling, Public Speaking

### ***How difficult is it to juggle between different careers, especially for mothers?***

The pressure to be a perfect mother and a successful career woman can be overwhelming.

It's all too easy to fall into the trap of trying to do and be everything, and ending up feeling like we're not doing anything well. It's important to remember that we can have it all, just not all at once. And I don't know about you, but I've found that in accepting this, there's a sort of peace to operating from that place. One step at a time.

One key takeaway is to prioritise self-care. (I know, right? But, hear me out...) It's easy to put our own needs on the back burner when we have so many other responsibilities. However, taking care of ourselves is essential for our overall well-being and our ability to juggle all of our responsibilities.

Another key takeaway is learning how to say no (and not feeling guilty or like a terrible human in the process!) We simply can't do everything, and it's important to recognise our limits. Saying no to certain commitments or responsibilities can be difficult, but it's important to prioritise and focus on what truly matters. You, your health, your family, your friends and your work (because those bills won't pay themselves, unfortunately!)

The most important message for women with families or women contemplating a family is that they are going to have to make difficult decisions. One cannot resign from motherhood but the amount of time one devotes to the role is in one's own hands. Finally, it's important to recognise that it's okay to ask for help. Whether it's from family, friends or hired help, there's no shame in needing assistance. Seeking support can be a sign of strength and a way to ensure that we can juggle all of our responsibilities effectively.

Here's the thing, there's no such thing as balance. Life isn't balanced, but if we aim for harmony, like that of an orchestra - there are different instruments at different tempos and playing different parts of the melody, but together, that's where the magic happens.

### ***What is happiness for you?***

Happiness does not come from anyone else but can be created only from within you. The key to finding happiness was not in being somewhere else or doing something else but in appreciating what I already had. Instead of looking around and trying to compare myself with everyone around me, I decided to follow my path. I now do what feels right and good according to my standards.

I believe that we can feel happy no matter where we come from, where we live, our conditions and circumstances. Because happiness is a mindset.

Happiness is feeling grateful for what you have and being proud of who you have become. Happiness is knowing that the world is not perfect, the people around us are not perfect and we are not perfect. And being ok with it. Happiness is inner fulfilment. We just need to realize that we don't need anyone, anything or any place to feel happy and fulfilled.

# ***Change: Discovering the Power beyond Disruption - Jyoti Jha***

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” — Anais Nin

Change is the flowing stream of water that removes stagnation from our lives. Understanding and perceiving everything around us and getting a clearer and closer perspective of life; getting out of that rut and gaining momentum to make progress; emerging from that persistent sense of uncertainty and moving towards the definite transformation; transcending fear and letting go of attachments; how much are we willing to embrace newness, how much are we ready to change?



## ***About the Author***

*TEDx Speaker, Storyteller, and Author, Jyoti Jha is an award-winning writer. She contributes to both English and Hindi literature.*

However necessary the ongoing continuum of change is, it is only natural to resist it as much. Deliberately crushing good ideas and people to beat the queue and letting the staleness of status-quo persist with ease and suit the needs of certain few. Or the unwillingness of individuals to grow beyond their comfort zone and accept something essentially different. As much as 'change is inevitable', so is the resistance to change! But if we prepare ourselves to pay the price for this inevitability, we can unfold our insecurities to spheres of discoveries and innovations. And how do we achieve that?

For a genuine change to transcend the stagnate and metamorphose to progress, stepping out of the comfortable cushion of existing circumstances, is a mandate. Let that urge, aspiration, and inspiration emerge from within and spiral towards the external factors to initiate the process of 'turning it all around'. Allow the boost of confidence to overshadow the state of procrastination and commence the process of engaging with the world and the environment around you. Be prepared for the series of 'trade-offs' as a cost to change wherein you are ready to suffer before you blossom. Letting the old patterns waft slowly in the breeze of new beginnings, risking the brunt of criticism and judgements to take that chance and discover our true selves. Be in love with the process as much as fantasizing about achieving the result. Continue to **Aspire, Ascertain, and Accomplish!**

Nothing is permanent but change, the moment we stop changing, we stop existing! But there is a limit to the extent to which a human can keep changing, and maybe that is why we mortals pave the way for our future. and pass on the torch to the next generation, to carry through the process of change, while we embrace the end of our physical existence.



## ***The Diminishing State of Short Stories - Nitish Raj***

Since the advent of humanity, we mere mortals have had a special liking for stories. Even then when the art of writing was not discovered, people used to tell stories through telling each other which used to pass on to the next generation. Even though the originality of the stories used to distort to some extent, who cares as long as the story used to enthrall us and served the purpose of either educating or entertaining us?

Even though the originality of the stories used to distort to some extent, who cares as long as the story used to enthrall us and served the purpose of either educating or entertaining us? And with the discovery of the art of writing, the art of stories witnessed a revolution more intense than the Industrial Revolution.



### ***About the Author :***

*Nitish Raj is the Editor-In-Chief of Today Magazine, a TEDx Speaker and an Author.*

Various forms of stories got invented and we got introduced to parables and folklore apart from the long stories and the short stories. And of all these discoveries and inventions, the short stories got prominence due to their uniqueness and relatability apart from being short in word count which would make them easy to read and cherish. The general masses accepted short stories whole-heartedly and the world got introduced to some great literary stalwarts like Franz Kafka, Anton Chekhov, Alice Munro, Munshi Premchand, Ismat Chughtai, Saadat Hasan Manto, and a lot of others who deserves an honorable mention.

The form of a story that has been so widely appreciated and cherished by literary stalwarts and readers alike is perhaps facing the toughest phase in its glittering history. In this age of digitization and social media, the stories have shortened to not just an alarming rate but sometimes seem funny also. On the pretext of having a busy schedule and lack of time for reading a remarkable story, the stories have taken the form of Nano Tales, Mini Tales, Drabbles, and Flash Fiction. Any serious reader of a short story will simply get disillusioned by the size of these so-called stories which end even before they could start. It may be quite easy to blame the readers and these new crops of writers, but have we ever heeded our attention to the diminishing state of short stories?

Ask any aspiring short story writer and he will take you on the perilous path which would be hard even to believe! Getting advice from fellow authors to not debut with a short story collection to find the guidelines of various literary agencies not accepting short story collections is enough to torment his confidence. Even the publishers who publish the yesteryear short story writers with pomp and show are reluctant to publish a short story collection as they fear that short stories do not sell in the market.

If these setbacks are not enough, most of the prestigious literary awards do not prefer short story collections. It is quite evident from the fact that the country which has produced great short story writers like Munshi Premchand, Sudarshan, and Kamleshwar in the Hindi language has witnessed just two recipients of the Sahitya Akademi Award for short stories since its inception. A country that boasts of an exceedingly high English-speaking population has met the same fate as sadly we have only just two recipients of the Sahitya Akademi Award for short story collections till now.



# ***Cognitive Bias: The Real Reason People Gonna People***

## ***About the Author:***

*Ayushii is a Research Associate at the Indian School of Business involved in the Public Policy Domain and is a University of Glasgow alumni. She is also an Associate Editor at The Indian Resolve Magazine.*

Ever wonder why even the most well-meaning people can't escape the grip of mental blind spots? In social settings, ingrained biases twist perceptions of others and muddy judgments. These "cognitive biases" act like funhouse mirrors, distorting how we process information and make sense of reality?

From the office to the family dinner table, cognitive biases create invisible barriers that fray communication and impede cooperation without us realizing it. Consider the insidious confirmation bias - this bias makes us automatically search for and favour information that upholds our pre-existing beliefs while dismissing contradictory evidence. This closed-mindedness poisons our ability to see other perspectives and perpetuates needless conflicts and divisions.



Or take the *halo effect*, which causes us to assume someone's positive traits extend across all areas based on an overall good impression. This mental shortcut derails objective assessments of colleagues, friends, or romantic partners by letting an external positive trait overshadow flaws or weaknesses we should rightly account for.

Let me share a personal experience. I remember vividly how cognitive biases like these made networking events painfully awkward for me in the past. Walking into a room full of unfamiliar faces, I would automatically start judging the other attendees through my own preconceived notions and first impressions.

If someone seemed shy or disinterested, the *accessibility bias* made me dismiss them as not worth approaching to network. And if I did connect with someone who struck me as extraordinarily successful based on superficial cues like their polished appearance or commanding presence, the halo effect kicked in, causing me to treat them with deference and fail to relate to them as equals.

Similarly, last election season, my family meetings turned into political showdowns. My uncle rooted for the right wing, while I firmly supported the left spectrum.

Caught in our own bubbles, we fell victim to confirmation bias - we automatically accepted information that matched our existing beliefs and rejected contradicting facts.

Civil discussions spun into petty arguments as we twisted the truth to fit our firm party loyalties. We became blinded to each other's viewpoints, countering opposing claims with pre-planned rebuttals. Confirmation bias created invisible hurdles, blocking any real exchange of perspectives within our family over an issue that called for reasonable discourse. Our biased mindsets disrupted communication and common understanding.

Once I recognized how these mental blindspots hinder my ability to view others as impartial individuals and connect naturally, it was a game changer. I became more open-minded, more present in conversations, and better able to network authentically.

So, the next time you find yourself feeling disconnected or in a disagreement, do a quick check: Is bias clouding my judgment? Embrace curiosity, keep an open mind, and listen to different perspectives. It's how we break down walls and build bridges. Let's ditch the biases and keep it real. Remember, armed with this self-knowledge, you have the power to implement debiasing strategies and make a real difference in your social interactions.

# ***Preserve the Best or Reserve the Rest?***

## ***A call for India's cultural awakening***

### **ABOUT**

**Aditya Mishra** completed his schooling from the residential school Sherwood College, Nainital and holds a Bachelor's in Business Administration from Narsee Monjee Institute of Management Studies, Mumbai.

Aditya is pursuing his Master's in Business Administration from NMIMS Mumbai & manages his family businesses (a pharmaceutical company manufacturing IV fluids, Eye drops, and Ear drops and a multi-speciality Hospital) all situated in the foothills of the Himalayas in Uttarakhand.

Aditya hails from Haldwani, a small city situated in the Tarai region of the Shiwaliks in Uttarakhand. He is passionate about philosophy, business modelling, operations management, psychology, sports and current affairs.

### **GET IN TOUCH**

Aditya is always available for side collaborations and talks worldwide. If you want to chat about Businesses, books, theatre, football, or anything else, don't hesitate to reach out.



If meritocracy is an aspiration, those who fall short can always blame the system; but if meritocracy is a fact, those who fall short are invited to blame themselves.

Michael J

T-10 mins to launch, 500 million youth -check, Make in India - check, Diversity - check, Incredible talent - check, Reservation on basis of caste - check? STOP this launch sequence to a developed nation! 75 years after independence, India has tirelessly built the foundation for the 'Rocket of exponential growth' to take off. This is set to propel India from a nation with a poor to mediocre standard of living, to a developed nation with equitable opportunity for all. But is this true, do the best amongst us get to the highest spheres of influence in their fields or are they handicapped by archaic notions of reservations based on caste and religion?

Reservation laws are by nature discriminatory, which is hardly news. Humans by nature behave differently when their group identity is invoked. The problem stems from the sheer number of groups we are compartmentalised at birth here in India. This diversity of groups presents a challenge of hierarchy within the groups we are bifurcated into.

As a Hindu should I identify as a Brahmin (which I incidentally am born into) and look down upon my fellow Hindus? Or should I identify as a Jaat and get a reservation astronomically increasing my chances of getting through competitive exams? I could also identify into myriad other iterations of caste and receive government-recognised statutory benefits. If I am a Muslim, what am I, a Shia or majoritarian Sunni?

In all this noise we forget that we are Indians first and foremost. When Major Somnath Sharma laid down his life at the LOC (Line of Control) he did not make the ultimate sacrifice for Brahmins from Himachal, He laid down his life for all who are blessed to be born in India. Similarly, all other religions be it Sikhs, Christians, Jews or whatever a person may be born into, should not take superintendence over our national identity if we want to grow as a Nation. The tactics of divide and rule will continue to be exploited by political parties who have a vested interest in gaining power in their region through sectorial identity as long as people keep giving their immediate groups preference over the greater cause of our national growth.



We need to be better than this and separate the wheat through the chafe if we are to grow as a nation. I was blessed to be a kid of class 3 in Sherwood College, Nainital, which is one of the premier schools in India and coincidentally is also a hostel. It was the last day before our long winter vacation and the children were excited to pack up their trunks and come back next year promoted one class senior. At Sherwood, we have a generation of local home helpers who have been serving the school and act like our parents for 8 months a year. I was leaving my class 3 dormitory when I bent down and touched the feet of the two local helpers of our dorm.

My mind by the grace of God and my family's upbringing did not teach me to differentiate based on caste rather it was an automatic response for me to get blessings from my elders. You may feel I am exaggerating but that memory has stuck with me because as soon as I touched their feet, they teared up on being recognised with this small cultural gesture which wasn't anything special. I couldn't figure out until years later why it meant so much and I wish reality was different, but I'll be naïve if I assume the same.

What does history say about reservation? Well, People often attribute Dr. B.R. Ambedkar to having chalked out the modern reservation for upholding social justice and ending the tyranny of "upper caste Hindus" after the Poona pact. Affirmative action or reservation in India has for the last 75 years reserved representation for "marginalised groups," which by the way is a definition that can be redefined from state to state by a notification passed by the President on consultation with the ruling government (further promoting sectoral politics).

Why should a person who on merit scores higher not get equal opportunity? We like to complain about the great "Indian brain drain."

Well, any person who is better would not stand to be railroaded based on superimposed historical guilt which has nothing to do with them. People argue that SC/ST communities suffer discrimination even after reaching high spheres of influence. Well, life is tough, but that doesn't mean we should change the rules of the game to accommodate people based on completely unrelated factors. Who would stand for the gold medal being awarded to the third fastest runner based on notions of historical guilt? It would undermine the achievement of truly deserving people from SC/ST communities by labelling their achievement as being "artificially contorted."

I understand that economically weaker sections of society need equality of opportunity but not equality of outcome! It is a dangerous precedent to set which will continue to be exploited by politicians to further divide the country. Noises for caste census anyone?

If we cannot guarantee basic equality of opportunity to the people of India, I believe we will never be able to truly tap into the potential of our nation. These fractures in the edifice of society will just grow if deep-seated identity politics is allowed to take root in the public sphere.

Narendra Modi is from the OBC community and holds the most powerful office in the country. Good for him! He truly deserves it OBC or Brahmin how does it even matter? It is my hope and wish that we see through the muck that we've created and address it as soon as we can because losers of the world will always come together and find ways to bend the system if it doesn't suit their agenda.

I would end by quoting JFK, He said, and I quote -

"All of us do not have equal talent, but all of us should have an equal opportunity to develop our talent."

That should be the basis on which we build our policy and our Nation! From an Indian, not a Brahmin, in the interest of the Nation! Jai Hind!

# HOW DEEP FAKE CAN AFFECT THE IMAGE



## **-FROM THE DESK:**

“Only believe half of what you see” You might have heard this phrase numerous times. It just got real.

Imagine this: your friend gets a video of yours asking for a huge sum of money, or your video circulating claiming for a crime you never committed. Is it scary?

If it is, then worry not, it's only the tip of the iceberg. The real picture is spookier. Deep fake is an Artificial Intelligence that is used to generate realistic videos, audio, or images. The term 'realistic' here, is swapped from fake because it is not easy to identify if the video is altered or not. According to a study conducted in 2019 by the AI firm Deep trace, an overwhelming 96% of deep fakes were found to be pornographic, with 99% of them depicting women.

Don't confuse this with Snap chat filters or other face-swapping apps.

You might even have hopped on various 'Aged' trends to try these filters, then what makes this different?

While the aforementioned filters made for the mere entertainment of the audience are easily discernible due to their obvious alterations, Deepfake's manipulated content is much harder to differentiate. People often can't differentiate between fake and reality.

In today's world where a significant part of the population relies on the internet as their primary source of knowledge, the misinformation via Deepfake technology is capable of wreaking havoc on an individual and societal level.

On the individual level, Deepfake can generate videos or audio clips of people, implicating them of the actions they never committed jeopardizing their reputation and swaying public opinion. It can also violate their privacy.

On the Macro scale, it can forge public leaders' or politicians'speeches that could incite violence or influence the public's perception during elections. From cybersecurity concerns to fraud, the list goes on. The credibility and trust of your fellows will be questioned.

In India, the Information Technology Act of 2000 (IT Act) includes provisions aimed at combating cybercrime related to Deepfake technology. Recently, the Ministry of Electronics and Information Technology (MeitY) instructed social media companies to take measures to prevent the spread of Deepfake content on their platforms and adhere to the Information Technology (IT) Rules.

Here are some tips that might help you avoid getting scammed in the future:

1. Pay close attention to facial expressions, such as blinking of an eye, emotional responses, or lip sync, as inconsistencies in these areas can indicate potential manipulation.
2. Listen for audio glitches or irregularities that may suggest tampering or editing.
3. Look for inconsistencies in the subject's background or facial features, particularly near the hairline and chin, as these areas are often challenging to manipulate convincingly.

With technology's continual advancement and our growing reliance on it, such instances are likely to become more prevalent. To protect ourselves, it's crucial to remain vigilant.



# 5 JAPANESE CONCEPTS FOR A BETTER LIFE

## -FROM THE DESK:

Around 80 years back in 1945, 2 bombs 'Little Boy' and 'Fat Man' rendered Japan nothing less than a nuclear wasteland killing more than 210,000 people. Even after a decade, the survivors suffered from severe leukemia, thyroid, breast, lung, and other cancers.

It is quite astonishing to believe that today not only this country is flourishing but it also finds its name in the world's most powerful countries. Today this country preaches concepts like IKIGAI, KAIZEN, and many more which help people attain exceptional well-being, Health, and longevity.

Here, we will be discussing some more Japanese concepts to attain an overall balanced life.

### ***HARA HACHI BU- 'Eat until you are 80% full'***

This gives you the time to eat slowly while being conscious of what you eat also increases your energy levels and improves your mood. This concept tells you the difference between 'I am full' and 'I am no longer hungry'. Reducing the risk of obesity-related health issues, and better blood sugar regulation and digestion are a few of the benefits this concept has to offer. But this is easier said than done when your plate is full of delicacies.

Certain tips to implement this in your regime:

1. Eat more slowly and chew more
2. consume smaller portions and focus on food
3. Use small vessels.

## **SHOSHIN- 'Beginner's Mind'**

This concept is based on the fact that the more you know about a subject the less you are willing to learn about it. Pursue any matter from the eye of a beginner, leave any preconceptions, and be like a child who is learning something for the first time. The importance of this concept can be summarised by this one quote by Shunryo Suzuki, a Zen master 'In the beginner's mind, there are many possibilities, but in the expert's there are few.' Here are a few ways that can help you incorporate openness into your beliefs:

1. Ask questions and stay curious
2. Overcome the need to win every argument

## **KAKEIBO- 'Household Ledger'**

Do you also have a problem saving money? Keeping track of your money can be quite a task. Be it the kids or the elders at least once in our life we all have faced this hurdle.

But, worry not, Japan has a solution to this problem as well. Kakeibo stands for household financial ledger which makes a budget track of your expenses and cultivates mindful spending habits.

1. Write down your monthly income, and after subtracting your fixed expenses, you have your budget. Put any made purchase into one of the below categories.
2. Set a realistic goal.
3. The 4 pillars or categories are Needs, Wants, Culture and Unexpected. Categorize your purchase into one of the above.
4. Add up all purchases and subtract them from your budget. You have your savings.

WANTS



### ***PARETO PRINCIPLE- 'The 80/20 rule'***

This rule states that 80% of the result or consequences depend on 20% of the effort you put in. It's a very efficient way to manage your time. It helps you in decluttering and determining the best assets that can provide you with maximum benefits.

As an individual, you can assess your priorities but understand that this is not a hard and fast law. Understand the concept.



### ***WABI-SABI- 'The beauty of imperfection'***

Visualize a broken blue-colored ceramic bowl mended by gold-dusted lacquer, would you find this sore in the eyes or aesthetically pleasing?

Would you buy it? The contrast between golden and blue is an example of beauty in imperfection. This Japanese art is known as kintsugi and is the epitome of the usage of wabi-sabi. Wabi-sabi is a concept about finding beauty in imperfection, the incomplete. It encourages us to embrace our imperfections and the charm of the only constant in our lives, Change. By exercising wabi-sabi, we can learn to be grateful, empathetic, and accepting.

Japan serves as an example of resilience and willpower not only on the social level but also at the individual level. Today Japan serves as a beacon of hope and an inspiration to never give up.

NEEDS





# INTERVIEW WITH AN IIT BOMBAY STUDENT

Embark on a journey with **Nupur Pandey, an IIT Bombay student**, as she unveils the plethora of opportunities, vibrant environment, and world-class facilities awaiting within the Institute's walls. From cutting-edge research labs to bustling entrepreneurial hubs, Nupur offers a glimpse into the transformative experience that awaits every aspiring mind.

***Can you share your journey of getting into IIT Bombay and what inspired you to pursue your field of study?***

My journey of getting into IIT Bombay started way back in my 9th class when I was first introduced to the profound and altruistic concepts of Science and Mathematics. The deeper I delved into these subjects, the more fascinating they became. My passion for "Science" and "Problem-Solving" inspired me to prepare for the JEE Advanced examination, with the goal of gaining admission into its Civil Department. This department consistently provides me with the thrill of building things and solving real-life problems that could have a global impact.

Upon receiving the admission offer from IIT Bombay, I felt a profound sense of accomplishment, knowing that my efforts had paid off. Now, as a student in the Civil Department, I am excited to dive deeper into my field of study and contribute to meaningful projects that can make a difference in the world.



***Could you share some insights into your preparation process for IIT Bombay and how you managed any kind of failure you might have faced during preparation?***

I started with dummy school after 10th so that I could give all my attention to getting into my dream Institution. I used to go to coaching from 8 in the morning to 8 in the evening (12 hours), which included classes for 4-5 hours. Afterward, I would sit and study in the study rooms at the coaching center because it was easy to seek guidance from teachers in case of any doubts, and there were no distractions. At home, I used to try to study early in the morning before attending the next session of coaching.

Especially during class 12th, when it was time for exams, I used to study for up to 15 hours a day to excel in the examinations. So, "Consistency is the key". Once you start your preparation, you cannot skip even a day. Even if you are unwell and cannot study for many hours, try to study for a few hours but don't skip even a day. If you lose touch with preparation even once, it is tough to get back to the same pace.

I was sure that I was not going to quit until I made it happen. I used to take dummy exams and then analyze the exam, focusing on the areas where I was lagging.

You cannot be disheartened by failure to the extent that you consider quitting. You may feel disheartened by your failure, but then analyze your mistakes and get back to your preparation.

### **How has your experience at IIT Bombay shaped your academic and personal growth so far?**

IIT Bombay is a dynamic place. You can call it a learning heaven. Your skills are not limited to just the classroom; it goes beyond the campus, ranging from interdisciplinary subjects to International level research, from Finance to Entrepreneurship, and from Music to Drama. You can explore every field, which is one of the reasons why IITians can be found in every domain of work.

When I was in 2nd year, I was part of the Inter IIT competition where students from all the IITs participated. That competition covered almost all spheres, including technical, cultural, and sports. As a junior, I got the chance to learn from my seniors and students of different IITs all over India. This competition actually involved problem statements, and we had to work in groups and present our ideas on an esteemed platform. This helped me build various qualities like teamwork, perseverance, a solution-oriented approach, and learning things in a unique way.



### **How do you think your education at IIT Bombay will prepare you for your future career goals?**

IIT Bombay gives you good exposure in terms of every domain related to academics or any other skill. It has a good senior-junior relationship which helps in getting guidance, and a great alumni network too. You receive a lot of help with guidance and resources at IIT Bombay for your career goals, which boosts your preparation.

In IIT Bombay, you will never be spoon-fed. Professors will assign you projects, and you have to collect valuable information on your own, so you will learn to adapt and learn. The students at IIT Bombay are top-ranking students of their school or region, so the IQ of these students is already high compared to any other person, and IIT Bombay makes students more efficient. It will prepare you well to face this competitive world because students here are always in this competitive environment, which later makes them even more competitive and it's very easy for them to handle competition outside the campus as well.

***How do you think the culture and environment at IIT Bombay contribute to innovation and entrepreneurship among students and What are some of the most memorable projects or research experiences you've had during your time at IIT Bombay?***

Here, students from different parts of India get in touch with each other, leading to cultural exchange and sharing of ideas. IIT Bombay is very progressive; we have the freedom to learn from each other, and students get the chance to open up and develop a more confident approach towards studies, life, and work.

It promotes interdisciplinary knowledge, so it is compulsory to take courses and projects from other departments as well, apart from your own department. IIT Bombay is also located in a good place, making it easier to obtain funding from investors all over the World.

On campus, there is a College of Management that offers various entrepreneurship courses. For instance, I opted for an Entrepreneurship course in the 5th semester, where we worked in teams. We chose the AIML (Artificial Intelligence and Machine Learning) field. Our focus was on improving customer service calls, as they are often inefficient.



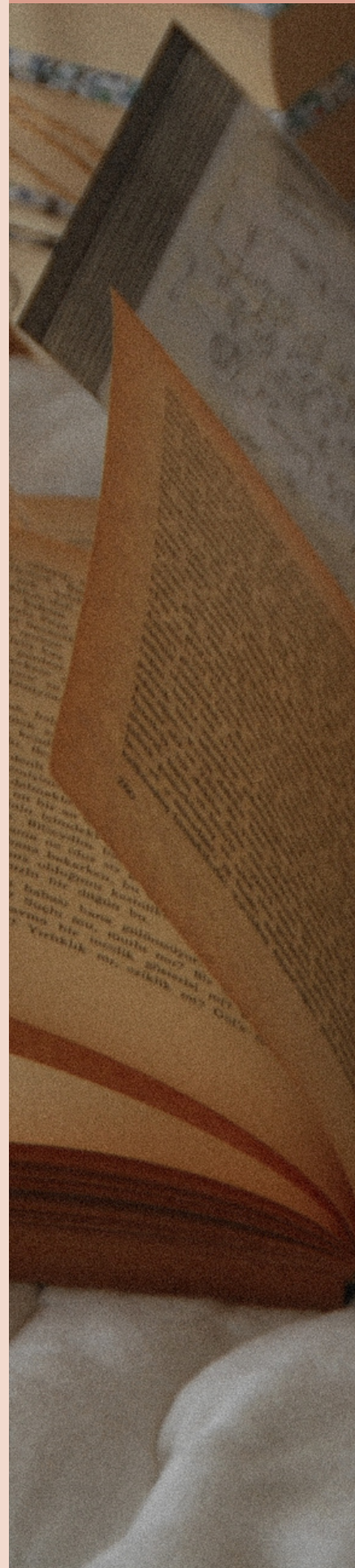
Traditionally, a person from the company would randomly listen to call recordings to check the efficiency of customer service providers. However, this method was not very reliable. To address this, we developed a machine-learning algorithm. This AI model listens to every call recording, prepares transcripts, and analyzes the emotional tone of the conversation to determine customer satisfaction. We presented our project to real investors who invest in startups.

Throughout our course, professors guided us on approaching investors and customers. Additionally, if we needed to purchase anything related to the course, such as ML or AI models, funding was provided by the college.


***How do you balance academic commitments with personal interests and social life at a rigorous institution like IIT Bombay?***

Balancing academic commitments and personal interests is a crucial aspect of student life at IIT Bombay. With a rigorous academic curriculum and a myriad of extracurricular activities available, managing time effectively becomes essential. By meticulously planning our schedules, allocating time wisely, and prioritizing tasks based on our academic commitments, we can strike a harmonious balance between our studies and personal pursuits.

One of the key tools aiding us in this endeavor is the institute's well-structured timetable for academic activities. The timetable not only ensures that classes are organized efficiently but also provides students with a framework to plan their day effectively. With clear guidance on when classes, labs, and other academic engagements occur, we can optimize our time management strategies and ensure that we devote ample time to both academic pursuits and personal interests.







Furthermore, the institute develops a culture of holistic development, encouraging students to explore diverse interests beyond the confines of the classroom. Whether it's participating in sports, or cultural events, or pursuing hobbies, students have ample opportunities to engage in activities outside of their academic obligations. By utilizing the resources and support systems available at IIT Bombay, students can cultivate a well-rounded lifestyle that nurtures both academic excellence and personal growth.

***What advice would you give to incoming students who aspire to excel academically and make the most out of their time at IIT Bombay?***

Advice for new entrants would be to be consistent and regular with their academics and explore to the fullest in their first year. You don't need to study all the time, but attending lectures and solving tutorials timely does the work so that you can focus on other things easily. The environment is student-friendly so that a student can focus on his or her overall development.

Sometimes, because of the high competition, students start feeling anxious and out of their zone because all the students are toppers in their areas. For helping out students of the 1st and 2nd year, who are new to this environment, there is a Student Mentorship Program where for every 10-12 students there is one student of the 3rd or 4th year to mentor them and listen to the problems of their juniors. These mentors are not random; before being made mentors, they have to fill out SOPs and undergo interviews. They help 1st-year students in adjusting to the environment, explaining how things work in IIT, and for one year, that mentor is available everywhere to help.

In the first year, all the courses of all the departments are the same, and when you pass on to the 2nd year, you have to choose courses for your department. In the 2nd year, you get a new mentor who helps you in transitioning the courses and provides other academic help the new mentor will be from your department so he or she can provide you with all the courses, and he will try to provide guidance. If he feels things are not in his control, then he refers the students to the counselor on the campus.



***Lastly, what are your aspirations for the future, and how do you plan to leverage your education at IIT Bombay to achieve them?***

I have interests in two areas: UI/UX design and data science. While I enjoy working on UI/UX projects, I don't see it as my long-term career path. I often take on freelance UI/UX projects during breaks between semesters to earn extra income for activities like trips and other expenses.

For my full-time career, I am leaning towards Data Science. Currently, I have a summer internship scheduled from May to July as a Tech Consultant specializing in Data Science at PwC (PricewaterhouseCoopers International Limited), one of the world's largest professional services firms.

Despite being from the Civil Engineering Department, IIT Bombay provides ample opportunities to explore interests in various fields. The interdisciplinary nature of the institution allows students to enroll in courses from other departments and undertake projects under any professor, regardless of their department. This flexibility has enabled me to pursue projects aligned with my interests and gain valuable experience in my desired field.

# DIGITAL DESTINY :

## UNLOCKING THE POTENTIAL OF 5 SECTORS IN INDIA THROUGH TECHNOLOGY

### -FROM THE DESK:

Technology offers innovative solutions to address the problems we encounter. From the invention of the wheel to the Aditya L1 mission, our journey showcases remarkable advancements in technology. While technological advancements have simplified our lives, they have also introduced negative consequences. Technology directly influences society. Technology impacts every individual, bringing both convenience and adverse effects. Advancements in technology have simplified various aspects of life, including education, healthcare, industry, commerce, trade, and transportation.



While there have been significant advancements and achievements in technology, it's crucial to progress in this field while being mindful that the environment we inhabit is not solely ours, but rather borrowed from future generations. This double-edged sword presents various angles, but for India to attain global power status, it must push further into technological advancement.

Today, we'll explore several sectors where India has the potential to significantly increase its presence in the years ahead.

**Green tech-** India declared its ambition to achieve carbon neutrality by 2070 during the UN Climate Change Conference (COP26) held in Glasgow in 2021.

Therefore, it is crucial to focus on developing technology that aids in mitigating the adverse impacts of human activities such as the combustion of coal, petroleum, and similar actions. Achieving sustainable development is feasible through the creation of innovations that support the advancement of this endeavor. The urgency of developing environmentally friendly products to safeguard our environment has become increasingly apparent.

The government is also making both direct and indirect investments in this sector.

There are four primary areas of focus: renewable energy sources, sustainable transportation, waste management and recycling, and energy efficiency solutions. Innovative approaches can serve as the cornerstone for establishing a clean and green environment, ensuring a healthier future.

**Health tech-** An emerging domain where technology intersects with biology to tackle known issues. According to the National Library of Medicine, the fact that 75% of hospitals currently provide mobile app access underscores the increasing significance of technology in the field of medicine. From pioneering drug development to progress in cellular and genetic research.

This is exemplified by an instance where The Tata Institute in Mumbai, a prominent center for cancer research and treatment in India, has unveiled a groundbreaking treatment claimed to prevent cancer recurrence.

Technology can assume a vital role in this industry, benefiting not only human health but also that of animals. Enhanced connectivity and integration are essential to empower veterinarians to leverage digital technologies effectively, directly contributing to the improvement of animal health.



Telehealth, wearables, implantable devices, artificial intelligence, and Big Data present promising opportunities for veterinary professionals to enhance the quality of their services.

**E-commerce tech-** India, being the most populous country, presents a significant platform for e-commerce due to its immense potential.

According to the Economic Survey for 2022-23 released by the Government of India, the e-commerce sector is expected to witness an annual growth rate of 18% until 2025. Trade and commerce have been the eternal heartbeat of kingdoms in the past and nations in the present.

Following the COVID-19 pandemic, it has demonstrated its potential by garnering favor from many individuals. Now, leveraging technology to connect local artisans, vendors, and numerous small organizations is essential, along with disseminating knowledge effectively. From AI aiding customers in purchasing suitable products to automated delivery systems technology can play a vital in e-commerce. The advancement of technology in the field of e-commerce will simplify processes for both customers and businesses, contributing to the growth of the Indian economy.





**Gametech-** It's all the cutting-edge tech, brand-new ideas, and specialized equipment made just for video games, including both the physical hardware and the software that runs them.

The Asian Games 2023 also included an esports category as an officially recognized medal event.

The addition of online gaming as a competitive sport underscores the growing importance of gaming and esports on the global stage.

The gaming industry in India is one of the emerging sectors experiencing rapid growth, driven by advancements in digital technologies. Artificial intelligence (AI), Virtual Reality (VR), and Augmented Reality (AR) are the top three gaming technologies that captivate casual gamers in India. The evolving technology has broadened gaming platforms, catering to the needs of casual gamers too.



Incorporating blockchain technology has made gaming more secure and reliable. With better connectivity, advanced features, and stronger data security, the industry is set for substantial growth, possibly leading to more full-time professional gaming opportunities.

**Food tech-** Food tech goes way beyond just delivering meals. It's a massive field encompassing innovative technologies in farming (biotech agriculture), trading platforms for agricultural products, biofuels and eco-friendly materials, robots for agriculture, organic food production, and even the development of entirely new crop systems. Our bodies are like high-performance machines, and in today's whirlwind, we need to pay close attention to the fuel we put in them. A balanced diet packed with essential nutrients is what keeps us growing and energized. Our food isn't immune to environmental issues. As the environment deteriorates, the quality of the food we consume suffers as well.

The United Nations (UN) Sustainable Development Goals (SDGs) highlight that the global food industry consumes 30% of the energy produced and is responsible for emitting 22% of the total greenhouse gases (GHGs). The food tech sector in India is experiencing swift evolution, propelled by technology adoption and shifting consumer tastes. With rising requests for convenient and nutritious meal choices, India's food tech industry holds substantial promise and is primed for sustained expansion in the foreseeable future.



As India progresses towards becoming a global powerhouse, technology stands as a potent tool to fuel its rise. Progress in technology within these sectors, coupled with advancements in the education sector, would propel India to greater heights. The convergence of education and technology has the potential to elevate all other sectors to new heights. Therefore, technology in the education sector is a crucial and significant topic.

With all these sectors thriving, the economic and social well-being of Indians can be greatly enhanced. From being a colonized nation to becoming a powerful country, India has traversed a significant journey and still has a long road ahead in the future.

# 5 BOOKS AS BOOKSHELF ESSENTIALS

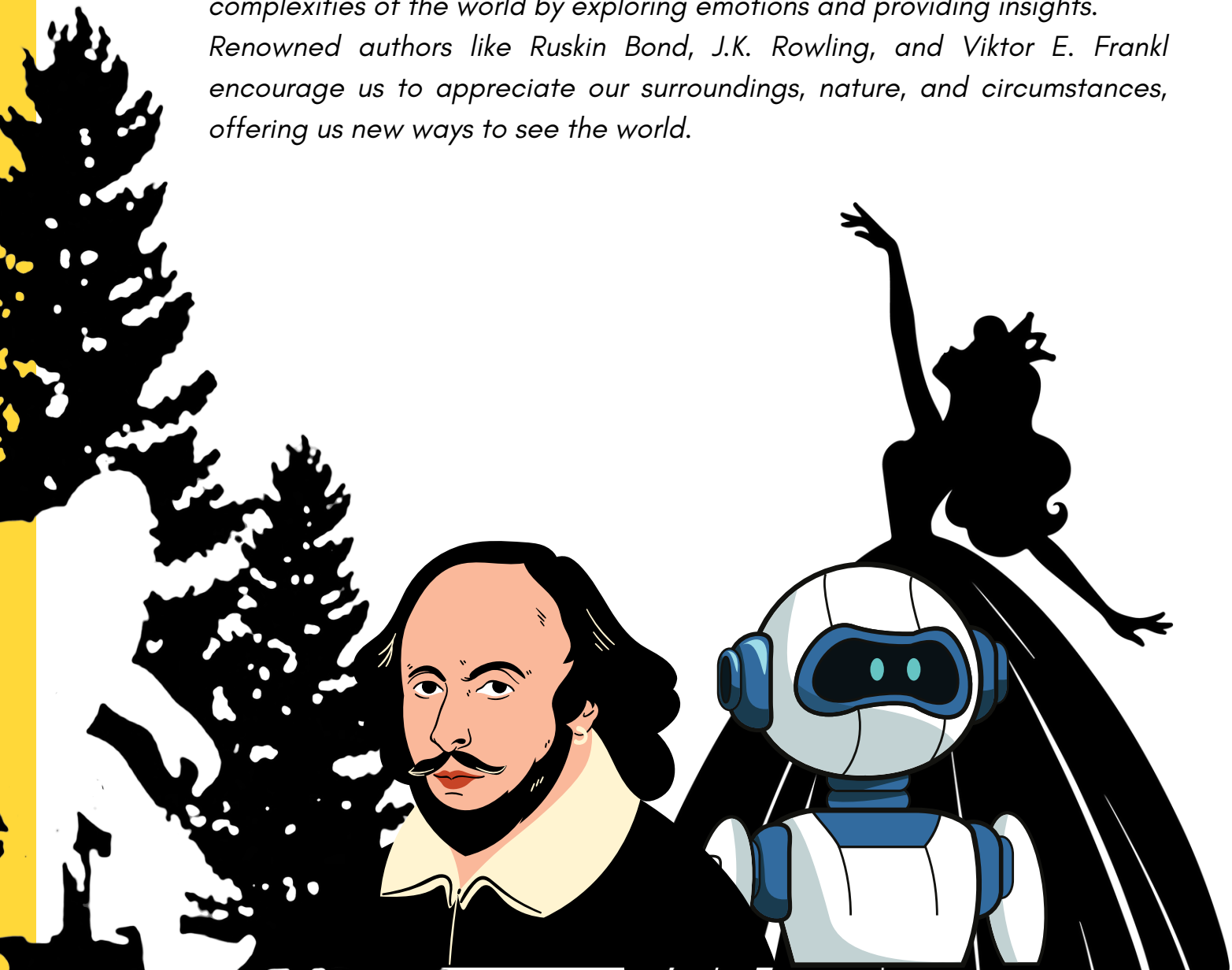
## -FROM THE DESK:

*Books are the ocean of words that fill you with immense knowledge, self-reliance, and self-discovery. It can be fiction, self-help, education, sci-fi, or any other genre, it always helps you dive into your emotions. Books take you to a different world in which each character, situation, and emotion can be felt by you in the way you wish to perceive it. Each book you read will leave you with one or the other thoughts to ponder over. From the writing style to the message the book gives you make it different but the way it enables a person to get a new worldview is what makes it a valuable gem.*

*Books help us to understand the societal norms, cultures, traditions, and various other aspects of the time in which the book was written.*

*Some books can assist us in comprehending and navigating the complexities of the world by exploring emotions and providing insights.*

*Renowned authors like Ruskin Bond, J.K. Rowling, and Viktor E. Frankl encourage us to appreciate our surroundings, nature, and circumstances, offering us new ways to see the world.*



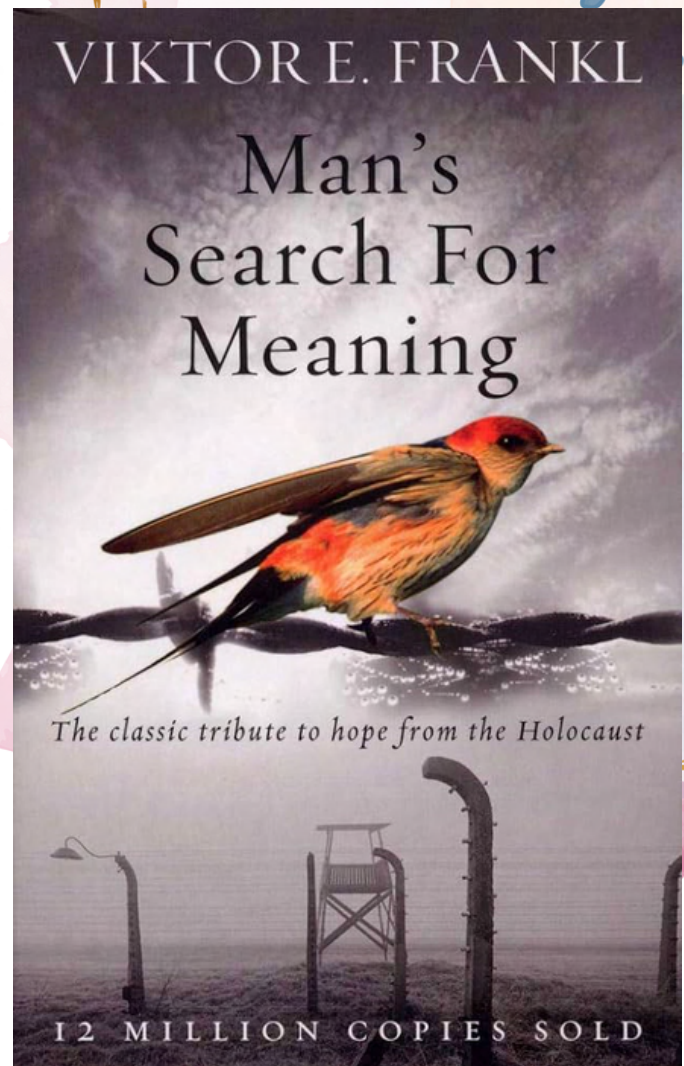


## ***1.Man's search for meaning***

The author Viktor E. Frankl who was an Austrian psychiatrist and a holocaust survivor wrote a masterpiece "Man's Search for Meaning". It is an autobiographical account of his time in concentration camps. In this profound work, he vividly describes the loss of friends, People in the concentration camps were stripped of their identities, as their cherished possessions—such as their names—were replaced by impersonal numbers, reducing them to mere digits... Not every day, every second surviving became a task. He wrote how everyone thought death was better than surviving. The author explains how the hope of a beautiful future will always help you to survive. His survival was fueled by thoughts of reuniting with his wife after the ordeal. The message Frankl has given is "He who has a why to live can bear with almost any how."

Having a strong purpose in life serves as a motivating force that enables individuals to endure any challenges they encounter.

We tend to value things after they are lost. In the concentration camp, even the most basic necessities, such as a place to sleep, were perceived as the ultimate luxury. He also introduced logotherapy, where patients are directly faced with and guided towards discovering the meaning in their lives. Understanding this meaning can greatly aid in overcoming their struggles and finding a resolution to their emotional issues.



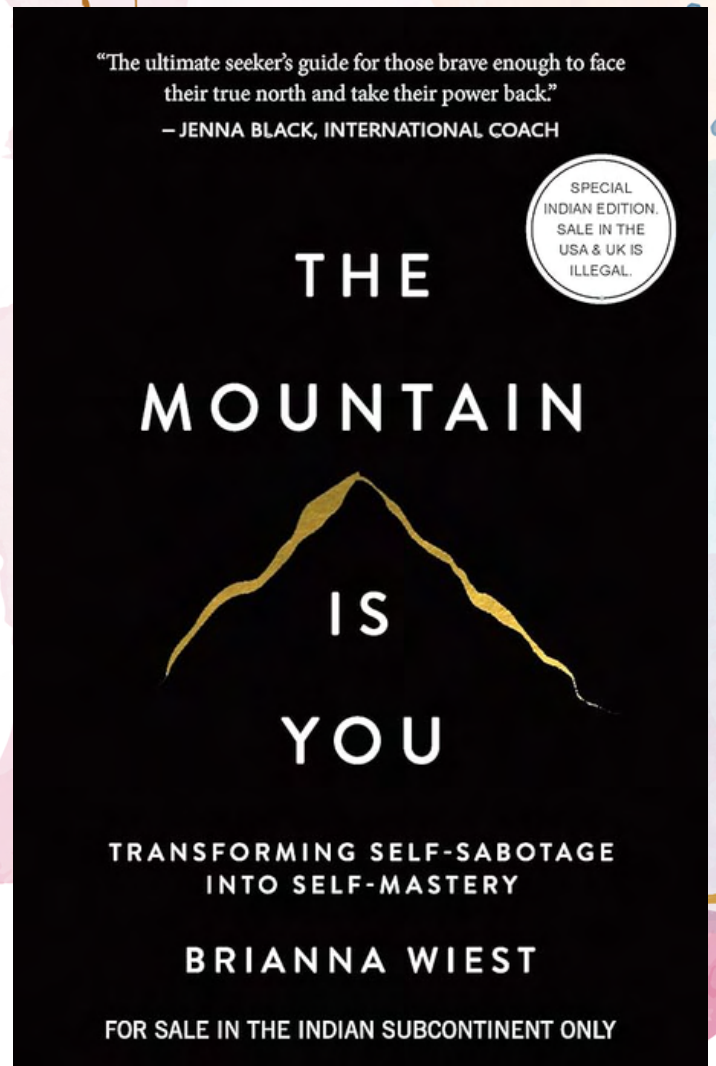
## **2. The Mountain Is You**

"The Mountain Is You: Transforming Self-Sabotage Into Self-Mastery" by Brianna Wiest is a self-help manual designed to help individuals comprehend the behaviors that hinder their success. A notable quote from the book, "Your new life is going to cost you your old one," emphasizes the need for change and overcoming past traumas to evolve into a better version of oneself.

The book provides insight into how we hold the ultimate power to hinder our own success and encourages self-reflection on our detrimental habits and how to work on them, paving the way for personal growth.

The fear of failure or imperfection is a common fear shared by all humans, often preventing them from venturing into new endeavors. However, it's important to recognize that each flaw and imperfection contributes to our uniqueness and makes us human. Instead of striving to appear perfect to the world, we should embrace our flaws.

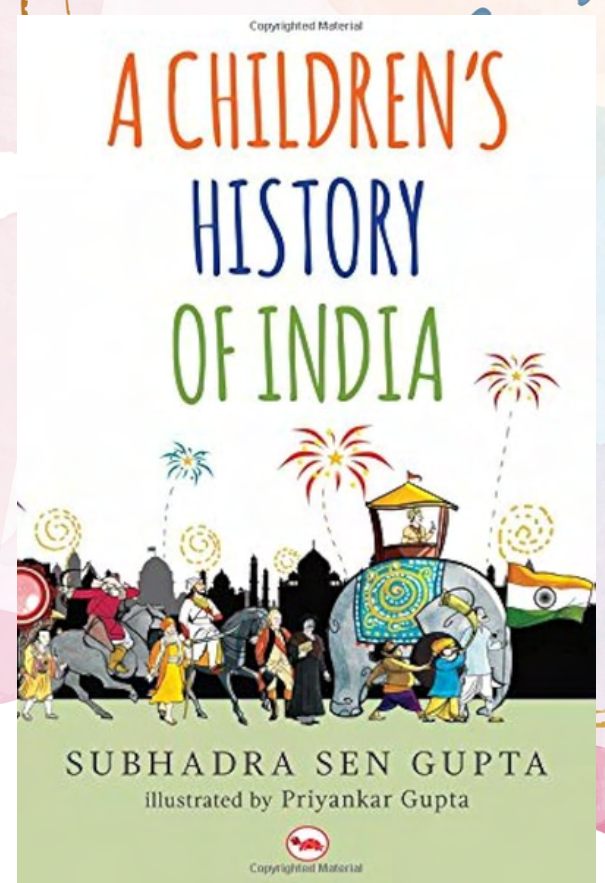
Our past does not define who we are; thus, we have the power to shape our future regardless of our past experiences. While the book contains numerous messages, one crucial lesson is that mental strength lies not in simply hoping for favorable outcomes, but in having the confidence to navigate challenges if things don't go as planned. This principle extends beyond one's outlook on life to include perceptions about oneself.



### **3.A Children's History of India**

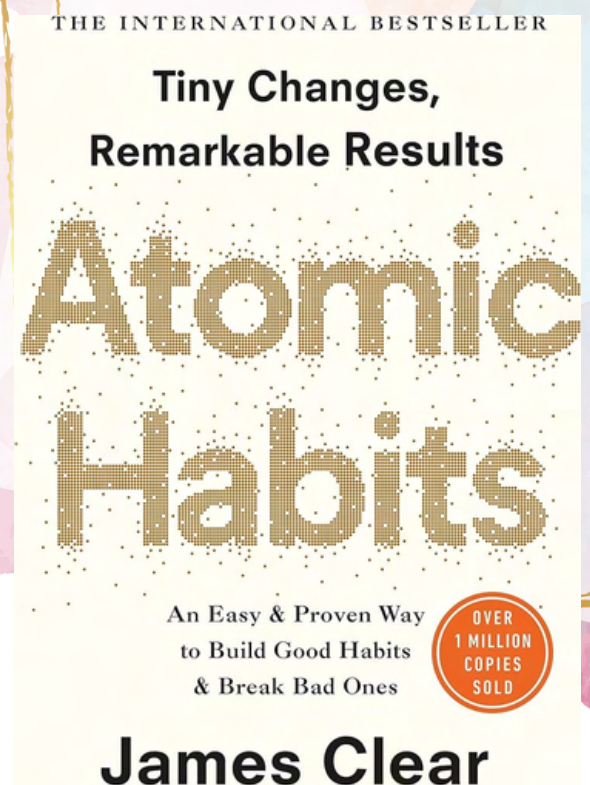
"A Children's History of India," authored by Subhadra Sen Gupta with illustrations by Priyankar Gupta, transforms boring history lessons into engaging and captivating narratives. Despite its title implying it's geared towards children, "A Children's History of India" is essential reading for anyone seeking a simplified understanding of Indian history.

The book also presents intriguing comparisons between historical events in India and significant global occurrences that happened around the same period. Apart from the chapters, the book includes quoted facts and references to various websites and locations to explore further information related to the chapter. The book explains the concept of Jambudvipa and enhances its appeal with illustrations to make the reading experience more engaging. Covering the journey from the Aryans to India after independence, it offers a comprehensive exploration of Indian history.



#### **4. Atomic Habits**

"Atomic Habits" by James Clear is a pragmatic handbook offering science-based techniques for forming habits. It breaks down the habit formation process into easily comprehensible principles supported by scientific research. As implied by its title, "Atomic Habits" underscores the potency of small adjustments. While these changes may initially seem insignificant, they wield significant influence, particularly over the long term. Much like how money grows through compound interest, the impact of our habits magnifies as we consistently practice them. Improving or worsening by just 1 percent may appear trivial at the moment, yet across the countless moments shaping a lifetime, it holds profound significance. The book also emphasizes the importance of prioritizing systems over goals. It illustrates how our habits ultimately shape our identity. The primary function of habits is to efficiently address life's challenges with minimal energy expenditure. Recognizing our habits allows us to identify areas for potential change. The author conveys numerous valuable lessons through apt examples, rendering the book accessible and actionable for the layperson. It's an indispensable read in the realm of self-help, offering insights that are easily comprehensible and applicable to everyday life.



THE MILLION COPY BESTSELLER

Yuval Noah Harari



# Sapiens

## A Brief History of Humankind

'I would recommend *Sapiens* to anyone who's interested  
in the history and future of our species'  
BILL GATES

VINTAGE

### 5. *The sapiens*

"*Sapiens: A Brief History of Humankind*" by Yuval Noah Harari explores how biology and history have influenced our understanding of what it means to be "human."

As a public intellectual and historian, Yuval Noah Harari focuses on writing about the history of humankind. "*Sapiens*" earned a place among Bill Gates' top ten favorite books, and Mark Zuckerberg also endorsed it.

The book discusses the evolution of language, the emergence of money, and capitalism, presenting its storyline in a straightforward manner that flows chronologically but also transitions between different time periods when necessary.

"A book is a gift you can open again and again." — Garrison Keillor. The stories and wisdom found within books remain with you, whether in physical copies or cherished memories, for eternity. Certain books have the potential to influence you in a manner that aids in understanding your purpose or guides you in discovering one. Nothing quite compares to the sensation of holding a book in your hand while a mug of coffee rests on your table, with the gentle touch of sunlight caressing your face. As adults and children's reading abilities decline, it's up to us to lead by reading the genres we love. People depict other people, and we can work towards making a change by becoming the example society requires. The books we discussed could be the ones to kick start your journey. Books serve as the building blocks for a brighter future, aiding us in shaping a more prosperous society.