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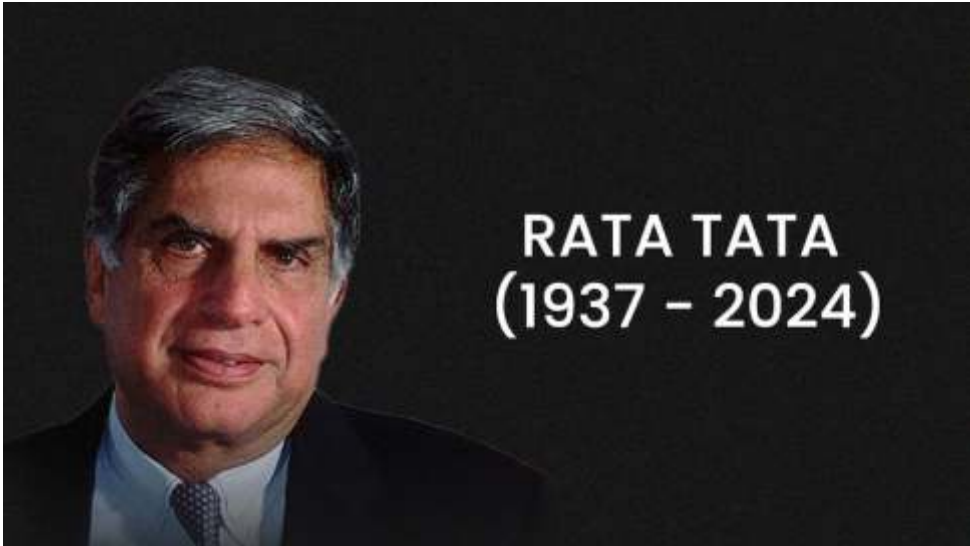
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Legendary Business Tycoon Passes Away at 86, World Mourns His Loss



Ratan Tata, the visionary Indian industrialist, passed away on October 9 at the age of 86 due to health complications. He was the former chairman of Tata Group and Tata Sons, leading the conglomerate from 1991 to 2012. Under his leadership, Tata Group expanded globally, transforming into a powerhouse of innovation and business excellence.

Born on December 28, 1937, in Bombay (now Mumbai), Ratan Tata pursued a degree in Architecture from Cornell University and later attended the prestigious Advanced Management Program at Harvard Business School. After completing his education, he joined Tata Industries in 1962 as an assistant. By 1991, he had risen to become the Chairman of Tata Sons, ushering in a new era of growth and modernization. Under his leadership, Tata Group diversified beyond steel, trucks, and chemicals to small cars and a global footprint. He also led the cultural shift in the company, promoting innovation and social responsibility.

Ratan Tata was the son of Naval Tata, who was adopted as a child by Ratanji Tata, a

descendant of Jamshedji Tata, the founder of the Tata Group. Beyond business, Ratan Tata was a philanthropist at heart, donating millions toward causes such as education, healthcare, and rural development. The Governments of Maharashtra and Jharkhand declared a day of mourning in his honor. He was accorded a state funeral with military honors, including a 21-gun salute. Ratan Tata was honored with many accolades for his contributions to industry and society throughout his life. Some of the notable awards he received include: Padma Bhushan in 2000 and Padma Vibhushan in 2008 for outstanding service to Indian industry and philanthropy. Oslo Business for Peace Award in 2010 for commitment to ethical business practices. Knight Grand Cross of the Order of the British Empire in 2014 for strengthening UK-India relations.

Ratan Tata's legacy goes beyond his business achievements. He is an icon of integrity, innovation, and philanthropy, inspiring generations to lead with purpose and vision.

-By Archi Pradhan, BMM, 2nd Sem

A 64-year-old retired State Bank of India (SBI) employee cracks NEET, proving that age is just a number

Jai Kishore Pradhan is a 64-year-old retired state bank of India employee. He had cleared the NEET examination when he was at an age of 64. NEET is one of the toughest competitive examinations in India. Age is only a number according to Jai Kishore. If anyone decides for achieving his or her goal then nothing can stop his or her way.

Now he is completing his MBBS degree from the Veer



Centre Approves Renaming of Maharashtra's Ahmednagar to Ahilyanagar



Maharashtra's Ahmednagar has officially been renamed as Ahilyanagar after the Union Home Ministry sanctioned the proposal for changing the names of the district and city. The renaming had been pushed for by the Bharatiya Janata Party (BJP) since February after the city of Aurangabad was changed to Chhatrapati Sambhajinagar and Osmanabad was renamed Dharashiv.

This decision was taken during a state cabinet meeting led by Chief Minister Eknath Shinde, along with Deputy Chief Ministers Devendra Fadnavis and Ajit Pawar. Chief Minister Shinde officially announced the renaming at a public event in Chaundi, Ahmednagar, marking the 298th birth anniversary of Punyashlok Ahilya Bai Holkar, an occasion celebrated as Ahilya Devi Jayanti. In March, the state cabinet had suggested renaming Ahmednagar after 18th-century Ahilya Bai Holkar, revered queen of the Maratha Malwa kingdom that lay in present-day Madhya Pradesh. Born at Chaundi, Ahmednagar, she was married to Khanderao Holkar of the Holkar dynasty and later went on to become a notable administrator whose administrative

acumen was matched by social welfare initiatives and architectural contributions. Historically, it was named after Ahmed Nizam Shah, the founder of the Nizam Shahi dynasty, who established Ahmednagar town in the 15th century. It is the largest district in Maharashtra in terms of area. The Railway Ministry has also confirmed that it has no objections to renaming the railway station as Ahilyanagar, aligning with the district's new identity.

This renaming forms a part of the overall endeavor of the Maharashtra government to let the people witness the region's profound historical and cultural legacy. Ahilya Bai Holkar, who has often been credited as one of the most benign and farsighted rulers India ever had, is remembered for her governance, her contributions towards religious and educational institutions, and commissioning a multitude of temples, ghats, and dharmshalas throughout the nation. The Maharashtra government honours her in the form of renaming Ahmednagar to Ahilyanagar, paying her tribute for being a legacy, which is beyond time.

- By Archi Pradhan, BMM, 2nd Sem

Surendra Sai institute of Medical Science and Research in Odisha. Jai Kishore journey is inspiration for many. After giving 40 years of his life to the bank, he decided to complete his passion for medicine. He studied online platform to prepare for NEET. He balances his study and work both at a time. His hard work was given to him as a gift. And at last, he qualified the exam also inspired by his daughters' NEET preparation. National medical commission act 2019 provided that there is no upper age limit for candidates taking NEET. Such policy made the government encourage people of all ages. This policy is very helpful for Jai Kishore Pradhan. The rigorous demands of the NEET curriculum and

family responsibilities were not easy to manage. However, Pradhan remained focused and committed. His story is a lesson to everyone on how determination and focus can be used to achieve anything. While most retirees want to live the life of ease, Pradhan wanted to reignite one of his passions: becoming a doctor. After passing his intermediate exams decades ago, Pradhan had once appeared for the medical entrance but had failed to qualify. The dream, however, never died. He was re-ignited when he saw his twin daughters preparing for NEET and motivated him to give it another shot.

-by Archi Pradhan, BMM, 2nd Sem

430 Miles Beneath the Earth's Surface: Discovery of a Vast Underground Ocean

Recent research has revealed the existence of a vast underground ocean located approximately 450 miles beneath the Earth's surface, hidden within the planet's crust. This ground-breaking discovery challenges our understanding of Earth's water cycle and the origins of its oceans.

Scientists studying seismic activity found compelling evidence of this underground reservoir by analysing vibrations caused by natural disasters. These seismic waves slow down significantly as they pass through a transition zone deep within the Earth's mantle, indicating the presence of a substance different from surrounding rock due to its chemical composition and volume.

Further research determined ringwoodite, a mineral created under extreme pressure from olivine, to most possibly cause these seismic anomalies. Ringwoodite uniquely absorbs and retains water within its molecular composition, much like a sponge could absorb liquid water. If only a portion of its theoretical capacity holds liquid water, this hidden reserve would exceed the sum total volume of all Earth's surface oceans combined, revolutionizing our concept of earth's sources of water.

This suggests water does cycle both at



Earth's surface but also over geologic time, through the upper and lower mantle. New questions and ideas come out with regards to Earth's origin, regarding how the Earth might have had water trapped in it from the start, thus changing long-standing notions about the theory that comets and asteroids supplied the planet's water.

The effects of this deep reservoir go beyond Earth's water cycle. This deep reservoir should impact seismic activity and volcanic eruptions since movement within the mantle could be crucial in the melting of rocks and the production of magma.

This hidden ocean not only reshapes our understanding of Earth's geology but also opens new avenues for exploring the presence of water on other planets, potentially unlocking deeper insights into planetary evolution.

- by Kirti Khurana, BMM, 4th Sem

Setback for India: Cricket, Hockey, and Wrestling Dropped from the 2026 Commonwealth Games

Athletes, spectators, and sports organizers have been up in arms against the exclusion of boxing, football, and cricket from the 2026 Commonwealth Games. These sports are very significant in the history and culture of many Commonwealth countries, and their exclusion from the Games is a huge setback. India has voiced its discontent loudly. Boxing, hockey, and cricket are the most popular and successful sports in the country, and the removal of these sports from the Games has greatly undermined India's chances of securing medals. The Indian Olympic Association has formally requested a reconsideration of the decision and voiced its displeasure.

This decision is going to affect India deeply, as this country has been represented well in these sports and has a great athletic history. The growth of these disciplines may also be affected by this exclusion. Young athletes, who could have demonstrated their talents on the international platform at the Commonwealth Games, are now deprived of that opportunity. By cutting these sports, Glasgow essentially deprives Indian athletes of a chance to compete globally and potentially inspire future generations. It is likely that the Indian government and sports organizations will raise their

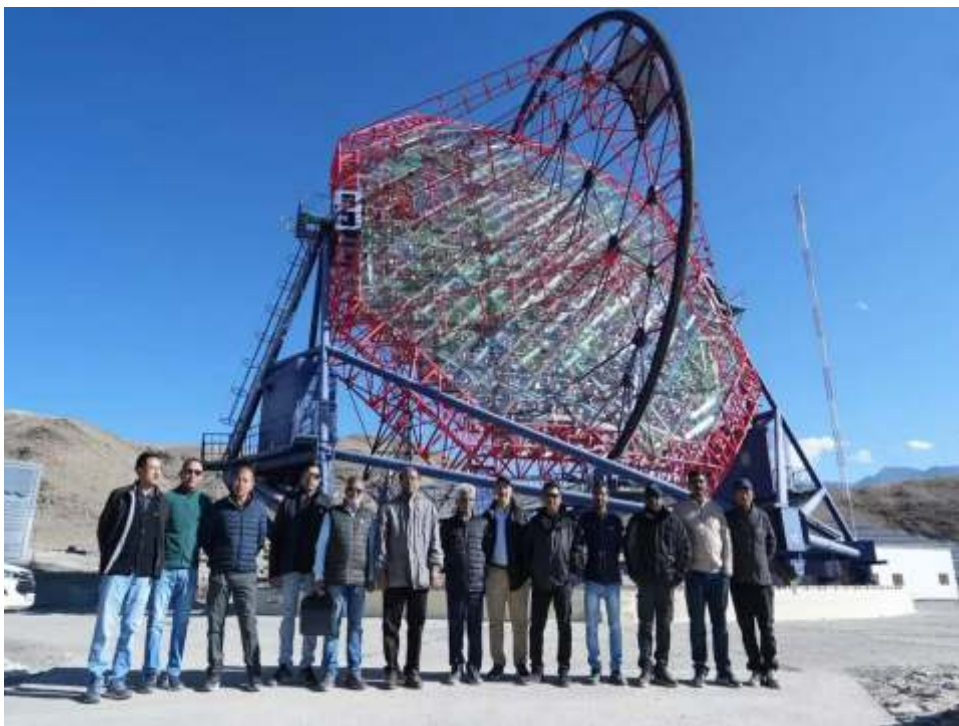


concerns and call for a review of this decision. The Commonwealth Games Association must recognize the importance of these sports and ensure their inclusion in future editions of the Games.

Financial constraints and attempts to streamline the event have been cited as reasons for the exclusion of these sports. However, many sportspersons and spectators opine that omitting the most popular and glamorous sports from this list has proven to be an egregious error by the organizers. The loss of these events may lead to overall dilution in the appeal of the Commonwealth Games, and people may watch them less and go to fewer shows. Although the organizers of the 2026 Games have justified their decision by saying they want to host a tournament that is both of quality and cost-effective, it is not known if they will reconsider based on the overwhelming feedback.

-By Kirti Khurana, BMM, 4th Sem

Asia's largest and the world's highest gamma-ray observatory telescope, MACE, has been inaugurated at Hanle, Ladakh.



India has reached a new milestone in cosmic-ray research with the inauguration of the Major Atmospheric Cherenkov Experiment (MACE), the largest gamma-ray observation telescope in Asia and the highest in the world. The telescope, located in Hanle, Ladakh, was inaugurated on October 4, 2024, by Dr. Ajit Kumar Mohanty, Secretary of the Department of Atomic Energy (DAE) and President of the Atomic Energy Agency. A Breakthrough in Astronomical Observations MACE is located in Ladakh, a place with clear skies and less light pollution. The new telescope will greatly contribute to global scientific research by allowing scientists to study some of the most powerful cosmic events with unprecedented clarity and precision. Advancement of India in Cosmic Ray Research. This state-of-the-art telescope, standing at an altitude of 4,300 meters, is a testament to India's excellence in research and development. Designed and developed by the Bhabha Atomic Research Centre (BARC) in collaboration with various Indian enterprises, MACE highlights the nation's commitment to advancing scientific exploration and enhancing its technological capabilities. Unlocking the Secrets of the Universe MACE was designed to observe

high-energy gamma rays (GR), which are produced by some of the extreme cosmic phenomena. They include the following: Gamma-ray bursts, Black holes, Supernovae Through observing these high energy events, MACE will shed light on the fundamental forces that govern the universe.

Why MACE is Important, MACE, with its sophisticated observing capabilities, will: Detect faint celestial objects: It observes stars, which are too dim for telescopes to observe.

High-energy cosmic events: These data will also improve our comprehension of the mechanism of acceleration for cosmic rays. Global research networking: MACE will be the part of international system of Cherenkov Telescopes in which global cooperation in science research will be accomplished.

A new era for Indian Astronomy

MACE inauguration marks a historic milestone for India's scientific community. This state-of-the-art observatory not only enhances our understanding of the cosmos but also inspires future generations of scientists to explore the mysteries of space.

- By Kirti Khurana, BMM, 4th Sem

Mukesh Khanna, the original Indian superhero Shaktimaan, is set to return to Indian screens.

Indian's icon super hero is returning to media and he would make a super entry as a show will have all new but an updated mature format, claims actor Mukesh Khanna. First airing in 1997, Shaktimaan captured the hearts of millions. Its engaging storyline and ground-breaking elements were ahead of their time on Indian television. The series revolves around Pandit Gangadhar Vidyadhar Mayadhar Omkarnath Shastri, a mild-mannered photojournalist who transforms into the mighty Shaktimaan to fight evil and protect the innocent. Khanna, who was not only an actor playing the role of Shaktimaan but also a key part of the creation of the show,

has guaranteed that the new version will be a modern version of the old one. It will include updated storytelling techniques, fantastic visual effects, and a fresh perspective but retain the very core values and essence that made the original so loved. Fans who have for long been anticipating the return of their childhood hero are thrilled about this news. Shaktimaan's back, and a nostalgic return it is, in an iconic period of Indian television, with character holding a dear place in everyone's heart. Khanna ensured fans that this new Shaktimaan is going to walk the same ground as the ethics and positive values that made this version so iconic. He believes that



someone like Shaktimaan inspires and motivates the young ones today in these times where some wrong things come in a wide way. "We are preparing the script at present. So, it shall start its filming soon." Shooting is planned and it shall debut on some premier Indian TV shortly. Shaktimaan's return is not only a journey down memory lane but is also a testament to the continuing power of Indian superheroes. A world dominated by global blockbusters still has much room for home-

grown superheroes that represent Indian culture and values to capture the audience's imagination. Fans are all set to watch the new challenges that Shaktimaan would face, such as whether he would face new rivals, new abilities, or even new realms. Whichever way it goes, one thing is sure: the return of Shaktimaan promises to be an exciting and memorable experience for viewers of all generations.

-By Kirti Khurana, BMM 4th Sem

New Zealand's Youngest MP Protests in Parliament with Powerful Haka Dance



In a bold moment that has captured the world's attention, Hana-Rawhiti Maipi-Clarke, New Zealand's youngest Member of Parliament, made a powerful statement by performing a haka, a traditional Māori war dance, within the parliamentary chamber. This bold and culturally charged act was against a controversial bill, which raised discussions on indigenous rights, youth activism, and the role of cultural expression in modern politics. At 21 years old, Maipi-Clarke is making history. With her being one of the youngest MPs in New Zealand, this represents a new generation of leadership—one that is deeply connected to the Māori heritage and committed to advocating for the rights of her people. Her protest took place during an extremely heated debate over a bill, which critics argue may undermine Māori land and water rights. While a stream of protests emanated from the speakers, Maipi-Clarke chose to raise her voice in a much more raw and potent protest-in-action mode: the haka. The haka of the Māori means beyond a simple dance; it is a deep portrayal of strength, unison, and defiance. It brought to mind politics being not about mouth-filling words; it is about acts and emotions. Here, she was performing the haka with all her might, and her voice shook the chamber as

her gestures commanded respect and attention. It was not simply a protestation; it was a declaration of identity and recognition. This move has elicited mixed reactions from the public. While some applaud her for foregrounding Māori culture as part of New Zealand's politics, others have condemned the appropriateness of a haka in a parliamentary forum, arguing it has no place there. In any case, Maipi-Clarke does not seem ready to budge. She said in a statement after the protest, "This is about more than just a bill. It's about standing up for the future of our people and our whenua (land)." Her haka has ignited a wider conversation about the role of culture and tradition in governance. It has brought to the fore the rising influence of young leaders who are not afraid to challenge the norms and speak out on behalf of their communities. In a political landscape often dominated by conventional protest methods, Maipi-Clarke's haka stands as a potent reminder that the fight for justice and identity can take many forms—and sometimes, actions truly do speak louder than words.

-By Azli Khan, BMM, 4th Sem

Indian Government to Support 40+ Space Startups with Rs 1,000 Crore Venture Fund

In a landmark decision to bolster India's space sector, the Indian government has approved a ₹1,000 Crore venture capital fund to support more than 40 space start-ups. The bold initiative will help India establish itself as a global leader in space technology and innovation.



India has for years been the significant force on earth in this particular industry as, over time, the ISRO has established some remarkable work over the last century. Presently, having the new fund initiated, this makes the focus on developing nascent start-ups for their new vistas of vision as well as developed technological innovation. This fund is to sponsor young, innovative companies in the space sector. It will provide essential financial investment to enable such startups to develop new cutting-edge technologies to grow their businesses. The initiative supports the government's vision for developing the private sector in understanding and even participating in space exploration and technological innovation. It thus offers an exciting opportunity for entrepreneurs in the space ecosystem.

What makes this initiative unique is its focus on innovation through collaboration. Space start-ups will be encouraged to partner with ISRO, utilizing its vast infrastructure, resources, and expertise. This public-private partnership is a key driver of India's strategy to remain competitive in the rapidly

evolving global space industry.

The venture fund is expected to support start-ups working on a wide range of technologies, including satellite systems, rocket propulsion, space tourism, and lunar exploration. By empowering these companies to take bold, pioneering steps, the government is ensuring that India's space ambitions reach beyond traditional boundaries.

This fund is not only about financing but also about building a robust ecosystem where space start-ups can thrive. It is an environment where Indian innovations shape the future of space exploration. The initiative is going to ignite a wave of entrepreneurial activity in the sector, and it will attract both local and global talent.

This decision showcases India's never-ending commitment towards space exploration and its drive to become a front runner in the field of space technology. This venture fund's approval brings India one step closer to realizing the vision of being a global hub for space innovation. The space race has just gotten even more exciting, and India is ready to lead the way!

-By Azli Khan, BMM, 4th Sem

9-Year-Old Aarit Kapil Stuns the Chess World by Defeating Grandmaster

In a historic and awe-inspiring moment for Indian chess, 9-year-old Aarit Kapil has made headlines as the youngest Indian ever to defeat a Chess Grandmaster. His remarkable achievement ensures that his name will be etched in the record books forever and must have ignited the imaginations of young chess enthusiasts across India.

The journey leading to this achievement is equally impressive. Introduced to chess at the age of 5 by his father, a casual chess player, Aarit quickly showed natural talent for the game. His ability to think several moves ahead and anticipate his opponent's strategies captured the attention of his coaches early on.

Aarit, a Class 4 student from Pune, recently played against an experienced Grandmaster in an international chess tournament. The game went on with intense strategies, unexpected turns, and razor-sharp focus. However, Aarit's determination and extraordinary tactical prowess made him emerge victorious, leaving spectators and even seasoned players in sheer awe.

"Aarit has an exceptional sense of the board and a fearless attitude. He doesn't hesitate to take risks, even against top-level players," says his coach, International Master Ravi



Joshi. In the match which sealed his win, Aarit demonstrated that he was composed and creative while under pressure. Confronting a Grandmaster who was renowned for his attacking style of game, Aarit countered it with innovative strategy that put him on the back foot. Heeding to his opponent's talent, the Grandmaster resigned with a nod at the brilliance of the young mind.

Aarit's victory marks the emergence of a new generation of young chess prodigies in India, promising a bright future for Indian chess. As Aarit continues to climb the ranks, he aspires to one day become a Grandmaster.

But for now, he is just a 9-year-old who loves chess, enjoys solving puzzles, and occasionally challenges his older sister to a friendly game. In his own quiet way, Aarit Kapil has already made history.

-By Azli Khan, BMM, 4th Sem

Pritpal Kaur: Only Indian on Global 40 Under 40 Top Cops List



Nagaland-based officer Pritpal Kaur has entered history books by becoming the first Indian to feature on the International Association of Chiefs of Police (IACP) 2023 40 Under 40 list for 2024. This international recognition brings forth exceptional young leaders in law enforcement who have exemplified outstanding leadership and advancement in public safety globally.

Kaur's name in this prestige list is not only a personal milestone but also an honor for India itself. Considering the caliber and competence apparent through her efforts, it reflects immensely on the country's police force. What makes this even more special is that she stands along with those other great officers from the United States, Canada, and the United Kingdom. It shows her efforts and skills in comparison to the global spectrum.

An IPS officer, Kaur's story is a unique one. She was a dentist before she joined the police force. She has had top positions; she has headed the police force in Noklak and Longleng districts. Kaur is particularly known for her education and livelihood programs as a solution to drug problems rather than a solution through the barrel of a gun. She introduced programs that empowered individuals to use their skills for creating affordable, low-cost machines for farming and home use, including electric cars and dryers.

Her sympathy for the community and her sensitivity towards individuals have earned

her great respect and admiration. Perhaps, one of the greatest honours that she had conferred upon her was the tribal name given to her by the Khamnuingan Naga community in Noklak, a tribute that marks the deep bonding she shares with the peopleshe serves.

Kaur has received the International Inspiration Women Award, the Women Power India Award 2023, and the Global Women Leader Award 2024, among others. As the Superintendent of Police in Cryptomeria Zone, Phek district, she has been invited to Boston, Massachusetts, on October 22 to receive that prestigious award.

Her recognition comes at a time when global policing is evolving to address both traditional and contemporary challenges. Kaur's commitment to embracing innovation and community-oriented policing has attracted attention not only in India but also worldwide. Her work exemplifies how diversity and inclusion in policing can lead to meaningful change.

Pritpal Kaur's rise to international recognition serves as an inspiration to young Indians, particularly women, illustrating that dedication, innovation, and a focus on community welfare can lead to global recognition. Her journey is a powerful reminder of how one individual can reshape the future of law enforcement.

-By Shikha Kumari, BMM, 4th Sem

Nikhat Zareen Takes on the Role of DSP in Telangana Police

Indian boxing sensation Nikhat Zareen, who has clinched two World Boxing Championships and a Commonwealth Games gold, has now taken on a new and remarkable title: Deputy Superintendent of Police (DSP) with the Telangana Police. Her journey from the boxing ring to public service is a testament to her resilience, determination, and dedication, both as an athlete and as a public figure. Born in Nizamabad, Telangana, Nikhat Zareen was the first among the Indian athletes who broke open a new ground for Indian sports. She rose to international level by winning gold in AIBA Women's Youth & Junior World Boxing Championship held in 2011.

However, she had to wait until 2022 to get her first senior World Championship title, which she then followed up with another in 2023. Her win at the 2022 Commonwealth Games further established her as one of India's best boxers. Despite facing numerous hurdles, including societal norms, financial constraints, and fierce competition, Zareen rose to prominence. Her determination became an inspiration, particularly for young women who are striving to break barriers in male-dominated fields.

A New Chapter as DSP: Zareen's appointment as DSP makes her reflect all the multifaceted characters. It reflects her

Sudha Murthy: First Indian Woman to Receive the Global Indian Award



Philanthropist and chairperson of Infosys Foundation, noted writer Sudha Murthy created history by being the first woman to receive the prestigious Global Indian Award. Given by the Canada India Foundation, the award acknowledges Indian heritage men and women whose efforts have played a significant role globally through work and dedication. Murthy's incredible work cuts across literature, social work, and education. She is acclaimed to have produced several bestsellers through her children's books dealing in love, kindness, culture, and fairness among the themes that always attract readers' hearts. Her works have reached millions since they appeared in various languages. Beyond her literary success, Sudha Murthy is a very renowned philanthropist. She has written more than 15 novels in both Kannada and English and has received many awards, including the Jnanpith Moortidevi Award and the Padma Shri. As the head of the Infosys Foundation, she has led transformative initiatives in healthcare, education, and rural development across India, touching the lives of thousands. Murthy was honoured at a gala event in Toronto, Canada, on September 30, 2023, where she received the Global Indian Award. In a gesture of continued generosity, she donated the \$50,000 award money to The Fields Institute, a renowned research center for mathematics and related fields.

Murthy's work has been instrumental in building schools, libraries, and hospitals, and she has significantly advanced women's empowerment by providing education and vocational training to deserving women, earning widespread admiration.

In her speech while accepting, Murthy says she has dedicated all her powers and resources toward greater good: "The measure of success comes from the amount that we are able to contribute to the advancement of mankind." It is, of course a feeling that the rest of the work of Murthy's life espouses. What is really wonderful about Sudha Murthy is that she's so humble with the kind of work she does, and her greatness has no limits. In the face of the international acclaim, she continues to be one among the ground-breaking personalities for millions, proving down-to-earth yet committed towards society. This engineer from India has broken into a male chauvinist IT industry first among women in her country.

This Global Indian Award given to Sudha Murthy is also not just about her, but very importantly about India also. And her life and work shall inspire the coming generations of Indian women. She is an inspiration to all because of the very powerful message given by her journey, that the true measure of success lies in the positive impact we make on others.

-By Shikha Kumari, BMM, 4th Sem

capability of achieving glory outside the boxing ring and proving her significant impact in public service. The Telangana state government honored her for the services she put in sports and brought glory to the state and the country. In her new role, Nikhat Zareen is focused on community service, youth empowerment, and promoting female leadership. She will advocate for gender equality and support sports as a means of personal growth and healthy living. Induction as DSP is more than an honor for Zareen; it's a call for social change and a step toward a brighter future for young women and aspiring leaders across the nation.

An Empowering Icon: A small-town girl who became a world champion and is now a DSP, Nikhat Zareen's story is one of hard work, perseverance, and success. She has shown that with determination and commitment, anyone can achieve greatness. As an athlete



and now as a police officer, she continues to inspire countless individuals, especially women, to pursue their dreams and serve their communities with pride and honour. Zareen's achievements prove that the sky is the limit for those who dare to dream and work tirelessly towards their goals.

-By Shikha Kumari, BMM, 4th Sem

Hetal Dave: India's First Sumo Wrestler Defying Odds and Empowering Women



Hetal Dave is an Indian sumo wrestler, believed to be India's first; she is outperforming everybody's expectations with a sport highly popular in Japan but relatively very few people understand about in India. She lives in a very small village within India, crushing societal norms with her gender definition and making the first step on this earth on the sports floor.

Her entry into sumo wrestling came as a surprise. Raised in an ordinary family with a keen interest in sports, she initially pursued wrestling and judo, developing a strong foundation. But it was through watching international talent shows and reading about sumo wrestling that she became captivated by the sport's unique blend of strength, technique, and ancient traditions. Even though the country of India lacks the proper infrastructure and recognition for sumo wrestling, Hetal was passionate about this sport and thus chose to continue it by following a tough path.

Hetal did not have proper coaching in her own country, and thus she has been learning sumo through online tutorials and by taking guidance from international coaches. Her first entry into an international sumo tournament, representing India, was her first step toward success. The wrestling background, which helped her to adapt so well to sumo, and her strength in it, told the story of her determination and strength.

Top Achievements and Milestones
Hetal Dave has several ground-breaking achievements in her name. She made

history by winning the first-ever bronze medal at Sumo World Championships, becoming the first Indian woman to do so. Her triumph at the Asian Sumo Wrestling Championship further redefined her stature, where she won a silver medal against the heavyweight competitors across the region. These feats not only gave her respect in the world of sumo but also helped Indian sumo wrestling to be known worldwide.

As a tribute to her pioneering work, Hetal has been felicitated by the Indian sports ministry with the "Trailblazer in Sports" award for her contribution in making sumo wrestling a recognized sport in India. **Breaking Stereotypes**

As a woman in a male-dominated sport, Hetal Dave has had to face social scepticism and lack of funding, but she remains steadfast in her pursuit of excellence, determined to break down barriers and inspire others. Her story is not just one of personal achievement but also a testament to the power of perseverance and the ability to challenge preconceived notions.

Hetal's journey is a powerful reminder that with dedication, strength, and courage, one can overcome the most difficult obstacles and create a lasting impact. Through her achievements, she has become a role model for aspiring athletes, particularly women, showing that they too can defy the odds and make their mark in any field.

-By Shikha, BMM, 1st Sem

Indian Women's Team Triumphs 3-2 Over South Korea to Reach Semifinals



It was a heart-wrenching battle for the Indian Women's Hockey Team, who defeated South Korea 3-2 in the quarterfinals and are carrying the momentum through one of the toughest championships ever played by the team. Drama filled this match, and Indians showed strength and will power to win and take their ticket into the semi-finals.

A full stadium experienced this roller coaster ride of emotions. India started on a front foot. They took a lead early into the game, setting the pace for the game. The superstar of the show was Salima Tete with a brilliant finish in the 12th minute. The U-17s went ahead of the South Korean team, who responded well. They equalized the score when they scored the goal in the 20th minute. Well known for its counterattacking skills, the South Korean players made their impact felt.

The second half was more intense, with both teams fighting for dominance. India regained the lead in the 47th minute through a well-executed team play involving Neha and Sunelita, capped by a cool finish. South Korea responded in the 60th minute, levelling the score once again, and setting up a nail-biting final stretch.

With time running out, Sunelita Toppo came

up trumps, breaking through South Korea's defense to score the decisive goal, giving India a hard-fought 3-2 victory. Sunelita's two crucial goals and her commanding performance were pivotal in securing the win for her team. Salima Tete's exceptional goalkeeping in the second half also played a key role, denying South Korea several high-quality chances.

Head Coach Harendra Singh praised his team's grit and tactical awareness in the post-match interview, saying, "This victory reflects the players' sweat, togetherness, and big-character performances. South Korea is a tough team, but our players gave their best effort, and that made all the difference."

A Step Closer to Glory:

At the outset, this Indian women's team has already captured hearts across the nation. As they go further in this championship, their effort has been described one of the most miraculous in recent sports history. Their semi-final berth will mark the day that will mark today as one of the defining moments of their campaign. The upcoming match will surely be watched with great eagerness as the team looks to build on this success and aim for glory.

-By Shikha, BMM, 1st Sem

social causes, she has been an inspiration for many young girls across the nation. Her Miss Grand International was not just for beauty but becoming a voice of change.

This backdrop gave Rachel a great insight into her roots, and she shared, "Coming from Jalandhar, I never imagined I would stand on such a grand stage. This victory is not just mine—it's for every girl who dares to dream." Her charm, intelligence, and poise stood out from the competition, and she earned the admiration and stood ovations from the judges and audience alike.

Rachel's road to the Miss Grand International title was not a smooth one. She spent months training rigorously, from workout routines to practice catwalk and public speaking sessions. What set her apart was her advocacy on mental health awareness, which has been close to her heart. In the Q & A round, Rachel boldly said that the stigma attached to mental health needs to be broken; she received loud applause for the powerful stance taken.

She has the elegance, along with a strong purpose, that helped her claim victory during the competition. Rachel shines in the evening gown segment and the national costume round, where she wore a beautiful Indian-inspired costume.

This is the first Indian winner of the Miss Grand International title since its inception in 2013. She has, thus, made history for India. Her victory is being celebrated across the nation as her fans and celebrities flood their various social media pages with congratulatory messages. Rachel's achievement seems testament to the power of dreams, determination, and resilience. As she proceeds into her reign as Miss Grand International, Rachel will use her platform to increase awareness of the cause of mental health and inspire young people to fearlessly pursue their dreams.

- By Payal Tondon, BMM, 4th Sem

20-Year-Old Rachel Gupta from Jalandhar Becomes First Indian to Win Miss Grand International Crown



History has been etched in the pages of a glorious tome when 20-year-old Rachel Gupta of Jalandhar won the prestigious crown at Miss Grand International. The event happened in Vietnam, and it was truly an extravaganza where ladies from around 70 countries would participate in fighting for the yellow pad, but this time, it is a colossal moment for India, bringing pride and recognition to the country on the global beauty pageant platform.

A small town girl from Punjab, Rachel was a rising star with a very dynamic personality and big dreams always. With her background in commerce and passion for

The "Cool" Factor: How Casteism Finds New Life In The Youth Culture



-By Nisha Choudhary, BMM, 4th Sem

appeal has brought them widespread recognition, this adaptation often comes at the cost of losing their original essence. Yoga and meditation are ancient practices

-By M. Tanushya, BMM, 4th Sem

The Power of Sleep: Why It Is Crucial for Physical and Mental Health



How many of us scroll mindlessly through Instagram or binge-watch Netflix until 3 AM? Or how many times do we neglect our sleep, telling ourselves "it doesn't matter" only to moan the following day about how lazy, tired, or vague we feel. Chances are, most of us can definitely relate.

Sleep is often underestimated. With busy schedules and the allure of endless episodes of thrilling dramas, it's easy to push sleep aside. But sleep is just as vital as other aspects of our well-being, such as skincare, exercise, and a healthy diet. It's not merely a time to rest; sleep is when our body and mind rejuvenate, restoring us physically and mentally.

Physiologically, sleep does more than mere restoration—it is vital for the repair and regeneration of the body. Tissues repair themselves, muscles grow, and the immunity gets strengthened during sleep. It keeps the heart and other vital organs performing efficiently. Moreover, sleep

regulates appetite; lack of sleep creates hormonal imbalance, augments hungers for rubbish foodstuffs, and raises the level of cortisol, leading to gains in weight and other severe health problems.

It is also crucial for the brain, as it is the time for memory consolidation, processing of emotions, and the enhancement of problem-solving skills. Sleep deprivation hampers concentration, decision-making, and creativity. Chronic sleep deprivation is associated with mood disorders such as anxiety, depression, and stress, and poor sleep worsens these conditions. Eventually, this leads to mental and physical health issues.

In conclusion, sleep is the foundation of a healthy, balanced life. It is important to recognize its importance and give it priority for overall well-being. The choice is in our hands: prioritizing sleep will lead to a more fulfilled, energized, and healthier life.

-By M. Tanushya, BMM, 4th Sem

Employees who work from the office have better mental health than those who work from home (WFH).



Imagine working in your cozy night pajamas, enjoying a hot bowl of noodles, and having the freedom to watch your favourite series while doing your tasks. Sounds fun and convenient, right? However, recent studies reveal a different story. According to reports, employees working from home (WFH) experience poorer mental health compared to those working from the office. While WFH offers benefits like work-life balance and flexibility, its negative impacts are becoming increasingly evident. Social isolation is one of the primary causes of this issue. An office setup ensures that a worker engages with other people around him/her through face-to-face interaction with coworkers, brainstorming, and general chit-chatting. These increase the worker's morale and give a feeling of belongingness, thus promoting good mental health. For a WFH worker, on the other hand, social interaction is usually very minimal, hence experiencing loneliness. Such situations contribute to stress and depression. Isolating for days without human contact in a room can, over time, exacerbate feelings of loneliness and lead to mental health problems. The other factor is the lack of a structured work environment. Offices

intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week.

Stress management is as important for the health of women. Chronic stress leads to many different afflictions—from heart disease and high blood pressure to weakened immune function—and worsens mental health disorders like depression and anxiety. Reducing stress can be achieved with the practice of yoga, mindfulness, and relaxation techniques, among other things, as well as time spent outdoors in nature. Supportive social networks and interpersonal emotional supports are very important sources of support for women's health. Healthy relationships also reduce stress, enhance emotional wellness, and provide critical support during crises. Scientific evidence has shown that women with highly supportive social networks tend to have better mental and physical health outcomes. Routine screening and preventive health is also very vital to women's health. Many

clearly separate work and personal life, and workers can focus on their tasks without household distractions. In contrast, WFH blurs these lines, making it easy to either overwork or get distracted, leading to burnout or procrastination.

Office environments also provide employees with prompt support from colleagues and supervisors, which enhances productivity, minimizes stress, and enables learning. WFH employees often experience delayed communication, missing opportunities for growth, as well as minimal support, and therefore will be unable to produce quality work.

Finally, the formal schedule of working in an office helps employees get mentally ready for the day and thus have a purpose and direction. WFH employees, on the other hand, find it hard to get engaged with work because there is no clear boundary between home and office life.

Office-based setups tend to provide better mental health benefits, thanks to social engagement, clear boundaries, and a structured work environment, although WFH offers flexibility.

-By M. Tanushya, BMM, 4th Sem

check-ups involve screening for other conditions such as cervical and breast cancer. Thus, detection would be earlier; complications could eventually be avoided overtime.

Lifestyle choices play a significant role in women's health. Women can reduce their potential risk of chronic illness and bring better health and well-being into their lives by making healthier lifestyle choices, which include adopting healthy lifestyles like eating a healthy diet, exercise, reduction of stress, meaningful relationships, and abstinence from tobacco, abstinence from alcohol, proper rest, normal weight, and preventive care.

Every woman is different, and every woman has different needs and circumstances. One should consult a healthcare professional to get personalized guidance on how to lead a healthy lifestyle. Thus, by making informed lifestyle choices, women can take charge of their health and lead fulfilling, active lives.

-By Nisha Choudhary, BMM, 4th Sem

Lifestyle Factors and Women's Health



Lifestyle is an important factor that shapes women's health, which affects both physical and mental health. A healthy lifestyle is made up of several choices, including a balanced diet, regular physical activity, mindfulness practices, and strong interpersonal relationships. These factors can influence the risk of chronic diseases, mental health, and quality of life in a woman.

Among the most influential lifestyle factors affecting women's health is having a well-balanced diet. A diet that contains

numerous fruits, vegetables, whole grain varieties, and lean proteins provides nutrient components and energy essential to keep the body functioning properly as well as for the prevention of many diseases. Conversely, diets dominated by processed foods,

saturated fats, and sugars can elevate many risks associated with heart disease, type 2 diabetes, obesity, as well as a variety of cancers.

Regular exercise is another very important aspect of a healthy lifestyle. Exercise makes the heart stronger, increases bone density, lowers the risk of chronic diseases, improves mood, and helps in maintaining a healthy weight. The World Health Organization recommends that adults should do at least 150 minutes of moderate-

Longing for the Sun-Kissed Days

I pulled my jacket tighter; the warmth of the woollen fabric offered little defence against the icy wind whipping at my face. "Isn't winter wonderful?" I whispered, forcing a smile. For years, I had proudly declared myself a lover of winter. I would preach to those willing to listen, "Winter is my season." The crisp air and the warm nights sitting by the fire on grey evenings wrapped in a warm blanket – these were my preferred things. But something has changed. The skies that once comforted me as being so grey, so heavy, made the world mute and like a song played too softly. Maybe it's just a yearning to feel a different

kind of warmth upon my skin. A part of me misses summer days, bright afternoons, lazy, long days, and the scent of strawberry ice cream on my chin from biting a watermelon slice with juice running down, sticky tongues, and long rides with the windows down. I miss catching soap bubbles and letting the wind tousle my hair. I miss it all. I miss summer.

I suppose my heart has learned to bloom in a different way. It beats with the warmth of June, filled with colours that no winter can dull. My spirit now speaks in the language of summer – bright, alive, and full of light.

-By Nisha Choudhary, BMM, 4th Sem

Silence Between Words

To Speak My Truth

To speak my truth, an awkward task,
A fear of judgment when they ask.

To share the surge, to lay it bare,
Fragility raw, beyond compare.

But logic's cold, a distant stare,
Feeling foolish in deep despair.

My heart overflows with silent sighs,
Wishing to feel less, to not ask "why."

-By Nisha Choudhary, BMM, 4th Sem

आज खुद को जब देखा मैंने,
देखा खुद को पर मुझको मैं मिला नहीं।
मिला नहीं वो बचपन मुझ में,
मुझ में अब वो मजा नहीं।
बेबाक मिजाज जो था मेरा,
वो अब तक मुझको दिखा नहीं।
दिखा तो बस एक ऐसा मैं,
जो पहले मैं था नहीं।
कोई शांत, उदास सा रहने वाला व्यक्ति मेरे अंदर है,
खुद से ही वो खुद की बातें अक्सर करता रहता है।
बातों से ये पता चला,
कि मुझ में क्या-क्या बाकी है।
मिलना हो अगर खुद से,
तो मिला थोड़ा फुर्सत से।
क्योंकि आज खुद को जब देखा मैंने।

-By श्रेया BMM, 4th Sem.

अंतर मन के अंतर द्वंद को अंतर आत्मा तक ही सीमित रखो,
ये समाज तेरा शत्रु नहीं ये भ्रम है इसे भ्रम ही रखोछ
मनो बल गिरे विवेक बुझे पर संशय अपने तक रहे,
ऐसी पाबंदी जिह्वा पर विचारो पर मोन रखो
चाहिए क्यों प्रोत्साहन किसी का,
जब खुद से खुद का युद्ध तेरा
हर तीर पे ताली नहीं मिली,
तो क्या पराक्रम नहीं था पुष्ट तेरा
यहां आसरो की लालसा में,
यु व्यर्थ समय गवाओ नहि
उठो तो देखो खिड़की से,
लक्ष्य की डगर अभी भी दूर बड़ी

-By काव्या शर्मा, BMM, 4th Sem

तुम वो ख्याल तो नहीं जो पूरे दिन मेरे दिमाग में रहो..
पर वो ख्याल जरूर हो जो मेरी मुस्कुराहट की वजह हो.
तुम वो ख्याल तो नहीं जो रात का आखिरी ख्याल हो पर
ख्याल जरूर हो जिसे बाहर ना आने की चाहत हो।
तुम वो ख्याल तो नहीं जो अकेले में याद आओ
पर वो ख्याल जरूर हो जो मुझे बिना बीरभार में भी अकेला मेहसूस करवाओ।
तुमसे मैंने कभी कहा तो नहीं पर हाँ,
मुझे तुम्हारे ख्यालो में रहना पसंद है,
खुद से तुम्हारी बात करना,
हर वक्त तुम्हारे बारे में सोचना या हाँ हर वक्त तुम्हे याद करना

-By Kirti Khurana, BMM, 4th Sem

Freedom or Loneliness

Do you ever wonder why we fear freedom?
Why we run away from it?
Maybe it is that somehow,
freedom also equates to loneliness
—and no one ever really wants to be alone.
The sky was writing my story,
yet people were mistaking it for rain
It was the storm from my words,
and they thought it was the thunder of the heavens.
It's far scarier to own up to your
actions and live with your thoughts
than it is to be hurt by someone
who is unworthy of your heart.
Freedom comes at the cost of
loneliness in the end.

Media in India

Being a media student today is no easy task.
In a world where the "right to speak"
is often taken for granted, the challenges are many.
Before stepping into the field of media,
I made a few promises to myself:
To speak the truth, no matter
how many people oppose me.
It's not always about money;
it's about the belief that the truth must prevail.
It's about my passion for this field
About humanity, not power.
And I know that the road
ahead may bring fewer job opportunities
because I refuse to be "the puppet"
for those offering positions.



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