

“Power is gained by sharing knowledge and not hoarding it”



EMERGING THOUGHTS

April 11, 2022

VOLUME 4 | ISSUE 12

**SURESH & CO.**

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Chartered Accountants

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## Foreword

We, at SURESH & CO. are indeed ecstatic to release the series “EMERGING THOUGHTS”. This publication is a consolidated treasury of constructive thoughts and amusing updates of articulated assistants (Interns undergoing Chartered Accountancy course) who will be emerging as Chartered Accountants in near future and employees.

Knowledge is power because it provides us with a sense of self-confidence and strong security. Without knowledge, we might feel lost in this huge dynamic world, trying to find our value and identity. When one knows something, he has a frame of reference that helps him become aware of who he is and what type of role he can play in society.

Knowledge acts as a guiding star in our path towards better future. As long as there are still some unanswered questions about life, there will always be hope for improvement in this world. Thus, knowledge gives us an understanding of the aim and purpose of living, and provides us with the reason for having hope in the future.

The response we receive from the readers are always overwhelming and this eternal ritual has been an amazing journey reaching milestones as the learning opportunities have always illuminated our path with the essence of knowledge.

At SURESH & CO., every individual is empowered to be bold in the name of innovation and wisdom and are encouraged to think beyond their capabilities. This not only helps them to purify their thoughts, enriches their vision but also gives them an opportunity to reconnaissance various things that are beyond their study domain.

We at SURESH & CO., wanted to share these gems of infant thoughts as conceived by these young minds. It is to be noted that these updates may or may not have been reviewed by any senior or a technical expert and thus these should be used only to kindle thoughts in certain positive direction. Readers are advised to do further research and analysis on the topics which they find interesting.

**“Power is gained by sharing knowledge, not hoarding it.”**

**“The way of success is the way of continuous pursuit of knowledge.”**

## Update for the day #1231 | How Covid-19 has changed our lives

Ever thought you will be able to see the blue sky from your city buildings. Or get that much time to spend with your family playing carrom boards, ludo and making food with the whole family.

Ever thought you will care that much for your personal hygiene. Sanitizing hands every hour, maintaining distance from other persons and wearing masks for hours.

No, we had never gone through it and we shall not go again. But I think the habits COVID has given us should last long. The person who doesn't even wash his hands after coming back to home now takes a bath before even touching anything of the house. We are now caring about our health. We are now eating fruits full of vitamins.

Students who were always busy in their day to day schedule, the school then tuitions sports club and after the day full of tensions and exhaustion, the nights with eyes on blues(mobile phones). Now they are getting time to search for themselves, creating new interests and hobbies like paintings and music and many other things. Also, our parents who were busy in their whole day and sleep without having a conversation at night. They are now getting time to spend with each other exploring love.

From American To Indian Culture- Remember the time when we use to join our hands saying namaste to all. That time is back again to the trend. From meeting with handshake and hugs is no more in fashion. We are back again to the time of our parents and grandparents.

From stay positive to stay negative- From ages we were advised to always stay positive and everything will turn positive. Now that statement is changed to be negative, not as your thinking but in the test case of COVID. But staying positive nowadays is the most difficult task now where people are no more safe and you can't trust anyone. But being positive is the only way to live life happily these days but also being negative in test cases.

Starbucks turns to Homemade coffee- Starbucks, where we sit to talk and chill up for sometimes having a great coffee in our hands, has now turned low. We are more on the handmade coffee which tastes even better than that of luxury coffee shops. Also, some hands turned to be very intelligent that they are now making the tastiest coffee on this planet suffering from a disease. Some learn to cook for themselves. Some learn to make fast food and some even turned out to a chef.

From late morning to early nights- We all were habitual of waking up late in the morning and dress up fast to reach the office at the time and after working the whole day, visit the bar, eating dinner late, and sleeping late at night. COVID tune us to wake up early and doing some stuff we never gonna do in our previous life. And due to waking up early we also get our sleep well and early. We all know that is the most essential thing to do for a healthy life. Many successfully remove their dark circles, many cure their back pain and many other things.

Work From Home- Many turn out to be again this but many were having dreams to make it true. COVID turns out to help them. The ones who don't like to dress formally and sit on the 4-

wheeled chair spending their whole day in front of the screen and having the half cold lunch in the break are now having their good life. They sit whenever they want. they even work while they are on their bed. Yes, this is true that Work from home is not that easy but every change requires a time to be adapted. This also will be adopted soon.

The conclusion is that it was and is dependent on us, For someone. COVID turn out to be something that came like a tsunami and destroyed everything and now he can not do anything, But for someone, it turns to be an opportunity that he was waiting from a large time where he can work upon himself. COVID changed everything. Like we all change this world has also changed. And it is upon us how we adapt and how early we adapt.

By **Adithiyya J.S**



## Update for the day #1232 | Deepavali - Let the Ram in us win over Ravan.



The Hindu festival of lights, known as Deepavali or Deepavali is the biggest and the brightest of all festivals. A festival marked by four days of celebration, Deepavali is witnessed all around India and also celebrated in different parts the world. A beautiful and one of the most pious occasions, Deepavali is the time that illuminates the country with its sheer magic and brilliance and dazzles people everywhere with joy and celebration.

People light diyas and lights in their home on Deepavali in order to welcome the Goddess Lakshmi in their homes, as it believed that the goddess will grant wealth and prosperity to those who worship her on this occasion. The occasion is also considered auspicious for making new investments.

Deepavali is celebrated, according to the Hindu calendar, in the month of Kartik, Deepavali falls on the 15th day, and hence it varies every year. All the four days in Deepavali have their unique traditions that fill people with good hope, love, peace and a rejuvenated mind, not to forget unadulterated happiness.

The history of Deepavali can be traced back to ancient India, when it most likely began as an important harvest festival. However, there are several legends pointing to the origins of Deepavali.

There are many who believe Deepavali to be the celebration to mark the wedding of Lakshmi, the goddess of wealth, with Lord Vishnu. Deepavali is probably the commemoration of their blissful marriage. Others think it to be a celebration of Lakshmi's birthday, as Lakshmi is said to have been born on the new-moon day of Kartik.

In Bengal, the Deepavali, or Deebavali, is dedicated to the worship of the powerful goddess Kali, the dark goddess of strength. the elephant god Lord Ganesha is also worshipped in some homes on Deepavali, because he is a symbol of auspiciousness and wisdom. In certain Jain homes, Deepavali has the added significance of marking the great event of Lord Mahavira attaining the eternal bliss called nirvana.

Deepavali is not only important to Hindus, but, has is also celebrated among Jains, Buddhists, and Sikhs. For Hindus, it often signifies the return of Lord Rama to Ayodhya, after his 14 years of exile and victory over Ravana.

Ram, on that special day, was welcomed to the kingdom of Ayodhya with rows of diyas, lightened throughout the kingdom. Thus, the tradition of lighting oil lamps on Deepavali symbolizes the victory of good over evil and freedom from spiritual darkness.

### **Importance and Significance**

Deepavali is not just the lights, gambling, and fun-filled surprises and gifts; Deepavali is also a time to reflect on one's life, past deeds and making the right changes for the upcoming year. Deepavali is also a celebration to give and forgive. It is a common practice in Deepavali for people to forget and forgive the injustices and grudges. People celebrate with an air of freedom, festivity, and friendliness everywhere.

Deepavali marks the birth of a new and rejuvenated soul. A happy and refreshed mind during Deepavali charges up a person to make changes as a healthy, ethical individual, who will be more efficient in their work, and will also be spiritually advanced.

Deepavali is a celebration that unites people from every corner, religion and caste. The simple smile and a kind, accommodating heart melt even the hardest of hearts. It is a time when people mingle about in joy and embrace one another.

Most importantly, Deepavali illuminates our inner self. The lights of Deepavali also signify a time to destroy all our dark desires, dark thoughts, and have a deeper, inner illumination and self-reflection

By **Sadhana V Raghavan.**



## Update for the day #1233 | Facts about the world.

### 1. **Glaciers and ice sheets hold about 69 percent of the world's freshwater.**

Just over 96% of the total amount of the world's water is held in its oceans, according to *Water in Crisis: A Guide to the World's Fresh Water Resources* via the United States Geological Survey (USGS). However, that's primarily saltwater. To find the bulk of the world's freshwater you need to trek to the poles, as 68.7% of it is encased in ice caps, permanent snow, and glaciers.

### 2. **The fastest gust of wind ever recorded on Earth was 253 miles per hour.**

Hang on to your hats because this isn't your average wind storm. In 1996, a tropical cyclone named Olivia hit off the coast of Barrow Island, Australia with such a force that it broke an incredible record. According to The Weather Channel, "Olivia's eyewall produced five extreme three-second wind gusts, the peak of which was a 253 mph gust," which blew past the previous wind record of 231 mph set in Mount Washington, New Hampshire back in 1934.

### 3. **Recent droughts in Europe were the worst in 2,100 years.**

Europe has been experiencing serious dry spells and extreme heat since 2015, which has caused major droughts. Research done led by the University of Cambridge (and published on the National Oceanic and Atmospheric Administration website) looked at isotopes in the rings of old European Oak trees in Central Europe which formed over thousands of years to try to pin down the cause. They discovered that the dry spells are a "result of human-caused climate change and associated shifts in the jet stream," according to Eureka Alert!

### 4. **The best place in the world to see rainbows is in Hawaii.**

If you're an avid rainbow gazer and want to get your fill of the beautiful phenomenon, look no further than the state of Hawaii. A study published by the American Meteorological Society in 2021 noted that the area's "mountains produce sharp gradients in clouds and rainfall, which are key to abundant rainbow sightings." Air pollution, pollen, and a large amount of cresting waves also help to put Hawaii at the top of the list when it comes to rainbow quantity and quality.

### 5. **There are fossilized plants in Greenland under 1.4 km of ice.**

Around 80 percent of Greenland is covered by the Greenland Ice Sheet, which Britannica explains is the "largest and possibly the only relic of the Pleistocene glaciations in the Northern Hemisphere." But has it always been so icy? Well, at the bottom of a 1.4 km core sample, which was taken in 1966 at Camp Century during the Cold War, researchers found "well-preserved fossil plants and biomolecules," which means that the massive sheet melted and reformed at least once in the last million years.

### 6. **Bolivia, the world's flattest country.**

If you hate hills, Bolivia is the place for you. One of the fun facts about the world is that this country holds the title of being the flattest country on the planet. It also holds other records such as having the longest salt flat. The Uyuni salt flats are also the largest lithium reserve in the world.

### 7. **The world's oldest country is in Europe**

It may not surprise you to know that the Old Continent is home to some of the oldest countries on earth. But one of our fun facts is that the title of the world's oldest country goes to San Marino. A small country covering just 62 square kilometres, originally formed in 301 AD.

By **Tejas Chandra**



## Update for the day #1234 | Araku Valley

Vizag is a popular tourist destination mainly known for its beaches. Located at a distance of 120 km from Vizag is a beautiful hill station called Araku which is as popular as the beaches of Vizag.

Blessed with enchanting streams, lush green forests, beautiful waterfalls, sprawling coffee plantations, rich landscape and wonderful weather, Araku valley is no doubt a famous tourist destination attracting nature lovers, honeymoon couples, and adventure enthusiasts from all over the country.



The journey to Araku valley by train is something that everyone should experience with tunnels, hill sides, streams, waterfalls making your journey truly mesmerizing. The ride through the road is equally enchanting with sharp curves and beautiful sceneries along the way. Located at an altitude of 911 m above sea level, Araku is a must visit destination for tourists visiting Vizag. Araku valley is mainly inhabited by tribals and the Tribal museum is one of the main attractions here. It houses tribal handicrafts and several artifacts depicting the lifestyle of tribal people. The tribal dance known as Dhimsa dance with tribals dressed in colorful attire is a must see for visitors coming to Araku.

Araku is also known for its coffee plantations and boasts of manufacturing India's first tribal growers' organic coffee brand. Another major attraction of Araku valley, Padmapuram Gardens is widely visited by the tourists coming to Araku. The hanging cottages are one of the top attractions of Padmapuram gardens. The garden has a wide variety of beautiful plants and flowers and the toy train ride around the garden is quite popular among the kids.

By **Sai Saran.**



## Update for the day #1235 | About The Euthanasia.

### **EUTHANASIA**

The act or practice of killing or permitting the death of hopelessly sick or injured individuals (such as persons or domestic animals) in a relatively painless way for reasons of mercy

### **TYPES OF EUTHANASIA:**

#### **Voluntary euthanasia :**

Voluntary euthanasia is conducted with the consent of the patient. Active voluntary euthanasia is legal in Belgium, Luxembourg and the Netherlands. Passive voluntary euthanasia is legal throughout the US.. When the patient brings about their own death with the assistance of a physician, the term assisted suicide Washington, Montana and Vermont.

#### **Non-voluntary euthanasia :**

Non-voluntary euthanasia is conducted when the consent of the patient is unavailable. Examples include child euthanasia, which is illegal worldwide but decriminalised under certain specific circumstances in the Netherlands under the Groningen Protocol. Passive forms of non-voluntary euthanasia ( withholding treatment) are legal in a number of countries under specified conditions.

#### **Involuntary euthanasia:**

Involuntary euthanasia is conducted against the will of the patient.

#### **Passive and active euthanasia:**

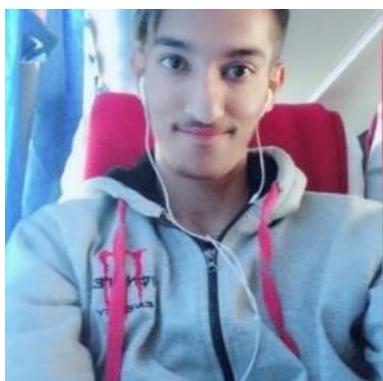
Voluntary, non-voluntary and involuntary types can be further divided into passive or active variants. Passive euthanasia entails the withholding treatment necessary for the continuance of life. Active euthanasia entails the use of lethal substances or forces (such as administering a lethal injection), and is more controversial. While some authors consider these terms to be misleading and unhelpful, they are nonetheless commonly used. In some cases, such as the administration of increasingly necessary, but toxic doses of painkillers, there is a debate whether or not to regard the practice as active or passive.



**History:**

Euthanasia was practiced in Ancient Greece and Rome: for example, hemlock was employed as a means of hastening death on the island of Kea, a technique also employed in Marseilles. Euthanasia, in the sense of the deliberate hastening of a person's death, was supported by Socrates, Plato and Seneca the Elder in the ancient world, although Hippocrates appears to have spoken against the practice, writing "I will not prescribe a deadly drug to please someone, nor give advice that may cause his death" (noting there is some debate in the literature about whether or not this was intended to encompass euthanasia).

By **Hardik S Patel**



## Update for the day #1236 | Psychedelics: A game changer in Mental Health.

Psychedelics have been used throughout history for medical purposes. After going out of favour in the 1960s and 1970s, they have begun to return to the mainstream as rigorous clinical trials have demonstrated their potential as treatment for unmet needs in mental health.



They may “reset” the brain by altering neurotransmitter levels, induce a new perspective on life by causing a person to have a mystical experience, or teach a person a new way of thinking. Some research also suggests these psychedelics increase suggestibility, making a person more open to ideas discussed in therapy.

Some other drug options include:

**LSD:** A chemical found in several plants

**DMT:** A chemical available in some plants

**MDMA:** Found in the sassafras tree, and known for its role in the drug Ecstasy

**Mescaline:** found in some cacti, such as the peyote cactus

In this context of more open-mindedness towards once stigmatised illegal and recreational drugs as medicines, another Schedule 1 drug, ‘mind manifesting’ psychedelics, such as psilocybin from magic mushrooms, LSD and mescaline, are also beginning to be greeted with optimism by the clinical community, regulators and investors.

These positive attitudes are due to how, like ketamine, psychedelics have the potential to be a game-changing treatment in mental health. Not only have mental health disorders proven incredibly challenging to treat, but the incidence and impact of these conditions is only growing; the world is undoubtedly living in an escalating mental health crisis.

To find out if their promise can become a reality, a healthy competitive landscape of pharma companies have begun working on developing and trialling psychedelic drugs.

Atai Chairman Christian Angermayer — who says he has never touched a beer even though he comes from Bavaria where it is “our daily nutrition,” or smoked a joint or cigarette — is a personal believer in the power of psychedelics to have a positive influence on life. He described his first experience with psychedelics as “the single most meaningful thing” in his life.

“Nothing else even comes close,” Angermayer told.

By **Chandana C**



## Update for the day #1237 | The case of disappearing Truckers.

There's something interesting happening in the UK. Petrol pumps are running out of petrol and it's not due to a shortage of fuel.

It's kind of weird, but hear us out. There's technically no shortage of fuel. Britain has enough of it. However, there is a shortage of truckers—people who move petrol from one point to another.

And that's what's precipitating the crisis. There's been a decline in the number of heavy-good-drivers—from 300,000 just a couple of years ago to about 70,000 right now, and it doesn't look like they're coming back anytime soon.

Why are all the truckers abandoning their professions?

Well, multiple reasons. Some have left the country due to Brexit (after Britain withdrew from the European Union). Even others left the country during the pandemic as travel and visa restrictions made life rather difficult.

New truckers meanwhile had trouble signing up because test centres were closed. And trucking isn't a glamorous job to be honest. The average age of truckers in Britain is 55 and young people aren't exactly jumping for joy at the prospect of becoming a trucker either.

Now the country's policymakers are desperately trying to avert a full-blown crisis. They're requesting retired truckers to get back on the road. They are issuing new visas to foreign workers. And there's even a rallying cry now—“Drive for Britain.”

But here's the thing. The problem of the disappearing trucker isn't just unique to Britain. It's happening across the world, including India. The only difference perhaps is that truckers in India are quitting the profession for entirely different reasons

At this point you're probably asking—“Who in their right mind would continue to ply their trucks in the face of such adversity?”

And that's precisely the point. The only truckers staying back are the ones that are desperate. Many others have already taken up work under the MNREGA scheme or switching jobs—like plying a cab perhaps. In fact, even the data points to this anomaly.

At one point in time, we had a large number of truck drivers competing for very limited spots. Today, we have about 20 lakh drivers—But only 750 drivers for every 1000 trucks that are currently registered.

Meaning many trucks are just sitting there gathering dust because there's no one to drive them.

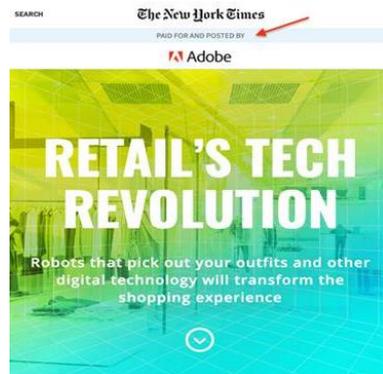
The only way to stem the flow perhaps is to better regulate the industry. Nitin Gadkari only recently pitched for fixed driving hours of commercial truck drivers as well as including onboard sleep detection sensors. And while it may increase costs initially, perhaps it is the only way to keep truckers on the road.

By **Ishika B Jain**



## Update for the day #1238 | Advertorial Marketing.

An advertorial is an article, website page, or video programming that is designed to look and read like objective journalistic content but is, in fact, a paid advertisement. An advertorial may convey useful information but its primary objective is to market a company's products, enhance its reputation, or promote its views. The word advertorial combines the words advertisement and editorial. The newer term "native advertising" has been coined to distinguish advertorial content from display advertising.



Advertorials are a sharp departure from traditional advertising as they don't rely on catchy slogans, attractive models, or cheerful music. Instead, they convey information, but they aren't bound by journalistic principles requiring objectivity or balanced reporting. As online publications like McDonald Bennett's introduce advertorials to drive ad revenues, advertisers are finding them attractive, too. Brands are increasingly becoming fed up with ineffective display ads, and advertorials offer them an opportunity to craft the narrative around a brand.

Since people are naturally suspicious of advertising, they may be more likely to engage with marketing copy if it appears in the form of an ordinary article or video. Advertorials are also likely to attract more readers than ordinary ads, especially if those readers use ad-blocking software. Once readers are engaged, an advertorial can also go into greater detail about the advantages of a specific product, which is not possible on ordinary banner ads. If the content is especially strong, they may even share it on social media.

For Example: In a women's magazine, the skincare brand, Simple, presented a two-page advertorial that started with a headline about how to care for sensitive skin combined with a large photo of a model's face. There is also a short quiz designed to draw in readers who may have sensitive skin concerns. On the second page of the ad, the brand uses its space to promote its three-step skincare routine.

A study by Nielsen found that editorial content such as newspaper articles was considered trustworthy by 81% of people under 20, compared with 70% of the general population. Another study on advertorial copy length, from High Point University, found that advertorials generated better ad and brand attitudes for female viewers than they did for males. The same study found that "lighter" copy lengths tended to improve brand attitudes for female subjects more than they did for males.

Hence, Advertorial Marketing is gaining huge importance due to people becoming aware of the facts of the products and services they avail, also the companies want to capture as much as the market by being customer centric and providing reliable information.

By **Muskan Jamadar**



## Update for the day #1239 | Padmashri Awardee- Tulsi Gowda.



### Her Early life

Tulsi Gowda was born in 1944 into the Halakki tribal family within the Honnalli village, a settlement transitioning between rural and urban within the Uttara Kannada district in the Indian state of Karnataka. Karnataka is a state in South India that is known for its popular eco-tourism locations as it has over twenty-five wildlife sanctuaries and five national parks.

Tulsi Gowda's first name is directly linked with nature and is derived from the Kannada word Tulsi or Tulasi and means Holy Basil, a sacred plant within the Hindu religion. Gowda was born into an impoverished family, and her father died when she was only 2, causing her to have to begin working alongside her mother as a day laborer at a local nursery once she was old enough, prohibiting her from ever receiving a formal education. As a result of her lack of education, she is illiterate, not able to read or write.

The language of her tribe is Kannada, less commonly known as Kanarese, . At a young age she was married off to an older man named Govinde Gowda, but no one including her knows exactly how old she was when the marriage began, but she was estimated to be around 10 to 12 years old. Her husband died when Gowda was in her 50s. At the nursery, Gowda was responsible for taking care of the seeds that were to be grown and harvested at the Karnataka Forestry Department, and she specifically cared for the seeds that were meant to be a part of the Agasur seedbed.

Gowda continued working at the nursery alongside her mother as a daily wage worker for 35 years until she was offered a permanent position in recognition of her work towards conservation and extensive knowledge of botany. She then worked at the nursery with her permanent position for 15 more years before she decided to finally retire at 70 years old. During her entire time at this nursery, she contributed and worked directly to combat afforestation efforts by the forest department by using her traditional knowledge of the land that she gained through first-hand experience.

### Career and awards

In addition to her extensive tenure at the Karnataka Forestry Department, Tulsi has received numerous awards and recognition for her work in seed development and conservation. In 1986, she received the Indira Priyadarshini Vrikshamitra Award, also known as the IPVM award.

The IPVM award recognizes pioneering and innovative contributions made by individuals or institutions in the field of afforestation and wasteland development. The IPVM was founded in 1986 by the Ministry of Environment and Forests and is awarded to people in only 7 different categories every year.

In 1999, Tulsi Gowda received the Karnataka Rajyotsava Award, sometimes known as the Kannada Rajyotsava Award, and it is the “second highest civilian honor of the Karnataka state of India”. The Karnataka Rajyotsava award is given yearly to citizens over 60 of Karnataka State who are distinguished in their respective fields. In 1999, Tulsi Gowda was 1 of 68 people to receive this award and she was 1 of 2 people to receive it for contributions to the environment. The award recipients often receive a gold medal and 1 million rupees.

Most recently on January 26, 2020, the Government of India rewarded Tulsi Gowda with the prestigious Padma Shri award, the fourth highest award given to citizens of India. The Padma Shri, also commonly spelled as Padma Shree, is an award given every year on India's Republic Day by the Government of India. After winning the award, Tulsi reaffirmed her purpose for her actions by saying that while she is glad to have received the Padma Shri, she “values the forests and trees more”

By **Rajesh S**



## Update for the day #1240 | Kashi Vishwanath Temple , Varanasi.

Kashi Vishwanath Temple, is one of the most famous Hindu temples dedicated to Lord Shiva. It is located in Vishwanath Gali of Varanasi, Uttar Pradesh in India. The Temple stands on the western bank of the holy river Ganga. The main deity is known by the names Shri Vishwanath and Vishweshwara literally meaning Lord Of The Universe. Varanasi city was called Kashi in ancient times.

Phalgun Shukla Ekadashi is celebrated as Rangabhari Ekadashi, that is, colors. According to tradition, before Holi, Baba Vishwanath comes back to Kashi after having a cow in the form of mother Bhagwati. The temple complex is echoed by the echo of dozens of Damroos. This tradition has been performed for over 200 years. On Basant Panchami Baba's Tilak is performed, Shivaratri marriage and Rangbhari Ekadashi marks parvati leaving with shiva. These traditions are carried out by the erstwhile Mahant family of the temple for over a century.

These rituals of Baba's marriage ceremony are performed at the residence of Kulpati Tiwari, the erstwhile Mahant of Shri Kashi Vishwanath Temple in Redzone.[39] The seven rituals of Saptarishi Aarti were performed by Baba Vishwanath. According to the Puranas, Kashi is loved by the Saptarishi to the priest, so according to the tradition, the devotees of the Saptarishi Aarti perform the rituals of marriage.

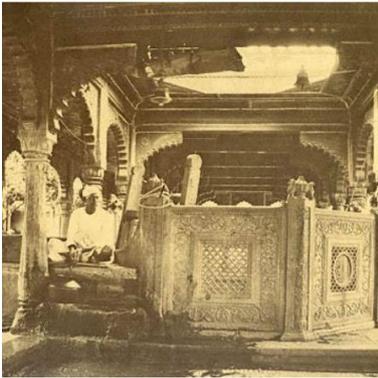
According to our Hindu culture , Kashi in Varanasi is also the holiest river in India where The Ganga is found.

### **Kashi is also famous for pind daan**

The Pandits for pinddaan in Varanasi also said that in Hindu religion, after anyone's death, the soul of the human being still remains in the materialistic world. Just after death, someone cannot detach himself/herself from this world. The attraction of the love, affection, and kindness of his/her family, relatives or friends and the affinity of the materialistic world prevent him/her to go to the ultimate departure. Because of this, being a bodiless or without a body, the soul gets pain. They can't even make themselves free from this materialistic world. And according to the Hindu belief, pinddaan provides them an ultimate relief and paves the way for their departure to the ultimate world of the piece. So, the Pandits for pinddaan in Varanasi believed and make us understand that pinddaanis considered to be a mandatory process believed to bring salvation to the departed souls. And it is also believed that PindDaan In Kashi is the ultimate way to provide salvation of the soul because of the presence of the holy river Ganga. We, the Pandits for pinddaan in Varanasi help the souls to attain Moksha (the ultimate peace).

### **Well Of Wisdom**

There is a Well of Wisdom situated in between the Temple and a mosque adjacent to it. It is said That the idol of Shiva was hidden in a well when the news of Aurangzeb's plan to destroy the temple spread throughout.



### **Varanasi and it's significance**

Varanasi has been established by Lord Shiva about 5000 years ago. The City has long been a centre of religion and spiritualism. This city also finds a mention in ancient Hindu religious texts and scriptures like the Ramayana, the Mahabharata, Rigveda.

Over the years, the city of Varanasi has earned several sobriquets, 'the city of temples', 'the city of lights' and 'the city of learning'. No wonder then, Varanasi is home to several temples, however most of these places of worship were destroyed by Muslim armies of Mahmud of Ghazni and Mohammad Ghori. Varanasi is also home to over 100 ghats scattered along the banks of River Ganga. By day, these ghats witness frantic activity of devotees wanting to take a dip in the holy waters and by evening these ghats turn into a magnificent spectacle of lights- It is here that the Ganga Aarti is performed in the evening.

Historically, Varanasi has been a hub of learning in India, dragging students and scholars from beyond the country. Prime Minister Narendra Modi had promised to turn Varanasi into Kyoto, the Japanese town famous for its temples. A total of 13 projects worth Rs. 913cr have been sanctioned for Varanasi under Namami Gange programme. Varanasi is set to have zero sewer discharge in the holy river by November this year. PM Modi inaugurated the Homi Bhabha Cancer hospital in Varanasi last year. It is run by TATA memorial trust.

At last, I want to conclude that everyone one's in their lifetime must visit Varanasi once.

By **Dhruv Bajoria**



## Update for the day #1241 | Tatiya Sthan Vrindavan.

Amidst the many temples flocked with superlative technologies is this numinous epitome of simplicity known as the Tatiya sthan in Vrindavan where technology is a farfetched prospect, and this is what makes this divine place different from the crowd. Tatiya sthan in Vrindavan is famous because it is the place where candles are lit after sunset. Every part of this temple takes you to the era when there was no name of technology. Forget about CCTV cameras, the place is alien to electricity and one can't find a bulb in the premises. The reason behind this divine place being so is the belief of choosing godliness over the unnatural means.



Tatiya Sthan was the meditation point of Lalit Kishori the seventh follower Haridas ji. Haridas ji used to meditate in Nidhivan and the same ritual was followed by his followers. Lalit Kishori left Nidhivan and meditated here as the place was secluded from the other parts of Vrindavan and was closest to the banks of River Yamuna. Later the divine place was fenced with bamboo giving this place the name Tatiya sthan, as bamboo in Hindi means Tatiya.

### **Tatiya Sthan: Where simplicity meets divinity:**

Tatiya sthan in Vrindavan is the only place in Vrindavan that connects devotees with nature. The place is home to many trees that entwine divinity of some sort, that can be felt in the ambiance of the place. Since there is no electricity the place goes dark after sunset. The divine place is centered with the idol known as Mohini Bihari that reveres the captivating glimpse of Lord Krishna. Radha Ashtami is the most famous festival celebrated in Tatiya Sthan that attracts devotees from every corner of the country. On this festival, the temple is flocked with devotees who want to have a glimpse of Swami Haridas Ji's pious slippers and utensils.

Tatiya Sthan in Vrindavan is one place that connects you to nature. Amidst the urbanization of Vrindavan, this divine place is the only one left secluded, thanks to the ritual followed by the priests of this heavenly place.

### **History:**

Tatiya Sthan is linked to the Swami Haridas Sampradaya. There are eight acharyas of the Haridas Sampradaya. The seventh acharya, Swami Lalit Kishori Dev ji resided on this earth between 1758 and 1823, in order to go and meditate somewhere under a secluded tree. They fenced the whole area using bamboo sticks. They also suggested to him that on Radha ashtmi, Sri Haridas ji's appearance day should be celebrated and since then the festival is celebrated with lot of love. His samadhi is also at Tatiya Sthan.

### Significance of Tatiya Sthan

Tatiya Sthan is filled with various kind of trees, especially those which were close to Lord Krishna's heart, like, neem, peepal and kadamb. It is said that the place is so beautiful because once when Swami ji was meditating with full concentration, the goddess of nature appeared and asked for his permission to beautify the place. When he agreed upon this, she created a beautiful scenery, complete with various flowers and trees. Even with the lack of electrical power, this place is always charged with spiritual energy.

### Samaj at Tatiya Sthan

The devotees who gather here do not perform an aarti or pooja here, instead they organize a Samaj where they sit together and sing bhajans to please Radha and Krishna. They also sing the pads written by Haridas Sampradaya Acharyas. During the chanting of pads and singing of bhajans, devotees claim that they can feel the presence of Radha Rani (Kunj Biharani Ji) and Krishna(KunjBihariJi). There are no particular timings of the Samaj, as devotees flock the place at all the times.

In Tatiya Sthan, one actually goes back many centuries ago, living in close association with nature. It is a place of purity, divinity and spirituality. Visiting this place is one of a kind experience you can't express about, where you don't find the most basic appliances we can't imagine living our lives without.

It is the most ideal place to find peace, away from the buzz of modern life.

By **Charvika Rathore**



## Update for the day #1242 | Interesting Facts about Maldives.

The Maldives is a nation of islands in the Indian Ocean, that spans across the equator. The country is comprised of 1192 islands that stretch along a length of 871 kilometres. While the country covers an area of approximately 90,000 square kilometres, only 298 square kilometres of that is dry land. The islands are grouped into a double chain of 26 atolls.

The beauty of the Maldives is not only above the water. The Maldives is home to about five percent of the planet's reefs that comes with an explosion of colour contributed by soft and hard corals that form them. The reefs are home to a thousand species of fish. Lured by the rich nutrients that flow in with the currents, large pelagic fishes such as manta rays and whale sharks also make the Maldives their home.

Here are some interesting facts of Maldives:

### World's first Underwater Cabinet Meeting



For an island country like Maldives, drastic climate change and rising level of oceans is a major threat. A number of islands have already been cleared because of the rising waters in the ocean and their interference in fresh water resources. For drawing attention towards the same, Mohamed Nasheed, The President, transferred the cabinet meeting of October 2009 right to the ocean's bottom. President along with his 13 government officials adorned scuba gears and placed themselves on the desks that were sunk at the sea bottom in order to increase attentiveness about the threats that the island chains are facing.

### The Indian connection of Maldives

Maldives actually founded by an Indian prince who was sent to exile. Sometime around 270 BC, an Indian prince was sent from the kingdom of Kalinga as a punishment to run over the islands of Maldives. Sri Soorudasaruna Adeettiya is said to be the first king of the island, which was then called Dheeva Maari, and established the Adeetta Dynasty in the Maldives.

### **Flattest country in the world**

The Maldives is, without a doubt, the flattest country in the world, with an average altitude of 1.8 metres from the sea level. The closest competitor to this claim is Qatar, with an average elevation of 28 metres. That is 26.2 metres more! The Maldives is truly flat. Actually, the highest point in the entire country is 2.3 metres, which is at a point in Villingili Island.

### **Equatorial sunlight in Maldives**

Maldives receives sunlight almost at an angle on 90 degrees as it is located very close to the equator. A very high sun protection is a must-have.

### **White beaches of Maldives**



The beaches of Maldives have white sand and not yellow. It is due to the fact that the sand on the beaches is made out of coralline, and not quartz, like other kinds of sand. This kind of sand is also very rare and constitutes just 5% of all the beaches in the world.

### **Maldives has a different weekend**

Unlike its western counterparts, the country of Maldives does not recognise Saturday and Sunday as the weekend, but Friday and Saturday. So don't be surprised when you see people working on a Sunday.

### **Smallest Muslim country in the world**

The Maldives is the smallest Muslim country in the world. According to the constitution of Maldives, only Muslims are allowed to be called citizens of the country. Any other faith apart from Islam is not allowed.

### **Maldivian currency**

Cowry shells were used as currency in the olden days and can still be found in the Maldives. The natives have recognised this older currency and are also displayed on modern currency bills and coins.

### Islands and atolls everywhere



The Maldives has a total of 26 atolls and 1190 islands out of which almost 200 are inhabited and 110 are left purely for tourism and luxury purposes. So, travelling via the ocean is quite a familiar feat in this nation.

### Culture of Maldives

The culture of the Maldives is influenced by the cultures of the people of different ethnicities who have settled on the islands throughout the times.

Since the 12th century AD, there were also influences from Arabia in the language and culture of the Maldives because of the conversion to Islam and its location as a crossroads in the central Indian Ocean. This was due to the long trading history between the far east and the middle east.

Reflective of this is the fact that the Maldives has had the highest national divorce rate in the world for many decades. This, it is hypothesised, is due to a combination of liberal Islamic rules about divorce and the relatively loose marital bonds that have been identified as common in non- and semi-sedentary peoples without a history of fully developed agrarian property and kinship relations.

### Religion

After the long Buddhist period of Maldivian history,[147] Muslim traders introduced Islam. Maldivians converted to Islam by the mid-12th century. The islands have had a long history of Sufic orders, as can be seen in the history of the country such as the building of tombs. They were used until as recently as the 1980s for seeking the help of buried saints. They can be seen next to some old mosques and are considered a part of Maldives's cultural heritage.

### Maldives is safest by popular opinion

In the international community, the Maldives is considered to be one of the safest tourist destinations in the world, due to all its islands being isolated from each other and at the same time, being small and manageable.

**Maldives is sinking**

Due to its very less than average height, and other factors including rising sea levels and increasing land erosion, Maldives is sinking into the ocean rapidly. Strict laws are being enforced to prevent this, but if the sinking continues at the current rate, the island will be completely submerged by 2030

By **Chaithra Shree G**



## Update for the day #1243 | Reiki

Reiki is a form of complementary therapy relating to energy healing. Proponents say that it works with the energy fields around the body and involves the transfer of universal energy from the practitioner's palms to the client.

### What is Reiki?



The word “Reiki” means “mysterious atmosphere, miraculous sign.” It comes from the Japanese words “rei,” meaning universal, and “ki,” meaning life energy. Reiki is a type of energy healing. According to practitioners, energy can stagnate in the body where there has been physical injury or even emotional pain. In time, these energy blocks can cause illness.

### What happens in a Reiki session?

Practitioners will typically give Reiki treatment in a peaceful, private setting. However, the treatment can take place anywhere. During a session, the client will sit in a comfortable chair or lie on a table, fully clothed. The practitioner will then place their hands lightly on or over specific areas of the client's head, limbs, and torso. They will typically keep their hands in these positions for 3–10 minutes. If there is a particular injury, such as a burn, the practitioner will hold their hands just above the wound.

Advocates state that while the practitioner holds their hands lightly on or over the body, an energy transfer takes place. During this time, the practitioner may report that their hands feel warm or are tingling. They will hold each hand position until they sense that the energy has stopped flowing. When the practitioner feels that the heat, or energy, in their hands has gone, they will remove their hands and place them over a different body area.

### Health benefits

According to practitioners, Reiki channels universal energy known as ki, pronounced “chi.” This is the same energy involved in tai chi exercise. This energy supposedly permeates the body. Reiki experts point out that although this energy is not measurable with modern scientific techniques, many who tune into it can feel it.

Reiki allegedly aids relaxation, assists in the body's natural healing processes, and develops emotional, mental, and spiritual well-being. However, no studies have conclusively shown this to be true. Some anecdotal evidence suggests that it may induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall well-being.

Conditions that people have used Reiki to help treat include:

1. Cancer
2. Heart Disease
3. Anxiety
4. Depression
5. Chronic Pain
6. Infertility
7. Neurodegenerative Disorders
8. Autism
9. Crohn's Disease
10. Fatigue

It is important to note that Reiki should never take the place of medical treatments.

### **Reiki's healing power: What is the evidence?**

Although Reiki is growing in popularity, there is little evidence that it provides any clinical benefit. Practitioners claim that Reiki can enable relaxation, reduce pain, speed healing, and improve some symptoms. However, few research findings support any specific health benefits.

Critics say that it flies in the face of our current understanding of the laws of nature. However, some limited studies trusted source have drawn links between Reiki and a reduction in feelings of pain and anxiety. Scientists note that high quality research into its effectiveness is lacking. According to the National Center for Complementary and Integrative Health Trusted Source, no study has shown Reiki to have any health-related benefit.

In 2015, a review of studies on Reiki and the treatment of anxiety and depression concluded that there was "insufficient evidence to say whether or not Reiki is useful for people over 16 years of age with anxiety or depression or both."

By **Umesh Pareek**



## Update for the day #1244 | Story of Rava idli of MTR(Mavalli Tiffin Rooms)

During World War II, when India was in a state of emergency, the Rava Idli was born. Making idlis was extremely tough due to a lack of rice. So Mr Yajnanarayana, a professional cook, began experimenting with various ingredients and eventually came up with the idea of making idlis out of semolina instead of rice, and thus the Rava idli recipe was born.

Rava idli has gained popularity not only in Karnataka, but all around the world. Roasted semolina is combined with sour curds and seasoned with mustard and curry leaves to make this idli. The idli is then cooked and garnished with cashew nuts before being served with tangy coconut chutney, sambar, or veggie kurma. There are also tiny chopped pieces of beans, shredded carrots or coconut, and chopped coriander in certain variations. The Rava idli is light on the stomach and delicious on the palate.



Because it contains no urad daal or rice, it is a healthful and savoury option. MTR's creation was greeted with open arms at the time, and demand for this South Indian Tiffin dish skyrocketed. Rava Idli is noted for its ease of preparation and low complexity, as well as its nutritional value and superior taste. Rava idli became a very popular dish as a result of MTR's efforts. At MTR, beverages are served in silver tumblers.

In Kannada, rava idli means "semolina idli." It's commonly served hot with saagu and coconut chutney in Udupi restaurants. Ghee drizzled on top of Rava idli enhances the flavour.

The original ingredient hasn't been changed. The original recipe for rava idli is now widely followed. As the recipe was written down and passed down to the cooks through the years, the consistency was also maintained.

MTR did neither of these things. MTR maintained the high quality of the meal and posted a board outside the restaurant listing the day's losses. MTR went on like this for 16 days. It was shut down on the 16th day. MTR constructed a small department store close to the hotel at this time and began creating and selling Rava Idli and other goods. After the Emergency was lifted in 1984, the restaurant reopened. The success of Mavalli Tiffin Rooms cannot be attributed just to the introduction of Rava idlis. As the business grew, the restaurant's ability to leverage possibilities helped it become the top-rated and well-known MTR Foods.

In 1994, MTR management chose to address the conundrums of these conflicting objectives by separating the restaurant and packaged food chains, which had become two distinct verticals of the business model.

A large portion of India's culinary industry is based on Western and Chinese cuisines. In the packaged food industry, only pasta and noodles are mentioned. It's oats, Kellogg's, and other morning cereals. MTR, on the other hand, offers Indian breakfast alternatives like as Idli, Rava Idli, upma, and poha. It also includes a ready-to-eat variety, vermicelli, spices & masalas, beverages, dessert mixes, sweets, and pickles, among other things.



In order to expand, MTR needed private equity capital in the years 2000 and 2003. The company grew, and the investors were able to cash out. MTR was purchased for \$100 million by Norwegian company Orkla in 2007, and it was one of the most talked-about purchases of the time.

Mavalli Tiffin Rooms now has nine locations in Bangalore, one in Udupi, one in Singapore, two in Dubai, and one in Kuala Lumpur, while MTR Foods exports to 32 countries, including the United States, the United Kingdom, the Middle East, Japan, Canada, Australia, Germany, New Zealand, Singapore, Malaysia, Mauritius, and others

By **Ganesh S Bhat**



## Update for the day #1245 | Modi's bold plan for 100% Green India.

### COP26: India PM Narendra Modi pledges net zero by 2070

Infusing new energy in a climate process desperately waiting for more ambitious actions, Prime Minister Narendra Modi announced Monday that India would make a one billion-tonne reduction in projected emissions from now until 2030.

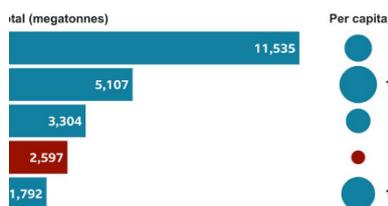
Making five big-ticket announcements at the climate change meeting in Glasgow — he called it 'Panchamrit' — Modi also accepted global demands to agree to a net-zero emissions target, setting a 2070 date to achieve it. India was the largest emitter, and the only G20 country, not to have announced a net-zero target until now, and there was increasing clamor for it to agree to one.

That apart, the Prime Minister significantly increased India's previous climate targets, mentioned in the promises made during the Paris Agreement. India's target for installed renewable energy capacity by 2030 has been enhanced from 450 GW to 500 GW. At the same time, the share of renewable energy in India's total electricity generation has been increased to 50 per cent by 2030 instead of 40 per cent earlier. Modi, in fact, said that India will "meet 50 per cent of its energy requirements from renewable energy by 2030", but that has never been the target. It has always been about the share of renewable energy in electricity production.

In addition, the country's emissions intensity, or emissions per unit GDP, will be reduced by at least 45 per cent by the year 2030 from the 2005 levels. In its existing target, India had promised to reduce its emissions intensity by 33 to 35 per cent by that date.

### is the world's fourth biggest emitter of carbon dioxide

and per capita emissions of CO2 per year



EU includes UK  
tonne = 1,000,000 tonnes

Source: Emissions Database for Global Atmospheric Research

India is currently the third largest emitter of greenhouse gases, releasing over 3 billion tonne every year. According to World Resources Institute database, India's total greenhouse gas emissions in 2018 was about 3.3 billion tonne, up from 2.5 billion tonne in 2010. At this rate, India's projected emissions between now and 2030 could be in the range of 30-32 billion tonne.

But India's emissions are rising, at about 4 to 5 per cent every year. So, the total emissions between now and 2030 is expected to be much higher, in the range of about 40 billion tonne. It is in this amount, that a one billion tonne reduction has been announced.

This is the first time India has taken any climate target in terms of absolute emissions. Before this, the closest reference to altering its emissions trajectory used to be in the form of emissions intensity. This is because under the international climate change architecture, only developed countries are mandated, and expected, to make reductions in their absolute emissions.

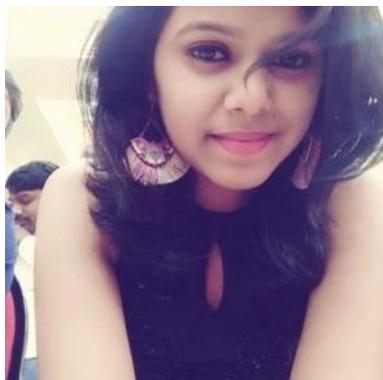
Of the three promises it had made under the Paris Agreement, one related to creation of 2.5 billion to three billion tonne of carbon sink through afforestation efforts. The other two related to reduction in carbon intensity, and increasing the proportion of renewable sources in India's total electricity generation, both of which have now been enhanced.

India's new targets are expected to provide a fresh thrust to the climate talks which has been making extremely slow progress for the last few days for the lack of more ambitious action mainly from the developed world.

Of particular concern was the failure of the developed world to deliver on its decade old promise of mobilizing at least US \$100 billion every year from 2020. That deadline was pushed back last week by at least three years.

Modi took the developed countries to task on this, and said US \$100 billion was not even enough and must be enhanced substantially.

By **Smitha R**



## Update for the day #1246 | The Ma'Nene Festival in Indonesia: the mummies of the dead return to visit their loved ones.

As we know, all cultures have their own way of celebrating those who have passed away, but in Indonesia, in the province of Tana Toraja, funeral rites are a little “different” from the usual.

The Ma'Nene ritual is the festival of ancestor worship. When a person dies, the body is mummified with natural ingredients and buried in rock tombs. The mummification process allows the preservation of the corpse and allows the family to return to exhume it!



The Torajan people proudly display their dead relatives after digging them up and dressing them in new clothes in an ancient ritual that is meant to show respect for their loved ones.

The festival, which has no fixed date, usually takes place towards the end of August, and allows people to revisit their loved ones. Every three years, the tribe from Sulawesi island exhume their dead, who they wash and dress in fresh clothes and then pose for family photographs. The ritual, which translates as “The Ceremony of Cleaning Corpses,” has been going for more than a century.

Here death is understood not as sad or fearful, and the exhumation of mummies is a way to connect with death and, in some way, transcend it. Dust and debris are removed from the mummies, and then the bodies are dressed again. Significant personal items, like this mummy with glasses, are left in their place.

Tojarans are supposed to be buried in the area they spent most of their life or where they died and deviating from this tradition causes arguments in families. Author Michaela Budiman wrote: 'There are cases when a husband and wife wish to be buried together, a request which is nonetheless interpreted as a breach of loyalty to one's own family, for such an individual puts the love for his or her partner above the bonds to their own family'

One of the most important events in the lives of the Torajan people is the funeral and most people save money their entire lives so they can have a respectable burial for themselves or family members.

In some cases the deceased's funeral is held several weeks or even years after their death so the family have can have time to save up and pay for a respectable funeral. But the funeral is never the last time their loved one is seen. Whenever a villager dies, their body is wrapped in several layers of cloth to prevent decay.



Most people in the world would think that the one below is a fearful face, but for the inhabitants of Tana Toraja these are still the faces of their beloved relatives. In the Torajan belief system, death is not a final step, but just one step in an ongoing spiritual life.

According to Torajan beliefs, the dead person's soul must return to their home village. If they died on a long journey, the family is supposed to travel to their place of death to accompany the soul back to the village.

The tribe's young are placed in the smallest burial grounds known as the 'Baby Trees'. If a child dies before they have started teething, it is wrapped up in cloth and placed inside a hollowed out space in the trunk of a growing tree. Locals believe that as the child's soul will become part of the tree as it heals.

The Ma'Nene festival might seem strange, but it is a way to not demonize death and to assure the dead a role in society even after their departure.

By **Vidyashree. V**



## Update for the day #1247 | Velu Nachiyar & Kuyili: The Women Who Took Down The British 85 Yrs Before 1857!



Born in 1730 to Raja Chellamuthu Vijayaragunatha Sethupathy and Rani Sakandimuthal, she was an only child. The royal couple thus raised her as they would have raised a male heir. She was trained in horse-riding, archery, and martial arts such as valari (throwing sickle) and silambam (fighting with a stick). She was also well-versed in several languages, including English, French, and Urdu.

When she was 16, Velu Nachiyar was married to Muthuvadugananthur Udaiyathevar, the prince of Sivagangai. A woman of rare intellect who was way ahead of her time, Velu's skill in learning new languages as well as her combating abilities were already well known, and it is believed that her bravery and impressive scholarly knowledge was what won Thevar's heart before they entered into wedlock.

After the British invaded Sivagangai with the son of the Nawab of Arcot and killed Velu Nachiyar's husband in what is known as the 'Kalaiyar Koil War', she was forced to flee her kingdom with her daughter. She found safe haven at Virupachi in Dindigul, and lived there for eight years under the sanctuary of Gopala Nayaker.

During her stay in Dindigul, Velu Nachiyar met Haider Ali, the Sultan and the then ruler of Mysore. She conversed with him in Urdu and highly impressed him with her courage and perseverance. This led to her garnering unwavering support not just from Gopala Nayaker, but also from Haider Ali, who pledged to be her ally in her fight against the British. He even built a temple inside his palace as a sign of their friendship.

She was invited by the Sultan to stay at the Dindigul fort where she was respected like the queen that she was. Haider Ali also provided her with a monthly financial support of 400 Pounds and 5000 infantry and cavalry troops each. All of that combined with the weapons provided by the Sultan, helped Velu Nachiyar assemble a powerful army to drive away the British.

But no attack would ever come close to the final one led by Velu, which may have given the

world the concept of suicide bombing. Yes, you read that right! It was none other than Kuyili, the commander of Velu's army, who undertook a rare and selfless act of nerve and patriotism that would cost the British a humiliating defeat.

Now Kuyili, who hailed from a lower-caste background, had already earned a space in Velu's inner circles as a confidante, as her father had been working as a spy for the queen but more so, because she had saved the queen's life while risking her own on more than one occasion. Interestingly, she had devised a strategy that would involve women infiltrating through the watchdog eyes of the British and enter the Sivaganga fort. The plan was to bomb the entire armoury of the troops, which was located into the fort premises and then attack them at their most vulnerable.

Using the festival of Vijayadashami as their leverage point, Kuyili and few women were not only able to get inside the fort under disguise, with weapons hidden inside flower and fruit baskets, they were able to catch the British unawares, who were swarming the fort and launch an attack upon them. Upon her command, Kuyili's companions poured ghee and oil that were meant for lighting the lamps, upon her. Following which, a valiant Kuyili walked into the armoury chambers with her head held high and set herself on fire.

Kuyili's sacrifice eventually helped Velu attack both the Nawab and British troops and drive them away from her rightful kingdom, just as she had vowed all those years back. After her victory over the British, Velu Nachiyar reigned over the Sivangangai kingdom for a decade. She made her daughter Vellachi heir to the throne.

The 66-year-old valiant queen passed away in 1796 in Sivangangai, her beloved kingdom. She had been suffering from heart problems and had been treated even in France.

Though our history books fail to mention or credit these women for their extraordinary contribution to our freedom from a two-century-long colonial rule, the legacy of Velu Nachiyar and Kuyili will live on through local legends and word of mouth.

Lest we forget.

By **Divya N.Y**



## Update for the day #1248 | Sindhutai Sapkal - Mother of thousand orphans

India is the second most populated country in the world and a significant part of this population are children. But it is appalling to witness the fact that a chunk of these children is usually orphaned or abandoned and are forced to live in poverty and face continuous abjection from society.

The story of Sindhutai Sapkal is evidence of similar dejection. Born on 14th November 1948, Sindhutai saw this world from the eyes of a cattle grazing family in the Wardha district of Maharashtra. Always considered unnecessary, she was named 'Chindi', which means a torn cloth, by the society. But the young Sindhutai's hunger to learn more was omnipresent.

Her father was keen to educate her, but her mother opposed this. Hence was able to complete her education only till Class 4th and at the nascent age of 10 years, she was married off to a man of 30 years.

Upon getting married, Sindhutai was sent off to Navargaon, Wardha to live with her husband. He was an authoritarian and a dominating man who beat her often and treated her with disrespect. But the non-stop abuse could not deter her from helping the helpless.

Even though she was just a teenager, Sindhutai fought fiercely against the exploitation of local women by the Forest Department and the landlords. Little did she know that she will have to pay a heavy price for her defiant stand on the issue.

When she was 20 years old and pregnant for the fourth time, a vengeful landlord spread vile rumors of her infidelity in the village. Believing these rumors to be true, Sindhutai's husband beat his pregnant wife and left her to die.

In a bloodied, semi-conscious state, she gave birth to a baby girl in a nearby chow shed. Later, she walked a few kilometers to her parents' house for shelter, but her mother humiliated her and turned her away.

With nowhere else to go and a baby to feed, Sindhutai started begging in trains and on the streets in order to survive. Fearing for her safety and that of her daughter, she spent her nights in cemeteries and cowsheds.

It was during these difficult times that Sindhutai began spending time with orphaned children and realized how difficult life was for them. She adopted around a dozen orphans and took on the responsibility to keep them fed, even if that meant begging a lot more than before.

As time went by, she kept adopting more children and worked extremely hard to fulfil her duties as a mother. To care for so many children wasn't easy, but their smiles made it all worth it.

Years of hard work and help from her many well-wishers enabled Sindhutai to set up her first Ashram in Chikaldara, Amravati. Her first NGO, Savitribai Phule Girls' Hostel, was also formed and registered in Chikaldara. Since then, her happy family has continued to grow and flourish.

She has founded numerous organizations across Maharashtra which provide education and shelter to thousands of orphans. Many of her children are serving the society as doctors, lawyers, and teachers, changing lives and bringing smiles on people's faces just like their mother.



For her exemplary contribution to society, Sindhutai Sapkal has received more than 270 awards from various national and international organizations, including the Nari Shakti award, India's highest civilian award dedicated to women, which was presented to her by President Ram Nath Kovind in 2017. 'Mee Sindhutai Sapkal', a Marathi-language film based on her life was released in 2010.

Sindhutai is a woman of valor and courage, who in spite of facing unprecedented ups and downs in life deterred to live for others.

By **Nishika Nayan Shah**



## Update for the day 1249 | Farm Laws.

Farmers in India have protested for more than a year against laws passed by Prime Minister Narendra Modi to allow farmers to sell produce directly to bulk buyers and make contract farming easier.

Here is a timeline of events around the passing of the laws and the escalating protests:

**June 2020:** Three emergency executive orders are introduced, which Modi's cabinet says are aimed at giving farmers the freedom to sell directly to institutional buyers such as big trading houses, large retailers and food processors.

**September 17:** India's lower house of Parliament passes the orders. Food Processing Minister Harsimrat Kaur Badal resigns, calling the legislation "anti-farmer".

**September 18:** Modi defends the new legislation, saying it will "unshackle" millions of farmers and help them get better prices.

**September 20:** Parliament passes the bills, despite growing protests from opposition parties, who say farmers' bargaining power will be diminished.

**September 24:** Farmers from some of India's big northern heartland states – key producers of wheat and rice – block railway tracks. Bigger demonstrations are held across the country the next day, with growers blocking highways leading to the capital New Delhi with trucks, tractors and combine harvesters.

**November 30:** Modi resists calls to repeal the laws, dismissing as misplaced fears the government will eventually abolish the wholesale markets.

**December 1:** In talks lasting several hours, ministers and representatives of the protesting farmers fail to break a deadlock over the farm laws. Canadian Prime Minister Justin Trudeau speaks of the protests in a video message, saying his government had reached out to Indian authorities. In response, India's foreign ministry said Canadian leaders were "ill-informed".

**December 7:** Thousands stage protests and block traffic, converge on the Indian embassy and march around the Trafalgar Square area in central London over the Indian reforms. Police arrest 13 over breaches of COVID-19 regulations.

**December 8:** Protests spread across India, as farm organisations call for a nationwide strike after inconclusive talks with the government.

**December 16:** A 65-year-old Sikh priest commits suicide at one of the protest sites.

**December 17:** The protests expand to the Sikh diaspora, with 250 to 300 Sikhs and other Indians taking part in a rally in Melbourne. Protests take place over a few days in nearly 50 different cities around the world.

**December 21:** Farmers' leaders begin a 24-hour relay hunger strike. More than 30 protesters camping out in the open on key national highways have died, mainly due to the cold with temperatures falling to 4 degrees Celsius (39 degrees Fahrenheit), farmer leaders said.

**January 12, 2021:** India's Supreme Court orders an indefinite stay on the implementation of the new agricultural laws, saying it wanted to protect farmers and would hear their objections.

**January 26:** Farmers overwhelm police and storm into New Delhi's historic Red Fort complex after tearing down barricades and driving tractors through roadblocks. Police fire tear gas in an unsuccessful bid to force the protesters back. One protester was killed, a witness said, and Delhi police said 86 officers had been injured across the city.

**February 2:** Singer Rihanna tweets using the hashtag #FarmersProtest, saying: "Why aren't we talking about this?!" Others follow, including Greta Thunberg and Meena Harris, niece of US Vice President Kamala Harris. India's foreign ministry slams the comments, urging a proper understanding of the issues at hand.

**February 15:** Politicians and activists condemn the arrest of Disha Ravi, a 22-year-old climate campaigner accused of sedition for helping edit an online document Sweden's Greta Thunberg had promoted in support of the protesting farmers. She is later granted bail, a court saying there was "scanty and sketchy evidence" of sedition in her efforts.

**July 22:** Farmers start a sit-in at Jantar Mantar, a large Mughal-era observatory near Parliament in New Delhi, renewing a push for the repeal.

**September 5:** More than 500,000 farmers gather in Uttar Pradesh state, the biggest rally yet in a months-long series of demonstrations.

**November 19:** PM Modi says, the controversial laws will be repealed.

By **Roshan Bhandari**



## Update for the day 1250 | Momos



### **The Origin:**

The word momo comes from the Tibetan word 'Mog Mog,' which literally means a filled bun. In turn, the word Momos is a corrupted Chinese version of the Tibetan term. The dish is said to have spread to various parts of Asia via travelling Chinese and Newari merchants.

In Tibet, momos are prepared with yak meat, tomato, garlic, ginger, dried chilly and oil-based filling. Both steamed and fried versions of the dish are savoured along with a chilli paste. The utensil used for cooking moms was called Mucktoo.

In Newari, one of Nepal's oldest languages, 'mome' means cooking by steaming. Cooking momo for northeastern Asia and India as a whole is a very wholesome process. Tibetans used to make momo with yak or lamb meat and wheat flour back in those days.

However, it was not an everyday food there as wheat was a difficult commodity to get there at those times. Momo was a traditional delicacy made during Lhosar and other special days only.

While adapting the momo-making techniques, Newa people recreated momos using buffalo meat and popularised buff momo in the Kathmandu valley. And, the Newa people used to call it momocha. Other than this, it is also believed the momos came to Nepal along with the Tibetans migrating to the Himalayan region of Nepal.

One prevalent belief is that Newa merchants of the Kathmandu valley played a key role in this. They used to trade a lot with Tibet, particularly Lhasa. In the process, they picked the momo-making techniques from there and introduced them to Nepal by somewhat modifying the seasonings in order to suit the Nepal palate, mainly that of the locals of Kathmandu valley.

Gradually, momo became very famous amongst the Newa community. India, which is not even its place of origin, has adopted it like its very own.

**The Road to India:**

The provenance of the Indian dumpling is a complicated one. Where and how did it feature into our menu is interesting. Even though momo traces its roots to Nepal, Tibet, and Bhutan, it is similar to what the Chinese call baozi and jiaozi. Both are dumplings that are stuffed with pork, beef, shrimp, vegetables, or even tofu.

Though these are integral to the Chinese, it is commonly found in most parts of Asia. For the Chinese, special occasions like their Lunar New Year means getting their kitchen stuffed with ingredients for jiaozi, which is lovingly prepared in every home.

It is largely assumed that, after the Chinese attacked the region in 1959, following the exodus of Tibetans from Tibet. The exiled Tibetans then settled in various parts of India, including Dharamshala, Sikkim, Ladakh, Darjeeling, Kolkata, and our beloved Delhi.

Hence, these places became hotspots of Momos and subsequently, the momo fever gripped the whole nation. However, unlike the popular notion momos are not a part of the traditional North-East Indian cuisine (so, the racists who call North East Indians momos, read, maybe?).

Apart from the state of Arunachal Pradesh and Sikkim, the dish does not feature in the local cuisine. However, just like the whole nation, the North East also accepted the Tibetan Dish with open hands.

In Arunachal Pradesh, the Monpa and Sherdukpa tribes that belong to the western districts of Tawang as well as Kemang do however have momos in their cuisines. Here the dish is stuffed with minced pork, mustard leaves, and green vegetables.

As the dish popularised in Tibet and then in China, the dish spread along the Silk Route. Thus, momos have similar cousins in Central, East, and South Asia. So China has Jaozi and Mantou, Japan has Gyoza, the Mongolians love Buuz, the Koreans specialize in Mandu and Turkey houses the Mandu.

**The Versions:**

Imagine, an International Coalition of Momo Nations, take that United Nations. India itself has many variations that look like momos as distinct. The state of Sikkim houses Hyontoen, which is a millet flour-based momo cousin with cheese stuffing.

The state of Karnataka has the rice-flour dish, Kabudu. The states of Uttar Pradesh and Bihar share the lentil stuffed, Fara.

Wherever the momo originated, undoubtedly Nepal and Nepali diaspora living abroad have made the momos world-famous. Today, momos are present everywhere in oriental cuisine, mainly South Asian.

People from different places have recreated their own version of momos as per their taste/palate

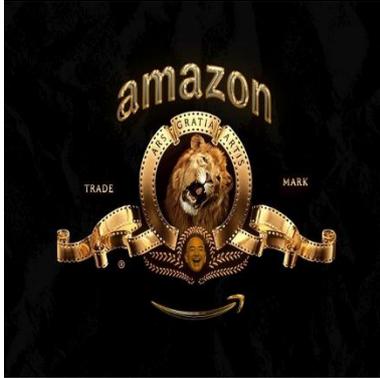
and the ingredients available. There are varieties in flour, stuffings and sauce or dip, size and cooking techniques.

So next time when you go out for this little but very tasty snack you will know what history has been gone and spent behind the snack to make its way to our hearts.

By **Anjali Baghel**



## Update for the day #1251 | Why did amazon buy MGM Studios?



You can buy almost anything on Amazon.

And Amazon can buy almost anything it wants—Which is why it should come as no surprise that they just went ahead and bought MGM (Metro Goldwyn Mayer)—the iconic Hollywood studio for a whopping ~\$8.5 billion.

You don't have to look far to understand the motive here. Jeff Bezos, the founder of Amazon, once said this while discussing Prime Video- “When we win a Golden Globe, it helps us sell more shoes.”

He's alluding to the obvious here.

Amazon can only turn consistent profits when people stay loyal to the brand. However, loyalty isn't a feature of the e-commerce industry. People now have equal access to most platforms and they'll choose a provider that offers them the base value for the buck. So, what do you do? Well, perhaps the only solution then is to induce loyalty by tying customers to your brand perpetually. Amazon does it by leveraging Amazon prime memberships. You get faster shipping, free delivery on certain items, and a whole load of other perks. All you have to do is pay the entry fee and become a priority customer.

Once you make that investment, however, there is no going back. You'll keep buying from Amazon, come what may. So, if Amazon could only get you to try out the membership once, they'll likely tie you down for life. But it isn't easy to get you to shell out Rs. 1000 every year. Unless that is, you were also offered access to Prime Video—Amazon's amazing content library. In fact, you can't access the video library by subscribing to the service separately. You have to buy the Prime Membership to access Prime Video. And since the content is so appealing, maybe you'll just subscribe, even if you didn't want all those other perks (including free shipping).

Bottom Line—If Amazon were to produce a movie so successful that it won the golden globe,

that would likely help them get more Prime subscribers on board. Maybe it'll help them sell more shoes, as well. Get it? But to make Prime Video more appealing, Amazon needs content and lots of it. They've already spent a fortune in licensing deals and producing original shows. Last year they spent a cool \$11 billion. This year, they'll likely spend more. Why?

Well, that's the only way they can stay competitive. Netflix has been in the streaming business for ages now. Disney and HBO have also been around for decades and they have inherited copious amounts of legacy content that will drive subscriptions for years to come. The only way to stay competitive is to keep updating your library with new content. If they don't, then Prime Video becomes a fringe offering that won't drive subscriptions. The shoes won't sell themselves. So, this is the only way out.

And MGM—well it fits the bill just right. The studio has a treasure trove of content—Thousands of episodes of television and hundreds of blockbuster movies. It has an impressive catalogue of film franchises including, money-spinners such as James Bond and Rocky. And while at it, Amazon also gets access to MGM's intellectual properties. They can keep churning out as many James Bond sequels as they like. And for MGM, this was a deal they simply couldn't pass up. The studio had already lost its way long ago and it was being shipped off to prospective investors who simply wanted to flip it and make an extra buck or two. Unfortunately, this didn't pan out well for the company. And while the current owners have tried to steady the ship a bit, everybody knew that the money was simply too good this time around, especially considering the impact Covid has had on traditional movie studios. So yeah, considering Amazon's ambition and how expensive it is to make or acquire content, ~\$8.5 billion for a century's worth of movies and TV shows doesn't seem like a bad deal at all.

By **Jahnavi R S**



## Update for the day #1252 | Guru Tegh Bahadur - Lachit Divas

Every year on 24 November, Sikhs celebrate Shaheedi Diwas to remember Guru Tegh Bahadur, the ninth Guru of Sikhism who sacrificed his life for people who were not from his community.

Guru Tegh Bahadur, who was born in Amritsar, is remembered as the man who championed the rights for religious freedom. During the reign of Mughal emperor Aurangzeb, Islam was imposed on all. Hindu temples faced demolition and were turned into mosques and non-Hindus were made to pay higher taxes. The emperor persecuted those who did not conform to Islamic law.



The Martyrdom  
Guru Tegh Bahadur

The Mughal Emperor Aurangzeb ordered Hindu temples to be destroyed and that idol was to be stopped. He had the temple converted into a mosque and slaughtered a cow. He also had Hindus sacked of government jobs and many Muslims instead.

Aurangzeb also ordered Gurdwaras to be destroyed, expelled many missionaries from the main cities. Despite his resistance after many years of persecution, people were forced to take up Islam.

Amidst all this, Guru Tegh Bahadur stood up against persecution and refused to convert to Islam. Subsequently, he was beheaded in Delhi in 1675. The site of his execution was later turned into a Gurdwara.

A poet, a thinker, and a warrior, Guru Teg Bahadur carried forward the light of sanctity and divinity of Guru Nanak and the subsequent Sikh Gurus.

To spread the message of Sikhism, Guru Teg Bahadur traveled extensively through the Indian subcontinent, setting up several new preaching centers. Observed only in Punjab, the martyrdom day of Shri Guru Tegh Bahadur Ji is a restricted holiday. It marks the day of his martyrdom.

As a tribute, one of the All-India Hockey tournaments is named after him called 'All India Guru Tegh Bahadur Gold Cup'.

Following the beheading of Guru Tegh Bahadur at Chandni Chowk in Delhi, his head was carried by one of his followers to his son Gobind Rai (who later became Guru Gobind Singh). Guru Tegh Bahadur's body was secretly taken to his home and burnt so that Aurangzeb could never find the body.

The untimely demise of the eighth Guru, Guru Harkrishan Singh had left Sikhs in a dilemma as to who would be the next Guru. According to legend, a wealthy trader Baba Makhana Shah Labana had prayed for his life, promising to gift 500 gold coins to the next Guru if he survived.

Once he was well, he went around meeting gurus and gifting them two gold coins and expecting the real guru to have heard his silent promise. It was only Guru Tegh Bahadur who reminded him of his promise and that is how the ninth Guru was found.

By **Akshit Jain**



## Update for the day # 1253 | Business Strategy of IKEA

**IKEA** is a Swedish Furniture Company with a revenue of almost 40 Billion dollars and has about 445 stores worldwide.

No matters in which City an IKEA stores opens up in, the entire population of the city falls head over heels to just visit this store.

### What Marketing Strategies Does IKEA Use?

Each element of IKEA's outreach strategy is carefully curated to support its brand identity and to create memorable customer experiences:

1. The company employs a consistent and easily recognizable theme, from its product names to its color scheme.
2. Mixed-and-matched products are available to suit each customer's unique style and needs.
3. Product offerings walk the fine line between mass-market affordability and reusable durability.
4. Sponsored content with creative partners expands the brand's appeal to new demographics.
5. All sale items are displayed in a way that's designed to inspire the customer's vision.
6. The brand is participatory, and people are encouraged to take IKEA ideas and run with them.
7. IKEA leverages the latest technology to provide cutting-edge experiences consistent with its ethos

### But What Makes IKEA different from others in the same industry?

IKEA designs its stores like a maze, this compels the customers to visit each and every part of the stores and spend more time in the store. In this maze there are many shortcuts that can be used but IKEA doesn't want the customers to use these shortcuts.

So IKEA as drawn arrow marks on the floor which indirectly makes the customers to follow these arrow marks, and these arrow marks point the direction where IKEA wants you to go.

There is a simple rule in Business, attractive things attracts customers eyes. So by using this maze design IKEA shows its whole showroom to its customers.

Link for your further reference : <https://www.youtube.com/watch?v=LNmhEp0kj5Q>

By **Nagarjuna A M**



## Update for the Day #1254 | The attacks of 26/11

Each year we count, now it's 13 years later, and the dark night that stretched over three long days is still vivid in our collective memory. The strike in Mumbai, on November 26, 2008, played out as slow-motion mayhem, targeting its landmarks, while audiences watched the terrible spectacle, live and uninterrupted, on TV.

The 2008 Mumbai attacks (also referred to as 26/11) were a series of terrorist attacks that took place in November 2008, when 10 members of Lashkar-e-Taiba, an Islamist terrorist organization from Pakistan, carried out 12 coordinated shooting and bombing attacks lasting four days across Mumbai. The attacks, which drew widespread global condemnation, began on Wednesday, November 26, 2008 and lasted until Saturday, November 29, 2008. A total of 175 people died, including nine attackers, and more than 300 were wounded.

Eight of the attacks occurred in South Mumbai: at Chhatrapati Shivaji Terminus, the Oberoi Trident, the Taj Palace & Tower, the Leopold Cafe, the Cama Hospital, the Nariman House, the Metro Cinema, and in a lane behind the Times of India building and St. Xavier's College. On November 29, 2008, India's National Security Guards (NSG) conducted Operation Black Tornado to flush out the remaining attackers; it culminated in the death of the last remaining attackers at the Taj Hotel and ended the attacks.

### **The attacks:**

1. The Chhatrapati Shivaji Maharaj Terminus (CSMT) was attacked by two gunmen, Ismail Khan and Ajmal Kasab. Kasab was later caught alive by the police and identified by eyewitnesses. The attacks began around 21:30 when the two men entered the passenger hall and opened fire using AK-47 rifles. The attackers killed 58 people and injured 104 others, their assault ending at about 22:45.
2. The Leopold Cafe, a popular restaurant and bar on Colaba Causeway in South Mumbai, was one of the first sites to be attacked. Two attackers opened fire on the cafe on the evening of November 26 between 21:30 and 21:48, killing 10 people (including some foreigners) and injuring many more.
3. Two hotels, The Taj Mahal Palace Hotel and the Oberoi Trident, were among the four locations targeted. Six explosions were reported at the Taj Hotel – one in the lobby, two in the elevators, three in the restaurant – and one at the Oberoi Trident. At the Taj, firefighters rescued 200 hostages from windows using ladders during the first night.

### **Arrests:**

Ajmal Kasab was the only attacker arrested alive by police. His trial began in April 2009, but it experienced several delays. Although he pled guilty in July, the trial continued, and in December

he recanted, proclaiming his innocence. In May 2010, Kasab was found guilty and sentenced to death; he was executed two years later.

**Memorials:**

On the first anniversary of the event, the state paid homage to the victims of the attack. Force One—a new security force created by the Maharashtra government—staged a parade from Nariman Point to Chowpatty. Other memorials and candlelight vigils were also organized at the various locations where the attacks occurred.

The Indian Express group hosts an annual memorial event, 26/11 - Stories of Strength, in Mumbai to pay homage to those killed in the terror attacks in the city in 2008. The memorial event started in 2016, is now organized at the Gateway of India and brings forth the inspiring stories of courage and strength of more than 100 survivors that the Indian Express has interviewed over the past decade. Actor Amitabh Bachchan has been the brand ambassador for the event over the years.

By **Hiral Songara**



## Update for the Day #1255 | What's the most important meal of the day?

What's the most important meal of the day?

Breakfast?

Yeah, we agree. Breakfast is boss. However, if history is any indication, breakfast wasn't always the boss meal. Up until the 1500s, a morning meal was considered a sin in many parts of the world. People only ate two meals a day; one at mid-day and a heartier meal in the evening.

But then, the industrial revolution changed things rather quickly. As 9–5 workdays became more mainstream, meal habits changed alongside it. Breakfast became indispensable. In some parts, it was even considered cool. The mantra was, “Eat breakfast like a king, lunch like a prince and dinner like a pauper.” And then, when people no longer had the time to whip up elaborate breakfasts, companies like Kellogg's found a new market to tap into—the ready-to-eat breakfast segment. They unleashed a revolution in the West with their “milk and cereal” concoction and haven't looked back since.

Until at least, they came to India.

In the 1990s when the company tried to replicate their strategy back home, they hit a brick wall. Indians simply did not take to cold cereals and milk. They probably hated it! They needed hot and fresh meals like idli, poha, and parathas.

And that's when Indian companies thought to themselves, “why not take over this market?” and do something these western multinational companies haven't been able to do. They stepped up and introduced indigenized breakfast items suited to the Indian palate.

And the latest entrant on this front is the tobacco-to-FMCG player ITC. After creating a brand under Aashirvaad (mainly for atta), it wants to take things up a notch by launching ready-to-cook breakfasts. It's saying “no, thank you”, to the oats-based Western formula and instead opting for a strictly desi program including—rawa, vermicelli, and poha. It's taking a page out of the playbook of others like MTR Foods and Marico (Saffola Oats) and it's hoping to compete in this very complicated market.

And we use the word complicated because, despite the fact that MTR Foods and Marico have tried to market ready-to-eat and ready-to-cook products for the Indian audience, they've still not had a lot of success. Sure, there's a decent market, but it's not as big as some of the other markets out there. So why are many companies still trying to make a dent on this front?

Well, probably because some new-age players are finding success by adopting a slightly nuanced strategy. Take for instance the case of iD Fresh Foods. In a market once dominated by neighborhood chefs selling fresh idli-dosa batter, iD Fresh Foods had a simple value

proposition—hygienic preparations with a more local flavor profile. They studied individual micro markets and began working on products that suit those needs. Granted, some places they didn't find a lot of success- like in Chennai. In other places, however, they've found remarkable success. So much so that the company is expecting to target revenues to the tune of 500 crores this financial year.

Even others are experimenting with entirely different product lines. Ready-to-eat parathas and chapatis are quickly gaining traction and with young people constantly looking for a quick fix breakfast, these options make a lot of sense.

So yeah, the Indian breakfast market is coming alive once again in a big way and ITC's entry may only just be the beginning of a new revolution.

By **Manoj Kumar Y**



## Update for the day #1256 | How to Stick to Your Goals When Life Gets Crazy

Having a busy day, dealing with unexpected delays, getting sick, and traveling for work are just a few of the thousands of tiny emergencies that prevent most people from sticking to their goals. It doesn't have to be that way though. Here are some of the ways in which you can stick to your goals;

### **Plan for chaos:**

Let's say that you have a goal that you want to stick to consistently. For example, working out three times per week or meditating for five minutes each morning.

If everything goes as planned, then sticking to your goal isn't too difficult. If you wake up on time, then you should have the extra five minutes to meditate in the morning.

Basically, if there aren't any unexpected interruptions, then it just comes down to getting started.

But when life gets busy and chaos starts to happen, that's when we start to come up with excuses. Phrases like "I wasn't expecting X to happen..." start creeping into your life and you end up pushing off the goals that you said were important.

How can you stay consistent when day-to-day life is so unpredictable? How can you plan for chaos?

### **Reduce the Scope, Stick to the Schedule:**

The basic idea is that on any given day it is more important to stick to your schedule than it is to meet your expectations. The If-Then Technique is one of the best ways to stick to your schedule when life gets crazy.

### **The If-Then Technique:**

The If-Then Technique is the perfect way to plan for chaos and stick to your goals even when life gets crazy. Why? Because it forces you to create a strategy for reducing the scope, but sticking to the schedule before you actually need to do so.

All you need to do is complete this phrase: "If [something unexpected], then [your response]."

For example...

If I don't wake up in time to run tomorrow morning, then I'll run after work.

If I can't make it to yoga during my lunch break, then I'll take a stretching break this afternoon.

The If-Then Technique forces you to consider the unpredictable circumstances that so often enter our daily lives. And that means you have fewer excuses for doing nothing and more options for sticking to your goals.

### **Where to Go From Here:**

If you choose to plan for chaos and use The If-Then Technique to outline ways that you can “reduce the scope, but stick to the schedule,” then you can find options for staying on-task even when your day gets off-course.

When you can't do it all, do something small.

By **Sahana Shree Herle. S**



## Update for the Day #1257 | Shivamogga - 'Gateway of Malnad'

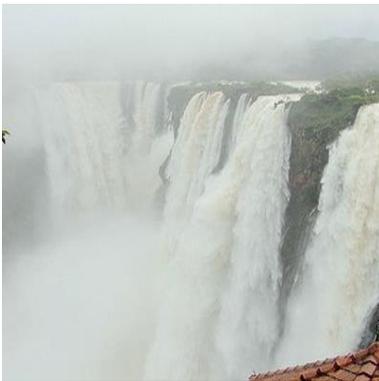
Shivamogga isn't just about being the 'Gateway of Malnad'. Standing on the banks of the Tunga River, Shivamogga abounds with natural beauty and man-made wonders. For a travel enthusiast, Shivamogga has many a gem to offer, including sparkling waterfalls, lush green forests, scenic landscapes, lofty mountain peaks, and architectural splendour.

### 1. Head out for a mountain trek to Kodachadri:

When you are in the vicinity of the towering Western Ghats, what better way to explore its beauty than to embark on an exciting trekking trail? Shimoga's location near the hilly region is a great excuse to let loose the trekker in you and discover the magnificence of the Kodachadri peak. Kodachadri, the 10th highest peak in Karnataka, is known to be a trekker's paradise.

The trail meanders through dense green forests abundant with exotic flora and fauna. Enroute to the peak, you will be able to witness the breath-taking beauty of several dazzling waterfalls and rolling meadows. These apart, the gorgeous views of the sunset and sunrise from the peak make this trek all the more compelling.

### 2. Soak in the beauty of the Jog Falls:



A visit to the Jog Falls can very well be the crowning glory of your Shimoga trip. Cascading down a height of about 253 m, the second-highest plunge waterfall in India truly offers a majestic sight to the viewer. Also known as Jogada Gundi or Gersoppa Falls, the waterfall is created by the Sharavathi River. Depending on the season in which you visit it, you can witness it as a plunge waterfall or a segmented waterfall. While the monsoon turns the waterfall into a vigorous plunge, at other times of the year it rushes down as four distinct cascades known as Raja, Rani, Rocket, and Roarer.

### 3. Enjoy a safari at Shettihalli Wildlife Sanctuary:

The safari at the sanctuary is an excellent means to satiate your need for a thrill. It's not every day that you get a chance to see a leopard roaming about a few feet away from you or a sloth bear lazing around as you pass by it. Being home to a wide range of wild animals like the tiger, sloth bear, elephant, leopard, jackal, spotted deer, langur, etc. and a host of reptiles and birds, the Shettihalli Wildlife Sanctuary is one place that offers you the unique opportunity to have a rendezvous with nature and wildlife. Indeed, one of the must things to do in Shimoga.

### 4. Turn into a bird-watcher at Mandagadde Bird Sanctuary:



The Mandagadde Bird Sanctuary beckons you to enjoy the company of exotic birds in their natural habitat. The picturesque island located on the River Tunga is a heaven for migratory birds flocking from all over the world. It is the perfect place to get a close view of the winged beauties and to discover their habits and queer traits. For those of you who love to photograph the avian population, the island sanctuary is the ideal location to capture some rare and exotic species in your camera lens. With diverse species like Median Egrets, Little Cormorant, Snakebird, and Darter making the island their home, the Mandagadde Bird Sanctuary is sure to offer you many happy hours of bird-watching pleasure.

### 5. Explore the ruins of the Nagara Fort:

Forts are a slice of history in themselves. Every fort has a story to tell and the Nagara Fort in Shimoga is no different. If you are curious to have a glimpse of the bygone era in Shimoga, a visit to the Nagara Fort can enthrall you. This 16th century fort was built by the then ruler of Keladi, Shivappa Naik. A unique feature of the fort is that it was surrounded by a highly efficient system of water circulation meant to enhance its safety by many notches. Remains of the king's court, palace, temple area, cannon, and water tanks within the fort are worth exploring. The panoramic view of the surroundings from the fort ground will make your visit worthwhile.

## 6. Enjoy a picnic at Gajanur Dam:

The Gajanur Dam provides you the perfect setting for enjoying a picnic in a scenic environment. The dam is constructed across River Tunga. Situated against the background of lush green paddy fields and areca nut plantations, the dam is a sight to behold. The natural beauty of the place and its peaceful atmosphere has made the dam one of the most popular picnic spots in the region. You can indulge in boat rides and coracle rides while at the dam.

By **Chandana K A**



## Update for the day #1258 | From the garage to the Googleplex



The Google story begins in 1995 at Stanford University. Larry Page was considering Stanford for grad school and Sergey Brin, a student there, was assigned to show him around.

By some accounts, they disagreed about nearly everything during that first meeting, but by the following year they struck a partnership. Working from their dorm rooms, they built a search engine that used links to determine the importance of individual pages on the World Wide Web. They called this search engine Backrub which was based on an algorithm called the "PageRank" algorithm, which determined a web page's relevancy to a user's search.

Over the next few years, Google caught the attention of not only the academic community, but Silicon Valley investors as well. Google founders asked David Cheriton, Professor of Computer Science at Stanford University to help them find money to start their own company.

In 1998, David asked Stanford alumnus Andy Bechtolsheim, Co-founder of Sun Microsystems, to come to his home to meet Page and Brin. They all met at David's house at 8 am morning but Andy Bechtolsheim was in a hurry as he had another meeting at 9. Andy saw a tiny demo of their 'Page Rank Algorithm' project and asked about how they plan to monetize it. Andy was so impressed with their idea of ad revenue that he returned to his car and returned with a cheque of \$100,000.

1 demo, 20 minutes, a few questions, and a \$100,000 cheque to a yet-to-be-formed corporation.

With this investment, the newly incorporated team made the upgrade from the dorms to their first office: a garage in suburban Menlo Park, California, owned by Susan Wojcicki (employee no.16 and now CEO of YouTube). Clunky desktop computers, a ping pong table and bright blue carpet set the scene for them in those early days and late nights.

Google outgrew the garage and eventually moved to its current headquarters (aka "The

Googleplex<sup>®</sup>) in Mountain View, California. The spirit of doing things differently made the move.

The relentless search for better answers continues to be at the core of everything they do. Today, Google makes hundreds of products used by billions of people across the globe, from YouTube and Android to Gmail and, of course, Google Search. Although they have ditched the Lego servers and added just a few more company dogs, their passion for building technology for everyone has stayed – from the dorm room to the garage and to this very day.

By **Akshit K Jain**



## Update for the day #1259 | Learnings from the movie Shawshank Redemption.

" Hope is a good thing, maybe the best of things, and no good thing ever dies." -**Andy Dufresne**

The Shawshank Redemption is one such film with spirits that can redeem anyone witnessing it. Such is the reassurance this tale of freedom and hope offers.

Tracing the lives of prisoners in the grey, stone-built Shawshank prison filled with the identically dressed imprisoned, breathing a dull air of Durance, this drama ends in the vast blue Pacific bordered by golden sand with winds of freedom raising above it, guiding the waves and souls. This classic offers life lessons that are to be learned to feel a sense of liberation and abundant love for the essence of life.

### Some takeaways from the movie:

**Don't let bad luck keep you down.** Both inmates and guards treat Andy Dufresne savagely when he arrives at the prison. But he doesn't give up. Stuff happens in all our lives. And it isn't always fair. A lay-off, an illness, an accident. We can't control these things, but we can get up from the blow and keep marching forward. No matter how big a mess you face, you can make things a little better every day until you're back in the game.

**Take advantage of the opportunities you have, not ones you wish you had.** Andy is stripped of nearly everything when he enters prison. That would depress anyone. But Andy looks around and finds a way to leverage his financial knowledge to make life a bit better for himself and his fellow prisoners. He helps the guards with their tax returns and later becomes the Warden's bookkeeper.

**Be valuable to others.** Both Andy and his smuggler pal, Red, understand that helping others meet their needs and solve their problems is a key to success.

**Have a big dream and a plan.** Andy constantly operates on two levels. He works his job in the Warden's office while planning to escape. His job is more than a way to pass time and curry favor. He uses the job to fund and execute his Big Dream.

**Break big projects into small tasks.** Andy tunnels his way to freedom by digging through the walls just a little bit every day for many years. This is a great metaphor for achieving long-term financial freedom.

**Take some risks.** Andy's rise to influence and privilege begins when he dares to approach the prison's most brutal guard with unsolicited money advice involving the guard's wife. That conversation could have ended very badly. Instead, it changed the course of Andy's future. It's

important to take smart risks in life.

**Respect and give to others.** In exchange for helping that guard out of a jam, Andy requests a reward – not for himself, but for his entire work crew. As a result, he wins their respect and affection. It's hard to make meaningful friendships as an adult. But the best shot we have is to give of ourselves without questioning or expectation.

By **Yesh R Solanki**



## Update for the day #1260 | Learnings from the book *Can't Hurt Me* by David Goggins.

David Goggins shares how he transcended poverty and abuse to become one of the world's top endurance athletes. His story reveals how mastering your mind, hard work, and becoming friends with pain can help you achieve the unimaginable.

### **Key Takeaways from the book *Can't Hurt Me*:**

It doesn't always go your way

Life won't always go your way, so if you start thinking that it will, you'll be disappointed and less effective. Being entitled is a disempowering mindset. Instead of focusing on what you think you deserve, figure out what you want and be willing to pay the dues required to get it.

### **The 40% rule**

Most of us tap into only 40% of our capabilities. When your mind is telling you that you're done, completely exhausted and not able to go any further, you're only at about 40% of your potential. When you get to the 40%, you need to tap into a hidden reserve of energy and motivation. Keep fighting when you feel like you're done, and that's when you unlock the remaining 60% of your potential. Don't fall for the alluring trap of quick-fix life hacks. You need to learn how to harness talent, hard work, passion, and obsession to relentlessly pursue your goals. To do this well, you need to master your mind. Without mastery of your mind, you cannot unlock your full potential.

### **No one is going to help you**

If you want something, YOU have to go after it. Don't wait for someone else to give you the opportunity. Don't wait for someone else to help you. If it's your dream, it's on YOU. If you wait, you'll be waiting until you're on your deathbed if you don't take action.

### **Callous your mind**

When you're ready to quit, stay the course. See how far you can go. It's likely further than you think, and by not quitting, you'll callous your mind. This will help you when things get tough. You'll learn to work hard even when you don't want to. That will pay off on your path.

### **It's all on you**

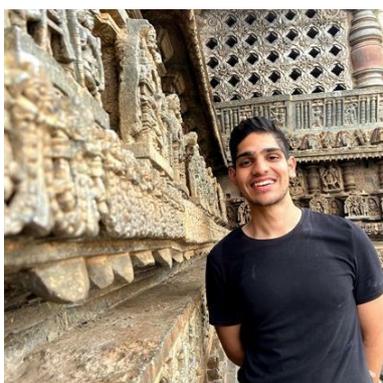
You have to master your mind. You're the only one who can do that. To accomplish things that other people think are unachievable begins with mastery of the mind. Without that, you won't survive the battle ahead.

**Progress is motivating**

“We all need small sparks, small accomplishments in our lives to fuel the big ones.”

Even if you have big dreams, you need to start with small victories. Those small victories will provide the fuel you need for the bigger fire you want to build. Find ways to set up milestones along the way that will keep you going. Progress is one of the most motivating forces out there. \

By **Vivek Kamath**





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