



# Editorial

## Wild card

Delhi Chief Minister Arvind Kejriwal, who had been under judicial custody for 50-odd days after the Enforcement Directorate named him in the multi-crore liquor scam, has made a wild card entry as a participant in electioneering. Known for his dynamic role as the Aam Aadmi Party (AAP) leader, his sudden release from incarceration injects a new fervour into an intense electoral situation, particularly impacting the BJP's strategies and reinvigorating the Opposition campaign. As expected, Kejriwal has come down heavily on the ruling party, accusing it of subverting democracy and misusing law-enforcement agencies to imprison the Opposition leaders on one pretext or the other. Interestingly, he also now claims that the BJP's senior leaders are being sidelined and India is being pushed into a "one nation, one leader" paradigm. The situation is indeed ominous for the BJP; Kejriwal's absence had provided it with a temporary advantage to consolidate its support base without facing the AAP challenge in certain regions where it holds influence and sway. Kejriwal's return, however, resumes the battle in earnest and necessitates a reassessment of campaign strategy. The BJP must now recalibrate its outreach efforts to counter AAP's influence, especially in Delhi, Punjab and Haryana (The polling in Gujarat has already concluded). The party poses significant challenge to the BJP with its anti-corruption and populist policies. Though he is not the proverbial all-powerful leader, Kejriwal has the ability to galvanise support, particularly among urban voters and the youth, and his presence significantly boosts the prospects of the Opposition's INDIA bloc. With the voting percentage remaining consistently low and several Supreme Court decisions going against it, the BJP must find new ways to take on its challengers. The party leaders have reached out to satraps Sharad Pawar and Uddhav Thackeray in Maharashtra ahead of Phase IV, but the latter have not responded positively to the BJP's overtures. In the light of these developments, the BJP must intensify its efforts to consolidate its support base and mitigate the potential impact of Kejriwal's resurgence. It must rely upon Modi's oratorical skills, aggressive campaigning, targeted messaging and new alliances to win in crucial constituencies. It is time for the BJP to capitalise on its nationalistic agenda and developmental initiatives to appeal to voters, presenting itself as the party best equipped to lead India forward. For the Opposition, Kejriwal's release offers hope and a renewed sense of purpose. By leveraging public dissatisfaction with the status quo, working to heighten the feeling of anti-incumbency among the electorate and raking up issues of public concern such as corruption, inflation and unemployment, the Opposition can cobble up a more cohesive and effective campaign. Given the unpredictable nature of voter preferences, it is hard to tell what resonates with them. They may act emotionally at times but they are not foolish, are they?

# Pakistani military tightens grip

American scholar, Stephen Cohen, notes in his article title Pakistan: Army, Society and Security, "There are armies which guard their nation's borders, there are armies which are concerned with protecting their own position in society, and there are armies which defend a cause or an idea. The Pakistan Army does all three". Even though it is a Military that has never won any war (1947-48, 1965, 1971 or 1999) and is struggling miserably to contain elements of religious extremism from across the Durand Line - it remains the last institution that hasn't succumbed to the curse of puritanism that is eating into the already moth-eaten Pakistan. It can be argued that besides the Pakistani Military, the two other pieces of the ruling troika i.e., civilian politicians and the clergy, have failed the sovereign, far more. Counterintuitive as it sounds, the Pakistani 'establishment' (read, Military), despite all its manipulations is still the best bet to protect the Pakistani State from imploding. Despite

vile attempts by unhinged politicians and the clergy to fan divisive passions on the lines of sectarianism, regionalism, logical preferences and brazenly chose and dropped those who didn't toe the line. It didn't really care about optics of con-

prowess. Imran mistakenly thought he had outgrown the need to remain beholden to the Pakistan 'establishment', and that was to be his undoing. A reluctant, screaming, and shouting Imran Khan was ousted from power and the much discredited and familiar faces from the past, ushered in. It was an important lesson in Pakistani politics. When the tide turns, any political force that appeals to the Generals, can stage a comeback. Except perhaps Imran Khan, who dug his heels and refused to learn from history. His cadre perpetuated the 'May 9' riots and plunder that spared no one - not even the 'no-go' zones of cantonments or residences of Generals. The Pakistani 'establishment' did what it does better - care two-hoots for the popularity of Imran Khan and attacked his party, people and infrastructure. While Imran is arguably the most popular leader and the Bhuttos and Sharifs the most despised, it is the latter who are in power, courtesy the Pakistani Military. The obstinate Imran has boxed himself into a corner

by pivoting his credentials to grand-standing against the Pakistani Military, and that denies him the realistic chance to return. His only chance to succeed with his current strategy is the Pakistani Military were to become irrelevant, but such a hypothetical situation would also make the survival of Pakistan as a sovereign state, untenable. Faultlines deepen with the Military mouthpiece Inter Services Public Relations (ISPR) insisting that dialogue with PTI is only possible if it "earnestly apologises publicly in front of the nation". It added for good measure that PTI must adopt "constructive politics" and avoid, "politics of anarchy". Clearly it would be suicidal for PTI to stoop so low after much theatric defiance and acceptance of its role would scar PTI with anarchic and unpatriotic attributions (as despite history, Pakistani Military remains the beacon of patriotism, in Pakistani consciousness). This showdown with railing words between the Military and PTI also counters the accusations of 'false-flag operation', as alluded to by the PTI. It seems the Pakistani Military is hell bent on making PTI and Imran pay dearly for daring to challenge the 'establishment', and this recent precondition for thawing relationship was meant to harden the divide and make it impossible for PTI/Imran to soften stand. As if on cue, the Pakistani Military is making efforts to normalise its relations with the historical ally, the United States of America (as the same was specifically targeted by Imran Khan). It also acts as a hedge against Chinese support, and it strengthens equations with Arab Sheikdoms, concurrently. As it is, the bloody battle ensuing currently for the Pakistani Military is with the Afghanistan based Tehreek-e-Taliban Pakistan (TTP), on whom Imran Khan or 'Taliban Khan' was particularly accommodative. Clearly there is no upside for the Pakistani State to retain the belligerence and extremist stand as championed by Imran Khan in his hustings, and therefore all such policies, PTI infrastructure, and Imran Khan personally must become the sacrificial goat. Imran has none, but himself to blame for the same.



ethnicities - the disciplined and 'monolith' construct of the Pakistani Military inherited from the British Raj integrated its diversities in Balouch Regiment, Frontier Force Regiment, Punjab Regiment, Sindh Regiment et al. Few derelictions like General Zia-ul-Haq or Hamid Gul aside, the institution was relatively westernized, moderate, and inclusive. It zealously protected its ways and interests with disproportionate budgetary allocations and ensuring that it always had the right of the way, formally or informally. It chose dispensations without harbouring any ideo-

# AMU breaks the gender barrier

Fortunately, Professor Naima Khatoon has been appointed as the Vice Chancellor of Aligarh Muslim University, a moment long-awaited by the Aligarh community. Professor Khatoon's journey within AMU has been extensive, having served previously as the Principal of the Women's College. Her association with the university spans an impressive 46 years, beginning as an outstanding student who consistently excelled in her examinations. Graduating with a doctorate in Psychology in 1989, Professor Khatoon's rise to the Vice Chancellorship on April 22, 2024, a testament to her dedication and academic prowess. An interesting facet of her appointment is the transition from her husband, Professor Muhammad Gulrez, who held the position of Acting Vice Chancellor prior. Professor Gulrez is recognised for his significant contributions to West Asian Studies and has displayed exemplary integrity and resilience during his tenure. Professor Khatoon's administrative journey within AMU includes noteworthy positions such as Chairperson of the Department of Psy-

chology and Director General, Superintendent, Pro-

ing acclaim both nationally and internationally. Her



vost and more. Her appointment as Vice Chancellor also holds historical significance, marking her as the second Muslim woman to hold such a position at a Central University. This achievement follows Dr. Najma Akhtar's appointment as the first Muslim lady Vice Chancellor at Jamia Millia Islamia five years prior. The legacy of women's Leadership at AMU traces back to its inception, with Begum Sultan Jahan being the university's first elected Chancellor in December 1920. Professor Khatoon's contributions to the field of Psychology are well-documented, with six books and 31 papers, earn-

academic pursuits have taken her across the globe on various academic assignments, enriching her perspective and expertise. Beyond her scholarly achievements, Professor Khatoon's adeptness in administrative roles underscores her capability as a leader to steer AMU towards greater heights of excellence. Recognising in the evolving landscape of education, there is a pressing need to boost departments offering professional and technical education while also introducing emerging disciplines. Professor Khatoon's leadership is expected to facilitate the successful launch of these new programmes.

Additionally, there is a call to establish new centres for regional and area studies, building upon the foundation laid by previous leaders like Professor Abdul Aleem. Her strategic appointments, such as that of Professor Anwar Masud Alavi as Principal of the Women's College, reflect her commitment to academic excellence and diversity within the institution. It is anticipated that Professor Naima Khatoon will leverage the expertise of the internationally renowned scholar, Professor Abdur Raheem Kidwai, Honorary Director of the K. A. Nizami Centre for Quranic Studies. Professor Kidwai, besides being a Professor of English, has earned acclaim for his critiques on the translations of the Quran into English and other languages. The Department of Islamic Studies and the Faculty of Theology at AMU hold the potential to evolve into Think Tanks for Muslims worldwide. Aligarh Muslim University, known not only for its academic excellence but also as a centre of Muslim culture and Civilisation can reshape the narrative. Indian Muslim faculty Members specialising in Islamic

Studies and Sunni and Shia theology dedicated to nation-building and community welfare. They are well-positioned to provide guidance grounded in scriptures and to serve as beacons of harmony and unity within the Indian Muslim community. The AMU Jama Masjid stands out as perhaps the only mosque, besides the Kaaba and the Prophet's mosque, where both Sunnis and Shias offer congregational prayers. This model of fraternity should be emulated across India. Nigerians should take the lead in promoting better understanding and unity among various schools of thought. Aligarhians take pride in the fact that the first educational institution to impart modern knowledge was established at Aligarh. The election of a Muslim woman as Vice Chancellor of AMU, following in the footsteps of Professor Najma Akhtar, underscores this legacy. Professor Naima Khatoon, who has recently assumed office, brings with her impeccable academic credentials and a commitment to faith. Her success will undoubtedly bring honour to AMU and our nation.



संक्षिप्त खबरें

कांग्रेस नेता लुईस खुर्शीद के बयान पर भाजपा राष्ट्रीय परिषद की सदस्य डॉ. रजनी सरीन का पलटवार

रिपोर्टर श्याम जी कश्यप जनपद फरुखाबाद उत्तर प्रदेश कांग्रेस नेता लुईस खुर्शीद के बयान पर भाजपा राष्ट्रीय



परिषद की सदस्य डॉ. रजनी सरीन का पलटवार। संविधान को खतरा बताने वालों की खुद की राजनैतिक विरासत खतरे में। भाजपा नेत्री डॉ रजनी सरीन बोली भारतीय संविधान को खतरे में बताने वालों की असली में खुद की राजनैतिक विरासत खतरा होने की कगार पर भाजपा नेता डॉ रजनी सरीन ने लुईस खुर्शीद के बयान को बताया बेतुका। बाबा साहब भी माराव अंबेडकर के संविधान को मजबूत करने का भाजपा ने 10 साल में किया है काम भाजपा राष्ट्रीय परिषद की सदस्य डॉ रजनी सरीन ने मतदान के दिन को बताया लोकतंत्र का महापर्व। जनता अपने मताधिकार का प्रयोग करके इस बार फिर पूर्व बहुमत की मोदी सरकार बनाने जा रही है। मामला फरुखाबाद लोकसभा सीट से जुड़ा हुआ।

**सपा प्रत्याशी डॉ नवल किशोर शाक्य का कायमगंज में भारी विरोध, वीडियो वायरल**

फरुखाबाद ब्रेकिंग। डॉ नवल किशोर शाक्य के अस्पताल में इलाज करने गए युवक ने सपा प्रत्याशी ऊपर लगाए गंभीर



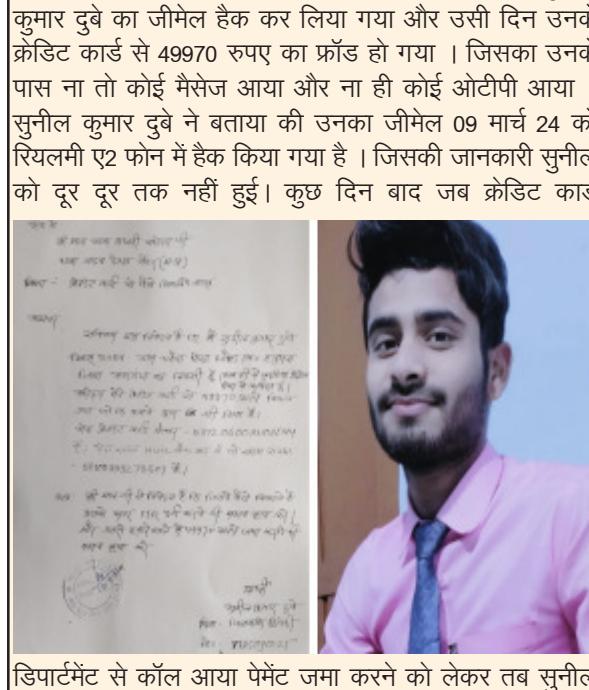
आरोप इलाज के बाद टांके कटवाने के लिए डॉ नवल किशोर शाक्य के लक्ष्य हॉस्पिटल में युवक गया था पीड़ित युवक के पास हजार रुपए नहीं थे, युवक ने सपा प्रत्याशी नवल किशोर शाक्य से हजार रुपए न होने की लगाई थी गुहार। डॉ नवल किशोर ने पीड़ित युवक के मरीज को 3 दिन तक अस्पताल के अंदर बैठाल कर रखा सपा प्रत्याशी के अस्पताल में फ्री इलाज और गरीबों की मदद करने वाले जनता के बीच जाकर बयान देने वाले बयान हुआ झूठ साबित कायमगंज के लोगों ने कई वीडियो बनाकर सोशल मीडिया पर किए वायरल — सूत्र पीड़ित युवक ने स्वयं वीडियो बनाकर किया वायरल गरीबों का फ्री में इलाज करने और मदद करने की बात हुई झूठ साबित कायमगंज के पीड़ित युवक ने वीडियो वायरल का सपा प्रत्याशी डॉक्टर नवल किशोर शाक्य के ऊपर लगाए गंभीर आरोप।

सुनील कुमार दुबे चरैया के क्रेडिट कार्ड से लगभग 50000 रुपए की हुई ठगी जिसकी रिपोर्ट थाना नादन देहात में की गई जिसमें

आज तक कोई कार्यवाही नहीं की गई।

थाना नादन देहात पुलिस में सुनील कुमार द्वियेंदी निवासी चरैया के शिकायत पर नादन देहात पुलिस ने लाभग 50000 रुपए की टगी पर अज्ञात व्यक्ति पर केश दर्ज किया था लेकिन आज तक उक्त केश के खिलाफ कोई कार्यवाही नहीं हुई। चरैया निवासी युवक सुनील कुमार दुबे ने बताया कि मुझे 8984232883 मोबाइल नंबर से बार बार कॉल करके परेशन किया जा रहा था एवं कुछ दिनों बाद दिनांक 09 मार्च 2024 को और 13 मार्च 2024 को सुनील कुमार दुबे का जीमेल हैक कर लिया गया और उसी दिन उनके क्रेडिट कार्ड से 49970 रुपए का फ्रॉड हो गया। जिसका उनके पास ना तो कोई मैसेज आया और ना ही कोई ओटीपी आया।

सुनील कुमार दुबे ने बताया की उनका जीमेल 09 मार्च 24 को रियलमी 42 फोन में हैक किया गया है। जिसकी जानकारी सुनील को दूर दूर तक नहीं हुई। कुछ दिन बाद जब क्रेडिट कार्ड



डिपार्टमेंट से कॉल आया पैमेंट जमा करने को लेकर तब सुनील को इस बात की जानकारी हुई की उनके क्रेडिट कार्ड से 49970 रुपए का फ्रॉड हो गया है। सुनील का कहना है कि मेरा क्रेडिट कार्ड मेरे निज निवास चरैया में रखा है जिसको मैं आज दिनांक तक जनरेट ही नहीं किया है। और मैं बाहर नौकरी करता हूं। जब मैंने अपना क्रेडिट कार्ड जनरेट ही नहीं किया तो पैसे ट्रांजेक्शन करने का कोई सवाल ही नहीं पैदा होता है। आगे बात करते हुए सुनील ने बताया कि बैंक से कॉल आने के बाद जब मैंने अपना बैंक स्टेट में चेक किया तो उसमें 49970 रुपए का ट्रांजेक्शन दिखा रहा था। जिसके बाद मैं पुलिस थाना नादन देहात में रिपोर्ट दर्ज कराई है। आगे सुनील ने बताया कि जिस नंबर से फोन करके परेशन किया जा रहा था दूर कॉलर में उसका नाम रुचि सिंह एचडीएफसी बैंक बता रहा था। और उसकी ट्रांजेक्शन रिपोर्ट निकलने पर उसका लोकेशन गुडगांव बता रहा है।

## भाजपाइयों ने ही, भिवंडी में उत्तर भारतियों की पिटाई कर दी इतना ही नहीं दुकानों में घुसकर तोड़फोड़ की

स्थान विवार बोरीवली

रिपोर्टर। एस एस राजू

उत्तर प्रदेश वालों की

बैइज्जती में महाराष्ट्र सरकार

खासकर मनसे अक्सर करते

रहते हैं। मगर चुनाव के दिनों

में भी ऐसा हो यह कभी आशा

नहीं थी कि सरकार के नए

जुड़े साथी मनसे ने पदकप

तमबजासल उत्तर प्रदेश वालों

पर हमला कर दिया कि ठाणे

में सबसे ज्यादा दूसरे राज्यों

से लोग आते हैं।

मनसे हमेशा उत्तर भारतियों की

पिटाई कर दी इतना ही नहीं

दुकानों में घुसकर तोड़फोड़ की।

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कल,

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दुकानों बोरीवली





# FOMO and depression

Navigating the mental health obstacle by understanding the relationship between the two

The fast-paced, hyper-connected world, though has eased human connections and commerce, it has also induced the pressure among all to succeed while in a rat race. It has led a majority of individuals to feel the fear of missing out (FOMO). It is observed firsthand the toll that FOMO can take on one's mental health, often leading to devastating conditions such as depression. Let's dive deeper into understanding the complicated relationship between FOMO and depression and offer actionable strategies to transform FOMO into the joy of missing out (JOMO).

## What is FOMO

To begin with, let's dissect what FOMO truly means. FOMO is not merely a short-lived sensation of envy or restlessness. It is a profound fear of being left out or excluded from rewarding experiences or opportunities that others seem to be enjoying. With the rising use of social media platforms, where curated snapshots of seemingly perfect lives are incessantly displayed, FOMO has found the ideal ground to flourish. Numerous studies have highlighted the detrimental effects of excessive social media usage on mental well-being, with FOMO emerging as a significant contributing factor.

A study conducted by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, revealed a positive correlation between FOMO and symptoms of depression among young adults in urban India. Similarly, another research by the Indian Journal of Psychiatry found that university students in India who reported higher levels of FOMO also experienced greater levels of stress and anxiety.

Furthermore, the never-ending pursuit of success in the highly competitive landscape worsens the detrimental effects of FOMO. Ambitious individuals often find themselves trapped in a continuous cycle of comparison, persistently measuring their achievements against those of their peers. This constant comparison not only fuels feelings of insufficiency and self-doubt but also intensifies the fear of missing out on opportunities for advancement or recognition.

As a result, many individuals in India find themselves grappling with symptoms of depression, with persistent feelings of sadness, hopelessness, and disinterest in activities that they once enjoyed. Research from several acclaimed international as well as national institutes suggests that individuals who experience chronic feelings of FOMO are at a heightened risk of developing depression over time.

## Getting over FOMO

So, how can we break free from the suffocating grip of FOMO and reclaim our mental well-being? The key lies in cultivating the joy of missing out—the thoughtful choice to prioritize our well-being and values over external validation or societal expectations. Here are some practical tips to help alleviate the burden of FOMO:

**Practice mindfulness:** Engage in mindfulness practices such as meditation or deep breathing exercises to nurture present-moment awareness and reduce contemplation about past events or future uncertainties.

**Set boundaries:** Establish boundaries around your social media usage and learn to disconnect from the constant bombardment of notifications and updates. Designate specific times for checking social media and resist the urge to compare yourself to others.

**Focus on gratitude:** Encourage a mindset of gratitude by reflecting on the blessings and accomplishments in your own life, rather than griping on what others have or achieve.

**Define your success:** Re-evaluate your definition of success and identify goals that are aligned with your values and aspirations, rather than external markers of achievement or validation.

**Practice self-compassion:** Stop being hard on yourself. Be kind and compassionate towards yourself, recognise that it's okay to not always be on top of everything or to miss out on certain opportunities. Hold imperfection as a natural part of the human experience.

To conclude, the deceptive nature of FOMO poses a significant threat to our mental health and well-being, particularly among go-getters navigating the complexities of modern life. By understanding the relationship between FOMO and depression and adopting proactive strategies to alleviate its impact, we can regain control over our lives and nurture a sense of fulfilment grounded in authenticity and self-compassion.

Remember, it's not about chasing after every momentary opportunity but rather finding satisfaction and joy in the moments we choose to squeeze fully, free from the restraints of FOMO.



## GURU GYAN

### Sadhguru

When people hear the word "self-realization," maybe it conjures up images in their minds of some Himalayan cave. I don't want to talk about anything that is not yet in your experience because the moment we talk about it, you will lose touch with reality. If you start believing realities that are not yet in your experience, you will lose ground in the reality you are in.

Unfortunately, this is what has happened in the world in the name of spirituality and religion. God is not an enabling factor; God is unfortunately a disabling factor in most people's lives because they believe God is going to take care of their food, their survival, their health, and their business.

So, let us not talk about knowing yourself in some mystical way or another dimension. Let us talk about knowing yourself in the most practical way that we can look at.

If you want to work with anything, for example let us say you want to drive your

(Excerpted from

Mystic's Musings.

Not for the faint-

hearted, this book

deftly guides us with

answers about reality

that transcend our

fears, angers, hopes,

and struggles.

Sadhguru keeps us

teetering on the edge

of logic and

captures us with his

answers to questions

relating to life, death,

rebirth, suffering,

karma, and the

journey of the Self.)

7

7



### Curd

**Hair conditioner:** This dairy product is rich in protein, potassium, calcium, magnesium, and vitamin A, which can contribute to hair growth. It also helps with dandruff, frizzy hair, and rough ends as it hydrates and nourishes the scalp. Apply curd to your hair like a mask and leave it in for 15-20 minutes before rinsing. You can also add coconut oil or ghee to amplify its benefits.

**Face mask:** The moisturizing properties of curd can also be used to soften dry skin. Its cooling properties also help the skin recover from hot summer days. Mix some curd and besan (gram flour) in a bowl and apply it to your face and neck. Wash after 15 minutes or after it dries.



### Banana Peel

**Leather polisher:** If you're looking to polish your leather shoes or bags, a cheap, easy, and environmentally friendly way is to use the inside of a banana peel, as it contains potassium and natural oils that will make your leather items shine bright like a diamond! It also contains enzymes that help in removing odour and breaking down stains from shoes. Just use the inside of the peels to rub your leather items. Finally, use a clean cloth to wipe them.

**Water Purification:** Banana peels contain sulphur and nitrogen that work similar to the magnets in water purifiers. All you have to do is grind some roasted banana peel and mix it with the contaminated water for 10 minutes. The resultant solution is approximately 60% less contaminated.

## When foods are NOT eaten

From homemade beauty treatments to soothing sore joints to crockery maintenance, your boring kitchen ingredients can be used for a lot more than just their culinary roles



Everyone loves a good life hack. You'll be surprised to know how many of them exist within the treasury of your kitchens. Natural spices and oils can have many unconventional uses that can vivify your daily lives. So bid farewell to chemicals and embrace simplicity as we explore some of these hidden gems together.

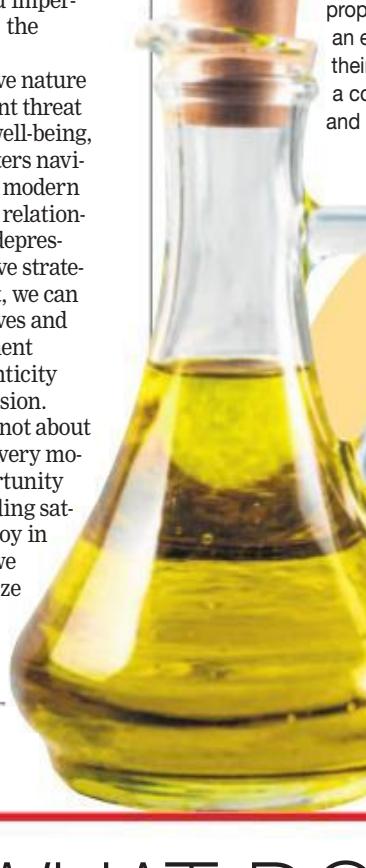


### Tamarind

**Cleaning brass and copper utensils:** The citric acid content is very high in tamarind pulp. So, the basic layer of oxidation that develops on the utensils as a result of their interaction with air and moisture is neutralized by this acid and brings back its luster. Cover the utensil's surface uniformly with the pulp. Next, lightly scrub the area with a soft cloth or sponge, applying gentle pressure, and rub until the tarnish begins to fade. Let the utensil sit for 5-10 minutes, then thoroughly rinse it with water to get rid of any residue.

### Adhesive for arts and crafts:

Tamarind seeds have inherent adhesive properties. They can provide your kids with an engaging new approach to working on their masterpieces. To make the seeds into a consistency similar to glue, powder them and combine them with water.



### Mustard Oil

**Treating joint pain:** The oil's anti-inflammatory qualities can aid in reducing arthritis-related pain and discomfort. It relieves inflammation and stiffness in the joints. To increase your mobility, warm up some oil and gently massage it over the affected area. Wash it off with warm water after 30 to 40 minutes.

**Teeth whitening:** As mustard oil contains antibacterial qualities, it has been used for decades to treat dental problems. Combine a teaspoon of salt with some mustard oil to form a mild abrasive. After applying it to your teeth, wait for five minutes. Then simply use lukewarm water to rinse.

### Mint leaves

**Insect repellent:** The fresh, zingy smell that lights up our summer drinks is loathed by insects and thus can help you keep them away. Its strong menthol scent makes mint leaves effective and, of course, environmentally friendly. Take a handful of mint leaves and crush them to release their aroma. Place them in various locations around the house. Alternatively, plant mint in your gardens or use mint oil spray.

**Treating Sunburns:** Mint is known for its cooling effects and can be used to soothe sunburns. Add crushed-up mint leaves to some green tea and let it cool down before pouring it on the affected area and massage it in. Make sure to be gentle.



## WHAT DOES SELF-REALIZATION MEAN?



you, the better you know them the better you can deal with them. Whatever you wish to deal with, the more you know about it, the better you can handle it.

Why is it that you don't see this about yourself? The more you know about this piece of life, which you refer to as "myself," the better your grasp over this and the better your ability to handle it, which definitely gives you more access to life. In other words, self-realization is a way of knowing this piece of life in a much better way than the way you currently know it.

You may know something about your thought process, your personality and your emotions – you may have been psycho-analyzed already – but you still do not know anything about the nature of this life – how this happens, where it comes from, where it goes, what is its nature.

If you do not know anything about the machine that you are handling, you will handle it by accident.

What do you know about this piece of life? When you live accidentally and exist

here as an accident, you are a potential calamity. Whether you actually become a calamity or not, you are a potential calamity. If you live here as a potential calamity, to be anxious and fearful is very natural, and that is how life is happening.

Do not think of self-realization as some weird thing that some yogi does in a Himalayan cave. It is not about that. It is just that if you want to live your life with a certain ease, you have to know this piece of life. If you do not explore and know this, how will you live with ease? When there is no ease, joy is out of question. When there is no ease and joy in your life, questions will come up, "To be or not to be?"

People think this is a very intelligent question. This is the most idiotic thing you can ask yourself. This life process is such a phenomenon, but you are asking, "To be or not to be?" Such silly questions have risen in the mind because people have not realized the immensity of what it means to be human. Self-realization is not a choice; it is a must.

motorcycle or car. The better you grasp what the machine is, the more control and freedom it gives you as to what you can do with it. Whether you are using your car,

computer or even your cell phone, the more you know about it the better you can use it. Or even with the people around, your own family, friends or people who work with

# PERFECT TIMING

Actress opens up on why she didn't pursue Hindi film industry

ROHIT BHATNAGAR

**A**ctress Jyotika, who is soon to be seen in *Srikanth* alongside Rajkumar Rao, feels that it is the best time to work in Indian cinema. In an exclusive interview with *The Free Press Journal*, the actress talks about OTT invention, why she diverted her career to South, the kind of films she wants to do, and more. Excerpts:

#### How it feels to be actively working in Hindi films now?

It feels great and the best change that has happened is that North and South has blended. I have seen great talents in both the regions and cinema couldn't have been better than this. I have come back in the best time.

#### Back in the 90s, South Indian films were released dubbed in Hindi in the Northern belt. Do you feel the amalgamation is more social media driven?

I think, it has nothing to do with the social media rather it is because of OTT invention. When we travel to Bhutan or Nepal, it's very surprising for me and Suriya to see that people have seen every South Indian film. I don't know the norms of social media but I think, audiences watch anything that entertains them.

#### Go on...

Sometimes, Bollywood bubble becomes too fancy but when people see something rooted and relatable, they appreciate it.

How far Bolly-



A still from *Srikanth*

#### wood has changed since your debut in 1996 with *Doli Saja Ke Rakha*?

I was never a part of Bollywood. I don't know how it has changed but I feel, the old formulas are still existing that film has to run (laughs). I didn't get work post my debut film so I moved down South and made my career out there. There were no roadblocks, there were no roads only for me to go as my film didn't make any noise.

#### Do you still feel Friday jitters?

Of course, we all do have jitters. Unless, you had done a project for money but if you want people to see your work or the film, you do feel fearful just before the release.

#### Since now you have comeback to Hindi industry, what kind of films are you looking to associate with?

I am looking for films with title word S (laughs). *Shaitaan* and *Srikanth* worked in my favour. I am honestly looking for that three scene role in a film where women walk out with their head high. I am in mid 40s and women are a lot more than the way they are portrayed on-screen.

#### People say that South industries are far more professional than Bollywood. Your thoughts?

On the contrary, both *Shaitaan* and *Srikanth* were shot faster than a South film. I am quite taken aback by the way they wrapped up the film. Professional wise, both the regions are at par. Humility wise, yes, Southern people are humble.

Baadshah of Bollywood shares update on his next film



# 'I FELT I CAN REST A LITTLE'

CJ DESK

**B**ollywood superstar Shah Rukh Khan has revealed that he is going to start shooting for his next film in June 2024. Shah Rukh, who delivered hits like *Jawan*, *Pataan* and *Dunki* in 2023, believes that he can 'rest a little' before resuming work on his upcoming projects.

During a conversation on a sports TV channel on Friday, Shah Rukh shared an update on his next project. The actor said, "I felt I can rest a little. *Ten film mein kar chuka hoon*, all of which required a lot of physical work. I told the Kolkata Knight Riders team that main matches *ko aaunga* this time. Fortunately, *meri shooting ab August main hain, ya July..* we plan in June, *toh June se shuru ho jayegi*. So, I would love to come to all the home matches because coming to Kolkata feels like coming home to me."

He added, "It's important for me to be here, so I don't schedule according to my work, but I try my best to be here for all the matches."

A video of his conversation has also been doing the rounds on social media.

However, the actor has not revealed the name or other details about his upcoming project.

Meanwhile, not just Shah Rukh but his younger son AbRam Khan has also been stealing all the limelight with his cute antics during the IPL matches. On the film front, Shah Rukh was last seen on the big screens with Taapsee Pannu in Rajkumar Hirani's *Dunki*. If media reports are to be believed, the actor will next share screen space with his daughter, actress Suhana Khan, in *King*. However, there has been no official confirmation from the makers yet.

## CAUGHT ON CAM

Celebs were snapped as they were out and about in Mumbai

Sharman Joshi and Prerana Chopra strike a pose at *Undekhi Season 3* screening

Alaya looks pretty during the promotion of *Srikanth*



## Dutch Delight

Actress shares gorgeous photos from her recent Amsterdam trip



CJ DESK

**T**aapsee Pannu, who has been grabbing eyeballs ever since marrying her long-time boyfriend Mathias Boe, recently posted a series of pictures on her social media.

Taking to her Instagram handle on Saturday, Taapsee shared the pictures and with a caption that read, "My kind of Amsterdam. Canal, cycling and sibling..."

In the photos, Taapsee can be seen wearing a long white jacket with a black outfit, while her sister Shagun wore a white winter wear.

Taapsee Pannu married her longtime boyfriend and Badminton player Mathias Boe in Udaipur in March this year in the presence of close friends and family members.

Among the attendees were Taapsee's *Dobaaraa* and *Thappad* co-star Pavail Gulati, writer Kanika Dhillon as well as close friend and director Anurag Kashyap.

Leaked footage from her wedding showed Taapsee in a red bridal suit, walking down the aisle alongside her sister and friends and dancing to *Kothe Te Aa Mahiya*.

Taapsee and Mathias have not shared pictures from their wedding festivities on social media yet.

On the work front, Taapsee will be next seen in *Phir Aayi Haseen Dilruba* and *Khel Mein*.

Directed by Mudassar Aziz, *Khel Mein* features Akshay Kumar, Vaani Kapoor, Ammy Virk, Fardeen Khan, Aditya Seal, and Pragya Jaiswal in significant roles.

The movie revolves around a group of friends reuniting after a long time, leading to comical mishaps.

*'Phir Aayi Haseen Dilruba'* is a sequel to *'Haseen Dilruba'*, which premiered exclusively on the OTT platform in July 2021 and gathered positive reviews from the audience and starred Vikrant, Taapsee Pannu and actor Harshvardhan Rane in the lead roles. In the second part, Taapsee will be seen sharing screen space with Vikrant and Sunny Kaushal.

## Dating Again?

CJ DESK

**S**ara Ali Khan's London vacation photos are going viral on social media. The actress shared some amazing pictures with her friends. What's catching the

attention of fans are some unseen viral pictures on Reddit from her holiday.

In one of the viral pictures, Sara can be seen sitting with some friends, along with her ex-boyfriend Veer Pahariya. The note attached to it stated, "Are Sara Ali Khan and Veer Pahariya coming back together? They are holidaying with friends in London".

As soon as the picture went viral, fans speculated that the two are back together. Even, Sara Ali Khan shared some pictures which spotted the two of them together. Veer Pahariya is the grandson of former Chief Minister of Maharashtra Sushil Kumar Shinde

and son of Mumbai-based businessman Sanjay Pahariya. He is also the brother of Shikhar Pahariya, who is dating actress Janhvi Kapoor.

Handsome hunk Varun Sood poses for shutterbugs at *Undekhi Season 3* screening

Rajkumar Rao looks cool in smart formal as he snapped during the promotion of *Srikanth*

Filmmaker SS Rajamouli spotted outside a restaurant in Bandra