

If people want to win then everyone should vote.

JD Lakshmi Narayana's massive rally in North Vishaka



JD Lakshmi Narayan said that good politics should come, good administration should be available to everyone, everyone should vote, people's party should make India win. On Friday, a massive rally was organized by the entire employer community in North Visakha. Rally started near Vaibhav Venkateshwara Swami, Murali Nagar and Vuda Colony, Marriot Hotel, MARRIPAALLEM, KANCHERAPAALEM, THAATICHELAPAALEM, Maharani Parlour,

Dhondaparthi Junction, Shankar Math, Seethammampeta, Sathyam Junction, along with MRO Office Road, a rally was organized with hundreds of cars and bikes at huge heights in various areas. Jai Bharat Party is not created with the zeal for power, it is a party of the people, it is a party created for the people, said JD Lakshmi Narayana gaaru Till now political parties have been accused of cheating the people in elections, but Jai Bharat Party is only a people's party. He said that not only you

vote on the polling day, it is the responsibility of everyone around you to also vote accordingly. You have been deceived all these years, now for the sake of your lives, for the future of your children, honest and just people should come into power.

Good politics, eradicating corruption is in the hands of youth, increasing awareness on the society and making everyone aware about exercising their right to vote. He said that after winning as North Visakha MLA, he will work towards solving the prob-

lems. He said that he will put a stop to the ganja business running in the center which is ruining the lives of the youth by getting into the habit of bad addictions. He said that the youth will stay away from drugs if there are job opportunities so that they can achieve a better future.

After winning as MLA, he said that he will give a platform to the youth and move ahead with a concrete plan for the development of the constituency.

Where does ‘us versus them’ bias in the brain come from?

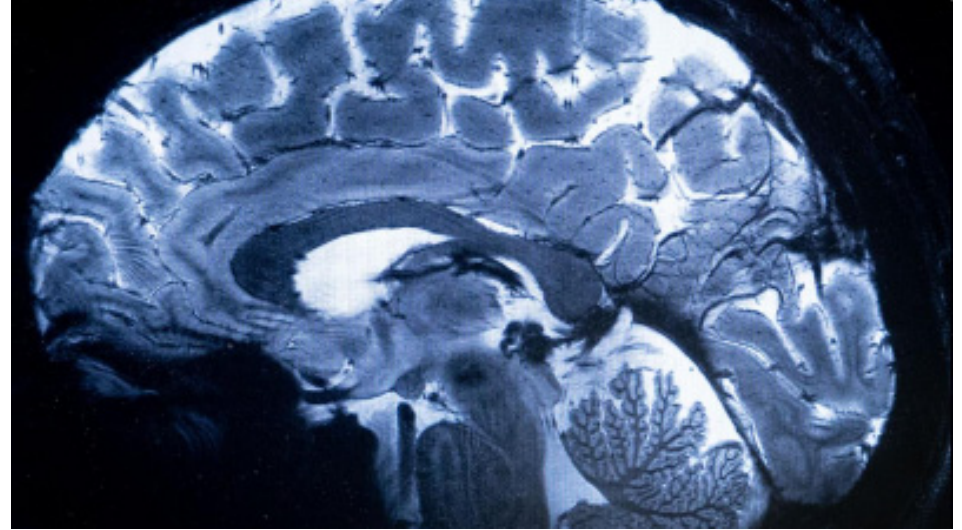
“All animals are equal, but some are more equal than others” — this line from George Orwell’s 1945 classic ‘Animal Farm’ perfectly describes how bias operates in human societies. In a study published in May last year, psychologists explored how people subconsciously evaluate different racial groups. They screened responses from more than 60,000 participants belonging to four groups: ‘white’, ‘blacks’, ‘Hispanics’, and ‘Asians’ (67% of them lived in the U.S.) Using a psychological test called an implicit association test (IAT), scientists found stark differences in participants’ explicit statements from their implicit beliefs. While everyone verbally said they believed in the equality of all races, they also harboured implicit biases in favour of socially advantaged groups. This bias was also universal, irrespective of the racial identity of the participants. The IAT is built on the premise that if two things — words, concepts, events, etc. — have co-occurred in our experience over and over again, we put those two things together very quickly. The test includes a series of quick-fire rounds to sort words related to concepts (e.g. “thin”, “fat”, “white”, “black”, etc.) and assessments (“good” or “bad”) into categories. A participant’s score is based on the time taken to sort words when concepts and assessments are combined. For example, if test subjects combine “white” with “good” faster than they do “white” with “bad”, the test suggests they have an implicit bias favouring white people. The brain’s shifting criteria

That all humans are equal is a scientific fact established by modern genetics. However, the history of humankind is replete with people from one cultural or social group treating those from others as if they are less than human — a phenomenon called pseudo-speciation. The basis of this deep-seated tendency in people continues to be the focus of intense research efforts in psychology and neuroscience. Many recent studies have found that our brains process information about in-groups (i.e. “us”) and out-groups (“them”) differently. In particular, a study published on March 18, 2024, in *Frontiers in Psychology* reported that, bizarrely, the criteria our brains use to categorise others as “us” or “them” shift constantly. Researchers asked half of a group of young, white participants to describe how they — as white people — differed from black individuals. They asked the other half to describe how they differed from old persons. In this way, the researchers drew the participants’ attention to specific aspects of their own social identity (“white” or “young”) and to perceived differences from the respective outgroups. Assessing the participant responses with IAT, the researchers found that directing participants’ attention to different facets of their in-group identity was sufficient to change their intergroup bias. That is, the participants’ preferences changed depending on whether their brains used age or race to classify others. Bias is learned. Neuroimaging studies have corroborated such findings from

psychology research, and have clarified that information-processing in the brain is different depending on whether it pertains to “us” or to “them”.

Brain regions that activate in response to the direct experience of pain as well as empathy for the pain of others include parts of the anterior cingulate cortex and insula. The first report showing this selective processing was published more than a decade ago. Participants were shown images of others in distress (e.g. people affected by natural disasters) and non-painful situations (e.g. people out on a picnic). Images of their brains showed lower activation in these brain regions when those in distress belonged to racial groups different from the participants. Since then, several other studies have substantiated these findings. Depending on the context, this differential processing could be harmless, lead to subtle forms of in-group favouritism or, in extreme cases, to intergroup violence. Bias doesn’t exist at birth. It is a learned response built on cultural associations together with the brain’s biology. Yet preferential bias towards in-group members doesn’t mean an individual will be hostile towards out-group members. Factors that lead to hostility include the notion of associating an out-group with a threat. Uncertain circumstances — such as those we witnessed during the pandemic — can also heighten mistrust towards the outgroup.

Neuroimaging studies that have explored the basis of intergroup threats have highlighted the role of a specific brain region called the amygdala. An almond-shaped region situated deep in the brain, the amygdala is central to detecting threats and fear-based learning. Imaging studies have shown the amygdala activates to a greater degree when the source of threat is from an out-group member. In one 2020 study, psychologists imaged the brains of white, non-Muslim participants as they watched short videos of Muslim males with stereotypical appearances threatening their in-group and found this activated the amygdala more, as expected. This study was unique because it also included videos of reconciliatory statements — and watching them activated a very different neural circuit, involving different parts of the cortex, which are higher brain regions that control impulses and regulate emotions. The amygdala being activated by something perceived as a threat is an automatic part of information processing in the brain. But cortical activation implies more of a cognitive effort. We need more research to better understand neural processing, particularly the extent to which these results are generalisable. A better understanding of the human brains in the context of intergroup threats can also shed light on ways to improve reconciliation. Whenever you hear social and/or cultural narratives presented as a “fact of life” — that, say, “they are bad people” — and find yourself getting sucked into it, remember that somewhere behind this statement is a misappropriated bit of



brain biology. Being aware of our own biology can make us more informed, especially when faced with narratives that arouse rather than inform. Dr. Reeteka Sud is a neuroscientist by training and a senior scientist at the Center for Brain and Mind, Department of Psychiatry, NIMHANS, Bengaluru. In a study published in May last year, psychologists explored how people subconsciously evaluate different racial groups. They screened responses from more than 60,000 participants belong-

ing to four groups: ‘white’, ‘blacks’, ‘Hispanics’, and ‘Asians’ (67% of them lived in the U.S.) Using a psychological test called an implicit association test (IAT), scientists found stark differences in participants’ explicit statements from their implicit beliefs. Whenever you hear social and/or cultural narratives presented as a “fact of life” — that, say, “they are bad people” — and find yourself getting sucked into it, remember that somewhere behind this statement is a misappropriated bit of brain biology.

Global smartphone market grew 6%, revenue grew 7%, in the first quarter of 2024: Report

The global smartphone market grew 6% year-over-year in the first quarter of 2024 reaching 296.9 million units. The growth is mostly attributed to strong performance in key regions such as Europe, Middle East, and Africa (MEA), and Caribbean and Latin America (CALA). Global smartphone revenue also grew 7% YoY, reaching its highest ever so far for a first quarter, research and analysis firm Counterpoint said in a blog post. The higher end segment of devices priced above \$800 was the fastest growing, registering double-digit growth and accounting for 18% of smartphone shipments in Q1 2024, up by 2 percentage points compared to Q1 2023.

Apple led the smartphone market revenues with a 43% share, although its revenue declined by 11% YoY. Meanwhile, Samsung’s revenue grew 2% YoY, propelled by its increasing average selling price, while shipments remained flat. Tough competition in China, record low upgrades in the U.S. and a difficult compare from last year due to iPhone 14 Pro’s supply shifting to Q1 2023 all weighed on Apple’s performance. However, improved product mix with the iPhone 15 Pro performance compared to its predecessor and an increasing footprint in emerging markets helped Apple in arresting some of the decline, Research Director Jeff Fieldhack, Counterpoint said.

Samsung meanwhile captured the top spot and led the global smartphone shipments during the quarter driven by early refresh of the Galaxy-A-series and strong performance of its Galaxy S24 series. The Korean-smartphone maker reached its highest-ever average selling price during the quarter.

Among the top five OEMs Xiaomi witnessed the fastest growth due to its strong performance in its key markets. Revenue for the market beyond the top five OEMs also grew backed by increasing revenues from Huawei, Honor and Transsion brands.

The growth in shipments was fueled by strong momentum in emerging markets even as Europe, especially Central and Eastern Europe, grew the most compared to a difficult Q1 in 2023. Consumer demands in these markets also grew as inventory levels improved. The region witnessed strong shipments of TECNO, Xiaomi, and Honor. Meanwhile, the Chinese market also witnessed growth owing to strong sales and Huawei’s comeback. The Indian market also witnessed growth thanks to exiting 2023 with healthy inventory levels, Senior analyst Prachir Singh at Counterpoint said.

Celebrate Mother's Day with a Healthier Twist by Gifting Almonds

There's no one day to celebrate the invaluable contribution of mothers in our lives. As caregivers, mothers have always put our well-being before their own. This Mother's Day, it's crucial to acknowledge their selfless efforts by prioritizing their health and wellness. Gifting your mother a curated box of almonds is a thoughtful way to ensure her good health. Almonds are packed with some of the essential nutrients that promote overall well-being, making them an ideal gift choice for Mother's Day. Almonds contain protein, zinc, magnesium, iron, calcium, phosphorus, and vitamin E, among others. Daily consumption of a handful of almonds as a part of a well-balanced diet can offer numerous health benefits, including better control of blood sugar levels, promoting cardiovascular health, supporting skin health, and aiding in weight management. Therefore, gifting a box of almonds this Mother's Day can be a thoughtful way to show your love and care while also contributing to your mother's well-being.

Bollywood actress and celebrity Soha Ali Khan said, "Almonds have been a cherished tradition in my family for generations, thanks to the wisdom of my mother. I've made sure they're a constant in my family's diet too. Adding almonds to my diet has not only helped improve my skin health but also keeps me energetic and active throughout my hectic shoot days. I always carry a box of almonds with me, perfect for quick snacks between meetings and shoots. I do believe gifting almonds to mothers this Mother's Day is the perfect gesture."

Fitness and Celebrity instructor, Yasmin Karachiwala said, "As a fitness enthusiast, I can't stress enough the importance of nourishing your body with wholesome foods like almonds. They're

packed with 15 essential nutrients like copper, zinc, folate, iron, vitamin E, magnesium, and phosphorus, providing various health benefits. Plus, they're a rich source of protein, a nutrient crucial for muscle growth and maintenance. That's why I feel almonds definitely make a thoughtful gift for Mother's Day, symbolizing health and care."

Ritika Samaddar, Regional Head of Dietetics at Max Healthcare - New Delhi also believes that almonds are a great gift to give this Mother's Day. She said, "Celebrating Mother's Day with healthy, crunchy, and delicious almonds can be a meaningful way to show appreciation for all that mothers do. Almonds, when included in a balanced diet, are known for a multitude of health benefits, such as protecting heart health, lowering blood sugar levels, and aiding in weight management. So, giving your mother almonds this Mother's Day is definitely going to be a gift of care and health."

Nutrition and Wellness Consultant Sheela Krishnaswamy said, "Given the amount of work mothers do on a daily basis, gifting almonds for Mother's Day is a great and thoughtful idea. Almonds are healthy, and their nutritional content ensures one stays energetic throughout the day and also supports overall well-being. Almonds are a perfect snack for mothers, who work tirelessly all day long, to stay fit when added to their daily diet. So, ensure to gift your mother an assorted box of almonds this Mother's Day and make her feel special. Cosmetologist and Skin Expert Dr Geetika Mittal Gupta said, "Absolutely! Gifting almonds is a fantastic idea this Mother's Day. Almonds are beneficial for skin health and can enhance skin glow. I highly recommend women to incorporate almonds into their diet, as their daily con-



sumption may help support the skin's resistance to UVB light and improve skin texture as well. The best part is that almonds

are versatile and convenient, making them easy to carry and enjoy on the go, in any form you prefer."

Govt teacher develops satellite antenna giving boost to digital education

Yellandu (Kothagudem): A government teacher has made a multi-satellite signal receiver antenna giving a boost to digital education in government schools by making a large number educational television channels available to the students. Shaik Rajalipasha of Subhash Nagar of Yellandu mandal in Kothagudem district is the teacher who made the antenna. He fitted it at Upper Primary School at Pedda thanda in Singareni mandal of Khammam district, where he works as headmaster. Speaking to Telangana Today, Rajalipasha informed that in Telangana, digital education is being provided through four T-Sat TV channels in government schools through GSAT-8 satellite. TSat Vidya, TSat Nipuna, TSat-1 and Mana TV are the only channels available and no other TV channel is available. To address the problem, he made a multi-satellite signal receiving antenna to make 250

education TV channels and 200 entertainment, sports, science, news channels available on DD free dish launched by the Central government in 2019 on GSAT-15 satellite available to the schools. The Centre launched 200 subject-wise channels for classes 1 to 12 under PM Vidya through GSAT-15. They provide education in English. There are 50 science experiments channels named Swarna Prabha. DD free dish has 250 entertainment, sports, and science as well as news channels, Rajalipasha noted. All the above TV channels could be watched simultaneously for free through the antenna. At present, it receives 500 satellite TV channel signals from 360 degrees from four directions. On learning about the headmaster's innovation, SBI has donated a large screen TV to the school. DD free dish 250 channels signal is received from east direction, TSat TV channels signal from west direction, PM



Vidya 200 TV channels and 100 Swarna Praba science TV channels signal from south direction while it receives 20 digital terrestrial television (DTT) and direct to mobile (D2M) channels signal from north

direction, he explained. It might be recalled that Rajalipasha, a hearing impaired and orthopaedically handicapped man developed a safety helmet for hearing impaired people.

The Laws and investigative agencies are being weaponized by the BJP: Kumari Selja

Chandigarh (JAG MOHAN THAKEN), May 10: Former Union Minister and candidate for the Congress (India Alliance) from the Sirsa Lok Sabha constituency, Kumari Selja said that our biggest concern is the current atmosphere of 'fear, threat, and hatred'. For the past ten years, people from every section have been living in fear. Laws and investigative agencies are being weaponized to intimidate people. Hatred has been spread among people of different religions, languages, and castes. Democracy in India is being hollowed out. Slamming the BJP government for anti-farmer policy Kumari Selja said, "The country's food providers are becoming weaker, and it seems like the government wants to destroy the farmers. Congress has announced 5 guarantees for farmers, and these will be implemented as soon as the government is formed."

Selja further expressed that MSP will be given legal status and the price of crops will be given according to the Swaminathan formula, GST on agricultural inputs will be removed, an Agriculture Loan Waiver Commission will be constituted to determine the amount of loan waiver, import-export policy will be made for stable prices of agricultural products, changes will be made in the PM Crop Insurance Scheme, and compensation for crop damage will be paid directly to the bank accounts of farmers within 30 days. Promising to resolve the people's grievances, Selja said that in the villages and towns, whatever local issues there are, will be resolved after consultations and discussions among Congress leaders once the Congress government is formed.

While touring various villages in the Sirsa assembly constituency on Friday, she appealed to the people to vote for the Congress. She first reached Bhagwan Parshuram Chowk and offered prayers and worshiped the idol of Lord Shri Parshuram. Addressing a public meeting in the village of Bajekan, she said that she has an old relationship with this village, when in 1988, after the death of her father, she contested a bye-election, then the then Congress district chief Thakur Bahadur Singh, senior leader, Minister Chaudhary Jagdish Nehra, Minister Laxman Das Arora went to the village and introduced her to the people, since then she has a relationship with the people here. She said that today is a fight of ideologies, BJP is doing politics in the name of religion and caste, creating divisions among people. BJP has nothing to do with development, it just chants slogans of development. She added that the Congress is fighting to save democracy, to save the poor, farmers, labourers, and traders.

Kumari Selja said that unemployed youth are wandering, no one is listening to them, whoever has denied the power of youth, the country has never progressed. The youth have fallen prey to the addiction of drugs, addiction is at its peak in Sirsa, the government and administration are not taking effective steps to curb addiction, although Dabwali has been made the police headquarters to control addiction, but



has addiction stopped? It is still going on, until the noose is tightened on the drug traffickers, addiction will not stop, for this, leadership, intention, and policy are needed, the Congress government will make the state addiction-free. She said that Congress has promised to make women socially, economically, and politically strong, Con-

gress fulfils what it says, Congress promises and announcements are not just rhetoric, today BJP is a party of rhetoric. She said that a resolution has been taken to start the Mahalaxmi scheme to provide one lakh rupees annually unconditionally to women from poor families. This amount will be sent to the bank account of the oldest

member of the family if there is no elderly woman in the family. Fifty percent reservation in government jobs will be reserved for women by the central government. The amount of institutional loans given to women will also be increased. She said that Congress has announced justice, youth justice, and women's justice guarantees.

New rice variety immune to Yellow Stem Borer

Hyderabad: Genetic scientists from Hyderabad, for the first time in the country, have developed an exclusive line of rice, which is resistant to Yellow Stem Borer (YSB), a prolific rice pest in India that can cause 20-60 per cent loss in the production of rice. Not many Indian rice varieties are naturally resistant to YSB and the most common method farmers employ to manage the pest is through the application of chemical pesticides. Researchers from the Centre for Cellular and Molecular Biology (CCMB) and the ICAR-Indian Institute of Rice Research (IIRR) have collaborated to develop the unique line of rice. The CCMB-ICAR-IIRR study, published in Springer Nature (May 7, 2024), said the researchers "unravelling the mechanisms that might help rice to combat Yellow Stem Borer infestation.



AMITY UNIVERSITY MUMBAI SHOWCASES AT BOMBAY TIMES FASHION WEEK 2024

Amity University Mumbai's School of Fashion Design and Technology (ASFT) showcased 'Tarang' The Collection at the Bombay Times Fashion Week 2024. 18 student designers featured 20 garments portraying a vibrant mix of textures and colour coordinates enabling multiple surface ornamentation possibilities. The Collection featured the finest young design talent in the country, displaying their technical prowess and creative genius through various themes. It explored avant-garde ensembles that fuse luxury fashion with modern styles, like a wave of change that carries the spirit of tradition into the cutting-edge embrace of the future.

The showstopper, Ms. Esha Velankar, winner of Miss Cocoaberry Diva, Miss Unity International 2021–2022, and Miss India Global 2020 runner-up is set to compete in the Miss Universe pageant. She didn't only walk the ramp during Fashion Week; she also showcased her collection and wore a garment with "wings" that depicted a sense of freedom through the "Kirigami" design.

Speaking on the occasion, Prof. (Dr.) AW. Santhosh Kumar, Vice-Chancellor, Amity University Mumbai, said "Amity University Mumbai is proud to be associated with the Bombay Times Fashion Week, a magnificent show, showcasing the talents of our students' excellence in comparison with seasoned Fashion industry icons in the fields of Design, Choreography, Fashion display and theme. Amity School of Fashion Technology has a hands-on approach and industry collaborative model, which, is why our students excel in many such fashion shows around the country and bring laurels to the Institution."

Prof. (Dr.) Bhawana Chanana, Director, Amity School of Fashion Technology, Amity University Mumbai, said "Tarang"



The Collection defines the institute's broader initiative to rejuvenate India's cultural essence and global design concepts. The designs move between digital garment structures and traditional handicrafts, focusing on sculpting, fluid drapery, layering, surface embellishments, ombre effects,

and geometric patterns. The themes are influenced by natural elements and theatrical expressions, representing an evolution of creative ideas. "Amity University Mumbai's School of Fashion Technology is one of India's leading Design institutes. It empowers youth and nurtures professionals in Fashion, Textiles, Art and Design,

Retail, Communication, Styling, and Entrepreneurship with a fine blend of knowledge, technical skills, practical experience, and career opportunities.

The school believes in "digital first," putting interactive design at the forefront of education, emphasizing UI-UX interface.

Share.Market: India's First Discount Broker to Introduce Proprietary Stock Research Using Factor Analysis

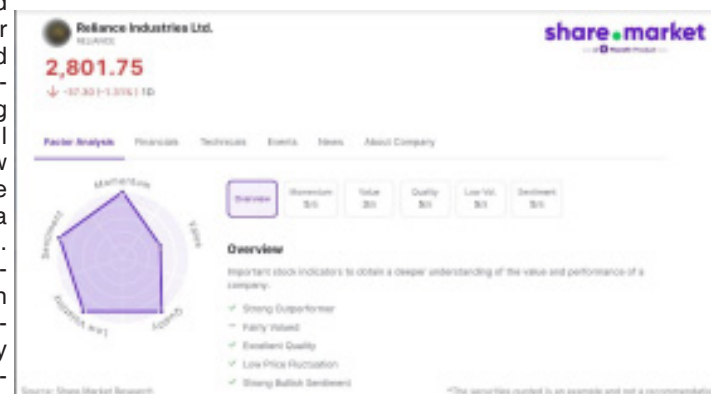
Share.Market, a PhonePe product, brings forth the Intelligence Layer on Stocks - an in-depth quantitative factor-based analysis of each stock, a first-of-its-kind in the discount broking industry. The intelligence layer integrated with the product feature and execution layer ensures that investors are provided with comprehensive wealth solutions in a DIY mode within the discount broking framework. Navigating the complexities of the stock market and making informed decisions can be daunting for investors especially when faced with intricate data analysis, such as understanding a stock's fundamentals or monitoring its price movements. Share.Market's Intelligence Layer eliminates this need. Instead, investors can rely on its comprehensive factor-based analysis to make their decisions with confidence. This Intelligence Layer empowers investors in multiple ways: Factor-based Analysis: They gain access to quant-based research on all stocks at no addi-

tional cost. By evaluating stocks across five key factors — quality, value, momentum, volatility, and sentiment — investors can assess each stock's potential and suitability for their portfolio. Comparative Insights: Investors can also compare a stock's factor scores with those of its peers, enabling them to make nuanced investment decisions. In-depth Collections Research: They can analyze stocks featured in Share.Market's WealthBaskets or Stock Collections, gaining valuable insights into why these selections were made, enhancing their understanding. Larger Universe of Stocks: While traditional full-service brokers offer research, their scope is limited to a select number of stocks. However, Share.Market encompasses all listed stocks with published data within its universe, bridging the gap in research, being within the discount broking framework. Reflecting on this innovative development, Ujjwal Jain, CEO, Share.Market, said, "We are redefining dis-

count broking by shifting the focus from transactional processes to comprehensive wealth solutions. Factor analysis was always embedded into our WealthBaskets and Collections products and by bringing it onto individual stocks, we have now made it accessible to all investors in a consumable format. By providing actionable intelligence in a user-friendly format supported by educational content, we anticipate higher increased engagement on the platform as well." Launched last year, Share.Market, with Zero A/c Opening Fee, offers a wide spectrum of investment products such as stocks (intraday and delivery),

Mutual Funds, Exchange-Traded Funds (ETFs), and WealthBaskets, allowing investors across different demographics to

build a well-rounded and balanced portfolio. Additionally, for a limited duration, Share.Market is also offering Zero Brokerage on cash delivery and intraday, and Zero Brokerage on F&O.



The battle for water in Bengaluru

In recent months, Bengaluru's acute water shortage has dominated headlines, sparking conversations in households and newsrooms alike. The city's residents have been grappling with disrupted water supplies, exorbitant tanker prices — experiencing an 80% inflation in pricing — and stringent usage restrictions. This crisis, however, is not solely a consequence of mismanagement but rather a complex interplay of geographical challenges and unplanned urbanisation.

Situated 900 metres above sea level without any natural freshwater sources, Bengaluru has historically relied on lakes and tanks to meet its water needs. Regrettably, only a fraction of the water bodies remain today. Groundwater, a vital supplement, is rapidly depleting due to over-extraction and inadequate replenishment. Water from the Cauvery only fulfils ~50% Bengaluru's water requirements. The remaining 50% currently comes from groundwater which is depleting very quickly. Of the 11,000 borewells in the city, 800 have been completely out of service and even in the ones that continue to be functional, water levels are receding. Erratic rainfall patterns exacerbated by climate change have further strained the city's water resources. The Bengaluru crisis serves as a harbinger of what many Indian cities may face in the coming years. To avert a nationwide water catastrophe projected by 2030, we must adopt a multifaceted approach encompassing immediate actions, medium-term solutions, and long-term strategies. Immediate measures must focus on demand management, led by local municipal bodies. Municipalities could run campaigns that incentivise citizen action for demand management and foster a culture of water conservation. Such campaigns can be supported by technology such as smart water meters, engineering solutions on pressure management as well as plug and play aids like water aerators to empower citizens to reduce consumption



effectively and curtail wastage at the household level. Simultaneously, medium-term structural solutions like rainwater harvesting and wastewater treatment must be implemented on a broader scale. With proper collection and management led by programmatic solutions like percolation pits and tech-led innovations on rainwater harvesting and storm drain management, rainwater can substantially alleviate water stress.

Similarly, enhancing wastewater treatment facilities and promoting the reuse of treated water can mitigate demand for freshwater sources. For example, around 77% of Bengaluru's wastewater is currently treated through a combination of municipal corporation operated central treatment

plants and distributed treatment plants, but most of this water is not reused — it's either let go of as run off or used to fill up lakes in Chikkaballapur, Kolar, etc. Encouraging the use of tertiary treated water will be a good first step for cities to mandate. At a larger level, leveraging innovative wastewater treatment solutions like Indra Water, an electrically-driven modular system that's designed to treat wastewater in a decentralised manner at the point of source, can expand the purposes for which the treated water can be used. Better pipeline management and regular maintenance are also crucial. There is a huge play for technology here as well; the example that comes to mind is Solinas Integrity, that is building robotic solutions to address issues within water and sewer pipelines. From a

long term point of view, cities must reduce their reliance on distant water sources. The Cauvery water, for instance, comes from a reservoir that is 90 km away and at a height of 300 metres lower than Bengaluru and the city spends ₹3 crores on just electricity per day to pump the water up. Sustainable urban planning and measures on lake conservation and borewell management coupled with initiatives to replenish groundwater and preserve lakes, is imperative for resilience. Bengaluru's plight must serve as a wake-up call for all Indian cities as several cities are vulnerable to similar water crises. Collaborative efforts involving city administrations, startups, research institutions, and civic groups are essential to address this looming threat.

Why is cancer called cancer? We need to go back to Greco-Roman times for the answer

One of the earliest descriptions of someone with cancer comes from the fourth century BC. Satyrus, tyrant of the city of Heracleia on the Black Sea, developed a cancer between his groin and scrotum. As the cancer spread, Satyrus had ever greater pains. He was unable to sleep and had convulsions. Advanced cancers in that part of the body were regarded as inoperable, and there were no drugs strong enough to alleviate the agony. So doctors could do nothing. Eventually, the cancer took Satyrus' life at the age of 65. Cancer was already well-known in this period. A text written in the late fifth or early fourth century BC, called Diseases of Women, described how breast cancer develops: hard growths form [...] out of them hidden cancers develop [...] pains shoot up from the patients' breasts to their throats, and around their shoulder blades [...] such patients become thin through their whole

body [...] breathing decreases, the sense of smell is lost [...] Other medical works of this period describe different sorts of cancers. A woman from the Greek city of Abdera died from a cancer of the chest; a man with throat cancer survived after his doctor burned away the tumour.

Where does the word 'cancer' come from?

The word cancer comes from the same era. In the late fifth and early fourth century BC, doctors were using the word karkinos — the ancient Greek word for crab — to describe malignant tumours. Later, when Latin-speaking doctors described the same disease, they used the Latin word for crab: cancer. So, the name stuck. Even in ancient times, people wondered why doctors named the disease after an animal. One explanation was the crab is an aggressive animal, just as cancer can be

an aggressive disease; another explanation was the crab can grip one part of a person's body with its claws and be difficult to remove, just as cancer can be difficult to remove once it has developed. Others thought it was because of the appearance of the tumour. The physician Galen (129-216 AD) described breast cancer in his work A Method of Medicine to Glaucon, and compared the form of the tumour to the form of a crab: We have often seen in the breasts a tumour exactly like a crab. Just as that animal has feet on either side of its body, so too in this disease the veins of the unnatural swelling are stretched out on either side, creating a form similar to a crab. cancer Surgery was usually avoided as patients tended to die from blood loss. The most successful operations were on cancers of the tip of the breast. (Photo: Getty Images/Thinkstock) Not everyone agreed what caused cancer. In the Greco-Roman

period, there were different opinions about the cause of cancer. According to a widespread ancient medical theory, the body has four humours: blood, yellow bile, phlegm and black bile. These four humours need to be kept in a state of balance, otherwise a person becomes sick. If a person suffered from an excess of black bile, it was thought this would eventually lead to cancer. The physician Erasistratus, who lived from around 315 to 240 BC, disagreed. However, so far as we know, he did not offer an alternative explanation.

How was cancer treated?

Cancer was treated in a range of different ways. It was thought that cancers in their early stages could be cured using medications. These included drugs derived from plants (such as cucumber, narcissus bulb, castor bean, bitter vetch, cabbage); animals (such as the ash of a crab); and metals (such as arsenic).

How Real Madrid went from the dizzying days of Galacticos to the current lovable version under Carlo Ancelotti

Last week, Real Madrid were crowned the champions of Spain; this mid-week, they could topple Bayern Munich and reach the Champions League final, their second in three seasons. Such vaulting success is no novelty for the Spanish powerhouse, the most successful in their country, in the continent, the richest club in the world, and an institution that still fills and fuels the dreams of the best talents on earth. But Real Madrid are not as glitzy as they used to be, in the dizzying splash of wealth at the stroke of this century, the dawn of the Galactico era under President Florentino Perez; or the second Galactico iteration upon his re-election. He remains the president, but they spend rather than splurge; the glamour is not as eye-popping as the heydays of Zinedine Zidane and Co, or the peak of Cristiano Ronaldo and Gareth Bale. Those Madrid incarnations were as much about stacking trophies as about a parade of football's most glittering talent. A jewel-shop in boots.

These days, it's a different Madrid, a more likable, acceptable and even lovable version, playing a truly mortal brand of football, orchestrated by a nucleus of unpretentious footballers. None would, even Luka Modric, the lone Ballon'd Or winner among them, waltz into a team of the century, forget of all time. There are those that could potentially scale the loftiest of peaks, like Jude Bellingham or Vinicius Junior, but in their present form, this Madrid side is different to any other this century. Not that it's a cheaply assembled team—it still costs a staggering Rs 8296 crore, but third in the world, behind Manchester City (Rs 10,162 crore) and Arsenal (Rs 8948 crore). If for the first 15 years of this century Madrid broke the transfer fee record five times, they don't feature in the top ten of current most expensive transfers in the game. Their last big transfer was Eden Hazard in 2019, who lies 12th on the list. Among their current crew, only Jude Bellingham is in the top 15. Only one other of their active players is in the top 50 — Aurelien Tchouameni.

Suffice it to say that their transfer strategies have rampantly altered, despite being steered by the same president Perez. Of course, recession, pandemic and Financial Fair Play rules have strangled their spending whims, but you cannot be blind to the austerity of Madrid. An oxymoron, but the bleeding truth. Perhaps Perez, in the autumn of his presidency, has realised that all the wanton spending of youth was wasteful. In that sense, they don't have a true galactico, in the strictest and truest sense, someone who was a superstar when he landed at the Santiago Bernabéu. Two of the back four that started at Munich were academy products—Nacho and Lucas Vazquez. It's often forgotten that Madrid's youth system, La Fabrica (The Factory) has played an integral role in shaping their success. No other academy has more players (44) plying in the top five leagues of Europe than them. There are other key home-grown ones like Dani Carvajal and winger Fran Garcia (winger), in that sense fulfilling the original concept of Perez, to combine 'Zidanes y Pavones', expensive signings and home-grown players. Paco Pavón, from whom



Pavones originate, was a centre-back of no extraordinary gifts. Among defenders only Eder Militao, an unused substitute against Bayern, cost around 50 million euros, but that's a more or less modest price in this milieu. Two vital pieces. Ferland Mendy was acquired for 20 million euros; Antonio Rudiger and David Alaba, two fine but ageing centre-backs came on free.

The central midfield pair comprised the seasoned Toni Kroos, whose needle-of-the-eye pass set up Vinicius Junior's first goal, and Tchouameni. Kroos, originally a No 10 reshaped into a more versatile midfielder by Pep Guardiola during his time at Bayern Munich, has been half a soul of Madrid's midfield for a decade. But he is no Galactico. No Zidane or Luis Figo, but a divine pass-master. The other half of Madrid's midfield machine is the ageless Modric, who was as gifted as some of the golden boys, had not the lustre of some. Both are not sure starters any longer, pushed as they are by sprightlier talents like Tchouameni and Eduardo Camavinga. The former cost around 80 million Euros. Such heavy transfer fees, they largely reserve for fledgling talents rather than to purchase already established stars. They resisted the 30-year-old Harry Kane temptation, but burned 103 million pounds for 20-year-old Bellingham. The same logic played out when signing the Brazilian pair Vinicius and Rodrygo, besides the Uruguayan winger Federico Valverde, for a combined 100 million Euros. Madrid always have a knack of luring players from Latin America at bargain fees. Fathom this: Liverpool dished for 85 million Euros for Valverde's compatriot Darwin Nunez alone. Real Madrid players celebrate with fans after the match. (Reuters) Real Madrid players celebrate with fans after the match. (Reuters) The only one who somewhat ticks the Galactico boxes is goalkeeper Thibault Courtois. He came as a proven, successful footballer, and cost in the region of 50m Euros, a higher than average price for a goalkeeper. None perhaps embodies the non-galactico nature of Madrid than manager Carlo Ancelotti. The Italian is a decorated winner, but he joined Madrid with forgetful spells at Napoli and Everton, con-

sidered past his sell-by-date. This was after all the same club that had decided not to renew the contract of Vicente Del Bosque despite a successful season because "they wanted someone with a higher technical ability." But Ancelotti has engineered unprecedented success, stacking eight trophies in three years, among them a pair of

league titles and a Champions League. He, fittingly, is the poster boy of their most golden non-galactico era. Things could change. Next year, Kylian Mbappe could wear the famous whites of Madrid. In subsequent years, other gold-gilded talents could join him too. A new galactico era could dawn. But until then, it is the turn of the non-galacticos to burn bright.

A computer science conundrum that could transform healthcare

In the 17th century, a Dutch draper named Anton van Leeuwenhoek used a small handmade microscope to peer into a world previously unseen by the human eye. Thus he discovered microorganisms and gave rise to the field of microbiology. It offered solutions to challenges in healthcare that until then had seemed intractable. Today, we face a new set of complex problems in healthcare that seem more intractable than others before for their inherent complexity and the constraints they threaten to impose on resources. It so happens that an unsolved problem in computer science, simply called the P versus NP problem, could hold the key to these modern-day conundra. While it may sound like a cryptic puzzle reserved for computer science mavens, its implications stretch beyond algorithms and data structures, rippling through diverse fields including healthcare. But what exactly is this puzzle, and how could its resolution unlock a new era in medical science? Let's start with a simple arithmetic example. Say you're asked to multiply 17 with 19. With some time, you'd arrive at the answer: 323. This is a 'P' problem: you can solve it reasonably quickly. ('P' stands for polynomial time.) Suppose you're presented with 323 and asked to identify the two prime numbers multiplied to get this. In this case, you will have to take the trial and error route until you arrive at 17 and 19. This is an 'NP' problem: it takes longer to solve, but once you have the solution, you can verify

it quickly. ('NP' here is nondeterministic polynomial time.) Healthcare is filled with complex problems. Consider scheduling in a hospital: assigning doctors and nurses to shifts, booking operating theatres for surgeries, and organising patient appointments. It is an intricate puzzle that requires considering various factors — staff availability, urgency of medical cases, etc. — and potential changes such as emergency cases and cancellations. The P vs NP question is this: could there be a shortcut to solve 'NP' problems as quickly as 'P' problems? Because the implication is that if P equals NP, we could quickly find the optimal solution to these scheduling problems, thus significantly improving patient care. The implications of resolving this question are profound and wide-reaching, including for healthcare. The P vs NP question is a problem in mathematics and computer science, but that does not mean it will be confined there. If an existing problem can be given a faithful mathematical representation and is found to be an 'NP' problem, the shortcut in question could help by turning it into a 'P' problem. For example, antibiotic resistance is a significant global health concern. If P equals NP, we may have a way to quickly analyse bacterial genomes and predict their resistance patterns, helping doctors prescribe the most effective antibiotics. The best treatment plan is an NP problem because it involves considering all possible combinations of drugs and therapies.

Though not a native to India, gulmohar trees have become the signature of early summer

This is the time of year when Delhi's Gulmohar Park truly lives up to its name. In fact, pretty much most of Delhi turns into gulmohar park: all across, the flaming red canopies of gulmohar trees become the signature of early summer. Not that this very familiar tree is a native of Delhi. The *Delonix regia*, to give it its scientific name, is a native of Madagascar, and despite the fact that it is now widely distributed across the tropics and subtropics, it was not known outside of Madagascar till about 200 years ago. Sometime in the early 1820s, the Czech naturalist and botanist Wenzel Bojer discovered the tree while on an expedition to Madagascar; he brought it to Mauritius (where he had his headquarters) and from there, it spread across Africa, the Caribbean, South America and large parts of Asia. In India, it is believed to have arrived around the 1840s. Bombay, or more precisely the suburb of Sewri, may have been the first home for the tree.

Given its fairly recent provenance in India, one would not expect the gulmohar to have the same sort of presence in folk wisdom, myth and folk medicine as more established native species. The palash, the banyan, the neem, the peepal: these are the heavyweights, with tons of lore surrounding them, every part revered or used. The gulmohar, by contrast, is an upstart, the new kid on the block. But its presence is undeniable. Across much of the plains,

this is a common tree, its Hindi name possibly a corruption of gul (flower) and mor (peacock), an ode to its flamboyance. In much of the English-speaking world, *Delonix regia* is called the flamboyant tree, or the flame tree. The other name for it is royal poinciana, a name derived from that of a French nobleman, Phillippe de Longvilliers de Poincy, who was instrumental in having the tree planted at his estate in St Kitts (West Indies), where he was the governor. It's hardly a surprise that St Kitts and Nevis has the gulmohar as its national tree. For Kerala's Christian community, this special tree is linked to the basis of their faith. It is named kaalvarippoo or Calvary flower. The story goes that a gulmohar tree was in bloom on the Mount of Calvary when Jesus Christ was crucified. The blood of Christ splashed on the flowers, stained them forever red. In Bengal, the tree is called the krishnachura, Krishna's crown, another nod to a deity. Krishnachura is also applied to a similar-looking flower—the shrub known as dwarf poinciana or peacock flower. When New Delhi was being designed by Edwin Lutyens and his team, a list of trees, both indigenous and imported, was drawn up for planting around the city. The gulmohar is conspicuous on that list by its absence. Not on the ground, fortunately. In the century since New Delhi was designed and its first trees planted, the gulmohar has become common here. It's there in parks and



along roads. The gulmohar is by no means the sort of tree most often regarded as 'desirable'. Its branches are fragile and apt to break off in storms. Its many tiny leaves, when shed, create a mess that's difficult to get rid of. The medicinal qualities of the tree, though many, are none of the kind that can be easily utilised by just about anyone. Its fruit and flowers are not just

inedible but toxic. But with its shade and the breathtaking beauty of its flowers, it makes summer that bit more bearable. Sarojini Naidu, in her poem *In Praise of Gulmohur Blossoms*, had compared their colour to the 'glimmering red of a bridal robe' and 'the rich red of a wild bird's wing'. It's all of that, and more. It's the colour of early summer in Delhi.

Dating coach addresses the fear of breaking up: 'It can feel like I'm having to blow up...'

Breakups are tough. It can be devastating for both the people involved. But, have you ever faced a situation where you are convinced that you should break up with your partner, but are afraid of the consequences? Matthew Hussey, a dating coach and content creator explains this in a recent podcast with fellow dating expert Lewis Howes. He says, "It's easier when someone breaks up with us in many ways, because at least we feel like we're on the receiving end. At least they pulled the trigger." "But if I'm breaking up with them, I'm the one who has to detonate. I'm the one who has to throw the punch. And that's the hard part, it can feel like I'm having to blow up my own life." Neha Parashar, clinical psychologist at Cadabams Mindtalks says, "The fear of breaking up often correlates with avoidance behaviours and fear of confrontation. These are defensive strategies aimed at preventing emotional distress or conflict."

Psychological theories, she says, such as conflict avoidance and anxiety management, suggest that individuals may fear breakup due to anticipated stress or trauma from confronting painful emotions or potential conflict with their partner. Underlying psychological factors

that contribute to the fear of initiating a breakup

Attachment styles play a crucial role in how individuals perceive and handle breakups. "Those with anxious attachment styles may fear abandonment and experience heightened anxiety at the thought of ending a relationship," says Parashar. Meanwhile, avoidant individuals might struggle with intimacy, making the emotional navigation of a breakup more complex. Past traumatic relationships can also predispose individuals to fear initiating breakups, as they may anticipate similar negative outcomes, she informs.

Can the fear of breaking up be intensified by concerns about the other person's well-being or potential reactions? Parashar agrees that the fear of breaking up can be exacerbated by concerns over a partner's reaction or well-being. This can create a significant psychological burden, especially if one feels responsible for their partner's happiness. "Navigating this requires setting healthy boundaries and recognising that while empathy is important, one's own emotional health must also be a priority. Effective communication and perhaps consultation with a therapist can help manage these concerns," she adds.



breakup, Matthew Hussey Mindfulness and emotional regulation strategies can aid in managing anxiety and emotional distress. (Source: Freepik) Coping strategies and therapeutic approaches Individuals can employ various strategies to cope with the fear of breaking up, suggests Parashar. "Cognitive-behavioural therapy

(CBT) can help modify the thought patterns that fuel fear and avoidance. *Mindfulness and emotional regulation strategies can aid in managing anxiety and emotional distress associated with breakups. *Engaging in individual therapy can provide a safe space to explore fears and learn healthier ways to cope with relationship dynamics.