











# India calls Pakistan bluff at the United Nations

India has long been a victim of the horrors of terrorism. From the streets of Mumbai to the valleys of Kashmir, the cost of terrorism has been unbearable — not just in numbers, but in the trauma, grief, and disruption it has brought to countless lives. Over the past four decades, thousands of Indian citizens have been killed in terrorist attacks, many of them orchestrated or supported by cross-border elements. This is not merely a statistic — it is a humanitarian crisis, a gross violation of peace, and a constant assault on a democratic nation's right to safety, development, and sovereignty. The turning point came with Operation Sindoora and India's suspension of the Indus Waters Treaty. In the aftermath of the Operation Sindoora, India has launched a diplomatic offensive to expose Pakistan's bluff. It has sent

delegations to various countries to sensitise the world of its concerns. The recent Pahalgam attack revealed concrete cross-border linkages that left India with no choice but to act. Operation Sindoora was launched not out of aggression, but necessity — to dismantle terror infrastructure that has repeatedly targeted Indian soil. India's resolve has now been carried to the global platform. At the UN, India's Permanent Representative to the United Nations, Ambassador Parvathaneen Harish, laid bare the reality of Pakistan's consistent violations — not only of bilateral treaties such as the Indus Waters Treaty, but of international norms and basic human decency. Harish declared that the 65-year-old treaty — signed in good faith in 1960 — will remain in abeyance until Pakistan ends its state-sponsored terrorism.

Harish condemned Pakistan as the "global epicentre of terror," highlighting that over 20,000 Indians have lost their lives in terror attacks over the past four decades. Pakistan has long projected a narrative of victimhood while simultaneously fuelling cross-border terrorism that threatens peace in South Asia. The Indus Waters Treaty, signed in 1960 as a symbol of cooperation, was entered into by India in good faith. India has upheld the treaty's terms for over six decades, even in the face of wars and terror attacks. But the persistent abuse of India's trust and the blatant weaponisation of terror have forced New Delhi to act. India's decision to suspend the Indus Waters Treaty on April 23, following the Pahalgam attack, is not an act of war but a signal — a diplomatic stance that terrorism and dialogue cannot

coexist. When a state sponsors, harbours, and glorifies terrorism, it does not merely threaten one nation — it becomes a menace to global peace. By raising the issue at the UN, India is not just defending its own people — it is calling upon the international community to recognise and act upon a shared responsibility. India has exercised extraordinary patience. It has endured pain, loss, and betrayal with restraint and maturity. Recently, it strongly criticised Pakistan at the United Nations for spreading disinformation about the Indus Waters Treaty. The world must choose — between appeasement and accountability, between narratives and facts, between inaction and justice.

# Feeding the mind: From toxic thoughts to infinite power

Seeing to this, neglecting that, once the mind stops setting one thing against the other, it is no longer craves pleasure — Sage Ashtavakra. We ignore at our peril that food has a prodigious impact on our system. Humans do not quite comprehend this vital aspect of our existence. An improper diet first takes a toll on the metabolism and then attacks other organs of the body. Simply put intake of toxic foods generates repugnant thoughts and results in a weak mind and body. Wellness of body and mind lies in consumption of superfoods. They consist of seasonal fruits and salads which get digested within 30 to 45 minutes. A normal vegetarian diet which is not too spicy or sweet is absorbed by the system in about 6 to 7 hours. Non-vegetarian fare normally takes around 72 hours to assimilate. During this period toxins accumulate and this affects the mind and body. Liquids should certainly not include aerated drinks, and drinks laced with drugs or alcohol. These psychedelic substances blur the thought process apart from wreaking havoc on the mind and body. The human mind is an enigma and a reservoir of potential. But the moot question is as to how do we tap this potential? The mind is constantly on the move. It is hyperactive. It needs a relaxation room, wherein an individual can dump the garbage, declutter it and achieve some-

thing useful for the self and the society. The mind is the faculty of consciousness and thoughts. It is an individual's intellect or memory or his attention span or will. To be happy in life and calm the obdurate and recalcitrant mind, human beings should be aware of certain intrinsic laws of nature. These are the Law of Attraction and the Law of Acceptance. The Law of Attraction simply states that if a person is joyful, the individual would attract such people and thoughts into his or her life. This leads us to various types of personalities. Personality is derived from the Latin word "persona." The mask used by actors in Roman theatre for changing their make-up. Personality refers to our characteristic ways of responding to individuals and situations. Noted Psychologists, Paula Costa and Robert McCrae have developed a five-factor model to elaborate on various psychological traits of human personality.

a) Open to experience—Those who score high on this factor are imaginative, curious, and open to new ideas.

b) Extraversion—People who are socially active, assertive, outgoing, and fun-loving as compared to those who are shy and introverted.

c) Agreeableness—Essentially cooperative, caring, and friendly people. Those opposite to this trait are hostile and self-centred.

d) Neuroticism—These are emotionally

unstable people, irritable and hypersensitive. Those opposite to this trait are centred and well-adjusted.

e) Conscientiousness—Those who score high on this attribute are dependable, responsible, hardworking and achievement-oriented. Those on the opposite scale are impulsive.

So, in which quadrant would you place your mind and personality?

Managing time well also has a significant impact on the human mind. Some tools for effective time management —

a) The POSEC METHOD—This is to prioritise by organising, streamlining, economising, and then effectively contributing.

b) Do a SWOT analysis and become a winner.

c) Learn to work in groups and develop the art of delegation.

d) Attempt all hard tasks first.

e) Build flexibility in your schedules or else you will suffer from psychosomatic disorders.

f) Develop hobbies, read books on creativity and self-help books.

g) Every morning and night while being grateful make an inventory of do's, don'ts and must-do's.

h) Learn to say NO. Also, learn to say YES. An oxymoron kind of situation. However, a 'Yes' mind makes an individ-

ual take up responsibility. Taking up responsibility only can empower a person.

i) Live life king-size and learn to celebrate. For that, we can do the following: Go for long walks, talk out our problems, hug a person (perhaps someone whom you do not like), write down all our botherations, be in sync with our breath and movement, pursue a passion, be a daredevil, get out of our comfort zone, exercise vigorously, have cold water baths to conquer passion and carnal instincts. Despite practising all techniques, we may not be able to find our place in the sun. So, what does one do? Just surrender to the immense power within ourselves and learn to accept. Realise that "Aham Brahmasmi — I am the infinite reality", as written in Brihadaranyaka Upanishad. Our mind has that immense power. It needs to be harnessed and realised. There are several ways to channelise this energy. There may be some who may practice meditation, breathing techniques and observe silence to quieten minds. There may be others who remain focused by playing a game of tennis and sweating it out or pursue other passions. The aim is to live in the present and remain happy. Feel blessed, feel grateful and feel the abundance. Let your mind not be judgemental and complain and cling on to negativities.

# Bumpier skies: Blame it on climate change

On May 21, 2025, passengers aboard IndiGo Flight 6E-2142 from Delhi to Srinagar endured a nerve-wracking ordeal. Midway through the journey, the aircraft flew straight into a hailstorm and severe turbulence, shaking everyone out of their mid-flight calm. Thanks to the professionalism of the pilots, the plane landed safely in Srinagar, with all 227 passengers unharmed. The aircraft's nose cone, however, bore the scars of a battle with the skies. Many passengers described the flight as a 'near-death experience'. This wasn't an isolated event. Back on February 19, 2024, another IndiGo flight on the same Delhi-Srinagar route encountered similar severe turbulence. Turbulence refers to the unpredictable and irregular movement of air that can cause sudden jolts in an aircraft's path. While the sensation is unsettling, most turbulence isn't dangerous, just discomforting, like driving over potholes at 35,000 feet. It can be caused by mechanical turbulence from airflow disruptions over obstacles like mountains; thermal turbulence from rising warm air, especially during the day; wake turbulence from nearby aircraft — particularly

large ones; and the most unpredictable of all, clear air turbulence (CAT), which strikes at high altitudes in seemingly calm skies and is difficult to detect in advance. CAT is especially concerning because it offers no visual cues and often catches both pilots and passengers off guard. Incidents like spilling coffee or meal trays flying in the air due to sudden altitude drop are not uncommon in the aviation industry. In several instances, turbulence caused passengers and in-flight crew walking in the aisle to hit the cabin ceiling during brief moments of weightlessness. In May 2022, a SpiceJet flight from Mumbai to Durgapur faced intense turbulence during descent, injuring 17 people. While turbulence is usually harmless, it can occasionally pack a punch. Frequent flyers, especially those who've been in the air for decades, have begun noticing a disturbing trend: turbulence seems to be getting worse and more common. They're not imagining it. Scientific studies have confirmed a link between climate change and the increased frequency and severity of turbulence. A study from the University of Reading revealed that between 1980 and

2020, severe clear-air turbulence over the North Atlantic increased by 55 per cent, while moderate turbulence rose by 37 per cent and light turbulence by 17 per cent. The study has found that CAT is going up sharply. Over the past 41 years, moderate to severe turbulence has increased by 60 per cent to 155 per cent in many parts of the world, including North Africa, East Asia, the Middle East, the North Atlantic, and the North Pacific. Experts say this kind of turbulence is closely linked to jet streams — fast-moving air currents high up in the atmosphere that aeroplanes often fly through. As the Earth gets warmer, these jet streams are becoming more unstable, leading to more turbulence. The study warns that clear air turbulence is likely to increase even more in the coming years, especially over North Africa, East Asia, and the Middle East. The chances of hitting turbulence are expected to go up with every degree of global warming. India's varied geography, from the towering Himalayas to the arid Thar Desert and the humid coastal regions, makes its airspace especially vulnerable to such disturbances. The monsoon season, in particular, creates

rapid shifts in atmospheric conditions, increasing the risk of turbulence. With climate change exacerbating these patterns, Indian airspace will likely see even more frequent and intense turbulence, pushing the aviation sector to adapt accordingly. Fortunately, the aviation industry is evolving to meet the challenge. Pilots undergo rigorous training, including simulation of extreme weather and turbulent conditions. Modern aircraft are fitted with advanced systems to detect turbulence ahead, and meteorological tools are increasingly accurate at forecasting trouble spots. Flight 6E-2142 is one example of how preparedness, training, and calm decision-making can turn a frightening situation into a safe landing. Airlines also emphasise the importance of keeping seat belts always fastened, since even the best equipment and training can't always outmatch unpredictable weather. So, the next time your flight hits turbulence and your coffee ends up on your lap, take a deep breath and think — it's not a disaster, just Earth's subtle reminder that even at 30,000 feet, we can't outrun the chaos we've unleashed through climate change.

# Monsoon fury unleashed across India

If we do not shift from firefighting to anticipatory governance, the monsoon will keep punishing us for our apathy. As the skies open with relentless fury, the annual monsoon has yet again turned into a harbinger of destruction for vast swathes of the Indian subcontinent. From the rain-lashed hills of the Northeast to the storm-swept coasts of Karnataka, the monsoon of 2025 has begun its havoc with devastating precision. The India Meteorological Department (IMD) has issued red alerts in multiple regions, while rising river levels, flash floods, landslides, and loss of lives underscore a grim reality: We remain grossly unprepared, year after year. The IMD has sounded the alarm with red alerts in six districts of Karnataka — Uttara Kannada, Udupi, Dakshina Kannada, Kodagu, and Chikkamagaluru — predicting

intense rainfall over the next three days. The coastal belts have seen fishing bans take effect from June 1, as precautionary measures struggle to match the scale of the threat. In Madikeri, the Cauvery River is approaching critical levels. The Krishna Raja Sagara (KRS) reservoir in Mandya has seen a sharp 103-foot rise in just one week. Meanwhile, the Western Ghats, temporarily catching a breath from torrential rains, remain enveloped in fog, drawing tourists who may not grasp the dangers looming with every passing cloud.

The Northeast bears the brunt of this year's early monsoon wrath. So far the northeast region has been worse off. Over 30 people have lost their lives in Assam, Arunachal Pradesh, Mizoram, and Meghalaya. Flash floods, landslides, and collapsed infrastruc-

ture have displaced thousands. In Manipur, joint operations by the Army, Assam Rifles, and Manipur Fire Service have rescued over 1,500 people. In Sikkim, landslides and damaged bridges have left thousands of tourists stranded in Lachen and Lachung. What is most painful is the lack of unpreparedness. Every year, the same stories unfold: blocked drainage, collapsing roads, under-equipped rescue efforts, and poorly coordinated responses. Despite decades of experience and technological advancements, our disaster management remains largely firefighting rather than fireproofing. Infrastructure collapses under waterlogging, rescue forces scramble after the damage is done, and Governments shift into high gear only after loss of life is reported. The time for ad-hoc measures and post-flood blame games is

over. We need systemic, structural, and sustained action. What we desperately need is urban planning overhaul. Drainage systems, particularly in monsoon-prone cities and rural roads, must be upgraded using climate-resilient models. Encroachments on flood plains must be removed. Timely desilting of rivers and reservoirs, installation of early flood warning systems, and stricter dam discharge protocols are essential. Besides, district-level emergency response teams must be better trained, equipped, and empowered to act swiftly, without waiting for Central directives. What we are witnessing is not just bad luck — it's the result of a rapidly changing climate. This is not just a weather issue; it's a governance and survival issue.

# Operation Sindoor: A triumph of 'Made in India' excellence

In a bold display of strategy, skill, and self-reliance, Operation Sindoor has emerged as a landmark mission showcasing the sharp precision of Indian defense capabilities — powered entirely by indigenous technology. A recent report from Indian Aerospace & Defence highlights that 'Operation SINDOOR' marks a significant affirmation of how technological self-reliance has become India's strongest shield and sharpest spear. This narrative illustrates how the indigenous defence manufacturing sector is not just a buzzword but a battle — hardened reality, playing a crucial role in securing our nation. Over the past decade, India has transformed from a developing economy to a formidable force shaping the global economic and technological landscape, now ranked as the world's fourth-largest economy, alongside Japan. With a \$4.19 trillion economy, India is no longer merely following global trends; it is defining them. This transformation is anchored in a decisive national shift toward manufacturing resurgence, strategic self-reliance, and cutting-edge innovation, as exemplified in Operation SINDOOR. This operation represents a significant milestone in India's ongoing battle against cross-border militancy, marking its emergence as a powerhouse in indigenous defence technology. The launch of the Make in India initiative in 2014 marked a deliberate break from India's earlier passive role in global manufacturing. It laid the groundwork for a more assertive, value-driven industrial strategy. By simplifying regulations, enhancing infrastructure, and opening critical sectors to foreign investment, the initiative attracted global manufacturers to India's shores, now emerging as the world's second-largest mobile phone manufacturer. Flagship schemes like the Production Linked Incentive (PLI) are fundamentally shifting India's position in global value chains; however, they need to be revisited to enhance the efficacy of PLI and simplify regulations and compliances. One of the most strategic pivots has been in the defence manufacturing sector, where India has significantly reduced its dependency on imports. According to the Stockholm International Peace Research Institute

(SIPRI), "India's defence arms imports decreased by 9.3 per cent between 2015-19 and 2020-24, reflecting the country's growing domestic defence manufacturing capabilities and shifts in defence procurement policies". This reduction is not only economic; it is geopolitical. Recognising the vulnerabilities posed by its heavy reliance on foreign defence suppliers, India has prioritised indigenisation. India's transformation from a buyer to a builder of strategic technologies was further accelerated, aimed at reducing dependence on critical imports while building resilient domestic value chains. Defence, space satellites, drones, semiconductors, and electronics were prioritised not only for their economic potential but for their importance to national security. India's defence manufacturing prowess, driven relentlessly by the "Make in India" initiative, has fostered an ecosystem where advanced artillery, aircraft, and naval platforms are rolling off the assembly lines with increasing regularity. The indigenous defence production soared to ₹1.27 lakh crore in FY 2023-24, with exports surging to ₹23,622 crore in FY 2025, a tenfold increase over the past decade, and is anticipated to reach ₹50,000 crore by 2029, with nearly 90 countries importing Indian systems. The private sector's contribution — over ₹15,000 crore — is a testament to the maturing defence manufacturing ecosystem, now capable of delivering cutting-edge products. The shift from import dependence to export competence reflects India's rapidly strengthening defence industrial base and global credibility. Today, deep-tech unicorns and startups are playing a growing role in solving complex challenges in defence technology, cybersecurity, and space. Over 1,300 deep-tech startups are actively building products at the intersection of AI, robotics, quantum, and space tech sectors. From providing key components for ISRO missions to joint ventures in drones, missiles, and electronics systems, the industry is not just a supplier — it is becoming a co-developer of sovereign capabilities. The precision and success of Operation Sindoor, powered by the "Made in India" BrahMos — the world's fastest supersonic cruise missile



— and the Akash missile, validated this decade-long shift from dependence to capability and competitiveness. Prahalad Ramarao, then project director of the Akash system born out of the Defence Research & Development Organisation (DRDO), claimed, "I guarantee that nowhere in the world could a missile have been created for just ₹500 crore — the cheapest and most effective missile shield in surveillance, intelligence, and precision action." At the forefront was 'AkashTeer', a new digital brainchild developed by Bharat Electronics Limited. Acting as a real-time, networked command centre, it wove together radar feeds from across the border and skies, transforming scattered data into a comprehensive, live operational picture. Its unmatched capability to detect, track, and automate the destruction of aerial intruders allowed India's defenders to counter every missile and drone unleashed by the adversary, proving its worth as the new linchpin of air defence. In a world where national power is defined by technological leadership, the National Quantum Mission and ISRO's recent milestones, including the Chandrayaan-3 soft landing and preparations for Gaganyaan, showcase India's capability in complex, future-critical domains. No account of a country's security net is complete without recognising the indomitable spirit of its space program. ISRO takes vigilance to new heights. ISRO Chairman V Narayanan revealed that "at least ten satellites are ceaselessly monitoring the nation's boundaries, from the 7,000 km coastline to the vast, sensitive northern frontiers". Satellites and drone technology aren't just tools; they are sentinels, providing warnings and precision intelligence, without which national security would be unattainable. Across the globe,

the face of modern warfare is changing, and at the heart of this transformation are drones. In 'Operation SINDOOR', the use of 'kamikaze' drones — domestically developed and refined — illustrated how India's defence sector has quietly leapfrogged into the big league, proving the Indian Government's 2021 decision to ban imported drones and launch the Production Linked Incentive (PLI) scheme, turbocharging indigenous manufacturing and encouraging homegrown startups, setting the stage for India's ascendancy in drone warfare. At the heart of India's techno-defence transformation is its booming domestic drone industry. The Drone Federation of India (DFI) stands as a beacon of innovation, uniting over 550 companies and 5,500 drone pilots. Its vision — to make India the global drone hub by 2030 — is rapidly materialising. Indian firms are designing, developing, and exporting cutting-edge drones and counter-drone technology, supporting both defence and civilian operations, as well as industrial and agricultural applications, and championing an exciting era of indigenisation and innovation. One of the brightest beacons in this sea of innovation is the next generation of drones — autonomous, AI-powered, and connected. The groundwork for integrating artificial intelligence into military drones is well underway, promising a future where decision-making is faster, more innovative, and more reliable. India stands at a historic inflection point today. The country's economic scale, digital depth, next-generation technologies, and innovation spirit have come together to provide a genuine opportunity for global leadership. As PM Narendra Modi said, "Self-reliance has become not just a policy, but a passion." The next goal is not merely to achieve self-reliance but to become globally indispensable. Operation SINDOOR was not just a victory; it was a celebration of Indian innovation and a technological foundation that has redefined the future of national security and defence manufacturing. The vision for Indian industries is clear and bold: to not only achieve self-reliance but also to lead on the global stage.

