

INDEPENDENCE SPECIAL

GALAXIA QUEST

Leisurely Yours

Vol. 1, Issue 5

AUGUST 2026

₹ 500



13 PRIME MINISTERS, ONE TRICOLOUR

The leaders who
built our nation

RAKHI GULZAR

Born on the day India
became free

THE FIRST INDIAN VOICE ON RECORD

The incredible story of
Gauhar Jaan

WHY INDIA IS THE WORLD'S GO-TO DESTINATION

Culture, diversity
and dynamism that
captivate the globe

100 IS TODAY'S 80

The new science of
longevity and living
your best years

DENYING THE DOOMSAYERS

INDIA AT 80

A JOURNEY OF RESILIENCE. A FUTURE OF LIMITLESS.



GREENER FAIRWAYS

Golf: India's new
epidemic



HAIRECARE SECRETS

Expert tips for stronger,
healthier hair



NEPOTISM

Myth & Reality
Bollywood and politics



ART

Evocative lotus by
Sunayana Malhotra

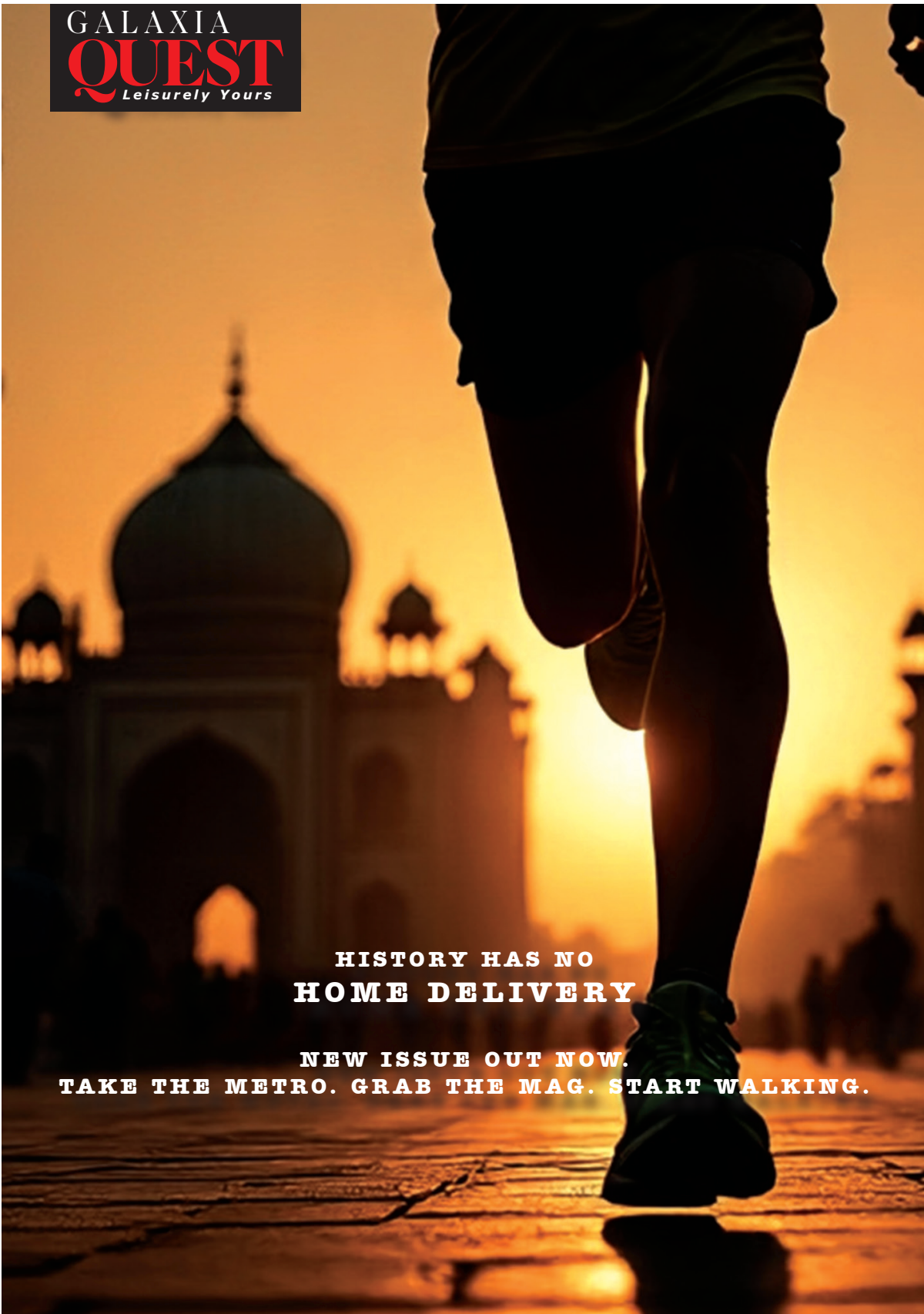


CRICKET

Sooryavanshi
A Masterclass in Sixes

GALAXIA
QUEST
Leisurely Yours

COUNTLESS TRADITIONS. ONE LIVING
CIVILISATION. THIS IS INDIA

A full-page photograph of a person running, captured from the waist down, in silhouette against a bright orange sunset. The Taj Mahal is visible in the background, its domes and arches glowing in the low light. The runner's legs are in mid-stride, and their shadow is cast on the wet pavement in the foreground.

**GALAXIA
QUEST**
Leisurely Yours

**HISTORY HAS NO
HOME DELIVERY**

**NEW ISSUE OUT NOW.
TAKE THE METRO. GRAB THE MAG. START WALKING.**

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Photo Courtesy: AI generated, Unsplash

INDIA TURNS 80 THIS YEAR. WHAT A JOURNEY IT HAS BEEN

As I write this, I am struck not just by how far we have come, but by the possibilities that lie ahead. Our airports are getting bigger and swankier. The network of expressways is expanding. More Vande Bharat trains are being rolled out. And the long-awaited dream of a bullet train in India is inching closer to reality.

Yet, amid all this progress and promise, there is an uncomfortable question we must confront. Beneath the glitter of infrastructure and the triumphalism of political discourse lies a sobering reality: India is still a country where nearly 800 million people depend on 5 kg of free monthly ration for survival.

That reality becomes even more troubling when one looks at the nature of our electoral politics. Increasingly—and worryingly—cash doles are emerging as the most powerful political currency. Not performance. Not governance. Not ambition. Just direct cash transfers into bank accounts in return for political loyalty.

And this is not confined to one region or one class of voter. Whether it is relatively affluent Maharashtra or a state further down the economic ladder like Jharkhand, the template is strikingly similar. Across geographies and income groups, the political model appears to be converging around welfare as entitlement and cash as persuasion.

That is why, as India turns 80 and begins its march towards 100, this is the moment to ask some fundamental

FROM THE EDITOR



questions. What kind of nation do we want to become? What should define India's identity in the decades ahead?

There is no shortage of grand ambition. We are told India is destined to become the data centre capital of the world, an AI powerhouse, a space-tech leader. Those aspirations are important, and they should be pursued with confidence. But in our race towards scale and status, we must be careful not to become a nation that turns inward, complacent or dependent.

India must be globally ambitious, but never disconnected from its social foundations. It must combine a global outlook with local strength, economic growth with dignity, and national confidence with individual responsibility.

When India became independent, not many believed it would succeed. The sceptics were many; the believers were few. Yet here we are—80 years later—standing not as a failed experiment, but as one of the world's most consequential nations.

But a nation is not built by highways, airports, or headlines alone. It is built by its people. Individuals shape values. Values shape society. And society, ultimately, shapes the nation.

So perhaps the most meaningful act of patriotism today is also the simplest: to become better citizens, better neighbours, better human beings. For only then can we truly become a better country.

Jai Hind

Happy reading

The **GALAXIA QUEST** way

Bhupendra Chaubey

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EXPERIENCE INDIA

Ten Journeys That
Capture the Soul of
the Nation

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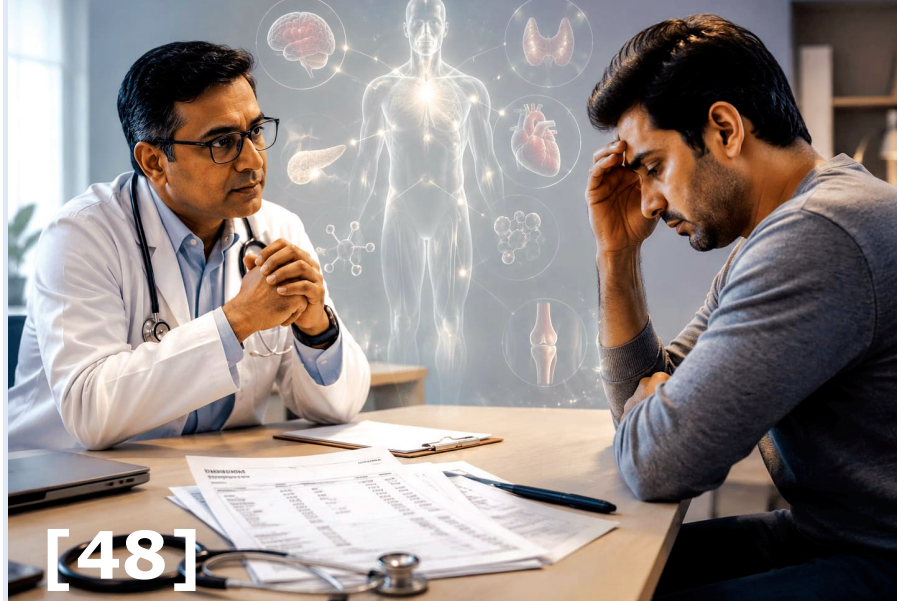


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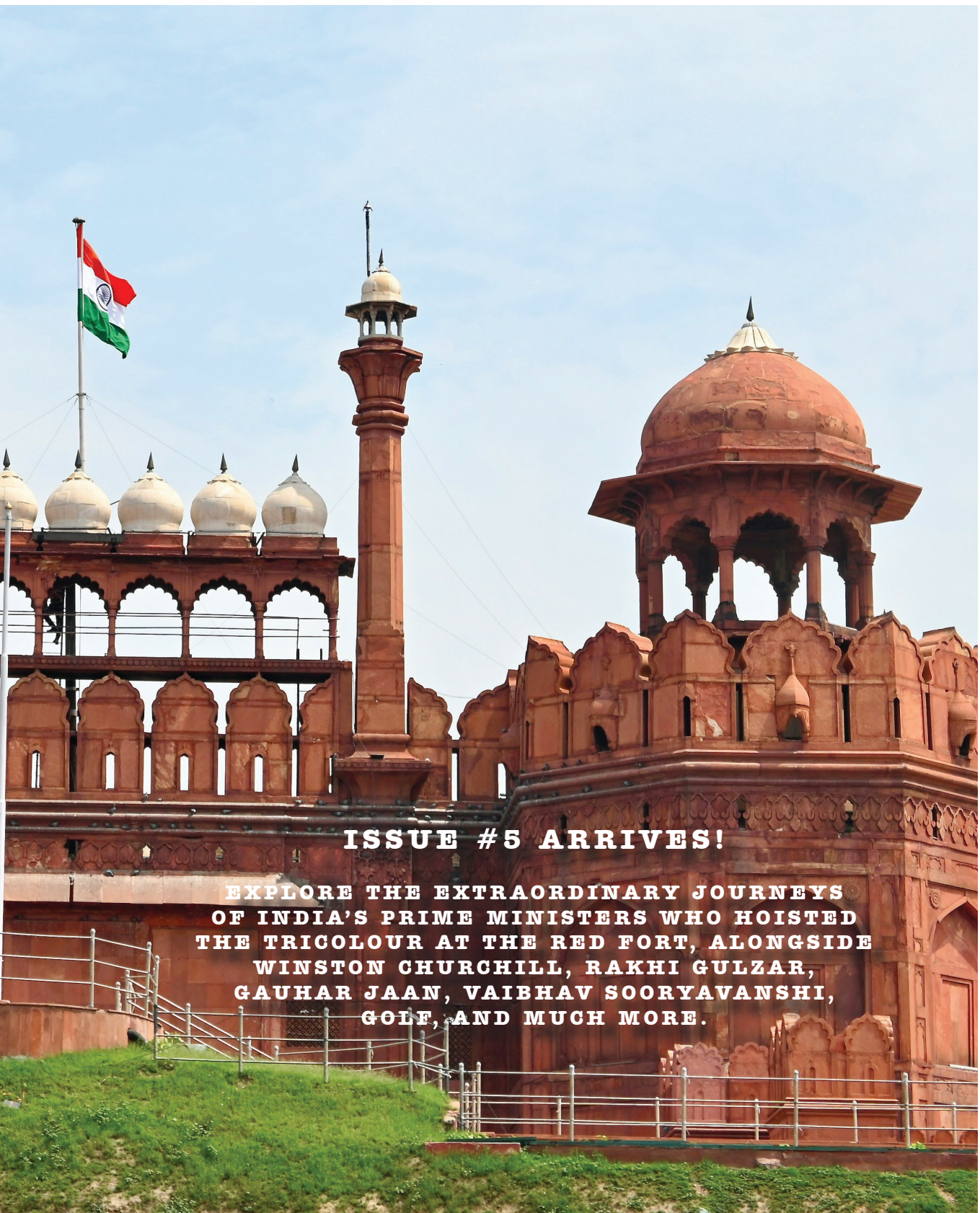


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BEYOND BLOODLINES
Talent vs Nepotism in
Bollywood

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ISSUE #5 ARRIVES!

**EXPLORE THE EXTRAORDINARY JOURNEYS
OF INDIA'S PRIME MINISTERS WHO HOISTED
THE TRICOLOUR AT THE RED FORT, ALONGSIDE
WINSTON CHURCHILL, RAKHI GULZAR,
GAUHAR JAAN, VAIBHAV SOORYAVANSHI,
GOLF, AND MUCH MORE.**



Lal Bahadur Shastri
1964, 1965



Indira Gandhi
1966–1976, 1980–1984



Morarji Desai
1977-78

FROM JAWAHARLAL NEHRU TO NARENDRA MODI

Prime Ministers who hoisted
the flag at the Red Fort

JAWAHARLAL NEHRU : 1947–1963

It was the morning of 15 August 1947. British rule had ended and for the first time the Indian Tricolor was hoisted at the Lahori Gate of the Red Fort. This honor went to the country's first Prime Minister, **Pandit Jawaharlal Nehru**. From 1947 to 1964, he hoisted the flag at the Red Fort **17 times** in a row. This is where the tradition began that every year the PM would address the nation from the ramparts of the Red Fort. After Nehru, this responsibility became a moment of pride for every PM. **Indira Gandhi** hoisted the tricolor **16 times** across her two terms. **Dr. Manmohan Singh** did it 10 times, and **Rajiv Gandhi** and **P.V. Narasimha Rao** did it **5 times** each. Among non-Congress PMs, **Atal Bihari Vajpayee's** name stands out. He hoisted the flag



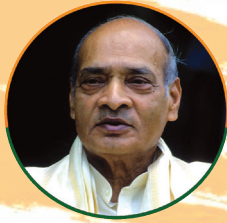
Chaudhary Charan Singh
1979



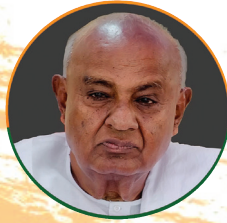
Rajiv Gandhi
1985–1989



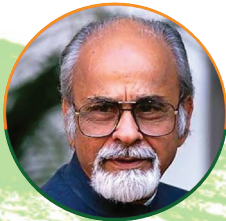
V. P. Singh
1990



P. V. Narasimha Rao
1991–1995



H. D. Deve Gowda
1996



I. K. Gujral
1997



Atal Bihari Vajpayee
1998–2003



Manmohan Singh
2004–2013

NARENDRA MODI : 2014–2025

6 times from the Red Fort and became the non-Congress PM with the most hoistings. Today's PM, **Narendra Modi**, has been hoisting the flag continuously since 2014. In 2025, he hoisted the tricolor for the **12th time**, breaking the records of both Vajpayee and Manmohan Singh. He is the first non-Congress PM to receive this honor so many times. But there were also 2 PMs who didn't get this opportunity — **Gulzari Lal Nanda** and **Chandrashekhar**. Both had short tenures and 15th August did not fall during their time in office. The Red Fort is not just bricks and stone, it is a symbol of freedom and leadership. From **Nehru** to **Modi**, every PM standing here has given voice to the country's dreams, struggles, and resolve.





THOSE WHO GOT INDIA WRONG

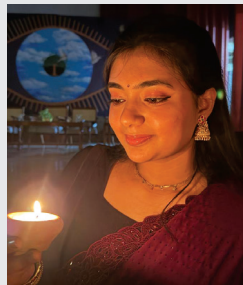
Colonial leaders predicted India would collapse into disunity, failed democracy, and poverty. Eighty years later, India stands united, democratic, and globally influential, proving those dire forecasts spectacularly wrong

“In handing over the Government of India to these so-called political classes, we are handing over to men of straw, of whom, in a few years, no trace will remain.”

— **Winston Churchill**, March 1947

BY **AANAVI SUSHMITA**

When Winston Churchill uttered those words in the final months of the British Raj, he was not alone in believing that India's independence would end in failure. Across Britain, politicians, colonial administrators, and newspapers painted a bleak picture of the country's future. To them, India was too vast, too poor, too divided, and too backward to survive without imperial rule. Independence, they believed, would mark the beginning of its collapse.



To the world, their apprehension may have seemed understandable. India inherited freedom under extraordinary circumstances. Partition displaced nearly fifteen million people and triggered one of the bloodiest episodes of mass violence in modern history. As many as 565 princely states had yet to be integrated into the Union. Literacy was abysmally low, poverty was widespread, and democratic governance on such a scale had never been attempted anywhere in the world. Yet, eighty years later, these predictions have become fascinating historical artefacts because they were spectacularly wrong.

The doubts surrounding India's future rested on three broad assumptions: that India would never remain united, that democracy would fail in such a poor and illiterate society, and that whatever progress the country enjoyed had been created by the British and could not survive without them.



Source: Wikipedia

**“INDIA IS NOT A NATION;
IT WILL BREAK APART.”**

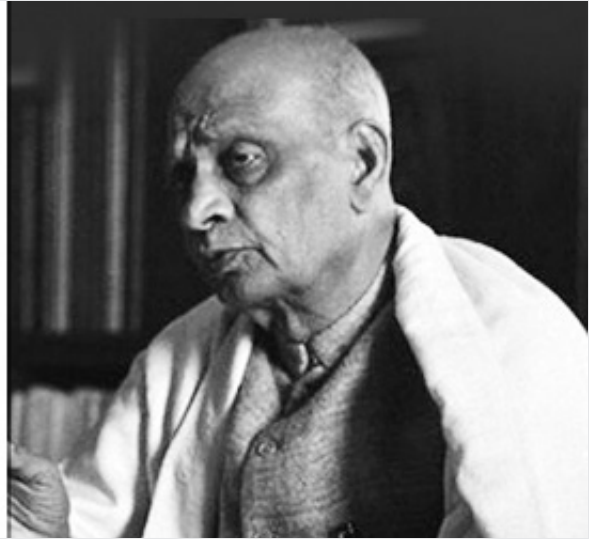
Churchill dismissed India's future leaders as “men of straw”, while General Claude Auchinleck, the last British Commander-in-Chief of the Indian Army, went even further:

“The Sikhs may try to set up a separate regime... that will be only a start of a general decentralisation and break-up of the idea that India is a country... No one can make a nation out of a continent of many nations.”

India, they believed, was merely a geographical expression held together by British authority. Once



V. P. Menon



Sardar Vallabhbhai Patel

that authority disappeared, so would India.

This was an extremely common colonial argument. They believed they had convincing evidence: hundreds of princely states enjoyed varying levels of autonomy, and linguistic and religious identities were strong. European borders had been drawn and redrawn multiple times due to ethnic nationalism, and, according to them, India would be no different.

Yet the first years of independence produced one of the greatest acts of political integration in modern history.

WITHIN MONTHS OF INDEPENDENCE, DEPUTY PRIME MINISTER AND HOME MINISTER SARDAR VALLABHBHAI PATEL, ASSISTED BY V. P. MENON, PERSUADED 565 PRINCELY STATES TO SIGN THE INSTRUMENT OF ACCESSION AND JOIN THE INDIAN UNION

DOOMSDAY QUOTES ABOUT INDIA'S INDEPENDENCE



"In handing over the Government of India to these so-called political classes, we are handing over to men of straw, of whom, in a few years, no trace will remain."

—WINSTON CHURCHILL,

March 1947, while opposing the Congress' demand for speeding up Britain's exit



"...a first-class constitutional crisis is already convulsing India and, unfortunately, it has serious international implications."

—NEW YORK TIMES

June 1947



"... a future and more enlightened age will view with astonishment the absurd farce of recording the votes of millions of illiterate people"

—PENDEREL MOON

ICS officer about the first general election

Within months of Independence, Deputy Prime Minister and Home Minister Sardar Vallabhbhai Patel, assisted by V. P. Menon, persuaded 565 princely states to sign the Instrument of Accession and join the Indian Union. While most states acceded through negotiation, Junagadh was integrated following a 1948 plebiscite, and Hyderabad after Operation Polo later that year. Goa was liberated from Portuguese rule in 1961, while Sikkim formally joined the Republic after a referendum in 1975. The States Reorganisation Act of 1956 reorganised state boundaries largely along linguistic lines in response to strong regional movements. Over the decades, new states such as Haryana, Uttarakhand, Chhattisgarh, and, most recently, Telangana were created peacefully through parliamentary legislation, without widespread violence or upheaval.

Today, the Republic remains the world's largest democracy. It has evolved into a nation capable of accommodating many identities without needing an "external authority".

"DEMOCRACY WILL NEVER WORK HERE."

Penderel Moon, an officer of the Indian Civil Service, wrote before India's first general election:



Green and White Revolutions secured food and milk. IITs, AIIMS, ISRO built modern India.

"...a future and more enlightened age will view with astonishment the absurd farce of recording the votes of millions of illiterate people."

The assumption reflected a deeply paternalistic belief that democracy was a privilege earned through education and economic prosperity, rather than a right. Independent India chose a radically different path.

The Constitution granted universal adult franchise from the very beginning. Every adult Indian, irrespective of caste, gender, wealth or literacy, received an equal vote.

DOOMSDAY QUOTES ABOUT INDIA'S INDEPENDENCE



"The Sikhs may try to set up a separate regime. I think they probably will and that will be only a start of a general decentralization and break-up of the idea that India is a country, whereas it is a subcontinent as varied as Europe. The Punjabi is as different from a Madrassi as a Scot is from an Italian. The British tried to consolidate it but achieved nothing permanent. No one can make a nation out of a continent of many nations."

—GENERAL CLAUDE AUCHINLECK, last British commander-in-chief of the Indian Army



"...three hundred and fifty millions of people, lifted to a civilisation and to a level of peace, order, sanitation and progress far above anything they could possibly have achieved themselves or could maintain. This wonderful fact is due to the guidance and authority of a few thousands of British officials responsible to Parliament who have for generations presided over the development of India."

—CHURCHILL, speaking on whether an independent India will be able to govern herself

The first general election of 1951–52 became the largest democratic exercise ever attempted. Election officials travelled across mountains, forests, deserts, and islands to establish polling stations. Ballot papers carried symbols so that even those unable to read could identify candidates. The election succeeded. Then another followed. And another.

Today, India has conducted eighteen general elections and countless state and local elections. Governments have changed peacefully through the ballot box. Coalition politics has become routine. The Election Commission oversees an electorate of nearly a billion voters, making India's elections the largest democratic exercise on Earth. Democracy has become the glue that holds together an immensely diverse society.

“WITHOUT BRITAIN, INDIA CANNOT PROGRESS.”

Even as Britain prepared to leave, many sought to portray colonial rule as India's greatest gift.

On the eve of independence, The Scotsman declared:



DOOMSDAY QUOTES ABOUT INDIA'S INDEPENDENCE



“British rule had brought to India...a unity and peace they had never before known, ideals of justice and purity of administration unsurpassed anywhere and material benefits which meet the eye of the visitor at every turn.”

—THE SCOTSMAN,
Aug 14, 1947



“It is the greatest political wonder of modern times that Britain controlled for generations, through a civil service of a few thousand men and several divisions of troops, a subcontinent with more than twice the population of North America. The explanation is that these British officials and soldiers were friends and servants of India, devoted to India's protection and progress.”

—THE GLOBE AND MAIL, CANADA, Aug 15 1947



“Yet at its passing it is only fair to remember that with all its grandeur and its misery, colonialism, too, has performed an historic mission in bridging the cleavages between different civilizations, and that the British Raj in particular has been not without benefit to the Indian people. It left India more united and peaceful than that seething land of many faces, many creeds and many invasions has ever been.”

—NYT EDITORIAL, Aug 15 1947



“British rule had brought to India... a unity and peace they had never before known.”

The Globe and Mail praised British officials as “friends and servants of India”, while Churchill argued that British governance had elevated India to levels of civilisation and progress that Indians could never have achieved on their own.

Independent India inherited poverty, food shortages, communal riots, and a fragile economy. The Green Revolution, initiated in 1965, transformed the country by the 1970s from one dependent on grain imports into one that was largely food-secure. The White Revolution made India the world’s largest producer of milk. Institutions such as the IITs, AIIMS, and ISRO laid the foundations for scientific and technological advancement and helped build a modern knowledge economy.

The economic reforms of 1991 dismantled the Licence Raj, opened India’s markets to global investment, and transformed cities like Bengaluru and Hyderabad into internationally recognised hubs of information technology, innovation, and entrepreneurship.

In recent years, digital innovations such as UPI, the success of Chandrayaan-3, India’s role as the “pharmacy of the world”, and its leadership in the International Solar Alliance have reinforced the country’s position as an emerging global power. Today, India is the world’s sixth-largest economy, a recognised space power, one of the largest digital consumer markets, and an increasingly influential voice in global affairs.

None of this suggests that India is without challenges. Poverty, inequality, environmental degradation, communalism, and various social divisions remain pressing concerns. But no observer can seriously argue that independent India has been incapable of charting its own course.

Perhaps the greatest irony of 1947 is that the British underestimated the very force that had won India its freedom. They failed to recognise the shared political ideals forged during the freedom struggle: the belief that a nation could be built not upon sameness, but upon a common commitment to democracy and constitutional values. ▀

HAPPY
Independence
DAY



GALAXIA QUEST

wishes you Happy 80th Independence Day.
May our tricolour always fly high, uniting every
heart in pride, freedom, and hope.

INDEPENDENCE DAY SPECIAL

SHARED FREEDOM DIFFERENT JOURNEYS

August 15 unites diverse journeys to freedom. While India celebrates independence, Bahrain marks peaceful sovereignty, the Republic of the Congo honours African decolonisation, and both North and South Korea commemorate liberation from colonial rule—each reflecting the universal human aspiration for self-determination and national renewal.



BY TEAM GALAXIA QUEST

Nations That Also Mark August 15 as a Day of Liberation and Independence

When Indians think of August 15, the mind instinctively turns to 1947—the midnight hour, Jawaharlal Nehru’s stirring “Tryst with Destiny” speech, the unfurling of the tricolour, and the birth of the world’s largest democracy. Yet India is not alone in attaching historic significance to this date.

Across Asia, Africa, and the Middle East, August 15 marks independence, liberation, or the end of colonial rule for several nations. While their journeys differed in circumstance, scale, and outcome, each reflects a universal aspiration: the right of a people to shape their own destiny.

BAHRAIN (1971) A PEACEFUL FAREWELL TO EMPIRE



1971: Shaikh Khalifa, the Prime Minister, announcing Bahrain's independence from Great Britain

Wikipedia

Bahrain’s path to independence was markedly different from many anti-colonial struggles. For more than a century, the Gulf island functioned as a British protectorate. While local rulers managed internal affairs, Britain controlled defence and foreign relations.

As Britain began withdrawing its military presence “East of Suez” in the late 1960s, Bahrain’s future became a subject of international attention, particularly because Iran asserted claims over the islands. A United Nations survey, however, revealed overwhelming support among Bahrainis for full independence.

On August 15, 1971, Bahrain formally ended British protection and emerged as a sovereign nation. The transition was led by Sheikh Isa bin Salman Al Khalifa, who became the first Emir of independent Bahrain.

Freedom enabled Bahrain to pursue its own economic vision. Building on its early oil wealth, the country diversified into banking, aluminium production, shipping, and financial services, eventually becoming one of the Gulf’s major commercial centres. Independence also strengthened efforts to preserve Bahrain’s Arab heritage, maritime traditions, and centuries-old pearling culture.

REPUBLIC OF THE CONGO (1960)

PART OF AFRICA'S GREAT DECOLONISATION



August 15, 1960. In Brazzaville, Fulbert Youlou — priest, politician, symbol Congo's peaceful transition to self-rule had a charismatic face
Wikipedia

August 15, 1960, marked the independence of the Republic of the Congo from France during the sweeping wave of African decolonisation that transformed the continent in the post-war era.

Under French rule, the territory had long supplied raw materials and labour to the colonial economy. Growing demands for political representation and self-government eventually forced constitutional reforms and negotiations.

Unlike some neighbouring territories that experienced prolonged armed struggles, Congo's transition was comparatively peaceful, though political tensions remained significant. Fulbert Youlou, a charismatic Catholic priest-turned-politician, became the nation's first president and a leading symbol of independence.

Sovereignty gave Congo control over its rich natural resources, including oil, timber, and minerals. It also encouraged a cultural renaissance, allowing indigenous traditions, languages, music, and literature to flourish. Today, Congolese rumba and the country's vibrant artistic heritage remain enduring expressions of national identity.

NORTH KOREA (1945)

LIBERATION AND A DIFFERENT PATH

North Korea also commemorates August 15, 1945, as Liberation Day, marking the end of Japanese colonial rule. While both Koreas share this historical milestone, their subsequent trajectories diverged dramatically.

In North Korea's official narrative, the anti-Japanese resistance occupies a central place. Kim Il Sung, who fought as a guerrilla leader in Manchuria, emerged as the dominant figure in the country's founding story. Soviet forces entered northern Korea during the final phase of the war and played a crucial role in ending Japanese control and facilitating the establishment of a separate socialist state in 1948.

For North Korea, liberation symbolised the recovery of national sovereignty and cultural



Korean people celebrating their liberation in 1945.

Wikipedia

identity after decades of foreign domination. The date continues to be commemorated as one of the most significant events in the country's history.

SOUTH KOREA (1945)

LIBERATION AND RENEWAL

In South Korea, August 15 is celebrated as Gwangbokjeol—National Liberation Day. It commemorates Japan’s surrender at the end of the Second World War in 1945, bringing to an end 35 years of Japanese colonial rule over Korea.

The Korean struggle for freedom took many forms. Resistance movements operated underground within Korea, guerrilla fighters battled Japanese forces in neighbouring regions, and an exiled Provisional Government worked from Shanghai. Among its most respected leaders was Kim Gu, who became a powerful symbol of Korean nationalism.

Liberation allowed Koreans to reclaim their language, culture, and historical identity after decades of forced assimilation. Although the peninsula was soon divided, South Korea went on to achieve one of the most remarkable economic transformations in modern history. Today, its influence extends far beyond economics, with Korean cinema, technology, cuisine, and K-pop enjoying global prominence.



Korean people celebrating their liberation in 1945.

Wikipedia

ONE DATE, MANY HISTORIES

August 15 is therefore much more than India’s Independence Day. In Bahrain, it marks a negotiated and peaceful exit from empire. In the Republic of the Congo, it represents the great wave of African decolonisation. Across the Korean peninsula, it commemorates liberation from colonial occupation and the rebirth of a nation.

The stories are vastly different. Some achieved freedom through negotiation, others through decades of resistance; some prospered rapidly, while others faced political upheaval and division. Yet all share a common thread—the enduring human desire for self-determination.

Every year, as India celebrates its independence, August 15 also serves as a reminder that the quest for freedom was a global phenomenon. Across continents and cultures, it remains a date that honours the triumph of national aspirations over colonial rule and foreign domination. ▀





EXPERIENCE INDIA

TEN JOURNEYS THAT CAPTURE
THE SOUL OF THE NATION

As India celebrates its 80th Independence Day, it is an apt moment to look beyond its remarkable journey as the world's largest democracy and rediscover the extraordinary beauty, diversity, and cultural richness that make it one of the world's most captivating travel destinations. Few countries offer such an astonishing range of experiences—from snow-capped mountains and royal palaces to sacred rivers, tropical beaches, vibrant festivals, and unforgettable cuisine. India is not merely a place to visit; it is a country to experience with all your senses. If you are planning a trip, these ten unforgettable experiences deserve a place on every traveller's itinerary.

BY **TEAM GALAXIA QUEST**



WITNESS THE SUNRISE AT THE TAJ MAHAL

The Taj Mahal is one of the most famous monuments in the world. It is often considered to be a poem in marble as it is a tribute of an emperor for his dearly beloved dead wife. However, if you see it as the sun rises, it is a magical experience. Avoid the teeming crowds when you arrive early. Of course, it is even more magical on full moon nights, when visitors are allowed after sunset. ▼

CRUISE KERALA'S BACKWATERS ON A HOUSEBOAT

A 1500-km maze of canals, brackish lagoons, and lakes run parallel to the Arabian Sea, which is usually referred as the backwaters of Kerala. When you go to Alleppey, often called the Venice of the east, get on to a Kettuvallam – a traditional houseboat – for a multiday trip as it will be replete with bedrooms, dining hall, and personal chef to savor local delicacies. However, for canoeing and day cruises, you might prefer to hire a shikara which can enter narrow canals which the houseboats can't. The tranquil ambience of the coastal heritage and fishing villages enable a calming experience to cherish. ▀



ATTEND A FESTIVAL

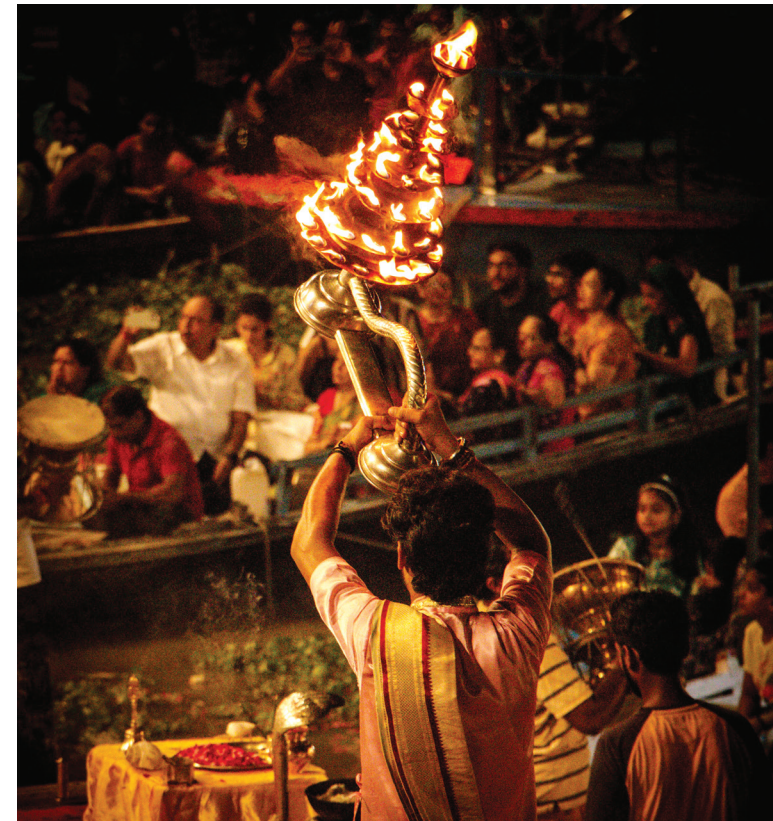
Indian festivals carry a charm of their own. You need to celebrate them with the locals to garner glimpses of traditions which you might not if you go on a guided tour. The colors of Holi; the enveloping joy of Durga Puja typically culminates

in the festival of lights – Diwali. Of course, the harvest festivals like the 10-day Onam in Kerala, Makar Sankranti, Baisakhi, and Magh Bihu underscore that India is still a predominantly agricultural country. ▀



WITNESS THE EVENING GANGA AARTI IN VARANASI

Ganga aarti on Dashashwamedh Ghat in Varanasi is one of the world's oldest living spiritual traditions as it is performed daily. It is carried out with giant lit lamps to the accompaniment of the sonorous chanting of Sanskrit hymns to honor the river *Ma Ganga* for providing sustenance to the people of the Gangetic plains for centuries, and thank her for her continued benefaction. ▼



EXPLORE RAJASTHAN'S ROYAL HERITAGE

The name Rajasthan means the land of the kings. Therefore, if you desire to relish a regal experience, the forts and palaces in Jaisalmer, Jaipur, Jodhpur, and Udaipur might feel just a little unreal. The countryside in Rajasthan is peppered with havelis, palaces, forts, and other royal residences. Of the 600 royal principalities in India at the time of Independence, more than 300 were in Rajasthan. To feel like royalty take a ride on the luxurious Palace on Wheels. ▼

GO ON A TIGER SAFARI

Enjoy the thrill of adventure by going on a tiger safari to see these magnificent creatures in their natural habitat. The Asiatic tiger, especially the Royal Bengal Tiger, was declared an endangered species in 1975 by the International Union for Conservation of Nature (IUCN). Efforts to protect them from dying out began in 1972 when the Government of India declared the Royal Bengal tiger the national, and the conservation movement called Project Tiger was launched in 1973. The tiger reserves in Ranthambore, Bandhavgarh, and Jim Corbett permit tiger safaris for people to deter poaching, and encourage a sense of empathy towards them. ▼



EXPERIENCE LADAKH'S MAJESTIC MOUNTAINOUS LANDSCAPE

Few people were aware of Ladakh's existence till the Indo-Chinese War of 1962. It is a high altitude cold desert. Not just Ladakh's ancient monasteries and crystal-clear skies, you should see Pangong Lake in Leh, which is one of the highest altitude lakes in India. ▼



RELAX ON GOA'S BEACHES

Sun, sand, and Indo-Portuguese culture combine to make Goa one of the most popular holiday destinations, especially during Christmas and New Year. Its lively cafés, affordable beach shacks, vibrant night life, and world-class hospitality with some of the most beautiful coastlines put Goa on the bucket list of many Indians. ▼



TASTE INDIA'S STREET FOOD

India's culinary diversity is best showcased by its street food, which is as delicious as it is affordable. You must taste Delhi's chaat, Amritsar's chole kulche, Mumbai's vada pav, Indori samosas, Kolkata's kathi rolls, and Hyderabad's biryani to understand that culinary heaven is not restricted to mummy's kitchen or Michelin star eateries. ▼

STAY IN ANY PALACE HOTEL

Want to feel like royalty without its restrictive customs and responsibilities? Book a stay at any of the hotels which are essentially converted royal palaces. From the décor and furnishings to the menus and service, you will get a glimpse of how the royals lived before democratization and modern compulsions reduced them to living like commoners. Lalit Mahal Palace, Ummaid Bhawan, Amba Vilas, also known as Mysore Palace, Falaknuma Palace are just some of the hotels which you can check out when you are preparing the itinerary for your next trip to India. ▼





BONUS EXPERIENCE

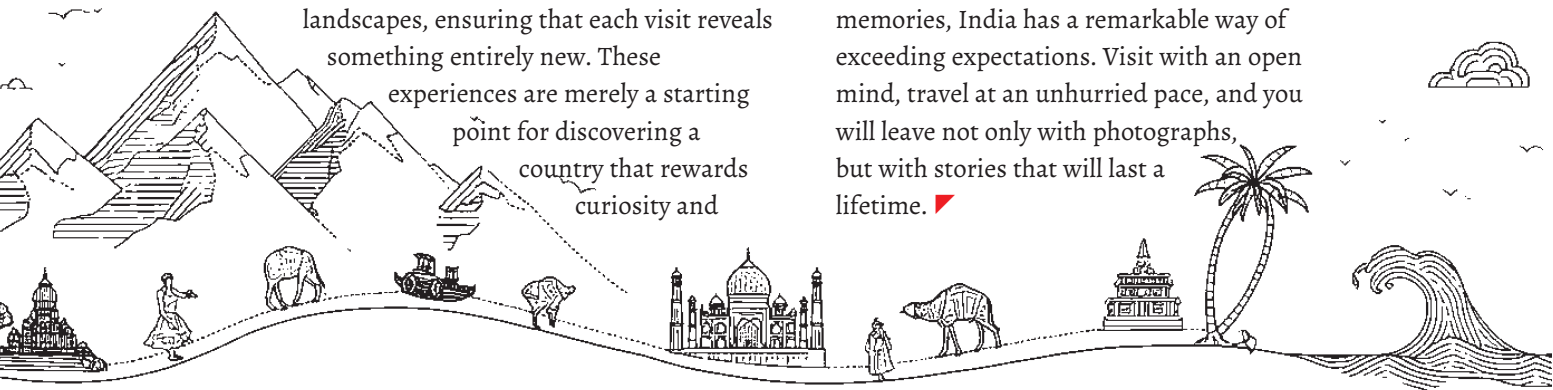
If you want to enjoy the ride as much as the destination, take a ride on one of India's iconic trains. From the Darjeeling Himalayan Railway (Toy Train) to the Kalka-Shimla Railway which runs through 102 tunnels, and over 82 bridges, and

the short train ride over Pamban Bridge (Mandapam to Rameshwaram) which connects the Indian mainland to the island of Rameshwaram – these train rides give you something that a flight never could. ▀

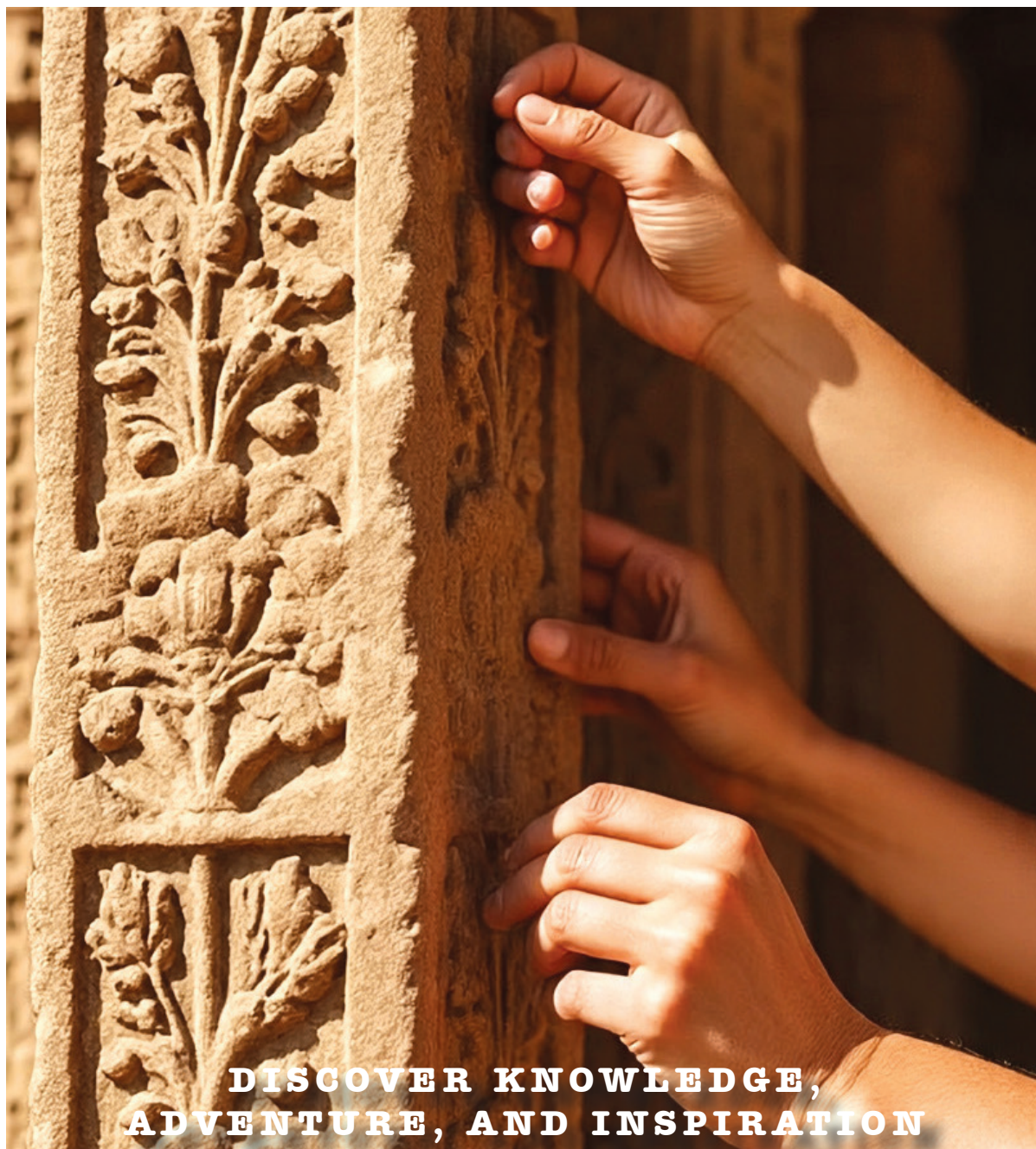
TAKEAWAY

No single journey can capture the countless wonders that India has to offer. Every region has its own history, cuisine, language, traditions, and landscapes, ensuring that each visit reveals something entirely new. These experiences are merely a starting point for discovering a country that rewards curiosity and

embraces diversity like few others on Earth. Whether you come seeking adventure, spirituality, history, wildlife, architecture, or simply unforgettable memories, India has a remarkable way of exceeding expectations. Visit with an open mind, travel at an unhurried pace, and you will leave not only with photographs, but with stories that will last a lifetime. ▀



GALAXIA **QUEST** Leisurely Yours



**DISCOVER KNOWLEDGE,
ADVENTURE, AND INSPIRATION**

GALAXIA QUEST
MAGAZINE TAKES YOU TO NEW WORLDS
WITH EVERY PAGE YOU TURN.



Some stars shine through glamour, while a rare few illuminate the screen with grace, sensitivity, and timeless elegance. Rakhee Gulzar belongs to that distinguished league, writes **MANOJ ARORA**

Rakhee Gulzar

Born: 15 August, 1947

The Enduring Grace

Rakhee Gulzar was born on 15 August 1947, the very day India awoke to freedom. It seems fitting that an actress who would come to symbolize grace, dignity, and emotional strength shared her birthday with an independent nation finding its own identity.

Rakhee occupied a unique space in Indian cinema. She was neither the flamboyant star of gossip magazines nor the aloof performer associated exclusively with parallel cinema. Instead, she effortlessly combined glamour with sensitivity, beauty with substance, and vulnerability with quiet resilience. Her luminous eyes, gentle smile, expressive voice, and understated presence gave her a rare ability to convey deep emotions without theatrical excess.



Film Kabhi Kabhie

AS HINDI CINEMA EVOLVED DURING THE 1970S, RAKHEE PROVED HER REMARKABLE VERSATILITY BY SEAMLESSLY ADAPTING TO CHANGING TRENDS. WHETHER PORTRAYING HEARTBREAK IN *DAAG* OR SELFLESS SACRIFICE IN *TAPASYA*, SHE BROUGHT EMOTIONAL AUTHENTICITY TO EVERY ROLE, EARNING CRITICAL ACCLAIM AND THE FILMFARE AWARD FOR BEST ACTRESS

Born as Rakhee Majumdar in Ranaghat, West Bengal, she entered films at the age of twenty with the Bengali movie *Badhu Baran*. Soon afterwards she moved to Mumbai and made her Hindi film debut opposite Dharmendra in *Jeevan Mrityu* (1970). The film was a success, and Rakhee announced her arrival in Hindi cinema with remarkable confidence. Audiences noticed not only her beauty but also the sincerity and emotional depth she brought to her performances. By 1972, she had become one of the industry's busiest and most sought-after actresses.

The 1970s were a transformative period for Hindi cinema. Romantic dramas, family sagas, socially conscious films, and the emerging "angry young man" genre coexisted on screen. Rakhee adapted effortlessly to this changing landscape. In *Daag*, she portrayed tenderness and heartbreak with striking authenticity. In *Tapasya*, she played a woman who sacrifices her personal happiness for family responsibilities, a performance that earned her the Filmfare Award for Best Actress.



Perhaps her most memorable role came in *Kabhi Kabhie* as Pooja, a woman haunted by memories of a past love while navigating the realities of marriage and adulthood. Few actresses could portray longing and remembrance as beautifully as Rakhee. She communicated emotions not through dramatic outbursts but through silence, glances, and unspoken feelings.

The years that followed brought a string of successful films, including *Trishna*, *Kaala Patthar*, *Muqaddar Ka Sikandar*, *Kasme Vaade*, *Trishul*, *Blackmail*, and *Jurmana*. Yet one of the most remarkable aspects of Rakhee's career was her graceful transition from leading lady to character roles.

Hindi cinema has often been unkind to actresses as they age, but Rakhee infused dignity and substance into every role she accepted. In *Shakti*, she played Amitabh Bachchan's mother despite belonging to the same generation of stars. Later, in films such as *Ram Lakhan*, *Baazigar*, *Karan Arjun*, and *Border*,



she elevated the mother figure beyond stereotype. Her screen mothers were loving yet strong, wounded yet resilient, prayerful yet fiercely protective. The iconic line, "*Mere Karan Arjun Aayenge*," became immortal because Rakhee delivered it not merely as melodrama, but as a powerful blend of faith, grief, and defiance.

Rakhee was also fortunate to be associated with some of Hindi cinema's finest music. Few actresses can claim to have starred in multiple films where virtually every song became popular. Rakhee achieved this rare distinction with *Sharmilee* (1971, S.D. Burman), *Daag* (1973, Laxmikant-Pyarelal),

RAKHEE'S TRANSITION FROM LEADING LADY TO CHARACTER ROLES REMAINS A MASTERCLASS IN REINVENTION. SHE BROUGHT DIGNITY, STRENGTH, AND EMOTIONAL DEPTH TO ICONIC MATERNAL CHARACTERS IN FILMS LIKE *SHAKTI*, *KARAN ARJUN*, AND *BORDER*, MAKING THEM MEMORABLE, INSPIRING, AND TIMELESS



THE ICONIC LINE, “*MERE KARAN ARJUN AAYENGE*,” BECAME IMMORTAL BECAUSE RAKHEE DELIVERED IT NOT MERELY AS MELODRAMA, BUT AS A POWERFUL BLEND OF FAITH, GRIEF, AND DEFIANCE

Kabhi Kabhie (1976, Khayyam), and *Doosra Aadmi* (1977, Rajesh Roshan). The songs from these films remain evergreen and continue to delight listeners decades later.

Among them, *Sharmilee* stands out as one of the great musical achievements of Hindi cinema. Songs such as *Khilte Hain Gul Yahan*, *Megha Chhaye Aadhi Raat*, *Reshmi Ujala Hai*, *O Meri Sharmilee*, and *Kaise Kahen Hum* remain favourites among lovers of classic Hindi film music even after more than five decades.

Similarly, *Daag* produced a treasure trove of memorable melodies, including *Mere Dil Mein Aaj Kya Hai*, *Jab Bhi Jee Chahe*, *Hawa Chale Kaise*, and *Hum Aur Tum*, *Tum Aur Hum*. These songs continue to evoke nostalgia and are heard with affection even today.

Another noteworthy musical gem from 1971 was *Lal Patthar*. The film featured a complex storyline and an equally demanding role for Rakhee opposite Raj Kumar. She handled the challenge with remarkable ease. The soundtrack, composed by Shankar-Jaikishan, included three exquisite raag-based songs: *Geet Gaata Hoon Main* (Raag Kirwani), *Unke Khayal Aaye To* (Raag Gara), and *Re Man Sur Mein Ga* (Raag Yaman Kalyan).

Rakhee's personal life was as layered and emotionally intricate as many of the characters she



portrayed on screen. She married Bengali filmmaker Ajay Biswas early in her career, but the marriage ended after two years. Later, she met poet, lyricist, and filmmaker Gulzar. It is said that he was captivated by her from their very first meeting. The two married and had a daughter, Meghna.

Over time, differences emerged. Rakhee wished to continue acting, while Gulzar preferred that she step away from films. Their relationship grew strained, and although they eventually lived apart, neither chose formal separation nor pursued another public relationship. Their bond remained complex, enduring, and deeply intertwined.

Many admirers see traces of Rakhee in Gulzar's poetry. One of his evocative lines reads:

"Sheher ki bijli gayi, band kamre mein bahut der

***"SHEHER KI BIJLI GAYI, BAND
KAMRE MEIN BAHUT DER
TALAK KUCHH BHI DIKHAI NA
DIYA; TUM GAYI THIN JIS DIN,
US ROZ BHI AISA HI HUA THA
— GULZAR***

talak kuchh bhi dikhai na diya; tum gayi thin jis din, us roz bhi aisa hi hua tha."

And then there is his celebrated poem *Girhen* (Knots), where he reflects on relationships that, once tied and frayed, never entirely lose their visible knots.

Rakhee's last Hindi film appearance came in *Classmates* (2009), followed by two Bengali films. Since then, she has largely withdrawn from public life, spending her time at her farmhouse on the outskirts of Mumbai.

Her achievements remain impressive: four Filmfare Awards and twelve nominations, along with a body of work that has stood the test of time. Yet statistics alone cannot explain her enduring appeal.

Rakhee's persona was built on grace. She carried within her the refinement of Bengal and the emotional accessibility of mainstream Hindi cinema. There was never anything forced about her performances. Whether lowering her gaze, smiling through tears, or communicating pain through silence, she possessed a natural elegance that felt effortless.

She could appear fragile, but never weak. Her beauty was not dazzling in an aggressive way; it was poetic. In an industry often dominated by spectacle and excess, Rakhee Gulzar demonstrated that gentleness can be powerful, restraint can be magnetic, and grace can be unforgettable.

Even today, when one thinks of Rakhee Gulzar, it is not merely a film star who comes to mind. One remembers a presence—a quiet flame that illuminated the screen without ever needing to burn too brightly. ▼

GALAXIA **QUEST** Leisurely Yours



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WELLNESS GUIDES, NUTRITION ADVICE, AND EXPERT
DOCTOR INSIGHTS THAT IMPROVE YOUR LIFE



the VOICE THAT NAMED ITSELF

Gifted with extraordinary talent, fearless ambition and remarkable adaptability, Gauhar Jaan transformed Indian classical music for a new technological age, becoming the pioneering voice that introduced India to recorded sound

— writes **TEAM GALAXIA QUEST**

THE VOICE THAT NAMED ITSELF



Photo: Wikipedia

A woman stands before an enormous recording horn in a makeshift studio in Calcutta in November 1902. There are no microphones, no headphones, no second takes. She has barely three minutes to compress years of musical training into a single performance. When she finishes, she turns towards the recording engineer and says calmly, “My name is Gauhar Jaan.”

FOUR SIMPLE WORDS

More than a century later, they remain among the most famous words ever spoken in the history of Indian music.

Today, we live surrounded by recorded sound. Music streams instantly across continents, preserved forever in digital archives. It is easy to forget that there was once a time when every

**FROM A PIONEERING
GRAMOPHONE
RECORDING TO MUSICAL
IMMORTALITY, GAU HAR
JAN TRANSFORMED
INDIAN CLASSICAL
MUSIC AND BECAME THE
UNFORGETTABLE VOICE OF
A NEW ERA**

musical performance disappeared the moment the last note faded. Until the late nineteenth century, music existed only in memory. The gramophone changed that forever, and in India, no one embraced the new technology more brilliantly than Gauhar Jaan.

**GAUHAR JAAN
EMBRACED THE
GRAMOPHONE'S THREE-
MINUTE CHALLENGE,
TRANSFORMING
CENTURIES-OLD
MUSICAL TRADITION
INTO INDIA'S FIRST
ENDURING RECORDED
LEGACY.**

Born Angelina Yeoward in 1873 to an Armenian-English father and an Indian mother of Kashmiri descent, she was later renamed Gauhar Jaan after her mother converted to Islam and entered the world of the tawaif. Colonial stereotypes often misunderstood these women, but in their own time they were among India's finest musicians, dancers and poets. They preserved classical traditions, trained aristocrats in etiquette and aesthetics, and were celebrated patrons of the arts.

Growing up in Benares and later Calcutta, Gauhar absorbed music with extraordinary ease. She mastered thumri, dadra, kajri, khayal, bhajans and several regional forms. By the turn of the twentieth century, she was already a celebrated performer, entertaining royalty, commanding remarkable fees and living with a degree of financial independence unusual for women of her era.

THEN CAME THE GRAMOPHONE

In 1902, the Gramophone Company sent a young American recording engineer, Fred Gaisberg, to India in search of voices worth preserving. He found a country overflowing with musical traditions but almost entirely dependent on oral transmission. Magnificent performances filled courts and private gatherings, yet vanished as soon as they ended. Recording offered the possibility of permanence.



Photo: Wikipedia

Among all the artists he encountered, Gauhar Jaan stood apart.

Yet the new technology demanded something no concert audience ever had.

A Hindustani classical performance unfolded slowly. A raga could develop over an hour or more, revealing its emotional depth through patient exploration. The wax recording disc allowed barely three minutes.

For many musicians, this was an impossible limitation.



Photo: Internet Archive

FOR GAUHAR, IT BECAME AN ARTISTIC CHALLENGE.

Rather than merely shortening her performances, she reimagined them. She identified the emotional heart of a composition and built her recording around it, preserving its essence within the strict limits of the technology. In doing so, she helped create a new performance style—one designed not for a royal court or intimate mehfil, but for the gramophone.

It was an extraordinary act of adaptation.

BY ADAPTING CLASSICAL MUSIC TO THE GRAMOPHONE, GAUHAR JAAN PRESERVED TRADITION WHILE BOLDLY CLAIMING AUTHORSHIP OF HER VOICE FOR POSTERITY

Instead of resisting innovation, she shaped it.

At the end of every recording came the phrase that would become legendary: “My name is Gauhar Jaan.”

The declaration had a practical purpose. The wax masters travelled to Europe for processing, and technicians there needed to know whose performance they were hearing. Her spoken signature ensured the correct label appeared on the finished record.

But the sentence came to mean far more than simple identification.

In an age when many women, especially those from the tawaif tradition, were denied public recognition, Gauhar ended every performance by claiming ownership of her own voice. She did not fade anonymously into history. She announced herself with confidence, ensuring that future generations would know exactly who they were listening to.

THE RECORDS SPREAD RAPIDLY ACROSS INDIA.

For the first time, classical and semi-classical music travelled beyond princely courts and elite salons into ordinary homes. Listeners who might never attend a live mehfil could experience great music whenever they wished. Something of the magic of live performance was inevitably lost, but something equally remarkable was gained. Music became portable, repeatable and accessible in



GAUHAR JAAN TRANSFORMED THE GRAMOPHONE INTO A BRIDGE BETWEEN TRADITION AND MODERNITY, BRINGING CLASSICAL MUSIC INTO HOMES, RECORDING OVER 600 SONGS, AND INSPIRING GENERATIONS OF MUSICIANS TO EMBRACE TECHNOLOGY AS A POWERFUL ALLY IN PRESERVING INDIA'S RICH MUSICAL HERITAGE.

ways previous generations could scarcely have imagined.

Gauhar Jaan quickly became one of India's first recording stars.

Over the next two decades she recorded more than 600 songs in multiple languages, including Hindustani, Bengali, Gujarati, Marathi, Tamil, Persian, Pashto and Arabic. Her remarkable versatility reflected the rich cultural landscape of the subcontinent and demonstrated that recording technology could embrace diversity rather than diminish it.

Perhaps her greatest contribution, however, was psychological.

Many traditional musicians initially viewed recording with suspicion, fearing that it would cheapen or distort their art. Gauhar proved the opposite. She showed that a new medium did not have to replace tradition; it could preserve it, expand its audience and give it new life.

That lesson shaped the future of Indian music.



Gauhar Jaan, India's first recording artist Internet Archive

The great recording artists who followed—from the pioneers of the gramophone era to the playback singers of Indian cinema—worked within a world that Gauhar had helped create. Every singer who learned to perform for a recording rather than a concert hall owed something, directly or indirectly, to the path she had opened.

Like many pioneers, however, she did not remain at the centre of the world she helped build.

Musical tastes changed. New technologies emerged. Younger artists captured public attention, and Gauhar's dazzling fame gradually faded. She died in Mysore in 1930, far removed from the extraordinary celebrity she had once enjoyed.

**THOUGH HER FAME
FADED, GAUCHAR JAAN'S
VISION ENDURED.
SHE TRANSFORMED
RECORDING INTO AN ART,
INSPIRING GENERATIONS
OF MUSICIANS AND
LEAVING A LEGACY THAT
ECHOES THROUGH EVERY
SONG WE STREAM TODAY**

Yet history has a curious way of restoring forgotten figures.

Today, Gauhar Jaan is remembered not simply because she was among India's earliest recording artists, but because she understood, before almost anyone else, what recording could become. She recognised that technology was not merely a machine for preserving sound. It could create entirely new ways of experiencing music.

Listen to one of her surviving recordings today and you hear more than an old voice beneath layers of crackle and static. You hear the birth of a new relationship between artist and audience. Across more than a century, her voice still carries confidence, grace and unmistakable presence.

Every time we tap a phone and press play, we participate in a revolution that artists like Gauhar Jaan helped begin. We rarely think about where that journey started. Yet somewhere behind every playlist, every streaming service and every recording lies that November afternoon in Calcutta, when a gifted singer stepped before an enormous recording horn and, with quiet assurance, claimed both her performance and her place in history.

"My name is Gauhar Jaan."

It was more than a signature.

It was the moment Indian recorded music found its first unforgettable voice. ▼



THE LONGEVITY REVOLUTION

Why 100 MAY BECOME THE NEW 80

Humanity is quietly rewriting the script of aging. What once marked decline now signals possibility, as longer lives reshape careers, families, and society itself. The longevity revolution challenges assumptions about what it means to live fully across a century. Writes TEAM GALAXIA QUEST

There was a time, not so long ago, when turning sixty carried a quiet social instruction: slow down, step aside. The serious business of living, the assumption went, belonged to the young. Retirement was not merely a financial arrangement but an existential one—a gentle withdrawal from the forward motion of the world. Society had its scripts, and older people were expected to follow them.

THAT SCRIPT IS BEING TORN UP—AND NOT QUIETLY

Across the world, people are launching companies in their sixties, completing university degrees in their seventies, travelling solo in their eighties, and continuing to contribute professionally well into their nineties. These are not exceptional cases or

human-interest curiosities. They are early signs of something researchers, economists and healthcare scientists now describe as the longevity revolution, a shift so fundamental that it touches every institution, every family structure and every assumption about what a human life is supposed to look like.

What makes this revolution unusual is that it has no single cause, no founding manifesto and no moment of origin. It accumulated quietly over a century through vaccines and antibiotics, improved sanitation and nutrition, advances in surgical techniques and earlier diagnosis.

In 1900, life expectancy in most parts of the world was strikingly low. Infectious diseases, infant mortality and the simple brutality of bodies without adequate medicine ensured that reaching old age remained rare. The twentieth century changed all of that faster than any previous era in human history. We added decades to the average human life, and we did it so gradually that we barely stopped to reckon with what it would mean.

INDIA'S AGEING FUTURE

- * India currently has over 150 million senior citizens.
- * By 2050, this number could exceed 300 million.
- * Healthcare, housing and financial planning will increasingly focus on active ageing.

AGEING BE SLOWED BY ADOPTING THESE HABITS



- WALK DAILY
- EAT MORE PLANTS
- MAINTAIN MUSCLE STRENGTH
- SLEEP 7–8 HOURS
- AVOID SMOKING
- LIMIT ALCOHOL
- STAY SOCIALLY CONNECTED
- KEEP LEARNING

NOW WE MUST RECKON WITH IT

The phrase increasingly used by researchers is the “100-Year Life”. It does not mean every person born today will become a centenarian. It means that reaching such an age is becoming meaningfully plausible rather than the statistical anomaly it once was. Children born today may routinely outlive their grandparents by margins that strain the imagination.

And that changes everything—not just healthcare and pension systems, but the very architecture of a life. When does education end? When does a career begin, pause or begin again? When, if ever, does retirement make sense?

These are not abstract policy questions. They are deeply personal ones, and the answers are still being written.

WHY CENTENARIANS MATTER

The growing number of people living beyond one hundred is not merely an interesting demographic statistic. It is evidence that the boundaries of human longevity are expanding. A century ago, reaching one hundred was extraordinary. Increasingly, it is becoming achievable.

Centenarians matter because they force societies to rethink assumptions that have existed for generations. If people live longer and remain healthier for more years, then careers, education, healthcare and retirement must all evolve accordingly.



GLOBAL LONGEVITY FACTS

Global life expectancy in 1900	32 years
Global life expectancy today	73 years
People aged 100+ worldwide	over 700,000
By 2050, one in six people globally will be over	65

At the heart of longevity science lies a distinction that sounds simple but carries enormous weight: the difference between lifespan and healthspan.

Lifespan is simply duration—how many years a person lives. Healthspan is something richer and more difficult to achieve: how many of those years are spent healthy, active, independent and genuinely alive in the fullest sense of the word.

The goal of the longevity revolution, at its most honest, is not merely to help people die old. It is to help them live well for as long as possible before they do.

What scientists have learned about ageing is both humbling and encouraging. The body ages in complex, interlocking ways. Cells accumulate damage, chronic inflammation rises, muscle mass declines, bones thin, and recovery from illness and injury slows.



BLUE ZONES OF THE WORLD

Where People Live the Longest

- * Okinawa, JAPAN | * Sardinia, ITALY
- * Ikaria, GREECE | * Nicoya Peninsula, COSTA RICA
- * Loma Linda, CALIFORNIA

COMMON TRAITS: plant-based diets, movement, purpose, community, family bonds

BLUE ZONE RESEARCH FINDS CLUSTERS OF PEOPLE LIVING TO 90+ WITH REMARKABLE VITALITY. THE PATTERN ISN'T GLAMOROUS: THEY STAY ACTIVE THROUGH DAILY CHORES AND WALKING, NOT GYMS, AND EAT SIMPLE PLANT-BASED, WHOLE-FOOD DIETS SHARED IN CLOSE COMMUNITY

None of this is entirely preventable. But ageing, researchers now understand, is not completely predetermined either. Genetics matters, but perhaps less than many people assume. Lifestyle, sustained over decades, exerts a surprisingly powerful influence on how and how quickly the body ages.

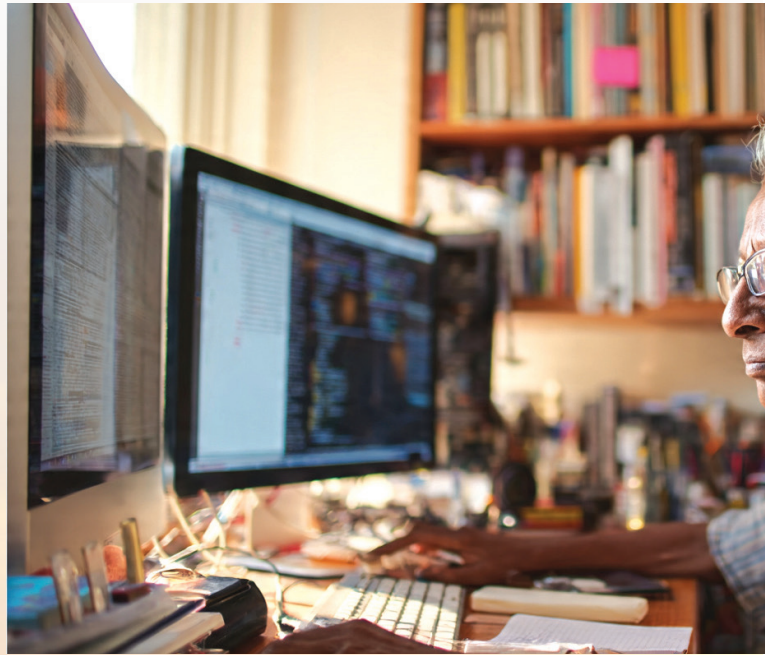
The evidence comes partly from population studies and laboratory research, and partly from somewhere more unexpected: communities where people have quietly lived the longest.

In certain regions of the world, researchers have found clusters of people who routinely reach their nineties and beyond with remarkable vitality. The patterns they share are not glamorous. They remain physically active through daily life rather than relying solely on structured exercise. They eat diets built around plants and whole foods. They maintain deep, durable

THE NEW RETIREMENT

YESTERDAY :
RETIRE AT 60, STOP WORKING, DEPEND ON SAVINGS.

TOMORROW :
MULTIPLE CAREERS, FLEXIBLE WORK, LIFELONG LEARNING, ACTIVE AGEING.



relationships with family and community. And they possess a sense of purpose—a reason to get up each morning that extends beyond themselves.

Longevity, it turns out, may owe less to extraordinary medical intervention than to ordinary human habits practised consistently across a lifetime.

Technology is entering this picture in ways that would have seemed like science fiction only a generation ago. Wearable devices now track heart rate, sleep quality and activity levels in real time.





ACROSS STUDIES, CULTURES AND METHODOLOGIES, THE SAME PATTERN APPEARS. PEOPLE WHO FEEL NEEDED, WHO MAINTAIN MEANINGFUL RELATIONSHIPS AND WHO REMAIN CONNECTED TO SOMETHING LARGER THAN THEIR OWN DAILY CONCERNS TEND TO LIVE LONGER AND HEALTHIER LIVES

Telemedicine allows people in remote areas to consult specialists without leaving home.

Artificial intelligence is increasingly being applied to diagnostic imaging and disease prediction, with results that, in some fields, are beginning to rival or even exceed human accuracy. Digital platforms are also helping older adults remain connected, addressing one of the quieter crises of ageing: isolation.

The economic dimensions of this revolution are equally significant. Longer lives mean longer spending lives, and the so-called longevity economy—built around the needs and aspirations of older consumers—is enormous and growing.

Healthcare, travel, housing, financial services, wellness and education are all adapting.



Businesses are recognizing, sometimes slowly, that the world's fastest-growing demographic is also among its most financially capable.

But longer lives also bring genuine financial strain. A retirement lasting twenty-five or thirty years presents challenges previous generations never had to confront. The financial architecture of the twentieth century was not built for this reality, and much of it will need rebuilding.

Perhaps the finding from longevity research that lingers longest concerns purpose.

Across studies, cultures and methodologies, the same pattern appears. People who feel needed, who maintain meaningful relationships and who remain connected to something larger than their own daily concerns tend to live longer and healthier lives.

This is not a soft or sentimental observation. Increasingly, it appears to be biological. Human beings seem to be wired to thrive when they feel that their presence matters.

Ultimately, the longevity revolution asks something more difficult than taking a supplement or purchasing a fitness tracker. It asks



AGE IS BECOMING LESS A MARKER OF WHAT LIES BEHIND A PERSON AND MORE A MEASURE OF WHAT REMAINS POSSIBLE. THE TWENTIETH CENTURY GAVE HUMANITY LONGER LIVES. THE WORK OF THE TWENTY-FIRST CENTURY IS TO UNDERSTAND WHAT TO DO WITH THEM.



us to revise our most basic assumptions about time, age and what a life is for.

For centuries, we organized existence into neat chapters: youth, work and decline. That model no longer fits the reality of how long people are living—or how well they are living.

Age is becoming less a marker of what lies behind a person and more a measure of what remains possible.

The twentieth century gave humanity longer lives. The work of the twenty-first century is to understand what to do with them.

A world in which health, connection, purpose and dignity extend deep into old age is not inevitable. It requires intention from individuals, families, institutions and governments alike.

But for the first time in human history, it is genuinely within reach.

The future may belong not only to the young but also to those who have learned, over a long life, how to keep becoming. ▀

EXPERT NOTE: Age is becoming less a marker of what lies behind a person and more a measure of what remains possible.

THE EPIDEMIC OF NORMAL REPORTS AND ABNORMAL LIVES



Dr. YUVRAAJ SINGH

MD Internal Medicine / Critical Care
Advanced Training in Hormonal, Metabolic
and Regenerative Medicine (A4M, USA)

**PATIENTS OFTEN
EXPERIENCE REAL
SYMPTOMS DESPITE NORMAL
LABS; CHRONIC DISEASE
DEVELOPS SILENTLY OVER
YEARS. CLINICIANS MUST
COMBINE LAB DATA WITH
CLINICAL JUDGEMENT AND
EARLY INTERVENTION TO
RESTORE HEALTH
AND VITALITY**

“Doctor, all my reports are normal.”

It is perhaps the most reassuring sentence in modern medicine.

Yet, for millions of people, it is immediately followed by another:

“Then why do I still feel unwell?”

Every day in clinical practice, I meet individuals who are exhausted despite sleeping through the night, gaining weight despite making dietary changes, struggling with brain fog, losing muscle strength, experiencing declining libido, feeling emotionally depleted, or simply sensing that something has changed—that something is not quite right.

Their laboratory reports may not point to a clear diagnosis, but their symptoms are very real.

This is not a failure of modern medicine. It is a reminder that medicine has always been about more than numbers on a page.

Throughout my years in Internal Medicine and Critical Care, I have witnessed the final stages of disease—heart failure, kidney failure, overwhelming infections, strokes, and multi-organ dysfunction. One lesson became increasingly clear: the body rarely fails overnight.

Disease is often the culmination of physiological changes that have been evolving silently for years. Long before diabetes is diagnosed, insulin resistance may already be developing. Long before osteoporosis is detected, bone loss has often been progressing quietly. Long before cardiovascular disease becomes



symptomatic, the arteries may already be undergoing structural changes.

The body whispers long before it screams.

Laboratory investigations remain one of the greatest achievements of modern medicine. They help diagnose disease, monitor treatment, and save lives every day. But laboratory reports were never intended to replace clinical judgement.

Reference intervals are statistical ranges derived from large populations. They help determine whether a value falls within a commonly observed range—not necessarily whether it represents optimal physiological function for every individual.

Two people with identical laboratory values may have completely different clinical realities. One may feel energetic, mentally sharp, and physically resilient. The other may struggle with persistent fatigue, poor recovery, declining performance, and a gradual loss of vitality.

The difference often lies in the clinical context

and in how laboratory results are interpreted within that context.

Indeed, there are occasions when laboratory values do not match the clinical picture. In such cases, discrepancies may sometimes arise from processing errors, reporting inaccuracies, or other technical issues. This is precisely why investigations must always be interpreted alongside clinical assessment rather than in isolation.

Medicine has always rested on three equally important pillars:

- Listening to the individual's story—the medical history, which even today, despite all the technological advances available, remains the gold standard of diagnosis.
- Examining the person.
- Interpreting investigations within that clinical context.

When any one of these pillars is neglected, the picture becomes incomplete.

**LABORATORY REPORTS
DIAGNOSE DISEASE, BUT
THEY CANNOT MEASURE
VITALITY, RESILIENCE, OR
QUALITY OF LIFE. TRUE
HEALTH IS REVEALED
THROUGH CAREFUL
LISTENING, THOUGHTFUL
EXAMINATION, AND
UNDERSTANDING HOW A
PERSON TRULY FEELS.**

A laboratory report cannot tell us whether someone has stopped enjoying life because chronic fatigue has become their new normal.

It cannot measure the frustration of a woman who no longer recognizes herself during menopause despite being reassured that “everything looks fine.”

It cannot fully explain why a seemingly successful executive is experiencing progressive burnout, poor recovery, disturbed sleep, and declining physical capacity.

Those answers emerge through careful history-taking, thoughtful examination, pattern recognition, and longitudinal observation.

Perhaps one of the greatest challenges of our time is that we have become exceptionally good at diagnosing disease, yet not always equally attentive to recognizing the gradual physiological changes that often precede it.

Human physiology is not a collection of isolated organs. Hormones, metabolism, sleep, inflammation, nutrition, cardiovascular health, and physical function are deeply interconnected. Small changes across several systems may individually appear insignificant, yet together they can profoundly influence how a person feels and functions.

Health should not be defined solely by the absence of a diagnosis.

It should also be reflected in energy, resilience, cognitive clarity, physical strength, restorative



sleep, metabolic flexibility, and the ability to engage fully with life.

The goal is not to search endlessly for disease where none exists. Nor is it to dismiss genuine symptoms simply because no single laboratory value explains them.

The goal is to integrate science with clinical judgement—to understand the suffering individual as carefully as we interpret the reports.

Because medicine has never been about treating laboratory values, although at times it may appear that way.

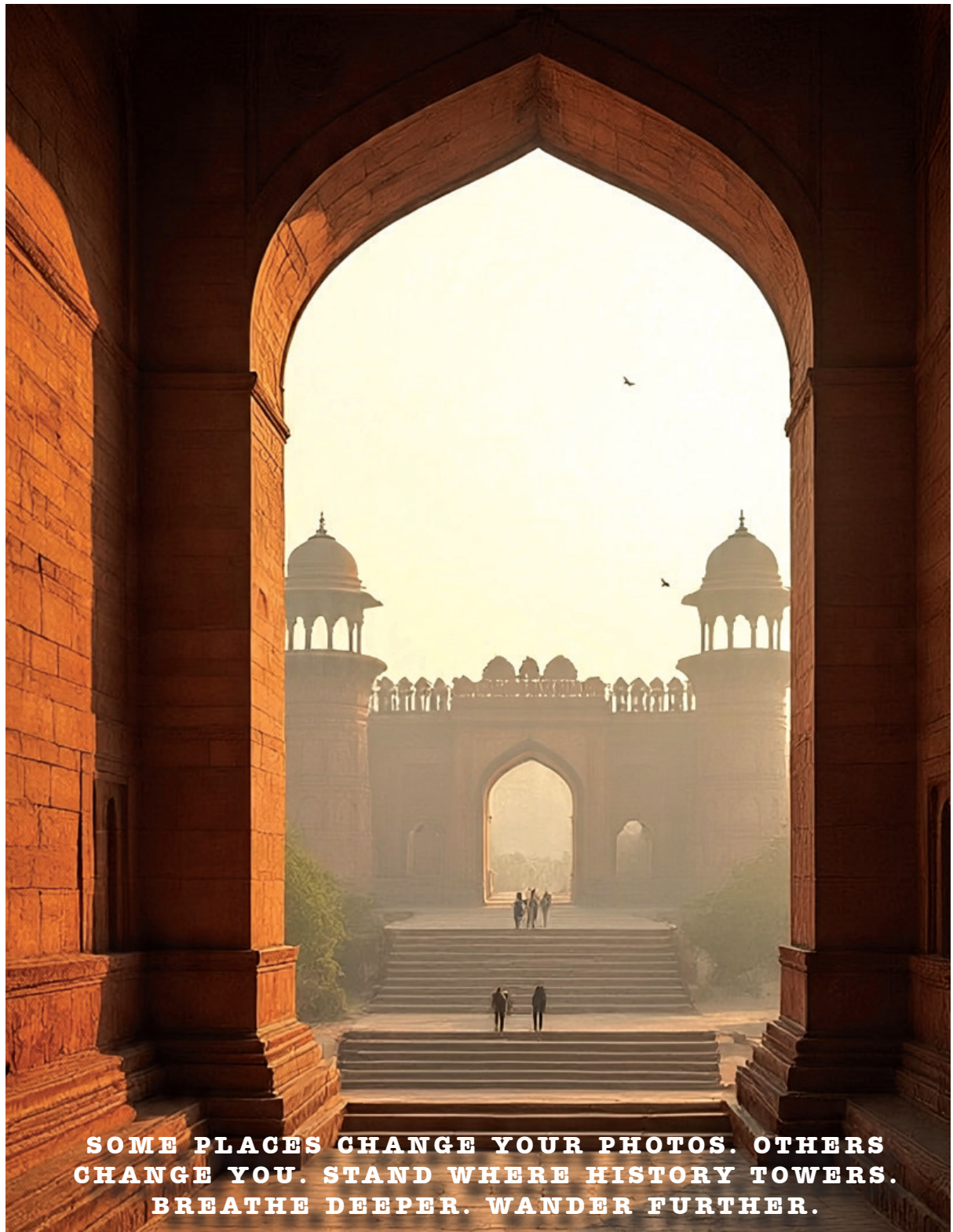
It has always been about understanding the person sitting in front of us.

More often than not, the most important clinical finding is not hidden within a report.

It is found in the conversation that takes place before the first test is ever ordered. ▶

GALAXIA QUEST

Leisurely Yours



**SOME PLACES CHANGE YOUR PHOTOS. OTHERS
CHANGE YOU. STAND WHERE HISTORY TOWERS.
BREATHE DEEPER. WANDER FURTHER.**



Hair care

**A COMPLETE GUIDE TO
HEALTHY, BEAUTIFUL HAIR**



Beautiful hair has no secret formula—it is built through consistent care. Drawing from personal experience and time-tested natural remedies, this guide explores practical ways to nourish hair, prevent damage, and maintain healthy, lustrous locks in every season and lifestyle.

— BY **NILOFAR CURRIMBHOY**

Walking beside my mother through Select Citywalk Mall in New Delhi, I often notice the familiar glances she attracts. It has become so routine for us that I barely register it anymore. Being Shahnaz Husain's daughter naturally comes with attention, but even if she were not a well-known name, my mother would still turn heads.

Her rich auburn hair has always been a defining part of her personality—distinctive, striking and endlessly admired. I have been fortunate to inherit a good head of hair as well, though mine comes from my father's side: thick,

black, wavy and full of natural bounce. Our hair could not be more different, yet we share one important trait—we have both cared for it consistently over time.

Over the years, many women have asked about the so-called “secret” behind beautiful hair. The truth is, there is no single secret. Healthy hair is the result of steady care, mindful habits and, just as importantly, avoiding damage.

Hair is not just a cosmetic feature. It is a powerful part of our identity. It reflects personality, confidence and even health. From long flowing tresses traditionally associated with



femininity to today's celebration of natural curls and texture, hair continues to hold a timeless fascination.

One lesson I have learnt is simple: healthy hair is as much about what you avoid as what you do.

I have almost never coloured my hair. I did try hair dye once, when I was in Canada. The strong chemical smell alone was overwhelming—it felt almost toxic. When the process was over, I initially felt relieved. But within days, my hair turned dry and brittle, with noticeable breakage at the ends. That experience stayed with me. I have never repeated it.

Healthy hair, I realised, is closely linked to overall well-being. Every strand reflects diet, lifestyle, environment and the products we use. Pollution, sun exposure and chemical treatments all leave their mark. Protecting hair is therefore not a luxury—it is essential care.

CARING FOR DRY HAIR

Dry hair is one of the most common concerns, and often one of the most frustrating. It tends to behave unpredictably—frizzy, rough, full of flyaways and difficult to manage.

At the core of dry hair is one issue: lack of moisture. Either the scalp is not producing enough natural oil, or repeated exposure to heat, chemicals, pollution and excessive washing has stripped it away.

When hair loses moisture, it becomes dull, tangles easily and is more prone to breakage. The instinct is often to control it with more products and styling, but this usually worsens the problem.

The better approach is simple: shift from control to care.

Gentle Cleansing

Start with a mild, herbal shampoo that cleanses without stripping natural oils. Focus shampoo on the scalp rather than the length of the hair. The scalp is where oil and buildup accumulate, and that is where cleansing is needed most.



Always follow with a conditioner. It restores softness, improves manageability and reduces friction that leads to breakage.

Hot Oil Therapy

One of the most effective treatments for dry hair is a warm oil massage. Oils such as coconut or olive oil work well.

Before oiling, gently steam your scalp using a warm towel or steam bowl. This opens pores and



SHAMPOOING THE RIGHT WAY

Shampooing is often done mechanically, but the method matters more than most people realise. Begin by wetting the hair thoroughly with

lukewarm water. Avoid hot water, as it strips natural oils and increases dryness.

Take a small amount of shampoo and apply it mainly to the scalp. Use your fingertips to massage gently in circular motions. This helps remove oil, sweat and buildup while improving blood circulation.

There is no need to scrub the length of the hair. As you rinse, the shampoo naturally cleans the strands as it flows down.

Rinsing is crucial. Any leftover residue can attract dirt and make hair appear dull or greasy.

For most people, shampooing two to three times a week is sufficient. Overwashing disturbs the natural balance of the scalp and can lead to dryness and irritation.

The goal of shampooing is not just cleanliness—it is maintaining a healthy scalp environment that supports strong, balanced hair.



improves absorption. Warm the oil slightly and massage it gently into the scalp using fingertips—there is no need for heavy pressure or excess oil.

Leave it on for about 20 minutes before washing. For very dry hair, this can become a weekly ritual.

Traditional Remedies

Time-tested ingredients like *amla*, *shikakai* and *reetha* remain valuable because they cleanse gently

while nourishing the scalp. They help restore natural shine without harsh chemical effects.

Reduce Heat and Chemicals

Dry hair is fragile, so frequent heat styling, colouring and chemical treatments should be minimised. Occasional use is fine, but overuse leads to long-term damage.

Simple Nourishing Masks

A mixture of vegetable oil and honey can be applied as a quick mask. Leave it for 10–20 minutes before washing. Honey helps retain moisture, while oil restores softness.

Gentle Handling

Dry hair breaks easily because it lacks elasticity. Always handle it with care:

- * Use a wide-tooth comb
- * Avoid harsh towel rubbing
- * Do not tug at knots
- * Pat dry instead of rubbing

Conditioning is essential. Leave-in treatments can also help when extra hydration is needed.



HAIR CARE DURING MONSOON AND ACTIVE LIFESTYLE

Monsoon brings relief from heat but introduces humidity, which can make hair frizzy and unmanageable. Damp weather also increases the risk of dandruff and scalp infections.

During this season, scalp hygiene becomes especially important. Wash your hair regularly and ensure it dries completely before tying it up. Damp hair, when tied tightly, can irritate the scalp and weaken hair roots.

Whenever possible, allow hair to air dry in a well-ventilated space. Simple,

consistent care is usually enough to keep monsoon-related problems under control.

Hair and Exercise

Exercise is beneficial for overall health, but sweating can affect the scalp. Sweat mixed with oil and dust can lead to greasiness and irritation if not managed properly.

A few simple habits help:

- * Keep hair loosely tied or braided during workouts
- * Avoid tight hairstyles that strain the roots
- * Use soft scrunchies instead of tight elastics
- * Wash hair only when needed, not after every workout

Frequent shampooing after exercise is not necessary and may strip the scalp of essential oils.

Natural Hair Treatments

Nature offers several effective remedies that support healthy hair:





Aloe Vera: Soothes the scalp, removes excess oil and improves moisture balance. It can be applied directly or mixed with honey or egg for added nourishment.

Orange: Rich in Vitamin C and antioxidants. Orange peel paste or juice mixtures help refresh the scalp and add shine.

Flaxseed (Alsi): Contains fatty acids that reduce dryness. Soaked flaxseed water can be applied to the scalp as a natural gel.

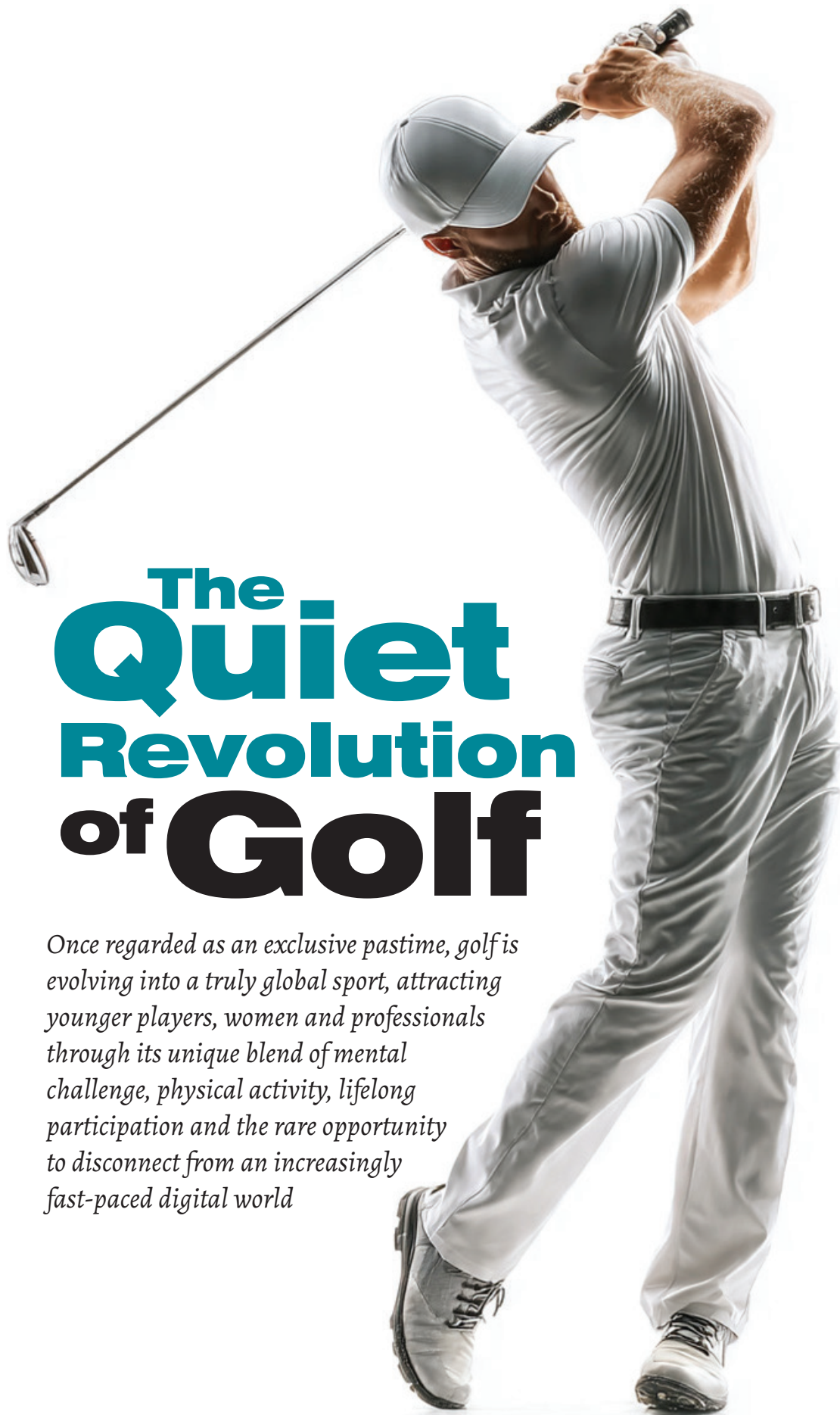
Avocado and Banana: A nourishing mask rich in vitamins and natural oils, applied for about 30 minutes, it softens and revitalises dry or damaged hair.

FINAL THOUGHTS

Healthy hair is not the result of occasional treatments but of daily care. It reflects consistency, patience and respect for what nature has given us.

Whether dealing with dryness, humidity or styling damage, the principles remain the same: cleanse gently, nourish regularly and avoid unnecessary stress on the hair.

Beautiful hair is never achieved overnight. It is built slowly, through small habits practiced every day—and over time, those habits create hair that is not just attractive, but genuinely healthy. ▶



The Quiet Revolution of Golf

Once regarded as an exclusive pastime, golf is evolving into a truly global sport, attracting younger players, women and professionals through its unique blend of mental challenge, physical activity, lifelong participation and the rare opportunity to disconnect from an increasingly fast-paced digital world

BY MRINAL BHARTI



MRINAL BHARTI
LAWYER CUM GOLF
ENTHUSIAST

**PARTNERSHIPS
HAVE BEEN BUILT
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STRENGTHENED
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CONVERSATION
FLOWS MORE
NATURALLY THAN IT
EVER DOES ACROSS A
CONFERENCE TABLE**

Why millions around the world are discovering the game's timeless appeal

There is a moment on a golf course, usually somewhere around the third or fourth hole, when the noise of everyday life simply fades away. The phone stays in the bag. Deadlines lose their urgency. All that remains is a stretch of green, the rustle of leaves, and the deceptively simple challenge of getting a small white ball into a distant hole.

It sounds easy. It is anything but.

That contrast—the serenity of the surroundings and the relentless challenge of the game—may explain why golf is quietly becoming one of the world's fastest-growing sports.

For decades, golf carried an image of exclusivity. It belonged to private clubs, corporate executives and retirees with ample leisure time. It struggled to compete with football's passionate crowds, cricket's devoted following or basketball's youthful energy.

Today, that image is changing.

Young professionals are filling indoor golf simulators in Seoul and Tokyo after work. Women are taking up the game in increasing numbers across India and the Middle East. Social media has introduced golf to audiences who may never have set foot on a course, while YouTube coaches have made learning the game easier than ever before.

Golf is no longer simply a pastime for the privileged. It is becoming a truly global sport.

One reason lies in its remarkable relationship with time.

Most sports favour youth. Speed declines, injuries accumulate and careers eventually end. Golf is different. A child can learn it, a professional can compete at the highest level into middle age, and recreational players often continue well into their seventies or eighties.

Few sports offer such longevity.

That makes golf particularly relevant in an era when people are living longer and placing greater



emphasis on healthy ageing. A round of golf involves several kilometres of walking, hours of concentration and prolonged time outdoors. Just as importantly, it encourages conversation. Friends spend four or five uninterrupted hours together, sharing successes, frustrations and stories between shots.

In an increasingly digital world, that kind of unhurried human connection has become surprisingly rare.

Golf also teaches lessons that extend far beyond the fairway.

Unlike many sports, your greatest opponent is often yourself. Every shot demands patience, discipline and emotional control. Anger rarely improves the next stroke, and dwelling on mistakes almost always leads to another one. Success comes not through power alone but through judgement, consistency and resilience.

It is no coincidence that many business leaders have long valued the game.

A golf course reveals character in ways a boardroom seldom can. Over four hours, people display how they deal with pressure, disappointment and success. Partnerships have been built and friendships strengthened during

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long walks between holes, where conversation flows more naturally than it ever does across a conference table.

The appeal, however, now extends far beyond business.

Technology has transformed the game.

Golf once demanded expensive coaching, exclusive memberships and access to quality courses. Today, swing-analysis apps, GPS devices and online coaching have made improvement accessible to almost anyone. Indoor simulators allow people to play regardless of weather or space, making golf practical even in crowded cities.



TECHNOLOGY, ASIA'S RAPID GROWTH AND TIGER WOODS' TRANSFORMATIVE INFLUENCE HAVE REDEFINED GOLF, MAKING THE SPORT MORE ACCESSIBLE, INCLUSIVE AND GLOBALLY ASPIRATIONAL THAN EVER BEFORE

The barriers have not disappeared, but they have become significantly lower.

The sport's geography is changing too.

For generations, golf was dominated by Scotland, Britain and the United States. Today, Asia is driving much of its growth. South Korea has become a global powerhouse, Japan has one of the world's most established golfing cultures, and countries across the Gulf are investing heavily in world-class courses and international tournaments. India, too, is witnessing steady growth, particularly among younger professionals and women embracing the game.

This shift reflects a broader truth: golf is no longer defined by where it began but by where it is going.

No discussion of golf's modern rise would be complete without Tiger Woods.

When he burst onto the scene in the late 1990s, he transformed the sport. His extraordinary talent, athleticism and charisma attracted millions of new fans and challenged long-held perceptions about

MORE THAN A SPORT, GOLF IS A LIFELONG PURSUIT THAT REWARDS PATIENCE, FRIENDSHIP AND WELL-BEING, REFLECTING A GROWING GLOBAL PREFERENCE FOR MEANINGFUL EXPERIENCES, PERSONAL GROWTH AND LASTING HUMAN CONNECTION OVER SPEED AND SPECTACLE

who belonged in golf. Television audiences soared, prize money increased and the game acquired a new confidence.

The current generation of stars has continued that momentum, while new tournaments and formats have broadened golf's global reach.

Yet the game's enduring appeal cannot be explained by celebrity alone.

Golf offers something increasingly valuable in modern life: the opportunity to slow down.

In a culture that celebrates speed, constant connectivity and instant gratification, golf rewards patience. It asks players to think before acting, to accept failure without frustration and to focus entirely on the next shot rather than the last mistake.

There are few places today where people willingly spend four or five hours away from screens, walking through open landscapes with friends, absorbed in a single task. Golf provides exactly that.

It is exercise without feeling like exercise, competition without hostility and conversation without interruption.

That combination is difficult to find elsewhere.

Golf may never rival football or cricket in global popularity, nor does it need to. Its influence lies elsewhere. It is one of the world's most valuable sporting

ecosystems, supporting tourism, hospitality, equipment, fashion and real estate. More importantly, it creates lifelong participants rather than occasional spectators.

People rarely "retire" from golf. They simply keep playing.

Perhaps that is the game's greatest strength.

As life expectancy rises and people seek activities that combine fitness, friendship and mental well-being, golf feels uniquely suited to the future. It is not merely a sport but a lifelong companion, one that evolves with its players rather than leaving them behind.

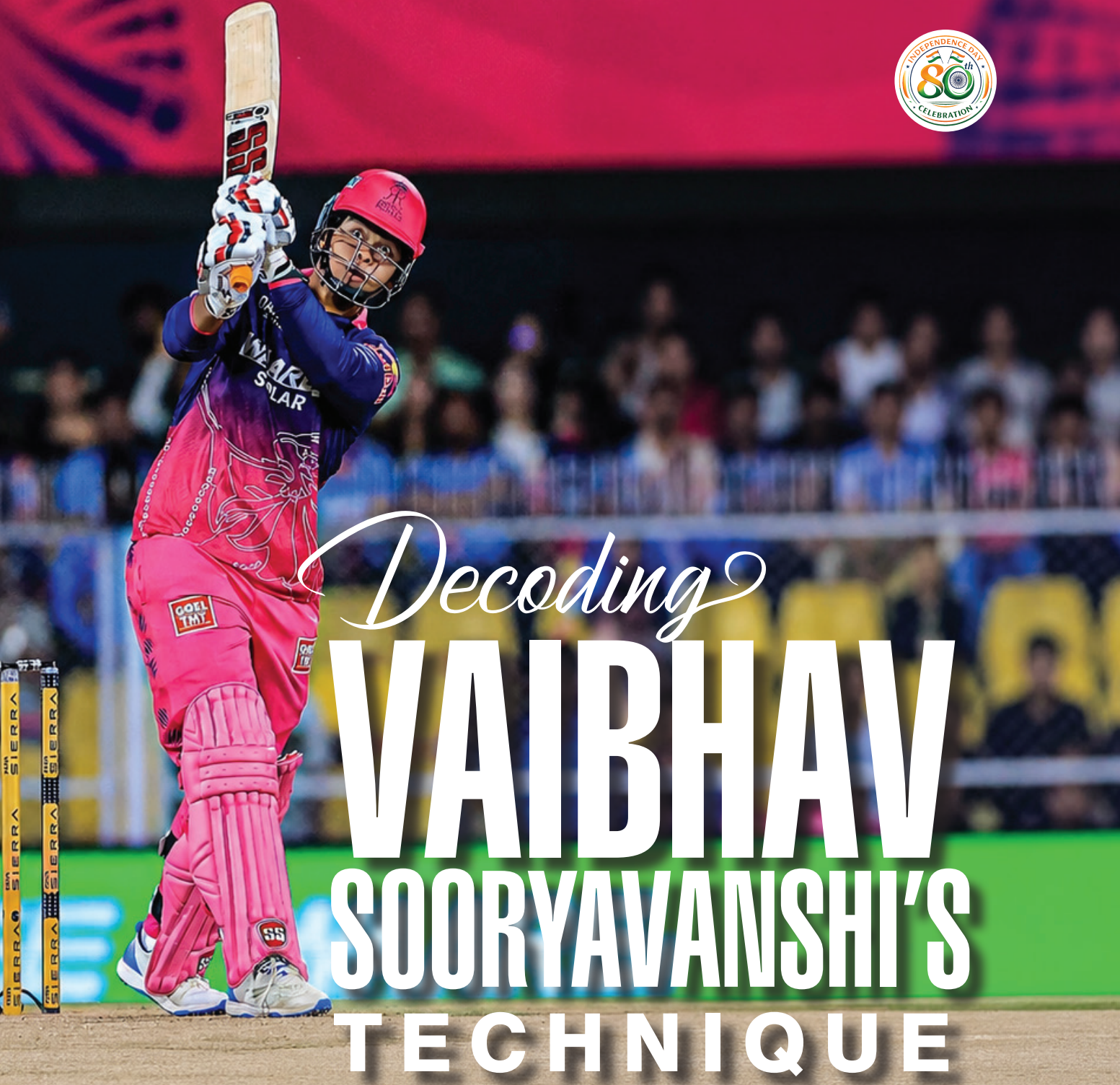
The world's growing affection for golf is therefore no passing trend. It reflects a deeper shift in what people increasingly value: health over haste, experience over spectacle, and connection over distraction.

In the end, golf is not simply about chasing a little white ball across a fairway.

It is about learning patience, accepting imperfection and discovering that some of life's most rewarding journeys are measured not by speed, but by the quality of each step along the way.

That is the quiet revolution of golf—and it is only just beginning. ▀





Decoding **VAIBHAV SOORYAVANSHI'S TECHNIQUE**

The baseball-inspired secret behind his explosive power



*Vaibhav Sooryavanshi's record 65 sixes stem from a baseball-like technique — back-leg weight transfer, explosive hip rotation, straightening front leg — generating elite bat speed and effortless boundary-clearing power, writes senior cricket journalist **INDRANIL BASU***



How is Vaibhav Sooryavanshi able to hit the cricket ball such extraordinary distances? What technique allows him to clear the boundary with such remarkable consistency? What has made him such a prolific six-hitter that he has already surpassed Chris Gayle's record of 59 sixes by smashing 65? Is it purely natural ability, or is it the result of a technique he has developed and refined over the years?

The way Vaibhav Sooryavanshi can smash a 50 off just 11 deliveries has its roots in a simple yet highly effective technique—one that resembles the throwing motion used in baseball. Interestingly, it is also similar to the way an Indian policeman swings a lathi to control a charging crowd.

SOORYAVANSHI APPEARS TO HAVE ADAPTED THIS BIOMECHANICAL SEQUENCE BRILLIANTLY TO HIS BATTING, ENABLING HIM TO GENERATE EXTRAORDINARY BAT SPEED AND CONSISTENTLY CLEAR THE BOUNDARY WITH EASE

Think about that posture. The policeman loads his body weight onto the back leg by bending it more than the front leg, while the head moves forward to counterbalance the body. He then unleashes the wooden stick with a powerful rotational swing, allowing the entire body—not just the arms—to generate maximum force.

Sooryavanshi employs a remarkably similar movement while hitting sixes. During his trigger movement, he transfers almost his entire body weight onto the back leg. At the moment of impact, the front leg straightens, allowing him to drive upward through the ball. This creates additional elevation and forms a pronounced 'L' shape through the hips as they rotate from pointing towards the point region to facing the umpire during the follow-through.

The same principle is widely used in baseball, where players generate immense throwing power by loading onto the back leg before transferring energy through the hips, torso and shoulders. Sooryavanshi appears to have adapted this biomechanical sequence brilliantly to his batting, enabling him to generate extraordinary bat speed and consistently clear the boundary with ease.

This technique, combined with Sooryavanshi's exceptional bat speed and outstanding hand-eye coordination, makes him one of the most destructive hitters in the game. Another noticeable feature of his batting is how he often clears his front leg away from the line of the ball, creating a free swing for the bat. By opening up his body in this manner, he gives himself a longer arc through the shot, allowing him to generate greater bat speed and maximise power at impact. The result is a clean, uninhibited swing that enables him to send the ball soaring over the boundary with remarkable regularity.

Whether this baseball-inspired technique will stand the test of red-ball cricket remains to be seen until Vaibhav Sooryavanshi gets an opportunity in the longest format. But the way the teenage sensation has burst onto the scene, earning a Test cap doesn't

BEYOND TECHNIQUE, SOORYAVANSHI'S KOHLI-LIKE MENTAL STEEL STANDS OUT. FEARLESS, BOUNDARY-CLEARING EASE AND POWER MAKE HIM CRICKET'S NEXT POTENTIAL GLOBAL SUPERSTAR

seem like a distant dream. The real examination, however, will come on seaming and bouncy overseas tracks.

On flat pitches, Sooryavanshi has the ability to take on any bowler in any format. Even on slow and low surfaces, his exceptional bat speed and hand-eye coordination allow him to clear the ropes with ease. The bigger challenge will be how he handles sustained short-pitched bowling from the world's best fast bowlers.

Someone like Kagiso Rabada will still fancy his chances of testing the youngster with a barrage of bouncers, and there may well be occasions when Sooryavanshi is struck on the helmet. The fascinating part will be watching how the fearless Bihari responds. If his early career is anything to go by, he is unlikely to take a backward step and will look to hit back in the very next battle.

More than the technique, it is Sooryavanshi's mental conditioning that makes him a special talent. Much like Virat Kohli, he is not the kind of player to take anything lying down. Give him an inch and he'll take a yard. That is the mindset he carries to the crease.

Many believe he has all the ingredients to become the next global superstar of cricket, largely because of his rare ability to clear the boundary almost at will. It is this fearless approach, combined with powerful technique and impeccable hand-eye coordination, that sets him apart from most young batters of his generation. . 





THE ETERNAL Lotus

SYMBOLISM, SPIRITUALITY AND
THE CONTEMPORARY VISION



Blending abstraction with symbolism, SUNAYANA MALHOTRA has developed a distinctive artistic language where colour, texture and spirituality converge, transforming the lotus into a timeless metaphor for contemplation, renewal and inner consciousness, writes
RITIKA LALL CHAKRAVARTTY



**ACROSS CENTURIES
OF INDIAN ART, THE
LOTUS HAS INSPIRED
GENERATIONS OF
ARTISTS, SYMBOLISING
PURITY, SPIRITUALITY,
RENEWAL AND ENDURING
CULTURAL IDENTITY**



Every artistic language is shaped through years of experimentation, refinement, and discovery, and Sunayana Malhotra's practice is no exception. Although she is now widely recognised for her evocative lotus paintings, her artistic journey extends far beyond a single motif.

Over the years, Malhotra has cultivated a confident vocabulary of abstraction, exploring the expressive potential of colour, texture, rhythm, and layered surfaces. Her paintings reveal an intuitive understanding of feminism and atmosphere around, where emotion often takes precedence over description. This fluency in her abstraction continues in every canvas she creates, lending her work a quiet sophistication and unmistakably contemporary sensibility.

The lotus, however, became the visual language through which these explorations reached their fullest expression. Rather than narrowing her practice, it provided the artist with an enduring metaphor through which she could investigate memory, spirituality, nature, and human consciousness.

What distinguishes Malhotra's oeuvre is that the lotus is never repeated as a decorative formula.



Instead, each painting reinterprets the motif through evolving colour harmonies, shifting spatial relationships, and increasingly nuanced emotional registers. Beneath the recognisable lotus lies an artist deeply invested in abstraction, materiality, spirituality and philosophy.

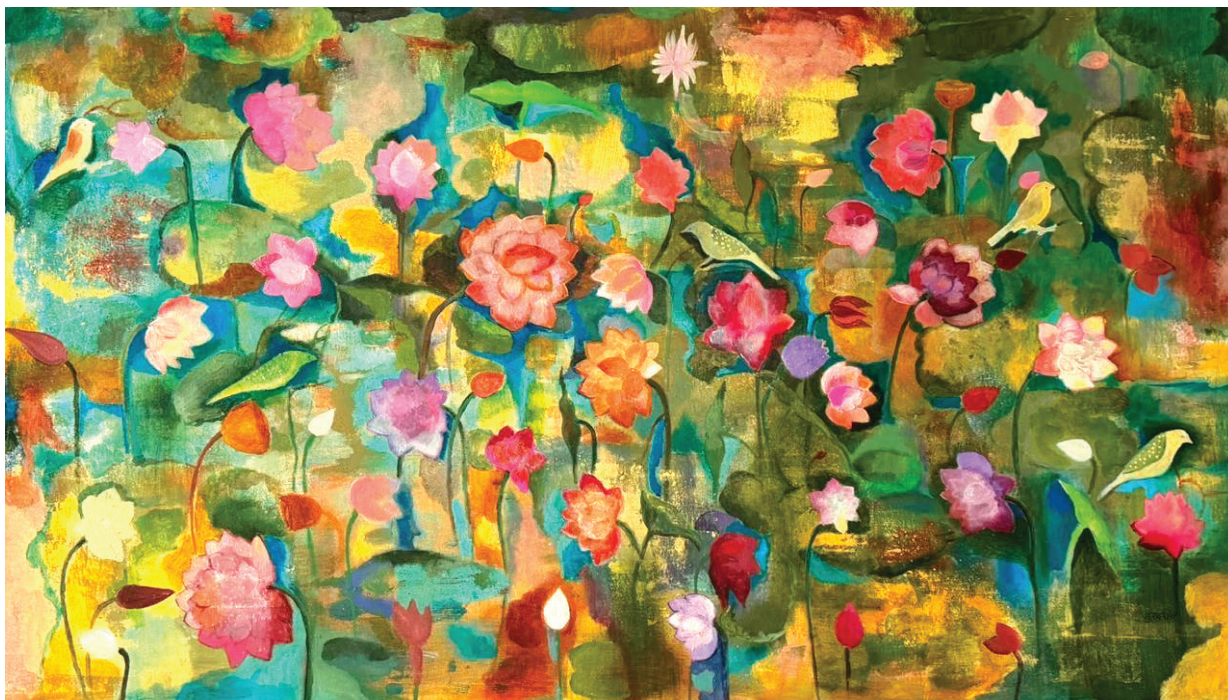
This balance between consistency and reinvention has allowed Sunayana Malhotra to carve a distinctive niche within contemporary Indian art. Her work is immediately recognisable, yet continually evolving. A hallmark of artists who build enduring visual identities rather than simply recurring subjects.

THE ETERNAL BLOOM

In the long and layered history of Indian art, few motifs have endured with the spiritual resonance and visual richness of the lotus. Emerging pristine from muddy waters, it has long symbolised purity, transcendence, renewal, and enlightenment. From the sculptural traditions of Sanchi and Ajanta to Mughal miniatures, Rajput painting, the Bengal School, and contemporary abstraction, the lotus has remained one of India's most enduring visual metaphors.

MODERN MASTERS AND THE LOTUS

- **Rabindranath Tagore** transformed the lotus into a symbol of cultural identity and spiritual renewal. In *Bharat Mata*, it embodies purity, national consciousness, and the soul of India.
- **Nandalal Bose** drew from mythology and nature, using the lotus in restrained, lyrical forms that reinforced its place in India's modern artistic vocabulary.
- **Jamini Roy** reinterpreted the lotus through the language of folk art, reducing it to bold, stylized forms that balanced decorative appeal with symbolic depth.
- **Maqbool Fida Husain** infused the lotus with expressive energy, weaving it into his dynamic explorations of Indian mythology, history, and spirituality.
- **S. H. Raza** elevated the lotus beyond representation, treating it as a metaphysical symbol of cosmic energy, meditation, and inner awakening.



SUNAYANA MALHOTRA REIMAGINES THE LOTUS AS A CONTEMPORARY SYMBOL OF MEMORY, SPIRITUALITY AND REFLECTION, CREATING IMMERSIVE PAINTINGS WHERE TRADITION, ABSTRACTION AND INNER CONTEMPLATION COEXIST IN LUMINOUS HARMONY

THE LOTUS REIMAGINED

Contemporary Indian artists like Sunayana Malhotra, continues to interpret and revisit this timeless symbol with remarkable sensitivity. Rather than treating the lotus as a botanical subject, she transforms it into an expansive emotional landscape where memory, mythology, meditation, and abstraction coexist. Through luminous colour, layered textures, floating birds, meditative silhouettes, and dreamlike atmospheres, her paintings occupy a distinctive place within contemporary Indian art. Deeply rooted in cultural memory yet unmistakably modern in expression.

The significance of the lotus within Indian philosophy is inseparable from its artistic history.

In Hindu thought, it embodies creation, purity, prosperity, and wisdom through its associations with Brahma, Lakshmi, and Saraswati. Buddhism regards the lotus as a metaphor for spiritual awakening, while Jain traditions recognise it as an emblem of transcendence. Across centuries, temple sculpture, miniature painting, textiles, manuscripts, and architecture transformed the flower into a universal language of spiritual aspiration.

Malhotra does not replicate these traditions; she extends them. Her lotus is not an illustration of mythology but a contemporary meditation upon it.

Her paintings are immersive environments rather than descriptive landscapes. Lotus



blossoms emerge and dissolve within atmospheric fields of colour, while birds drift through quiet, contemplative spaces. Water is suggested rather than depicted, allowing memory and imagination to complete the image. The lotus becomes less a flower than a state of mind and an enduring metaphor for reflection, renewal, and inner stillness.

**LAYERED
TEXTURES AND
LUMINOUS COLOURS
TRANSFORM SUNAYANA
MALHOTRA'S PAINTINGS
INTO MEDITATIVE
SPACES WHERE
EMOTION, MEMORY
AND SPIRITUALITY
QUIETLY UNFOLD**

previous decisions and histories.

Decorative references to textiles, sacred geometry, and architectural ornament often remain partially concealed, creating paintings that function as visual palimpsests. This gradual accumulation mirrors meditation itself, an unfolding process of reflection rather than revelation.

LAYERING AS A MEDITATIVE PROCESS

A defining characteristic of Malhotra's work is her mastery of layered surfaces. Transparent washes merge with opaque passages, while textures, patterns, and fragments of ornament quietly emerge from beneath the paint.

The process resembles an archaeological excavation, where each layer preserves traces of

COLOUR AS EMOTIONAL LANGUAGE

If layering forms the structure of Malhotra's paintings, colour provides their emotional resonance. Rather than describing nature realistically, she constructs immersive atmospheres through carefully orchestrated palettes of turquoise, emerald, ochre, saffron, crimson, coral, lavender, and luminous gold.



Cooler works evoke the serenity of temple ponds at dawn, while warmer compositions radiate transformation and spiritual energy. Colour is never merely decorative; it shapes movement, establishes mood, and dissolves the boundaries between representation and abstraction, giving her paintings a lyrical, almost musical quality.

SILENCE, BIRDS AND THE ZEN IMAGINATION

Birds appear repeatedly throughout Malhotra's paintings, introducing a subtle dialogue between earth and sky, rootedness and freedom. Within Indian and Eastern philosophies, they symbolise consciousness and spiritual ascent, complementing the lotus's association with awakening.

Together these motifs create paintings that resist narrative in favour of presence. Much like Zen gardens, they encourage contemplation over

THROUGH LUMINOUS COLOUR, MEDITATIVE SYMBOLISM AND SERENE COMPOSITIONS, SUNAYANA MALHOTRA TRANSFORMS ANCIENT INDIAN TRADITIONS INTO A CONTEMPORARY VISUAL LANGUAGE OF CONTEMPLATION AND RENEWAL

interpretation, where silence becomes as significant as imagery and empty spaces carry as much meaning as painted forms.

ANCIENT SYMBOL, CONTEMPORARY VOICE

Malhotra's engagement with mythology is understated yet profound. Rather than illustrating sacred stories, she absorbs their philosophical essence into her visual language. Buddha-like silhouettes, meditative figures, and recurring lotus forms function as contemporary mandalas, balancing abstraction with cultural memory.

This ability to negotiate tradition without becoming nostalgic distinguishes her practice. Her paintings remain unmistakably Indian while speaking to universal themes of resilience, renewal, and inner transformation.

BEYOND BEAUTY

The immediate appeal of Malhotra's work lies in its luminosity and elegance, yet its lasting strength resides in its intellectual and emotional depth. Questions of impermanence, ecology, spirituality, and memory gradually reveal themselves through sustained viewing.

This layered quality has also contributed to the growing appreciation of her work among collectors. As global interest continues to expand for artists who reinterpret cultural heritage through contemporary expression, Malhotra's paintings occupy a compelling position. They resonate equally within private collections,

hospitality projects, wellness spaces, and corporate environments, where contemplative art is increasingly valued for the atmosphere, it creates as much as its aesthetic refinement.

What ultimately distinguishes Sunayana Malhotra is not simply that she paints the lotus, but that she has transformed it into an enduring personal language. Beneath the recognisable flower lies an accomplished abstract painter whose mastery of colour, texture, and atmosphere continually expands the symbolic possibilities of this ancient motif.

Her paintings exist between history and modernity, abstraction and symbolism, beauty and philosophy. They invite viewers not merely to look, but to linger, to experience moments of stillness within an increasingly accelerated world.

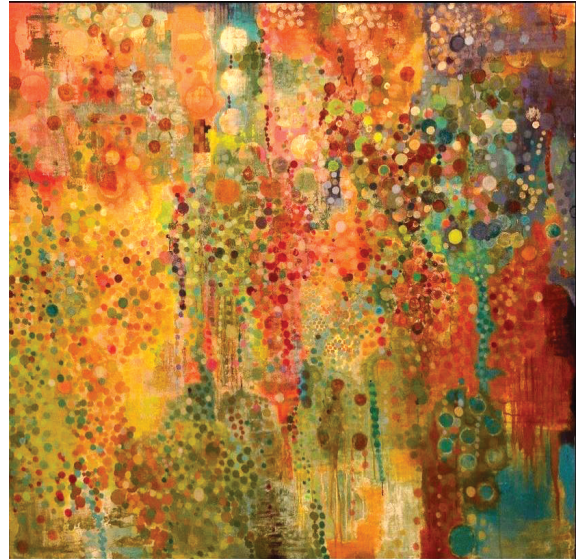
In renewing one of India's most enduring symbols through a contemporary visual vocabulary, Sunayana Malhotra has carved a distinctive niche within contemporary Indian art. Her lotus is no longer merely a flower; it is a living metaphor, one that continues to bloom with grace, contemplation, and quiet originality.

A COLLECTOR'S PERSPECTIVE

For discerning collectors, the appeal of Sunayana Malhotra's work extends far beyond its visual beauty. Her paintings embody the qualities that define enduring artistic practices: a distinctive visual language, conceptual coherence, technical sophistication, and a rare ability to evolve while remaining unmistakably her own.

The lotus has become the artist's unmistakable signature, yet no two works feel alike. Each canvas offers a fresh dialogue between colour, texture, atmosphere, and symbolism, revealing a practice that values exploration over repetition. This consistency of vision, coupled with continual reinvention, is a hallmark of artists whose work acquires lasting significance.

Equally compelling is the universal relevance of her imagery. Rooted in India's philosophical traditions yet expressed through a contemporary painterly language, Malhotra's works resonate



**SUNAYANA MALHOTRA'S
PAINTINGS COMBINE
ARTISTIC INTEGRITY,
CULTURAL DEPTH
AND CONTEMPORARY
VISION, OFFERING
COLLECTORS ENDURING
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TECHNICAL REFINEMENT,
EMOTIONAL RESONANCE
AND TIMELESS
RELEVANCE WHILE
CONTINUALLY EVOLVING
THROUGH A DISTINCTIVE
VISUAL LANGUAGE**

across cultures, making them equally at home in private collections, institutional settings, and thoughtfully curated interiors.

Ultimately, collectors are drawn not only to what these paintings depict, but to the contemplative experience they offer. In an increasingly fast-paced world, Sunayana Malhotra's lotus paintings stand as enduring works of quiet reflection, distinguished by artistic integrity, cultural depth, and a visual language that continues to mature with remarkable grace. ▀

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BEYOND ORDINARY**





BEYOND THE SURNAME

Not Every Political Heir Deserves Contempt

*Indians rarely agree unanimously on political issues. Yet there is one subject that almost invariably provokes outrage across party lines: dynastic politics, writes **AMIT GOEL***



Left to right clockwise: Justin Trudeau, Pierre Trudeau and John F. Kennedy

For many, merely being the son, daughter, spouse, or relative of a politician is treated as a disqualification in itself. The cry of “family rule” or “nepotism” rises instantly whenever a political heir enters public life. Curiously, the same standard is seldom applied elsewhere. Few objects when the child of an industrialist inherits a business empire, or when a family-run enterprise passes from one generation to the next.

If business acumen is not encoded in one's genes, why is political inheritance automatically equated with incompetence?

The real question is not whether a person belongs to a political family. The real question is whether that individual possesses the ability, experience and commitment required for public service.

How Do We Decide Who Deserves to Succeed?

Political families are hardly unique to India. Across the world, politics often runs in families.

Former Canadian Prime Minister Justin Trudeau followed in the footsteps of his father, Pierre Trudeau, one of Canada's most influential leaders. Pierre Trudeau helped shape modern Canada through the Charter of Rights and Freedoms and by institutionalising bilingualism, a move that strengthened national unity.

In the United States, the Kennedy family has

A CELEBRATED SURNAME MAY ATTRACT ATTENTION, BUT ONLY CHARACTER, COMPETENCE AND PUBLIC CONFIDENCE CAN SUSTAIN A POLITICAL CAREER IN THE UNFORGIVING ARENA OF DEMOCRACY.

been a powerful political force for generations. Similar examples can be found across Europe, Asia and Latin America.

Yet it would be simplistic to assume that every child of a politician is automatically qualified for public office. Just as the children of doctors, lawyers or engineers do not necessarily inherit



Pt. Jawaharlal Nehru, Indira Gandhi and Rajiv Gandhi

their parents' professional abilities, political talent too cannot be assumed.

A famous surname may open doors, but it cannot guarantee competence.

TWO TYPES OF POLITICAL DYNASTS

Broadly speaking, political heirs fall into two categories.

The first consists of individuals who are elevated primarily because of their family name. Their rise often breeds resentment among party workers and leaders who have spent years building grassroots support and organisational experience.

The debate over dynastic politics in India has largely centred on the Nehru-Gandhi family. From Jawaharlal Nehru and Indira Gandhi to Rajiv Gandhi, Sonia Gandhi, Rahul Gandhi and Priyanka Gandhi Vadra, successive generations have exercised immense influence over the Congress Party.

Critics argue that leadership based predominantly on lineage can discourage merit and weaken organisational vitality.

However, dynastic politics is by no means confined to the Congress.

India's political landscape is replete with examples: Devi Lal and Om Prakash Chautala in Haryana; Chaudhary Charan Singh and Ajit Singh in western Uttar Pradesh; Hemwati Nandan



Sonia Gandhi, Rahul Gandhi and Priyanka Gandhi Vadra

FROM JAWAHARLAL NEHRU, INDIRA GANDHI AND RAJIV GANDHI TO SONIA GANDHI, RAHUL GANDHI AND PRIYANKA GANDHI VADRA, THE CONGRESS EXEMPLIFIES INDIA'S DYNASTIC DEBATE, WHERE CRITICS ARGUE THAT LINEAGE CAN OVERSHADOW MERIT, INTERNAL DEMOCRACY AND ORGANISATIONAL GROWTH

Bahuguna and Rita Bahuguna Joshi; Rajesh Pilot and Sachin Pilot in Rajasthan; and, more recently, Mamata Banerjee's efforts to promote her nephew Abhishek Banerjee as a future leader in West Bengal.

Political succession is a phenomenon that cuts across party lines and ideological divides.

THE SCINDIAS: A DYNASTY LIKE NO OTHER

Few families illustrate the complexities of Indian dynastic politics better than the Scindias of Gwalior.

Rajmata Vijaya Raje Scindia was a founding figure of the Bharatiya Janata Party. Her daughters, Vasundhara Raje and Yashodhara Raje Scindia, became prominent BJP leaders, with Vasundhara serving twice as Chief Minister of Rajasthan.

Yet her son, Madhavrao Scindia, charted a very different course, becoming a senior Congress leader and close associate of Rajiv Gandhi.

The story became even more intriguing with the next generation. Madhavrao's son, Jyotiraditya Scindia, entered politics through the Congress, served as a Union minister, and later switched to the BJP, dramatically altering the political landscape of Madhya Pradesh.

Few political families have spread their influence so widely across rival political camps.



Rajmata Vijaya Raje Scindia



Vasundhara Raje Scindia



Yashodhara Raje Scindia



Madhavrao Scindia



Jyotiraditya Scindia

GROWING UP IN POLITICS

The second category of political heirs deserves a more nuanced assessment.

These are individuals who spend their formative years immersed in politics. They accompany their parents on constituency visits, attend public meetings, interact with party workers, listen to public grievances and observe governance at close quarters.

For them, politics is not a sudden career choice. It is an environment in which they have lived and learned for decades.



Akhilesh Yadav is a notable example. Groomed under the guidance of Mulayam Singh Yadav, he developed his own political identity and emerged as a significant force in Uttar Pradesh politics.

Others include Abhishek Banerjee, Piyush



Goyal, Vijay Goel, Bansuri Swaraj, Sandeep Dikshit, Ajay Maken and M. K. Stalin. Whatever one's political preferences, these leaders spent years understanding political organisation, public engagement and electoral realities before assuming major responsibilities.

To dismiss such individuals solely because of their surnames is neither fair nor particularly rational.

EXPERIENCE MATTERS

Experience has value in every profession, and politics should be no exception.

If someone has spent twenty or thirty years observing governance, understanding constituency dynamics and learning the practical realities of public life, should that accumulated knowledge be disregarded simply because of an accident of birth?

Indeed, many political heirs begin their careers with a deeper understanding of public administration, policy-making and voter expectations than complete outsiders. They have witnessed electoral victories and defeats, participated in campaigns and observed leadership under pressure long before contesting their first election.

This exposure does not guarantee success, but it certainly provides valuable preparation.



THE REAL THREAT TO DEMOCRACY

The greater danger to democracy does not necessarily come from political families.

A political heir, whatever his or her background, remains accountable to voters and must periodically seek a public mandate.

The more serious threat comes from individuals who possess neither political experience nor a record of public service, yet acquire influence through wealth, corporate power, caste arithmetic, religious polarisation or sheer opportunism.

Democracy is weakened not by lineage alone but by the absence of competence, accountability and commitment.



Why Is Politics Treated Differently?

Society rarely objects when business families produce successful entrepreneurs generation after generation. No one suggests that the child of a renowned surgeon should be barred from medicine. Film families have produced some of India's finest actors, while sporting families have produced champions in successive generations.

In every field, exposure, mentorship and early learning matter.

Why should politics alone be judged by a different standard?

The reality is that a surname may provide visibility, but it cannot ensure public acceptance. Indian voters have repeatedly demonstrated their willingness to reject even the most prominent political families when performance falls short.

Democracy itself is the ultimate filter.

CONCLUSION

Politics, like any serious profession, requires training.

Some acquire that training through student movements, grassroots activism and years of organisational work. Others acquire it by growing up in political households and spending decades learning the craft from close quarters.

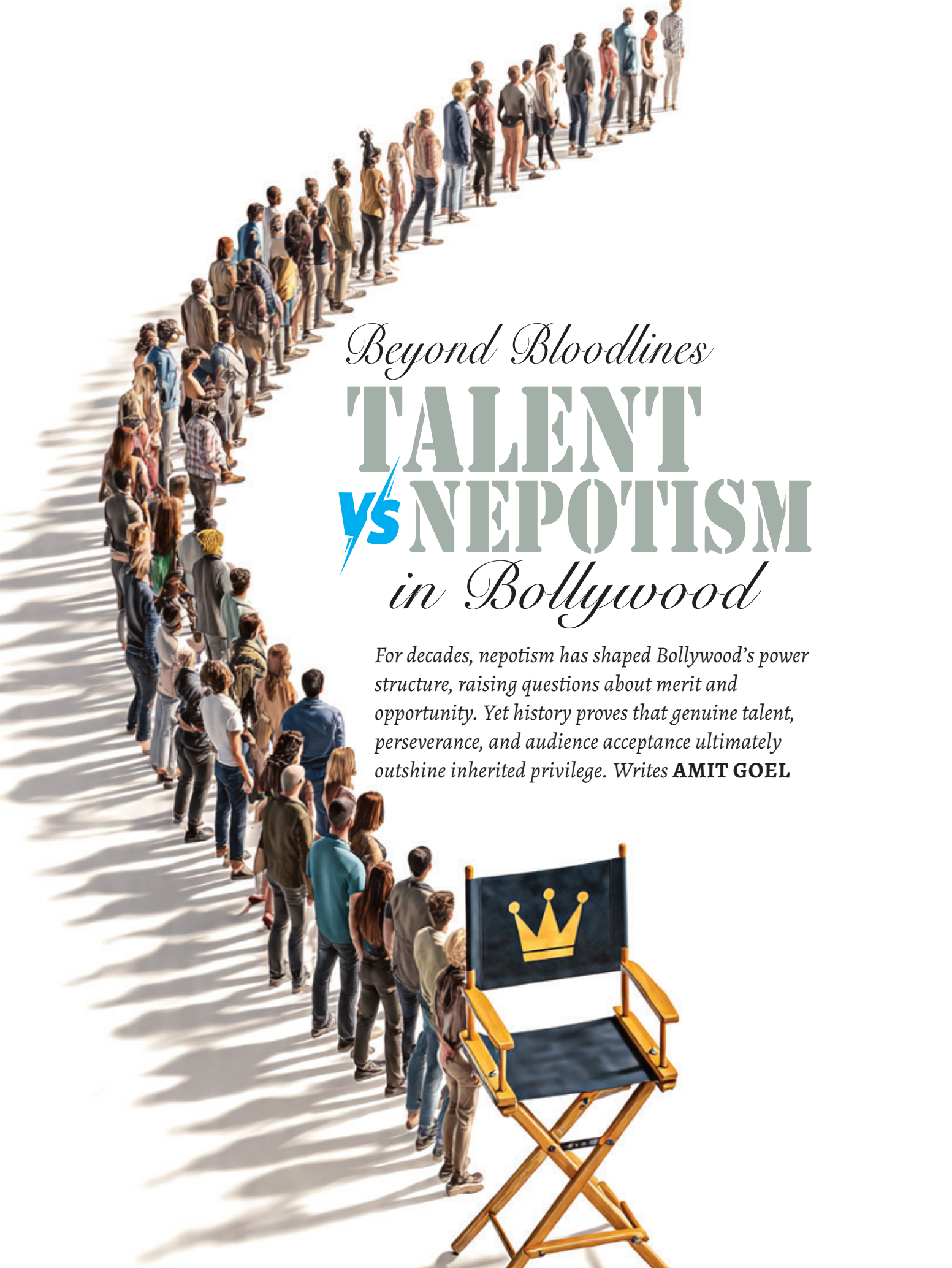
Both routes are legitimate.

Our obsession with surnames often distracts us from the more important question: has the individual earned the trust of the people?

Ultimately, voters do not elect parents; they elect individuals. A famous surname may provide recognition, but it cannot substitute for performance. Electoral success cannot be inherited indefinitely. It must be earned repeatedly.

In a democracy, the test should never be lineage alone.

The test should be competence over prejudice, experience over envy, and service over surname. ▀



Beyond Bloodlines **TALENT** **vs** **NEPOTISM** *in Bollywood*

*For decades, nepotism has shaped Bollywood's power structure, raising questions about merit and opportunity. Yet history proves that genuine talent, perseverance, and audience acceptance ultimately outshine inherited privilege. Writes **AMIT GOEL***





Amitabh Bachchan and Shahrukh Khan

Social Media



BEFORE NEPOTISM TIGHTENED ITS GRIP, BOLLYWOOD THRIVED ON TALENT ALONE, ALLOWING COUNTLESS OUTSIDERS TO EARN FAME THROUGH DEDICATION, PERSEVERANCE, AND REMARKABLE PERFORMANCES RATHER THAN PRIVILEGED FAMILY BACKGROUNDS

Nepotism, as we know it literally is a way of life for most of us. Time immemorial, the phenomenon has been prevalent in human societies with impudence and has often resulted in ugly repercussions. There is hardly any sphere of life other than the corporate sector that has remained relatively unbitten by the favouritism bug. But even in the business world, although most enterprises adhere to the policy of not hiring any relatives or friends, the family owned companies still prefer the opposite due to the perceived advantage of familiarity and trust.

But if the above-mentioned criteria only determine the exigency for nepotism, how does a creative field like Bollywood explain its proneness towards this age-old practice of giving preference to their kin no matter how average they might be in the departments of looks and talent? Ideally, it should just be pure talent and hardwork that should make or mar a career.

Needless to say, the early phase of the 100+ years long history of Indian film industry or Bollywood as it is known today was bereft of any



Kumar Gaurav



Rajeev Kapoor

Wikipedia

favouritism or nepotism. Back then, talent, hardwork and perseverance were the only assets required to make your mark in the world of cinema. It was only later that creativity and talent gave way to sycophancy in Bollywood. But interestingly, even through the 70s and 80s, when the industry witnessed the brigade of second and third generation of sons, daughters, nieces and nephews of stars of yesteryears unabashedly hogging the screen space, there were still enough talented and deserving individuals from non-filmy background giving them stiff competition. Names like Amitabh Bachchan, Naseeruddin Shah, Farooq Sheikh, Om Puri, Vinod Khanna, Rajesh Khanna, Rakhee, Dipti Naval, Madhuri Dixit were truly talented with no filmy connections whatsoever. These and many

THE 1980S SAW NUMEROUS STAR CHILDREN FAIL DESPITE PRIVILEGED DEBUTS, HIGHLIGHTING THAT AUDIENCES REWARD ABILITY, NOT MERELY FAMOUS SURNAME OR INDUSTRY CONNECTIONS.

more proved their mettle in tinsel town entirely on the basis of talent, grit and determination.

Ironically, during the 80s decade, many of the industry stalwarts' progeny faded into oblivion due to lack of talent and ability. Prem Nath's son Prem Kishan was quite literally a non-performer and faded away quite early in his career.

Dharmendra's elder son Sunny did quite well and carved a successful career path for himself.

Unfortunately, the same can not be said about his younger son Bobby Deol. Rajendra Kumar, one of the most successful Bollywood heroes of all

time, gave his son Kumar Gaurav a fabulous debut in the 1981 blockbuster 'Love Story', but could not help him sustain in the industry for long. After a few inconsequential flicks, Kumar Gaurav too hung his acting boots for good. The list of debacles is long, also including

FROM SHAH RUKH KHAN TO RAJKUMMAR RAO, COUNTLESS OUTSIDERS HAVE DEMONSTRATED THAT GENUINE TALENT CONSISTENTLY TRIUMPHS OVER INHERITED PRIVILEGE. FAMILY LEGACY MAY OPEN DOORS, BUT ONLY MERIT TRANSFORMS ASPIRING ACTORS INTO ENDURING STARS

Dev Anand's doe-eyed son Suneil Anand and Raj Kapoor's younger son Rajeev Kapoor. Chocolate hero Rajesh Khanna's daughters also settled happily into matrimony, knowing fully well their limitations as actors. None of them could truly benefit from their filmy background and familial connections. Lacking dismally in talent, all of them soon waned away from people's memory.

There is no denying the fact that over the years, nepotism has seeped deep inside the crevices of the film industry. There is a huge brigade of the children of yesteryears' superstars either being launched one after the other or being groomed to follow their predecessors' footsteps. It's almost dynastic to see not only their children entering the same profession as their parents but also the cousins and distant relatives joining the film industry as well.

When it comes to charting a career path, even some of the huge business houses have their offspring breaking away from the obvious choice of joining the family business and choosing an alternate profession. But this is most certainly not so in Bollywood. Rarely we come across the next generation of Indian film stars choosing a non-filmy profession. It's as if they have been raised with the single motto of joining films. Some of them claim to have acting in their genes or films flowing in their veins. But does it really?

Today, if one seriously scans the actors and rates them on the basis of their success and reach to the audience, it becomes amply clear that it's the actors with no filmy connections who are truly making the Bollywood films worth a watch. Being



Akshay Kumar

Wikipedia

born into a filmy family could give a licence to be launched in the industry with great fanfare but may not compensate for lack of talent and credibility. Shahrukh Khan, Aishwarya Rai, Manoj Bajpai, Akshay Kumar, Nawazuddin Siddiqui, Siddharth Malhotra, Priyanka Chopra, Vidya Balan and more recently Rajkummar Rao are a few of the names who have carved out a niche for themselves in the nepotistic world of Bollywood. They are testimony to the fact that family connections might give you a break in films but ultimately, it's only talent and hard work that goes into the making of a shining star. ▀

The World's Next Great Opportunity Rebuilding After Destruction



AMIT GOEL

Printer and Publisher
GALAXIA QUEST



**AT A TIME WHEN MAJOR
ECONOMIES ARE STRUGGLING
TO GENERATE GROWTH, CREATE
JOBS, AND RESTORE CONFIDENCE,
A GLOBAL RECONSTRUCTION
PROGRAMME COULD BECOME
THE ECONOMIC ENGINE OF A
GENERATION**



QUEST CONTINUES

I Imagine that the guns fall silent tomorrow. The wars in Palestine, Ukraine, Russia, Iran, Iraq, Afghanistan, Syria, Somalia, and countless other troubled regions come to an end. What would follow would be one of the greatest rebuilding efforts in human history.

The price tag would be staggering. Some estimates suggest that reconstructing war-ravaged nations could cost well over \$5 trillion. Yet that figure should not alarm us. It should inspire us.

At a time when major economies are struggling to generate growth, create jobs, and restore confidence, a global reconstruction programme could become the economic engine of a generation. Every road rebuilt, every hospital restored, every school reopened, and every home reconstructed would create employment, stimulate industries, and revive entire regions.

The final cost of war is rarely counted on the battlefield. It arrives years later—in shattered cities, broken infrastructure, displaced populations, and lost human potential. Destruction may take weeks; rebuilding takes decades.

One of the disruptors featured in July issue is US President Donald Trump, a leader who has never been afraid to challenge conventional thinking. Here is an opportunity for bold leadership: to rally nations behind the largest peace-through-reconstruction initiative the world has ever seen.

Over the past decade alone, conflicts have displaced tens of millions of people. Families have lost homes,

livelihoods, education, healthcare, and, in many cases, hope itself. Entire generations have grown up knowing only instability and violence.

Do we owe them anything?

The answer is yes—not merely out of compassion, but out of common sense.

A \$5 trillion Global Reconstruction Fund could transform lives and economies alike. It could build homes, schools, hospitals, transport networks, water systems, and digital infrastructure. It could create millions of jobs across continents while restoring dignity to those who have lost everything.

The alternative is far more costly. Neglected populations do not simply disappear from the world's concerns. Poverty, desperation, lawlessness, and extremism thrive where opportunity does not. Today's abandoned refugee can become tomorrow's crisis. The bill for neglect is eventually paid by everyone.

History remembers nations not for the wars they fought, but for the civilizations they built. The greatest victory of the twenty-first century would not be winning another conflict; it would be rebuilding the societies that conflict has destroyed.

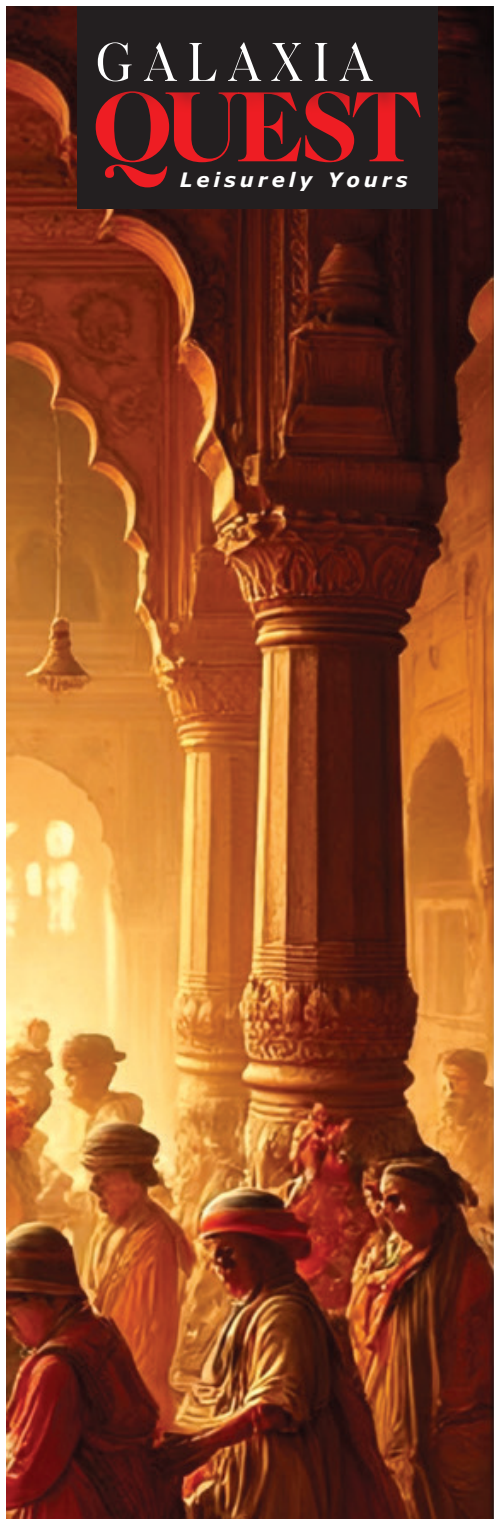
Global leaders, the opportunity is staring you in the face. End the wars. Pick up the blueprints. Turn the machinery of destruction into the machinery of reconstruction.

The world does not need another battlefield.

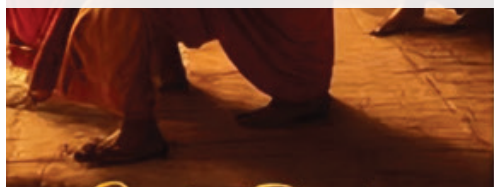
It needs the largest construction site in history. 

GALAXIA QUEST

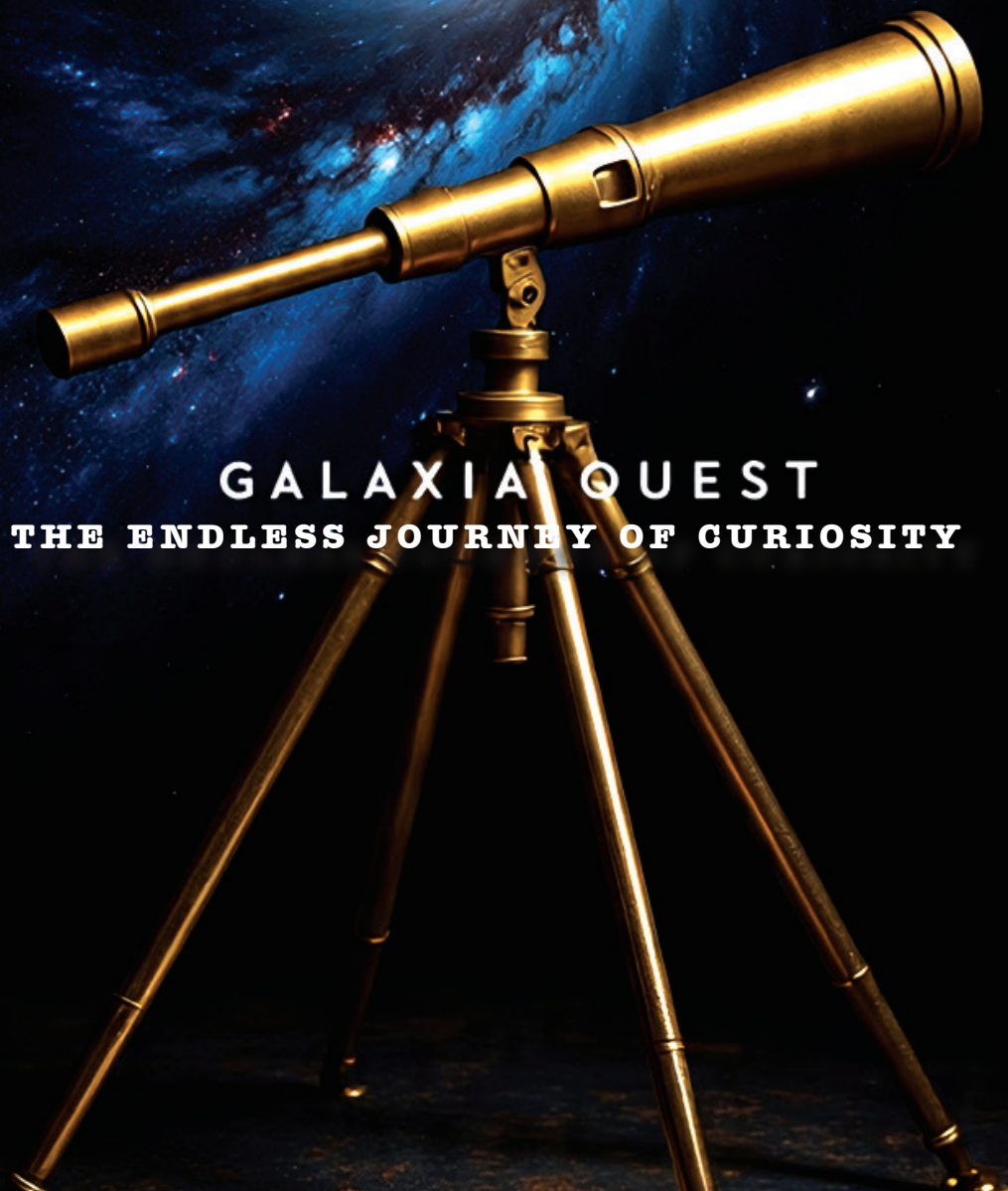
Leisurely Yours



FROM RED FORT TO THALI. ROTI, DAAL, JALEBI, GARAM MASALA. EVERY BITE HOLDS CENTURIES. THIS IS INDIAN CULTURE, ONE SPICE AT A TIME.



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THE ENDLESS JOURNEY OF CURIOSITY