

NEWS LETTER

March 2024

Vol III



India Celebrates Successful Test-Firing of Agni-5 Missile, Mission 'Divyastra'

India achieved a significant milestone in its defense capabilities with the successful test-firing of the Agni-5 ballistic missile, named 'Divyastra.' This achievement was lauded by top officials, including Prime Minister Narendra Modi, President Ram Nath Kovind, and Home Minister Amit Shah. The Agni-5 missile, renowned for its long range and strategic importance, was launched as part of India's efforts to bolster its security and deterrence capabilities.

Rahul Gandhi Accuses PM Modi



Rahul Gandhi criticized PM Modi for "criminal action" against Congress, referring to frozen bank accounts as "freezing democracy." He accused the government of orchestrating this to cripple their election efforts, claiming it has damaged Indian democracy. Gandhi lamented their inability to campaign or support candidates, calling

it an assault on democracy. He also criticized the Election Commission (EC) for not intervening, stating they have already lost a month of campaigning due to this action.

US Urges Pakistan to Exercise Restraint in Afghanistan Counter-Terrorist Offensive

The United States has urged Pakistan to show restraint in its counter-terrorist offensive in Afghanistan, following Islamabad's announcement of airstrikes on Tehrik-i-Taliban Pakistan (TTP) militants in Afghanistan. The US also called on the Taliban, which governs Afghanistan, to prevent the use of Afghan soil for terrorist attacks. Pakistan's airstrikes come amid tensions over recent terror attacks in Pakistan.



Chief Minister Arvind Kejriwal has withdrawn his plea from Supreme Court

Delhi Chief Minister Arvind Kejriwal has withdrawn his plea from the Supreme Court challenging his arrest by the Enforcement Directorate (ED), citing conflicts with the remand proceedings. This decision comes after Bharat Rashtra Samithi leader K Kavitha's unsuccessful plea in the same case, both handled by the same bench. Kejriwal was arrested in connection with a money laundering case linked to the excise policy scam, following repeated summons he had reportedly ignored. As the legal battle continues, Kejriwal's move raises questions about his next legal steps and the impact on his political future.



Indian Navy thwarts pirate hijack attempts off the east coast of Somalia.

The Indian Navy stopped Somali pirates from hijacking ships off the east coast of Somalia. Pirates on a previously hijacked cargo ship called Ruen were intercepted by an Indian Navy warship on March 15. The Navy used minimal force to defend itself and called on the pirates to surrender and release the vessel and hostages. This incident shows the Indian Navy's commitment to maritime security and seafarers' safety in the region.



The Power of Embracing Boredom in Child Development

Embracing boredom can unlock a child's creativity, motivation, and self-reflection. By encouraging children to observe nature or engage in unstructured play, parents can help them develop creativity, problem-solving skills, and a deeper appreciation for the world around them. Boredom provides an opportunity for children to tap into their imagination and explore new ideas, leading to meaningful and enriching experiences.

"AI for All" Indian Youth: ITIs to Introduce AI Awareness Program



The "AI for All" curriculum is set to be introduced in Industrial Training Institutes (ITIs) across India, aiming to raise awareness of Artificial Intelligence (AI) among students. This initiative, led by the Future Right Skills Network (FRSN) in partnership with the Directorate General of Training (DGT), aims to prepare students for future challenges and opportunities. The curriculum intends to bridge the gap between industry requirements and academic offerings by initiating students into AI and aligning academic programs with industry needs. It is part of a larger initiative by DGT to integrate AI learning into ITIs, benefiting up to 2.5 million learners across 15,000 ITIs nationwide. The curriculum covers various aspects of AI, including its history, principles, types, and ethical considerations, empowering youth with essential future skills.

Techkriti's Robot Dog Engages with Stray Animals at IIT Kanpur

The interaction between a stray dog and a robot dog at IIT Kanpur's Techkriti has captured attention online, showcasing the playful encounter between animals and technology. The video, shared by Mukesh Bangar, CEO of Mux Robotics, highlights the growing integration of robots in our daily lives and their impact on animal behavior. Mukesh Bangar, the CEO of Mux Robotics, who shared the video, has been at the forefront of developing modern robotic solutions.





'Father-Son Duo' Under Scanner as Italy PM Seeks Over Rs 90 Lakh in Damages

Italy's Prime Minister Giorgia Meloni is seeking over Rs 90 lakh in damages for the circulation of deepfake videos portraying her in explicit contexts. The videos, created and disseminated by a father-son duo, led to charges of defamation against them. Emphasizing the symbolic nature of the damages, Meloni's lawyers clarified that the entire sum would be donated to initiatives supporting women affected by male violence. The perpetrators were identified by tracing the smartphone used to upload the videos, which date back to 2022, before Meloni became Prime Minister.

PRESS CONFERENCE



Mustafa Suleyman Is The New Microsoft AI CEO

Microsoft has appointed Mustafa Suleyman, co-founder of Google's DeepMind, to lead its consumer AI division. This strategic move aims to strengthen Microsoft's position against Google in the competitive AI market. Suleyman will report directly to CEO Satya Nadella and oversee initiatives like integrating AI into Windows and enhancing conversational features in Bing. His recruitment highlights Microsoft's commitment to advancing in AI, evidenced by absorbing his startup's personnel. Suleyman's background, including his work at DeepMind and dedication to social causes, underscores Microsoft's drive to innovate and shape the future of AI technology.



Election Commission of India Enhances Voter Experience : Elections 2024

The Election Commission of India is leveraging technology to improve the voting experience for voters, candidates, and government agencies ahead of the Lok Sabha Elections 2024. They have introduced the Know Your Candidate (KYC) app, which allows voters to check if their candidates have a criminal background, ongoing cases, assets, liabilities, and more. Additionally, the cVigil app enables voters to report incidents like cash distribution or freebies in exchange for votes by clicking a picture or sending a text. The ECI aims to use technology and citizen participation to clean up the electoral system, focusing on curbing challenges like Muscle, Money, Misinformation, and MCC violations during the election period.

Study Reveals Over 43% of Indian Tech Professionals Facing Work-Related Health Issues

A study by Onsurity and KCCI found that over 43% of Indian tech professionals are dealing with work-related health issues. Long work hours, with over 50% working an average of 52.5 hours per week, are a major factor. Late work hours adversely affect health, leading to acidity, gut problems, back and neck pain, disrupted sleep cycles, muscle stiffness, eyesight issues, weight gain, and headaches. Mental health is also affected, with 45% reporting stress, anxiety, and depression. Sleep patterns are disrupted for over 26%, with 51% getting only 5.5 to 6 hours of sleep per day. Additionally, 74% have sacrificed family events due to work demands, impacting their personal lives.



Secures Maiden Pro Kabaddi League Title with Gritty Win over Haryana Steelers

The Puneri Paltan secured their first-ever Pro Kabaddi League title by defeating the Haryana Steelers in a closely contested final. The match, held at the GMC Balayogi Stadium in Hyderabad, ended with a score of 28-25 in favor of the Puneri Paltan. The victory makes the Puneri Paltan the sixth team to win the prestigious league title. The match saw strong performances from both teams, with the Puneri Paltan's defense playing a crucial role in securing the win.



Indian Men and Women's Teams Secure Second Place in Inaugural FIH

In the inaugural FIH Hockey 5s rankings, both the Indian men's and women's teams have been placed second. The Indian men's team shares the second spot with Oman and Malaysia, each team having 1400 points. The women's team secured second place with 1550 points, while the Netherlands leads the women's rankings with 1750 points. Other notable rankings include Poland and Egypt tied for fifth place in the men's rankings, and Uruguay and South Africa tied for fourth place in the women's rankings.

Assam Dominates with 19 Medals on Opening Day of North East Games 2024

Assam athletes dominated the first day of the North East Games 2024 in Nagaland, winning a total of 19 medals, including four gold, 10 silver, and five bronze. The success was particularly evident in athletics, where Assam athletes secured seven medals, including four gold. Notable victories included Pahi Keot in the 1,500-metre race, Rimpi Buragohain in the 100-metre sprint, and the relay team in the 4x400 metres. Mamta Doley also contributed to the gold tally with a win in the discus throw event.



Wrestling National Camp Set to Resume After 15 Months

The Wrestling National Camp is set to restart after a 15-month break, with Delhi likely replacing Patiala as the venue. This is welcome news for wrestlers, indicating a return to rigorous training and competition preparation. The decision to change the venue to Delhi is likely due to COVID-19 protocols and Delhi's superior facilities. This move ensures wrestlers have access to top-notch training and support services. The camp's revival is expected to boost wrestlers' morale, eager to resume training and competition. It also reflects efforts to revive sports post-pandemic disruptions. Overall, the camp's resumption, possibly in Delhi, is a positive development for wrestling and its athletes, demonstrating the community's resilience in India.

RCB Men's Team Honors Smriti Mandhana Led WPL 2024

The Royal Challengers Bangalore (RCB) men's team, despite not winning an IPL title, honored their women's side, who clinched the Women's Premier League (WPL) title. The women's team, led by Smriti Mandhana, won the second edition of the WPL. At an RCB unboxing event in Bengaluru, the men's team, who have participated in every IPL season without winning, gave a guard of honor to the women's team, holding the WPL trophy. This gesture not only showcased the unity and sportsmanship within the RCB franchise but also celebrated the success of women's cricket, emphasizing the importance of recognizing and supporting women's sports.





SoIB 2023 Report Reveals Alarming Decline in Bird Species

The State of India's Birds (SoIB) report for 2023 highlights a concerning trend in avian species. Out of 942 species assessed, 98 have declined by 50% in the past three decades, with 14 recommended for inclusion in the IUCN Red List. Three species could already be extinct, and 106 are at risk of becoming endangered in the next two decades. Raptors, migratory shorebirds, and ducks are among the most affected. Climate change, habitat loss, and deforestation are major factors. Wetlands and forests, crucial for bird habitats, are under extreme stress, with monoculture plantations significantly reducing bird diversity. Urgent conservation action is needed to protect India's bird species.



Kangana Ranaut Reacts To Spiritual Leader Sadhguru's Brain Surgery

Sadhguru Jaggi Vasudev recently underwent emergency brain surgery due to life-threatening bleeding in his skull but is now on the path to recovery. Actress Kangana Ranaut shared her thoughts on the incident, expressing a newfound realization about Sadhguru's mortality. She tweeted about her emotional turmoil, reflecting on seeing him in the ICU and sharing her pain with her followers.



'Dune Part Two' Review: Timothee Chal-amet-Zendaya Film Strikes a Masterful Balance

The highly anticipated *Dune: Part Two* continues the epic saga that began with *Dune: Part One*, captivating audiences with its mesmerizing desert landscapes and stellar cast. The film seamlessly picks up from where its predecessor left off, delving deeper into the fate of Duke Paul Atreides and his mother, Jessica, as they encounter the Fremen leader Stilgar. With new characters and actors adding to the intrigue, director Denis Villeneuve has once again delivered a visually stunning and emotionally gripping masterpiece that is sure to satisfy fans and newcomers alike.

Blog



SUNIL SHARMA

Senior advisor & Consultant (Goboundary)

“Cycling or Walking” Which is better for health ?

Cycling and walking are both excellent forms of exercise that offer numerous health benefits. Whether you prefer the wind in your hair as you cycle through the streets or the peacefulness of a stroll through the park, both activities can help improve your physical and mental well-being.

Cycling:

Cycling is a great cardiovascular workout that can help improve heart health and strengthen your leg muscles. It's also a low-impact exercise, making it easier on your joints compared to activities like running. Cycling can be a convenient mode of transportation, allowing you to incorporate exercise into your daily routine.

Walking:

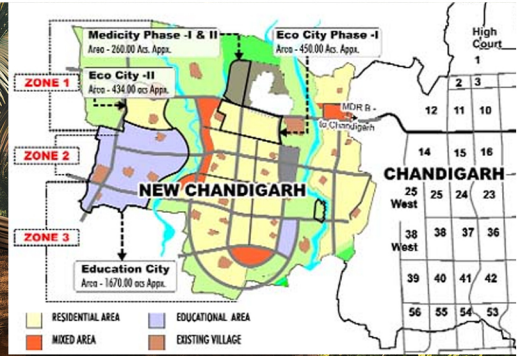
Walking is a simple and accessible form of exercise that requires no special equipment. It's a weight-bearing exercise, which can help improve joint health and strengthen bones. Walking outdoors in nature can also have a positive impact on your mental health, reducing stress and anxiety.

Ultimately, the best exercise is one that you enjoy and can stick with in the long term. So, whether you choose to hop on a bike or take a leisurely stroll, both activities can help you stay active and healthy.



RUSTIC HIGHLANDS

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RUSTIC HIGHLANDS ECO FARM LANDS to launch soon in New Chandigarh :

Excitement abounds as Rustic Highlands Eco Farm Lands prepares to introduce its latest project in New Chandigarh, promising to redefine sustainable living. Nestled amidst the scenic beauty of New Chandigarh, this development combines modern amenities with eco-friendly practices, creating a haven for those seeking a peaceful retreat in nature. "We are thrilled to announce the pre-launch of Rustic Highlands Eco Farm Lands in New Chandigarh," said GoBoundry, the project's lead developer. "Our goal is to create a sustainable community that provides modern amenities while respecting and preserving the area's natural beauty." Anticipation is high as the project prepares for its official launch, drawing interest from potential buyers and investors alike. With its focus on sustainability and commitment to a high quality of life, Rustic Highlands Eco Farm Lands in New Chandigarh is poised to become a landmark development in the region.

Government Rejects Hindustan Zinc's Demerger Proposal

The government rejected Hindustan Zinc's proposal to split the company into different units, citing lack of consultation and potential lack of value creation for shareholders. This decision follows the government's opposition to Hindustan Zinc's earlier proposal to buy two Vedanta entities. Despite this, Hindustan Zinc's shares were trading slightly higher, along with Vedanta's.



Sebi Set to Revolutionize Stock Market

The Securities and Exchange Board of India (Sebi) is set to launch the beta version of T+0 trade settlement from March 28. This move could revolutionize how trades are settled, allowing for almost real-time settlement of transactions. T+0 settlement means that trades could be settled on the same day they are executed, providing faster access to funds and potentially reducing market risks. This development is sure to keep traders and investors on the edge of their seats as they anticipate the impact of this innovative change in the market landscape.

Director's Desk

SUMIT BHRIYA

Co-founder & CEO (Goboundry)

In today's world, freedom takes on new meanings and challenges, demanding reflection on its true essence. It's about aligning choices with our values and aspirations, fostering autonomy amid distractions. Embracing mindfulness helps make intentional choices, breaking societal pressures for authentic living.

Adaptability is key, seeing change as growth opportunities, and letting go of rigid expectations. Balancing autonomy with connection, honoring individuality while recognizing our interconnectedness, leads to a more meaningful life.

Embracing freedom means living authentically, mindfully, and purposefully, fostering a compassionate and inclusive world.