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Istanbul, Turkey



The first kiss and the first glass of wine are the best

Philippe Bienvenu
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Being glamorous is about strength and confidence

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The Future of Rare Earth Elements

Rare Earth Elements, How Do They Work?

Rare Earths in the Atomic Age



INSIDE

A WHOLE NEW WORLD for RARE EARTHS





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Are These Elements really "Rare"?



Rare earth elements are not as "rare" as their name implies. Thulium and lutetium are the two least abundant rare earth elements - but they each have an average crustal abundance that is nearly 200 times greater than the crustal abundance of gold.

However, these metals are very difficult

to mine because it is unusual to find them in concentrations high enough for economical extraction.

The most abundant rare earth elements are cerium, yttrium, lanthanum and neodymium.

They have average crustal abundances that are similar to commonly used industrial metals such as chromium, nickel, zinc, molybdenum, tin, tungsten, and lead.

Again, they are rarely found in extractable concentrations.

At the same time, world demand was skyrocketing as rare earth metals were designed into a wide variety of defense, aviation, industrial, and consumer electronics products. China capitalized on its dominant position and began restricting exports and allowing rare earth oxide prices to rise to historic levels.

Heavy and light rare earth elements: The rare earth elements are often subdivided into "Heavy Rare Earths" and "Light Rare Earths." Lanthanum, cerium, praseodymium, neodymium, promethium, and samarium are the "light rare earths." Yttrium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, and lutetium are the "heavy rare earths." Although yttrium is lighter than the light rare earth elements, it is included in the heavy rare earth group because of its chemical and physical associations with heavy rare earths in natural deposits.

Vidhi Guglani

Publisher & Editor-in-Chief

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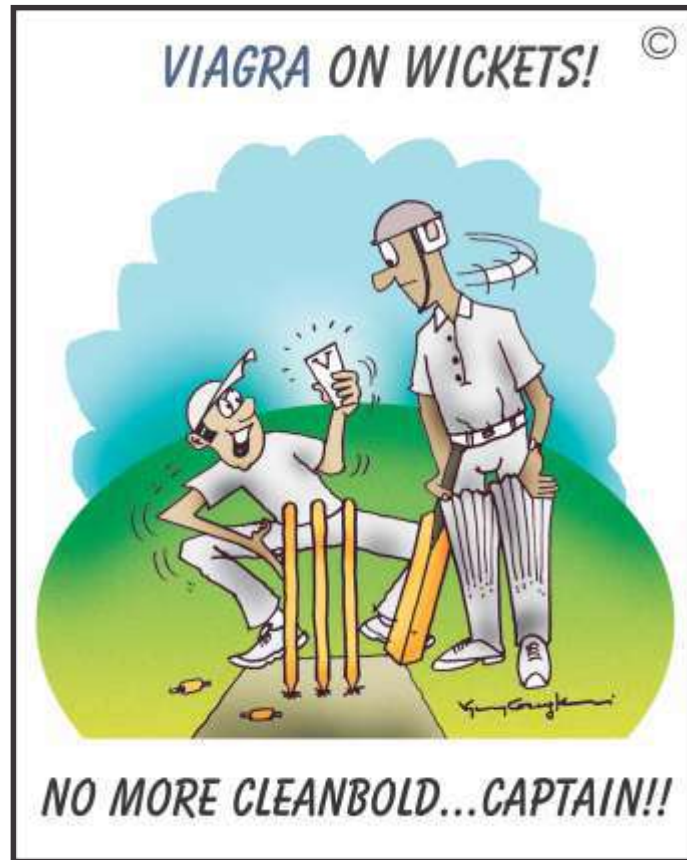
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The Explore Journal



He is celebrity cartoonist is one strength, confidence and ambition is known National Health Cartoonist with more than over two decades of diverse experience in creative art management. Having large association with Govt of India Ministries, International and National organizations & Institutes and also numerous honors and appreciations from Presidents, Prime Ministers, other National Leaders, Delhi Doordarshan, National Print Media, Legend Celebrities and Medical Fraternities.



His galaxy of honours comprise of numerous prestigious awards, rewards & recognitions conferred upon him by eminent National & Political Leaders of India at that time Indian Presidents at that time Shri Shankar Dayal Sharma, Pratibha Patil, APJ Abdul Kalam and Pranav Mukherjee. At that time Prime Ministers Rajiv Gandhi & Atal Bihari Vajpai, Finance Minister Narayan Dutt Tewari. At that time Vice President Shri Bhairu Singh Shekhawat, CM, Delhi at that time Smt. Shiela Dikshit, Member Parliament Vijay Goel, Spiritual Guru Dalai Lama and Sadhna Ji Maharaj of Sarv Dharma.

He is associated with many prestigious national & international NGOs and institutes, health & medical publications and has also lent his creative hand to over 2000 projects on health awareness with the government of India, Ministry of Health & Family welfare, WHO, UNESCO, National AIDS Control Organisation, Health journals for Parliamentarians, MTNL, BSNL, DAVP, DIP, AIDS Control Society, MCD, NDMC, Departments of Transport, Pollution

Control, Forest and Horticulture, Dept. of Science and Technology and Traffic Police,
IMA-Indian Medical Association,
DMA-Delhi Medical Association as well.

Many celebrity artists, poets, fashion designers and bollywood personalities also like, Sunil Dutt, Rajesh Khanna, Vinod Khanna, Dara Singh, Farookh Shekh, Aamier Rajpal, Anil Kapoor, Sri Devi, Bony Kapoor, Sanjay Kapoor, Dipti Naval, Jacky Shroff, Vijayanti Mala, Ashish Vidyarthi, Subhash Ghai, Santosh Anand, Nitin Mukesh, Raza Moored, Dipika Padukon, Kapil Dev, Bishen Singh Bedi, Dr. Deepak Chopra, Dr Narottam Puri, Dr H K Chopra, Dr K K Aggrawal, Ashok Chakardhar, Rohit Gupta and Sunil Mehra have honoured and recognised his uncanny wit and infectious humor, on various platforms, numerous times.

He is also been serving the young India as a dedicated academic management and professor of creative arts, a worthy guide and a kind mentor. Till date, he has enlightened the path of creative pursuits for thousands of students, helping them refine their craft and professional vision through his detail-oriented approach.

Vijay Guglani
Vice President & National Health Cartoonist
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HONORABLE PRIME MINISTER of India
SHREE NARENDRA MODI

PM Modi's New India is rising on the Kartavya Path

Today, India is the fastest-growing economy with the highest ever FDI inflow — \$83 billion. These feats were achieved in a period when the world was recovering from the after-effects of Covid and is still struggling to deal with it even as India has protected its people and their livelihoods with vaccines and expanding economic opportunities. This deep, decisive transformation during India's “Amrit Kaal” is being spearheaded by a leader on a mission — one who works relentlessly, and lives a life single-mindedly dedicated to realizing the vision of this New India and for the development of all Indians through **sabka saath, sabka vikas**.



For the 'RECORD', You are not old You're classic

The Record Player History

The Record Player was invented in 1877, but as we mentioned before it was actually a Phonograph, but it's considered to be the first record player. The record player was brought out to the market in 1895

The Beginning And Rise Of The First Record Player

The very first version of the turntable came out in 1857. That is when Edouard-Leon Scott de Martinville created the phonautograph device in France. However, his invention was not capable of audio playback. Instead, it could only transcribe airborne noise into paper for visual study purposes. That said, the phonautograph's purpose was mainly used for lab settings. In 1887, Thomas Edison invented the phonograph. This device popularized him as the man behind the record player invention. That said, it is safe to say that Thomas Edison is responsible for why people can enjoy music today. The phonograph worked by recording and playing sound by inscribing audio to a cardboard cylinder wrapped in tinfoil. As a result, Edison's invention played continuous playbacks. In the same year, Alexander Graham Bell

upgraded the phonograph by adding wax to its design. Graham Bell called his invention the graphophone. Such is a device that can record sound waves, which is a significant improvement to record players back then.

Taking Record Players To A New Level

Emile Berliner took record players to a whole new level when he created the gramophone.

It consisted mainly of shellac and hard rubber before manufacturers used vinyl. Berliner's invention was also called the turntable. Unlike the graphophone that used a cylinder, the gramophone interpreted grooves on a flat disc. The device has a cone-shaped needle that reads the grooves of the record as it spins. In addition, the needle, which is usually made from diamond or sapphire, hangs at the end of the tone arm. The tone arm moves across the vinyl, allowing the needle to follow the grooves on the record. This way, the needle

was able to pick up vibrations and transmit them to the coil. The coil would then turn the vibrations into electrical signals, which would travel to the amp. Finally, the speakers would turn the signals into sound, thus producing music. Moreover, Berliner secured a patent for the gramophone in 1887.



TIMELESS TREASURE



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The Mass Production Of Record Player



The record player history achieved another milestone in 1895. During this year, manufacturers released the first record player to the commercial market. However, the gramophone record player was only popular until the emergence of the radio. The popularity of radio did not

make the record player obsolete. But it indeed took away the spotlight for some time. The advent of radio in the early 1920s made the record player industry face new challenges. It posed significant competition to record players. The reason is that the radio made the airway broadcast of music possible. More than that, the radio's audio quality was a lot

better than the sound of record players. Such is due to a difference in the electrical sound pickup. Moreover, the sales of record players did well in the 1930s and 1940s. But it only hit the mainstream tipping point after approximately a decade.

The Golden Age Of Record Players

Record players experienced extreme popularity in the 1960s and 1970s. This period is another milestone for the record player history. The reason is that Dual released the first turntables that have stereo playback. It was also during this period when high-fidelity sound reproduction went out commercially. The sound quality of devices this time motivated many people to purchase a record player. Additionally, the automatic Hi-Fi turntable also became a massive hit in the early 1960s. This era had also seen when Electrohome released the famous Apollo Record Player.



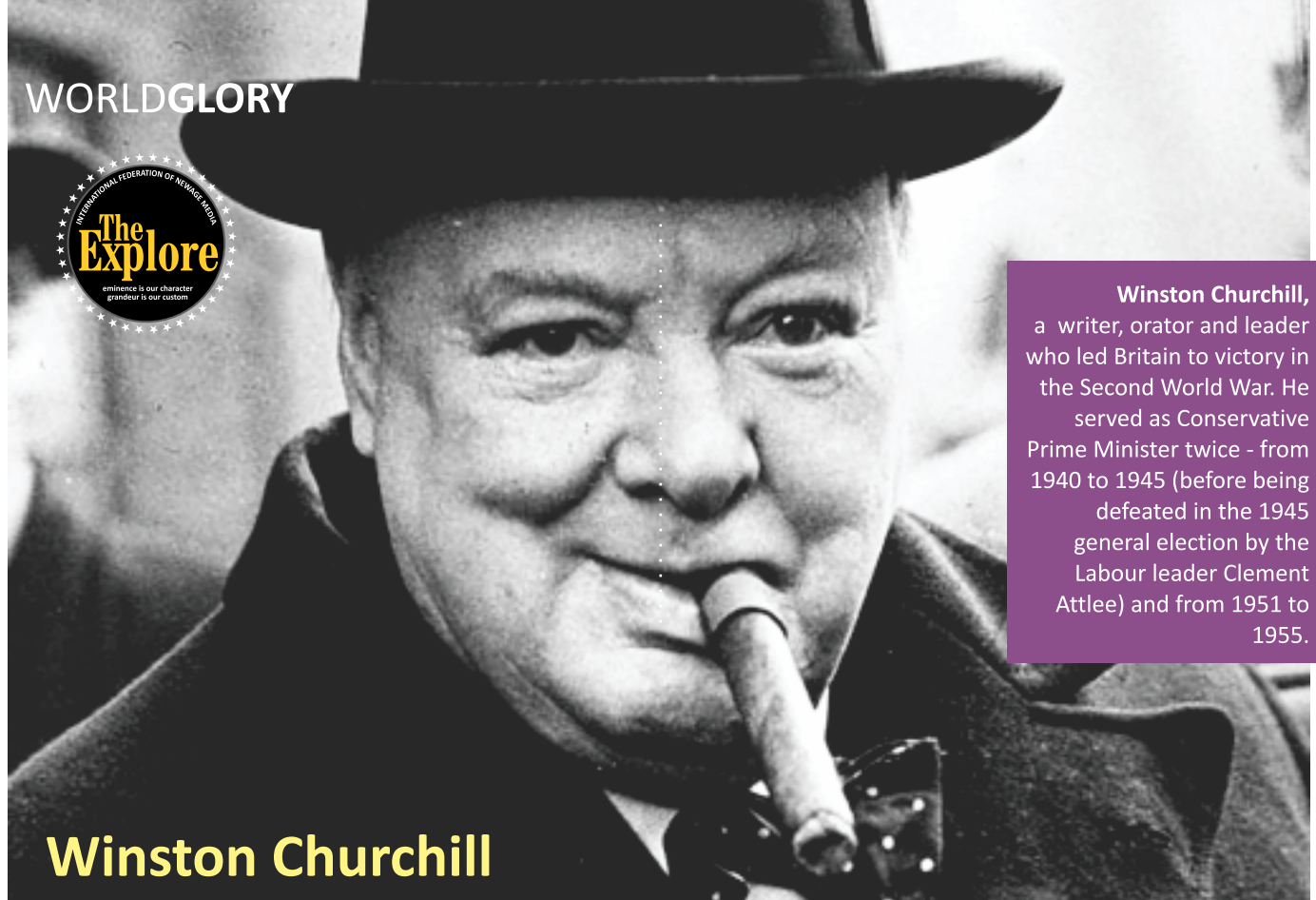
"The Everly Brothers and their music were hugely influential -- including on two young songwriters from Liverpool, England -- Paul McCartney and John Lennon of the Beatles. Addressing Phil's passing back in 2014, McCartney shared his admiration and praise for the group.

The Everly Brothers

Don Everly of rock 'n' roll pioneers

Don, and his late brother Phil, made up the harmonious Everly Brothers, known for songs like "All I Have to do is Dream," "Bye Bye Love" (their first single), "Cathy's Clown," "Wake Up Little Susie," and "When Will I Be Loved." "Don lived by what he felt in his heart. Don expressed his appreciation for the ability to live his dreams ... with his soulmate and wife, Adela, and sharing the music that made him an Everly Brother," read a statement to the Times from the family. The highly influential early rock 'n' roll siblings found success in the 1950s and 1960s, but as the sixties really took shape with the British Invasion, Beatmania, and hippie/counterculture movements, the Everlys found themselves in an odd spot, Don once said. "When Phil and I started out, everyone hated rock & roll," Don once told Rolling Stone. "The record companies didn't like it at all -- felt it was an unnecessary evil. And the press: interviewers were always older than us, and they let you know they didn't like your music, they were just doing the interview because it was their job. Then along came the Sixties, and everyone suddenly got real young, and if you were over thirty, they didn't trust you. Phil said he felt like he didn't fit in with the times." "The Sixties weren't my cup of tea," he told Rolling Stone. "I never bought that philosophy that, you know, we're all brothers and that'll solve everything. And I never believed that music dictated the times. I always thought it reflected them. Neil Young inducted the Everly Brothers into the Rock & Roll Hall of Fame in 1986, alongside a prestigious first class of music

icons, including Chuck Berry, James Brown, Buddy Holly, Sam Cooke, Jerry Lee Lewis, Elvis Presley, Little Richard, and Ray Charles. Don and Phil broke up the band in 1973 (Phil famously smashed a guitar on stage in Southern California), and Don pursued solo success, releasing several albums, and also working with British guitarist Albert Lee. The Everly Brothers reunited a decade later, beginning with two reunion shows at the Royal Albert Hall, in London. McCartney also ended up penning a song for the pair -- "On the Wings of a Nightingale," featured on their album EB84, after a request from musician and producer Dave Edmunds. Younger Everly Brother, Phil, died in 2014 at the age of 74, due to chronic obstructive pulmonary disease, the LA Times previously reported. The Everly Brothers were an American rock duo, known for steel-string acoustic guitar playing and close harmony singing. The duo was raised in a musical family, first appearing on radio singing along with their father Ike Everly and mother Margaret Everly as "The Everly Family" in the 1940s. When the brothers were still in high school, they gained the attention of prominent Nashville musicians like Chet Atkins, who began to promote them for national attention. Members are Don Everly and Phil Everly. They were awarded a Star on the Hollywood Walk of Fame for Recording at 7000 Hollywood Boulevard in Hollywood, California. In 1957 radio stations in Boston, MA, refused to play "Wake Up Little Susie" because of its "suggestive" lyrics (the song is about two teenagers on a date at a drive-in who fall asleep in the car and wake up long after the movie has ended).



Winston Churchill,

a writer, orator and leader who led Britain to victory in the Second World War. He served as Conservative Prime Minister twice - from 1940 to 1945 (before being defeated in the 1945 general election by the Labour leader Clement Attlee) and from 1951 to 1955.

Winston Churchill

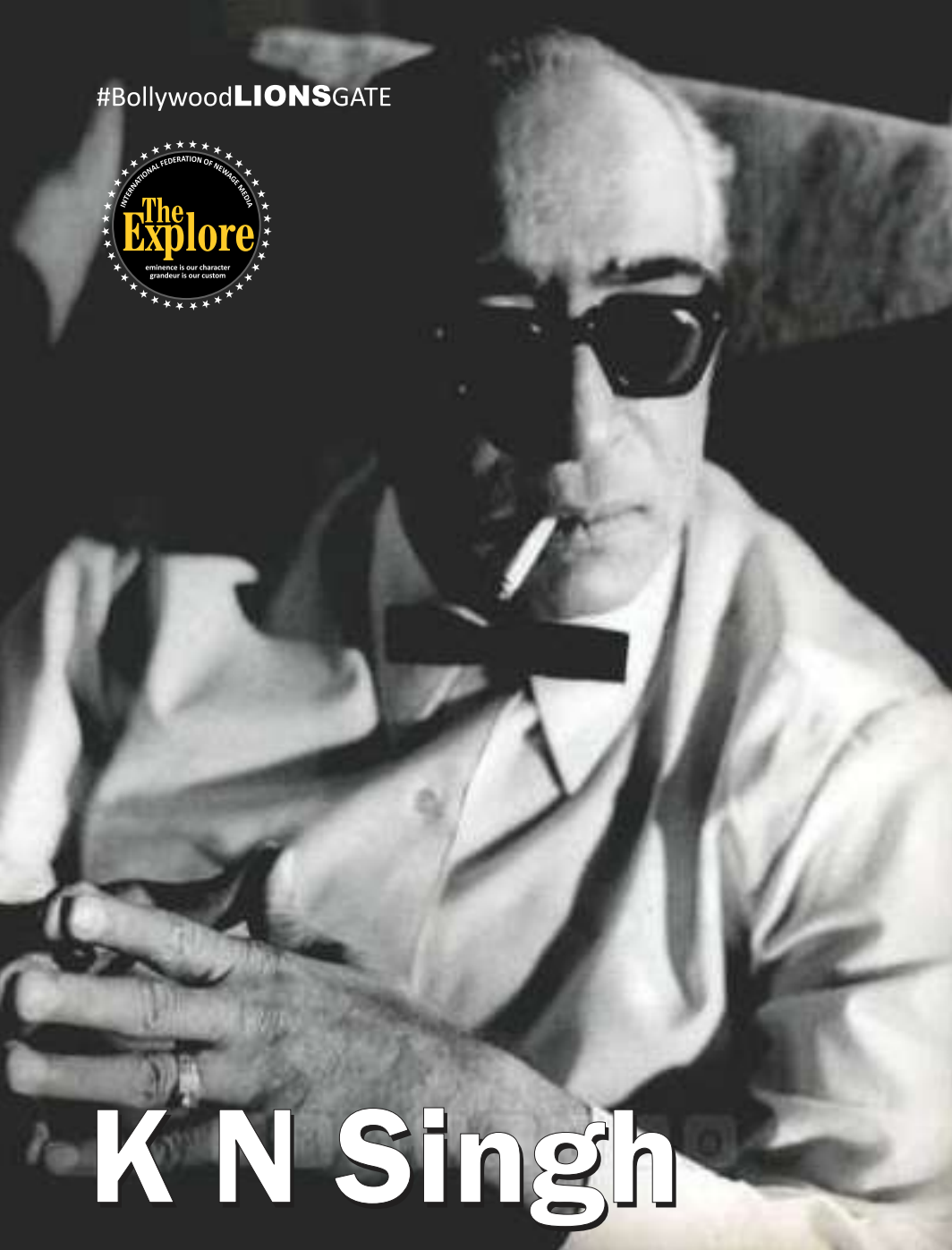
an inspirational statesman

Winston Churchill, in full Sir Winston Leonard Spencer Churchill, born on 30 November 1874, in Blenheim Palace, Oxfordshire and was of rich, aristocratic ancestry. Although achieving poor grades at school, his early fascination with militarism saw him join the Royal Cavalry in 1895. As a soldier and part-time journalist, Churchill travelled widely, including trips to Cuba, Afghanistan, Egypt and South Africa. Churchill was elected as Conservative MP for Oldham in 1900, before defecting to the Liberal Party in 1904 and spending the next decade climbing the ranks of the Liberal government. He was First Lord of the Admiralty (the civil/political head of the Royal Navy) by the time of the disastrous Gallipoli campaign, which he created. Heavily criticized for this error, he resigned from this position and travelled to the Western Front to fight himself. The interwar years saw Churchill again 'cross the floor' from the Liberals, back to the Conservative Party. He served as Chancellor of the Exchequer from 1924, when he controversially opted for Britain to re-join the Gold Standard. Following the Tory electoral defeat in 1929, Churchill lost his seat and spent much of the next 11 years out of office, mainly writing and making speeches. Although he was alone in his firm opposition to Indian Independence, his warnings against the Appeasement of Nazi Germany were proven correct when the Second World War broke out in 1939. In 1940, Churchill was chosen to succeed him as Prime Minister of an all-party coalition government.

Churchill, who also adopted the self-created position of Minister for Defence, was active both in administrative and diplomatic functions in prosecuting the British war effort. Some of his most memorable speeches were given in this period, and are credited with stimulating British morale during periods of great hardship. However, Labour leader Clement Attlee's unexpected General Election victory in 1945 saw Churchill out of office and once again concentrating on public speaking. In his 1946 speech in the USA, the instinctive pro-American famously declared that "an iron curtain has descended across the Continent", and warned of the continued danger from a powerful Soviet Russia.

By his re-election in 1951, Churchill was, in the words of Roy Jenkins, "gloriously unfit for office". Ageing and increasingly unwell, he often conducted business from his bedside, and while his powerful personality and oratory ability endured, the Prime Minister's leadership was less decisive than during the war. His second term was most notable for the Conservative Party's acceptance of Labour's newly created Welfare State, and Churchill's effect on domestic policy was limited. His later attempts at decreasing the developing Cold War through personal diplomacy failed to produce significant results, and poor health forced him to resign in 1955, making way for his Foreign Secretary and Deputy Prime Minister, Anthony Eden.

Churchill died in 1965, and was honoured with a state funeral.



K N Singh

A CLASSY CHARACTER



K N Singh, actor and one of the iconic villains in Hindi cinema. The sophisticated villain and character actor in Hindi films. **Krishan Niranjan Singh** popularly known as **K. N. Singh**.

Krishan Niranjan Singh, better known as K N Singh, was the top villain of the Hindi film industry from the late 1930s till the mid-1950s until he was taken over by Pran. He played the polished, sophisticated villain in nearly all his 250-odd films. He was always immaculate in his dress — a suit, overcoat, hat, and cigarette completed his villainish get-up. He broke the image of the stereotypical villain in popular Indian cinema. Unlike the conventional baddie — with his tough looks, loud and nasty talk, and horrible laugh — he always maintained a poised, cultured and soft exterior. Every time Singh entered the screen, it was clear that he was up to no good. And he did not have to rave or rant, use abusive language or wear garish clothes to achieve this menacing effect. One penetrating look, a couple of hissed-out commands and everyone on the scene would cringe.





K N Singh

Legendary Bollywood Actor and
Iconic Villains in Hindi cinema

It was the moment of the villain. K N Singh was never tutored in the art of acting. Singh was born into a family of lawyers from the north Indian town of Dehradun, in the beautiful Doon valley. He was discovered by the actor Prithviraj Kapoor in Calcutta in the 1930s. The film-maker Debaki Bose offered him the role of a doctor in *Sunhera Sansar* (1935) and that successful debut was followed by Raj Kapoor's *Barsaat* (1949) and *Awara* (1951). By the late 1950s, his distinct style and underplayed performance made him one of the highest paid villains in Indian cinema. Whether it was Guru Dutt's *Baazi* (1951), Shakti Samant's *Howrah Bridge* (1958) or Vijay Anand's *Teesri Manzil* (1966), Singh sent shivers down people's spines. Through most of the 40s and 50s, K.N. Singh epitomized the character of a villain on the Hindi movie screen. That, like everything else, was on his own terms. He would decide how villainous or how mean his character would be. No one dared speak to him disrespectfully, on screen or off. *Awara*, *Barsaat*, *Baaz*, *Baazi*, *Jaal* and *Howrah Bridge* were some of the well-known movies of the day in which he starred. His last films were *Ajooba* and *Kaalia* in which Amitabh Bachchan played the lead role. Known for his roaring voice and expressive eyes K N Singh passed away on January 31, 2000.



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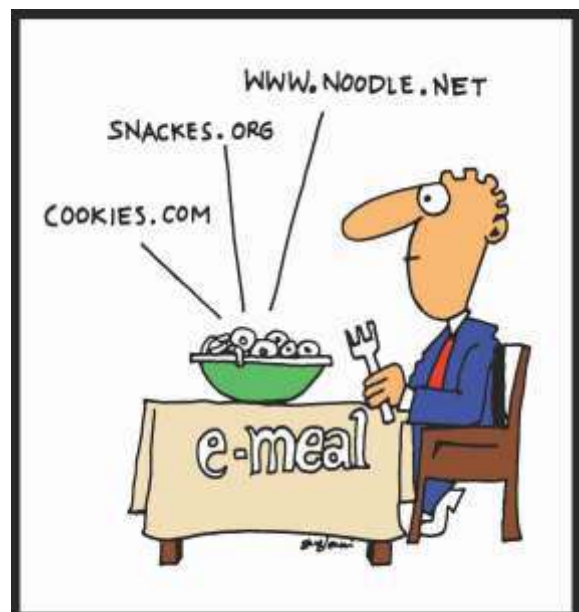
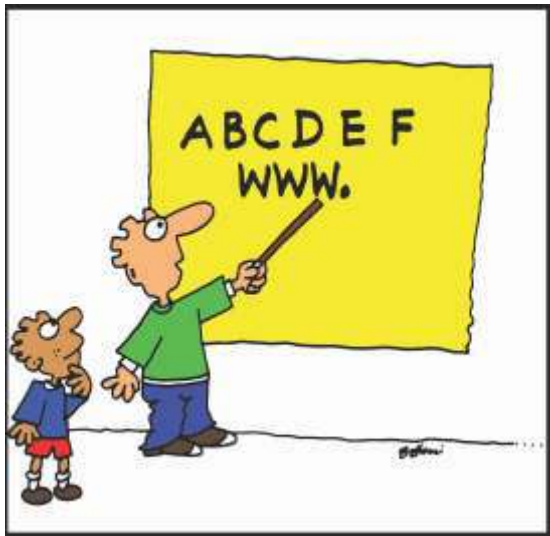
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Molly Faulkner, her creative strength in real estates will increase your confidence level, price and profitable.

Smile For A While

— by Vijay Gufani

Always **Laugh** or **Smile** when You can. It is a Cheap Medicine



SIMPLY RARE



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Raffaello Follieri

CEO & Chairman
Follieri Energy LLC
Riyadh, Saudi Arab
London, UK

Man behind The Green Revolution

“Follieri Energy”

Italian financier **Raffaello Follieri** is the owner of **Follieri Energy SA**, and has worked successfully for the past seven years building and managing 162 petrol stations and three storage facilities in Southern Europe and the Mediterranean. The company has a market capitalisation of 150 million Euros.

The focus of the company is the transition from fossil fuels to green energy, in particular EV chargers and hydrogen.

In April 2022, Follieri sold his minority shares holdings of BLS LTD, a shipping company owing 25 aframax tankers, to a major Middle Eastern fund for 1.5 billion Euros.

- A pioneer of rare metal trading, Follieri has reportedly under his control eight percent of the global market and products with added value of roughly 30 billion Euros.

- He is an early investor in mining operations around the globe who has been able to secure hard-to-source commodities such as rare earths.

- Following the Ukrainian war and embargo imposed on major Russian traders, Follieri has had success extending control over this specific market, earning him the moniker 'king of Rare Earth Metals'.



Rare Earths Metals in the Atomic Age

The rare earth elements took on a new scientific and then geopolitical importance with advances in atomic physics during the 20th century

The challenge of separating the rare earth elements from ore and from one another made it unclear just how many rare earth elements there might be. In 1913, the British physicist Henry Moseley determined there were 15 elements in the lanthanide series (atomic numbers 57 through 71) using X-ray spectroscopy.

Rare earths acquired a new status in 1939, after Otto Hahn, Lise Meitner, and Fritz Strassmann discovered nuclear fission of uranium—an insight leading to the atomic bomb—and identified rare earth elements in fission products. the United States the plan to build an atomic bomb, code-named the Manhattan Project, drew on the expertise of the leading American rare earth chemist, Frank Spading, to solve a key problem. The rare earth elements were impurities that prevented a nuclear chain reaction by absorbing neutrons. The rare earths needed to be separated and removed in the process of purifying uranium. Out of Spading wartime work was born the Ames Laboratory at Iowa State University, now the U.S. government's premier rare earth elements research facility.



The Discovery and Commercialization of the Rare Earth Metal

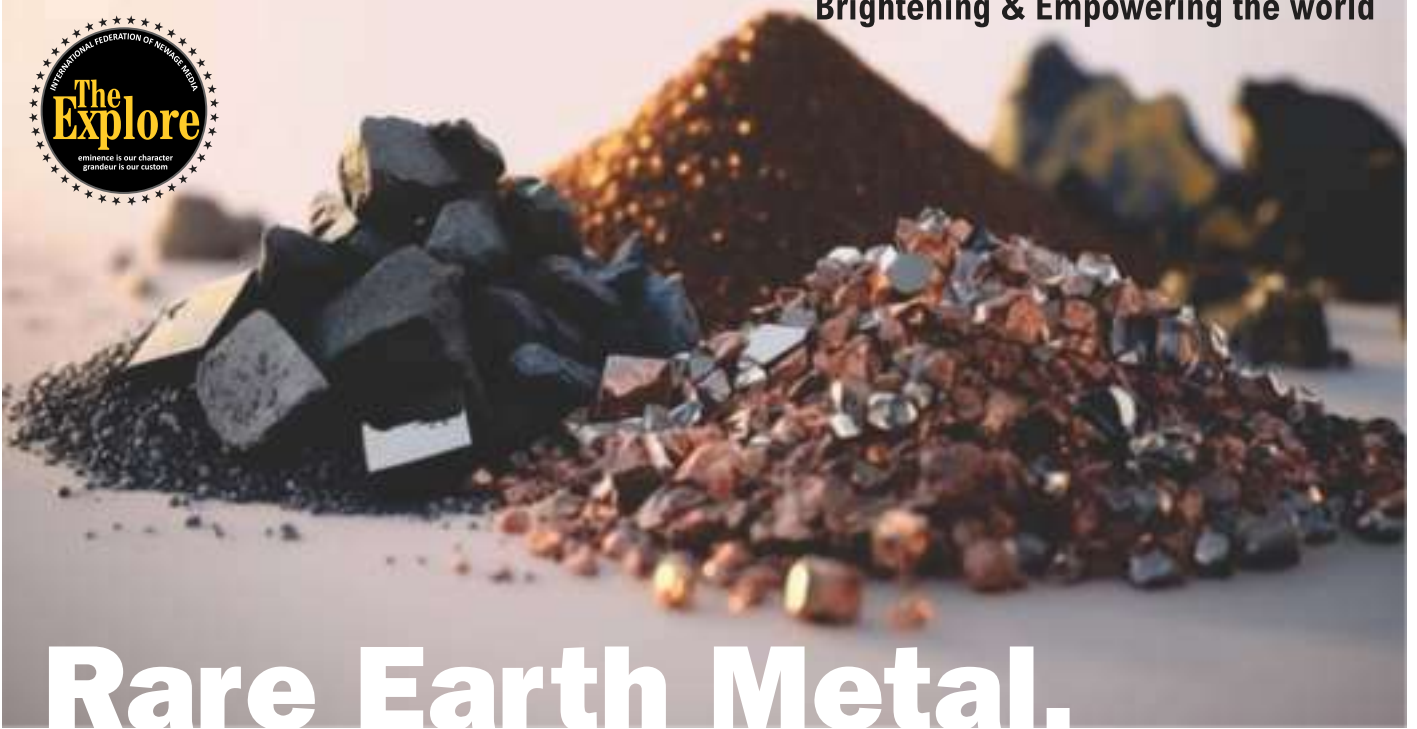
The term rare earth was coined when an unusual black rock was unearthed by a miner in Ytterby, Sweden, in 1788. The ore was called “rare” because it had never been seen before and “earth” because that was the 18th-century geological term for rocks that could be dissolved in acid.

In 1794 the chemist Johan Gadolin named this previously unknown “earth” yttria, after the town where it was discovered. Over time the mines around Ytterby extracted rocks that yielded four elements named for the town (yttrium, ytterbium, terbium, and erbium).



Identifying new elements was a prestigious but contentious activity for European chemists during the 19th century. Jöns Jacob Berzelius isolated and named cerium in 1803 and thorium in 1828. In 1839 the Swedish chemist Carl Gustaf Mosander began to systematically analyze the mixed rare earths,

discovering and naming lanthanum, erbium, and terbium. In the second half of the 19th century, chemists Gustav Kirchhoff and Robert Bunsen developed spectroscopy as a technique for identifying elements by examining light spectra. The great challenge in rare earth chemistry—both then and now—was finding ways to separate them.



Rare Earth Metal. How Do They Work?

Most rare earth elements find their uses as catalysts and magnets in traditional and low-carbon technologies. Other important uses of rare earth elements are in the production of special metal alloys, glass, and high-performance electronics.

Alloys of neodymium (Nd) and samarium (Sm) can be used to create strong magnets that withstand high temperatures, making them ideal for a wide variety of mission critical electronics and defense applications.

Significance

Rare earth materials are utilised in a wide range of critical products enabling many emerging green energy technologies, high tech applications and defence systems. They are used in consumer goods such as smartphones, computer screens and telescopic lenses. They work on clean energy which is the need of the hour today. Traditional uses like Cerium for glass polishing and lanthanum for car catalysts or optical lenses. Rare earth minerals, with names like neodymium, praseodymium and dysprosium, are crucial to the manufacture of magnets used in industries of the future of the 21st century's need of electric vehicles, wind turbines and Drones.



The strongest known magnet is an alloy of neodymium with iron and boron. Adding other REEs such as dysprosium and praseodymium can change the performance and properties of magnets.

Hybrid and electric vehicle engines, generators in wind turbines, hard disks, portable electronics and cell phones require these magnets and elements. This role in technology makes their mining and refinement a point of concern for many nations. For example, one megawatt of wind energy capacity requires 171 kg of rare earths, a single U.S. F-35 fighter jet requires about 427 kg of rare earths, and a Virginia-class nuclear submarine uses nearly 4.2 tonnes



Learning to Use the Rare Earth Metal

The quest to find sources of uranium in the United States led to the development of the Mountain Pass Mine in California's Mojave Desert near the Nevada border.

While the mine's uranium and thorium deposits did not prove useful, its deposits of the rare earth elements did. In the early 1950s the mine and separations plant extracted europium, which was used to produce red phosphors for the newly developed color television technology. Later production expanded to include cerium, lanthanum, neodymium, and praseodymium. This mine, owned by the Molybdenum Corporation of America, or Molycorp, dominated world rare earth production and exports from about 1960 until 2000.

The arms race between the United States and the Soviet Union during the Cold War (1945 to 1991) led to huge increases in government-funded research and development in many areas, including the rare earth elements. U.S. Air Force researchers developed samarium-cobalt magnets in the 1960s. This material retained its powerful magnetic properties even when very hot, thus making possible more powerful radar instruments. Soviet metallurgists used scandium to make aluminum stronger and lighter in the 1980s, which increased the performance of MiG-29 fighter planes. Laser research led to the development of yttrium-aluminum-garnet lasers used for laser rangefinders or target designators for guided weapons.

Corporate and industrial research generated new products for consumers that used the rare earth elements. Battery research in the 1970s and 1980s led to the development of the nickel-metal hydride battery, which used lanthanum and neodymium. These batteries could be recharged repeatedly while holding a lot of energy relative to their volume (size). They became popular for use in portable electronics, such as video cameras in the 1990s, and were widely used in hybrid cars, such as the Toyota Prius, released in 2001. Researchers at General Motors patented neodymium-iron-boron magnets in the 1980s and created a company, Magnequench, that produced the lightweight, powerful, permanent magnets used in power windows and door locks, windshield wiper motors, and electric engine starters.

Magnequench soon found a valuable market in selling tiny magnets for computer hard drives, as personal computers became widespread in American homes and offices during the 1990s.

Use of rare earth elements in electronics expanded through the 1990s and the 2000s. In the early 1990s Bell Labs developed the erbium-doped fiber amplifier to boost the signal in fiber-optic cables. These small devices made possible a global network of long fiber-optic cables that reduced the price of long-distance telephone calls and now carry internet data around the world. The release of the first iPhone in 2008 showed how far advances in rare earth metallurgy and applications had developed. Smartphones use lanthanum to reduce distortion in their tiny glass camera lenses, neodymium magnets to improve sound from tiny speakers, and yttrium and erbium phosphors to make bright colors in an energy-efficient screen.



The History & Future of Rare Earth Metal

What Are the Rare Earth Metal, and Where Do They Come From?

The rare earths are 17 metallic elements, located in the middle of the periodic table (atomic numbers 21, 39, and 57–71). These metals have unusual fluorescent, conductive, and magnetic properties—which make them very useful when alloyed, or mixed, in small quantities with more common metals such as iron.

Geologically speaking, the rare earth elements are not especially rare. Deposits of these metals are found in many places around the globe, with some elements in about the same abundance in the earth's crust as copper or tin. But rare earths are never found in very high concentrations and are usually found mixed together with one another or with radioactive elements, such as uranium and thorium.

The chemical properties of the rare earth elements make them difficult to separate from surrounding materials and from one another. These qualities also make them difficult to purify. Current production methods require a lot of ore and generate a great deal of harmful waste to extract just small amounts of rare earth metals. Waste from the processing methods include radioactive water, toxic fluorine, and acids.

A whole new world for 'Rare Earths'

How the technologically important metals rose from obscurity to ubiquity

The rare earths, a collection of 17 elements including the lanthanides—lanthanum to lutetium—along with scandium and yttrium, have become indispensable components in many essential technologies of modern life, including smart phones, LEDs, and medical imaging. But not much was known about rare-earth chemistry until the 1960s. Since then, researchers have uncovered the elements' abundant magnetic, luminescent, electrochemical, and other properties. The Rare Earth Research Conference, held recently in Ames, Iowa, brought together researchers who discussed the evolution of rare-earth chemistry, new research trends, and the need for sound natural resource management to ensure their sustainable use for future technologies.





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Changes in Global Trade

At the same time that new applications of the rare earth elements were being developed, changes in the global economy caused shifts in the locations of rare earth production and high-tech manufacturing. The United States was the world's leading exporter of manufactured goods throughout much of the 20th century. In the decades after World War II, U.S. government officials promoted international trade agreements to open foreign markets for U.S. manufacturers.

As governments around the world reduced restrictions on trade and as global shipping and communications costs decreased, manufacturing companies began to set up factories wherever goods could be produced most cheaply.

Beginning in the 1980s and accelerating through the 1990s, many American firms relocated their manufacturing to countries that paid much lower wages and had fewer health and safety protections for workers and less stringent environmental regulations. These actions reduced the price of goods for American consumers but led to the closing of factories and loss of jobs in the United States.

Outside of the United States other governments sought to increase trade and manufacturing to advance their nations. In Asia the governments of Japan and the so-called Asian Tigers (Hong Kong, Singapore, Taiwan, and South Korea), which had few natural mineral or energy resources, promoted import of raw materials from around the world in order to manufacture products for global export. In Europe leaders worked to integrate national economies, harmonizing employment and environmental regulations and encouraging easy migration for citizens among the European countries. This was reflected most significantly in the establishment of the European Union in 1993.





The Future of Rare Earth Metal

Rare earth elements are likely to remain an important part of our future—from quantum computing and material sciences, to medical applications and advances in green technology. They are essential in efforts to reduce greenhouse-gas emissions enough to avoid the most devastating consequences of climate collapse.

The growth of wind farms will continue to drive demand for neodymium and dysprosium used in wind turbine motors. Ongoing moves away from internal combustion cars to electric vehicles will also increase demand for rare earth magnets and batteries.



To meet future demand, mining companies have proposed opening new mines and building new processing plants in many parts of the world. Some plans sound like science fiction, such as deep-sea mining or extracting rare earths from the acidic wastewater draining from abandoned mines. But these production techniques might become economically viable if a large increase in demand drives up prices or if governments decide to subsidize the costs of production. Another idea is to better design our technologies so we can reduce or more easily reuse the rare earth metals inside of them. In the wake of the 2010 crisis, car makers redesigned vehicles to use smaller amounts of rare earth metals. Consumer electronics could be designed to be more easily repaired and upgraded rather than simply discarded. Research into new methods to recover rare earths from electronic waste, for instance, could reduce the amount of metals that need to be produced by mining and refining. Governments, activist groups, and companies could also collaborate to collect wastes containing the rare earths to enable more economically viable recycling programs. One looming question focuses on what decisions the Chinese government and Chinese producers will make. Planning documents show the Chinese government is interested in reducing the local pollution and harms caused by manufacturing rare earth elements. China may use its investments across the rare earth industry to move the dirtiest parts of production to locations outside of China but still under Chinese financial control, thus relocating the pollution to poorer countries. Sustainable and socially fair production of the rare earth metals ultimately depends on the willingness of consumers and manufacturers to pay more for materials that are produced ethically. In addition mechanisms both inside and outside of governments must ensure that sustainable production methods are actually implemented.



Rare Earth Metals

The 'Rare Earth Elements' (REEs) are a group of 16 chemical elements appearing in the periodic table consisting of the 15 lanthanides (lanthanum to lutetium) plus yttrium.



Yttrium is a chemical element with the symbol Y and atomic number 39. It is a silvery-metallic transition metal chemically similar to the lanthanides and has often been classified as a "rare-earth element".



Erbium is a chemical element with the symbol Er and atomic number 68. A silvery-white solid metal when artificially isolated, natural erbium is always found in chemical combination with other elements.



Cerium is a chemical element with the symbol Ce and atomic number 58. Cerium is a soft, ductile, and silvery-white metal that tarnishes when exposed to air.



Dysprosium is the chemical element with the symbol Dy and atomic number 66. It is a rare-earth element in the lanthanide series with a metallic silver luster. Dysprosium is never found in nature as a free element, though, like other lanthanides, it is found in various minerals, such as xenotime.



Scandium is a chemical element with the symbol Sc and atomic number 21. It is a silvery-white metallic d-block element. Historically, it has been classified as a rare-earth element, together with yttrium and the lanthanides.



Terbium is a chemical element with the symbol Tb and atomic number 65. It is a silvery-white, rare earth metal that is malleable, and ductile. The ninth member of the lanthanide series, terbium is a fairly electropositive metal that reacts with water, evolving hydrogen gas.



Europium is a chemical element with the symbol Eu and atomic number 63. Europium is the most reactive lanthanide by far, having to be stored under an inert fluid to protect it from atmospheric oxygen or moisture.



Neodymium is a chemical element with the symbol Nd and atomic number 60. It is the fourth member of the lanthanide series and is considered to be one of the rare-earth metals. It is a hard, slightly malleable, silvery metal that quickly tarnishes in air and moisture.



Promethium is a chemical element with the symbol Pm and atomic number 61. All of its isotopes are radioactive; it is extremely rare, with only about 500–600 grams naturally occurring in Earth's crust at any given time.



Praseodymium is a chemical element with the symbol Pr and the atomic number 59. It is the third member of the lanthanide series and is considered to be one of the rare-earth metals. It is a soft, silvery, malleable and ductile metal, valued for its magnetic, electrical, chemical, and optical properties.



Ytterbium is a chemical element with the symbol Yb and atomic number 70. It is a metal, the fourteenth and penultimate element in the lanthanide series, which is the basis of the relative stability of its +2 oxidation state.



Lutetium is a chemical element with the symbol Lu and atomic number 71. It is a silvery white metal, which resists corrosion in dry air, but not in moist air.





Explore the rare earth metals and what are they used for?



Until the late 20th century, rare earth metals were not familiar to many people outside the chemistry, geology and specialized engineering fields.

But with the advent of modern technology, they have gained considerable visibility because of their specialized properties and critical uses.

Even if rare earth metals may be unfamiliar to some by name, most people have probably come across these vital elements in their everyday lives without even knowing it.

What are they?

Also known as rare earth elements, or REEs, they are a group of 17 chemical elements that appear together in the periodic table. They are all silvery-white soft heavy metals. They are also called rare earth oxides because many of them are typically sold as oxide compounds.

The group consists of the 15 lanthanide elements (lanthanum, cerium, praseodymium, neodymium, promethium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, and lutetium) as well as yttrium and scandium, which is found in most rare earth element deposits.

These metals have similar chemical properties, meaning that they are often found together in geological deposits. But their electronic and magnetic properties vary and are unique to each metal, so they can be used in a tiny niche in our technology where nothing else can.



Computers, TV screens, loudspeakers, wireless devices and electric cars are just some items you may have come across that contain rare earth metals.

What are they used in?

Rare earth metals have been growing in popularity over the past 20 years due to the explosion in demand for items, including new technologies, that require them.

A lot are used for catalysts, but more specifically these elements are used in the production of high-performance magnets, alloys, glasses and electronics.

This means that they can be found in common everyday objects such as computer hard drives, DVDs, mobile phones, LCD and plasma screens, rechargeable batteries, fluorescent lighting, lasers and much, much more.

They are also used in the electric motors and batteries that power hybrid and electric vehicles as well as for generators in wind turbines, which is why they're considered important for the future of low-carbon technologies.

Some countries also consider rare earth metals essential for use in defense technologies. Military uses include for night-vision goggles, precision-guided weapons, communications equipment, GPS equipment and other defense electronics. They are also key ingredients for making the very hard alloys used in armored vehicles and projectiles that shatter upon impact.

Are they really 'rare'?

Despite their name, these elements aren't really considered rare, with the U.S. Geological Survey describing them as "relatively abundant in the Earth's crust."

"The more abundant REE are each similar in crustal concentration to commonplace industrial metals such as chromium, nickel, copper, zinc, molybdenum, tin, tungsten, or lead," explains the USGS. "Even the two least abundant REE (Tm, Lu) are nearly 200 times more common than gold," it adds.

However, the difference between these and ordinary base and precious metals, is that they are much more difficult to mine as they're less likely to be found in concentrations high enough for economical extraction.

Where are they found and produced?

Rare earth metals can mostly be found all over the world, only a few countries have reserves with concentrations high enough for mine production.

Global reserves are estimated on a rare-earth-oxide (REO) basis to be 120 million metric tons as of 2020. China is leading with its reserves at 44 million metric tons, followed by Vietnam with 22 million, Brazil with 21 million, Russia with 12 million, India with 6.9 million, Australia with 4.1 million and Greenland and the U.S. both with 1.5 million metric tons of REO as of 2020.

Other countries that also constitute the largest percentage of the world's rare earth economic resources are Malaysia, South Africa, Sri Lanka, Thailand and Tanzania. Reserves can also be found in Canada.

RED CARPET HONOR



National Gaurav Award -2023 at Vigyan Bhawan for 9 World Records in Education and Media & Entertainment Industry -44 Years in

★ ★ Sandeep Marwah

Founder & Chancellor, AAFI University of Media and Arts
Talks about Art, AAFI, ICMEI and Education Talks
Delhi NCR (Noida), India

The red carpet is a beautiful situation... for people. **THE EXPLORE Journal** appreciates it and loves it and honors it.

"We live in an age, in an era where there is so much negativity, there is so much violence in the world, there is so much unrest and people are at war, that I wanted to promote the word love and red signifies love."



★ THE EXPLORE Journal Choice
Dr Gonul Atessacan
MD, Aesthetic & Holistic Medicine
Istanbul, Turkey

Dr. Gonul has been working in aesthetic medicine and holistic lifestyle since 2005. She applies special anti aging treatment for face lifting, using botox, fillers, thread lifts, special mesotherapy formulations and anti aging through energy based devices. She also gives aesthetic medicine training to doctors. In order to change patients struggling with lifestyle adjustments and trauma issues , she works on the subconscious mind to address the root causes hence empowering them to take their power back and make better lifestyle choices which have long term benefit, by applying holistic medicine such as biofeedback, energy medicine , homeopathy and hypnotherapy.

She is an internationally recognised speaker on various television shows, social media and has been a keynote speaker at many local and international forums, especially for women in order to help them take their power back, reach the best version of himself and elevate a self of healthy self esteem and self value.

Being human is a portal into your divinity

Fusion of **Aesthetic Medicine & Holistic Medicine**



★ THE EXPLORE Journal Choice
Dr Gonul Atessacan
 MD, Aesthetic & Holistic Medicine
 Istanbul, Turkey

Dr. Gonul Atessacan, educated from Izmir Bornova Anatolian high school, batch of 1986 and Dokuz Eylul University faculty of medicine passing out in 1992. Her business experience spans over two decades, from 1993-1997, for five years she works in a statement hospital as a family practitioner. Followed by 1997 to 2005 in the pharmaceutical industry, as a medical advisor in AstraZeneca (managing international phase 3 clinical trials for asthma drug-Symbicort). Then from 2005-2011 she worked as an Aesthetic Physician in Hay Clinic with Dr Ender Sarac and in 2017-2018 she was a visitor doctor in Oman Muscat in AgeCare Clinic. In 2011 she opened her own clinic, “Dr. Gonul Atessacan Anti aging Clinic” with a professional team, which has clientele from all over the world and she intends to expand her footprint of her brand to India and the United Arab Emirates for 2023.

Dr Gonul Atessacan, She is 2022's recipient of the prestigious Global Gender and Human Rights Ambassador Award from the Federation of International Gender and Human Rights, USA. Her most famous book on “**ARISTO DIET**” is a special detox program covering the mind, spirit and body. “**Aristo Diet**” book is written in Turkish and translated into English available on Amazon.

Membership to Medical Fraternities

Board Member of Turkish Mesotherapy Association.
 American Academy of Aesthetic medicine
 Aesthetic Medicine Association.
 MESTDER Medical Association.
 Turkish Homeopathy Association.
 Turkish Medicine Association.
 Complementary Medicine Association.

Her social media handles are below

instagram : gonulatessacan
 facebook : Dr.Gönül Ateşşacan
 twitter : gonulatessacan
 www.gonulatessacan.com
 gonul@gonulatessacan.com

She owns several patents and has specialized training in the following.

- “Aesthetic medicine Certification” Ministry of health - Türkiye 2005
- “Family Physician Certification” Ministry of health - Türkiye 2010
- “American Academy of Aesthetic Medicine” Certification 2017 Miami - USA
- “Mesotherapy certification” Yıldırım Beyazıt Integrative med -Ministry of health - Türkiye 2017
- “Ozon certification” Yıldırım Beyazıt Integrative med - Ministry of health - Türkiye 2017
- SCIO (Biofeedback therapy-energy medicine) Certification 2011
- Aesthetic Medicine training and certifications in France Hypnotherapy certification - Prof. Dr Michael Newton Certification 2013
- Homeopathy certification from “Turkish Homeopathy



★ THE EXPLORE Journal Choice

Dr Gonul Atesacan

MD, Aesthetic & Holistic Medicine
Istanbul, Turkey

Association” 2013

“American Association of Nutritional Consultants”
certification

“OMAN MEDICAL SPECIALTY BOARD” EXAM PASSED IN
2017

or Aesthetic Medicine and as a General Physician.

Her approach and vision is what sets her apart from the rest in her field along with her eloquence to dive deep into the fusion of holistic medicine along with the state of the art modern medicine. She advocates, “Healthy heads require healthy bodies. “an insightful article of the harmony of the mind and body, she quotes, “Our emotions affect our bodily reactions.

Being in good emotions makes us feel good, and helps our hormonal reactions work as they are supposed to work. For instance, if we pretend to smile when we feel sad, even if we can't really smile, it helps with our hormones, and they are regulated in no time. Negative thoughts and emotions like fear, worries, gossip, control, greed, anger block the energy flow in our body. And carrying the emotions for a long time causes diseases in the locations of blockage.

Positive emotions like love and understanding towards yourself and others, tolerance, sharing, joy, acceptance, appreciation, and surrender increase the serotonin, and help you to relax, which in return makes you feel satisfied. It strengthens the immune system and helps

us to protect from infections. These help us to love ourselves, be loved more by others, and enjoy life more. Instead of pitying ourselves for what happened to us, taking our power back helps us to overcome everything and grow by the lessons we need to learn. Thus, our body begins to prevent us from wearing and tearing physically and spiritually, slowing down the aging process.

It's a known fact that the healing process of chronic patients gets more difficult because of the negative emotions – and quite often, it even worsens the situation – and positive emotions help with the healing, saving them from death, and sometimes even the disease itself. When it comes to weight problems, negative emotions disturb the rhythm of our body because of the stress hormone cortisol that is secreted by the adrenal gland, causing us to gain more weight.

Also, the food we consume affects our moods, emotions, and thoughts. For instance, too much oil or sugar directly leads to pessimism, depression, unhappiness, panic attacks, and similar diseases, fears, anxiety, and vulnerability to addictions.

The phrase “Healthy heads require healthy bodies” is absolutely true.

If we don't take good care of our bodies, we struggle to have positive emotions or thoughts. Our memory diminishes, our fortitude weakens, our negativity increases, whereby attracting more negativity into our lives, leading us to sometimes see things negatively, even when they are not”



Meet your God within YOU...!



Soma Roy

Spiritual Educationist
Psychologist & Psychotherapist
Life & Business Transformation
Bangalore, India

Many years back while I was attending a Spiritual retreat in an Ashram, the teacher who was taking the class said something that changed my entire understanding of the Phenomenon called "GOD". Yes that simple one liner story - One day God met Man crossing each other on the road, the Man and God both pointed their finger at each other and said "I MADE YOU". This simple powerful story just touched upon the right cord of my conscious Mind.

God is worshiped and called the Supreme power by only one Species in the planet that's called the Humans, rest no specie is bothered by it's existence or absence. In a fraction of few seconds so many questions rushed from into my mind - then who created us? Why do we have so many gods? Why we fear god? Why we suffer? Does god punishes us? If we have created him then how can he create us? Just could not understand where to find the answers to all my innumerable questions.

That's when my research started, exploring the being and the Beyond.

There are many analogies, analysis and philosophical data existing to prove different points of views and studies. The Creator and the Creation if I may call it.

Well who is the Creator?

The zillions of cosmic particles that change its formations to form multi zillions of beings is our Supreme CREATOR, we named it as God, some Quantum Physics Scientists call them the GOD PARTICLES. Where these God particles do are found? It's flowing and floating in this entire existence which we lovingly call THE UNIVERSE. The Magic Wand of our life is the Universe, a Deep Well of unlimited never ending abundance. Yes ! This beautiful Universe which we are part of is our Craftsman complimenting all our creations.



are marching towards acknowledging their super powers. We are the Master creators of this Existence till now. It's time that we acknowledge our power, the GOD within us. The GOD is none other than our MIND. What the BRAIN creates in our mind that creates our eternal life. When we look around and see what we have created on this planet it amuses me with sheer joy. Whether it's good bad or brutality we have generated from our mind.

My answer to all my questions I found. "What we think so shall we become" this phrase is pertinent

Every ion of a cell that exists in this cosmic existence is interconnected. Hence We are the Creator of our Life. Now the question may come in your mind then why are we not able to change our life issues by ourselves? The answer is simple; it's a culmination of collective consciousness. We all have elevated our consciousness in due course of life for decades and centuries. The Evolution of Awareness of "who we are ? " from "why we are ?" have been a natural process. In this Century on this planet our Specie HUMANS

because every day the numerous thoughts that we create naturally creates our life. So being watchful of what we are thinking is a practice, which can be attended through meditations, chanting, religious rituals and various forms of Neurological Programs. The mind that is full of thoughts doesn't understand judgments as to what is good or bad. Judgments are created with the reactions and response of the outcomes that we experience in this journey of life. What has created this whole Diversity of Spiritual practices

★ EXPLORE About the Author



Soma Roy

Spiritual Educationist, Psychologist & Psychotherapist
Life & Business Transformation, **Bangalore, India**

Along with my corporate life, I kept my spiritual studies alive and pursued it with equal passion and zest. Went to World Panic Healing school of Manila to become a healer and serve humanity to lead a holistic life in every sphere, be it personal or professional issues, relationships, wealth or money issues, good health and a balanced mental health.

Was blessed to have been given the opportunity to open up Panic Healing Institution in West African Countries like Ghana and Nigeria in 2017. However after the successful completion of this assignment, I felt there is much more to this whole Being and in the way of living a holistic life, hence keeping my research and learning alive on spiritual or metaphysical science. Studied Theta Brain wave's activation and many other related subjects. Access Consciousness and Bach flower remedies opened another dimension for me, who I never knew existed, hence learned them, and became a practitioner and then an International Trainer. Started experiencing the magic of Conscious Living and becoming instrumental in transforming lives. It's been 7 years into this fulfilling journey of helping people in various walks of their life. Working with CXO Level people in various organizations



or Religious beliefs? The yearlong experiments and experiences that mankind went through led to the creation of various communities of similar mindset that matched the Frequencies of the human brain. These sections of similar or likeminded ideologies people in turn became the followers of various Spiritual practices or Religion. In turn it became their way of living. The Mind is most often lazy and hence it looks for easy ways and means of execution. A tried and tested model by some Great minds are followed by multiple zillions minds. Now the point is should we stop here? Should we not explore and create our own cult for the betterment of this Planet?

Now than ever before facts figures and information are readily available to Tap into the newer dimensions and develop new dynamics of connection, correlation and Co creation in this Planet.

We are much more aware than before, we have created access to various information resources due to developed Technologies. Then what stops us from creating the new? A NEW EARTH, new approach towards life. New understanding and implementation of the older transcripts and excerpts from the laws of spiritual books and holy scriptures. With this ever changing lifestyle and living are the old ideologies helping us in our growth? When we

have been the creator of the life that we have been living so far, can't we change the course once again for our own Well-being?

Instead of looking around why not MEET the GOD within, let's do this with our collective consciousness and grow from here exponentially. Let our asks be only to us, let not seek outside, let's have respect for everyone's thoughts, however that doesn't mean we neglect our own conscious mind, our thoughts and beliefs. We are that magnificent creation of this existence which has been blessed with the power to Create more in this world and conserve its resources for our own existence, otherwise like Dinosaurs someday some other species would talk about our existence as part of historical evidence, found from archeological excavations.

What should we do then?

Be more aware of our power, use it mindfully and never stop exploring beyond the horizon. This life will become more adventurous and thriving for people who believe in Beyond Boundaries. Boundaries are imaginary lines, which are created by our mind to control us. When we have an infinite pool of power within then why do we stick to these imaginary lines? So bounce forward and Start worshipping the GOD WITHIN. Visit the temple of your body where the MIND (the God resides) daily.



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EXPLAINED!



Diviya Mehra
Teacher and Facilitator
New Delhi, India

The New Education Policy (NEP) is aimed at making India a global knowledge superpower. It envisages a holistic approach to education, with an emphasis on experiential and critical learning. The policy also proposes major reforms in teacher education and pedagogy. As we look into the changing pattern of the Education system in India, let's have a glimpse at the **New Education Policy (NEP) 2020** for school to higher education.

The first education policy of the 21st century introduced by the Ministry of Resource Development, Government of India, envisions providing a new structure to the education sector of the country. Changes in Education System: India has a long and rich history of education. The Vedic period saw the rise of the Gurukul system of education, which was based on the Guru-Shishya relationship. This system focused on the transmission of knowledge from the Guru to the Shishya and was based on oral tradition. The next major period in Indian educational history is the

post-Vedic period when formal education started to take shape. This is when various schools and universities were established, such as Taxila and Nalanda. These institutions focused on imparting knowledge in various subjects, such as mathematics, astronomy, medicine, and literature. The modern era of Indian education began with the arrival of the British in India. The British introduced formal education to India, which was based on the Western model. This form of education was alien to Indians, and many resisted it. However, over time, this form of education became popular among Indians as well.

Today, Indian education is a mix of both Western and Eastern influences. While formal education is still based on the Western model, many aspects of Eastern culture have been incorporated into it as well. This has resulted in a unique form of education that is respected all over the world.

NEP 2020, Education now different from the Past
The NEP 2020 emphasizes the need for a 'mother tongue' or regional language as the medium of instruction up to at least Grade 5, and preferably till Grade 8 and beyond. Post Covid, there is a need to focus on online and digital learning platforms which can cater to the needs of students across the country. There is also a need to revamp the assessment system, away from rote learning and towards a more holistic evaluation of students. The policy proposes setting



up a National Testing Agency (NTA) to conduct all entrance exams for higher education institutions.

At the school level, the NEP proposes a flexible three-language formula, whereby students can choose any two languages from among the 22 scheduled languages, in addition to English or Hindi. The third language would be optional for students who wish to study it.

VISION 2030

In line with the National Education Policy (NEP) 2020, the government has set an ambitious target of raising the Gross Enrolment Ratio (GER) in higher education to 50% by 2030.

The NEP 2020 aims to universalize access to school education from pre-primary to secondary level and ensure equitable quality education for all. To achieve this, the policy lays out a comprehensive plan for infrastructure development, teacher training, curriculum reform, and so on.

The GER target for 2030 is in keeping with this larger vision of providing quality education for all. By increasing access to higher education, the government hopes to create a skilled workforce that can contribute to India's economic growth.

To meet the GER target, a significant increase in investment will be required in the Higher Education sector. The government has proposed several measures to attract private investment and generate additional resources.

The NEP 2020 also emphasizes improving the quality of teaching and learning at all levels of education. As part of this effort, teacher training programs will be given greater importance.

It is hoped that these initiatives will help improve the standard of education in India and enable us to meet the GER target for 2030.

★ EXPLORE About the Author



Diviya Mehra

Teacher and Facilitator
New Delhi, India

Diviya Mehra, an accomplished educator, facilitator and a leader in the field of education. With over a decade of experience, she has been recognised as a Microsoft Innovative Educator, AIEF Resource Person, and School Innovation Ambassador. In addition to her work as an educator, **Diviya** is also an Amazon Author and has published a book called "The Sighted Soul," which is an anthology of poems expressing human emotions. She is also a community teacher and has been actively involved in conducting workshops and training sessions for teachers and students in underprivileged communities. **Diviya** is dedicated to improving the lives of students and teachers and has established "Educational Connect with **Diviya Mehra**," a YouTube channel where she interacts with educationists and teachers on various topics of education. Her commitment to education and passion for making a positive impact make her a true advocate of education.



UNCERTAINTY **VS** INEVITABILITY



Vinod Kr. Sharma
xIndian Express
New Delhi
Mumbai, India

"What should I do papa?" my son asked me one day.
"What happened", I asked.

"Nothing very serious, but how long I wait for the result?"

"It's better" I replied. "If the things are in abeyance, you are relaxed"

"How come"

"We are more anxious when the things are certain and relaxed when the same are uncertain"

"I don't understand"

"OK I will give some examples" "How many times you see your watch when you have to catch the flight?" I asked.

"Till I catch the flight" "It means when the things are fixed and certain, you are restless till its conclusion" "Yes"

Now tell me, how many times you see your watch when the things are uncertain?

"Not a single time" was the reply.

Hence it is proved that we are relaxed till the things are uncertain. It's a misconception that we are restless when the things are uncertain.

"Now I understand, I will wait till the result is out"

When I was a child, I was afraid of the dark. I used to think the monster was coming to get me. My mother would reassure me: "The sun always rises." It was a reminder that I had the power to choose between fear or faith.

We are relaxed if we don't know what will happen. Suppose if we know the time of our last breath, we will not live happily. We are carefree till we don't know when we will die. This is the biggest example.

Many friends have told us lately that they are feeling stressed and overwhelmed. They aren't alone. Some surveys peg the increase of anxiety in the general population at more than 25%. This is, of course, not a new problem. We are neither stressed nor overwhelmed when



the results are not clear to us. The most damaging emotions are anger and fear. (Worry is usually a fear that something undesirable will happen.) This happens when the things are certain. As soon as you are angry or afraid, you burn the nerves. Anger burns the nerves in the brain and causes poisons to be secreted throughout the body. Fear burns the nerves that supply the heart and can cause heart trouble. Feelings of timidity destroy the nerve endings.



If our loved one is in critical condition admitted in the hospital, we pray to the God for speedy recovery because we are not certain about the fate and leave everything on God. However, when the doctor says "Will not survive" we become restless and anxiety covers our mind what will happen after the demise.

We have so many accomplishments over the years right from childhood, that we are really proud of. We must

have faced many challenges along the way of achieving them. There might have been difficulties, interruptions or disagreements. Remember all those times to see

how you crossed them. You will notice that whenever you were focused on solutions you would have got better results than when you were focused on the challenge itself. So, whether it is an issue in our health, in relationships, in a project, or in finances, let us cultivate a solution-oriented approach. Do

not avoid r delay during challenges. As a problem-solver you start converting dreams into goals, and goals into reality. You can handle everything that comes in your way, with your solution-oriented mindset. Everything is uncertain and hence we have to wait only with a positive mindset



★ **EXPLORE** about the Author
Vinod Kumar Sharma
x-Indian Express, New Delhi

Maestro in many spheres. However, spent 15 valued years with the national daily The Indian Express New Delhi heading Online Media. To gain some experience in community to feel their life personally, headed a Project called **Swavalamban** successfully in two slum areas in Delhi wherein understood the real meaning of life. Now apart from working as a free lancer in the field of writing articles and editing, started my own in Healthcare.

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Man is the maker of his own destiny



I am sure you would have heard it from someone, somewhere, at least once in your lifetime.

But then, I would like to enlighten you about the fact that 'MAN' as well as 'DESTINY', both are made by God. The ultimate divine power that runs the whole cosmos. And astrology, is the divine testimony to the fact. As it helps us decipher how man and destiny coincide. On which, some people believe and some don't. Those who believe in astrology are some blessed souls who are already enlightened enough to understand the divine design and like to live by the set standards. Whereas, for all those who refuse to believe, is this special effort.



– Nisha Rana

Celebrity Occult Science Expert
Family Wellness Consultant
Jaipur, Rajasthan, India

Astrology is a combination of two words. Astro and ology. The word astro relates to the outer world. The world of stars, galaxies, planets, luminaries and the like. And ology simply pertains to an artful study of a subject. Just like psychology and sociology. Astrology studies the implication, the influence of celestial bodies on human life. How the stars and planets govern our lives on a day-to-day basis. Like Astronomy is the scientific study of celestial bodies, astrology is the artful part. When the human race believes in Science and Art both. It has no reason to refute Astrology whether as science or an Arts subject. Rather, astrology as divine science, is even much above

Astrology is a combination of two words. Astro and ology. The word astro relates to the outer world. The world of stars, galaxies, planets, luminaries and the like. And ology simply pertains to an artful study of a subject. Just like psychology and sociology. Astrology studies the implication, the influence of celestial bodies on human life. How the stars and planets govern our lives on a day-to-day basis. Like Astronomy is the scientific study of celestial bodies, astrology is the artful part. When the human race believes in Science and Art both. It has no reason to refute Astrology whether as science or an Arts subject. Rather, astrology as divine science, is even much above the both. For the reason that it studies the patterns designed by the almighty himself.



One of the reasons why some people do not believe in this science, is because it doesn't have tangibility. They can see the heavenly bodies but not their influence. But then, even air doesn't have any tangibility. Nobody can see air. But. Can somebody say that it doesn't exist? No. Not at all. Infact, every human life on earth believes in the existence of air, simply because they breathe. They may not be able to see air, but they do feel it when it blows. And even science confirms its existence as oxygen. On the similar lines. Great divine intellectuals of vedic India and of many parts of the world, confirmed that astrology does exist, with all its influence on human life on earth. And this can only be confirmed or understood by a layman, only if he bothers to study it, like he studies various subjects in school or college.

Obviously, an illiterate person who never went to school would only refute the existence of any science or Maths or any other subject. For that

★ EXPLORE About the Author

Nisha Rana

Recipient of **Grace of Galaxy Honor**
Celebrity Occult Science Expert
 Family Wellness Consultant



Nisha Rana, a Celebrity Occult Science Expert known for her accurate prediction and consultation for bollywood celebrities, Media people and known people from the medical industries, because of her versatility she is a woman of courage, communication with depth of creativity. When numbers failed to serve her, words took charge of her destiny. Leading a thoughtless material life was not her cup of tea, so life put her through coffee. Yes. Over a frothy cup of latte with an ace Life coach Sandeep Punj , in a plush coffee café, she took the very first sip of thoughtfulness. Since then, the rich aromatic taste of it, hasn't left the palette of her being and she has worked upon polishing her thought process every single day, in every possible way. To make her journey all the more

fruitful, she took help from some literary friends. Out of the long list of references, English literature, Hindi literature, History, Philosophy, Psychology, Astrology, Mythology, Indian scriptures and Religion are a few names. Rest she calls, friends and family.

When she is not writing for newspapers, magazines, journals, websites and for herself, she likes to read books, listen to music, pamper her plants, connect with the almighty, do yoga and have long philosophical conversations with fellow intellectuals.

And yes, She loves to connect with her readers, too. In case you don't believe that, just write an email to her or leave a message for her on Instagram and see.

Nisharanna02@gmail.com is her email id and Nisharana2881, is where you can find her on Instagram.



matter, can you practically see social studies? No. But you do believe in it, simply because you studied it in school. Hence, anyone who doesn't believe in astrology should consider studying this science in an astro school and then decide whether it exists or not. Because for anyone who has studied it, it's very much applicable in day to day life.

As science confirms the existence of celestial bodies like stars, galaxies, planets and the like in outer space, astrology confirms the influence of all of them on human life on earth. But yes. Like, to be able to see celestial bodies in distant space, one needs to have a telescope. Similarly, to be able to see the influence of them on

human life, one needs to have a horoscope. And thereafter needs to go to a professional astrologer to get it analysed and know the details.

If you carefully study the features of all celestial bodies in astrology and relate them to a human being and his life cycle on earth, you will be astonished at how great the influence of them is. And to help you with that, a horoscope works exactly like a telescope, through which a learned astrologer can clearly see your personality, your character, your working styles, your past, your present. And also, your future.

Seeing is believing for the human eye. So, next time you tend to doubt this divine science even slightly, find time to visit a qualified astrologer and have his expert eye, see through your horoscope to believe what you believe is not.



I've been hearing these things about her for as long as I can remember. She's different, she asks too many questions, and she's too focused. Not fitting into the system has aided my personal development. I was born into a simple middle-class family with two siblings; my father was a bank employee, and I was the middle child. My Dadaji (paternal grandfather) used to call me "Sherni" (Lioness). I was neither physically strong nor super courageous, but I was always visionary, focused, and gritty. I studied in Hindi medium until grade 4 when my mom enrolled me and my sister in English medium, and that is when I started my A.B.C. of English. Not knowing one day I would be speaking fluent English on stage across the globe and inspiring millions, it was a challenging journey.

Few events change how we understand life; one such event was me watching a blind person fall down on the road while I was just standing, contemplating whether to help or not in my 7-8-year-old mind.

★ THE EXPLORE Journal Choice

Neetu Choudhary

Idea Presentation Advisor
Author, International Speaker
Corporate Trainer
Startups-Strategic Partner
Professional Development Coach
New Delhi, India

BE the model you want your kids to have in the future

The numbers of followers was not deciding factor of my work, I have auditioned for success with the strength of my work and commitments, says **Neetu Choudhary** and her life journey experiences story with **THE EXPLORE Journal**

I understood the importance of now or never that day. Life is made of choices we make in each moment of "now or never" and builds itself based on the consequences associated with those choices. My love for learning, curiosity, and being a student always created a persona that did not attract many friends in life. I always had very few friends, and I was never the first choice of any teacher except for mathematics and physics. I was ok not being the teacher's pet as long as I was able to be myself. Being myself was always the most important thing for me. It was suffocating to me whenever I tried fitting in. I was different, and different does not mean bad; it just means different. Seriously. My father had a transferable job, so I had the privilege of living in many parts of



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New Delhi, India

India and meeting so many different people which led me to another reality of life. Chauvinism is a blindfolded ego, everyone, every culture, language, cuisine, literature, and art are equally beautiful. Personal liking or preferences are subjective and are not a universal ranking system. This realization helped me to make friends with people who are different from me in every aspect. I could connect with a human and a human. Losing my mother to a heart attack at the age of 19 just before starting my MCA (Master of Computer Application) was a life-changing event. Building my career through tough times while managing a family after the loss of my mother has made me stronger. Marriage was never on the agenda, and I never bothered about my weight or looks. My father was extremely disappointed when my marriage proposals were rejected hundreds of times because I did not fit the Indian standards for marriage. I want to say this to all girls: never ever judge your worth based on the vision deficiencies of anyone; you are beautiful, complete, and enough the way you are. Today, if you try to fit in one frame, the world will lock you in millions of frames later. My husband is from the south, and I am from central India; we speak different languages, have different cultures, and eat different foods, but we make an excellent couple. When someone asked me what I like the most about him, my answer was "I am me with him, good, bad ugly whatever it is but I am me when I am with him." Choose someone to spend your life with who can give you space to be yourself and be him/herself. After marriage, life is finished; after childbirth, life is over; well, life is over when you choose it. Motherhood has been challenging for me as

a working mother in another country with no one to turn to for support. It's been tough, but we enjoyed the journey of parenthood together. In fact, my daughter is my greatest inspiration; I did all of my best work after she entered the picture. I want to tell all the men here: Be the husband to your wife that you want for your darling daughter. Show your daughters what to expect, how you care for your wife, and what to expect from a man. Teach your sons how to be the best husbands they can be to their wives. Be the model you want your kids to have in the future. No one has the power to stop women from growing in their lives; if you partner with her, you would both grow faster, and if not, she would anyway grow. Do not stop growing as long as you are alive. Comfort is stagnation, and growing is living. After living in Dubai for more than 12 years, leaving a highly-paid job to start a business was crazy for some people. I realized I was getting too comfortable with what I was doing although it seems to be a huge success for everyone. I was terrified of leaving my comfort zone, but I had to do it to grow further. What scares you the most is what helps you grow the most. I put my blood and sweat into my new business and worked more than 14 hours. Well, doing it was not at all easy. I cried many times, but not for a moment did I feel I made the wrong choice. I knew what I was building, and I knew it required every single bit of my energy. Finally, I created a successful business and take pride in running it. One message for everyone: never ever settle for anything less than what you know you deserve, and you deserve the best.



SAI ANNAPOORNA RASOI - PHILANTHROPY AT ITS BEST!

Under the humane umbrella of Shirdi Sai Shraddha Saburi, a new venture **Sai Annapoorna Rasoi (A community kitchen)** has been serving humanity since 2020. The very thought of providing meals to the underprivileged and less fortunate people came into existence way back in 2010 wherein a full-fledged meal was served to the needy and starved people on every Thursday-the Day of BABA.

Ruby Sharma
Chief in Editor
Sai Sharaddha Saburi News Paper
Gurugram, Haryana, India



Due to the sudden spread of pandemic Corona in 2020, Ruby and Pankaj Sharma (**the patrons of Sai Shraddha Saburi Organization**) decided to distribute free meals to the poor people of the society which was indeed a noble thought and act. It is worth-appreciating that the prime aim of the **Rasoi** was to procure basic meal for the economically weaker section of the society. At present, the organization is providing lunch from 12 to 2:30 p.m. and a refreshing tea with biscuits at 4 p.m. every day at a nominal price of Rs 5 to a sea of 1000 people with a bucketful of love and compassion. The whole process of providing a single meal to a larger section of poor people demands a lot of efforts and consistent hard work. Right from the sectioned plates, glasses and spoons to dough machine, roti making machine, cooks to the volunteers for serving food-all together makes **Sai Annapoorna Rasoi** an extraordinary initiative. Moreover, the devotees come in large number and do SEWA. Apart from the meal and tea, **Sai Shraddha Saburi** has been instrumental in educating slum children (40 in number) efficiently. All the needs of these children such as stationery items, uniforms and child-friendly



environment are taken care of completely. As far as the funds for the noble cause is concerned, the main sources of money come from Saksham Creative Network and the generous contributions made by the people with a heart of gold. Serving humanity is truly a yeoman's service and to do it with steady determination and dedication deserves a big round of applause. Contributions are always welcome as they give boost to a noble cause. Indubitably, Sai Shraddha Saburi (an initiative of Saksham Creative Network) has been working diligently to make a difference in the lives of people who can't even afford a single, wholesome meal in a day on their own. The whole team works in a planned way to execute this virtuous task of feeding people with loads of compassion. As rightly said by Our Rashtrapita Gandhi Ji, "The best way to find yourself is to lose yourself in the service of others." This is what the thoughtful initiative Sai Annapoorna Rasoi strongly believes in and follows to the CORE!

★ EXPLORE About the Author

Ruby Sharma

Chief in Editor
Sai Sharaddha Saburi News Paper
Gurugram, Haryana, India

Saksham Creative Network owes its genesis through guided vision of its chief patron **Ms Ruby Sharma.**

A dynamic personality and a well-known Social Worker, Journalist, Management Expert and a serial Entrepreneur, she has been a consistent in the world of Advertising and journalism.



She has been serving as Editor-In-Chief of the prominent publications like **Sai Shraddha Saburi**, Gurugram city, leisure and hospitality directory, fun world and city next for more than a decade. Her compassion towards the society led her to take the plunge of vocalizing social issue at different podiums which led to her taking a step towards social entrepreneurship and starting various social and women welfare schemes for the underprivileged strata of society. Her main focus has been in the area of women empowerment and welfare of the

destitute. She has initiated various programs for child development whereby her key focus has been providing financial assistance to the disadvantaged women and differently abled children. She is a source of inspiration for many of us and has showcased keen concern towards the welfare and development of visually impaired and differently abled children. She is a key organizer for various socio-cultural events for such children where they are given a pedestal to showcase and exhibit their talent and skills which instill confidence in themselves and they aspire to



achieve their goals and objectives with aplomb. Sai Shraddha Saburi took a great leap by starting Shirdi Sai Annapurna Rasoi in July'21 where by every day nutritious home cooked food is provided to the poor and downtrodden strata of the society. The per plate price has been deliberately fixed @ Rs5, to honor the self-esteem of such people.

Sai Gurukul has also been a superlative initiative of Sai Shraddha Saburi, whereby children from EWS strata of society is being given free education to make them become able citizen of this country. Free books and stationery along with morning breakfast and afternoon lunch is also being provided to such children. They have also been initiated with music and dance as subjects and a regular meditation Centre has also been initiated for their overall wellbeing.

Sai Shraddha Saburi under the guidance of Ms Ruby Sharma took the plunge to provide free food seva to Covid afflicted families. The food was provided to about 100 families everyday at their doorstep along with other essentials like water and general medicines, all free of charge. She has been highly appreciated and accolade for her steadfast support to Covid-19 inflicted patients and their families at time of dire need.

Adding to all these initiatives Ms Ruby Sharma envisions opening of special school for disabled and visually impaired children whereby they can be given an equal pedestal to prove their worth by giving back to the society by way of educating similar children and also by showing their hidden abilities and prove their worth in the society. According to her "This would embark a level of confidence to them for their greater good and these children would equate themselves in equal measure with the able bodied."

She wishes to continue her pursuit to provide platform to talented children by holding events such as talent hunt for the disabled, Painting competition for special children, dance competition for the differently abled children. Since past years, she has successfully showcased to the world about the hidden potential of these children on various pedestals as she has organized many such competitions in different parts of India.

She has been an ardent advocate of women empowerment and their rights and thus has taken a stride to start various social entrepreneurship' programs wherein she entuses deprived women towards financial independence by providing them occupational opportunities according to varied degrees of their skills.

She continues to stride in her endeavor and wants to ignite this passion in others for a larger cause.



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Philippe Bienvenu

President (PCBI)
Prestige Champagne Brands International,
Co-Founder,
Inshin Nihon Spirits Company &
Stellar Beverages Company.
Grand Est, France

Wine makes every meal an occasion, every table more elegant, every day more civilized.

"Wine and women make wise men dote and forsake God's law and do wrong."

However, the fault is not in the wine, and often not in the woman. The fault is in the one who misuses the wine or the woman or other of God's creations. Even if you get drunk on the wine and through this greed you lapse into lechery, the wine is not to blame but you are, in being unable or unwilling to discipline yourself, the woman is not to blame nor is the beauty given her by God to be disparaged: rather, you are to blame for not keeping your heart more clear of wicked thoughts... If you feel yourself tempted by the sight of a woman, control your gaze better... You are free to leave her. Nothing constrains you to commit lechery but your own lecherous heart."





India Must Invest More in 'Intellectual Currency' to Become a Global Gyaan Guru by 2047



Onkareshwar Pandey
Veteran Journalist,
Visionary Thought Leader
New Delhi, India

Almost every week he comes with a new thoughtful and visionary idea. Every month he is seen organising mega Conclaves, Seminars, Round Tables with top intellectuals in the national capital Delhi. The LinkedIn community is highly impressed with his vision, dynamism, versatility and multi-dimensional works he does. I am talking about

Mr. Onkareshwar Pandey – India's one of the veteran Journalists, Editor, Author and Strategic Thought Leader.

When even the Government of India was just thinking how to implement Mission LiFE conceived by NITI Aayog and launched by the **Prime Minister Narendra Modi**, **Mr Pandey** came up with idea to organise. **First ever conference EY4EV India Summit (Energising Youth for E-Mobility)** connecting Education –Environment & E-Mobility for making the Mission LiFE successful. No Mission can be successful without taking youth in confidence and action. "The great challenge of transforming India can be achieved through youth, which has got the power of ideas, ambition, and ability,," said **Mr. Pandey** quoting former president, **A.P.J. Abdul Kalam**.

When people were thinking about celebrating India @75, he was thinking India beyond 75 and organised a mega conference in Hotel Le Meridien, Windsor Place, New Delhi titled India Beyond 75: CEOs Conference on Aug 2022 which saw legendary Film Actor Kabir Bedi as the Chief Guest and Mr. Amitabh Kant as the Keynote Speaker. Talking about his idea behind organising this Conference,



Mr Pandey said, “This is an unprecedented time. Unprecedented times call for unprecedented measures. Because the battles of this century will be fought and won not only on the “Power of the Ideas but also on the Execution of the Ideas”, which will separate the sheep from the goats,” as Sue Grafton has said.

Again last month in January 2023, he conceptualised and organised another unique conference for Business Connect Magazine – ‘From 5G to 5T’ connecting dots of 5G Internet network with India’s dream to become a 5 Trillion Economy. And this is why even the Top Academic and Corporate Leaders ask his support in enhancing the Brand of their Institutions.

Currently CEO & Editor in Chief of Observer Global Media Group, New Delhi and Executive Fellow at Woxsen University Onkareshwar Pandey has over 30 years of multifunctional, multi-sectoral experience while working across Print, Television, Digital and Television News Agency. He was Senior Group Editor of Rashtriya Sahara, Managing Editor of The Sunday Indian magazine in 14 Languages, Editor of ANI - India’s largest TV News Agency, Opening Anchor of Sahara TV to name a few. He has authored and edited 10 Books and has travelled to over 10 countries. On asking about his experiences as an accomplished media person to an accepted thought leader and strategist, Mr. Pandey says, “I am still learning and experimenting with my own ideas using basic nuances of Kaizen Solutions for making an organisation impactful and successful in achieving its goals with a difference.”

As the Founder & CEO of Golden Signatures Research & Consulting, a Techno Innovative Think and Do Tank, Mr. Pandey has established over half a dozen ‘Thought

Leadership’ networks and expanded it from India to over 40 Commonwealth Countries. He has also created a network of over 80 Universities in his EDU THOUGHT LEADERS Group. Over One Thousand Experts are connected in his ‘Indian Thought Leaders’ group, over a dozen Global Think Tanks and Business Chambers in his Commonwealth Thought Leaders Forum, and over 250 NGOs in his COMMONWEALTH COMMUNITY CONNECT initiatives spread in several countries.

“People trust me as ‘an ideator’ who is working to promote and support the aspirations of the country in making India a Global Knowledge leader by generating innovative ideas and solutions to challenges faced by the country in various sectors such as education, technology, science, and governance,” said Mr. Pandey who is well-known LinkedIn user and influencer.

Considered one of the most dynamic Thought Leader and Strategist, Mr. Pandey sits on the board of several Institutions to provide strategic 360 degree solutions for enhancing brand image, networking and Thought Leadership. He is associated with several social organisations in leadership positions including Broadcasters Club of India (Executive President), Dignity India (Executive Director), Diaspora India (Managing Trustee), and ADRID which works in the field of disaster management as the Executive Director.

“Sustainability and Profitability through Diversification and Brand positioning in the market has been my key focus areas while leading media houses, NGOs, and Knowledge Companies. Having worked from grassroots to the top position I have first-hand proven experience of all nuances of media. I am extremely self-driven, self-motivated and



love to work with large teams adopting new ideas, technology and experiences to raise the bar and make the organisation best in its segment,” Mr. Pandey said. In the media, Mr. Pandey is known as institution builder who has launched several Newspapers & Television Channels and played key leadership roles as the Senior Group Editor / Managing Editor and CEO. He was a core member of launching Team and opening Anchor of Sahara Television who also worked with legendary TV personality Late Mr. Vinod Dua as an alternate Anchor to his morning Show 'Pratidin' on Sahara TV. Mr Pandey successfully turned Rashtriya Sahara (National Hindi Daily) a self-sustainable and profitable product in One year after 14 years of continuous loss. He also made ANI, India's largest TV News Agency a Number One Television News Agency in Digital sphere just in 6 months. Mr. Pandey, who established Rashtriya Sahara Newspaper in Bihar & Jharkhand has worked in several states including India's remotest region of North East and covered Jammu & Kashmir too.

Having experience of covering Parliament for over a decade, Mr. Pandey provides crucial ideation support with futuristic perspective on policy issues to the several private and Government Educational and other Institutions as a knowledge consultant.

Several top Academicians including Dr. K Kasturi Rangan (Former Chairman - ISRO) Dr. RA Mashelkar Former DG, ICAR), and top Bureaucrats such as Mr. Amitabh Kant,

Sherpa G20, Mr. Indra Mani Pandey (India's permanent Representative to UN) Mr. Tripurari Sharan (Former Chief Secretary of Bihar), Dr. Prajapati Trivedi (India's advisor to Commonwealth Secretary at London, UK) Mr. Sajjan Singh Yadav, (Additional Secretary, Ministry of Finance, Govt of India) Mr. Madhukar Gupta (Chief Election Commissioner, Rajasthan), Mr. Vivek Kumar Singh, (Development Commissioner, Govt of Bihar) to name a few had been participating in his knowledge events which he organizes almost every second month in Delhi. Having organized over 30 Knowledge events in the last 3 years attended by more than 20 Ambassadors, 80 Vice Chancellors, Dozens of Senior Govt Functionaries, Corporate Leaders and Global Thought Leaders Mr. Pandey has emerged as one of the highly active and sought after Intellectual Leader in Delhi. He has been organising several Roundtables, Seminars, Webinars, Conferences and Conclaves at national and International levels.

“They are the real Thought Leaders. They do not come on my face. They come due to my ideas, which they like”, said Mr. Pandey who is well versed in Hindi, English, Bhojpuri, and Assamese, works 18 hours in a day and spends several sleepless nights when he works on a new project.

“My experience as a hard-core field Reporter who covered all top Union Ministries, Political Parties, Parliament and has also been on the foreign assignments in several countries including UK, Belgium, Russia, Netherlands, Malaysia, Greece, Nepal and Bhutan during my career,



gives me ideas to think differently on the contemporary issues,” Mr. Pandey said.

From Education, Environment, Rural and Agriculture to Economy, Innovation, Health, Disaster Management, E-Mobility, Cyber Security and Digital Technology Mr. Pandey has been working on diverse areas from policy perspective levels. “Since India dreams to become a Global Leader in the Knowledge domain and a develop nation by 2047, It is important to support and nurture knowledge leadership from grassroots levels. My 30 years of experience in all four major verticals of the media helps me in creating niche in the knowledge domain and giving some new thoughts to Institutions & NGOs,” Mr Pandey said.

He further said, “If INDIA has to realize her mission to become a 5-Trillion Economy by 2030 and Knowledge Leader in the world by 2047, it will have to protect, support and promote 'intellectual currency' for robust economic growth, company competitiveness and world-wide innovation. Unfortunately, India is ranked 43 out of 55 countries in the International Intellectual Property Rights Index. According to the 2021 Global Go to Think Tank Index Report by the Think Tanks & Civil Societies Program (TTCSP), there are more than 11,175 think tanks globally, with 3,389 think tanks in Asia. United States has 2203 Think Tanks while China 1413 and India has only 612

Think Tanks.

The wealthy people generally spend in charity for poor, who already get support from the Govt under various scheme. No one comes out to support and establish a Think Tank, which can generate lot of new ideas having power to empower the society and the nation.”

A multifaceted thought leader Mr. Onkareshwar Pandey recently got elected as the Director - Corporate Affairs of NAFCOO for 5 years. NAFCOO is registered under Multi State Cooperative Societies (MSCS) Act 2002 and Mr. Pandey has been a founding member of NAFCOO.

“I developed my interest in Agriculture, Rural and Agro based Co-operative societies long back in 2014, when I was the Managing Editor of Rural & Marketing – One of the leading Magazines of Agriculture and Rural Marketing field,” Mr. Pandey said after getting elected unopposed on the Board of Directors of NAFCOO in its election held at its office in East of Kailash.

A Google Certified Trainer on Debunking Fake News in Media and also a Diploma in Yoga from Vishwayatan Yoga Kendra, Katra, J&K Mr. Pandey's election to the board of NAFCOO led by Mr. Arpan Pandey, founder Chairman cum Managing Director will certainly give a new height and dimension to the organisation which is at a nascent stage right now.



Onkareshwar Pandey

Veteran Journalist,
Visionary Thought Leader
New Delhi, India

★ EXPLORE About the Author

Onkareshwar Pandey, Executive Fellow at Woxsen University, has over 30 years of multifunctional, multi-sectoral experience while working across Print, Television, Digital and Television News Agency.

He has worked as Group Editor, Managing Editor, Media Head and CEO for ten times in all major media verticals in English & Hindi both. He was Senior Group Editor of Rashtriya Sahara, Managing Editor of The Sunday Indian magazine in 14 Languages, Editor of ANI – India's largest TV News Agency, Opening Anchor of Sahara TV to name a few.

Currently he is the CEO & Editor in Chief of Observer Global Media Group, New Delhi. He has authored and edited 10 Books and has travelled to over 10 countries. He is on the board of several Institutions to provide strategic 360 degree solutions for enhancing brand image, networking and Thought Leadership. Also, as the founder & CEO of Golden Signatures Research & Consulting, **Mr. Pandey** has established Eleven

Knowledge Networks of Thought Leaders from India to Commonwealth countries. He has launched several prestigious Awards at National and International levels. He himself has received several prestigious awards including – Atal Bihari Vajpayee award for Journalism, Lok Nayak Jai Prakash International Award, Best Journalist of the year award 2011 to name a few. **Mr. Pandey** is associated with several social organisations in leadership positions including Broadcasters Club of India (Executive President), Dignity India (Executive Director), Diaspora India (Managing Trustee), and ADRID which works in the field of disaster management as the Executive Director.

Mr. Pandey is a Google Certified Trainer on Debunking Fake News in Media and also a Diploma in Yoga from Vishwayatan Yoga Kendra, Katra, J&K. Recently he was appointed as the Director (Corporate Affairs) with NAFCOO, a multi state multi stakeholders Cooperative Organisation.

Mr Pandey talks on the policy level issues related to Economy, National Politics, International Relations, Internal Security, Jammu Kashmir, Disaster Management issues, Women Empowerment, E-Mobility and also on Environmental issues, Cyber Security, Intellectual Property Rights and Commonwealth India relations to name a few.



'Udayan Care'

A known House for 'Eternal Sunrise'

Creating good change in society and being willing to work hard for it is amazing, and we should all thank every social worker we come across with a tight hug and beautiful smile. Nothing makes social workers happier than knowing their efforts are making a good change in the world. If you have had contact directly with a social worker, perhaps a bouquet of flowers would be a good way to say thank you to 'Udayan Care'

Our Mission

By engaging individuals committed to human rights, under the framework of SDGs, **Udayan Care:**
 Enables nurturing homes for vulnerable children.
 Empowers girls to pursue higher education and gain employability.
 Offers communities digital and vocational training to become self-reliant.
 Influences policies and practices on the Standards of Alternative Care in the South Asian region through Research, Training, Conferences and Advocacy.

Why we exist

To help transform the lives of children and youth from underserved section of society through meaningful interventions for development at every step of their journey towards a dignified life.

Our values

Compassionate, inspiring, respectful, competent, accountable

Objectives

Effective reintegration post restoration to ensure appropriate follow up with the children and the families to prevent relapses.
 Identifying vulnerable families and strengthening them with support to their children and linkages with schemes. To support the families with counselling, employment, entrepreneurial ventures and linkages to social welfare schemes for family strengthening so that the family is enabled to care for and protect their children and not institutionalize them. To establish a demonstrable and scalable model of prevention and strengthening to support vulnerable families



Deepak Sharma, a sincere corporate marathon-man with NTPC, ABB, ALSTOM POWER, BSES, TATA POWER, AND TATA TELESERVICES LIMITED, to contribute his support as a volunteer at Udayan Care an NGO since 2009, a 28 year old NGO with focus on girls' higher education and women empowerment. At present he is a Trustee in Udayan Care holding several operational responsibilities. His experiencing journey in his book, He is versatile author of "WINGS TO FLY" A storm hit book that express thought and observation on vision close to heart.



What do we address?

We catalyze systemic change by creating meaningful interventions, enabling our children and youth to bloom into confident, self-reliant individuals, while fostering in them the spirit of giving back to society. Our family strategic threads cut across all our flagship interventions to strengthen families and communities.

Child and youth care

Udayan Ghars (Children Homes)

Udayan Ghars' Aftercare Programme

Aftercare Outreach Programme (AOP) State Projects on Alternative Care, Collectivising Care Leavers

Education : Udayan Shalini Fellowship Programme
Pragnya (Post Graduate Studies)

Skilling : Information Technology Centres

Skill Centres : Sukriti: Products@SkillCentre

Advocacy on alt. Care : Policy engagements with governments Conferences, Consultations and Training Research & Publications.

Udayan Shalini Fellowship

Empowering deserving girls from disadvantaged community to become educated, dignified, independent women (Shalinis), leaders and responsible citizens of tomorrow. Udayan Shalini Fellowship (19 year Journey), Over 1500 girls inducted in 2021-22. Determination backed by opportunity can generate significant social change, that's why USF is such a beacon of hope to so many girls

Udayan Ghar Programme

Children without parental care, orphaned, abandoned, neglected sometimes by their biological families and children with special needs deserve extra care and protection. At **Udayan Ghars** (16) (Homes) we follow **L.I.F.E (Living in Family Environment)** model of care to ensure that.

Aftercare Outreach Programme (AOP)

Ensures continued support to Care Leavers* towards their self-sufficiency through pursuit of education, skilling, employability readiness, mentoring and independent life skills. Reduces risks of youth facing deprivation, vulnerability, unemployment, homelessness and mental health issues. Enables Care Leavers' social re-integration and their becoming active contributors to the cause of care leaving in India.

Udayan Care IT Programme & Skill Development Centre :

Our 18 Information Technology Centres in Delhi-NCR, Vadodara and Hyderabad help in improving the job readiness of youth from disadvantaged communities, by offering trainings and courses in digital literacy. Thousands of our beneficiaries are realizing their dreams of professional vocations and Entrepreneurs

Advocacy, Research and Training (ART) : Focus on child and youth care that transforms the care approach in Alternative Care towards Family and Community based Care.

Awards

National award by the President of India for the contribution in Child Welfare, 2014

India NGO of the year award 2011 awarded by Resource Alliance and the Rockefeller Foundation

PHD Chamber Award for Outstanding Contribution to Social Welfare(2010)

And many others.

For more information reach at:

Udayan Care, A-43, Chittaranjan Park, New Delhi -110019

Ph: +91-11-46548105/06

e-mail: info@udayancare.org

Website: www.udayancare.org



★ EXPLORE the Model & Actor

Arshu Khan

Profession, Actor & Model

W. Bengal State, Kolkata, India

**I want
to be
outspoken**

SO FAR, SO GOOD...



★ EXPLORE the Model & Actor

Arshu Khan

Profession, Actor & Model
W. Bengal State, Kolkata, India

Arshu Khan, 24+ energetic and talented model and actor from South Dinajpur, West Bengal State. She is upcoming in entertainment industry in Indian cinema, Presently her association with **Rivva Studio Private Limited** for learning more advance study for OTT web series and traditional medium of the film or in modern media such as film, radio, and television. (How to act, How to be sincere and discipline, and how to express on screen like an artist).

Abhijit Lahiri School of Acting polished her in acting learning and she is very much overwhelmed from his expertise & acting lesson and get too much focus into acting career, her dream to become a successful actor & model.

Arshu got many appreciations at School & College level in cultural competitions

Arshu Khan says :

Guidance is more important than speed, I am so thankful to **Maddan Nilhhadri**, who is always helped me in guidance, he always motivated my hard work and dedication that helps me to make my own identity then finally **Mr Maddan Nilhhadri** who recognized me as a good actor.

Explore the Model

Arshu Khan, from West Bengal, Kolkata, a professional Actor and model, and She is fair, 24+ and height is 4'8". She is focus in acting career and open for acting rolls and modeling assignments. Under the mentorship and industry guidance of **Mr Maddan Nilhhadri**, a well known producer and filmmaker, has change my perspective and motivated me lot to do best in cinema, OTT and Tvs.

Maddan Nilhhadri

Founder, Director, Producer
Rivva Studio Private Limited
inforivva@gmail.com
www.rivvastudio.com





★ EXPLORE the Model & Actor

Ishita Roy Chowdhury

Profession, Actor & Model

W. Bengal State, Kolkata, India

**Acting
is behaving
truthfully
under
imaginary
circumstances**

SO FAR, SO GOOD...



Ishita Roy Chowdhury (IRC), 19+ creative and talented actor, model, writer and professional dancer and actor from Kolkata. She is upcoming in entertainment industry in Indian cinema.

She is experienced and done modeling for fashion garments and also worked with many reputed and genuine houses in Indian Entertainment industry.

Presently under the guidance with **Rivva Studio Private Limited** for gaining more about OTT web series and its futuristic impacts and also learning acting behavioral skill for contemporary cinema and modern TVs soaps.

Maddan Nilhhadri (Rivva Studio Private Limited) taught me in depth the rule of success for an actress is discipline, commitment and dedication are the keys to deliver the best).

Ishita Roy Chowdhury says :

Maddan Nilhhadri (Rivva Studio Private Limited) who gave me teaching that 'To be a good actor it is necessary to have a firmly tempered soul, to be surprised at nothing, to resume each minute the laborious task that has barely just been finished.

Explore the Model

Ishita Roy Chowdhury (IRC), she is very creative and inspiring actor, model, writer and professional dancer and actor from Kolkata. She is tall & fair, 19+ and height is 5'7 She is nature lover and love travelling and explore new untouched places. Her focus is in acting career for OTT and open for acting rolls and modeling assignments. Under the mentorship and industry guidance of **Mr Maddan Nilhhadri**, a well known producer and filmmaker, has came in my life as an angel and change my perspective and motivated me lot to do best in cinema, OTT and Tvs.

Maddan Nilhhadri
Founder, Director, Producer.
Rivva Studio Private Limited
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www.rivvastudio.com

★ EXPLORE the Model & Actor
Ishita Roy Chowdhury
Profession, Actor & Model
W. Bengal State, Kolkata, India



SO FAR, SO GOOD...

★ EXPLORE the Model & Actor

Paramita chakraborty

Profession, Actor & Model

W. Bengal State, Kolkata, India

BEING GLAMOROUS
IS ABOUT STRENGTH
AND CONFIDENCE



Paramita chakraborty, an Academician, dynamic and talented model from Kolkata. Since her school time she always fascinated to glitz and glamour to such an extent that during outings with her friends, she used to focus more on her photography poses rather than enjoying the excursions. She is experienced and done modeling for fashion garments and also worked with many reputed and genuine houses in Indian Entertainment industry.

Maddan Nilhhadri (Rivva Studio Private Limited) suggested and motivated to **Paramita chakraborty** in depth the rule of success for as a fashion model, its discipline, styling and presentation are the visual notes to deliver the glamour.



Paramita chakraborty says :

Due to my father's transferable job I had to relocate in several places and explored lot of untouched places. I came to Kolkata when I was 13 years. In 2018 that I got an offer from The crystal touch - an event management company to shoot for a bridal photoshoot. But as destiny never supported this career of mine. I went to do my research in Political Science. My parents were pure academician and hailing from. A family where higher education had always been a prime focus - I never actually gave a serious thought about the profession of modeling.

In 2022 as fate stored something else for me, when I met **Maddan Nilhhadri** - A genuinely passionate creative person - for he believes to never give up on your dreams no matter how miniscule are they. He inspired to walk in the sector of creative industry and pursue my long forgotten dreams of modeling. My true gratitude to such a pure soul for having his faith to just go for it!!! Thank you.

Maddan Nilhhadri (Rivva Studio Private Limited) who motivated me In 2022 as fate stored something else for me. Maddan Nilhhadri - A genuinely passionate creative person - for he believes to never give up on your dreams no matter how miniscule are they. He inspired to walk in the sector of creative industry and pursue my long forgotten dreams of modeling. My true gratitude to such a pure soul for having his faith to just go for it!!! Thankyou.

Explore the Model

Paramita chakraborty, she is Academician, dynamic and talented model and actor from Kolkata .She is tall & fair, 31+ and height is 5'5 She is fond of reading books, painting, gardening, writing and love to explore new untouched places.

Her focus is in acting career for modeling and also open for acting in films and TVs.

Mr Maddan Nilhhadri, a well known producer and filmmaker, has come in my life as an angel and change my perspective and motivated me lot to do best in cinema and TVs.

Maddan Nilhhadri

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www.rivvastudio.com

★ EXPLORE the Model & Actor

Paramita chakraborty

Profession, Actor & Model

W. Bengal State, Kolkata, India



★ EXPLORE the Model & Actor

Payel Das

Profession, Actor & Model
Guwahati States, India

I LOVE FASHION,
BEAUTY, GLAMOUR
It's the mark of civilisation

SO FAR, SO GOOD...



★ **EXPLORE the Model & Actor**
Payel Das
Profession, Actor & Model
Guwahati States, India



Payel Das, a potential and hardworking person and dreaming to be an actor and model. She is upcoming rising star in entertainment industry in Indian cinema; She wants to prove her talent experience in modeling for fashion garments, fashion shows and TVC platform.

Rivva Studio Private Limited supporting lot for her to prove herself in fashion industry **Maddan Nilhhadri** (Rivva Studio Private Limited) taught her in tips and the rule of modeling assignments with unique styling, makeup art, discipline and cooperation are the main points to deliver the best.

Payel Das says :

Maddan Nilhhadri (Rivva Studio Private Limited) who is really guiding me to fulfill my dream that how to be a glamour model, it is necessary to have a firmly tempered soft soul, to be surprised at nothing, to resume each minute the stylish task that has barely just been finished.

Explore the Model

Payel Das, from Guwahati and she is very enthusiastic and rising glammers model. She is with sharp feature & fair, 27+ and height is 5'2

She is fond of singing and drawing.

Her focus is in acting career for modeling assignments and she is open for acting in OTT and films.

Under the mentorship and industry guidance of **Mr Maddan Nilhhadri**, a well known producer and filmmaker, has come in my life as an angel and change my perspective and motivated me lot to do best in cinema, OTT and TVs.

Maddan Nilhhadri

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SHOWSTOPPER



★ THE EXPLORE Journal Choice Shilpa S

Chairperson & MD-SheRocks India, National
Secretary- Govt. Affairs (AICHLS) Advisor-
NCNB, Delhi, India

BUBBLY! or Little Sparrow !!

Hurrah! What a great word!

If she says she is bubbly, SHE is lively! Animated!
Energetic! Perky! Peppy! Zesty! Zingy!
She is a bubbly person who exhibits enthusiasm,
excitement and effervescence.

She is always positive. But in negative scenarios, she always
points out the silver lining.

Helps to have cleavage. Bubbles are also a bouncy shape.
When she smiles and shrugs
Her walk is bubbling. Stomp so her body fat jiggles. Smile.

She greets everyone with positivity. Tell people they look
great. So she might have to lie...
She is happy with whatever situation She is in, being the
'Bubbly Girl' everyone likes' her...

Here's the thing- people like positivity, because everyone
wants to be happy. They like the girl that is bubbly because
being around her makes them feel better. But this really
isn't something someone can fake. She is actually happy, or else
even if everyone else thinks you are always happy, it doesn't do
anything to help her self esteem.

She wants to be happy, remained true to herself. No one is going to
be liked by everyone. But everyone can be liked by the people they
care about.

And coming from a teenage girl to bubbly girl bombarded by the
media about what her body needs to look like, and what others
want, etc.- it's hard. It takes practice to not care about what people
think, but she finds that she would rather know that people like to
be around her for who you are, than because she pretends to be
happy when she is not. But she is totally a different person when
her spirits are high. Because everyone wants to enjoy life, face its
lighter side, let loose and forget the world once in a while.
Because for them it's not getting noticed that matters but what
matters is the presence of those few people who simply lightens
up their face and have such an inducting effect which makes them
go all chirpy and bubbly. They become their natural self which is,
trust, she is very charming and celebrates her girlhood every
day with Coffee, contour, and confidence



WORLD WIDE APPRICIATED AND
ENDORSED BY THE EXPLORE JOURNAL



Explore the best Learning SAPLINGS SCHOOL

shaping a Little Minds



Jagjit Singh
Founder & Principal
SAPLINGS School
Dharampur.
Gujarat, India

SAPLINGS SCHOOL founded on modern concept of 21st century's skills. The learners shall be responsible, not only for academic knowledge but great accomplishments of life too. The curriculum of school is equipped with harmony to nature, compatible with sustainable development of resources. There are pen, pencil to write with and screw drivers, hammer, pliers, wire tripper, hacksaw, axe, spade, cutter, watering can are to learn hand-on skills.

These learners are led by trained and multi talented faculties. All are master in their fields. The learners shall learn soft skills, music, drama, poetry, digital advancements. We all stake holders are equally important and responsible for over all growth of our children.



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 Saplings School



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