

# HUES OF LIFE

ENGLISH, MONTHLY

Vol. No. 3

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OCTOBER, 2023

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# CONTENTS



**06** LAL BAHADUR SHASTRI: AN ENDURING LEGACY OF INTEGRITY AND RESILIENCE

**08** COTTON: THE SHIMMERING ELEGANCE OF AGRICULTURE

**12** EMBRACING THE WISDOM OF THE AGES: CELEBRATING INTERNATIONAL DAY OF THE OLDER PERSONS

**16** ENCHANTING COORG: WHERE COFFEE MEETS LUSH LANDSCAPES



**22** EMPOWERING THE FUTURE: INTERNATIONAL DAY OF THE GIRL CHILD

**26** GANDHI'S LEGACY TODAY: RELEVANCE IN A CHANGING WORLD



# HUES OF LIFE

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## editor's Desk

Dear Readers,

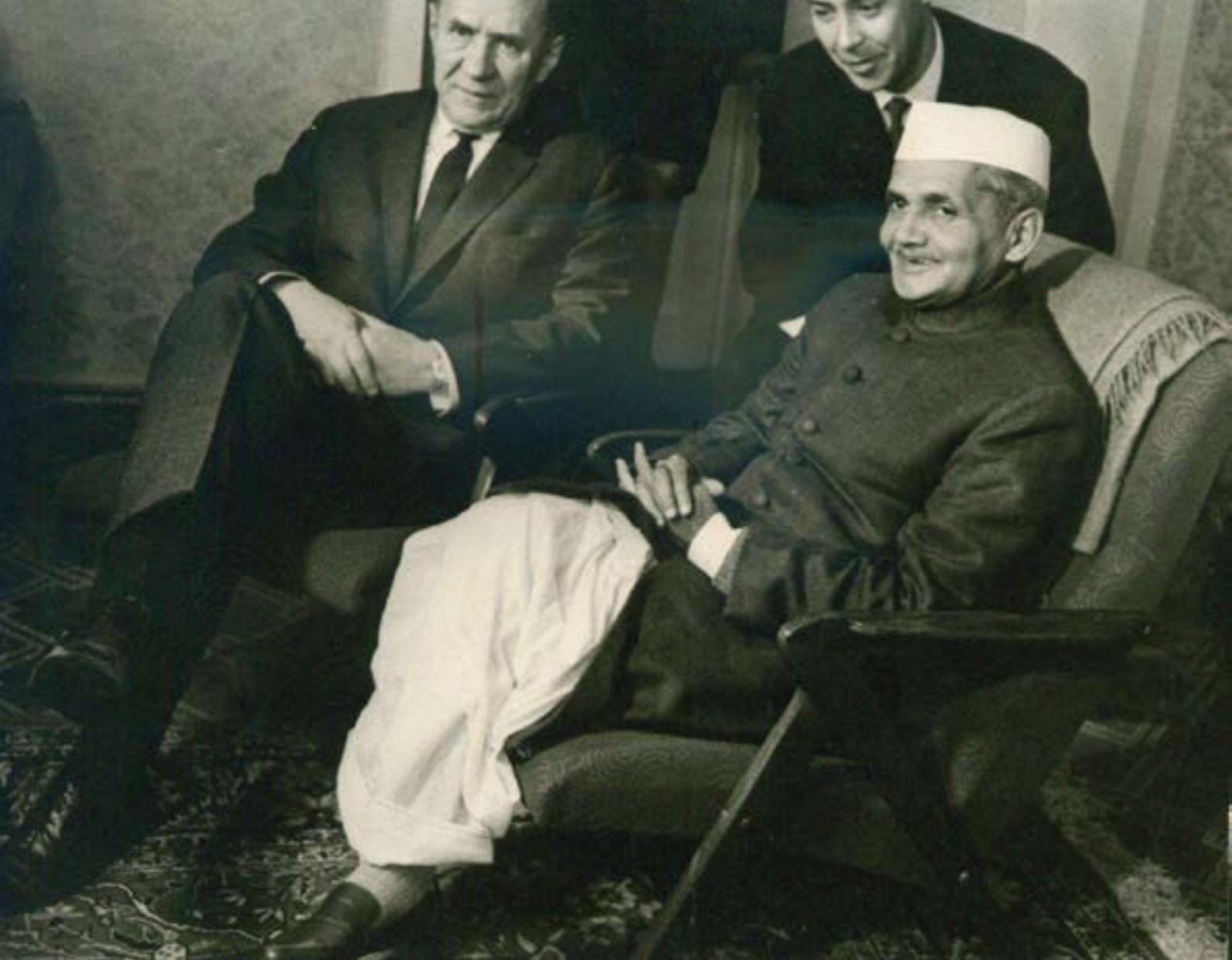
Nourishing Lives with Every Drop – Water is Food, Water is Life  
As the pages of our calendars turn, we pause to acknowledge the profound significance of water, not merely as a life-giving elixir but also as the foundation of food, on this World Food Day. This year, on October 16, World Food Day is celebrated under the banner, "Water is Life, Water is Food, Leave No One Behind." The choice of this theme is a clarion call to remind us of the inextricable link between water and food, one that often remains concealed in the backdrop of our bustling, modern lives.

The theme is more than a mere slogan; it's a stark reminder of the urgency of our times. In a world where millions still go to bed hungry, where malnutrition plagues many, and where the unequal distribution of resources persists, "Leave No One Behind" resonates profoundly. Access to clean and safe water for consumption is not a privilege; it's a fundamental right. We must understand that water is not just a beverage to quench our thirst or a medium to cook our meals. It is the lifeblood of our food systems. Agriculture, the bedrock of food production, relies heavily on water for irrigation, and the sustenance of livestock depends on it too. Without adequate access to water, the very cornerstone of our food supply chain falters.

However, water is not merely about quantity; it's also about quality. Contaminated water sources pose a grave threat to our food security. The consumption of polluted water is a silent epidemic, often leaving disastrous consequences in its wake. It's not just about filling our stomachs; it's about nourishing our bodies and nurturing our well-being. In many parts of the world, including some developed nations, access to clean and safe water remains a mirage for far too many. In an era of plenty, this is a travesty we can no longer afford. The burden of ensuring safe and accessible water falls not just on governments and organizations but on each of us. As responsible inhabitants of this planet, it is our moral duty to advocate for and protect the sanctity of this life-giving resource.

On this World Food Day, let us recommit ourselves to the cause of water, food, and inclusivity. Let us leave behind the indifference that allows millions to suffer from hunger and thirst. The path to ensuring food for all begins with securing water for all. As a global community, we must ensure that every human being has the right to a meal on their plate and clean water in their glass. In celebrating this World Food Day, let's remember the precious gift that is water and recognize its central role in our existence. Only then can we hope to truly leave no one behind and create a world where hunger and thirst are but distant memories. In unity and purpose, we march forward, for every drop of water and every morsel of food nourishes not only our bodies but the very essence of life itself.

Happy reading  
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# LAL BAHADUR SHASTRI: AN ENDURING LEGACY OF INTEGRITY AND RESILIENCE

**E**very year, on October 2nd, India commemorates the birth anniversary of one of its most remarkable and understated leaders, Lal Bahadur Shastri. Serving as the second Prime Minister of India from 1964 to 1966, Shastri's legacy is defined by unwavering commitment to the welfare of the nation, visionary policies, and his iconic slogan, "Jai Jawan, Jai Kisan" (Hail the Soldier, Hail the Farmer). This comprehensive article delves deep into the life, times, and impact of a man who made a lasting imprint on the canvas of Indian history.

Born on October 2, 1904, in Mughalsarai, a modest

town in Uttar Pradesh, Lal Bahadur Shastri's journey epitomizes the resilience and determination of an individual who emerged from a challenging background. He was raised in a family that faced financial difficulties, but his unwavering determination and innate intelligence illuminated the path ahead. Shastri completed his education in Varanasi and later pursued a Bachelor's degree at Kashi Vidyapeeth.

The foundations of Shastri's education and his unwavering commitment to social justice were deeply rooted in the teachings and values of Mahatma Gandhi, a prominent leader of the Indian



*The Indo-Pak war of 1965 was a defining moment in Shastri's prime ministership. When Pakistan initiated an unprovoked attack in the Rann of Kutch, Shastri adeptly negotiated a peaceful settlement, showcasing his diplomatic skills.*



## Jai Jawan, Jai Kisan

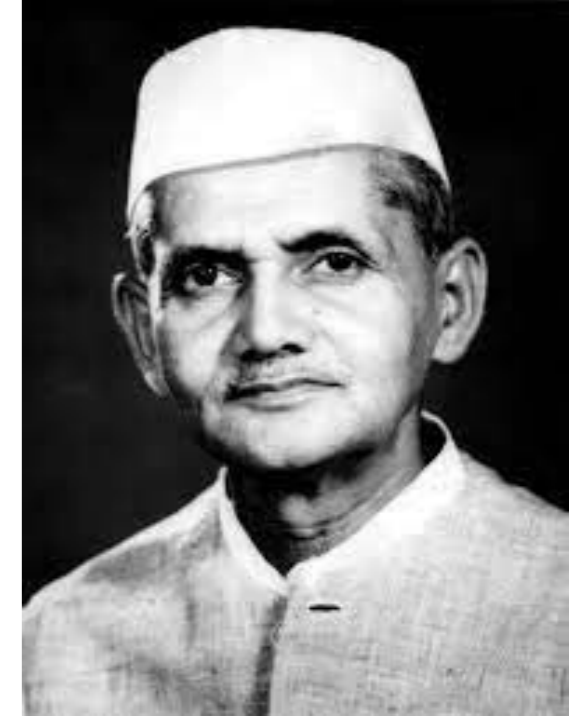
Lal Bahadur Shastri's most enduring legacy is encapsulated in the slogan "Jai Jawan, Jai Kisan." This phrase, which means "Hail the Soldier, Hail the Farmer," embodies his vision of a self-reliant and strong India. Shastri's vision recognized the vital roles played by both the armed forces and the agricultural sector in building a prosperous nation.

Under Shastri's leadership, India made significant strides in the Green Revolution, a transformative movement that led to increased agricultural productivity. He understood that a nation's strength was not solely dependent on its military might but also its ability to provide sustenance to its people. Shastri's emphasis on modernizing and strengthening the Indian agricultural sector laid the foundation for the country's food security, a legacy that continues to benefit the nation to this day.

The premature demise of Lal Bahadur Shastri in Tashkent in 1966, following the signing of the Tashkent Agreement aimed at bringing peace between India and Pakistan, left a profound void in Indian politics. The nation mourned the loss of a beloved leader who embodied

the most significant crises during his leadership was the Indo-Pak war of 1965. Shastri's resolute leadership and unwavering commitment to national security during this conflict garnered the admiration and respect of the entire nation.

The Indo-Pak war of 1965 was a defining moment in Shastri's prime ministership. When Pakistan initiated an unprovoked attack in the Rann of Kutch, Shastri adeptly negotiated a peaceful settlement, showcasing his diplomatic skills. However, the situation escalated when Pakistan invaded Jammu and Kashmir. In response, Shastri made the bold decision to go on the offensive, ensuring India's security and territorial integrity. His leadership during this period exemplified his unwavering commitment to the defence of India and its people.



humility and integrity.

Yet, his legacy endures in the hearts and minds of millions of Indians. Shastri's dedication to the welfare of the common people, his unwavering integrity, and his commitment to national security have left an indelible mark on the nation's history.

As we celebrate his birth anniversary on October 2nd each year, we pay tribute to the unassuming man who ascended to the zenith of Indian politics. Lal Bahadur Shastri's life and work continue to inspire new generations of leaders, serving as a poignant reminder of the importance of self-reliance, integrity, and an unwavering commitment to the welfare of our nation.

Shastri's life story transcends the realm of politics; it is a testament to the potential of individuals who rise from humble beginnings to shape the destiny of a nation. His dedication to the ideals of Mahatma Gandhi and his unwavering resolve to serve the people of India make him an exemplar in the annals of history.

In conclusion, Lal Bahadur Shastri's legacy as a gentle giant of Indian politics serves as a guiding light for those who aspire to lead with humility, compassion, and unwavering commitment to their country's well-being. His memory continues to shine brightly, motivating new generations to emulate his enduring legacy of integrity and resilience. Lal Bahadur Shastri, a man of few words but great deeds, remains an inspiration for generations to come.

# COTTON: THE SHIMMERING ELEGANCE OF AGRICULTURE

**C**otton, known to many as “white gold,” is an agricultural gem that has cast a luminous glow on our world for countless centuries. It weaves a story of timeless importance, leaving its imprints on the tapestry of economies and societies. In this enchanting exploration, we embark on a mesmerizing journey through the universe of cotton, unravelling its cultivation, growth, and the vital role it plays in our daily lives.

## A Shimmering Tale through Time

Cotton’s history is a glistening thread woven through the ages, stretching back millennia. The evidence of its cultivation can be traced to the Indus Valley, where it unfurled its delicate petals more than 7,000 years ago. Since then, it has not just been a fabric but a heartbeat in the pulse of global trade and the textile industry. Today, cotton fields flourish across the globe, with India, China, and the United States standing as titans of cotton production.

## The Radiant Facets of Cotton

Cotton’s splendour shines in various facets, with two dazzling stars leading the way. Upland cotton (*Gossypium hirsutum*), the workhorse of cotton, dominates the global stage, while Pima cotton (*Gossypium barbadense*) dances with its extra-long staple fibres, celebrated for their softness and endurance. The world of cotton is a galaxy of diversity and charm.

## Cotton’s Global Garden

Cotton, the resilient darling, thrives in warm, arid climates with sun-drenched fields and well-drained soils. The world’s cotton gardens encompass:

**The Southern Symphony:** The southern states of the United States, including Texas, Georgia, and Mississippi, come alive with cotton fields stretching as far as the eye can see.

**India’s Colourful Canvas:** India, with states like Gujarat, Maharashtra, and Andhra Pradesh, adds vibrant hues to the cotton story.

**China’s Grand Tapestry:** China, with provinces like Xinjiang, paints intricate patterns on the canvas of cotton, contributing to the world’s cotton masterpiece.

**Pakistan’s Cotton Haven:** In Pakistan, Sindh and Punjab are at the heart of cotton production, where cotton is more than just a crop; it’s a way of life.

**Africa’s Cotton Legacy:** West and Central Africa, with countries like Mali, Burkina Faso, and Benin, carry the torch of cotton farming across the African continent.

**Australia’s Cotton Dream:** Australia, especially in regions like New South Wales and Queensland, dreams in cotton, where the land down under spins its cotton tales.

## Cotton Cultivation: A Seasonal Sonata

Cotton’s cultivation is a seasonal symphony, a masterpiece orchestrated

by the earth and the hands of skilled farmers. It begins with the preparation of the land, a grand overture involving plowing and tilling to ensure the soil is a perfect canvas for the cotton plants. Cotton seeds are sown in rows, each a note in nature’s score, and the growing season is a sonata that demands unwavering warmth, sunlight, and controlled moisture. It’s a dance of life that weaves itself through every cotton plant.

Cotton plants burst into bloom with creamy white to yellow flowers, turning the fields into a vibrant garden. After the flowers are kissed by pollinators, they transform into bolls that contain the coveted cotton fibers. Harvesting is a late summer or early autumn serenade, and modern cotton harvesting often involves mechanical pickers that dance through the fields. After the harvest, cotton bolls embark on a journey to a cotton gin, where they are gently separated from their seeds—a pivotal step in the cotton production process.

## The Radiance of Cotton’s Impact

Cotton’s brilliance extends far beyond the fields. It stands as a lifeline for millions of farmers, a source of sustenance and prosperity in many developing countries. The cotton industry is a global treasure, one of the most traded agricultural commodities worldwide. The textile industry, deeply entwined with cotton, contributes significantly to economies across the planet. Cotton cultivation also holds ecological significance, as sustainable practices reduce the environmental footprint of cotton production, leaving a brighter, greener mark on the world.

## The Fabric of Our Lives

Cotton, often called the “fabric of our lives,” is a radiant presence in our daily existence. Its softness, breathability, and adaptability make it the go-to choice for textiles. Cotton fabrics are renowned for their comfort, and they’re the first choice in warm and humid climates, where they become the ultimate shield



*Cotton’s brilliance extends far beyond the fields. It stands as a lifeline for millions of farmers, a source of sustenance and prosperity in many developing countries.*





against the heat. The absorbent nature of cotton makes it ideal for towels, bed linens, and intimate undergarments. The strength and durability of cotton fabrics ensure our clothing and textiles have a longer, more sustainable life, saving both resources and money. Its versatility shines through in a multitude of applications, from clothing and home textiles to industrial uses like medical supplies and packaging materials. Cotton, in all its splendid forms, is the shining thread that binds the tapestry of our lives.

### Challenges in the Cotton Symphony

While cotton glistens as a versatile and profitable crop, it encounters a series of challenges that could dim its luminance. Pest management is a critical concern,

as cotton fields are vulnerable to various intruders, often necessitating the use of pesticides. Balancing protection and sustainability is a critical act in this cotton drama, where innovative pest management is the beacon of hope. Another challenge is water usage, particularly in regions where cotton cultivation is water-intensive, raising concerns about sustainability and resource management. The future of cotton rests on the shoulders of responsible water stewardship.

### In a Glorious Crescendo

In conclusion, the journey of cotton from fertile fields to our daily lives is a symphony of brilliance. Its historical significance, economic influence, and its embrace in the world of textiles

have bestowed upon it the title of "white gold." However, as cotton faces challenges related to pests and water usage, the tune of sustainability and innovation must be played. Whether we're donning our favourite cotton attire or drying off with a plush cotton towel, we are all connected to the timeless legacy of cotton in the realm of agriculture and textiles. Let us harmonize with the rhythms of innovation and sustainability to ensure that the shimmering elegance of cotton continues to illuminate our lives for generations to come.

In the heart of the cotton fields, where each boll carries the hopes of a farmer and the dreams of a textile worker, the symphony of cotton's journey plays on, a timeless melody of growth, beauty, and abundance.



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# EMBRACING THE WISDOM OF THE AGES: CELEBRATING INTERNATIONAL DAY OF THE OLDER PERSONS



**A**s the calendar flips to October, we set aside a special day to celebrate a group of individuals who often go unnoticed, yet whose contributions to our societies are immeasurable: our older persons.

International Day of the Older Persons, observed on the 1st of October, offers us a valuable opportunity to recognize the wisdom, experience, and the unique challenges faced by our senior citizens. It's a day to reflect on how we can create a world where aging is not a burden but a cherished phase of life.

## The Wisdom of Age

Older persons are a treasure trove of knowledge, experience, and history. They've weathered the storms of life, acquired wisdom through decades of learning, and offer invaluable insights into the past. Their stories are bridges to our shared history, connecting the past with the present and guiding us toward a more enlightened future.

In a world often dominated by the exuberance of youth, the value of their perspective is sometimes overlooked. Yet, their experience can provide solutions to contemporary challenges and help us make more

informed decisions. We must recognize that aging is not just a process of growing older, but one of growing wiser. The International Day of the Older Persons serves as a poignant reminder of this wisdom.

The wisdom that older persons bring to society is multifaceted. Consider the vast array of experiences they have encountered throughout their lives - personal, professional, and social. These experiences have moulded them into reservoirs of knowledge, and their insights can illuminate the darkest corners of our challenges.

For instance, in a rapidly changing world, where the climate crisis looms large, older persons can share stories of simpler times when sustainable living was a way of life. Their practical knowledge of conservation, resourcefulness, and community bonds can help us chart a more sustainable future.

Moreover, in the realm of politics and governance, their historical perspective can be invaluable. Older individuals have witnessed the evolution of societies and governments through various stages. Their understanding of the successes and failures of the past can offer guidance on current issues and the path forward. Their



*Social isolation is a concern that affects many older individuals. As they retire and their children move away, they often find themselves with fewer social connections.*

collective memory serves as a repository of lessons that we can draw upon to navigate complex contemporary challenges.

The value of older persons' wisdom is not limited to the political or environmental sphere; it extends to personal growth and wellbeing. They can share life lessons on resilience, patience, and the importance of human connection. Their counsel on how to lead a fulfilling life can be the compass that guides us in our own journeys.

### Challenges of Aging

Despite the wisdom that comes with age, older persons face unique challenges that demand our attention.

Social isolation, healthcare access, financial security, and age-related discrimination are some of the issues that older individuals confront. It is our collective responsibility to address these challenges and ensure that they can age with dignity and grace.

Social isolation is a concern that affects many older individuals. As they retire and their children move away, they often find themselves with fewer social connections. This can lead to feelings of loneliness and depression. Society should work to create opportunities for older persons to remain socially engaged. Activities like community clubs, volunteering, and intergenerational programs can provide the connection

and sense of purpose they need.

Healthcare access is another significant concern. Older individuals may face increased medical needs, and access to quality healthcare becomes crucial. Affordable and accessible healthcare services should be a priority to ensure that they can age with good health. Preventive care, regular check-ups, and specialized care for age-related conditions are essential components of a healthcare system that truly serves older citizens.

Financial security is a pressing issue for many older persons. After years of hard work, they should be able to enjoy their retirement without financial stress. Social security systems, pensions, and

retirement plans should be structured to provide economic stability in their later years. Financial literacy programs can also empower older individuals to make informed decisions about their savings and investments.

Age-related discrimination is a persistent problem that often goes unnoticed. Stereotypes and prejudices against older persons can lead to unequal treatment in employment, housing, and healthcare. Promoting awareness about ageism and implementing anti-discrimination policies is essential to ensure that older individuals are treated with the dignity and respect they deserve.

Promoting an inclusive society for all ages requires comprehensive efforts. This includes accessible healthcare services, affordable housing options, and opportunities for older persons to remain engaged and active in their communities. As we celebrate International Day of the Older Persons, let us commit to breaking down barriers and fostering an environment where every individual can age with dignity.

### Intergenerational Harmony

One of the most beautiful aspects of celebrating the older persons' day is the opportunity it provides for intergenerational exchange. The older generation can impart their wisdom to the younger one, fostering understanding, empathy, and a shared vision for the future. In return, the younger generation can offer their energy, fresh ideas, and technological proficiency to support their elders.

Building bridges between generations strengthens the social fabric and nurtures a culture of respect, love, and appreciation for each other. When we engage in meaningful conversations with older persons, we can gain profound insights into life and connect with our roots. This intergenerational harmony helps create a more cohesive society for all ages.

Intergenerational relationships benefit both sides. Older individuals find

renewed purpose in passing on their knowledge and experiences. They can guide the younger generation, providing mentorship and support as they navigate the complexities of life.

For the younger generation, the opportunity to connect with their elders offers a unique perspective on life. It fosters a deeper sense of empathy and understanding, helping them appreciate the historical context in which older persons lived and the challenges they overcame.

Moreover, intergenerational relationships combat ageism. They break down stereotypes and prejudices, promoting a society that values and celebrates every age group. The interactions and shared experiences between generations serve as a testament to the richness of a society that embraces all ages.

International Day of the Older Persons is a day to acknowledge the remarkable contribution of our senior citizens, the challenges they face, and the rich tapestry of wisdom they bring to our world. It's a reminder that we should strive to create societies that respect and value all age groups, where individuals can embrace aging with dignity and enthusiasm.

As we celebrate this day, let us recognize that age is not a measure of one's worth but a testament to the beauty of a life well-lived. Together, let's build a world that cherishes and supports our older persons, ensuring that they continue to play an active and meaningful role in our communities. Only by doing so can we truly create a society for all ages, where every individual is valued and celebrated, regardless of their years.

This International Day of the Older Persons, let's stand united in gratitude for the wisdom they bring to our lives and commit to ensuring that they enjoy their well-deserved place in the sun. By doing so, we can create a world where the older persons are not just celebrated on one day but cherished every day, for they are the living libraries of our collective human experience.



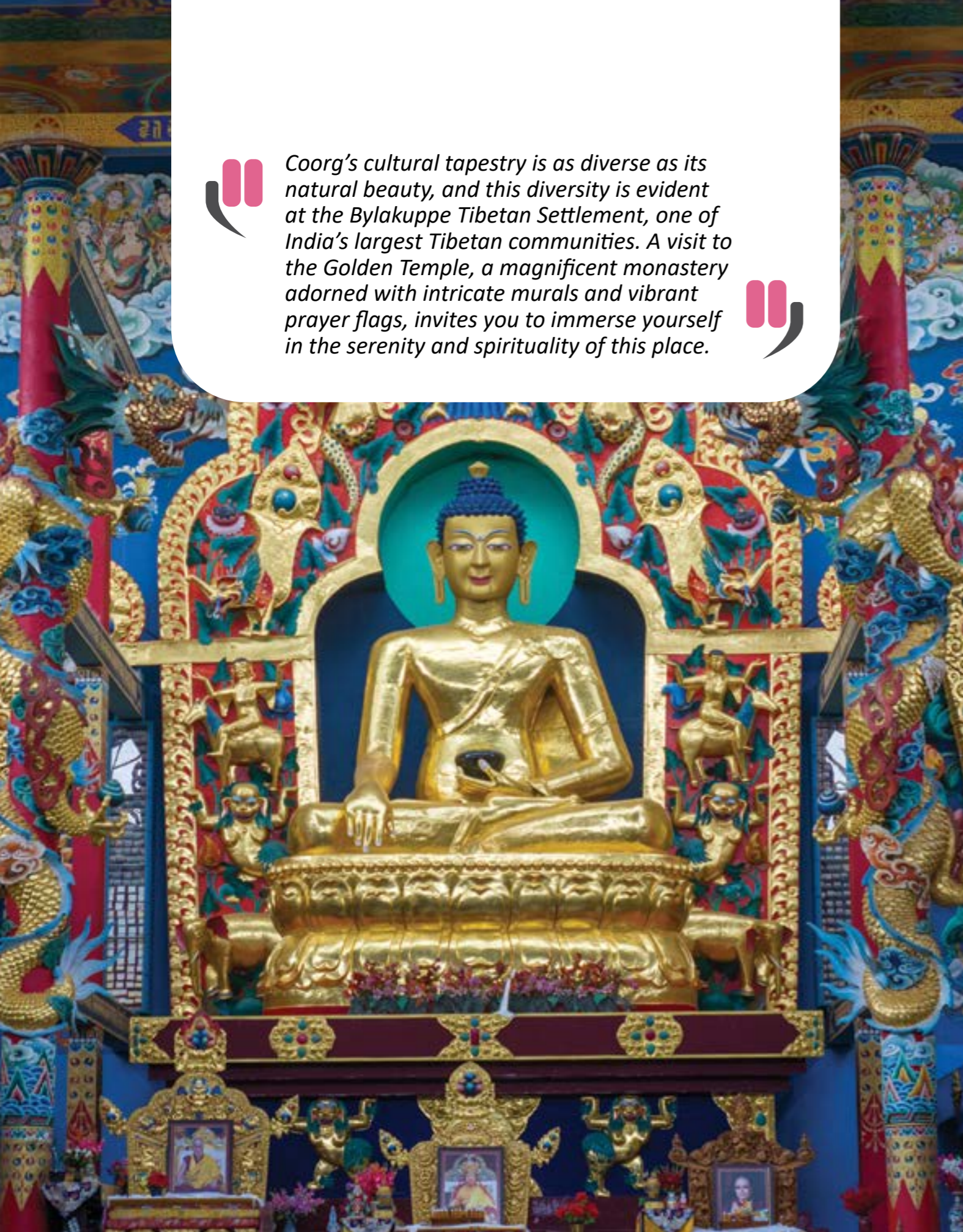
# ENCHANTING COORG: WHERE COFFEE MEETS LUSH LANDSCAPES

**N**estled in the heart of the Western Ghats, Coorg, Karnataka, beckons travellers with its captivating blend of natural beauty, rich cultural heritage, and world-famous coffee. Known as the “Scotland of India,” Coorg offers a picturesque landscape adorned with rolling hills, verdant coffee plantations, and a culture steeped in tradition. Let’s embark on a journey through this enchanting destination that promises a serene escape from the hustle and bustle of urban life.

## A Coffee Lover’s Paradise

Coorg’s journey begins with the irresistible aroma of its renowned coffee. This region is one of India’s premier coffee producers, and exploring its lush coffee estates is an unforgettable experience. Here, you can witness the intricate process of coffee cultivation, from the careful

Coorg's cultural tapestry is as diverse as its natural beauty, and this diversity is evident at the Bylakuppe Tibetan Settlement, one of India's largest Tibetan communities. A visit to the Golden Temple, a magnificent monastery adorned with intricate murals and vibrant prayer flags, invites you to immerse yourself in the serenity and spirituality of this place.



plucking of ripe coffee cherries to the final brewing of the perfect cup. Local experts are eager to share their insights, allowing you to savour the distinctive flavours of Coorg coffee, a true delight for coffee connoisseurs.

Coorg's coffee plantations are not just sites of production; they are also heavens of tranquillity. Walking through the neat rows of coffee bushes under the shade of tall trees, you'll find yourself immersed in the soothing sounds of nature. The sight of crimson coffee cherries against a backdrop of lush greenery is a feast for the eyes.

### Elephants and Rafting Adventures

Just a short drive from the coffee plantations, the Dubare Elephant Camp awaits, offering a unique opportunity to interact with these majestic creatures in their natural habitat. The daily bathing ritual is a highlight, allowing visitors to get up close and personal with the elephants, forging a deep connection with the local wildlife.

For the adventure seekers, the nearby Cauvery River offers white-water rafting against a backdrop of lush greenery. As you navigate thrilling rapids, you'll be surrounded by the sheer natural beauty that Coorg is renowned for. The adrenaline rush of the rapids is perfectly balanced by the serene moments of floating down the river, taking in the breath-taking landscapes.

### Abbey Falls and Madikeri

Abbey Falls, another gem in Coorg's treasure trove, provides a tranquil escape into nature's bounty. Cascading from a height of 70 feet, the falls are particularly mesmerizing during the monsoon season. The surrounding forest adds an aura of mystique to this natural wonder. Standing on the viewing platform, you can feel the cool mist on your face as you admire the beauty of Abbey Falls.

A short drive away, Madikeri, the district capital, welcomes you with Raja's Seat, a vantage point that offers panoramic

views of the surrounding hills. Here, you can also savour local culinary delights such as bamboo shoot curry and pandi curry, indulging in the region's unique flavours. Madikeri is not just a visual delight but also a culinary adventure waiting to be explored.

### A Cultural Mosaic: Bylakuppe Tibetan Settlement

Coorg's cultural tapestry is as diverse as its natural beauty, and this diversity is evident at the Bylakuppe Tibetan Settlement, one of India's largest Tibetan communities. A visit to the Golden Temple, a magnificent monastery adorned with intricate murals and vibrant prayer flags, invites you to immerse yourself in the serenity and spirituality of this place. The soothing chants of monks and the aroma of incense create an atmosphere of profound tranquility.

Exploring the settlement, you'll encounter Tibetan markets selling colourful handicrafts and authentic



*Coorg beckons, promising an enchanting blend of nature, culture, and coffee that will leave you yearning for more. Whether you're an adventure seeker, a coffee enthusiast, or a culture lover, this "Scotland of India" has something to offer everyone.*

Tibetan cuisine. It's a unique opportunity to witness the fusion of Tibetan and Indian cultures, making Coorg a melting pot of traditions and influences.

### **Nagarhole National Park: A Wildlife Haven**

For nature enthusiasts, a wildlife safari in Nagarhole National Park is a must. This biodiverse hotspot is home to elephants, tigers, leopards, and a myriad of bird species. As you traverse the park's dense forests and riverbanks, you'll find yourself in awe of Coorg's remarkable natural world.

The park offers a chance to witness these magnificent creatures in their natural habitat. The thrill of spotting a tiger prowling through the jungle or a herd of elephants grazing by the river is an experience that stays with you long after you leave Coorg.




### **Culinary Delights and a Heartfelt Farewell**

To truly understand Coorg's essence, consider participating in a cooking class

that delves into its gastronomic heritage. Learn to prepare local specialties like akki roti (rice flatbread) and pandi curry, gaining a deeper appreciation for the region's rich culinary traditions. These dishes are not just food; they are reflections of the land's history and culture.

As you bid adieu to Coorg, the memories of misty mornings, the earthy fragrance of coffee, and the warm hospitality of its people will linger in your heart. Coorg, Karnataka, is a destination that offers not only breath-taking natural beauty but also a cultural tapestry that captivates the soul. It's a must-visit for travellers seeking a unique and rejuvenating experience, where coffee meets lush landscapes in perfect harmony.

Coorg beckons, promising an enchanting blend of nature, culture, and coffee that will leave you yearning for more. Whether you're an adventure seeker, a coffee enthusiast, or a culture lover, this "Scotland of India" has something to offer everyone. So, pack your bags and set out on a journey to Coorg, where the magic of the Western Ghats awaits. 

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# EMPOWERING THE FUTURE: INTERNATIONAL DAY OF THE GIRL CHILD

In the grand tapestry of humanity, every thread contributes to the beauty of the whole. In this symphony of life, the voice of the girl child is a melody that resonates with promise, potential, and possibility. International Day of the Girl Child, celebrated globally on October 11th, is a testament to the profound impact girls can have on our world. It serves as a reminder that girls, regardless of their geographical location, deserve to be cherished, empowered, and celebrated for their contributions to society.

## Global Empowerment: The Key to Progress

At the heart of International Day of the Girl Child lies the aspiration to empower girls

worldwide, transcending borders and cultures. The empowerment of girls is not merely a local endeavour; it is a global imperative. A girl in New York possesses the same dreams, potential, and resilience as a girl in Nairobi, Mumbai, or Tokyo. Hence, it is our shared responsibility to ensure that every girl has equal access to opportunities, education, healthcare, and protection, regardless of where she is born.

## Education: The Beacon of Hope

Education is the cornerstone of empowerment. It is the catalyst that propels girls to explore the realms of knowledge, creativity, and innovation. However, the global statistics on girls' education are sobering. Millions of girls still face barriers

that prevent them from accessing quality education. Poverty, gender discrimination, and societal norms often conspire to keep them out of school. This International Day of the Girl Child, we must recommit ourselves to breaking down these barriers.

Efforts are underway worldwide to ensure that girls not only attend school but also stay in school. Programs designed to provide scholarships, mentorship, and life skills training are making a tangible difference. By educating girls, we unlock the potential of future scientists, leaders, entrepreneurs, and artists who will

contribute to solving global challenges and reshaping our world.

## Breaking Gender Norms and Stereotypes

International Day of the Girl Child also calls for the dismantling of entrenched gender norms and stereotypes. We must challenge the pervasive idea that certain careers, pursuits, or roles are reserved for one gender over another. Girls are not limited by the expectations society places on them. From astronauts to engineers, from political leaders to artists, girls are proving that they can excel in any field they choose.



*Girls should grow up in an environment where their rights are respected, and they are shielded from harm. When we protect our girls, we are not only safeguarding their future but also fostering a world where equality and justice prevail.*

By highlighting the stories of remarkable girls and women who have shattered glass ceilings, we inspire others to follow in their footsteps. Representation matters, and when girls see role models who look like them achieving greatness, they are emboldened to pursue their own dreams with unwavering determination.

## Protection and Safety

The safety and well-being of girls must be a priority for the international community. This includes protecting them from all forms of violence, exploitation, and discrimination. International organizations and governments worldwide are working tirelessly to ensure that girls are safe and secure in their communities, homes, and online spaces. This includes initiatives to combat child marriage, human trafficking, and gender-based violence.



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## Empowerment Before, During, and After Crises

The theme for International Day of the Girl Child 2023 is "Empower Girls:



Before, During, and After Crises.” This theme underscores the significance of supporting and nurturing girls at all stages of their lives, ensuring they have the tools, opportunities, and rights to thrive even in challenging circumstances.

### Before Crises

Empowering girls begins long before any crisis strikes. It starts with ensuring equal access to quality education, healthcare, and nutrition. It involves challenging stereotypes and biases that can limit their aspirations. When girls are given the same opportunities as boys, their potential knows no bounds.

### During Crises

In times of crisis, girls are often disproportionately affected. Whether it’s a natural disaster, armed conflict, or a global pandemic, girls face unique

challenges. They may be at increased risk of gender-based violence, child marriage, and exploitation. Therefore, it is crucial to prioritize their safety and well-being during such trying times.

Humanitarian organizations and governments must work together to ensure that girls have access to essential services like education, healthcare, and psychosocial support during crises. By protecting their rights and dignity, we empower them to overcome adversity and emerge stronger.

### After Crises

Recovery from crises is a long and arduous journey, and girls must not be left behind. Post-crisis reconstruction efforts should prioritize the needs of girls and provide them with the resources and support required to rebuild their lives. This includes rebuilding schools,

addressing trauma, and creating safe environments for their growth and development.

International Day of the Girl Child is a celebration of hope, progress, and the unyielding spirit of girls everywhere. It is a global call to action, reminding us that we must stand together to empower and protect the girl child. As we mark this day, let us reaffirm our commitment to a world where every girl can dream, learn, thrive, and become a beacon of light in her community and beyond. Together, we can ensure that the girl child’s potential knows no bounds, transcending borders and reshaping our world for the better. By investing in the empowerment of girls, we invest in a brighter, more equitable future for all of humanity.



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# GANDHI'S LEGACY TODAY: RELEVANCE IN A CHANGING WORLD



THIS STATUE MARKS THE CENTENARY OF  
THE EVENT ON THE NIGHT OF 7 JUNE 1893,  
WHEN M. K. GANDHI WAS FORCIBLY REMOVED  
FROM A TRAIN COMPARTMENT AT THE  
PIETERMARITZBURG STATION  
BECAUSE OF DISCRIMINATION BASED ON RACE.  
"MY ACTIVE NON-VIOLENCE BEGAN FROM THAT DATE."  
MAHATMA GANDHI

**M**ohandas Karamchand Gandhi, the Mahatma, remains an iconic figure in the annals of history. His principles of non-violence, civil disobedience, and his relentless pursuit of truth and justice continue to inspire people across the globe. But what is the relevance of Gandhi's legacy in the 21st century, a world vastly different from the one he lived in? As we grapple with complex global issues, Gandhi's teachings offer timeless wisdom that can guide us towards a more just and peaceful world.

## The Power of Non-Violence

Gandhi's most enduring legacy is his unwavering commitment to non-violence as a means of social and political change. In a world that often resorts to force and aggression to resolve conflicts, Gandhi's message of non-violence serves as a powerful antidote.

Non-violence, or "Ahimsa," was not merely a passive resistance tactic for Gandhi. It was a profound philosophy that recognized the humanity in every individual, even in those with whom we vehemently disagree. Today, in a world rife with violence and division, Gandhi's message reminds us that lasting change is possible without resorting to hatred or harm.

Non-violence remains relevant in modern conflicts, from civil rights movements to environmental protests. It's a reminder that, even in the face of injustice, we can stand firm without stooping to violence. Gandhi's legacy is a testament to the idea that strength and resilience can manifest without the shedding of blood.

## The Pursuit of Truth and Ethics

Gandhi believed that the pursuit of truth, or "Satyagraha," was essential to personal and societal progress. In an era of fake news, misinformation, and moral

relativism, Gandhi's emphasis on truth and ethics is more pertinent than ever.

To follow Gandhi's legacy today is to prioritize truth in all aspects of life. It means seeking the truth in our interactions, holding those in power accountable for their actions, and championing transparency in governance. In a world awash with half-truths and spin, Gandhi's unwavering commitment to truth challenges us to be more discerning and responsible citizens.

## Social Justice and Equality

Gandhi's commitment to social justice and equality was evident in his fight against the caste system and his championing of the rights of Dalits (formerly untouchables). He envisioned a society where every individual was treated with dignity and respect, regardless of their caste or social standing.

In a world where discrimination and inequality persist, Gandhi's vision for a just society remains a beacon of hope. His legacy calls on us to continue the struggle for equal rights and opportunities for all, regardless of their race, gender, or socioeconomic background.

## Environmental Stewardship

Gandhi's simple and sustainable lifestyle has lessons for us in an age of environmental crisis. He believed in living in harmony with nature, advocating for self-sufficiency and minimal consumption. Today, as the world grapples with climate change and resource depletion, Gandhi's principles of simplicity and sustainability offer a roadmap to a more environmentally responsible future.

By embracing these principles, we can reduce our ecological footprint and work towards a more sustainable world. Gandhi's legacy challenges us to rethink our consumption patterns and consider



*Gandhi's simple and sustainable lifestyle has lessons for us in an age of environmental crisis. He believed in living in harmony with nature, advocating for self-sufficiency and minimal consumption.*





*Gandhi's legacy challenges us to look within ourselves, to seek truth, and to work tirelessly for justice and equality. It urges us to embrace non-violence as a powerful force for change and to remember that our actions have consequences for the planet we call home.*



the environmental impact of our choices.

### Global Relevance

While Gandhi's life and work were deeply rooted in India's struggle for independence, his ideas transcended national boundaries. His influence can be seen in civil rights movements, such as Martin Luther King Jr.'s struggle for racial equality in the United States, and in the peaceful protests of figures like Nelson Mandela.

In today's interconnected world, Gandhi's legacy is a reminder that the pursuit of justice and peace knows no borders. His teachings continue to inspire global movements for social change, from climate activism to human rights advocacy.

In a rapidly changing world, Gandhi's legacy remains remarkably relevant. His commitment to non-violence,

truth, social justice, and environmental stewardship offers a timeless blueprint for creating a better world. As we confront the challenges of the 21st century, we would do well to heed the lessons of the Mahatma.

Gandhi's legacy challenges us to look within ourselves, to seek truth, and to work tirelessly for justice and equality. It urges us to embrace non-violence as a powerful force for change and to remember that our actions have consequences for the planet we call home.

As we reflect on Gandhi's legacy today, let us be inspired by his example and strive to build a world that reflects the values he held dear—a world where peace, justice, and truth prevail. In doing so, we honour not only the Mahatma but also the timeless ideals that continue to light our path toward a better future.

# കേരളം നൂതനപാതയിൽ, കെ-ഡിസ്കിനൊപ്പം



കേരള ഡെവലപ്മെന്റ് ആൻഡ് ഇനൊവേഷൻ സ്ട്രാറ്റജിക് കൗൺസിലിന്റെ (K-DISC) KGDC, YIP, OLOI, KKEM, EV Consortium, ET, Manchadi, Mazhavillu തുടങ്ങിയ പദ്ധതികൾ കേരളത്തിലെ വികസനത്തിന് വഴിയെടുക്കുന്നു.

### കേരള ഷീനോം ഡാറ്റ സെന്റർ (KGDC)

അന്താരാഷ്ട്ര തലത്തിൽ നിലനിൽക്കുന്ന രാജ്യകൾക്ക് അനുസൃതമായി ജീവനാരിക്ക് ഡാറ്റ ക്വറററ്റ് ചെയ്യുന്നതിനും പ്രസിദ്ധീകരിക്കുന്നതിനും.

### യങ് ഇനൊവേഷൻ പ്രോഗ്രാം (YIP)

സ്കൂൾ, കോളേജ്, ഗവേഷണ വിദ്യാർത്ഥികളിൽ നൂതന ആശയ രൂപീകരണം പ്രോത്സാഹിപ്പിച്ച് നാടിന്റെ യഥാർത്ഥ ജീവിത പ്രശ്നങ്ങൾക്ക് പരിഹാരം തേടുന്നു.

### കേരള നോളസ് ഇക്കോണമി മിഷൻ (KKEM)

കേരളത്തിലെ അഭ്യസ്തവിദ്യരായ തൊഴിൽരഹിതരുടെ വിവിധ തലങ്ങളിൽ തൊഴിലവസരങ്ങൾ സൃഷ്ടിക്കാനുള്ള ബ്രഹ്മാണ്ഡ പദ്ധതി.

### ഇലക്ട്രിക് വെഹിക്കിൾസ് കൺസോർഷ്യം (EV Consortium)

വൈദ്യുത വാഹനങ്ങളുമായി ബന്ധപ്പെട്ട ഉപസംവിധാനങ്ങളും ഘടകങ്ങളും നിർമ്മിക്കുന്നതിനുള്ള ഒരു ആവാസവ്യവസ്ഥയിലേക്ക് കേരളത്തെ പരിവർത്തനം ചെയ്യാനുള്ള കെ-ഡിസ്കിന്റെ നേതൃത്വത്തിലുള്ള കൺസോർഷ്യം.

### എഞ്ചർമിംഗ് ടെക്നോളജീസ് ഇൻ ഗവൺമെന്റ് (ET)

നൂതന സാങ്കേതികവിദ്യകൾ ഉപയോഗിച്ച് സർക്കാർ വകുപ്പുകളുടെ സേവനങ്ങൾ മെച്ചപ്പെടുത്തുന്നു.

### ബോടി 'ട്രീ' ഓതിന് ഫോർ കേരള (Manchadi)

മൂന്നാം ക്ലസ്റ്ററുമായും എഴാം ക്ലസ്റ്ററുമായുള്ള കുട്ടികളിൽ തണുത്തത്തിലുള്ള പ്രാവിണ്യം മെച്ചപ്പെടുത്തുന്നതിനായി വ്യത്യസ്തമായ രീതിയിൽ ഗണ്യമായ അഭിരുചികൾ വളർത്തിയെടുക്കാനുള്ള 'ശ്രദ്ധാർത്ഥ' മത്സരം.

### ജെവില് 'ട്രീ' സയൻസ് ഫോർ കേരള (Mazhavillu)

മൂന്നാം ക്ലസ്റ്ററുമായും എഴാം ക്ലസ്റ്ററുമായുള്ള കുട്ടികളിൽ സരോജിത ശാസ്ത്ര പാഠനം എന്ന ആശയത്തെ മുൻനിർത്തി പ്രായോഗിക പ്രവർത്തനങ്ങളിലൂടെയും വികസനത്തിലൂടെയും ശാസ്ത്ര മേഖലം വർദ്ധിപ്പിക്കുന്നതിന് ഉന്നത തരത്തിലാണ് പ്രാവർത്തികമാവുന്ന നൂതന ആശയമാണ് 'ജെവില്'.



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