

PR SENSE

Spreading Positive Vibrations

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Cover Story of the Month



**Bye Bye
Planning Commission**

In This Issue:

- P3 Cover Story –
Planning
Commission**
- P5 Pingali
Venkaiah**
- P7 Health Tips -
PMS**
- P8 Shravan
Poornima**
- P9 Performance
of 16th Lok
Sabha**
- P11 Sansad Ratna
Hall of Fame**
- P12 PRince Cartoon**

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From the Desk of Editor-in-Chief



We are pleased to release the 89th (August 2014) edition of your ezine PreSense with interesting contents. August is considered to be an important month in the Indian history. This year too, the nation celebrated Independence Day with enthusiasm.

On this Independence Day, we remember and salute the many unsung heroes who have contributed in their quiet way to the freedom movement. In this issue, we feature Pingali Venkaiah, one such freedom fighter who had also designed India's Tri Colour Flag.

During his Independence Day address, Prime Minister, Narendra Modi announced the formation of a new institution in the place of the erstwhile Planning Commission. Our cover story features this new development.

Shravan Poornima is celebrated with great warmth in our country. This edition highlights the significance of *Shravan Poornima*.

For the past five years, your ezine PreSense has been honouring the top performing Parliamentarians with the Sansad Ratna Award. In this edition, we analyse the performance of the current 16th Lok Sabha. We have also announced the names of MPs who have been selected for inclusion in the elite list of our recently constituted 'Sansad Ratna Hall of Fame' award.

We are confident that you will continue to enjoy this edition of ezine. Please send us your feedback.

K. Srinivasan

Inspiring Quote from Dr Abdul Kalam

It was a great event for me to meet Dr Nelson Mandela in his house in Johannesburg. What a moving reception, the man at the age of 86 gave with all smiles. Dear friends, I would like to share with you, when I entered Dr. Nelson Mandela's house, I saw his three dimensional form with cheerfulness: the mighty man who got the freedom for South Africa from the tyranny of apartheid. When I was leaving from his house he came to the portico to give me a send off and while walking he discarded his walking stick and I became his support. While walking I asked him, "Dr. Mandela can you please tell me about the pioneers of anti apartheid movement in South Africa?" He responded spontaneously, "of course one of the great pioneers of South Africa's freedom movement was M.K. Gandhi. India gave us M.K. Gandhi, we gave you back Mahatma Gandhi after two decades. Mahatma Gandhi was an apostle of Non-Violence". That is indeed the tradition of India - to enrich whichever nation we go, our foremost responsibility is to enrich that nation. Enriching the nation is not only in financial terms, but enrich with knowledge, enrich with sweat above all enrich with honor and self-dignity.



Source: www.abdulkalam.com



Cover Story

India's Way Forward – Moving from 'Planning' to 'Development and Reforms'



Requiem to the Planning Commission – there was no requiem/homage dedicated to the Planning Commission as its doomsday was announced.

Earlier this month, when India's Prime Minister, Narendra Modi delivered his hour-long *ex tempore* maiden speech at the Red Fort, Delhi on the occasion of the nation's Independence Day, he touched on several issues, both critical and important. Among them was the announcement of the abolishment of the decades-long recommendatory body, The Planning Commission. He also announced the setting up of an institution called National Development and Reforms Commission as the new *Avatar*, to take care of the emerging national requirements. One is reminded of Poet Laureate, Alfred Lord Tennyson's quote, "The old order changeth, yielding place to new". Many believe that this is a change that was overdue.

When India won its independence from the British, the country's leaders of that era realised that there was an enormous amount of development work that needed to be done across several sections of the economy. Keeping these issues in mind, the Planning Commission was set up by a Resolution of the Government of India in March 1950. The Planning Commission was created in an environment where Independent India's first leaders, including the first Prime Minister, Jawaharlal Nehru, believed in a socialist model of economics. Socialism is an economic system of common ownership of natural resources, co-operative model of doing business, and planned system of production.

The Planning Commission, which was constituted as a recommendatory body, was to assess the resources of the country, augment deficient resources, and formulate plans for effective and balanced utilisation of resources. The body would chart out the goals that the Government needed to achieve, by at the end of every five years. This was the beginning of India's Five-Year Plans. The Government's aim was to improve the standard of living of the people by efficient deployment of the resources of the country, thus increasing the national productivity and providing opportunities for employment, in the service of the community. The then Prime Minister, Jawaharlal Nehru, was the first Chairman of the Planning Commission. There have since been intermittent disruptions over the years in the planning process of the Five-Year Plans due to war, drought, currency devaluation and critical political situations. The Five-Year Plan that was in operation before Prime Minister's Independence Day announcement was the twelfth (2012-2017).



Meanwhile, somewhere along the way in India's life-path, the country moved from the socialist form of economy to what is now called a 'mixed economy', where the free markets and the forces of demand and supply decide what should be produced, and in what quantity. At the same time, the Government enforces the rules of the game, ensuring that there is enough healthy competition in the industry, and the gains of economic development are redistributed so that the poor are helped as well. The relevance and effectiveness of the age-old Planning Commission in this changed scenario, was being questioned and privately debated for some time now. Modi himself felt that it was high time to replace the 64-year-old body, whose laboriously planned and crafted proposals were rarely followed, defeating the very purpose for which it was constituted and sustained.

The new body to replace the Planning Commission was announced as the National Development and Reforms Commission. It is suspected to be in line with the National Development and Reform Commission of China. While India awaits the formal constitution of the new body, it is understood that the proposed panel will be the apex think-tank for an all-inclusive overview of India's development needs from infrastructure to security, among other things. It will also look into ironing out contentious state-Centre and inter-state issues, to provide a smooth road-map for the uniform development of the country. The Planning Commission was being accused of a 'one-size-fits-all' policy towards the states, ignoring the specificity of the needs of each state.

It is also understood from media reports that Sidhushree Khullar, Secretary, Planning Commission has suggested five changes that could outline the identity, structure and function of the new body to succeed the 64-year old commission. (See graphics - courtesy: The Economic Times)

It is believed that once the proposed body is in place, agencies like the Prime Minister's Economic Advisory Council and other overlapping plan bodies will be brought under its umbrella.

A resolution enabling the formation of the new body will need to be passed by the Government for it to start operations. And the nation waits and watches to see how the new *Avatar* will facilitate the way forward for the country's economy, while hoping that it will not be just another 'old wine in a new bottle'.

By Susan Koshy, Editor

Khullar's Proposals



A new name, which should reflect the spirit of development and knowledge-based work that the body will undertake



Reduced strength for the new body – cut down on the routine staff and replace them with a handful of domain experts



Limiting the new panel's functions to key areas like infrastructure, mining and targeted implementation of the gov't flagship schemes



New institution will re-work on the model concession agreement of PPP projects across sectors as the gov't is keen to rope in private players for infrastructure development



New institution will house social sector experts, who will deliberate on the key changes in over a dozen flagship schemes and introduce these changes over a period of time to ensure the targeted outcomes are achieved



Historical Importance of the Month of August

Pingali Venkaiah - The Man Who Designed the Indian National Flag, and a Forgotten Hero



When we hoist the national tri-coloured flag, most of us may not know the person, who designed the flag.

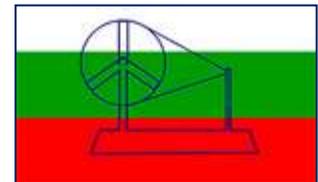
Successive governments, post-Indian independence, have also ignored him and he has not been given his rightful place in history. The online survey conducted by your ezine, PreSense during this month, revealed that nearly 80% of the people who took the survey, were not familiar with his name. Interestingly, many associated this name with one of the better-known current political leaders.

Pingali Venkaiah was born on 2nd August, 1876 in the erstwhile Madras Province (now Andhra Pradesh). He was an authority on

many subjects, with doctorates in agriculture and geology. He was also an expert on diamonds, and was popularly known as "Diamond Venkayya".

Inspired by Mahatma Gandhi after meeting him in South Africa, Venkaiah actively involved himself with the freedom movement. It was during that time that he got the idea of designing a national flag for his mother country. He started a research on the national flags of different countries. He authored a book, "A National Flag for India" in 1916.

During the All India Congress Committee meeting held in 1921 at Vijayawada, Venkaiah showed his model of the Indian flag to Mahatma Gandhi. The model had red and green bands. Mahatma Gandhi suggested to him to include a white band on top and a spinning wheel in the centre.





The flag underwent further modification with saffron colour at the top, a white band in the middle and green at the bottom. Gandhiji's 'spinning wheel' was placed in the centre. This flag was named the 'Swaraj Flag'.

This flag was hoisted by the then Congress President, Jawaharlal Nehru on 31st December, 1929, on the banks of the Ravi River in Lahore, in present day Pakistan. The flag of India was hoisted publicly across India by Congress volunteers, nationalists and the public. The year 1931 was a landmark in the history of the flag. A resolution was passed, adopting the tri-coloured flag as the Indian national flag.

In 1931, Mahatma Gandhi, complimented Pingali Venkaiah, in his magazine 'Young India'.

On July 22, 1947, the Constituent Assembly adopted it as Free India's National Flag. The colours and their significance of the flag remained generally the same, ever since the Indian Independence. The only change adopted was the replacement of the spinning wheel with the Dharma Charkha of Emperor Asoka as the emblem on the flag. Thus, the tri-coloured flag of the Congress Party eventually became the tri-coloured flag of Independent India. Pingali Venkaiah's design became the prototype for the Indian National Flag.



Sadly, the person who designed the national flag was not recognised by the Government. He was not even listed as a 'freedom fighter'. Due to his poverty and ill health, he could not travel to Delhi to witness the hoisting of the tri-coloured flag at the Red Fort. He died a poor man, on 4th July 1963. There have been representations from several quarters to confer the 'Bharat Ratna' on him for his contribution to the nation.



In 2009, the Government of India commemorated a postage stamp in his memory. In August 2014, the Central Board of Secondary Education conducted an online essay competition on Pingali Venkaiah, to create awareness about him among school children. The winners were awarded on 15th August 2014 and they witnessed the flag hoisting by the Prime Minister at the Red Fort.

The country is used to the names of Mahatma Gandhi and Pandit Nehru as leaders of the freedom movement. However, there are many other great

people like Pingali Venkaiah, hailing from different regions of the country, who have contributed in their own silent way, in the freedom struggle. They seem to have been ignored from the annals of history. A time has come to recognise these 'unsung heroes' and give them their due respect and salute.

By K. Srinivasan, Editor in Chief



From the Archives of E-zine PreSense – Aug 2008

Health Tips – Premenstrual Syndrome (PMS)

Working women encounter many challenges which women of previous generations did not face. Changing life style, work pressure and aspirations have aggravated certain disorders, which were not heard of, among the Indian women. PMS is one of the serious conditions which affect many working women. Premenstrual Syndrome (PMS) usually starts up to 14 days before menstruation. The symptoms of PMS usually stop soon after the period begins. Most women feel some mild discomfort before their periods. But with PMS, they may feel so anxious, depressed or uncomfortable that they are unable to cope with at home or at work.

Some of the symptoms of PMS are back pain, bloated abdomen, change in appetite, including cravings for certain foods, constipation, spells of crying, depression, hastened heartbeat, irritability, tension or anxiety, tiredness, headache, hot flushes, joint pain, mood swings, malaise, disinterest in sex, tender and swollen breasts, difficulty in concentration, insomnia, swollen hands or feet, wanting to be alone, and weight gain.

What causes PMS?

It seems to be linked in part to changes in the hormone levels during the menstrual cycle. PMS is not caused by stress or psychological problems, though these may make the symptoms of PMS worse.

How is PMS diagnosed?

Your doctor will ask you to keep track of your symptoms on a calendar. If your symptoms follow the same pattern each month, you may have PMS.

How is PMS treated?

There is no cure for PMS, but eating a healthy diet, exercising regularly and taking medicine may help. Your doctor will talk to you about whether you need to change your diet and exercise habits. He or she may also prescribe medicines, depending on your symptoms and their severity. Medicines that can be prescribed include diuretics, anti-depressants and birth control pills.

What are diuretics?

Diuretics help the body to rid of surplus sodium and fluid. They can ease bloating, weight gain, breast pain and abdominal pain. Diuretics are usually taken just before the symptoms of PMS in the menstrual cycle.

Do antidepressants help?

Anti-depressants can help in case of severe irritability, depression and anxiety that some women experience with PMS. These medicines are usually taken every day.

Tips on controlling PMS

- Eat complex carbohydrates (such as whole grain breads, pasta and cereals), fibre and protein. Cut down on sugar and fat.
- Avoid salt for the last few days before start of menstruation to reduce bloating and fluid retention.
- Reduce caffeine to feel less tensed and irritable and to ease breast soreness.
- Eating up to 6 small meals a day instead of 3 larger ones, helps
- Do aerobic exercise. Work up to 30 minutes, 4 to 6 times a week.
- Get plenty of sleep – about 8 hours a night.
- Keep to a regular schedule of meals, bedtime and exercise.
- Try to schedule stressful events for the week after your period.

Identifying the problem, sensitising life partners, lifestyle changes, and medications can help in coping with the condition and make life more comfortable for women as well as their families.



Ancient Indian Wisdom

Shravan Purnima - A Day Signifying the Importance of Knowledge

Every year during August-September, the country celebrates '*Shravan Purnima*'. The Indian Government celebrates this day as '*Sanskrit Day*'. Some people celebrate it as '*Upakarma*'. Indian ladies observe it as '*Raksha Bandhan*', tying the *raksha* on the wrists of brothers, who in turn assure them protection (*raksha*).



Shravan Purnima is celebrated as *Naryali Pournima* by fisherman in the states of Maharashtra, Gujarat, and Goa. This day marks the beginning of a new fishing season.

Amarnath Yatra which begins on *Guru Poornima* Day concludes on *Shravan Poornima* Day. This day is celebrated as *Kajri Purnima* in Madhya Pradesh, Chattisgarh, Jharkhand and Bihar. It is a significant occasion for women, blessed with sons. On this day, wheat or barley is sown, and farmers pray for a good crop.

Some parts of North India celebrate it as *Luv-Kush Jayanthi* (Luv and Kush were the twin sons of Lord Ram and Sita). The day is also celebrated as *Balaram Jayanthi* (Balaraman was the elder brother of Lord Krishna). Why are there so many significant dedications and celebrations on this *Sravan Purnima* day?

Shravan is the month in the Indian calendar that falls between July-August in the North, and between August-September in the South. This month is called *Shravan* because the full moon during this month, occurs in the zodiac, *Shravan*.

This period is characterised by heavy rains. The monsoons are on and the sky is usually heavily overcast. The stars and the moon are hardly visible in the night sky.

Shravan also refers to the listening to the scriptures. In the earlier days, people used to remain indoors due to the heavy rains. They would spend the time by listening to the ancient scriptures, read by their elders. Interestingly, like *Guru Poornima*, *Shravana Poornima* too gives importance to 'updating of knowledge'. This day is also celebrated as '*Hayagriv Jayanthi*', the God of knowledge.

Compiled by K. Srinivasan, Editor in Chief with inputs from D.K.Hari and D.K.Hema Hari, Founders, Bharath Gyan. www.bharathgyan.com

Read the past issues from the following link

www.corpezine.com



Nation

The Performance of the 16th Lok Sabha - A Report



The new 16th Lok Sabha commenced its business on 4th June, 2014. By the end of second session on 14th August, 2014, the Lok Sabha had 33 sittings.

Business Done

The 16th Lok Sabha witnessed one of the most productive sessions in the past one decade. Although 14 hours and 1 minute was lost in disruption and forced adjournments, the members made up for the loss by sitting extra time of 30 hours and 45 minutes. 94% of the Budget demands were passed without discussions.

20 Bills were introduced and 13 Bills were passed. 61 Private Members Bills were introduced. 388 matters were raised under Rule 377 by the members. During the zero Hour, 607 matters of urgent public importance were taken up by members.

We analysed the performance of the Parliament and MPs on four parameters, viz. 1) debates, 2) private members bills, 3) questions raised and 4) attendance. Ministers cannot participate in debates, introduce private bills and raise questions. They also do not sign attendance. Hence, our analysis excludes the Ministers.

Debates

During the two sessions, 443 members participated in 2475 debates, which included bills, matters taken up, etc. The national average was 4.9 per member for debates. The Kerala MPs scored the top position with an average of 11.2 debates per member. The Andhra Pradesh MPs secured the last position with 2.8 debates per member.

The top performers under Debates category were P.P.Choudhary, BJP MP from Rajasthan with 39 debates, and N K Premachandran, RSP MP from Kerala with 30 debates

Private Members Bills

During these two sessions 61 Private Members Bills were introduced. 7 MPs have individually introduced 4 private members bills each, viz. BJP MPs - Hansraj G Ahir



(Maharashtra), Arjun Ram Meghwal (Rajasthan), K P Solanki (Gujarat), AT Naha Patel (Maharashtra) and Nishikant Dubey (Jharkand), BJP MP - Bhartruhari Mahtab (Odisha), and INC MP - M K Raghavan (Kerala).

Questions

During the two sessions, 8854 questions (starred, unstarred and supplementary) were raised by the members. The national average was 18 questions per member. Kerala ranked first among the states with an average of 44 questions per member. Uttarakhand ranked last with 4 questions per member.

The top performers for raising questions were Hansraj G Ahir, BJP MP from Maharashtra with 115 Questions, Asaduddin Owaisi AIMEI MP from Telangana with 108 Questions and B.V. Nayak, INC MP from Karnataka with 105 Questions.

Total Tally (Debates + Private Members Bills + Questions)

The following MPs were the top performers for the total tally, as at the end of second session.

Hansraj G Ahir (BJP, Maharashtra) with a total tally of 129
Asasuddin Owaisi (AIMEI, Telangana) with a total tally of 116
Nishikant Dubey (BJP, Jharkand) with a total tally of 115

Attendance

152 MPs attended all the 33 sittings and scored 100% attendance. The national average for attendance was 87% per member. Tamil Nadu ranked first with an average of 98% per member. Jammu & Kashmir ranked last with 62% average.

Lady Members

There are 62 women members in this 16th Lok Sabha. The toppers among the women members for the total tally were
Supriya Sule (NC, Maharashtra) with a total tally of 104
Shobha Karandlaje (BJP, Karnataka) with a total tally of 98
Both the women MPs secured 100% attendance.

We congratulate all the top performers. Since many of the MPs are new, it is quite natural that they need time to be familiar with the Parliament procedures. An analysis of the real picture can be done only after a year of performance.

Some interesting facts

1. 61 MPs did not participate in any of the proceedings of the Lok Sabha. Their total tally is 'zero'.
2. Actress Hemamalini (BJP, UP) with 'zero' tally has attended only 11% of the sittings.

The readers can read about the performance of their MPs from the following link.
<http://www.prsindia.org/mptrack/16loksabha/> Source: PRS Legislative Research, Delhi

By K. Srinivasan, Editor in Chief



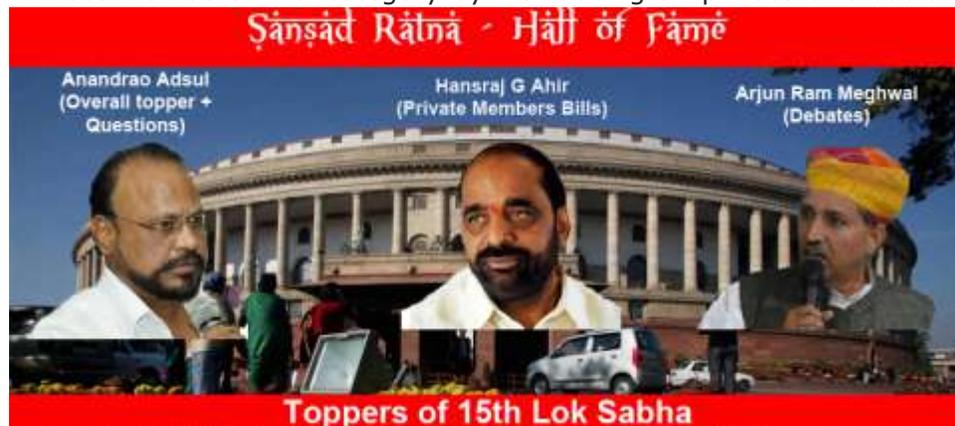
Ignited Minds

Three Top Performing MPs to be Inducted into the Sansad Ratna - Hall of Fame

Three Members of Parliament (MPs), Shri Anandrao Adsul, Shri Hansraj Ahir and Shri Arjun Ram Meghwal have been inducted into the 'Sansad Ratna Hall of Fame'. They have achieved the premier positions in the 15th Lok Sabha under three categories, viz. Questions, Private Members Bills and Debates respectively.

In the 15th Lok Sabha, Shri Anandrao Adsul, Shiv Sena MP from Maharashtra, secured the top position under the Questions category, by raising 1266 questions. He scored a total number of points of 1304. He also secured the number one position for overall performance in 15th Lok Sabha. Interestingly, he had topped in the 14th Lok Sabha too for raising questions and in overall performance.

Shri Hansraj Gangaram Ahir, BJP MP from Maharashtra, secured the top position under 'Private Members Bills' category by introducing 31 private bills out of a total of 372 private



members bills. The land acquisition bill passed in the 15th Lok Sabha was first introduced by him as Private Members Bills both in 14th and 15th Lok Sabha. Then UPA Government accepted his concept and formally introduced the land acquisition

bill as an official bill later. He is the whistle blower of coal scam, which is rocking the nation.

Shri Arjun Ram Meghwal, BJP MP from Rajasthan and an IAS officer turned MP, secured the number one position under the Debates category, by participating in 430 debates. Although the official figures of past Lok Sabha performance could not be traced, it is our view that his performance should be the highest in the last 64 years.

All the above three MPs have been consistently maintaining their top performance right from the first year of their respective tenures in the Lok Sabha. With their induction into the Hall of Fame, these MPs become permanent members of the Sansad Ratna Elite Group. They will guide the Sansad Ratna Committee in framing the guidelines for future Sansad Ratna Awards, and also in the selection process. They will also mentor other fresh MPs, to enable them to perform effectively in the Lok Sabha.

Prime Point Foundation and your ezine PreSense have been honouring the top performing MPs with Sansad Ratna Awards for the past five years. For more details on this award, please visit www.sansadratna.in

By K. Srinivasan, Editor in Chief

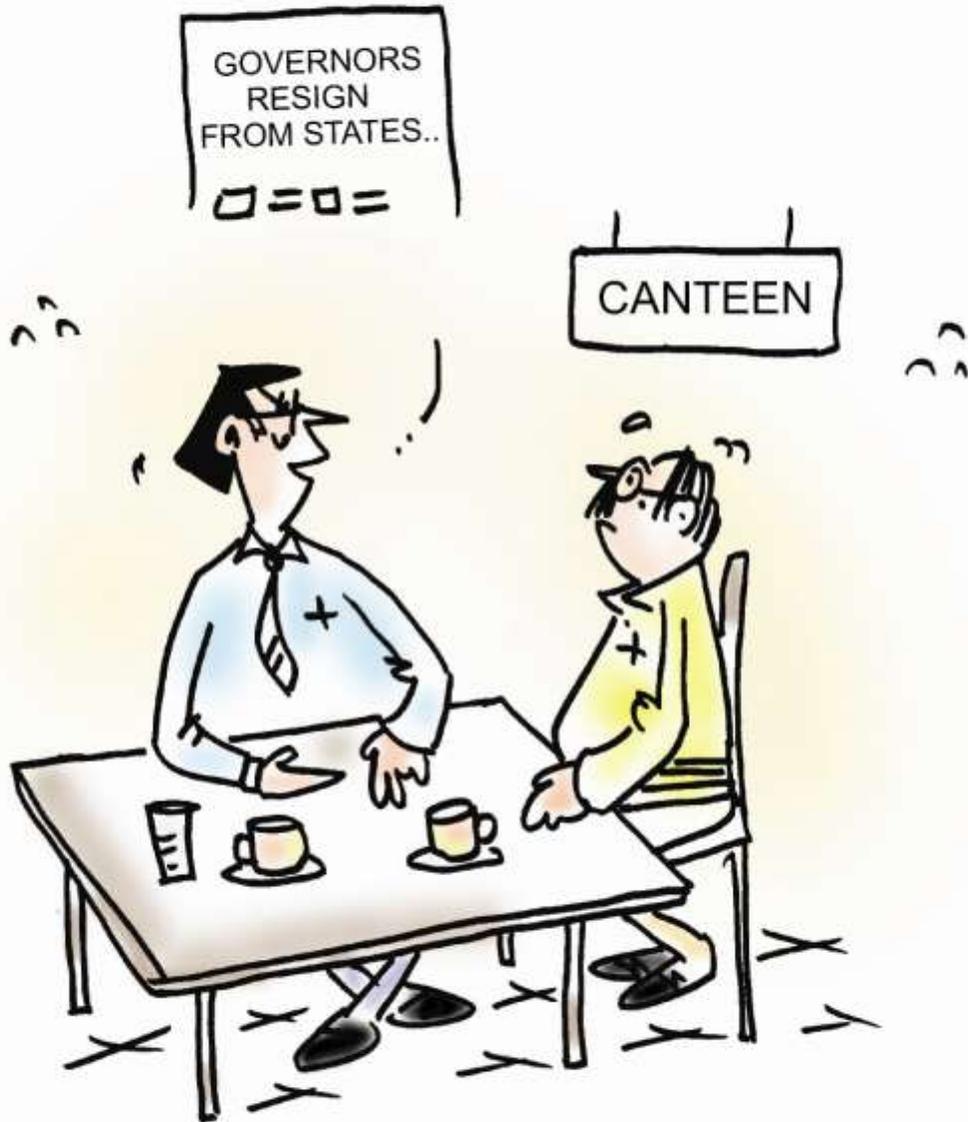


PRince

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