

Cover Story of the Month



Gujarat Elections 2017

In This Issue:

- P3 Editorial – Verdicts – A Comedy of Errors or a Matter of Concern**
- P4 Cover Story: Gujarat Elections**
- P7 Yoga Nidra – A Powerful Tool for Body-Mind Relaxation**
- P10 The Auroras – Borealis and Australis**
- P12 Prince Toon**
- P13 Announcements – Sansad Ratna Awards, and DiSAI**

Contact

www.digitalpresense.com

www.corpezine.com

editor@corpezine.com

From the Desk of Editor-in-Chief



We @ The Editorial Team wish all readers a very happy and prosperous New Year and *Sankaranthi*.

We have arrived at the last month of the year 2017 and with it, we release the 130th issue of PreSense with our December 2017 edition. 130 is another landmark number for us, made possible with the support of the Editorial Team members and the fraternity of readers who have been advocates and critics, with their timely constructive suggestions and feedback. We thank them for their time and effort in doing so.

PreSense had brought out its first compilation of select articles from its first 100 editions, in the form of a printed digest called PreSense 100. Former President of India, late Dr A.P.J. Abdul Kalam had written a foreword for the digest. Dr Kalam was a regular reader, advocate and critic for PreSense. He was the brain and inspiration behind the idea of an e-magazine that promotes positive vibes through its articles. PreSense brought out its second edition of the digest after 110 issues, and named it PreSense 100+. I am pleased to announce that in a month or two, PreSense will bring out the third edition of the digest, containing selections from its 130 issues. It will be called PreSense 130. Please watch out for its announcement.

This month's edition of your ezine, PreSense contains a dash of politics, a dose of health-related information, a write-up about an aspect of our cosmos, and an important announcement.

With the Gujarat elections just over, its results have ramifications worth pondering over. We bring you a perspective of its implications, especially with the major 2019 polls almost around the corner.

In the past few months, we have been publishing traditional health related information, with valuable input from qualified practitioners. We continue this month with a write-up on *Yoga Nidra*, which is a valuable technique for holistic healthcare.

We have included a write-up on the *Aurora Borealis* and *Aurora Australis*, our Universe's work of art. And PreSense completes itself with the cartoon page and its tongue-in-cheek message.

I hope you will enjoy reading this edition. Please take some time to pen your feedback and send it to editor@corpezine.com because your feedback is important to us.

Susan

**PreSense Wishes All Readers
a Happy and Prosperous
New Year 2018**



Editorial

Verdicts – A Comedy of Errors or A Matter of Concern?

The month of December has had some unforeseen outcomes from court verdicts and election results, contrary to what was predicted or expected.

The CBI (Central Bureau of Investigation) Court which listened to the case of the 2G scam for seven long years, came up with the verdict that dismissed the case against the main accused, who were a prominent Cabinet Minister, and a politician. They were condemned as guilty from the start of the case, and faced prison-time too. The Judge delivering the verdict, had pronounced that *"the prosecution has miserably failed to prove any charge against any of the accused, made in its well-choreographed charge-sheet."* At this point, one is reminded of a quote: *"If you fail to prepare, prepare to fail"*. Is this a case of *"a slip between the cup and the lip"*?

The Adarsh Housing Society Scam (yet another case of corruption) had a former State Chief Minister accused of illegal approvals in exchange for favours. The Bombay High Court, after five years of hearing, quashed a belated sanction for prosecution of the accused.

In the course of the several years that the two cases were being heard and examined, the accused bore the brunt of being put to prison, stripped of portfolios, and put on media trial as well as publicly condemned. The turnaround verdicts have apparently given the accused, now relieved citizens, the last laugh.

The issue about the bail-in clause in the proposed FRDI Bill 2017, presently stalled till next year, is a matter of concern. While there is assurance about the 'no-risk of the bail-in clause for the bank customer', will it eventually turn out to be a shocker for the common man who depends on his bank savings for his sustenance, when he might eventually be informed to surrender part of his savings to redeem his bank?

Yet another twist in the tale came in the recent result of a by-election in the southern state of Tamil Nadu. It was a prestigious election, hotly contested by several political parties, all claiming to be legitimate successors of an erstwhile ruling government head. During the campaigning by the standing candidates, there were tales of innovative and bizarre methods of trading with the electorate, controversy over party symbols, leaked videos purported to influence the sentiments of the electorate, and demands for deferring the elections. At the end of the pandemonium, the candidate who might have been the most controversial in the fray, won the elections by a befitting margin, challenging the predictions of forecasters and analysts.

There is no moral to these stories, just a reminder that *"what you see is not what it is"*. I wonder about how I should view these turn of events – as a Comedy of Errors to laugh over, or be concerned about the frequency of the errors in predictions. Will there be more errors in judgement that might more seriously affect our personal life and matters? For example, the issue about the bail-in clause in the proposed FRDI Bill 2017, presently stalled till next year, is a matter of concern. While there is assurance about the 'no-risk of the bail-in clause for the bank customer', will it eventually turn out to be a shocker for the common man who depends on his bank savings for his sustenance, when he might eventually be informed to surrender part of his savings to redeem his bank? Time will tell.

by Susan Koshy, Editor-in-Chief



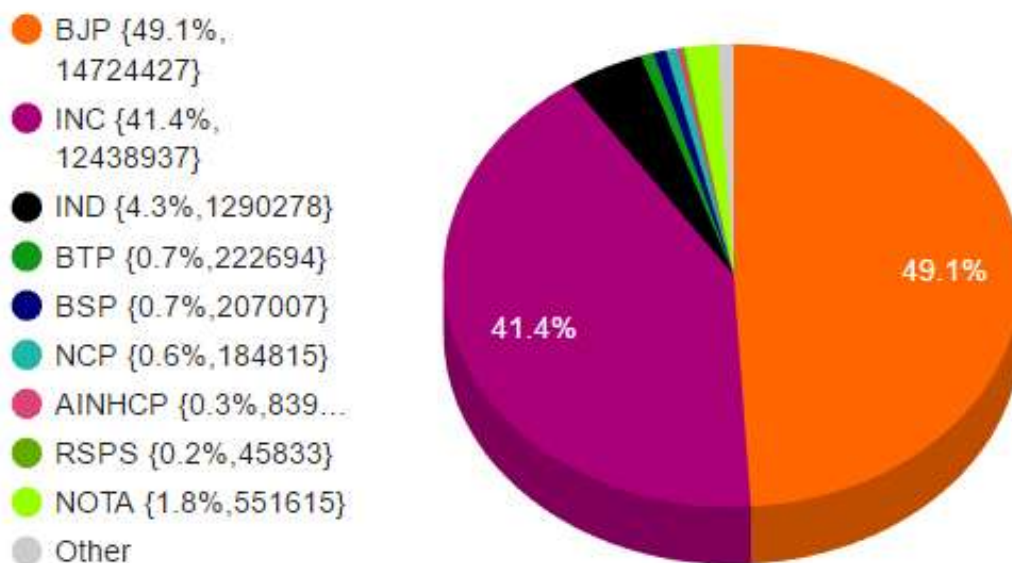
Cover Story

The Gujarat Elections – Lessons for Both BJP and Congress

Gujarat Assembly Elections

The Gujarat assembly elections was considered the testing ground for both BJP and Congress over contentious issues of demonetisation, GST (Goods & Services Tax) and joblessness, as well as for the 2019 general elections. The results have however, come out trumps for the ruling BJP (Bharatiya Janata Party), giving it another term of five years to make it the longest serving party in any state – 21 years. For the Congress Party, it has come as a cropper even after the anointing of Rahul Gandhi as the Congress President. In a way, it is a moral victory for the Congress even though they could not convert the vote percentages into seats. But the rainbow coalition led by the Congress has managed to secure about 77 seats, a big leap from its meagre strength in the last assembly.

Partywise Vote Share Gujarat Assembly Elections 2017



The BJP won less than 100 seats, 99 to be precise, which shows that the Congress has managed to dent its image. The major issue in the elections was the reservation for the *Patedhars* (Patel community). Led by the youth leader, Hardik Patel, the Congress-led coalition thought it would be able to sweep the polls, but the brilliant poll strategies by Amit Shah (President of BJP and Member of Parliament), who won the elections in another major state of UP (Uttar Pradesh) against all odds for the BJP, did it once again. The *Patedhar* votes were divided. It is strongly believed by poll *pundits* that the business community of the *Patedhars* voted *en bloc* for BJP to protect its business interests, while the youth and others fighting for reservation, voted against. Poll *pundits* also say that the Muslim community tilted the scales in favour of BJP as they strongly believed the Modi rule in the state ensured harmony and no community tensions.



Lessons to be Learnt

The lesson to be learnt from the Gujarat elections is that it chimes warning bells for the BJP as it was not a sweeping victory for them. The Modi charisma is wearing off. Rahul is on the rise, albeit slowly. The picture is similar to the Tamil Nadu assembly elections of 2016. The DMK Party was predicted to win or sweep the polls against Jayalalitha's AIADMK Party, as she had failed miserably in handling the worst ever flood situation that affected Tamil Nadu. But Jayalalitha



proved all exit polls and media predictions, especially TV channels, wrong by wresting the majority from the favoured DMK. Stalin however managed to get over 98 seats for his amorphous coalition in the assembly, a big jump from just 22 seats in the previous assembly. Those who voted *en bloc* for Jayalalitha were the ones who wanted to protect her welfare schemes from being derailed.

The Ahmedabad elections are similar. Modi managed to win against a tide, mainly because Gujarat is dominated by the business community which wanted its business interests protected. They say a known devil is better than an unknown angel. And that is exactly what happened. Most voters trusted Modi, who had ruled for over 15 years, without compromising the interests of the business community or the Muslim minority. The only exception is the Baroda riots, which remains a blot. Despite Modi's absence in the state, with the incumbent Chief Minister Rupani as his virtual proxy, BJP's victory in the state was ensured against all odds. Modi himself confessed that he was humbled by the verdict of the people's trust in him and their vote for BJP led by him, in the state even though he had shifted to the centre and his presence was not there in the state. But one must note that five sitting ministers lost the elections.

Tasks Ahead

Although BJP has won the Gujarat assembly elections and would rule for another five years, hopefully, the party has to get its homework right, for the ensuing 2019 general elections in May next year. The tasks before it are as follows:

- getting the sluggish economy back on the rails;
- correcting the imbalances created by GST (the Government seems already on the job by shifting items from the high-tax brackets to the lower ones);
- the effects of demonetisation on the cash-driven small business community which was virtually wiped out, even though the main aim of the drive was to usher in digital transactions, to root out corruption, and to cut terror funding, among others;



- The most important task on the BJP agenda before the elections is to create jobs, as this matter is very serious and is affecting the educated youth of the country. India has the largest number of engineering colleges and the largest number of graduates coming out of them, with no jobs for the taking. If this issue is not tackled on a war footing, BJP could face a serious threat from the youth of the country who could vote against it;
- The Education Loan Scheme is not being properly managed by the Modi Government, thus creating dissatisfaction among the youth. The problem is both at the policy level as well as at the implementation level. Education loans cannot be put at par with personal loans, with interest rate at 14% p.a. Education loan is for building assets for the country while personal loan is for acquiring personal assets. The urgent need is to reduce the interest rate charged on education loan to below 5% p.a. and relax its NPA norms;
- The Government promise of 100% interest subsidy on education loans seems to remain only on paper because the students actually receive only around 25%. All efforts by the Education Loan Task Force (ELTF), one of the initiatives of ezine PreSense, do not seem to have brought course corrections in the existing government policy in this regard. Even the so-called progressive Modi government that professes welfare of the masses has not prioritised this issue just as its predecessor, the UPA government;
- Another important and urgent task for the Government is to bring the manufacturing sector back on track, from its grinding halt due to lack of investments. There are potential investors who have the money but they are reluctant to invest because they do not see prospects for growth, and this in turn has stalled job creation. The Government needs to ensure job growth to stay in power. It needs to incentivise the manufacturing sector;
- The Himachal Pradesh (HP) State Elections was not crucial like the elections in Gujarat, which is the home state of Prime Minister Modi. HP was ruled by the Congress and BJP alternately in the last 25 years. The only reason for the erstwhile ruling Congress Party, led by Virbadra Singh, to be ousted by the voters was the anti-incumbency factor.

The Education Loan Scheme is not being properly managed by the Modi Government, thus creating dissatisfaction among the youth. The problem is both at the policy level as well as at the implementation level..... All efforts by the Education Loan Task Force (ELTF), one of the initiatives of ezine PreSense, do not seem to have brought course corrections in the existing government policy in this regard.

Voters Cannot be Taken for Granted

At the end of the day, BJP must not take the voters for granted for the 2019 general elections. It has to deliver in the tasks of job creation and reviving the manufacturing sector. Even then, the odds are still in favour of Modi because of the TINA – “There Is No Alternative” – factor. However, even if there is no powerful leader to oppose Modi and his government, can TINA be taken for granted? That is a million-dollar question.

By T N Ashok, Consulting Editor



Health

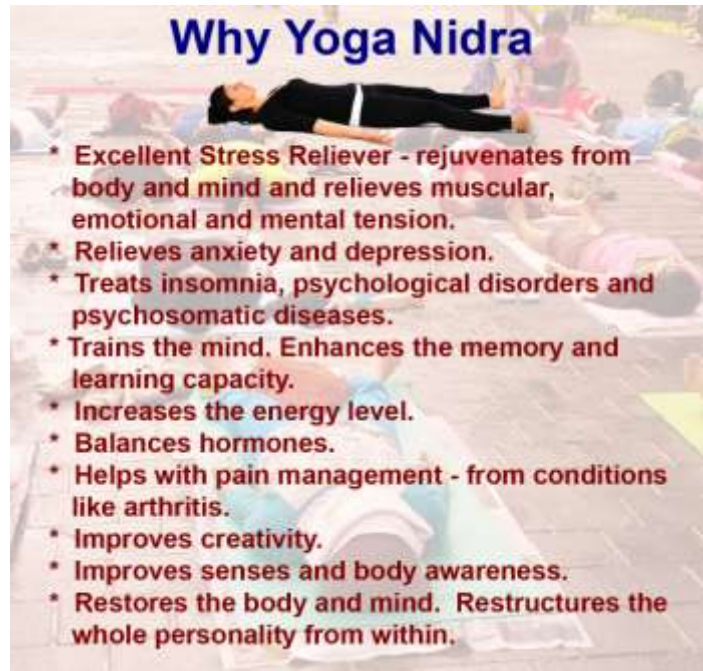
***Yoga Nidra*, a Powerful Tool for Body-Mind Relaxation**

Body-Mind Relaxation

With changes in life style and pace of modern life, many people today, including youngsters, suffer from diabetes, hypertension, migraine, asthma, ulcer, digestive disorders and skin diseases mainly because of tensions in the body and mind. Even cancer and heart diseases stem from tension. Although modern medicine has tackled these problems in many ways, it is unable to resolve the problems completely. The real problem does not lie in the body, but in the 'mind'. Yoga and meditation provide ways to relax the body and the mind.

Yoga Nidra is an ancient but little-known yogic practice that is becoming increasingly popular globally, as a form of meditation and mind-body therapy. *Yoga Nidra* is a systematic form of guided relaxation that is done for 35 to 40 minutes at one time.

Normally, we consider 'sleep' or reclining on an easy chair, taking tea or a drink, and watching television as relaxation. Scientifically, they are not relaxation and they are only sensory diversions. For absolute relaxation, one must remain in a state of awakeness and awareness. *Yoga Nidra* is a state of dynamic sleep. *Yoga Nidra* is a systematic method of inducing complete physical, mental and emotional relaxation. Researchers have proved that those who adopt this technique in their daily routine experience profound positive changes in their sleeping habits and their health.



State between Sleep and Wakefulness

Through a guided session of *Yoga Nidra*, a person can be taken to the state between sleep and wakefulness. In this threshold state, contact with the subconscious and unconscious dimensions occurs spontaneously. In this state where a person is neither in deep sleep nor completely awake, whatever impressions are made in the mind at that time become powerful, and they stay imprinted there. Experiments have proved that knowledge given in this stage is well received by the person. In the ancient times, *Rishis* have imparted knowledge through this technique.

Patanjali describes this state of consciousness as '*pratyahara*', where the mind and mental awareness are dissociated from the sensory channels. *Yoga Nidra* is one aspect of *pratyahara*, which leads to a higher state of concentration and *samadhi*.



Yoga Nidra and Meditation

Yoga Nidra takes a person to a 'hypnagogic' state, that is between wakefulness and sleep. In this state, the mind is highly receptive. In meditation, one remains in the waking state of consciousness and gently focusses the mind, while allowing thought patterns, emotions, sensations and images to rise and go.

Benefits of Yoga Nidra

Swami Satyananda Saraswathi, Founder of Bihar School of Yoga, and who has done an extensive study on *Yoga Nidra* and authored a book on *Yoga Nidra*, says in his book, "The mind is something like a motor car. If you do not handle it properly, you will meet with an accident. But if you are a good driver you know how to manage, whether you are driving a motor car or a truck. Now in *Yoga Nidra*, sometimes, you can go very deep. Although this practice is presently only intended to offer relaxation, its ultimate purpose is take you deep into the state where you are completely united with your inner being".

Yoga Nidra is becoming increasingly popular in the United State of America. "After I started on *Yoga Nidra* guided meditation, I felt a lot of change in the quality of my sleep, my emotional state and my level of clarity. *Yoga Nidra* prepares you to unwind by detaching your mind from repetitive thinking, thereby releasing emotional conflicts, hidden fears and anxious thoughts.

When I deal with clients having problems with insomnia and acute anxiety issues in my coaching sessions, I strongly advise practising *Yoga Nidra* in their daily routine. The results of this practice are way more effective than any medicinal support available",

says Simi Arora, Life Coach from New York in an exclusive interview with PreSense.



She also adds, "I personally have met several Americans who use meditation very frequently in their life to help them deal with anxiety issues and also help them unwind from daily life pressures. One of my clients who practised *Yoga Nidra* got such profound results that it actually healed his insomnia completely. Even in other parts of the western world, it is embraced by many people to help them alleviate the symptoms of stress and insomnia. Even though the science of meditation was cultivated in the eastern world, it is no longer confined to that region."

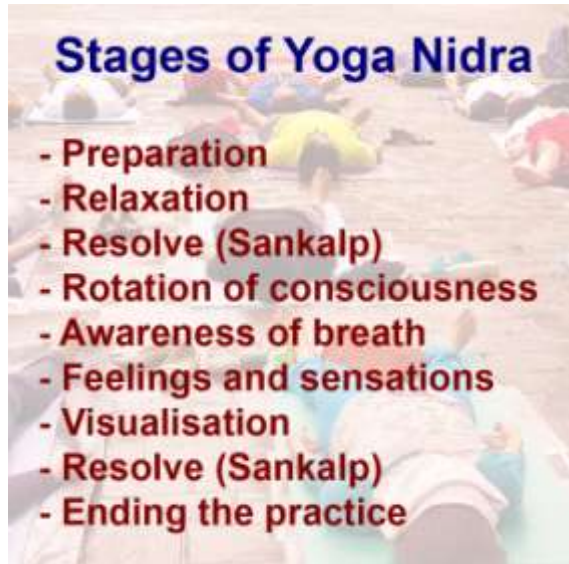
Dr A.V. Srinivasan, internationally renowned neurologist and former president of 'Indian Academy of Neurologists' also agrees that meditation and *Yoga Nidra* help to reduce depression, anxiety, stress, tension and blood pressure.

Various studies indicate that *Yoga Nidra* could help soldiers and veterans suffering from post-traumatic stress disorder (PTSD).



How to Practise?

Yoga Nidra is very easy to practise. Unlike meditation, which is done in a sitting posture, *Yoga Nidra* is done in 'Savasana' (lying down posture). Many creative thoughts have come out in this hypnagogic state.



As already discussed, the mind accepts any suggestion during the hypnagogic state, which is the state between wakefulness and sleep. Any resolution or *Sankalpa* suggested during that state will be powerful enough to transform the personality and direction in life.

Yoga Nidra can be practised after regular walking, yoga or exercises. One should practise it on an empty stomach or two hours after food. During the *Yoga Nidra* practice, one should ensure that nobody disturbs them by making noise or touching his/her body.

There are several guided *Yoga Nidra* sessions available on YouTube. PreSense suggests that interested readers download the audio guidance by Swami Niranjananda Saraswathi, the Head

of Bihar School of Yoga. He is a born Yogi and has done extensive research on this subject. He was awarded the 'Padma Bhushan' in 2017 by the Government of India for his excellent contribution towards Yoga.

Readers may download the video/audio of guided *Yoga Nidra* from the following links.

For beginners:

<https://youtu.be/iXbFQYzsAos>

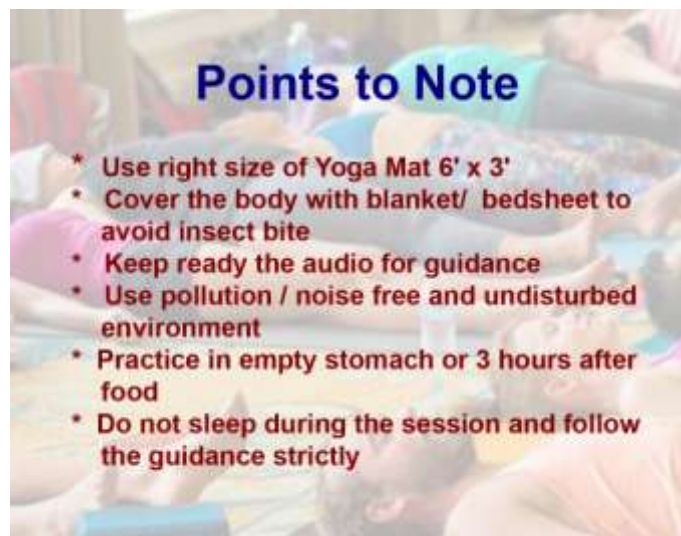
For second level practitioners:

<https://youtu.be/WN6q9xQHojI>

Alternatively, the readers may download both the audios from our Google drive link: <https://goo.gl/kS6vHD>

Suggested book for reading: *Yoga Nidra* by Swami Satyananda Saraswati (available in Amazon and Flipkart)

(Note: *Yoga Nidra* is a very simple technique. Any person of the age of 15 years and above, with normal health can practise independently, with the help of audio guidance. However, people with any chronic health issues may consult their family doctor beforehand, and begin the practice with the help of a trained Yoga Teacher.)



By K. Srinivasan, Publisher & Managing Editor

With input from Shri Suresh Veera, Senior Yoga Teacher, Chennai



Wonders of Nature

The Auroras – Borealis and Australis

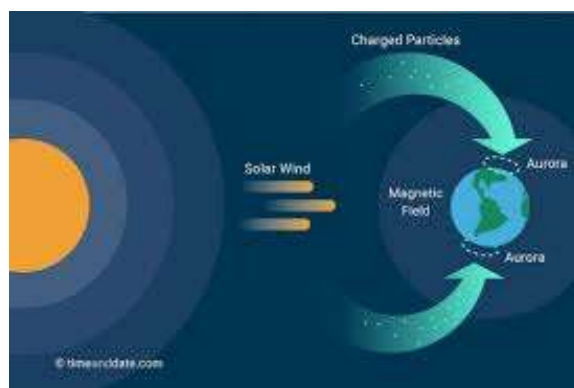
When one travels towards the northern or southern polar regions of the earth, namely the Arctic and Antarctic Circles, one is likely to come across a unique display of cloud-like streaks of light in motion in the sky. These lights are most clearly seen at night against a dark sky. This phenomenal sight has attracted tourists from all over the world to the polar regions to view this breath-taking spectacle. These lights are called the 'Aurora Borealis' and the 'Aurora Australis'. The auroras that occur in the northern hemisphere are called 'Aurora Borealis' or 'the Northern Lights', and the auroras that occur in the southern hemisphere are called 'Aurora Australis' or 'the Southern Lights'. 'Aurora' is named after the Roman goddess of dawn (Aurora). Aurora Borealis means 'Dawn of the North' and Aurora Australis means 'Dawn of the South'.

How Auroras Are Formed

Auroras are formed when charged particles emitted from the sun during a solar flare, enter the earth's magnetic field and collide with the atoms and



molecules in the earth's atmosphere. These collisions result in bursts of light called photons. These intermittent bursts of light are the auroras, displayed in green, red and violet colours. The auroras are formed as an oval band called the 'auroral zone' around the magnetic poles in both the hemispheres. This zone is located between 3 degrees and 6 degrees in latitude. Viewed from the ground, the auroras appear like a shimmering cloudy curtain. The lower border of the auroral band is at an altitude of around 105 kilometres from the ground. The aurora band can extend to hundreds of kilometres above the atmosphere.



Aurora Borealis is visible in the northern

latitudes over most parts of Alaska, northern parts of Canada, Norway, Sweden and Finland, and the southern half of Greenland. Aurora Australis is visible in the southern latitudes in Antarctica, Chile, Argentina, New Zealand, and Australia. An auroral display can last for 15-40 minutes and may recur in 2 to 3 hours.



Kp Number



When searching for the auroras, experts refer to the 'Kp Number' to check the probability of sighting the auroras. Kp number is a system of measuring aurora strength. It ranges from 0 to 9 (0 being very weak, 9 being a major geomagnetic storm with strong auroras visible). Normally, Kp5 and above is classified as geomagnetic storm, when auroras are intense and visible. The abbreviation Kp comes from the German word, 'Planetary Kennziffer', better known in English as the Planetary Index Number.

Auroras' Colour Display

If the aurora is of high intensity, its colours can be viewed with the naked eye. But when the strength of the aurora is low, it could be difficult to differentiate between clouds and the Lights, which can appear like white clouds. A good camera however, can capture the lights that the human eye cannot. The reason for this is that the human eye uses two different kinds of cells to sense light. The cone cells, concentrated in the 'fovea' (a small central pit in the retina of the eye) in the central area of vision, are high resolution and detect colour in bright light. These are the main cells used for vision in the daytime. Rod cells, concentrated in the periphery around the outside of the fovea, detect much fainter light at night, and only see in black and white, and shades of grey. The aurora that is viewed at night, appears to the human vision in shades of grey because the light is too faint to be sensed by the colour-detecting cone cells of the eye. However, in case of auroras of high intensity and strength, the human eye can faintly detect the colours of the aurora.



Professional cameras do not have this limitation. With manual settings to enable long exposure time and high ISO (sensitivity), the camera sensor has a much more dynamic range of vision in the dark than the human eye. This is why one recommends a good camera to capture the colours of the Lights.

Auroras occur on other planets too. Both Jupiter and Saturn have magnetic fields like the earth, and auroras have been observed on both these planets through the Hubble Space Telescope. Venus, Mars, Uranus and Neptune have also displayed auroras.

The Green Lady

The aurora is fondly called the Green Lady because of its elegant sea-green appearance. As the Green Lady plays a hide-and-seek game in the sky, she appears to be performing a cosmic dance as she constantly moves across in cloud-like streaks of colour. Undoubtedly, the auroras are yet another wonder of the Universe.

by Susan Koshy, Editor-in-Chief





PRince

By- Triambak Sharma



www.cartoonwatchindia.com

cartoonwatch@gmail.com

For new washing powder...I suggest name **2G...**



Announcements

Guidelines for 9th Edition of Sansad Ratna Awards 2018 – The Only Award by the Indian Civil Society

As readers are aware, Sansad Ratna Awards is one of the initiatives of your ezine PreSense, inceptioned in May 2010 on the suggestion of late Dr APJ Abdul Kalam, former President of India.



Every year, after the Budget Session, the Lok Sabha and Rajya Sabha Parliamentarians, outstanding for their performance, are honoured at the Indian Institute of Technology, Madras in May or June. The Sansad Ratna Awards 2018 and the National

Seminar on Politics, Democracy and Governance are scheduled for the first or second week of June 2018 at IIT Madras.

The Sansad Ratna Awards are the only awards presented to outstanding Parliamentarians by the Indian civil society. Former Chief Election Commissioner of India, Shri T S Krishna Murthy is the Patron of the Sansad Ratna Awards Committee.

A Jury Committee of eminent Parliamentarians under the chairmanship of Shri Anandrao Adsul (5th-time Member of Parliament) with Shri Hansraj G Ahir (Minister of State, Home) and Shri Arjun Ram Meghwal (Minister of State, Parliamentary Affairs) will nominate the awardees strictly based on the cumulative performance of the members till the end of Budget Session 2018. This exercise is carried out in a transparent manner. The Jury Committee Members themselves were the recipients of the 'Sanasad Maha Ratna' Award for their sustained outstanding performance in the 15th Lok Sabha.

The detailed guidelines for Sansad Ratna Awards 2018 is displayed in the following link:
<http://www.sansadratna.in/2017/12/sansad-ratna-awards-2018-guidelines-for.html>

Digital Security Association of India (DiSAI) to Hold Workshop on 'Digital Security' on 6th January 2018

In the November 2017 edition of PreSense, we had announced the formation of the ezine's fourth initiative, 'Digital Security Association of India' (DiSAI).

DiSAI started its journey on 10th December 2017 from IIT Madras, by making a presentation at the National Conference of Researchers organised by them. DiSAI organises the first workshop on the topic, 'Securing the Digital Space', at the prestigious Anna University, Chennai on 6th January 2018.



Hon'ble Justice Sri C.V. Karthikeyan, Judge, Madras High Court will inaugurate the workshop. Hon'ble Minister of State (Home) Shri Hansraj G Ahir will render the valedictory address. Senior IT security professionals and police officials will share their views at the event. For more details, please visit www.disai.in or email to info@disai.in



Presenters of PreSense

Editorial Team



K. Srinivasan
Managing
Editor



Susan Koshy
Editor-in-Chief



V. Rajendran
Editor



T N Ashok
Consulting
Editor



**Triambak
Sharma**

Editorial Team



Sukruti Narayanan



Dr R Jagannathan



**Dr Sudarsan
Padmanabhan**



**Dr Prabhakar
Krishnamurthy**

Editorial Advisors



Awards

Published by
Prime Point Foundation

Feedback and sponsorship
editor@corpezine.com

Past issues may be downloaded from
www.primepointfoundation.in
www.corpezine.com
www.digitalpresense.com

Listen to India's first pod-magazine
www.poduniversal.com
One stop shop for podcasts on all
subjects

To subscribe to this ezine
www.prpoint.com/PR-e-Sense

