

PR SENSE

Spreading Positive Vibrations
Issue No 208 – June 2024
Published by Prime Point Foundation

Cover Story



Hanuman as Communicator

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From the Desk of Managing Editor

Dear Readers



I am pleased to release the 208th (June 2024) edition of PreSense with its rich content.

After the 2024 general elections, the President of India formed the 18th Lok Sabha, and all the new Members took the oath. Unlike the previous two Lok Sabhas, this Lok Sabha has a greater number of opposition members. Also, three new criminal laws will come into force on 1 July 2024. This edition carries two editorials due to the importance of the subjects.

Highlights of this issue:

Cover Story: Hanuman was the greatest communicator. The cover story deals with his first meeting with Lord Ram, Sita and Ravana and the relevance of his communication model for modern day governance.

Exclusive interview with Dr Sujata on the Sound Therapy.

Dipti writes on Artificial Intelligence for newsrooms.

Freedom fighter Mangal Pandey, who was the brain behind the 1857 revolution.

Review of PreSense June 2009 issue

Triambak's Prince cartoon.

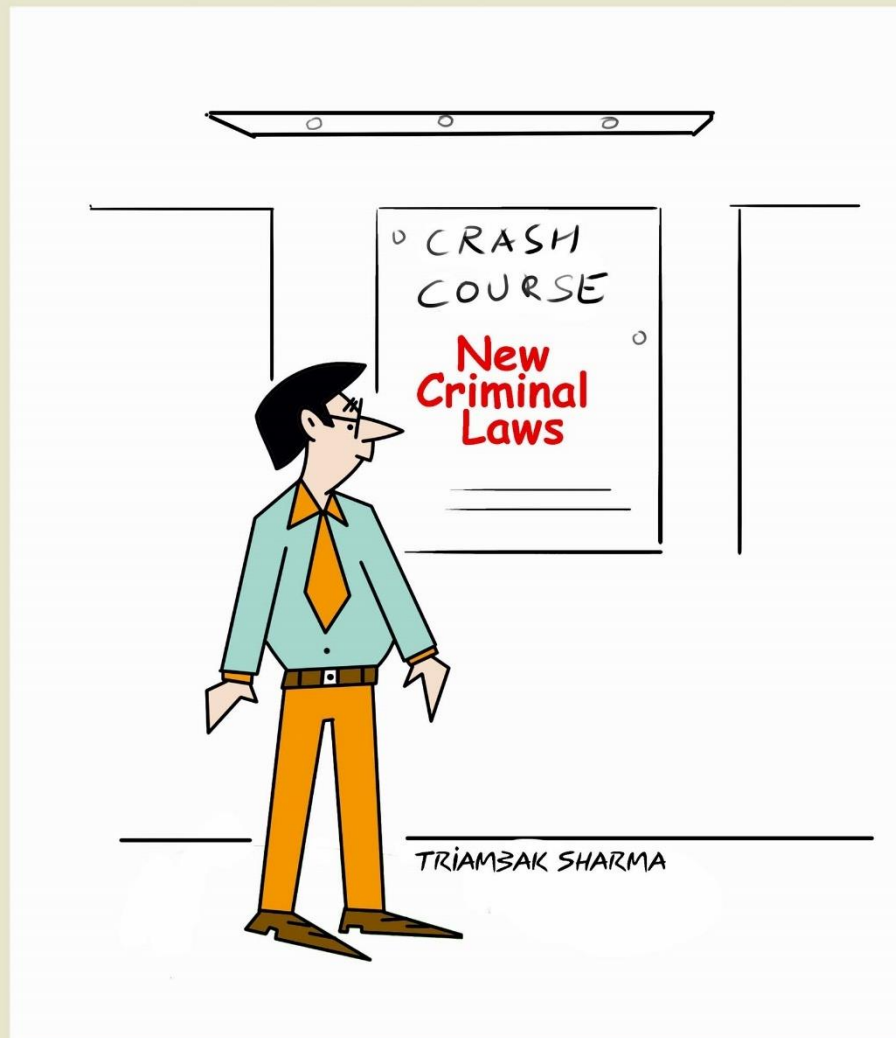
I am confident that readers will enjoy reading this edition too. Kindly send your feedback to editor@corpezine.com so that our Editorial Board can examine your suggestions. Please share this edition with your friends. I will catch up with you next month with more varied content.

Jai Hind

K. Srinivasan

PRINCE

By Triambak Sharma



Editorial 1

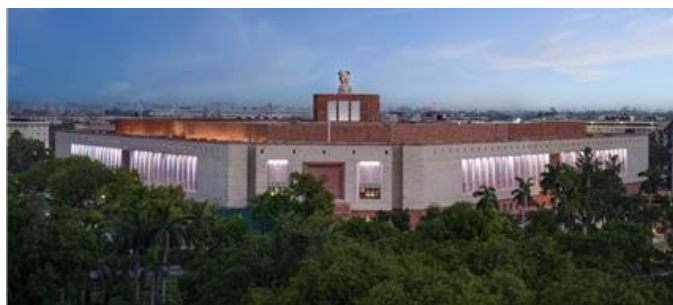
Navigating the Challenges and Opportunities of India's 18th Lok Sabha



By Prime Point Srinivasan, Managing Editor

(The 18th Lok Sabha, featuring a BJP-led majority and a strong opposition, presents a dynamic mix of challenges and opportunities for governance and reform.)

The 18th Lok Sabha has now been constituted, with nearly 900 million people participating in the electoral process. India proudly holds the title of the world's largest democracy with a mature electoral system. PreSense congratulates the Election Commission and the newly elected Members of Parliament of this 18th Lok Sabha.



PreSense is also proud that 16 Sansad Ratna Awardees who contested have returned to the Lok Sabha, with three becoming Ministers in the Modi Cabinet. Pro-Term Speaker Shri Bhartruhari Mahtab, a recipient of the Sansad Ratna Award for the 16th and 17th Lok Sabhas, administered oath of office to all MPs. As we write this editorial, the Hon'ble President has addressed the joint session of both Houses, setting the stage for

proceedings. This distinctive Lok Sabha features a majority ruling alliance alongside a strong opposition, which places added responsibilities on both sides. The mix of opportunities and challenges they face will undoubtedly make this 18th Lok Sabha dynamic.

Opportunities and Challenges for the Ruling Alliance

Led by Narendra Modi, the Bharatiya Janata Party (BJP) and its allies have secured 294 seats, just 22 seats above the halfway mark of 272. This time, the BJP won only 240 seats, falling 32 seats short of a majority on its own, but managed to form the government with support from its allies. Several sitting Ministers were also defeated; even Narendra Modi won by a reduced margin. Various factors contributed to these outcomes, including the perceived authoritarian attitude of the ruling party leaders, their disconnect with the populace, an unhelpful demeanour broadly observed among leaders, rising unemployment, and escalating prices. The BJP must view this as a chance for introspection and rectifying the past decade's mistakes.

In the last ten years, the BJP has introduced numerous welfare schemes and reform processes, including a digital revolution. Now, in government, again, they should review these initiatives and enhance them. However, it's also noted that many schemes haven't effectively reached those most in need at the grassroots level, which calls for a thorough assessment.

Previously, with a weak opposition in the 16th and 17th Lok Sabha, the BJP managed parliamentary procedures lightly, often passing crucial bills without adequate discussion or in the absence of opposition members, sometimes designating them as finance bills without the usual committee referrals. Now, with a stronger opposition, such tactics are unlikely to continue. Additionally, the BJP faced internal challenges, including discontent from its own

allies and the RSS, which reportedly scaled back its campaign efforts due to disagreements with the BJP leadership. Maintaining a harmonious relationship with the RSS will be crucial for the BJP as it prepares for future elections. Moreover, if the BJP fails to address widespread economic issues like price hikes and unemployment effectively, it could face significant backlash in the upcoming Assembly elections.

Opportunities and Challenges for Opposition Parties

After a decade, the Indian National Congress (INC) has secured 99 seats, qualifying it to appoint a Leader of the Opposition (LoP). Rahul Gandhi has donned this role. The INDI Alliance has a total of 230 seats. Despite forming an alliance, in States like Kerala and West Bengal, the partners contested against each other without a coordinated strategy. The INC and other opposition parties now have substantial opportunities to voice their opinions within the Lok Sabha and to oversee government operations. During the previous term, Congress and others often resorted to shouting and boycotting sessions over trivial matters.

Dr. Sudarsana Nachiappan, a senior Congress leader and former Minister in the UPA Government, feels that the opposition's approach during the last term, which included staging protests inside and outside the House and at the Gandhi Statue for minor issues is not constructive. He advises that the Congress, under Rahul Gandhi's leadership, should prepare thoroughly and engage constructively in parliamentary discussions. He suggests that Rahul Gandhi should consider forming a shadow cabinet similar to those in the UK Parliament to enhance the party's effectiveness.

Though Rahul Gandhi had the opportunity to assume a significant role in the UPA government, he declined any such responsibilities. His attire and public behaviour have led to perceptions of him as a 'non-serious politician' for over a decade. It seems he lacks senior advisors and mentors who could adequately brief him on historical contexts. On several occasions, Rahul Gandhi was embroiled in controversies for misstating information at public events, contradicting his party's established policies and decisions. Occasionally, these missteps required him to issue apologies in court. Lacking effective mentorship appears to be a recurring issue. Now that he holds the position of Leader of the Opposition, equivalent to a Cabinet Minister, the country will be observing his actions with keen interest. This period presents Rahul Gandhi with a significant opportunity to establish himself as a prime ministerial candidate, especially given that his allies did not nominate him as a PM candidate for the 2014, 2019, and 2024 elections.

Unfortunately, the opposition parties caused a commotion in both Houses, resulting in adjournments even on the first day of sitting after the President's Address. Although protocol requires prioritising the 'Motion of Thanks' to the President, the opposition demanded a discussion on the NEET issue, despite the Government's promise to address it after the Motion of Thanks. Or the Opposition could have used the 'Motion of Thanks' itself to talk about NEET issues. The opposition parties should remember that the people elected them in large numbers to discuss their problems in the House, not to create a disturbance.

Democracy Prevails

The 2024 elections have once again underscored the strength of Indian democracy. The 900 million voters have sent a clear message to both ruling and opposition parties, mandating them to govern responsibly. PreSense is optimistic that both sides will collaborate effectively to utilise public resources wisely and foster national development.



Editorial 2

A New Dawn for Justice: India Overhauls Its Colonial-Era Criminal Law



By Priyadharshni Rahul, Editor

(On July 1, 2024, India will implement transformative laws, modernising criminal justice, replacing outdated statutes, and enhancing judicial efficiency and fairness. The author is also an advocate in the Supreme Court of India)

(This article, authored by Priyadharshni Rahul, was published in one of the leading English Newspapers DT Next on June 24, 2024, on Page 2)

December 2023 etched itself into the annals of India's legal history, marking a pivotal moment as the nation bid farewell to its colonial-era criminal laws.

The Indian Penal Code (IPC) of 1860, the Criminal Procedure Code (CrPC) of 1898, and the Indian Evidence Act (IEA) of 1872 – pillars of the Indian criminal justice system for over a century – were replaced by three new laws: Bharatiya Nyaya Sanhita (BNS), the Bharatiya Nagrik Suraksha Samhita (BNSS), and the Bhartiya Sakshi Adhinyam (BSA).

This monumental shift wasn't a sudden decision but the culmination of a process that began in May 2020. The Centre constituted a Committee for Reforms in Criminal Law, tasked with recommending updates to the British-era statutes. The committee's work bore fruit in August 2023 when the bills were introduced during the Monsoon Session of Parliament.

The Winter Session of the same year saw their passage, followed swiftly by the President's assent, paving the way for a new chapter in Indian criminal law.

Criticisms

The journey to these new laws has been far from smooth, sparking intense debates across political, legal, and human rights circles. The Sanskritised names of the new codes drew attention, but it was the expanded powers granted to investigating agencies that ignited the most heated discussions.

Critics argue that the changes, while significant, could have been achieved through amendments to the existing laws rather than creating entirely new codes.

Several provisions have come under particularly intense scrutiny:

- The anti-national law, which some fear, could be used to stifle dissent
- Trial in absentia, allowing courts to proceed with trials even when the accused is not present
- Extended police custody periods from 60 to 90 days, where experts opine to be taking us back to colonial era or even worse



- Limitations of third-party intervention in mercy petition applications, potentially overseeing the ignorance of legal illiteracy and lack of awareness of appropriate remedies

Section 356 of the BNS permits trials to proceed if the offender is proclaimed an absconder evading trial with no immediate prospect of arrest. Critics argue that this violates principles of natural justice, potentially leading to unfair convictions.

However, supporters contend that it's necessary to address the massive backlog of pending criminal cases that has long plagued the Indian judicial system. This will also challenge those offenders who swiftly take the international route and remain clandestine, leading to a large number of cases that don't see the light of justice.

Supporters' perspective

Supporters of the new laws have endorsed them as progressive, arguing that while past laws focused on punishment, the new laws emphasise justice.

The Parliament has passed many reformative, unique, and robust laws. Some of the key features are:

- Enhanced penalties for minor rape up till death sentences or life imprisonment for convicted offenders
- A strong stance against mob lynching and anti-nationalism, addressing growing concerns about vigilante justice
- A clear and specific definition of terrorism, demonstrating zero tolerance for any forms of insurgencies and providing law enforcement agencies with scope and guidelines
- Time-bound dispositions, including a maximum period of 45-day limit for pronouncing reserved judgments to reduce delays in the justice system
- Mandatory videography of criminal searches and seizures, increasing transparency and reducing the potential for political interference or evidence tampering
- Acceptance of digital evidence and technology in legal proceedings
- A 7-day timeline for delivering medical reports of rape victims to investigating officers
- Requirement of forensic experts at crime scenes for offenses carrying sentences exceeding 7 years
- Introducing community service as a punishment to petty crimes

Embracing tech, AI

Digital and sophisticated crime, combined with globally connected criminal networks, has created complexity in crime patterns that require equally sophisticated investigative techniques.

Cybercrime, in particular, has emerged as a significant challenge. Data theft has become a daunting task for law enforcement, with privacy compromised on a global scale. India's



success in mastering the digital economy should embolden its aspirations for a progressive, digitalised legal system as well.

The COVID-19 pandemic accelerated the adoption of virtual modes in legal proceedings, and the new laws capitalise on this shift. The new laws promote digital recording throughout the criminal justice process – from the filing of FIRs to the final judgments. This digital transformation will promise transparency and accountability.

The new law directs digital recording right from the inception of criminal investigation – that is FIR till the judgement and disposal of the case. Not to forget that virtual arguments have created vast scope for lawyers to pursue their practice and present their legal acumen from any part of this country. This has encouraged many lawyers from the remotest spot in the country to confidently argue in various high courts and Supreme Court without any deterrence of distance.

The Supreme Court is currently developing a virtual court model that will convert speech to text, significantly reducing the time spent recording evidence. Additionally, plans are underway for an app that will keep all stakeholders of a criminal case updated on judicial proceedings, facilitating better communication and coordination.

In the opinion of the honourable Chief Justice of India, AI algorithms will hasten investigation, and help break complex evidence to resolve intricate cases at a fast pace. They may even be a likelihood to even predict crimes, if the technology is used with its ethical boundaries and understanding its limitations.

Predictive policing is another aspect that global policing agencies are analysing to forecast criminal activities with AI analytics. So, when the world is running at an unimaginable pace, the requirement for new laws and new thoughts is mandatory.

Addressing scepticism

Some critics argue that the wholesale replacement of long-standing laws was unnecessary, suggesting that amendments would have sufficed. They question whether the marginal changes in the law justifies creating entirely new codes with new titles.

However, supporters of the new laws counter the argument that the laws have evolved since 1793, and a comprehensive overhaul was long overdue. They argue that the current changes aren't about reinventing the wheel but rather about creating a more efficient and responsive legal framework.

The introduction of these new criminal laws represents a significant step in India's legal evolution. While concerns and criticisms persist, the potential for a more efficient, technologically advanced, and justice-oriented system is clear.

The success of these new laws will depend not only on their content but also on how effectively they are implemented and how well the legal system as a whole adapts to this new paradigm. Ongoing dialogue between lawmakers, legal professionals, and citizens will be crucial to ensure that the new system truly serves the cause of justice in a modern, digital age.

Despite such progressive reforms, if the question remains whether these new laws were a necessity, remind yourself law is change and change is law to manifest dominance incessantly.



Cover Story

Echoes of Humility: Hanuman's Lessons for Modern-Day Leaders



By Prime Point Srinivasan, Managing Editor

(This article explores Hanuman's humble yet effective communication style in ancient scriptures, drawing lessons for modern leadership, governance, and diplomacy.)



(Hanuman met Rama disguised as Brahmin. Picture drawn by ChatGPT as described in Valmiki Ramayana)

India's ancient scriptures, including the Vedas, Ithihasas, and Puranas, are not mere spiritual documents but also great textbooks for governance, management, and communication techniques. Rarely do we study in depth the relevance of these techniques in modern-day governance.

While we worship Hanuman and celebrate him as the greatest devotee of Lord Rama, we should also recognise him as the greatest communicator with humility. His strength lays in his humility combined with communication expertise. This helped him build trust and function as a diplomat. In this article, we will briefly study how he communicated when he met Lord Rama, Sita Mata, and Ravan for the first

time in different environments. We will also discuss the relevance to modern-day governance.

Hanuman Meeting Lord Ram

When Rama and Lakshman were roaming in Kishkinda forests in search of the kidnapped Sita, Hanuman met Rama in disguise as a Brahmin on Sugriva's instructions. Since this was their first meeting, Hanuman wanted to learn more about Rama and Lakshman. His opening words demonstrated astute diplomacy:

"कौ युवां वृषभस्कन्धौ महाबाहू महाबलौ।
कथं प्राप्तावितं देशं दुर्गं गिरिवनायुतम्॥"
(Kishkindha Kanda, Sarga 3, Shloka 16)

Translation: "Who are you two with shoulders like bulls, mighty-armed and greatly strong? How have you reached this impenetrable region, filled with mountains and forests?"

This opening gambit showcased Hanuman's skill in gathering information while maintaining a respectful tone. He complimented their appearance while subtly questioning their presence, demonstrating tact and intelligence. Hanuman gradually revealed his true identity and purpose as the conversation unfolded, building trust through measured and insightful responses. During the conversation, Hanuman gathered information about Rama and Lakshman and the purpose of their visit and also conveying a message from Sugriva. In this process, Hanuman exhibited a high level of communication skills with diplomacy.

After this conversation, Rama was highly impressed with Hanuman's eloquence and communication skills and praised him in Lakshman's presence.

Rama specifically praises Hanuman in Kishkindha Kanda, Sarga 4, Slokas 33-36. Here, Rama comments on Hanuman's speech, noting its impeccable clarity, brevity, and fluency.

Rama appreciated his brevity, saying, "Neither too short nor too long, neither too elaborate nor too concise has your speech been; no important point has been omitted by you."

Rama further praised, "Your speech is apt and pleasing, clear and well-connected, faultless, letter-perfect, knowledgeable of meanings, and free from envy. What you have not expressed and what you have expressed are both proper." Rama also appreciates Hanuman's voice modulation and his use of appropriate words. Rama describes the conversation as pleasant like music.

This praise from Rama, coming immediately after their first interaction, set the tone for Hanuman's pivotal role in the epic's events.

First Meeting with Sita

Hanuman's encounter with Sita in Ravana's Ashoka grove garden is a masterclass in empathetic communication. Aware of Sita's vulnerable state, he approached her with utmost caution and respect. First, he sang the glory of Rama and narrated the incidents that happened in the forest in a mild voice, sitting on the tree above Sita. Sita's attention was drawn, but she suspected that this vanara might be Ravana's attempt to deceive her. The shrewd Hanuman started his conversation with Sita to create trust. Hanuman shared details of private conversations between Rama and Sita, as recounted by Rama, to build trust. He presented the ring worn by Rama as a token of identity:

"दूतोऽहं कोसलेन्द्रस्य रामस्याक्लिष्टकर्मणः।
रामनामाङ्कितं चेदं पश्य देवि महीयकम्॥"
(Sundara Kanda, Sarga 35, Shloka 2-3)

Translation: "O noble lady, I am a messenger of Rama, the Lord of Kosala, whose deeds are unblemished. Behold, O Goddess, this signet ring marked with Rama's name."



Hanuman's words were carefully chosen to provide immediate comfort and establish trust. He presented Rama's signet ring as proof of his identity, skillfully using non-verbal communication to support his verbal claims. His gentle approach and gradual revelation of information demonstrated deep emotional intelligence and situational awareness.

After Hanuman's return from Lanka, he narrated his experiences in Lanka and his conversation with Sita to Rama. Rama immediately appreciated him effectively:

"न वायुः न अन्तकः न च इन्द्रः न वरुणः न च यमः।
त्वया तुल्यं हि पश्यामि वानर त्वं हि दुर्जयः॥"
(Yuddha Kanda, Sarga 1, Shloka 2-3)

Translation: "Neither Wind (Vayu), nor Death (Antaka), nor Indra, nor Varuna, nor Yama do I see as equal to you, O Vanara. Indeed, you are invincible."

This praise highlighted Hanuman's physical prowess and intellectual and communicative abilities. Rama recognised that Hanuman's success in his mission was as much due to his diplomatic skills as his strength and courage.

Confronting Ravana

Hanuman's encounter with Ravana showcased his ability to adapt his communication style to different audiences. When brought before the demon king, Hanuman spoke with confidence and diplomacy:

"दूतोऽहं कोसलेन्द्रस्य रामस्य विदितात्मनः।
श्रूयतां चैव वचनं मम पथ्यमिदं प्रभो॥"
(Sundara Kanda, Sarga 51, Shloka 11-12)

Translation: "I am an envoy of Rama, the self-controlled Lord of Kosala. O master, listen to my words, for they are meant for your benefit."

Even while delivering a stern message, Hanuman maintained decorum, addressing Ravana with respect, befitting his status as a king. This demonstrated Hanuman's ability to balance assertiveness with diplomacy, a crucial negotiation and conflict resolution skill.

Views of Commentators

Govindaraja, a 12th-century commentator on the Ramayana, noted: "Hanuman's humility is not false modesty, but a genuine recognition of his role as a servant of the divine. This makes his words all the more powerful and trustworthy."

Kamban, in his Tamil version of the Ramayana, portrayed Hanuman as a master of language and diplomacy. In his rendition of Hanuman's meeting with Sita, he wrote (translated from Tamil):

"His words were like nectar to her ears, soothing her grief and dispelling her fears. With eloquence divine and rare, He spoke of Rama's love and care."



Tulsidas, in his Ramcharitmanas, frequently praised Hanuman's communication skills. When describing Hanuman's meeting with Rama, he wrote:

"बोलत बचन नीति अति पावन।
मधुर मनोहर अति सुखदावन॥"

Translation: "He spoke words of supreme and pure wisdom, Sweet, charming, and extremely delightful."

These commentators highlighted various aspects of Hanuman's communication expertise, including his mastery of language, his ability to adapt his style to different audiences, the soothing and persuasive quality of his speech, and his capacity to express profound ideas in simple terms.

Lessons for Modern Governance, Politics and Leadership

Many modern-day leaders and aspirants in politics and corporations lack communication skills. They should emulate the following qualities from Hanuman's communication style:

1. Humility: Humility combined with communication, despite Hanuman's enormous strength, ability, and knowledge.
2. Adaptability: Adapting messages to deliver to different audiences.
3. Emotional Intelligence: Hanuman's interactions are marked by a keen awareness of others' emotional states. He knows when to be forceful and when to be gentle.
4. Balancing Confidence and Humility: Hanuman demonstrates that one can be both confident in one's abilities and humble in one's demeanour.
5. Clear and Purposeful Communication: Every word Hanuman speaks serves a purpose. In an era of information overload, the ability to communicate clearly using appropriate words and purposefully is more important than ever.
6. Building Trust: Through his words and actions, Hanuman quickly establishes trust with those he encounters. In an era of increasing political and corporate cynicism, the ability to build genuine trust is invaluable.
7. Diplomacy in Adversity: Hanuman's interaction with Ravana demonstrates how to maintain diplomacy even in hostile situations. This skill is crucial in today's often polarised political environment and competitive business world.

In an era of rapid communication and social media, where words can be amplified and misconstrued easily, Hanuman's thoughtful, measured approach is a valuable model.

In a political or corporate landscape, leaders can approach communication with Hanuman's blend of clarity, empathy, and purpose. Such an approach could help bridge ideological divides, foster more productive dialogue, and ultimately lead to more effective governance and business practices.

Moreover, Hanuman's example reminds us that true communication is not just about speaking but also about listening and observing. His success in his mission was as much due to his ability to gather and interpret information as it was to his skill in conveying messages.



Exclusive

The Healing Power of Sound Therapy: Unlocking Human Potential with Dr. Sujata Singhi

Dr Sujata Singhi, a trainer and international motivational speaker is the only doctorate in Sound Therapy and Spiritual Science in Asia. In an exclusive interview with Ramesh Sundaram, Editor in Chief, she explains the various aspects of Sound Therapy. Excerpts:



Can you explain the science behind how sound vibrations from Himalayan Singing Bowls can induce relaxation and reduce stress?

Absolutely. Our modern, hectic lifestyles can lead to a buildup of stress, which manifests as various physical and emotional disorders. The principle behind sound therapy, especially using Himalayan Singing Bowls, is akin to tuning a musical instrument. Just as an instrument produces harmonious music when it is well-tuned, our bodies and minds also perform best when they are in tune. Through the vibrations of these singing bowls, we engage the parasympathetic nervous system, which helps to mitigate stress effects and promotes a healing, relaxed state. The frequencies used in sound therapy are specifically chosen to resonate with the body, encouraging a natural healing response.

How does the power of sound play a role in your approach to personal development and unleashing human potential?

In my role as a life coach and through my various workshops, I integrate sound therapy to enhance the personal development process. Sound has a powerful impact on the mind and body, helping to reveal and address hidden emotional and psychological challenges. These workshops are designed to be experiential, allowing participants to confront their weaknesses and harness their strengths. By the end of these sessions, participants typically find themselves more aware, accepting of their true selves, and ready to take decisive actions towards personal transformation. Moreover, my foundation, Divine Soul Sound, aims to propagate these benefits on a global scale by training practitioners in the art of sound therapy.

Can you share an impactful experience where sound therapy had a profound effect?

One of the most memorable experiences was with a young girl in Malaysia who was suffering from Muscular Myositis. After conventional treatments failed to improve her condition, I was invited to apply sound therapy. Remarkably, she responded positively from the very first session, experiencing significant pain relief and improved sleep. Another profound case was an elderly stroke patient in Singapore who showed a noticeable recovery after just one sound therapy session. These experiences vividly illustrate how sound therapy can catalyse the body's own healing mechanisms.

As a World Peace Ambassador, how do you believe sound medicine can contribute to global peace and harmony?

Sound medicine is incredibly powerful in fostering inner peace, which I believe is the first step towards global harmony. When individuals achieve inner calm, they make decisions and



interact with others in a peaceful, thoughtful manner. My goal is to integrate the principles of sound therapy into global education and healthcare frameworks to nurture a culture of peace and understanding, drawing from Bharat's ancient Vedic wisdom, which I share worldwide as a spiritual scientist.

What does recognition for your work, such as being titled "Boon to Mankind," mean to you?



This recognition is deeply humbling and serves as a significant motivator for me to continue my work. Each award reminds me of the impact that sound therapy can have on individual lives and encourages me to keep spreading this knowledge. It reaffirms that I am on the right path, and there is still much to accomplish in bringing joyous living to people around the world through the power of sound.

What advice would you give to individuals interested in exploring sound therapy and spiritual sciences?

Sound therapy is a beautiful science that anyone can learn and benefit from. It requires dedication, discipline, and a belief in the healing power of sound. I welcome everyone, regardless of their background in music or medicine, to explore this field. Through the Divine Soul Sound foundation, we offer training that equips individuals to practice and spread sound healing effectively.

How can these practices be more widely adopted and integrated into various aspects of society?

The key to integrating sound therapy into society is through awareness, acceptance, and action. These practices can profoundly impact healthcare, education, and personal growth by fostering a holistic approach to healing and development. I use a combination of sound therapy, NLP, and life coaching to guide individuals through this transformative process, enabling them to achieve a balanced life.

How does the chanting of Vedic hymns and shlokas affect the mind and body?

Vedic chanting is an integral part of sound therapy and involves the rhythmic recitation of hymns and shlokas that produce specific vibrational effects. These chants stimulate the brain, enhance focus, and calm the mind while activating the body's healing processes. The sound waves generated by these chants promote various beneficial brain wave states, which support deep relaxation and spiritual awareness.

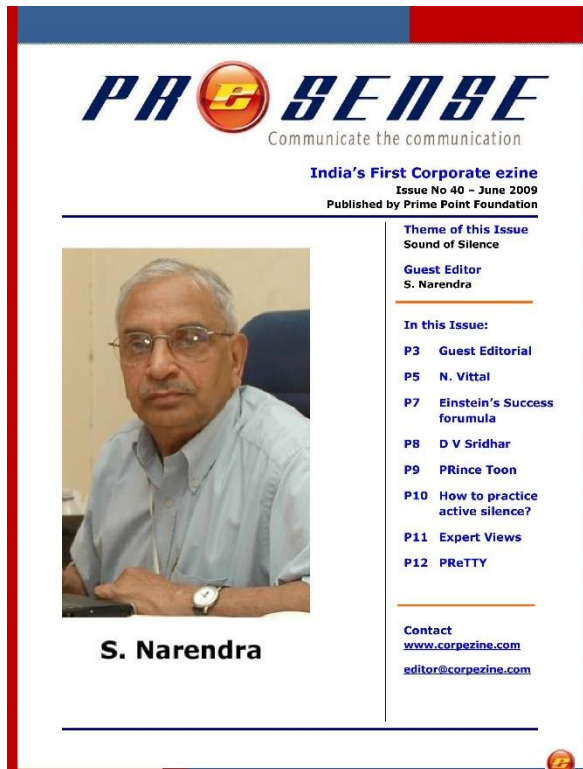
To conclude, I emphasise the transformative potential of sound therapy and invite more individuals to explore its benefits for personal wellness and global peace.



Time Capsule Chronicles:

Revisiting PreSense - 15 Years Ago – June 2009

“Sound of Silence”



The June 2009 issue of PreSense eMagazine, themed "Sound of Silence," explores the concept of silence as a powerful form of communication. Guest edited by S. Narendra, former Information Advisor to Indian Prime Ministers, the issue delves into how silence can be an effective tool in governance, management, and personal growth.

The edition features insightful articles from notable contributors. N. Vittal, former Central Vigilance Commissioner of India, discusses how "actions speak louder than words" and the importance of implementing policies rather than just talking about them. He cites examples of leaders like P.V. Narasimha Rao and Mahatma Gandhi who effectively used silence in their leadership.

D.V. Sridhar provides practical tips on practicing "active silence" through breathing exercises and meditation, highlighting its benefits for creativity and problem-solving. Other contributors explore silence in corporate

communication, customer service, and spiritual contexts.

The issue also includes an intriguing anecdote about Albert Einstein's "success formula," which humorously emphasizes the value of keeping silent (Z in his equation $A=X+Y+Z$).

A standout feature is the "PReTTY" section, which presents a humorous customer service dialogue illustrating the pitfalls of miscommunication.

The magazine's layout is clean and easy to navigate, with a mix of articles, quotes, and cartoon illustrations. It effectively balances serious topics with lighter elements, making for an engaging read.

Overall, this edition of PreSense offers a thought-provoking exploration of silence as a communication tool, providing readers with both theoretical insights and practical applications. It serves as an interesting snapshot of corporate and leadership thinking from 15 years ago, while still offering relevant wisdom for today's readers.

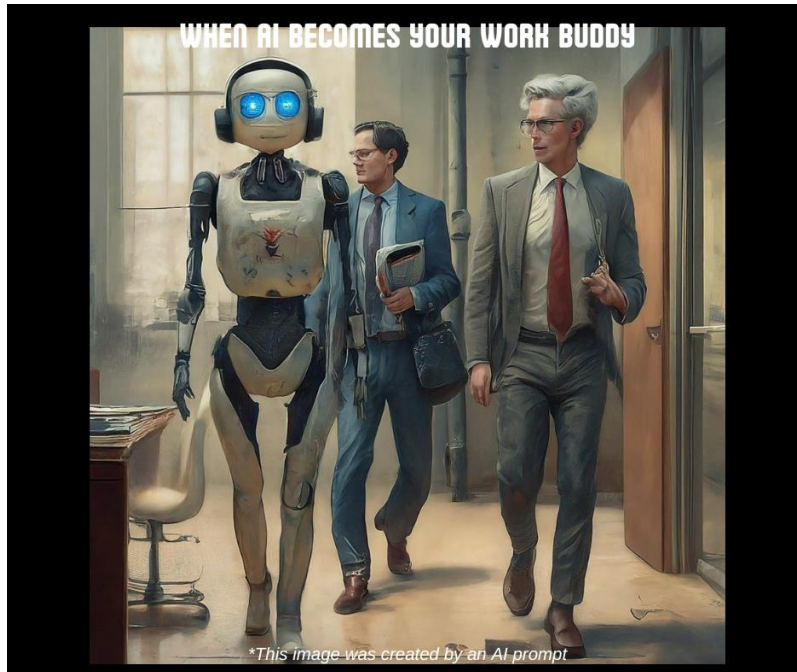
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Dipti's DigiSphere

Artificial Intelligence in Newsrooms and the Future of its Regulations

By Dipti Kumar, Associate Editor



The integration of Artificial Intelligence (AI) in newsrooms has revolutionised journalism, bringing both opportunities and challenges. I recently launched a handbook on AI tools and techniques and observed the growing influence of AI in news production and the urgent need for ethical guidelines and regulations.

Over 80 per cent of background work is done with the help of AI tools in newsrooms. From simple prompts to aid research or analyses, we now see more AI-supported news production. We also see an information confluence between social and news media. For example, in the ongoing Israel-Palestine

conflict, we saw a viral social media moment dominate news feeds. The AI generated image "All Eyes on Rafah" on social media was shared over 50 million times. NPR called it the most viral meme shared on Instagram. News outlets picked it up, reporting on the virality of the image that spoke of the untenable realities in the region.

While the image captured the ongoing conflict in the region, it also raised the conversation on copyright, intellectual property, and ownership. The ownership of that image is still being debated, as two Malaysian AI enthusiasts claim it was their creation.

The United States Copyright Office has seen an increase in AI-generated image copyright submissions, raising questions about what constitutes original work. The case of the Rafah image, where a Malaysian teacher claims ownership based on her prompt, illustrates the complexity of these issues.

Know your AI tool and the risks

Media professionals must understand the capabilities and limitations of AI tools. While AI can enhance productivity, it's crucial to consider the extent of reliance on these tools in producing final content. Questions arise about originality and transparency when AI is used to enhance or create images or content.

Newsrooms are navigating the nascent path of developing editorial guidelines for AI use. Research indicates that over 90 per cent of existing guidelines require disclosure when AI

tools are used in stories or investigations. However, the lack of clear government regulations worldwide leaves many aspects in a grey zone.

The broader context of social media's impact on information dissemination and mental health, as highlighted by the U.S. Surgeon General's warning, adds another layer of complexity to the AI debate in journalism and overall user habits.

Developing Solutions

To address these challenges, newsrooms are exploring ways to balance AI enablement with journalistic integrity. Key recommendations for AI use in journalism include:

1. Oversight: Establishing clear processes for AI implementation and monitoring.
2. Transparency: Disclosing AI use in content creation to maintain trust with audiences.
3. Banned vs Allowed Use: Defining clear boundaries for AI application in journalism.
4. Accountability: Ensuring responsible use of AI tools.
5. Cautious Experimentation: Exploring AI capabilities while being mindful of potential risks.
6. Strategic Intention: Using AI to enhance, not replace, human journalism.
7. Training: Educating journalists on AI tools and ethical considerations.
8. Bias Awareness: Recognizing and mitigating potential biases in AI-generated content.
9. Adaptable Guidelines: Regularly updating policies to keep pace with AI advancements.

The Way Forward

Newsrooms must adapt their practices as AI evolves to maintain journalistic integrity while leveraging technological advancements. The key to success lies in striking a good balance between AI enablement and original reportage.

National newsrooms are working towards better insights and internal regulations. This process is evolving rapidly, and the measure of success will depend upon how well we can distribute power between AI enablement and original journalism.

As we navigate this new landscape, it is crucial for journalists, media organisations, and regulators to collaborate in developing comprehensive guidelines that ensure the ethical and responsible use of AI in journalism. By doing so, we can harness the power of AI to enhance our reporting while upholding the fundamental principles of journalistic integrity and public trust.

The integration of AI in newsrooms presents both opportunities and challenges. While it can significantly enhance efficiency and capabilities in news production, it also raises important questions about originality, ethics, and the future of journalism. As we move forward, it is essential to approach AI adoption with caution, transparency, and a commitment to maintaining the core values of journalism. By developing robust guidelines and fostering ongoing discussions about AI's role in news production, we can ensure that this powerful tool enhances, rather than undermines, journalism's quality and integrity in the digital age.

Download the eBook titled: "Journalists Handbook for AI Tools and Techniques" from this link:

www.tinyurl.com/ppf35





Freedom Fighters of India

Mangal Pandey



By C. Badri, Consulting Editor



In the history of India's struggle for independence, Mangal Pandey stands out as a pivotal figure whose actions ignited a nationwide movement against British colonial rule. Born on July 19, 1827, in the village of Nagwa, near Akbarpur, Uttar Pradesh, Pandey's courageous stand on March 29, 1857, is remembered as a seminal moment in the fight for Indian independence. His life, marked by both bravery and tragedy, is a testament to the indomitable spirit of those who dared to challenge the might of the British Empire.

Mangal Pandey was born into a Brahman family, which was part of the upper caste in Hindu society. This background imbued him with a keen sense of duty, honor, and religious devotion. These values played a crucial role in shaping his later actions against British rule. In 1849, at the age of 22, Pandey joined the British East India Company's army. His decision to enlist was driven by the prospect of a stable career and the relative prestige associated with serving in the military. However, Pandey's aspirations for a military career were soon

overshadowed by the growing tensions between his professional obligations and his religious convictions.

The mid-19th century was a period of notable change and upheaval in India. The British East India Company, which had steadily expanded its control over the Indian subcontinent, was increasingly encroaching on the traditional rights and privileges of the Indian population. One of the most contentious issues was the introduction of the new Enfield P-53 rifle. The cartridges for this rifle were rumoured to be greased with cow and pig fat. For Hindu and Muslim soldiers, known as sepoys, this was a direct affront to their religious beliefs — Hindus revere cows as sacred, while pigs are considered unclean by Muslims. The use of these cartridges was seen as a deliberate attempt by the British to undermine their faiths.

Mangal Pandey was deeply affected by the introduction of these greased cartridges. The controversy surrounding them catalysed widespread discontent among the Indian soldiers, particularly within the Bengal Native Infantry, where Pandey served. The perceived insult to their religious sentiments added fuel to the already simmering grievances against British rule, including issues such as low pay, lack of promotion opportunities, and the general disdain with which Indian soldiers were treated by their British officers.

On March 29, 1857, Mangal Pandey took a bold stand against this oppression. Armed with a loaded musket, he stepped forward at the Barrackpore parade ground, urging his fellow sepoys to revolt against their British officers. Pandey's call to arms was a significant act of defiance. He managed to wound two British officers, Lieutenant Baugh and Sergeant-Major Hewson, before being subdued. Pandey's actions were not merely a spontaneous outburst but a calculated attempt to spark a broader rebellion against British rule.





Pandey was arrested and put on trial. Despite his defence, he was found guilty of mutiny and sentenced to death. On April 8, 1857, Mangal Pandey was executed by hanging. His execution did not extinguish the flames of rebellion he had ignited; rather, it served as a rallying cry for other discontented soldiers and civilians across India. Pandey became a martyr for the cause of Indian independence, and his sacrifice inspired others to take up arms against the British.

The larger context of Pandey's rebellion sheds light on the broader dynamics of colonial rule in India. The annexation of the royal state of Oudh in 1856 had already created significant unrest among the local population and the sepoys recruited from that region. The loss of traditional privileges and the heavy-handedness of British administration further exacerbated the discontent. Pandey's defiance can thus be seen as part of a larger pattern of resistance against British policies that were perceived as exploitative and disrespectful to Indian traditions and rights.

The Indian Rebellion of 1857, also known as the First War of Indian Independence or the Sepoy Mutiny, erupted shortly after Pandey's execution. The rebellion was a widespread but unsuccessful uprising against the British East India Company's rule. It began in Meerut and quickly spread to other parts of northern and central India. The rebels included not only sepoys but also peasants, landlords, and princes who were dissatisfied with British rule. The rebellion saw significant battles and sieges, including the sieges of Delhi and Lucknow.

While the rebellion was eventually crushed by the British, it marked a turning point in the history of British India. The widespread nature of the uprising and the ferocity of the fighting forced the British government to reconsider its approach to governing India. In 1858, the British Crown took direct control of India from the East India Company, leading to the establishment of the British Raj. The administrative changes that followed aimed to address some of the grievances that had fuelled the rebellion, although many of the underlying issues remained unresolved.

Each year, on July 19, Mangal Pandey Jayanti is celebrated across India to honour his memory and contributions to the struggle for independence. In 1984, the Indian government issued a commemorative postage stamp featuring Mangal Pandey's portrait, recognizing his role in the fight for independence. His life and actions have been immortalized in various forms of media, including the 2005 Bollywood film "The Rising: Ballad of Mangal Pandey," which brought his story to a broader audience. The film dramatized Pandey's life and the events leading up to the rebellion, ensuring that his legacy would live on for future generations.

The significance of Mangal Pandey's legacy can be understood through the lens of India's broader struggle for independence. The rebellion he helped spark was one of the earliest and most significant uprisings against British rule, setting the stage for subsequent movements led by figures such as Mahatma Gandhi, Jawaharlal Nehru, and Subhas Chandra Bose. These leaders, inspired by the sacrifices of early martyrs like Pandey, continued the fight for independence through various means, including non-violent civil disobedience and armed resistance.

In conclusion, Mangal Pandey's life and legacy are emblematic of the broader struggle for Indian independence. His courageous stand against the British in 1857 ignited a flame of resistance that would eventually lead to the end of colonial rule in India. Pandey's story is a testament to the power of individual action to inspire collective change and the enduring impact of those who dare to challenge tyranny. As India continues to honour his memory, Mangal Pandey remains a beacon of hope and inspiration, reminding us that the flame of freedom can never be extinguished.





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