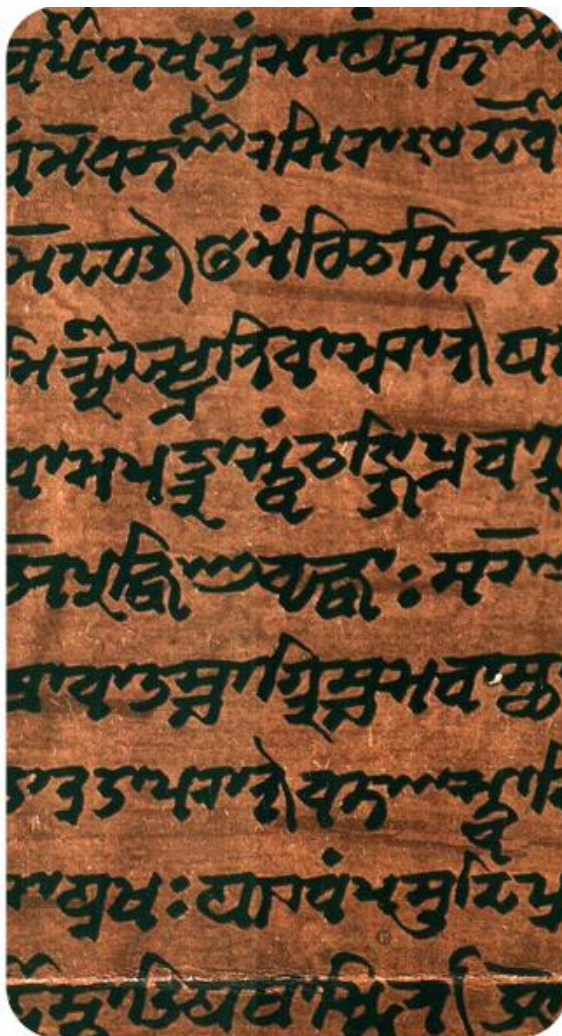


PR SENSE

Spreading Positive Vibrations
Issue No 173– July 2021
Published by Prime Point Foundation

Cover Story



**Vedas, vibrations and
brain**

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Spreading Positive Vibrations
Issue No 173– July 2021

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From the Desk of Managing Editor

Dear Readers



On 5th July 2021, Prime Point Foundation, Publisher of this eMagazine PreSense completed 21 years. We celebrated this occasion with the launch of two eBooks containing the select Parliamentary Speeches of two outstanding Parliamentarians and Sansad Ratna Awardees. We plan to launch similar eBooks of other outstanding Parliamentarians also every month.

In this edition, we have introduced small changes in the layout for comfortable reading. I request the readers to share their feedback to make the digital reading more comfortable. Also we have included experts in our Editorial team.

The recent increase in Petrol/Diesel prices are causing lot of inconvenience to poor and middle class people. We are bringing out the Editorial analysing the ground reality and political views.

Vedas are the distilled wisdom of our ancient India. When chanted properly, they generate vibrations that stimulate brain. We are bringing out the concept in the cover story with proper scientific validation.

Indian Parliament is not able to function due to the protest by opposition parties on the alleged hacking through spyware. We are bringing out an expert view on this matter for clarity.

For the past few months, PreSense is carrying articles from Guest writers and experts on various exclusive topics. We would also like to invite more Guest writers who have expertise in exclusive domains. Those who are interested to be part of our team, may kindly get in touch with me personally.

As usual, we are including many articles which are of common interest. I am confident that readers will continue to enjoy this edition too. I request you to kindly send your feedback to editor@corpezine.com, so that our Editorial Board can take up your suggestions.

I will catch up with you next month with more content.

K. Srinivasan



Editorial

High Prices of Fuels, Edible Oils and Commodities Hit Common Man Hard - Bring Fuels under GST immediately

By T N Ashok, Consulting Editor



From May to July 2021, the common man has been battling high prices of petrol, diesel and edible oils amid a depressing scenario of joblessness, unemployment during Covid times. It has been tough balancing the family budget.



Petrol prices breached the Rs 100 mark in 17 states. Diesel touched the Rs 90 mark. Since May 2021, fuel prices are on the rise, revised 15 times in June preceded by 15 times in May. Domestic prices had to sync with international prices.

The Government walked a tight rope in dismantling administered pricing mechanism to balance the interests of the economy and play to vote bank politics. While Petrol, Diesel went out, Kerosene and LPG were

retained under Administered Price Mechanism (APM). Even as overall subsidies came down, the common man was caught by surprise by high prices. The subsidies provided by the government of PM Modi is about Rs 12,840 crore FY 20-21, almost half of the Rs 35,000 crore provided by the previous UPA government. LPG subsidy has been reduced and ceding of this by affordable class has not made an impact. LPG prices have gone up to Rs 700 to Rs 800 against the older price of Rs 500 per cylinder with a jump of Rs 300.

High diesel prices have had cascaded onto transportation costs reflecting high prices of commodities from vegetables, fruits to rice, wheat, barley and pulses like dal, which have to be transported over long distances. While cereals have a long shelf life, perishable commodities don't. Economists have been stressing on building up a large network of cold storage chains (refrigerating veggies and fruits at different places) to prevent waste leading, to a shortage and high prices.

What is the crux of the problem one might ask? Vote bank politics and political compulsions force governments of the day to prevent them by passing on the increased dose by dose but in quantum jumps of high price hikes. When the price escalation comes in a lump sum, the family budget goes into deficit. How does a family man balance his budget? Save on non-essentials.

On the subsidies on petroleum products, UPA led by Dr Manmohan Singh tried to fix this by allowing floatation of oil bonds to mop up revenues from the public. This comes for redemption next year amounting to over Rs one lakh crore plus interest. The present BJP Government has to raise resources at a time of low tax collections.

No solution appears on the horizon. Says M R Sivaraman, former Revenue Secretary of the Government of India, tax collections across the board have been very low as GST collections have seen a sharp revenue shortfall. Taxes have been low due to manufacturing coming to standstill because of Covid protocols.

Sivaraman says, "In such a situation the state or central governments cannot bring down the prices of fuels as this is the only high revenue raising resource for them. Petrol and Diesel are yet to be brought under the GST and there is a tussle in the GST council between the centre and the states. GST can level out the prices uniformly in all states". But as T K Rangarajan , former MP of CPIM, points out that the states will never agree to bring petrol and diesel under GST as their share of the cess comes down to 28%, leading to a loss in revenue. States get 55% of the revenues from local levies on Petrol and Diesel. It may be virtually impossible for the centre to make up this loss of 27% of tax revenues to the states.

It's a tough task for both the centre and the states to get over this. As there is no immediate solution, the common man may have to bear the pain as prices will remain high until October/ November this year that is the onset of the Kharif season.

Assuming the harvest is good and there is an abundant supply of food grains and edible commodities, Sivaraman says prices will flatten out to fall. Also, if crude oil prices come down from the 80-dollar level to about 65 USD level, which oil pundits predict, it will reduce the fuel prices. "This is the tipping point when the Government will intervene because it has machinery to monitor closely the prices of all commodities in the economy. If it finds that transportation costs alone have contributed to the rise in price of a particular commodity, then the Government will slash the prices of fuels", he says.

Notwithstanding the theoretical aspects, both Centre and State Governments should realize that prices are soaring in this challenging time of pandemic putting the poor and middle class into untold miseries. They should sit together and find a way out to bring the Petrol/Diesel prices under GST, before it becomes too late.

PreSense Expands Editorial Board

As readers are aware, PreSense has many eminent experts of different domains in the Board giving us the guidance and support. We are pleased to revamp our Editorial Board from July 2021 edition as follows. Two experts are joining the Board.



Ms Priyadharshni Rahul is promoted as 'Editor' from 'Deputy Editor'. She is a practicing advocate in Supreme Court of India at Delhi. She is also the President of Sansad Ratna Awards Committee.



Dr Ashok Pandey is an Educationist at Delhi and an expert in School Education. He is associated with various initiatives of the Government of India to enhance the quality of education at School level, including New Education Policy. He joins as Editorial Advisor.



Mr Srinivas Gopal is an Entrepreneur and a Technocrat. He is an expert in Social Media communication. He joins our Board as Technical Advisor.

Cover Story

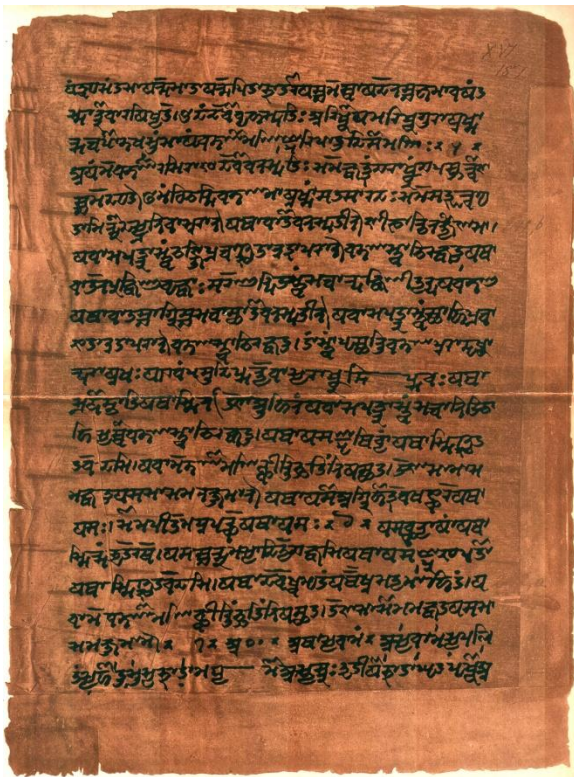
Vedic Vibrations Stimulate the Brain – Experts

By Prime Point Srinivasan, Managing Editor



Origin of Vedas

Vedas in Sanskrit, meaning 'Knowledge' are the distilled wisdom of ancient India. The origin of Vedas is not clearly known yet. Even historians estimate the period as 1500 BCE based on available data. But still nobody can estimate the origin of the Vedas. Even in Ramayana (7500 years old) and Mahabharata (4000 years old), Vedas are referred to. We have four Vedas given to us by the scholars. For thousands of years, Vedas were passed on to the next generation orally by the masters to the students. It is said, Sage Vyasa compiled the available scriptures and classified them properly. Hence he is known as Veda Vyasa.



Vedas originated even before the religious structures came into existence in the world. In those times, it was called 'Sanadhana Dharma', meaning 'way of life'. Vedas contain lot of scientific facts on astronomy, astrology, civil engineering, medicine, management, biology, Mathematics, etc. Once Dr Abdul Kalam said that scientists should learn Sanskrit and explore the hidden treasures in ancient scriptures. Unfortunately, Indian scientists have not given the importance to our own ancient wisdom that it deserves. Even our education system has been designed in such a way to glorify the history and legacy of our only the invaders but not our ancestors. In the course of a discussion with PreSense through Zoom last year, one of the renowned Rocket Scientists concluded that India should regain the glory of 2000 years back.

Indian Culture is based on Science

Though Indian Universities have not given much importance to research to our own ancient scriptures like Vedas, many developed countries, including the US, UK and Germany have been doing extensive research on our scriptures. That is how, Yoga became globally known and acceptable. Not only do we ignore our ancient wisdom belittling and defaming it sometimes, but also give more credence to our invaders. We simply cannot ignore the fact that every part of our Indian culture is based on scientific thinking, reasoning and facts, which may need proper citation and validation.

Many developed countries,
including US, UK and
Germany have been doing
extensive research on our
ancient scriptures



Vedic Vibrations

The Vedic Mantras, when recited, produce vibrations and sound. These vibrations impact the body and in particular the brain.

To get an expert perspective on this subject, PreSense invited Dr N Ramamurthy, a Sanskrit scholar with a doctorate on the subject, to speak on 'Vedas, Vibrations and brain' through a Zoom platform amidst a distinguished audience interested in the theme. Dr A V Srinivasan, a globally renowned neurologist explained how the vibrations stimulate the brain. The YouTube links are given at the end of this article.

Five methods of recitation

Presently only 5 types of recitation are in practice. They generate different types of sounds and vibrations.

According to Dr N Ramamurthy, though there were various methods of recitation of Vedas, presently only 5 types of recitation are in practice. They generate different types of sounds and vibrations. The sentences comprise words, known as 'PADAS'. While reciting, the Padas (words) are regrouped or rolled back and forth, depending on the type of recitation.

These five types are:

Samhita Pata: If the sentence comprises 1,2,3,4 and 5 as Padas, then they are recited as it is 12345 in a bunched form.

Krama Pata: The same sentence is recited combining two words at a time.

E.g.: 1-2, 2-3, 3-4, 4-5, 5-6 and so on.

Jata Pata: The same sentence is recited taking two words in combination of six. Eg:

1-2-2-1-1-2 | 2-3-3-2-2-3 | 3-4-4-3-3-4 | 4-5-5-4-4-5 | 5-6-6-5-5-6

Ghana Pata: 3 words are taken in combination of 13. The recitation is very tough and complicated.

E.g:

1	2	2	1	1	2	3	3	2	1	1	2	3
2	3	3	2	2	3	4	4	3	2	2	3	4
3	4	4	3	3	4	5	5	4	3	3	4	5
4	5	5	4	4	5	6	6	5	4	4	5	6

While reciting, the Pundits follow a musical pattern called 'swara', the notations of which are indicated both on the upper and lower side of the Mantra. Let us see the sequence of Gana Pata now and how the text is marked with notations.

1	2	2	1	1	2	3	3	2	1	1	2	3
---	---	---	---	---	---	---	---	---	---	---	---	---

1. गणानाम् । त्वा । गणपतिम् ।
गणानाम् त्वा त्वा गणानाम् गणानाम् त्वा गणपतिम् गणपतिम् त्वा
गणानाम् गणानाम् त्वा गणपतिम् ।

Vedic Scholars undergo more than 10 to 12 years of rigorous Gurukul training to learn Vedas. The Vedas are taught in the traditional pattern orally. They memorize the Mantras with the sequence.

Sama Veda is chanted in a musical form and hence it is called 'Sama Gana'. When they



recite these Mantras, they generate a specific vibration that impacts the body and the brain at the same time.

Please watch the demonstration of the various types of recitation through this link to understand the concept better and to feel the vibration.

(We request readers to kindly watch this YouTube video to understand the concept better and feel the vibrations. This will help the readers to understand the next part)

https://youtu.be/bd8d_tmQoW0

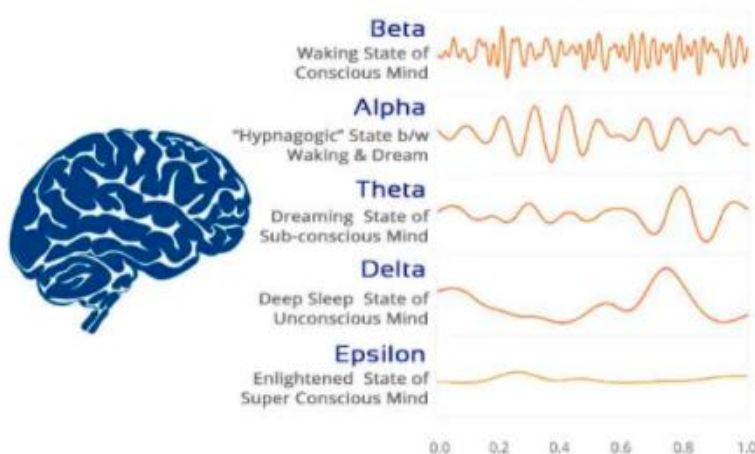
Albert Einstein said "Everything in life is Vibration". Dr A V Srinivasan explained in detail how these vibrations stimulate the brain. Both Dr Ramamurthy and Dr A V Srinivasan agree that these vibrations can only be felt and cannot be measured. However, Dr A V Srinivasan, a noted neurologist, says that experiments are going on in research labs across the world to measure the impact of vibrations to a certain extent.

Research in US

According to Karthik Raghavendran, an Entrepreneur and Researcher on Neuro technology at IIT Madras Incubation Cell, latest research at a University at the USA using Electroencephalography (EEG), has shown some significant changes in Brain activity when a person was hearing Vedic Mantras and Vedic chants. EEG record showed a significantly higher coherence in specific frequency bands (Theta and Alpha) which was generally seen only in deeper meditative states.

How vibrations stimulate brain

Says Dr A V Srinivasan, Noted Neurologist: The universe comprises vibrations. The oscillating sun vibrates and produces a sound, planets orbiting the sun and rotating on their axis produce a sound through vibrations, which some Indian scientists say resemble the sound AUM (OM). But there is no scientific study. But NASA has produced evidence that the Sun produces vibrations and sound. This has been recorded. Scholars believe OM is the basis of vibrations and sound in the origin of the universe and they affect us.



Dr Srinivasan says that these vibrations have an effect on the human body and the brain. These are classified by researchers as temporal and spatial. Temporal no one knows the origin – within or outside. But spatial is from the environment surrounding us.

All the sounds and vibrations emanating from nature effect or affect our body, brain and mind. That is why meditation can be used to control the effects of vibrations on the mind and body. The first stage is relaxation, the second is drowsiness and the third is sleep. The next stage is called Epsilon the state of extended relaxation, where you experience



complete joy, enjoyment and bliss. We call it Nirvana and scientists call it the stage of enlightenment. It is our awareness that is at the top of the mind that merges with the universe and its all-pervading consciousness. Tibetan Llamas reach this stage and it is said that if you threw an ice blanket on them, it would dry up in no time because of the energy they exude. They can control the onset of fever or bring fever to bodies. Indian sages have gone into samadhi, another higher form, considered as hibernation by scientists.

Videos to watch

Part one containing the presentation of Dr Ramamurthy can be watched from this link.

<https://youtu.be/A6pKmkUpWYw>



Part Two containing the speech of Dr A V Srinivasan can be watched from the following link.

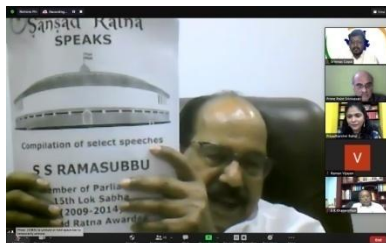
https://youtu.be/Zq_sSqOhmp4



Prime Point Foundation Celebrates 21st Anniversary

Prime Point Foundation, the Publisher of this eMagazine PreSense was established on 5th July 2000 and it has now completed 21 years of service to the society. Besides publishing this eMagazine, the Foundation also has started four more initiatives viz. Education Loan Task Force, Digital Journalists Association of India, Sansad Ratna Awards and Next Gen Political Leaders. Many eminent persons across the nation are associated with this Foundation.

On 5th July 2021, the Foundation celebrated its 21st Anniversary by releasing two eBooks containing the select Parliamentary speeches of Dr S K Kharventhan (14th Lok Sabha) and Shri S S Ramasubbu (15th Lok Sabha), both Sansad Ratna Awardees. Dr M Veerappa Moily (Former Chief Minister of Karnataka and Former Union Minister) and Shri Hansraj Ahir {Former MoS Home Affairs, Govt.. of India} launched the eBooks in the presence of Shri Arjun Ram Meghwal, MoS Parliamentary Affairs, Government of India. The Foundation plans to release every month eBooks containing the select Parliamentary speeches of all Sansad Ratna Awardees every month.



**Dr M Veerappa Moily
launching the ebook**



**Shri Hansraj G Ahir
launching the ebook**



**Shri Arjun Ram Meghwal
addressing**

The videos of the event can be watched from YouTube Channel of the Foundation:

<https://www.youtube.com/c/PrimePointFoundation/videos>



Nation

PM Modi's Cabinet Reshuffle is a Stunner Ahead of Assembly Polls

By TN Ashok, Consulting Editor



Prime Minister Narendra Modi's much awaited cabinet reshuffle came as an absolute stunner on a hot sultry afternoon in the capital catching many seasoned ministers by surprise. In the middle of ministerial meetings, at least four of them were asked to resign, hours ahead of the cabinet reshuffle in the evening. Heavyweights such as Ravi Shankar Prasad, Law, IT and Telecom, Prakash Javadekar I&B and Environment, Dr Harshvardhan, Health, and Sadananda Gowda, Chemicals and Fertilizers were unceremoniously dropped. Perform or Perish was the mantra of reshuffle.

Political analysts claimed that the minister's alleged inept handling of crucial issues led to their downfall. Induction of new faces to face the coming challenges for the government is a Dhoni like decision by Modi. Betting on the new bowler for the last over of a T20.

Ravi Shankar Prasad apparently failed to explain the new IT laws to the MNC players in the IT and Telecom sector threatening flow of further foreign investments. The new laws are essentially based on maintaining national security and not disrupting ease of doing business or flow of FDI.

Prakash Javadekar lost the I&B and environment ministries as he was allegedly not able to explain governments viewpoints to the players in the OTT platform, who were quite strong globally. Dr Harshvardhan was caught in the maelstrom of Covid aftermath in the second surge as the capital was plunged into chaos with lack of oxygen cylinders to save patients. His failure to counter the criticism of Delhi CM Arvind Kejriwal, blaming the center for oxygen shortage was another.

Analysts further claimed that PM Modi did not want any disruption in the flow of foreign investments into the country, which is already inching towards the one trillion mark. Only Covid has slowed it down. Carrying the legacy of retrospective taxation from the UPA regime had already cost the government millions of dollars of payouts following arbitration proceedings in courts to MNC such as Vodafone. Cairn India, a subsidiary of the UK based Cairn Energy of UK, had similar problems, when it sought to do share transfer to its partner Vedanta. Faced with a huge tax demand, Cairn Energy seized Indian assets in Paris in realty worth 21 million USD to adjust against expected repatriation of 1.2 billion USD tax refund. Finance Ministry is trying to resolve this crisis and unfreeze assets that essentially house Indian diplomats.

These international issues needed deft handling and sweet talk but not arm twisting, which cost Prasad, his job as the Law Minister. Modi wants a more sober Law Minister with diplomatic skills such as career diplomat S Jaishankar, who is building bridges with China, Sri Lanka, Nepal and other neighbours over whom India was losing hold. Modi has brought in the previous MoS in Home Kiran Rijuju, known for his exemplary performance in that portfolio, as the new Law minister to handle ticklish policy issues involving foreign companies.



Women Ministers in the Cabinet

With the third surge of COVID threatening to hit the country in a month's time through the Delta variant, Modi has reposed a lot of trust in Mansukh Laxman Bhai Mandaviya, a colleague of his from his home state Gujarat, a Rajya Sabha MP since 2012, to do the needful to prepare for the oncoming war against Covid 21 Stage Three. He will also handle the additional portfolio of chemicals and fertilizers. He was previously MoS shipping and transport.

A significant point of the reshuffle is that PM Modi has brought new faces to face enormous challenges and in doing so, he has bundled one or more portfolios on some and on some senior cabinet ministers he has removed additional portfolios. Ms. Smriti Irani has been asked to focus on women and child development shedding the additional textiles ministry. Nitin Gadkari is focusing on Roads and Highways shedding Shipping and Transport to Sarbanand Sonowal, the kingmaker of Assam, who stepped down as CM. Maharashtra heavyweight former CM Narayan Rane has been entrusted with MSME portfolio on which govt is placing importance to kick-start the economy.

Dharmendra Pradhan has been shifted to Education as Modi considers him capable of delivering on the New Education Policy. Hardip Singh Puri, Civil Aviation, has been shifted to Oil and Gas. Civil Aviation has gone to Jyotirdaya Madhav Scindia, benched after his defection from Congress to BJP, on the presumption he has the political acumen to handle the air turbulence of private airlines and also the 100 per cent divestment in state owned Air India in the red. Barring TATA-Singapore Airlines, none have shown any expression of interest to take on the debt burden and run the airline.

With two assembly polls in the offing next year Gujarat and UP, both very important for BJP, Modi has focused on the assembly elections in these two states besides strengthening , Madhya Pradesh, recover the lost Odisha and the lost West Bengal. UP is crucial as it has over 80 seats in Lok Sabha, The inclusion of the allies like JD(U), Apna Dal etc. indicates that the Modi government is not willing to let go more of its allies since two of its major partners – Shiv Sena and Shiromani Akali Dal had already deserted the NDA over different issues. The inductions were done to make allies feel confident. The calculation is also general elections three years away in 2024.

The reshuffle has seen a record 7 MPs from UP being inducted into the cabinet among the 43 new faces that take the council of minister's strength to 77. Still 13 less than Dr Manmohan Singh's 90 ministers in the UPA regime. Notable induction is Dr Anupriya Patel, president of Apna Dal, a breakaway faction of BSP, who was earlier MoS health and family welfare, now becomes MoS in Commerce to assist Piyush Goyal to boost export revenues. The move placates the Patel community in Gujarat asking for reservations. Ms Meenakshi Lekhi is expected to assist Jaishankar in External Affairs, being a leading legal luminary in the high and Supreme Court in Delhi.

Guest Column - Technology

Pegasus Controversy is a Fake Narrative to Disrupt the Indian Democratic Function

By Naa. Vijayashankar, Cyber Law. Cyber Security Privacy Protection expert



PEGASUS SPYWARE

Pegasus is one of the most sophisticated malwares that can infect mobile devices. But it is not the only one. Malware are a common phenomenon in our society and are driven by the dependence of society on computing devices and mobiles. But what is striking in the controversy in India is that it is being used politically to target the Government with a fake narrative.

The Indian Pegasus controversy is not directed towards finding a solution to the phenomenon of malware which can infringe the privacy of a person and pose a security threat including financial fraud. It is directed at blaming the Government that it had used the malware to spy against journalists.

The fact that the controversy came to open a day before the Parliament and was promptly used to disrupt both the House for a week is indicative of the alleged political conspiracy. Now the West Bengal Government has taken the controversy to another level by appointing a commission of Inquiry headed by a retired Supreme Court Judge to probe into the issue and keep it alive for some more time at the expense of the public.

For records, the controversy surfaced with the Amnesty International finding a database of 50,000 phone numbers in which 300 belonged to India, which were identified as potential targets of Pegasus, software developed by an Israeli company and sold to Governments of other countries and their law enforcement agencies for legitimate law enforcement work.

The numbers did not indicate that they were actually infected, though some were found to have been successfully infected. There was also no information on whether the infection was in any way related to the Indian Government. It is pure speculation that since "Intelligence" is a function of the state, the "Pegasus spyware" is an intelligence tool, it must have been used by the Indian Government. Given the motivation behind Amnesty International, which was ousted by the Indian govt, and hence the media houses like the Wire, which started the campaign and the politicians, who are taking the fight further, there is no credibility left in pursuing the controversy as genuine.

The height of "stupidity" is the formation of the Judicial Commission by a State Government to probe, what essentially is an international Cyber Security issue. A probe against Pegasus is a technology research area and is beyond the scope of the organisations like Amnesty International or Wire and the One-man Judicial commission appointed by the West Bengal Government to understand the intricacies.

We therefore need to ignore the Pegasus controversy created by motivated groups of the anti India lobby. It is the new "toolkit" created to disrupt the legitimate democratic functioning of the Indian Parliament and must be treated as a fake narrative to be ignored.

Exclusive

"We are There for You", Dr Amol Ramsing Kolhe MP, Says to his Constituency People



Interviewed by Pridharshni Rahul, Editor

Your eMagazine PreSense has been discussing with all the outstanding Sansad Ratna Awardee Parliamentarians to understand as to how they manage Covid-19 crisis and support the people in their constituency. In an exclusive talk on Zoom, with Priyadharshni Rahul, Editor of PreSense, Dr Amol Ramsing Kolhe (Member of Parliament, NCP, Shirur, Maharashtra) through Zoom, explained how he supports his people and also the preparedness to manage the expected third wave of Covid attack. Dr Amol is a medical doctor turned actor turned politician.



Excerpts from the talk:

Priya: A practicing Doctor to an Actor to a Politician, how did it happen?

Dr Amol: Every profession I chose has multiplied happiness, as a doctor I spread happiness to 500 people, as an actor to about 2000 audience, but as a Politician and with the teachings of Chhatrapati Shivaji and Chhatrapati Shambaji's values, I can reach to larger section and can make a deeper impact. Both my earlier professions help me extensively to discharge my duties as a public representative.

Priya: Having played historical roles and being a noted personality in Maharashtra, was the expectation of the public more than expected during the Covid crisis? Being a first time MP how did you manage?

Dr Amol: We saw the first wave starting in 2019, second in 2020 and third wave is anticipated. We don't have public hospitals in proportion to our population. During the first wave my duty was to make people aware about this virus. I made numerous awareness videos on early warning signs, to maintain oxygen level, precautions and more in simple language and shared in social media. Despite being a Doctor, just like others, I needed much more clarity and I did extensive research and discussions before spreading my knowledge.

I am proud that the first Covid Centre in Maharashtra was established in Shirur constituency and opened various smaller RTPCR test centers to help the public. I really appreciate the Covid Governance by our Chief Minister, Deputy Chief Minister and Health Minister in handling such a densely populated state with many metro cities. The first wave required Covid care centre and the second wave required more of tertiary care as 'hypoxia', sudden drop in oxygen level was prevalent.

Priya: What was the best decision you took in the MP-Doctor combined persona?

Dr Amol: 'Fabiflu' drug was prescribed for Covid symptoms and the cost was also higher as each course was of 40 tablets, secondly the clinical research was inadequate to prove the complete cure of Covid. As an MP, I brought it to the notice of the Central Health Minister and Drug Controller General of India and with multiple meetings, the rates were slashed to almost 50% and the drug was given its exact indication as 'only for mild infection'. I emphasized in Parliament that need of the tertiary healthcare was the need of the hour and requested the private hospitals to 'step down protocol' and offer ICU beds only for critical patients. I propagated CAPR protocol and the importance of it in raising oxygen levels.

We also had sessions to 'Train the Doctors'. Opening free kitchens in my constituency was a very important step to cater to migrant workers and the under privileged.

Priya: Administratively you pushed the system to its optimum level, how did you provide emotional support to your constituency?

Dr Amol: I strictly preached and followed Covid norms as much as I could. I met people through video conferencing, Zoom and other virtual platforms because my going will create commotion and crowding. I should also thank many hospitals that were kind enough to waive off lakhs of rupees over just a call of mine for those patients couldn't afford to pay. I gave my constituency the confidence that we are there for them.

Priya: As your Constituency is majorly rural, what was the biggest challenge?

Dr Amol: the biggest difficulty was to make them aware of the disease, because the steps to curb the first wave were different from the second and it needs a clear explanation to public. There were majorly three types of people, one saying 'nothing will happen to me', other saying 'even if it happens not a big issue' and the third being the families who have already lost their members in Covid, each of them have a different mindset. To tackle all of them in the same way was a challenge. As Ratan Tata rightly quoted in the initial days of Covid, 'It is the moment to sustain your existence, if you last you will grow'. It was merely a war like situation, the soldier who survives will fight more. To save yourself is important, to save your people is important and making this aware is even more important.

Priya: How are you preparing for the third wave?

Dr Amol: As a trend, the first wave affected the elders, the second wave affected the middle aged so the third wave is predicted by experts to affect children. I am very confident and hopeful that it will not be that severe as in adults. Vaccination, early diagnosis and self discipline are the only solution.

To connect to Hon'ble MP - 02132- 242424, 9697802424, 9422084084,
contact@amolkolhe.com

Please watch the full interview in the following link
<https://youtu.be/0hDQVVJ6MgA>



International

The Olympics – Interesting Historical Facts

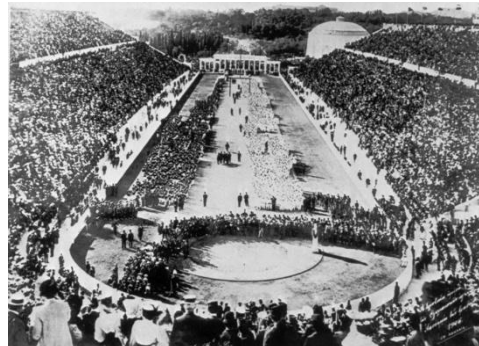
By Srinivas Gopal, Technology Advisor



The Olympic Games, held once in four years, is one of the top leading international sporting events where thousands of athletes drawn from more than 200 Nations participate in a wide range of competitive events.

The Olympic Games actually originated from Greece, where representatives of several city-states and kingdoms under the realm of Greece competed. These Games featured mainly athletic and also combat sports such as wrestling and the pankration, horse and chariot racing events.

The first Modern Games were held in the Panathenaic Stadium, Athens (Capital of Greece) in 1896. The Games brought together 14 nations and 241 athletes who competed in 43 events.



First modern Olympics 1896

The Ancient Olympic Games:

The history of the Olympics began some 2300 years ago which was held in Olympia of ancient Greece. It's a strong belief that the Games started as a festive event of art and sport to worship the gods. These games ended abruptly in 393 CE with the outbreak of wars in the region.

The Modern Olympic Games:

After nearly 1500 years of hiatus of the Ancient Games, the Olympic event was resumed in the late 19th century. Baron Pierre de Coubertin founded the International Olympic Committee (IOC) in 1894, leading to the first modern Games in Athens in 1896. He also invented the five-ring emblem, representative of the unity of the five continents of the globe.

Are you aware that in the 1896 Summer Olympics, The United States won the most gold medals (11), while the host nation Greece won the most medals overall (46).

The Olympic Rings:

The Olympic Rings has two elements of symbolism. One is 'the 5 rings' interlocked with each other and another is of colour. The five interlocking rings represent the five main regions of the world that have been brought together by the Olympic Movement. The regions are Asia, Europe, Africa, Oceania, and America. Secondly, the Olympic rings colours simply mean that they have at least one colour of every nation's flag in them.

People tend to ask as to why the Olympic Flag has only 5 rings when there are 7 continents. The Authorities explain the continents of South America and North America



are combined into one region of America. In addition, there are no athletes that compete under the flag of a country within Antarctica.

The Olympic Flame:

The tradition of lighting a flame during the Games started in Ancient Greece. It's the symbol of the modern Olympic Movement which was introduced by architect Jan Wils in 1928 Amsterdam Summer Olympic Games.

The Torch Relay – The Torch will be lit at the original location of the Games in Olympia, Greece, and carried to the host of the current games which started eight years later in 1936. This symbolic race represents the journey of the Olympics from past to present.

Types of Olympic Games:

- Summer Olympic Games – The First modern Olympic Games held in 1896.
- Winter Olympic Games – The Winter Olympics was created to feature snow and ice sports that were logistically impossible to hold during the Summer Games. The First Winter Olympic Games held in 1924
- Paralympic Games - In 1948, Sir Ludwig Guttmann, determined to promote the rehabilitation of soldiers after World War II. The Stoke Mandeville Games later became the Paralympic Games which first took place in Rome, Italy, in 1960 featuring 400 athletes from 23 countries.
- Youth Olympic Games - In 2010, the Olympic Games considered athletes between the ages of 14 and 18 the chance to compete.

Olympics 2021, Tokyo:

The Olympic Games in Tokyo were originally scheduled for 2020, but due to the outbreak of the COVID 19 pandemic, it was postponed to 2021. There are 33 sports and 46 disciplines in the official 2021 Olympic program. IOC approved the addition of five sports - baseball/softball, karate, skateboarding, sport climbing and surfing. That includes 339 total medal events. The Torch relay for 2021 Olympics covered a distance of 20,000 kilometres.

Motto of Olympics:

The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating the youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

Interesting facts

On 6 April 1896, American James Connolly won the triple jump to become the first Olympic champion.

The United States has bagged 2828 Medals till the 2016 Olympic Games, which includes 1127 Gold Medals.

Charlotte Cooper of the United Kingdom was the first female Olympic champion, in the 1900 Games.



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By Triambak Sharma



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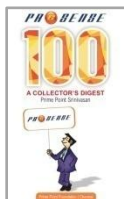
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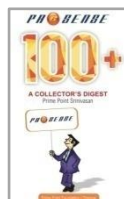


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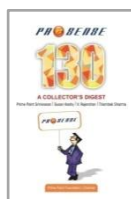
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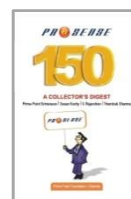
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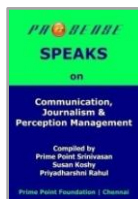
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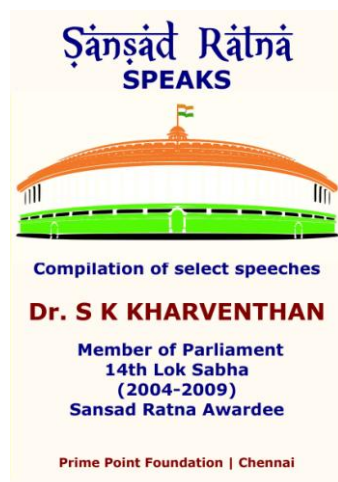
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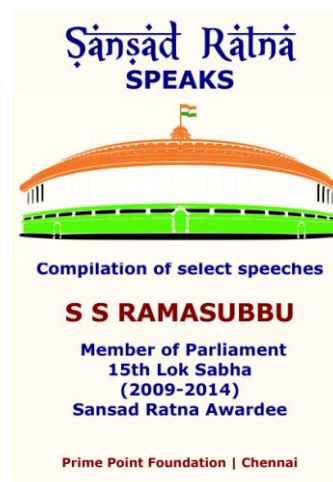
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