

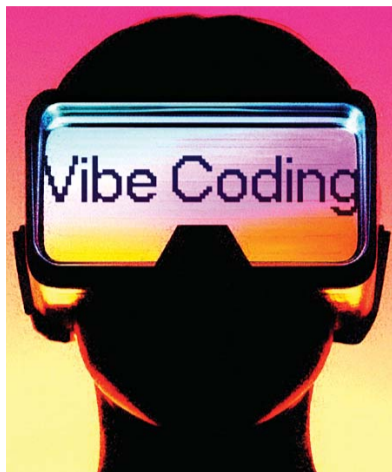


## A Reminder to Secure Your Data

Every year on March 31, World Backup Day serves as a crucial reminder to protect valuable digital data. In an era where cyber threats, accidental deletions, and hardware failures are common, having a backup is essential. Individuals and businesses alike are encouraged to create copies of important files and store them securely, whether on external drives or cloud services. Regular backups ensure data recovery in case of emergencies, preventing significant losses. This day highlights the importance of being proactive in safeguarding personal and professional information, reinforcing the mantra, "Don't be an April Fool, back up your data today!"

### #TECHNOLOGY

## When Technology Starts to Feel Like Magic



What is Vibe Coding and why is everyone catching the trend?



Imagine stepping into a world where technology doesn't just function, it feels. What if the apps you use every day could sense your mood, adapt to your energy, and respond to exactly what you need? That's the magic of vibe coding, a fresh and exciting approach to programming, that's turning heads across tech and creative industries.



### More Than Just Code, It's an Experience

You may have noticed that apps and websites are becoming more intuitive, almost like they get you. Ever opened a music app and felt like it was reading your emotions? Or scrolled through a website that felt strangely soothing or exhilarating? That's vibe coding in action. Developers are no longer just writing logic-driven code, they're crafting experiences that connect with people on an emotional level.

### How Does Vibe Coding Work?

It's a blend of AI, design, and psychology. Think about an app that changes its colors based on your mood, or a smart home that adjusts the lighting to match your

vibe. This isn't futuristic fantasy, it's happening right now. AI-driven personalization is evolving fast, making digital interactions more immersive and human-like.

### Why is Everyone Talking About It?

We're in an era where personalization is everywhere. No one wants a one-size-fits-all experience anymore. People want tech that adapts, reacts, and evolves with them. Social media is buzzing with developers and designers experimenting with emotionally driven code. From responsive games that shift based on player moods to websites that subtly change design elements to match user engagement, vibe coding is reshaping digital experiences.

### The Future is Feeling-Driven

Imagine a digital assistant that recognizes when you're stressed and suggests calming activities. Or a fitness app that tailors your workout playlist based on your energy levels. Even smart homes could adjust temperature, lighting, and sound to create the perfect

ambiance for your mood. With vibe coding, the possibilities are endless. As technology advances, it's no longer just about making things work, it's about making them feel right. And in a world that increasingly craves connection, who wouldn't want tech that truly vibes with them?



Gradually, without even realising, Namrata was spending more than one-third of her salary on Mini. Mini often asked for small amounts of money and Namrata would allow her to take the money out of her purse. Since she did not have an actual count, she never knew how much was taken out. In the initial days, the money was returned promptly, but as time passed, some of the money was never returned.



## Mislaid Trust, Cash And Jewellery



Dr. Goutam Sen  
CTVS Surgeon  
Traveller  
Storyteller

Namrata Narain, an IT consultant, lost her parents in a motor vehicle accident in Bengaluru in her early thirties. The life that followed was not bad. She had an adequate income and could afford to live in a good flat in posh area with her cat. After long hours at work, they would sit in front of the large TV and binge watch. She loved her glass of red wine and her purring cat on her lap. It was a good way of living. Namrata did go out once in a while to office parties or other gatherings but it felt just an extension of the atmosphere at the office.

After a few years, this kind of life became monotonous and she felt the need of companionship. Fortunately, Samir was at the office and she got along very well. They even went out to the pub or dinner at a good restaurant once in a while. The relationship ripened and they started living together. It felt good. It was romantic and they had the means and freedom to do whatever they wished. Their social life expanded to going out to watch plays and musical performances. The short holidays to exotic locations were great fun. But then, good things come to an end. Samir was behaving erratically lately. Namrata soon found out that Samir had found interest in Simran. He was having a fling. So, the relationship floundered and broke.

"I am sick of you! How could you do this to me? You could have just told me and we could have parted as friends!" said Namrata as she threw him out of the flat.

So, the cat and she were again back to their solitary life. The bruises and scars of the unsatisfactory relationship were gradually healing when Namrata got a call from Accenture in Gurgaon. They had heard of her good work. "We have seen your good work. Why don't you join us as a director?" said the honcho. This was *manna* from heaven. Bengaluru had started getting on her nerves and moving to Gurgaon was a heaven-sent opportunity. She would later realise that pollution and erratic traffic were some of the shortcomings. She needed the change and soon found herself ensconced in a good flat in the Golf link area. The people and place were different. The people were friendlier and she soon jelled with Mini in the adjacent flat.

It all started when she saw Mini carrying an exercise mat in the lift. "Where are you going with that mat?" Namrata asked.

"Why don't you join me?" Mini replied. "I am going to the morning Yoga session in the front lawn."

It seemed a good idea, and soon, both of them were close as two peas in a pod. From sitting in front of the TV with popcorn on lazy evenings to going out to all sorts of activity, be it carnivals or food fests, they would be together.

About six months passed when there was a shrill call of the doorbell of Namrata's flat one late night. She was surprised to see a distraught Mini standing in front of the door.

"What is it Mini, so late in the night? Is all well?"

Mini collapsed on the sofa. Her

### #'FRIENDS'



hair was ruffled and the face tear streaked. It was evident that she had gone through a tough time and was at her wits' end. Namrata brought her a glass of water and waited to hear the problem. "Namrata, I don't know what to do!" Mini exclaimed. "My parents live in a small village in Haryana by themselves. Like you, I am the only child. At most times, things are manage-

able on my Dad's pension. He was a school teacher. I send money from time to time to add to their comfort. I just got a call from them. It seems that they had been hiding the fact that they were spending much more than what they could afford. They had taken a loan from the local moneylender at an exorbitant interest. Now, the money is due and the moneylender is threatening to harm them. I

need about one lakh rupees instantly. I do not have ready cash. It will need a few days to cash some investment to get the money. I can think of no person other than you to help me." Mini knew that Namrata had sold her old car and she had the money in cash at home. Namrata could not bear the dismay of her friend. "Don't worry ,yaar! You are

lucky I have that money at home. I will give it to you just now. You can....."

Before she could complete her sentence, Mini jumped out of the chair and hugged her warmly. "Don't worry, I will return the money to you within a week."

One morning, Namrata realised that one of her fixed deposits of about 50 lakhs was going to be due on the same day. She was fully booked at work and could not possibly go to the bank. So, she requested Shyam to do it on her behalf.

Next morning, Namrata rushed off to work as usual. In the afternoon, she noticed that the bank had not notified her about her fixed deposit. She called the bank. The deposit had been encashed in the name of Shyam as per her instructions. That sounded suspicious.

She was wondering what to do. She called Mini in hope that they could go to Shyam's bank to accost him. Unusually, Mini did not answer her phone. It was then she remembered that the necklace had not been returned either. She rushed back to her building and enquired about Mini.

The caretaker said, "She vacated the flat this morning. She seemed to be in a great hurry."

Namrata did not see either of them ever again! Was it a planned con game?



been helping people connect and form new bonds in Delhi, Bangalore, Mumbai, Pune, Hyderabad, among other cities. "Why don't we do this? Maybe, we will find more joy in life and also meet interesting people."

"I am game," said Namrata. The next weekend, they turned up in a group which was fond of walking tours and treks. Just about a dozen people after a quick introduction, they went exploring the temples of Old Gurgaon. The group soon broke up into bundles of four to five people together. As Namrata and Mini were 'ooohing and aahing' about the New ISKON temple, a young man joined them. He soon started chatting with Namrata and pointed out how most of the white marble figures had been carved in Jaipur. He was not intrusive, and soon, they were all chatting about so many things while sharing *kachori* and *Chai*. Shyam was a bank employee and recently shifted from Mirzapur in Uttar Pradesh. When the day ended, they parted, agreeing that the day had been fun and could be repeated soon. As the weeks passed, Shyam became an integral part of Namrata and Mini's group. They were soon meeting in the evenings over dinner. Shyam turned out to be quite helpful. Namrata was soon utilising his services for small jobs related to her bank. She found it very inconvenient to take breaks during her work schedule. Since she preferred to have some hard copies of her documents and investments, she would often request Shyam to help. Shyam was ever obliging.

Mini and Namrata had become so close that they would not only share their clothes but also accessories. They both loved dolling up when going out. Namrata had some really exquisite jewellery, which her mother had gifted. Once in a while, she would take them out.

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### #VOCABULARY

## Overwhelmed by Cuteness? There's a Word for That!

How can something overwhelmingly adorable make you feel like you want to squeeze or even bite it?

Have you ever looked at a baby panda rolling around or a puppy tilting its head and felt an intense urge to squeeze something? Maybe, your heart melts at the sight of chubby baby cheeks, and you feel like exclaiming, "I can't handle this level of cuteness!" If so, don't worry, you're not alone. And more importantly, there's a word for that feeling, cute aggression.

### What Exactly is Cute Aggression?

It might sound like a contradiction, how can something overwhelmingly adorable make you feel like you want to squeeze or even bite it? But psychologists say that this reaction is completely natural. Cute aggression, also known as dimorphous expression, is when positive emotions become so intense that your brain tries to balance them out with an opposite reaction, like aggression. Think about it: Have you ever been so happy that you cried? Or laughed so hard that it almost hurt? These seemingly opposite reactions help regulate our emotional responses. Cute aggression works the same way. Your brain perceives an overload of cuteness, and to keep you from being completely overwhelmed, it triggers a minor aggressive response to balance things out.

### Why Do We Experience Cute Aggression?

Scientists believe that cute aggression serves an evolutionary purpose. When we see something adorable, like a baby or a helpless little animal, our brains flood with dopamine, the feel-good chemical that makes us want to nurture and protect them. But if that rush of emotion becomes too intense, our brain counters it with a burst of aggression, helping us regain control of our feelings. In a 2015 study by psychologists at Yale University, researchers found that people who exhibited stronger cute aggression tendencies were also more likely to feel protective and caring towards the object of their affection. So, if

### Cute Aggression in Pop Culture

Cute aggression isn't just a scientific phenomenon, it's become a cultural trend. The internet is over-



you've ever had the urge to pinch a baby's cheeks or squeeze a fluffy kitten, it's just your brain's way of saying, "This is too much cuteness to handle. I need to calm down!"

### The Science of Cuteness Overload

Even memes reflect this universal experience. Ever seen an image of an adorable dog with a caption like, "I want to squish its little face!" or "This is so cute I can't stand it!?" That's cute aggression in action! Pop culture continues to embrace and even exaggerate this emotional response, making it a shared, relatable experience across different cultures and age groups.

### Should You Be Concerned About Cute Aggression?

Before you worry that your urge to squeeze something adorable makes you a secret villain, rest assured that cute aggression is completely harmless. The key is that it remains an emotional expression, not an actual act of harm. Most people don't actually follow through on their aggressive instincts, instead, they simply express it through words or exaggerated reactions.

In fact, some experts suggest that cute aggression can be beneficial. By helping regulate intense emotions, it prevents us from becoming overwhelmed. It's also linked to higher empathy levels, suggesting that people who experience cute aggression are more emotionally attuned to others.

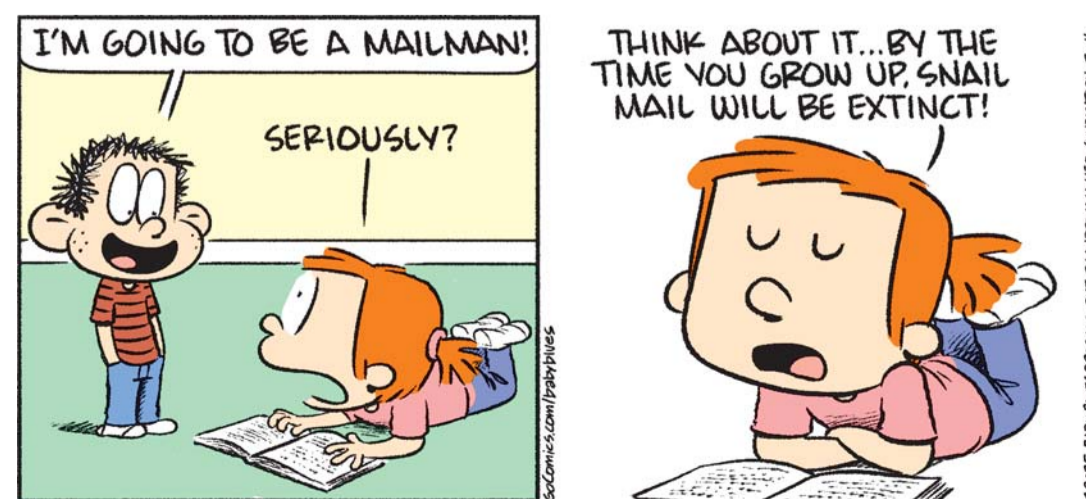
### Embrace the Cuteness!

So, the next time you find yourself overwhelmed by cuteness, whether it's a puppy, a giggling baby, or an impossibly adorable video, know that your brain is simply doing its job. Instead of questioning why you feel the urge to squeeze, just smile, enjoy the moment, and maybe, let out a happy little squeal. After all, in a world full of stress and seriousness, isn't it wonderful to have moments of uncontainable joy? Cute aggression reminds us that sometimes, things are just too cute to handle, and that's perfectly okay.

### THE WALL



### BABY BLUES



By Rick Kirkman & Jerry Scott



### ZITS



By Jerry Scott & Jim Borgman