

#HYDROGEN

Chuk-Chuk
Chalti Rail? No!

India's First Hydrogen Train Successfully Tested at Integral Coach Factory, Chennai!



In a groundbreaking milestone for sustainable transportation, India's first hydrogen-powered train has been successfully tested at the Integral Coach Factory (ICF) in Chennai. This achievement marks a revolution in the country's commitment to zero-emission rail travel and a cleaner future.

A New Era of Rail Travel

The 1,200 horsepower hydrogen-powered train represents the future of eco-friendly locomotion. Designed to operate on the Jind-Sonapat route in Haryana, this innovative train will cover approximately 89 kilometers, providing a clean and efficient mode of transport for over 2,600 daily commuters. Hydrogen

trains, known for their quiet operation, zero emissions, and high efficiency, are poised to transform India's vast railway network. Unlike traditional diesel locomotives, hydrogen trains emit only water vapour, significantly reducing pollution and the carbon footprint of public transport.

'Hydrogen for Heritage' Mission

This pioneering train is a flagship project of the ambitious 'Hydrogen for Heritage' mission, aiming to introduce 35 more eco-friendly trains across India's heritage-rich and hilly

regions. These trains will enable sustainable travel through ecologically sensitive and culturally significant areas, preserving the environment while enhancing connectivity.

Made in India: Innovation and Sustainability

The development and testing of the hydrogen train at ICF, a premier coach manufacturing facility, highlight India's growing expertise in indigenous innovation and its

dedication to the Make in India initiative. This aligns perfectly with the country's larger vision to achieve net-zero emissions and combat climate change.

Benefits and Impact

Environmental: Zero greenhouse gas emissions, contributing to cleaner air and reduced climate impact. **Economic:** Promotes self-reliance by developing cutting-edge technology domestically.

Social: Provides a quiet, efficient, and reliable commuting option for thousands of passengers daily.

Looking Ahead

With the successful test completed, the hydrogen train is set to roll out soon on the Jind-Sonapat route, marking the beginning of India's hydrogen-powered rail era. This innovation is expected to inspire further advancements in green transportation solutions across the country.

India's first hydrogen train is more than just a technological marvel; it's a bold statement of the nation's commitment to a sustainable, clean, and self-reliant future. As the Hydrogen Era officially gets on track, India paves the way for greener journeys and a healthier planet.



What if
Russia wins in
Ukraine?

If Russia wins, we should realistically expect the following consequences for Ukraine, Europe, the US, and world peace. Ukraine would be defeated, divided, demoralised and depopulated. The money would not come in to reconstruct the country; instead, another wave of people would leave it. The politics would become rancorous, with a strong anti-Western trend. New possibilities for Russian disinformation and political destabilisation would emerge. Necessary reforms would stall, and hence, also progress towards EU membership.



His article was recently published in a reputed journal. It has more relevance today than even on the day it was published. For the readers of Arbit, it was a must read, and the team decided in favour of our readers. So, read

on. There are human activities in which both sides can win. War is not one of them. Either Ukraine wins this war or Russia does. Ukraine's former foreign minister Dmytro Kuleba says bluntly that unless the current trajectory is changed, 'we will lose this war.'

To be clear: this is still avoidable. Suppose the Ukrainian territory, still controlled by Kyiv, gets military commitments of a size and boldness not seen so far. There is a growing understanding of this among European leaders, but the democratic politics in most European countries are miles away from empowering them to do it. If Russia wins, we should realistically

would amount to a terrible cost. This would not be the complete victory Ukrainians have hoped for and deserve; but it would still be a victory for Ukraine and a historic defeat for Russia. A majority of Ukrainians could come to see it as such. In polling, the Kyiv International Institute of Sociology (KIIS) has shared with me in advance. Ukrainians are asked if to end the war they could (albeit with difficulty) accept the combination of economic reconstruction and European Union and NATO membership for the current territory. In just the past six months, the proportion saying yes has jumped from 47% to 64%.

To try to persuade Europeans to support the necessary policies, but also to understand the consequences if, as seems most likely, they don't do so in time, the question we have to ask is: what if Russia wins?

However, to get to this outcome with Donald Trump in the White House would require a European coalition-of-the-willing to make security commitments of a size and boldness not seen so far. There is a growing understanding of this among European leaders, but the democratic politics in most European countries are miles away from empowering them to do it. If Russia wins, we should realistically

Suppose the Ukrainian territory, still controlled by Kyiv, gets military commitments from the West strong enough to deter any further Russian advances, secure large-scale investment in economic reconstruction, encourage Ukrainians to return from abroad to rebuild their country...

expect the following consequences for Ukraine, Europe, the US, and



Timothy Garton.

#WORLD ORDER



A member of the Ukrainian Emergency Service at the City Hall following shelling in Kharkiv, Ukraine.

arson attack on a Ukrainian-owned business in east London; undersea cables in the Baltic Sea are cut; there is a credible death threat to a top German arms manufacturer. Not all can definitely be traced back to Moscow, but many can. Full-spectrum hybrid warfare includes elec-



tion interference. In Georgia, the election was rigged. In the

A Peel of Celebration

celebrated on August 27, National Banana Lovers Day is dedicated to one of the world's most popular and nutritious fruits. Bananas are not only a delicious snack but also packed with essential nutrients like potassium, fiber, and vitamin B6. This day celebrates banana enthusiasts and the many ways this versatile fruit can be enjoyed, whether blended into smoothies, baked into bread, or eaten straight from the peel. It's also a great time to appreciate the global significance of banana cultivation and the farmers behind it. On this fruity occasion, banana lovers indulge and go bananas for their favourite treat!



his WMD general. His is now a war economy, dependent on military production for sustaining growth, and a dictatorship defined by confrontation with the West. It would be beyond naive to hope that diplomacy can achieve some magical moment when Putin's Russia will suddenly become 'satisfied' with an outcome in Ukraine, and return to peacetime business as usual. When NATO planners say that we should be ready for possible Russian aggression against NATO territory by 2029, they are not simply peddling horror stories so as to increase military budgets. Maga voters in the US may say, "Well, what's all that to us? You Europeans look after yourselves! We have to worry about China." But Russia is now working more closely than ever with China, North Korea and Iran. Putin may be indicted by the international criminal court, but he still travels half the world as a welcome guest. He himself has talked of a new 'global majority' and 'the formation of a completely new world order.' In that new order, war and territorial conquest are entirely acceptable instruments of policy, on a continuum with poisoning, sabotage, disinformation and election interference. Victory for Russia in Ukraine will encourage China to step up its pressure on Taiwan and North Korea's

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Moldovan EU referendum, about 9% of the votes were directly bought by Russia, according to the president, Maia Sandu. In Romania, the first round of the presidential election will be re-run because a court found large-scale violation of campaigning rules on TikTok. "Ah, that's eastern Europe!" cries the complacent Christmas shopper in Madrid, Rome or Düsseldorf. But the head of Germany's domestic security service recently warned that Russia will try to interfere in February's German general election, which is hardly marginal to the future of Europe. In December, we saw president Vladimir Putin again supremely confident in his annual end-of-year marathon press conference cum Call-the-Tsar phone-in, despite the recent Ukrainian assassination of

needling of South Korea. That brings us to the most seri-



Ukrainian soldiers of the 68th Jaeger Brigade.

ous consequence of all: nuclear proliferation. Remember that Ukraine voluntarily gave up its nuclear weapons in 1994, in return for security assurances from the US, the United Kingdom and Russia, and then got hammered by one of the powers that promised it security. In the latest KIIS polling, 73% of Ukrainians support Ukraine 'restoring nuclear weapons.' Remarkably, 46% say that they would do so even if the West imposed sanctions and stopped aid. In effect, Ukrainians are saying to the West: if you won't defend us, we'll (expletive deleted) do it ourselves. On recent visits to Ukraine, I've been told several times, "It's NATO or nukes!" But this is not just about Ukraine. Vulnerable countries around the world, also looking at what is happening in the Middle East, will draw the same conclusion. The more countries, and possibly non-state actors, acquire nuclear weapons, the more certain it is that one day, they will be used. In the German election, Chancellor Olaf Scholz has been shamelessly and shamefully trying to exploit the fear of nuclear war for electoral advantage over his chief rival, the Christian Democrat Friedrich Merz. In fact, it is precisely the consequences of the West's self-deterrence for fear of Russian nuclear escalation in Ukraine, personified by Scholz and skillfully exploited by Putin, that are increasing the likelihood of nuclear proliferation, and therefore, the long-term risk of nuclear war. The conclusion is clear, and depressingly familiar. European democracies' reluctance to pay a high price now means that the world will pay an even higher price later.

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#LIVING-HEALTHY

Daily
Skincare
Routine



Winter is a time to switch to creamy cleansers. Choose an oil-based foaming cleanser or try cleansing oil. A DIY ground oatmeal scrub with honey is an amazing way to naturally clean and exfoliate.

Winter always brings dry skin that lacks lustre and glow. You must make necessary changes in your skincare routine to fight harsh weather. While the cold wind and windy back-drops seem extremely fascinating to look forward to, you seldom realise the implications it can have on your hair and skin. Winter always brings dry skin that lacks lustre and glow. You must make necessary changes in your skincare routine to fight harsh weather. The cold weather can make your skin dry and dull. Here are quick tips to keep your skin healthy and glowing all through winter.



1. Nourish while cleansing

Winter is a time to switch to creamy cleansers. Choose an oil-based foaming cleanser or try cleansing oil. A DIY ground oatmeal scrub with honey is an amazing

way to naturally clean and exfoliate your skin. Just grind some dry oatmeal and add milk and honey. Et voila! Your winter face and body scrub is ready.

2. Moisturize at least twice a day

Your skin loses moisture very easily in winter. Use a good moisturizer immediately after a warm shower to seal the moisture in. Apply a hydrating mask once or twice a week to

save your parched skin. Swap your light moisturizer for something that is richer in texture and deeply nourishing. Maybe, you can try that skin oil that you have been eyeing!

3. Wear a sunscreen every day

You will be surprised to know that the winter sun is actually more harmful for your skin. In summer, you feel hot and take cover, limiting your UV exposure. But in winter, you love to sit out all day

in the sun. Not only can this aggravate pigmentation, but also prematurely age your skin. Did you know that there is no difference in the amount of UV rays that are present in summer and winter?

4. Replenishing care at night

Night time is when your skin repairs itself. Invest in a good nourishing night cream according to your skin concern. Whether it is pigment reduction or anti-aging benefit that you are looking

for: Ask your dermatologist to pick out a night cream that has good research backing and proven results. Also, don't forget to slather on some hand and foot butter before you hit the sheets.



5. Hydrate yourself well

Do not miss out on your water intake. You might not feel as thirsty because you are not sweating. But not to forget, the 8 glasses of water rule applies in winter too! Lack of water intake immediately reflects on your skin. It can make your skin look dull and dehydrated.

6. Eat right

Your skin reflects what you eat. Winters tend to make you hungry. Reach out for dried fruit and nuts when you feel like snacking. Do not forget to include the green leafy vegetables, fruits and millets which will keep your body warm and healthy through winter.



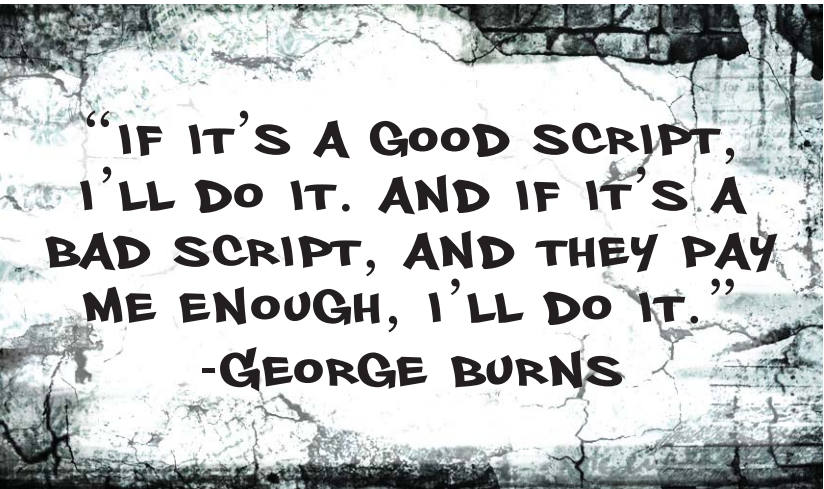
7. Sweat it out

Exercise is the key to a radiant skin. Sweating removes toxins from your body. The more you work out and sweat, the more you can see your skin gain a natural glow. You naturally sweat less in winters, so, get in action to bring the glow!

8. Get your beauty sleep

Get good sleep, who doesn't love to sleep swaddled in a blanket! Make the most of it and you will avoid dark circles and a host of other stress related skin disorders. Winter is a great time to pamper your skin. Let your skin be its dewy best by following the right skin care and making the right lifestyle choices.

THE WALL



BABY BLUES



ZITS



By Jerry Scott & Jim Borgman