

#INTERNATIONAL TEA DAY

Celebrating India's Timeless Love Affair with Tea

Honouring the rich heritage, livelihoods, and future of tea cultivation in India.



Every year on May 21, the world comes together to celebrate International Tea Day, a day dedicated by the United Nations to honour the cultural and economic importance of tea. For India, one of the world's largest producers and consumers of tea, this day holds special significance. Tea is not just a beverage here, it's woven deeply into the fabric of everyday life, regional culture, and millions of livelihoods.



India's tea story began in the 19th century, flourishing in regions like Assam, Darjeeling, and Nilgiris. These areas are known for their distinctive tea varieties that delight palates globally. Today, the Indian tea industry supports over 1.5 million smallholder farmers and workers, many from rural and tribal communities, making it a backbone of rural employment and economic growth.

International Tea Day offers an opportunity to recognize these hardworking individuals who cultivate and process tea leaves under often challenging conditions. It also sheds light on critical issues facing the sector, climate change, fair wages, and sustainable farming. Erratic weather patterns threaten yields and quality, making sustainable agricultural practices and support for farmers vital for the industry's future.

The Food and Agriculture Organization (FAO) leads global efforts to promote sustainable tea production, with the 2025 theme 'Tea for Better Lives', spotlighting the invaluable role of women in tea gardens across India. Women play a crucial part in tea plucking and processing, con-



● Anusha Mishra

The Kargil War was fought on one of the most difficult and inhospitable terrains in the world. The war lasted for a span of approximately two months in which the Tri-Services, Indian Army, Indian Air Force, and the Indian Navy, came together to repulse the alien forces from India and emerged victorious on 26 July, 1999. The battles fought during the Kargil war are examples of high-altitude warfare.

The battles fought during the Kargil war are examples of high-altitude warfare in which Indian soldiers distinguished themselves in valour and sacrifice. This article brings to you a hero of Kargil who not only ensured the capture of the objective but also made it an objective to save his men from impending death. Captain Haneef Uddin of 11 RAJPUTANA RIFLES was one of the gallant warriors of Indian Army who fought and made the supreme sacrifice in the battleground of Karchen Glacier during the Kargil War.

HIS SACRIFICE OUTLIVES HIM

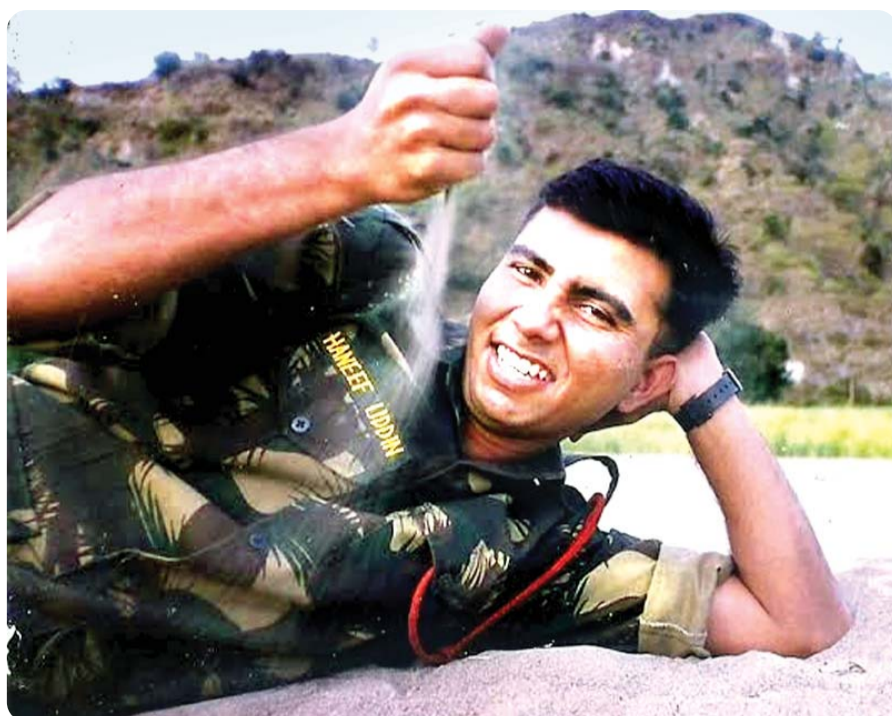
Captain Haneef Uddin was born on 23 August, 1974 in Delhi to a Hindu mother, Mrs. Hema Aziz and a Muslim father, Mr. Aziz Uddin. His mother and father both being artists, a classical singer and a drama practitioner respectively, worked for the Ministry of



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Information and Broadcasting. Since their jobs demanded them to tour across the country and perform for soldiers posted in border areas, Captain Haneef Uddin lived with his grandmother in Old Delhi during his formative years.

It was only after the demise of his father at the age of eight, he started living with his mother and older brother Nafees, while his younger brother lived with his aunt in Bengaluru. He was an exceptional student and a popular figure in his school and college. Captain Haneef Uddin was a man who had many feathers in his hat, he had a mesmerizing voice and was also popular as a computer genius among his peers. Interestingly, while completing his graduation in science at the Shivaji College, University of Delhi, he was also crowned as Mr.



Kargil In Retrospect

In the fierce firefight, Captain Haneef Uddin received multiple gunshot wounds, yet he didn't move an inch from his position till his team reached a safer location. The officer, however, succumbed to his injuries while fighting on the icy heights of Point 5590. Inspired by the sacrifice of their young officer, his team established a foothold on the mountain and held it against all odds.

#CAPTAIN HANEEF UDDIN



Shivaji. Captain Haneef Uddin's discipline and ambition distinguished him. Despite having an offer of a lucrative career in computers, he was determined to join the Indian Army. In conversation with author Mrs. Rachna Rawat Bishti, Mrs. Hema Aziz smiles nostalgically as she recalls her conversation with her son on the matter and how overjoyed he was when she asked him to choose his dream. He cleared his Service Selection Board (SSB) interview and joined the Indian Military Academy in 1996. He commissioned into the Army Service Corps (ASC) regiment of Indian Army on 07 June, 1997. When the Kargil War broke out, he was attached to 11 RAJPUTANA RIFLES deployed at the Siachen Glacier.

Captain Haneef Uddin and his Company were just back from their four-month long tenure at the Siachen Glacier. Normally when a unit comes back from Siachen deployment, they are



given a rest period but the Kargil War had changed circumstances then. Captain Haneef Uddin and his company were at the Siachen Base Camp when 12 JAT reported an enemy intrusion in Sub-Sector West's Turtuk Sector. Due to intense clashes in Batalik Sector between Indian troops and Pakistani intruders, 11 RAJPUTANA RIFLES, which was



World Meditation Day: Embracing Inner Peace

World Meditation Day, celebrated every May 21, highlights the power of meditation to promote mental well-being and inner peace. This global observance encourages people to take a moment from their busy lives to practice mindfulness, reduce stress, and enhance emotional balance. Meditation has been shown to improve focus, boost creativity, and support overall health. On this day, individuals, communities, and organizations come together through workshops, guided sessions, and events to share the benefits of meditation. World Meditation Day serves as a reminder that taking time for quiet reflection can transform our minds and lives for the better.



#CALM DOWN

Yutori: Japan's Secret to a Calmer, Happier Life

In a world obsessed with speed and productivity, this Japanese philosophy invites us to slow down, breathe, and make space for what truly matters.

Ever felt like the world's moving too fast and you're always running to catch up? Emails piling up, deadlines breathing down your neck, and not a moment to just breathe? Enter Yutori, Japan's quietly powerful life philosophy that says, "Hey, slow down. You're allowed to have space in your life." In a world that glorifies hustle, Yutori is a gentle rebellion. It's not just a word, it's a mindset, a lifestyle, and for many in Japan (and beyond), a new way of living more meaningfully.



So, what exactly is Yutori?

In Japanese, Yutori loosely translates to "room," "space," or "leeway." But the beauty of this concept lies in its application. It's about creating mental, emotional, and physical space, in your mind, your schedule, and even your conversations. Imagine waking up

not to a blaring alarm but a calm morning with time to sip your tea. Or choosing a 30-minute walk over a rushed Uber ride, so that you can enjoy the breeze. That's Yutori. It's living with a buffer, where you're not stretched thin or constantly racing against time.

Yutori in Education: A Movement That Sparked a Debate

The term gained national attention in the early 2000s when Japan introduced Yutori education, an attempt to reduce academic pressure on school children. The idea? Fewer school hours, less rote learning, and more room for creativity and emotional development.

Sounds dreamy, right? But it was controversial. Critics argued that students under Yutori educa-

tion lacked discipline and competitiveness. Some even called them the 'Yutori Generation,' often unfairly linked to a decline in academic performance. Yet, this generation is now bringing balance back into Japan's work-holic culture. Many young Japanese adults today embrace Yutori not as laziness, but as a way to work smarter, live fuller, and care deeper.

Yutori vs Hustle: The Global Tug-of-War

While much of the world, especially in urban India, continues to chase productivity, hustle culture is slowly wearing people down. Burnouts are rising, and mental health is taking a hit. In this chaos, Yutori feels like a warm, comforting hug. It encour-

ages intentional pauses. Not everything has to be optimized. Not every second has to be productive. Sometimes, it's okay to just be.

Think about it. When was the last time you did nothing, and felt good about it?

What Can India Learn from Yutori?

India, like Japan, has a deeply rooted culture of discipline and achievement. Whether it's competitive exams, tech careers, or startup sprints, we've long celebrated the 'no pain, no gain' philosophy. But now, with urban burnout rates rising and Gen Z prioritizing work-life balance, we're at a turning point.

Imagine if Indian schools allowed more room for play and

creative thinking. If offices normalized short midday breaks without guilt. If weekends were sacred against chronic stress. Already, some Indian startups are experimenting with 4-day work weeks, no-meeting days, and mental health leaves. These are, in a way, Yutori in action, creating breathing room in systems that are otherwise gasping for air.



How to Bring Yutori into Your Life

You don't have to move to Kyoto to experience Yutori. Here are a few small ways to add it to your everyday routine!

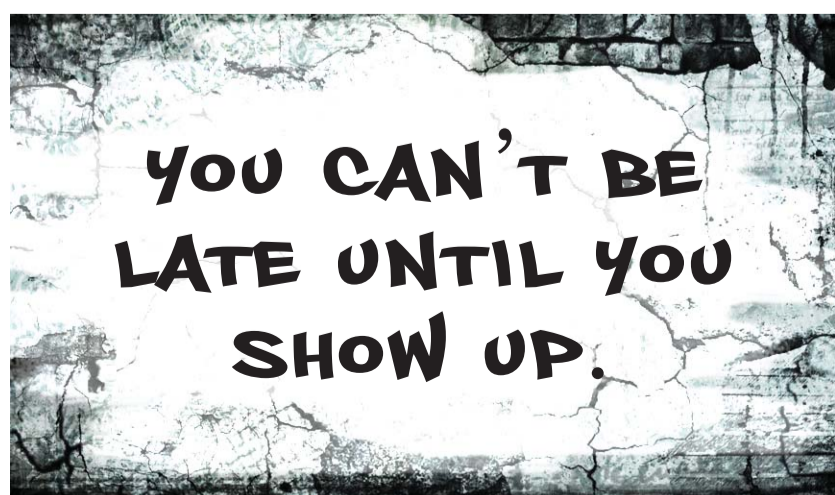
- Schedule buffer time between meetings. A 15-minute pause can do wonders.
- Say no more often. Every 'no' to clutter is a 'yes' to clarity.
- Enjoy slow mornings, wake up a little earlier, stretch, breathe.
- Practice single-tasking. One thing at a time. Mindfully.
- Declutter your physical space. A tidy desk is a tidy mind.

Yutori and the Art of Being Human

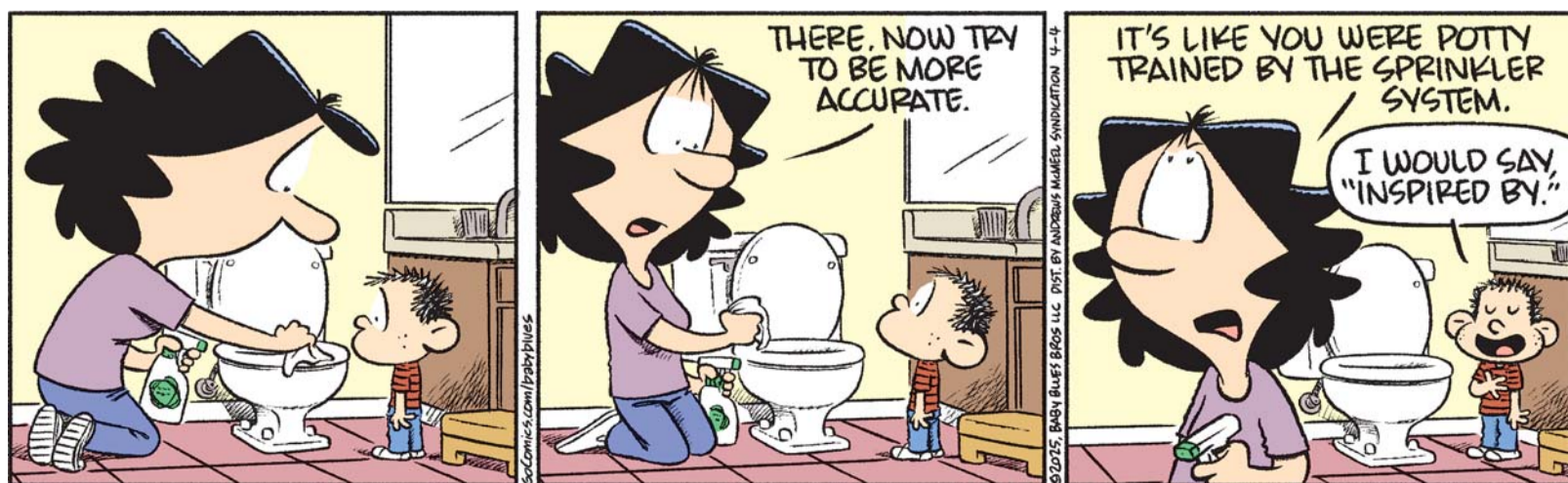


At its core, Yutori reminds us that we're not machines. We're not meant to run endlessly on deadlines, caffeine, and hustle. We need space, to feel, to rest, to think, to be. And that space is not a luxury. It's essential. So, this week, try this: Do one thing the Yutori way. Walk slower. Eat without a screen. Take a guilt-free nap. Observe what shifts inside you. You might just find that in slowing down, you actually get closer to what really matters.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman