ARBITit happens here...

#INTERNATIONAL TEA DAY

Celebrating India's Timeless Love Affair with Tea

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





very year on May 21, the world comes together to cele brate International Tea Day, a day dedi cated by the United Nations to honou

he 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 bever age here, it's woven deeply into the fabric of everyday life, regional culture, and mil lions of livelihoods.

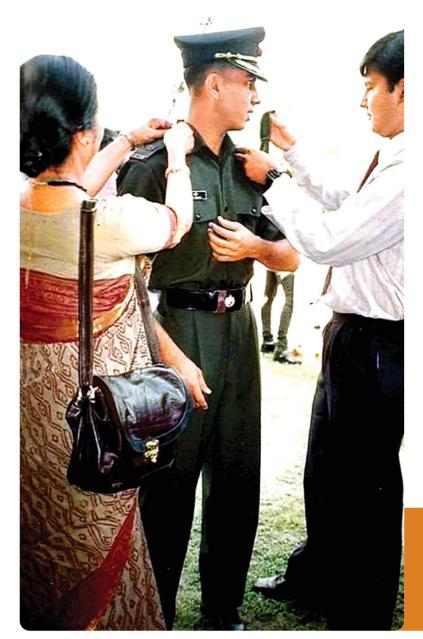
India's tea story began in the 19th century, flourishing regions like Assam, Darjeeling, and Nilgiris. These areas are known for their distinctive tea varieties that delight palates globally. Today, the Indian tea industry supports over 1.5 million smallholder farmers and workers, many from rural and tribal communities, making it a backbone of rural employment and economic growth. International Tea Day offers an opportunity to recognize these hardworking indi viduals 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 vields and quality, making sustainable agricultural prac-

tices 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-



tributing significantly to the sector's resilience. For Indian tea lovers, International Tea Day is also a moment to savor the simple joy of a wellbrewed cup, from the robust Assam chai to the delicate flo ral notes of Darjeeling. It's a day to appreciate the centuries-old traditions and the social rituals surrounding tea. from roadside stalls to family gatherings. By choose ing ethically sourced and sustainably grown teas, consumers can support fair trade practices that ensure better wages and working conditions for tea garden workers. Awareness campaigns and fes tivals across India on this day celebrate the nation's deep connection to tea, blending cultural pride with a commitment to sustainability.

In essence, International Tea Dav in India is a celebration of heritage, hard work. and hope. It reminds us that every sip of chai carries the stories of countless hands and hearts, and it urges us to protect the future of this beloved beverage and the communities that nurture it. As India honours International Tea Day it also recommits to preserving tea's legacy, one that nourishes not just the body, but the spirit of a nation.



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Information and Broadcasting.

Since their jobs demanded them to

tour across the country and per-

form for soldiers posted in border

areas, Captain Haneef Uddin lived

with his grandmother in Old

It was only after the demise of

Delhi during his formative years

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

Shivaji College, University of

Delhi, he was also crowed as Mr.

his graduation in science at the

of high-altitude warfare.

The war lasted for a span of

🗧 Anusha Mishra



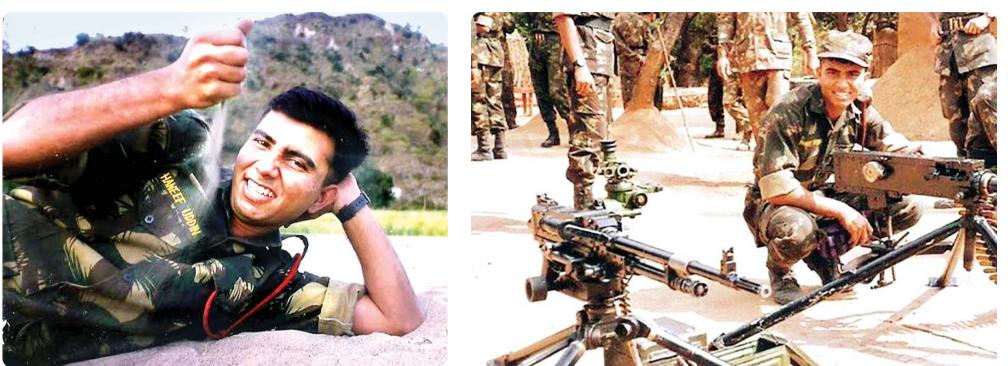
fought on one of the most difficult and inhospitable terrains in the world. The war lasted for a span of approximately two months in which the Tri-Services, Indian Army, Indian Air Force, and the Indian Navy, came

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 highaltitude 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 Haneet 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 Karchan 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



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



discipline and ambition distinguished him. Despite having an offer of a lucrative career in comnuters 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

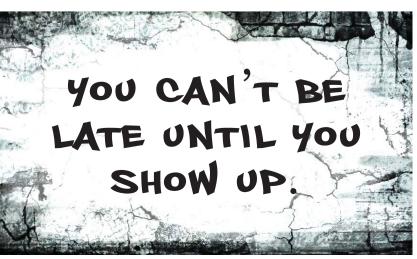
Shivaji. Captain Haneef Uddin's

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

in the process of de-inducting, was quickly moved through Tutuk-Lungpa to occupy defences aptain Haneef Uddin's discipline on the LOC at Point 5500 and adjaand ambition distinguished cent areas. The entire area was him. Despite having an offer of a dotted with deadly crevasses and the last point of communication lucrative career in computers, he was a small Post Zangpal, which was determined to join the Indian was six kms before the Karchen Army. In conversation with author Glacier. By 22 May, 1999, Colonel Mrs. Rachna Rawat Bishti, Mrs. Anil Bhatia, Commanding Officer Hema Aziz smiles nostalgically as of 11 RAJ RIF, had ensured that she recalls her conversation with the Battalion had firmed in and no her son on the matter and how further intrusion could take place. overjoyed he was when she asked On the night of 06-07 June, him to choose his dream. 1999, in an attempt to identify the enemy positions along Point 5590, Captain Haneef Uddin volun-

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, RAJPUTANA RIFLES, which was

THE WALL



BABY BLUES



Accompanied by Naib Subedar







World Meditation Day: Embracing Inner Peace

orld 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. Norld Meditation Day serves as a reminder that taking time for quiet reflection can transform our minds and lives for the better.

Kargi In Retrospect



Inspired by the sacrifice of their

oung officer, his team established

foothold on the mountain and

Due to incessant enemy fire, it

was only forty-three days later on

18 July, 1999 that the frozen bodies

of their fallen heroes, one of them

being Captain Haneef Uddin, were

extricated. For the display of

exemplary leadership and gal-

lantry beyond the call of duty.

ed Vir Chakra posthumously.

Captain Haneef Uddin was award-

Malik, then Chief of the Army

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extricate the body of my dead son,

but when the war ends. I want to

visit the place where my son took

his last breath." Captain Haneef

Uddin was a brave son of a brave

mother. He lives forever in the

knew him. In the honour of his

sacrifice, the Sub-Sector West was

renamed as the Haneef Sub Sector

and it is where the Indian Army

continues to stand vigil every day.

years of Kargil War, yet the

thought of grief, experienced by

people who lost their loved ones,

leaves me with an unsettling feel-

rajeshsharma1049@gmail.com

ing, which is often a mix of pride

This year marks twenty-five

memories of everyone who ever

When General Ved Prakash

held it against all odds.

given a rest period but the Kargil teered to natrol Karchen Galcier Mangej Singh, he led a special mission patrol, consisting one Junior Commissioned Officer and twelve Other Ranks. Advancing through sub-zero temperatures along the sharp razor edge from the South-Westerly direction, the 11 patrol reached as near as 200 meters to the enemy positions.

W hen General Ved Prakash Malik, then Chief of the

Army Staff, informed Mrs. Hema Aziz about the possible delay in recovering the body of her brave son, she politely said, "I wouldn't want a son of another mother to die to extricate the body of my dead son, but when the war ends, I want to visit the place where my son took his last breath.

However, the patrol was spotted by the enemy and carried out indis criminate fire upon them. Captain Haneef Uddin and two Other Ranks bore the brunt of enemy fire. Acting upon his instincts. Captain Haneef Uddin, with sole intention of safeguarding his men from the enemy fire and providing them a passage to extricate, took up a position and opened fire to pin down the enemy. Despite being grievously injured and bleeding profusely, this valiant officer chose to save lives of his team over his own.

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.

अमर तवान

and pain.

#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.

ver 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?

n Japanese, Yutori loosely L 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

he term gained national attention in the early 2000s when Japan introduced Yutori education, an attempt to reduce academic pressure on school chil dren. 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 workaholic culture. Many young Japanese adults today embrace Yutori not as laziness, but as a way to work smarter, live fuller,

Yutori vs Hustle: The Global Tug-of-War

TT hile much of the world, ages intentional pauses. Not VV especially in urban India, everything has to be optimized. 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-

What Can India Learn from Yutori?

🛭 ndia, like Japan, has a deeply I 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

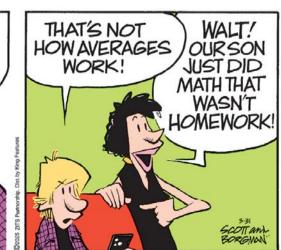
HOW CAN THEY ALWAYS

BE "EXPERIENCING A

HIGHER VOLUME OF

CALLS THAN USUAL "?

By Jerry Scott & Jim Borgman





ZITS



and care deeper

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?

secret weapon against chronic

stress. Already, some Indian start-

ups 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.

creative thinking. If offices normalized short midday breaks without guilt. If weekends were sacred again. Yutori could be our







How to Bring Yutori into Your Life

V ou 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**



t its core. Yutori reminds us A that we're not machines. We're not meant to run endlessly on dead lines, 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 nside you. You might just find that in slowing down, you actually get closer to what really matters.