



World Reef Awareness Day: A Call to Protect Our Ocean's Rainforests

Observed every year on June 1, World Reef Awareness Day shines a spotlight on the importance of coral reefs and the urgent need to preserve them. Often called the rainforests of the sea, reefs support 25% of all marine life, protect coastlines, and sustain millions of livelihoods. But pollution, overfishing, and climate change threaten their survival. This day encourages individuals, organizations, and governments to take action, whether through reducing plastic use, supporting reef-safe products, or backing marine conservation efforts. Saving coral reefs means safeguarding the future of our oceans and our planet.

#TRENDS & TECHNOLOGY

Status, Upgraded

From voice notes with vibrant backdrops to emoji-free avatar reactions, WhatsApp is turning its Status tool into a personalised, creative playground for daily expression.



Let's be honest, how many times have you opened WhatsApp Status just to scroll through grainy selfies, cryptic quotes, or back-to-back vacation slideshows? Well, the next time you do, don't be surprised if it looks a little more alive. WhatsApp is giving its Status feature a glow-up, and



Voice Status Updates Just Got a Visual Boost

Remember when you could only post a plain voice note on Status? Now, imagine pairing your 30-second voice update with a vibrant background that matches your vibe, sunset orange for a sleepy update, deep blue for that moody midnight musing. With this new feature, WhatsApp lets you dress up your voice notes, making

them feel more like voice postcards and less like audio footnotes. It's ideal for those who love talking but shy away from typing.

**Try This:** Want to wish someone a happy birthday in a unique way? Record your voice message and pair it with a confetti-themed background. Boom - personal and festive.

Meet Your Reaction Avatars

Say goodbye to generic emojis. WhatsApp now lets you react to someone's Status with a custom avatar: a digital mini-you. Whether you're raising an eyebrow, clapping, or sending virtual hearts, your avatar does the emoting for you. This move adds a touch of

whimsy and identity to Status reactions, making even a simple 'thumbs-up' feel like it came from you, not your emoji keyboard.

**Tip:** Make sure your avatar is updated and customised, your reaction game just got a lot more personal.

Text Status, But Make It Fashion

If you're the type who loves putting up quotes, reminders, or even passive-aggressive one-liners (we see you), the upgraded text editor is your new best friend. Now, you can change fonts, add colour gradients, and tweak

the background to reflect your mood, elegant, bold, mysterious, or even chaotic (in the best way). **Fun Idea:** Start a daily "Thought of the Day" Status series with funky fonts and vibrant backdrops to keep your contacts curious.

Privacy in a Tap

One underrated but powerful update? Quick-access privacy settings. You can now control who sees each Status

update, all from the post screen. No more diving deep into settings every time you want to hide a post from that nosy uncle.

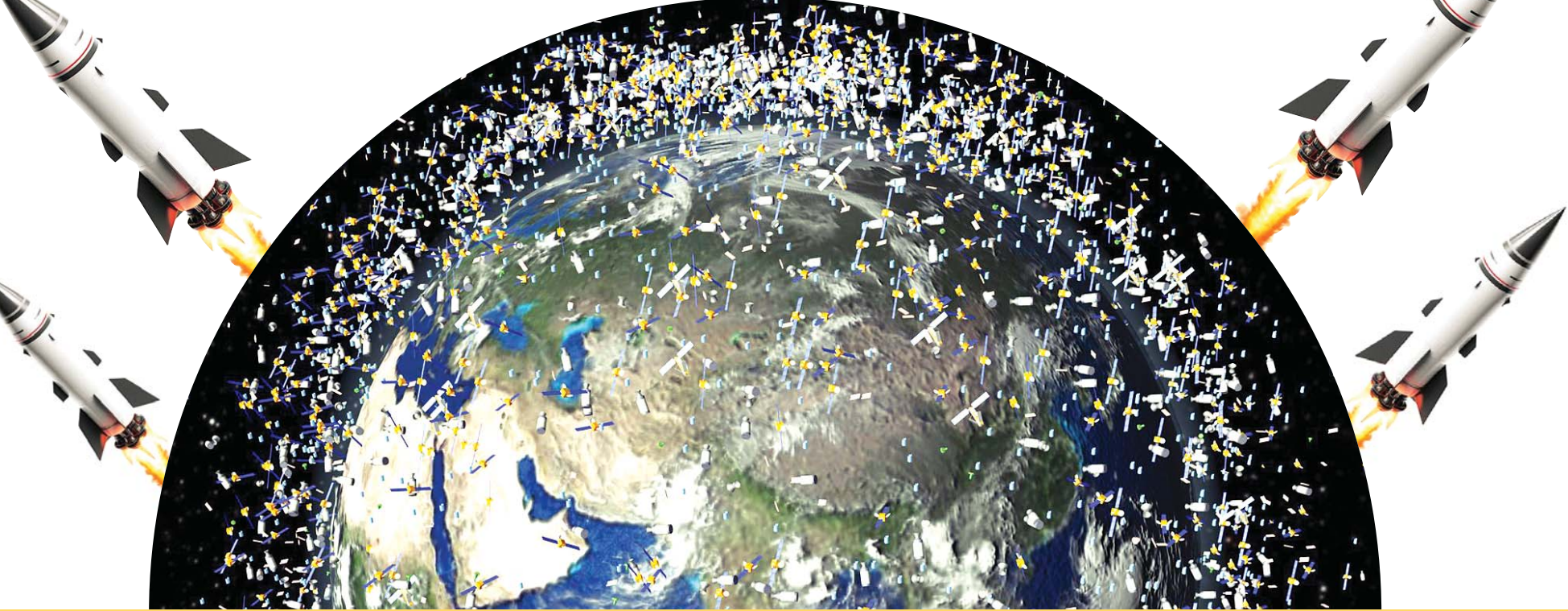
Smarter Links, Sharper Previews

Sharing articles, videos, or invites via Status just got smoother. Now, when you paste a link, WhatsApp automatically generates a preview, so, your viewers know what they're clicking into, no mystery, no mess. So, whether you're sharing a

laugh, a life update, or just a lyric that hits hard, WhatsApp's new Status features make it easier, and more fun, to stay connected in your own unique voice. Your Status isn't just a post. It's a vibe. And now, it finally looks like one, too.



It's Space Warfare Now



The militarisation of space has been a topic of intense political debate. On one hand, nations recognise that space is a critical national security asset and are increasingly investing in space-based military capabilities, from satellite defence to anti-satellite weapons. On the other hand, there are international treaties, such as the Outer Space Treaty of 1967, that seek to prevent the weaponisation of space and promote the peaceful use of space. Yet, as we are seeing today, the line between peaceful space activities and military operations is increasingly blurred. The growing reliance on space for communication, navigation and intelligence means that denying an adversary access to space could have catastrophic consequences. In this context, space is not only a strategic domain but also a political battleground, where military actions can escalate tensions and lead to long-term diplomatic fallout.

Space Warfare and Terrestrial Warfighting Principles

Space Warfare, at its core, mirrors the same principles that have governed terrestrial conflict for centuries. Commanders on Earth employ military means, be it soldiers, tanks or aircrafts, to transmit their intent, resolve and will on adversaries. The tools and methods may differ, but the basic objective remains the same: to achieve dominance, whether through combat, deterrence, or manipulation of adversary actions. In the case of Space Warfare, these tools are rockets, satellites and ground-based stations that help project military might from the vastness of space. These tools allow commanders to send commands, collect intelligence, and if necessary, neutralise threats, making Command and Control (C2) a critical aspect of this new form of warfare. In space, just as on ground, the ability to transmit intent and resolve to adversaries is vital to achieving



military objectives. However, unlike traditional warfare, space introduces new challenges. The expanding domains of space, combining orbital operations, electronic warfare, cyber warfare and kinetic operations, mean that the traditional principles of warfighting must adapt. The stakes are higher, and the consequences of military actions are more complex, as the space domain is not a static battlefield but one that continuously evolves with new technologies and capabilities.

Space Warfare as Part of Multi-Domain Operations (MDO)

In modern military doctrine, Space Warfare does not exist in isolation. It is an integral part of the broader concept of Multi-Domain Operations (MDO). MDO

is a framework that encompasses the coordination and integration of operations across multiple domains, land, air, sea, cyber and space, to achieve strategic objectives. Space plays a crucial role in MDO by enabling global situational awareness, precision targeting, communication and navigation. It serves as the backbone for intelligence gathering, surveillance and reconnaissance, which are essential to modern military operations. Space is the strategic enabler that links all the domains together. It is the force multiplier that allows military forces to operate efficiently, respond to threats in real-time, and maintain operational superiority. But Space Wars, even when integrated into MDO, present unique challenges. The dynamic nature of space means that military actions in space must be carefully coordinated, as the consequences of actions in space can have long-lasting effects not only on military operations but also on civilian infrastructure and global security.

#NEW AGE

The Absence of a Long History in Space Strategy

One of the unique aspects of Space Warfare is that space strategy planning does not yet have the benefit of a long history. Unlike traditional military domains, where lessons learned from centuries of combat have shaped tactics, technologies and doctrine, space is still a relatively young domain for military operations. The first space-based military actions were only initiated in the latter half of the 20th century, and it is only in recent decades that space has become a true theatre of military conflict.

The strategic thinking around space is still evolving. The rules of engagement, tactics and counter-

measures are being developed in real-time as space-faring nations race to assert their dominance. Space operations are often shrouded in secrecy, making it difficult for the public or international community to fully understand the scale and scope of the military activity taking place in space. Because of this, space strategy and tactics remain a work in progress. Military forces are still grappling with how to effectively integrate space into broader military campaigns, and how to ensure that space capabilities are defended against adversaries who seek to deny access or disrupt operations.



The Political Nature of Space Warfare

Space Wars are highly political by nature. Unlike traditional warfare, where the focus is primarily on physical terrain, space warfare involves a global common that is used by both military and civilian entities. The geopolitical landscape surrounding space is complex, and the consequences of military actions in space are far-reaching, affecting not just the military balance of power but also international relations and global cooperation in space.

The militarisation of space has been a topic of intense political debate. On one hand, nations recognise that space is a critical national security asset and are increasingly investing in space-based military capabilities, from

satellite defence to anti-satellite weapons. On the other hand, there are international treaties, such as the Outer Space Treaty of 1967, that seek to prevent the weaponisation of space and promote the peaceful use of space. Yet, as we are seeing today, the line between peaceful space activities and military operations is increasingly blurred. The growing reliance on space for communication, navigation and intelligence means that denying an adversary access to space could have catastrophic consequences. In this context, space is not only a strategic domain but also a political battleground, where military actions can escalate tensions and lead to long-term diplomatic fallout.

The Long-Term Effects of Military Actions in Space



One of the most significant challenges of Space Warfare is the long-term impact that military actions can have on space itself. When military operations occur in space, they can create debris, collateral damage and electronic disturbances that can have lasting consequences for both military and civilian activities. For example, anti-satellite (ASAT) weapons can destroy satellites, creating clouds of space debris that pose a threat to both military and civilian spacecraft. This debris can remain in orbit for years, if not decades, and can interfere with the operations of satellites, disrupt communications, and even endanger human life aboard spacecraft or the International Space Station (ISS). The impact of debris is not limited to the military; it can disrupt critical civilian infrastructure that

relies on space for everything, from weather forecasting to Global Positioning Systems (GPS). Similarly, electronic warfare in space, whether through jamming or spoofing, can disrupt communications and navigation systems, causing significant damage to military operations and civilian applications. The long-term effects of such disturbances are difficult to predict, but they can fundamentally alter the way nations use and rely on space.

In addition to debris and electronic warfare, the military use of space can also create strategic vulnerabilities. The more a nation depends on the space-based assets, the more vulnerable it becomes to attacks targeting those assets. Thus, the military must balance the need to leverage space for strategic advantage with the risks that such reliance poses.



Conclusion

Space Warfare is not just about launching rockets or deploying satellites into orbit. It is about comprehensive space battle management that integrates space capabilities with terrestrial military operations in a way that reflects the principles of warfighting, commanders transmitting their intent, resolve and will through increasingly complex and expanding military means.

As we continue to navigate this new frontier, we must recognise that Space Wars are as much about political power and geopolitical manoeuvring as they are about military strategy. The consequences of military actions in space are far-reaching, with long-

term effects on space itself, on international relations, and on the future of warfare.

In the coming years, as space becomes an even more critical domain of national defence, it is essential that we develop comprehensive strategies, enhance cooperation among space-faring nations, and be mindful of the long-term impact of our actions in space. It is therefore significant to understanding the complexities and risks involved in Space Warfare, while also highlighting the strategic, political and long-term consequences of military actions in the space domain.

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#JIN SHIN JYUTSU

Japan's Ancient Art of Stress Relief

Discover how this gentle, touch-based practice harmonizes energy, alleviates stress, and promotes holistic well-being.

In our fast-paced modern world, stress has become an almost constant companion. While various methods exist to combat this silent adversary, one ancient Japanese healing art offers a unique, gentle approach: Jin Shin Jyutsu. Rooted in centuries-old traditions, this practice emphasizes the power of touch to restore balance and harmony within the body.



Incorporating Jin Shin Jyutsu into Daily Life

One of the most empowering aspects of Jin Shin Jyutsu is its accessibility. With basic knowledge, individuals can practice self-help techniques daily. **Finger Holds:** Gently hold each finger for a few minutes while breathing deeply to harmonize corresponding emotions and organ functions. **SEL Sequences:** Learn specific sequences targeting particular issues, such as fatigue or anxiety. By dedicating just a few minutes each day, one can experience increased vitality, reduced stress, and a deeper connection to oneself.

What is Jin Shin Jyutsu?

Jin Shin Jyutsu (pronounced 'jit-soo') translates to 'The Art of the Creator through the Compassionate Person.' This healing modality focuses on harmonizing the body's energy by applying gentle touch to specific points, known as Safety Energy Locks (SELS). There are 26 SELs located

along energy pathways throughout the body. When energy flows freely through these pathways, we experience physical, mental, and emotional well-being. However, blockages can lead to discomfort or illness. By using our hands to hold these points, we can release tensions and restore balance.

A Glimpse into History

While Jin Shin Jyutsu's origins trace back to ancient times, it was rediscovered in the early 20th century by Jiro Murai, a Japanese philosopher. Facing a life-threatening illness at the age of 26, Murai retreated to the mountains, where he fasted and practiced meditation and finger poses inspired by ancient texts. After seven days, he experienced a profound healing, which led him to dedicate his life to studying and

teaching this art. One of Murai's prominent students, Mary Burmeister, played a pivotal role in introducing Jin Shin Jyutsu to the Western world. An American of Japanese descent, Burmeister met Murai in Japan and studied under him. Upon returning to the United States in the 1950s, she began teaching and sharing this healing art, emphasizing self-help and the innate ability of individuals to heal themselves.

How Does It Work?

Unlike acupuncture, which uses needles, Jin Shin Jyutsu relies solely on touch. Practitioners or individuals place their fingertips on specific SELs, either on themselves or others, to harmonize energy flow. This practice can be done fully clothed and requires no special equipment. For

instance, holding the thumb is believed to alleviate worry and digestive issues, while holding the index finger can help with fear and kidney-related concerns. By understanding the associations between fingers, emotions, and organs, individuals can tailor their practices to address specific needs.

Benefits of Jin Shin Jyutsu

Regular practice of Jin Shin Jyutsu offers a multitude of benefits:

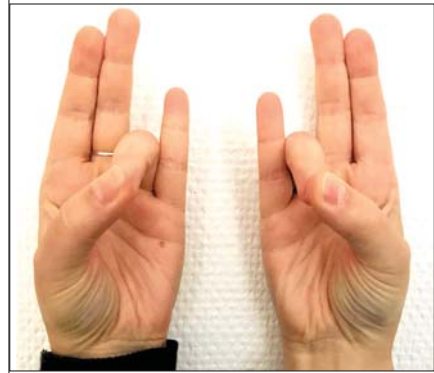
- Stress Reduction:** By calming the nervous system, it helps alleviate anxiety and promotes relaxation.
- Pain Relief:** It can assist in easing chronic pain, headaches, and muscle tension.
- Enhanced Circulation:** Stimulating energy flow improves blood circulation and oxygen delivery.

- Emotional Balance:** Helps in managing emotions like anger, fear, and sadness.
  - Support for Chronic Conditions:** Beneficial for individuals dealing with conditions like arthritis, insomnia, and fatigue.
- Moreover, Jin Shin Jyutsu has been applied beyond human health. Practitioners have used it to calm anxious animals, demonstrating its versatility and gentle nature.



Seeking Guidance

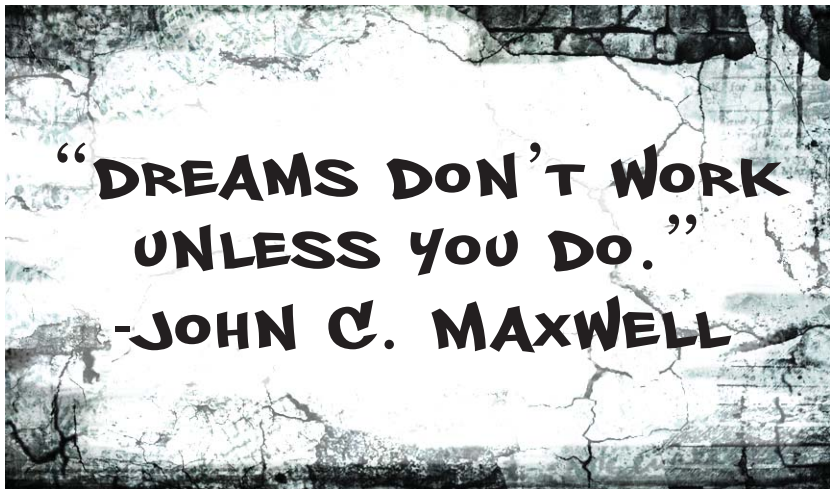
While self-practice is beneficial, consulting a certified Jin Shin Jyutsu practitioner can provide personalized sessions tailored to individual needs. These sessions often last about an hour and involve the practitioner applying gentle touch to specific SELs, facilitating deep relaxation and healing.



Embracing the Art of Compassionate Healing

In a world where stress and disconnection are prevalent, Jin Shin Jyutsu offers a path to inner harmony and self-awareness. By tapping into the body's innate wisdom and using the simple power of touch, we can navigate life's challenges with grace and resilience.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman