

Celebrating Global Standardization

April 7 marks Metric System Day, celebrating the world's most widely used measurement system. Adopted in 1795, the metric system ensures consistency in trade, science, and daily life. With units like meters, kilograms, and liters, it simplifies calculations and fosters global collaboration. Most countries follow it, enhancing accuracy in industries like medicine and engineering. This day reminds us of the system's efficiency and its role in technological advancements. As we embrace precision and uniformity, Metric System Day highlights the importance of a common language of measurement in a connected world.

#HEALTH

Bubbling Your Way to a Better Voice

The Celebrity-Favourite Water Tongue Trills Exercise!



Have you ever wished for a voice as smooth as your favourite singer or as commanding as a top speaker? Well, here's a little secret, many of them practice a fun, easy, and surprisingly effective vocal exercise, Water Tongue Trills! Whether you're a singer, speaker, or just someone who loves to experiment with their voice, this technique can work wonders for you. And the best part? You'll feel like a kid playing with bubbles while improving your voice!

What is the Water Tongue Trills Exercise?

Imagine humming, bubbling, and breathing, all coming together in one simple exercise. By using a straw submerged in water and exhaling while rolling your tongue in a trill (think of a



Why Should You Try It?

- 1. Strengthens breath control.
- 2. Smoothens vocal transitions.
- 3. Reduces throat tension.
- 4. Enhances vocal resonance for a richer, more vibrant sound.

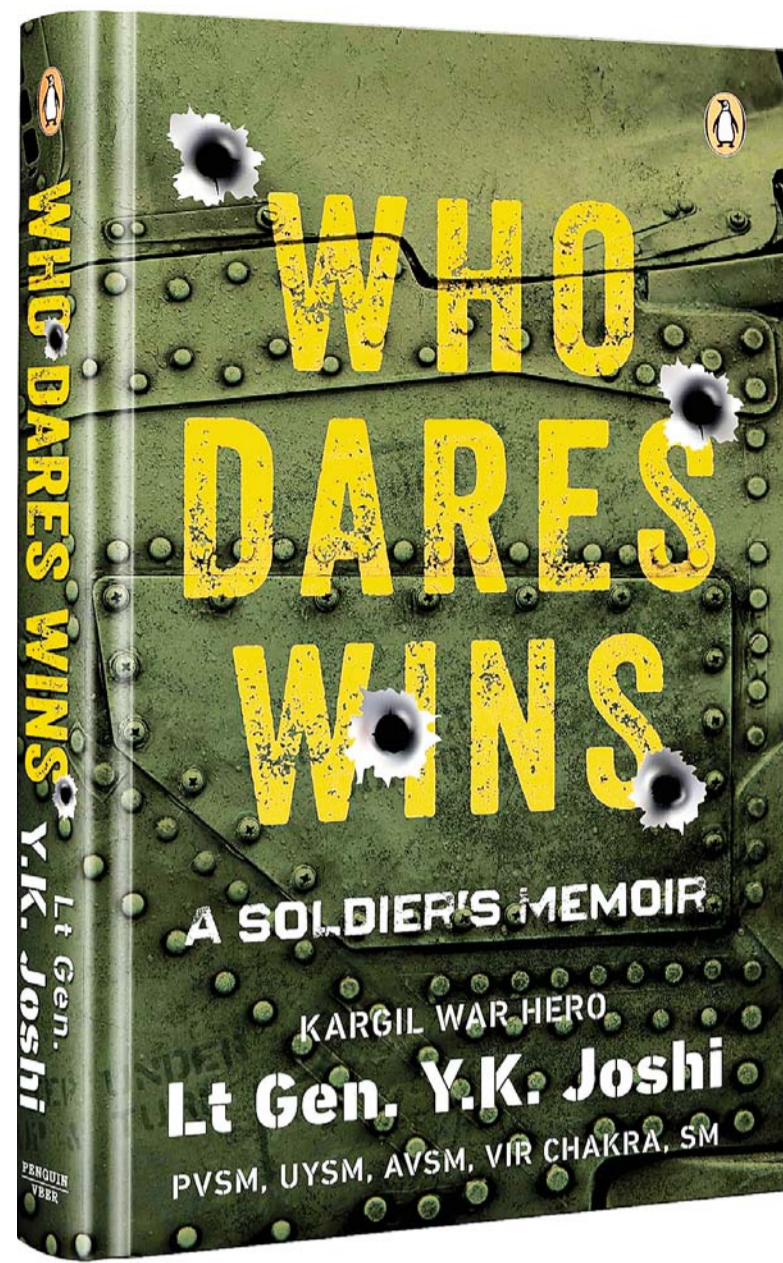


Let's Get Bubbling!

1. Grab a glass and fill it halfway with water.
2. Take a straw and place it in the water.
3. Inhale deeply and exhale through the straw while rolling your tongue in a trill, watch the bubbles form!
4. Keep the airflow steady and play around with different pitches.
5. Do this for a few minutes and enjoy the refreshing sensation!

Make It a Habit

Want a voice that captivates? Try adding this to your daily routine! Use it as a warm-up before singing, a prep before a big speech, or just as a fun way to wake up your vocal cords. Before you know it, you'll be speaking and singing with more clarity and confidence. So, what are you waiting for? Grab a straw, start bubbling, and let's get that voice sounding better than ever!



Who Dares Wins is not just the story of Lieutenant General YK Joshi but a culmination of his experiences shared with remarkable officers and soldiers who shaped his life and career. The high point of course being the outstanding achievements by his Battalion under his command during Operation Vijay and he unhesitatingly states that '13 JAK RIF, whose loyalty and bravery are quintessential, has been the wind beneath his wings.' But while helping him soar, it was also the cushion which broke his fall whenever he fell!

Writing an autobiography comes with its huge challenges. The principle being that the events covered have had an impact on the author in a manner which they are unaware of, and hence shape their perspective and perceptions. But Joe, as General Joshi is called, has displayed rare clarity while simultaneously giving an intimate glimpse of his thoughts and experiences as well insight into the various genres of conflict. The books opening Chapters reveal how a young boy, the first from his family to join the Army, is shaped by his time in the



National Defence Academy, Khadakvasla and the Indian Military Academy, Dehradun and is a changed man after his passing out parade with a new sense of confidence, purpose and disciplined professionalism. On joining his Battalion in Nagaland, his Commanding Officer, Lieutenant Colonel Kubir Singh Jamwal, ensured that he was groomed in a manner that he had strong foundation, and thereafter, he excelled in whatever assignment he held.

About the Author

Lieutenant General YK Joshi was the Northern Army Commander during Operation Snow Leopard. He had the distinction of commanding his Brigade in Eastern Ladakh and also the Division in the same area, as well as 14 Corps. He also served as the Additional Director General of Military Operations Branch in the Army HQ during the critical period of Surgical Strikes against Pakistan in 2016 and was responsible for the planning of the operations. Fluent in mandarin, he has been India's Defence Attache in China and can rightfully be called one of the Army's finest minds in China.

During the Kargil War, as the Officiating Commanding Officer of 13 JAK RIFLES, he was awarded the *Vir Chakra* for his courage and leadership and the Battalion launched four attacks, most successful of which was on Pt. 4875, which is now called Batra Top. The Battalion was conferred with the title of the 'Bravest of the Brave' and awarded with two Param Vir Chakras.



WHO DARES WINS

#BOOK REVIEW

The Book

There are many aspects to the book as General Joshi's career in the Army covered a period of over forty years. He served in varied terrains across the spectrum of the country and being tenanted some of the most prestigious appointments. He was also witness to the transformation of India's security environment during this period, and hence, the reader is given an insight not only to his unique leadership qualities but also the inner workings and ethos of the Indian Army as it met multiple challenges. But the heart of the memoir lies in his account of the strategically important features of Point 5140 and Point 4875 and being awarded two Param Vir Chakras is well documented. What is important in his account is the rare granular insight on how the 'impossible had been made possible' and his leadership stood out in the most adverse situations. There was an enormity in what the Battalion had achieved.

Through a gripping narrative of decisive moments on the battlefield, and the responsibilities of leadership, he gives an insight into the emotions, resilience, discipline, determination and innovations demonstrated, which included using the Bofors in a direct firing role by the Indian Army in the conflict. He also states that the 'media played a very important role during the war and drummed up nationalist feelings amongst the youth of the nation.'

But 'adjusting to normal life after experiencing the trauma of war was a challenging journey.' The loss of colleagues, no doubt, is a heavy burden and the emotions even affect the reader but as he says while referring to Major Vikram Batra, 'his infectious enthusiasm and never say die spirit live on with each one

of us who had the privilege and honour of serving with him.' He also states how 'the Indian Army, out of professional courtesy and respect, gave a befitting burial to enemy soldiers in accordance with their religious customs while their own country had disowned them.'

In keeping with the traditions of the Indian Army, he shared a phenomenal working relationship. There are also insights into his colleagues and subordinates such as Major General Alok Kacker, who as a Captain in Infantry School, Mhow, had taught him how to fire an anti-tank missile, years later, firing the missile on an enemy bunker at Point 4875 became a battle winning factor, Major General Pratik Sharma, who was the most stoic and balanced GOC, as well as his Staff Officers, Lieutenant Colonel Harsh Vardhan, who always offered 'blunt yet sane advice' and Colonel Munish Tamang, whose industriousness and dedication stood out in the most stressful conditions.

What, of course, has not been covered is Operation Snow Leopard, which took place when he was the Northern Army Commander. We now await the sequel to this book with the lens on Operation Snow Leopard.

The book also gives an insight into those he had served under such as Lieutenant General Mohinder Puri, the fleeting encounter over a while would become something so sacred as he became his 'mentor and guide,' General Bikram Singh whom he served under in the Military Operations Branch of the Indian Army, the 'Cage' remains the nerve centre of the Army. The book also gives an insight into those he had served under such as Lieutenant General Mohinder Puri, the fleeting encounter over a while would become something so sacred as he became his 'mentor and guide,' General Bikram Singh whom he served under in the Military Operations Branch, and thereafter, states that his frequent interactions along with his colleague, Brigadier (later Lieutenant General) Arvind Datta, when he was the

Chief, made him realise that a military leader must ride the knowledge wave or else would get overwhelmed.

He states that Lieutenant General Ranbir Singh, whom he took over from as a Brigadier in Military Operations Directorate and later as the Northern Army Commander, was 'a thorough professional with whom he shared a phenomenal working relationship.' There are also insights into his colleagues and subordinates such as Major General Alok Kacker, who as a Captain in Infantry School, Mhow, had taught him how to fire an anti-tank missile, years later, firing the missile on an enemy bunker at Point 4875 became a battle winning factor, Major General Pratik Sharma, who was the most stoic and balanced GOC, as well as his Staff Officers, Lieutenant Colonel Harsh Vardhan, who always offered 'blunt yet sane advice' and Colonel Munish Tamang, whose industriousness and dedication stood out in the most stressful conditions.

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The book must not only be part of essential reading by those who are students of India's security environment, but also holds valuable insights for the decision-makers as well as those interested in India's military history.

Weaving personal anecdotes with military events and actions, *Who Dares Wins* deserves broader reading as it opens a window into the values, leadership and life of those who serve with courage, commitment and purpose.

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Conclusion

There is no doubt that this is a wonderfully written memoir which is rich in facts and covers India's contemporary military history from the sharp look of a professional and practitioner. The book has relevant lessons across all domains and gives a rare insight into not only the ethos of the Indian Army but also the complexities of challenges faced by those who don it uniform.

A book that is difficult to put down once you have picked it up. It is an easy to read, yet the canvas covered by the lens of General YK Joshi is immense as he delves into several aspects of the contemporary *avatars* of warfare from various levels, from counter-insurgency to conventional operations in the myriad terrains of India, with a special focus on our Northern borders.

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#ENTERTAINMENT

Dolby Cinema Arrives in India

Lights, Sound, Magic! The Future of Cinema is Here!



Picture this: You settle into a plush recliner, the lights dim, and suddenly, the screen comes alive with unparalleled clarity, jaw-dropping colors, and sound that moves around you like magic. You're not just watching a movie, you're living it! That's the power of Dolby Cinema, and guess what? It has finally arrived in India!

If you thought cinematic perfection was reserved for Hollywood, think again. India's movie-watching experience is about to be revolutionized, and you're invited to be part of it! Whether you're a die-hard Bollywood buff, a Marvel fanatic, or someone who just loves a good story told with spectacular visuals, Dolby Cinema promises to take your experience to a whole new dimension.



What Makes Dolby Cinema Special?

Imagine stepping into a theatre where every detail is designed for the ultimate viewing experience. Dolby Cinema combines Dolby Vision and Dolby Atmos, two cutting-edge technologies that deliver breathtaking clarity, vibrant colors, and a sound system so immersive that it feels like you're inside the movie itself!

Dolby Vision: Say goodbye to dull visuals! Dolby Vision offers deeper blacks, incredible contrast, and lifelike colors that pop right off the screen. Whether it's the fiery explosions of an action blockbuster or the delicate hues of a sunset in a romantic drama, every frame is a masterpiece.

Dolby Atmos: The sound moves all around you, from the faintest whisper to the most intense explosion, making you feel every moment with spine-tingling realism. Imagine hearing raindrops trickling above you, footsteps creeping behind you, or a spaceship soaring past. Dolby Atmos makes it all feel real.

Luxury Seating and Design: Dolby Cinema venues are designed for comfort, featuring premium recliner seating, a sleek modern aesthetic, and perfect sightlines for every seat in the house. Forget about craning your neck, every seat is the best seat!

First Stop: Mumbai!
The first-ever Dolby Cinema in India has been launched in Mumbai, bringing Hollywood-style premium cinematic experiences to our hometown film buffs. The first location is none other than the iconic PVR ICON, Phoenix Palladium, giving movie-goers a chance to witness cinematic brilliance in a way they've never experienced before.

What's on the big screen?
The launch is perfectly timed with a lineup of major Hollywood and Bollywood blockbusters. Expect everything from Marvel and DC epics to grand Indian spectacles like *Baahubali*, all enhanced by Dolby Cinema's mind-blowing tech.

Why Movie Fans Should Be Excited
This isn't just another fancy screen upgrade! Dolby Cinema is about feeling the film. Whether it's the nerve-wracking tension of a thriller, the grandeur of an action-packed spectacle, or the emotional weight of a heartwarming drama, every frame and every sound will pull you in like never before. For movie buffs who crave the best experience, Dolby Cinema is a dream come true. It's IMAX-level quality with an extra dose of vibrancy and sound perfection, because let's face it, we all want to hear our favourite movie dialogues with crystal-clear precision and feel the bass in our bones when an explosion rocks the screen.

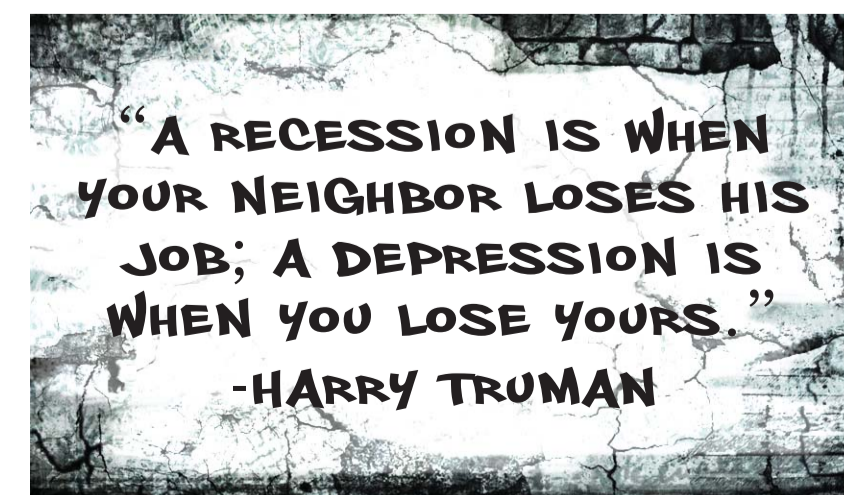
What's Next?
With its debut in Mumbai, Dolby Cinema is expected to expand to other major cities like Delhi, Bengaluru, Chennai, and Hyderabad soon. So, if you're not in Mumbai, don't worry! This revolution in movie-watching could be coming to a theatre near you, sooner than you think!

The Future of Cinema in India

With more audiences seeking premium movie experiences, Dolby Cinema's arrival marks a new chapter in India's ever-evolving entertainment industry. This move signifies that Indian movie-goers are ready for a level of immersion and luxury that rivals the best theatres worldwide. So, the question is: Are you ready for the Dolby Cinema experience? Which movie would you love to watch first in this state-of-the-art format?



THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman