

#TRENDS & GADGETS

Portl Ultra Gym

The Future of Smart Fitness at Home!



In a world where fitness is evolving beyond traditional gyms, Portl Ultra Gym has emerged as a game-changer. This cutting-edge smart home gym combines artificial intelligence, real-time coaching, and compact design to deliver a full-fledged workout experience right at home. Whether you're a fitness enthusiast, a busy professional, or someone looking for an all-in-one workout solution, Portl Ultra Gym is redefining convenience and efficiency in fitness.

The Rise of Smart Home Gyms

With the increasing demand for at-home workout solutions, smart gyms have taken center stage. Portl Ultra Gym leads this revolution by offering an advanced, interactive experience powered by AI and personalized training programs. Unlike conventional home gym equipment, Portl Ultra Gym brings the expertise of a personal trainer and the flexibility of a full gym setup into a single, sleek device.



Features That Set Portl Ultra Gym Apart

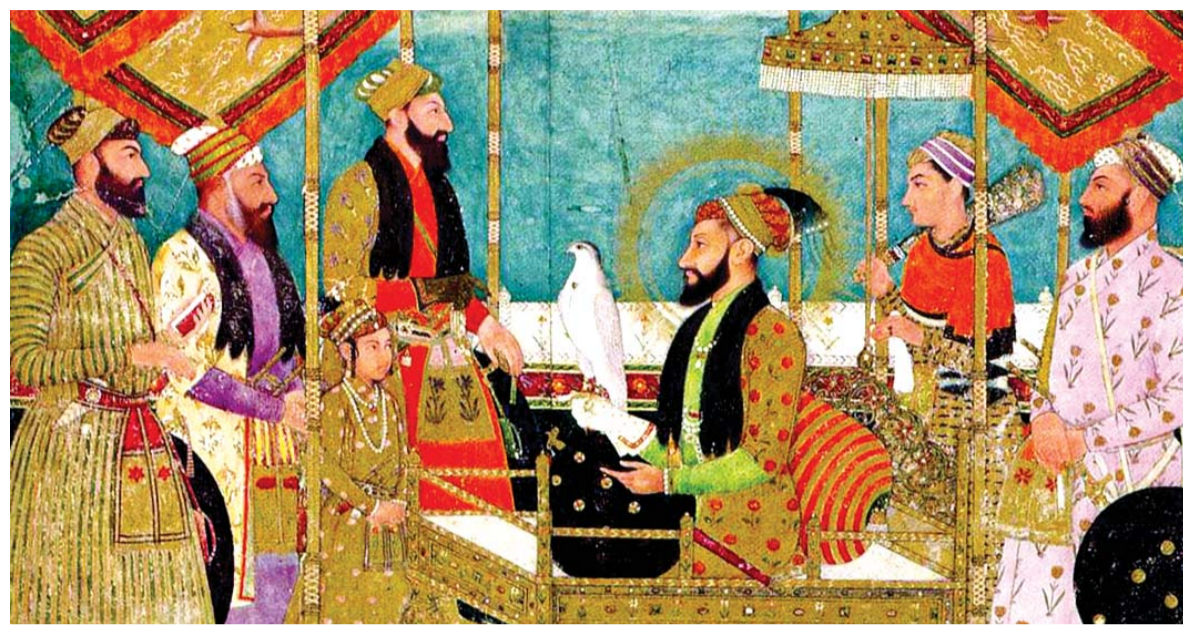
- AI-Powered Training**
Portl Ultra Gym comes equipped with an intelligent AI system that tracks your movements, analyzes performance, and provides real-time feedback. This ensures that every rep and every movement is executed with precision, minimizing the risk of injury while maximizing results.
- Personalized Workout Plans**
From strength training and cardio to yoga and rehabilitation exercises, Portl Ultra Gym offers a wide range of personalized workout routines. The system adapts to your fitness level and goals, making it suitable for both beginners and experienced athletes.
- Compact and Stylish Design**
Unlike bulky home gym setups, Portl Ultra Gym boasts a sleek, wall-mounted design that fits seamlessly into modern homes. It eliminates the need for multiple pieces of equipment, making it a space-saving solution without compromising on performance.
- Live and On-Demand Classes**
Users can access live workout sessions and a vast library of on-demand classes from certified trainers. Whether you prefer high-intensity interval training (HIIT), strength conditioning, or mindfulness sessions, there's something for everyone.
- Real-Time Biometric Tracking**
The gym's smart sensors monitor vital statistics such as heart rate, muscle engagement, and calorie expenditure. This data helps users track progress and make informed decisions about their fitness routines.

Why Portl Ultra Gym is a Game-Changer

Portl Ultra Gym is more than just a workout machine; it's a complete fitness ecosystem. It caters to the growing need for hybrid fitness solutions that merge technology with physical training. With its AI-driven insights and personalized approach, it makes workouts more engaging, effective, and tailored to individual needs. Moreover, it eliminates the hassle of commuting to a gym, providing an ultra-convenient way to stay fit. The future of fitness is smart, connected, and highly personalized. Portl Ultra Gym embodies all these elements in a revolutionary way.

Final Thoughts

A smart fitness technology continues to evolve, Portl Ultra Gym stands at the forefront of this transformation. Whether you are a seasoned fitness enthusiast or someone looking for motivation to start their fitness journey, this innovative home gym is set to redefine the way people exercise. In a fast-paced world where time is a luxury, Portl Ultra Gym ensures that staying fit and healthy is more accessible than ever before.



"And you, a governor of Kabul, have written to me, to the Great Indian Sovereign, that an ambassador had come next to you from the Russian state, and now he wants to go before us," Aurangzeb wrote in a letter to Mukarram Khan. "Upon this report, my order to you, the Khan of Kabul, is the following, never before have the Russian state's envoys arrived to our Indian state. So it is now, you must send him back to the Russian state, providing him with our royal warrant and proper gifts, so that he can intact go back to the Russian state." The Mughal emperor also asked the Kabul governor to give Kasimov a princely sum of 2000 rupees from the treasury.

Russian Tsars eagerly tried to build ties with Aurangzeb



Anjali Sharma
Senior Journalist &
Wildlife Enthusiast

In a January morning in 1698, a ship carrying goods from Bandar Abbas in Safavid Persia arrived at the bustling port of Surat. Among the passengers were Indians, Persians and a small group of men who became the first Russians to reach the shores of western India since Afanasy Nikitin arrived in Chaul in the 15th century. The Russians were led by a young merchant and traveller, Semyon Malenkiy (also spelled as Malenkov), who was determined to spend a few years in India and take back home a wealth of products.

Malenkiy had set sail in June 1695 from Astrakhan, a city where the Volga makes its final 100-kilometre journey to the Caspian Sea. Before embarking on the journey to Surat, most of Malenkiy's knowledge of India, a land ruled by the Great Mughals (as they were called in Russia), came from Multani and Sindhi traders, who were treated as privileged residents in Astrakhan, as well as Persians who had visited the subcontinent.

Till early 17th century, Russians had a very sketchy and rather naive knowledge of India. It started changing slowly in 1630s, when first Indian merchants started settling in the port city of Astrakhan at the Caspian Sea.

They were granted permission to trade in goods in inner Russian cities including Moscow, where they encountered from early Greco-Roman times down to the present day, are part of the 'India the Rich' tradition, which becomes a commonplace in the later literatures of Europe, including Russia. "American scholar Robert H. Stacy wrote in his 1985 book, *India in Russian Literature*. From the early 1600s, the Tsars had been looking at ways to establish a direct relationship with the Mughal Empire. Indirect trade was already common by then. Indian cotton, dyes and garments were filtering into Russia through Central Asia and Astrakhan, which hosted an Indian community. The royalty also had some



Tsar Aleksei Mikhailovich.

refused to provide the ships. In 1670, Boris Pazukhin was sent to Bukhara to explore a route through Central Asia.

In 1675, a resident of Astrakhan, Mohammed Kasimov, was sent to India by this route. He reached Kabul, but Aurangzeb, who was stationed in Punjab at that time, turned down the initiative. He reportedly was unimpressed with the Russian goods, and sited religion as well as lack of knowledge about Russia as a reason not to establish diplomatic ties.

Malenkiy's mission was the second attempt by Russian Tsars to reach out to Mughal Emperor, Aurangzeb. Before this, they had tried to reach out to Shah Jahan. To Russians in the 17th century, India was the land of rubies, diamonds and fine fabrics. Among their main sources of information about India were the writings of Nikitin and Marco Polo. "The allusions to rubies and diamonds in Marco Polo as well as the many accounts, real and imaginary, of the fabulous wealth of India and its exotic inhabitants, that we encounter from early Greco-Roman times down to the present day, are part of the 'India the Rich' tradition, which becomes a commonplace in the later literatures of Europe, including Russia," American scholar Robert H. Stacy wrote in his 1985 book, *India in Russian Literature*.

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#HISTORY

First Outreach

In 1675, Tsar Aleksei Mikhailovich once again tried to establish trade relations with India. By this time, Aurangzeb was the Mughal emperor. Much of what is known about this outreach is public knowledge largely thanks to the tireless efforts of Koka Antonova, one of the greatest Indologists Russia has produced. The 1958 book *Russo-Indian Relations in the 17th Century*, which was edited by Antonova, mentions the 1675 mission in fine detail. A two-part mission was launched, with a Tsarist delegation trying to reach India via Bukhara. The mission was led by Muhammad Yusuf (Mahmet Isup) Kasimov, a Tatar who lived in Astrakhan, and Vasily Daudov, a Persian-origin man, and now he wants to go before us," Aurangzeb wrote in a letter to Mukarram Khan. "Upon this report, my order to you, the Khan of Kabul, is the following, never before have the Russian state's envoys arrived to our Indian state. So, it is now, you must send him back to the Russian state, providing him with our royal warrant and proper gifts, so that he can intact go back to the Russian state." The Mughal emperor also asked the Kabul governor to give Kasimov a princely sum of 2000 rupees from the treasury. Kasimov and his fellow travellers lived for three

months in Burhanpur, where they sold their wares, such as red yuff, a type of Russian leather. They were paid in silver coins. Andrei Semyonov, who was part of Malenkiy's delegation, wrote about his experiences in India, describing Aurangzeb as a 'grey-bearded old man, dressed in all white, with a white turban on his head.' He recalled the emperor's Friday processions, when he went to the main mosque for prayers. At the head of the procession marched war elephants besridden by musicians, blowing trumpets and beating tambourines while bannermen waved the colourful flags. Thoroughbred horses followed the elephants and behind them Aurangzeb was carried in a glazed palanquin by eight porters. The emperor was followed by his sons, courtiers and noblemen. The procession was accompanied by foot guards and cavalry, according to Semyonov.

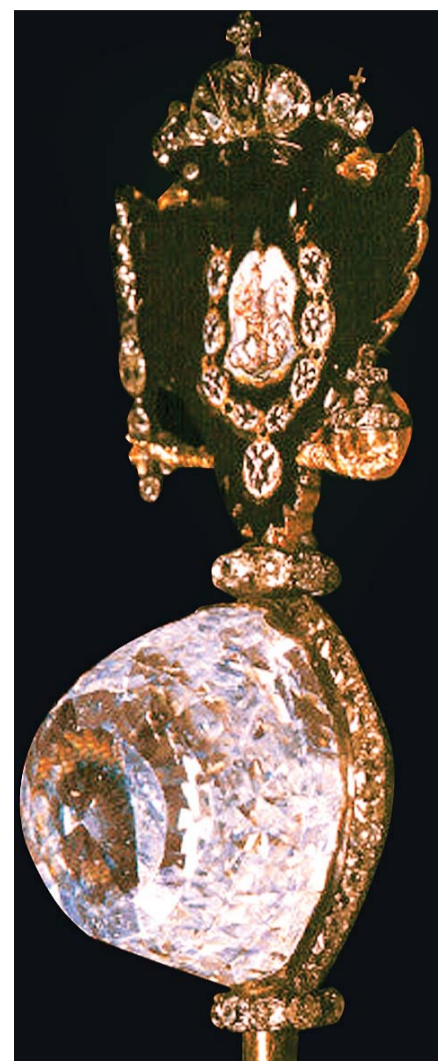
atives to Shah Jahan alone. Two of these travelled through Central Asia via the land route and one through Isfahan. But none of these attempts materialised as territorial disputes between the Safavids and Mughals as well as conflicts in the Central Asia became a hindrance to the safe passage of Russian envoys.

courts were tasked with getting as much information about the Mughals as possible, according to Abdul Rasool. Several attempts were made in the 1640s by Tsar Aleksei Mikhailovich to send Russian missions to India via Central Asia. Three attempts were made to send repre-



A Whimsical Global Tradition

Every year, on the first Saturday of April, cities worldwide celebrate International Pillow Fight Day, turning public spaces into playful battle arenas. This fun-filled event invites people of all ages to grab pillows and engage in friendly duels, fostering laughter and community spirit. Originating from urban flash mob movements, it has grown into a global phenomenon. Participants follow simple rules, no hitting too hard and avoiding unarmed bystanders. Beyond the fluff and feathers, the day promotes stress relief and social bonding. Whether in New York, London, or Tokyo, International Pillow Fight Day brings joy in the softest way possible!



Life in India

After spending a few months in Burhanpur, the Russian merchants travelled to Agra, a city Semyonov really liked. About the Agra Fort, he wrote, "The city is built up in three walls, and there is no housing (for commoners) within those walls, only a palace, offices, and a mosque. A large ditch was dug around those walls, into which water was let in, and large fish and turtles live in that water." The Russians were amazed that the buildings were made of sandstone. Semyonov also wrote about the time the Russian merchants spent in Shahjahanabad. They seemed to like India and its people. "They are quiet and affectionate people," Semyonov wrote about Indians, adding that they "were courteous and friendly."

During their stay in India, Malenkiy and his team bought a lot of Indian goods such as muslin and calico and dry paints. They eventually went back to Surat and waited for a few months to arrange passage with their goods for Bandar Abbas in 1701. They lost some of their newly acquired goods when one of the ships carrying them was attacked by pirates near Oman. From Bandar Abbas, they went to Isfahan and the group split up there. For some reason, Semyonov stayed back in the Persian city. When he reached Shamakhi, he found out that Malenkiy and his fellow merchants had died of the plague. The Malenkiy-led delegation had lost contact with the Tsarist government as soon as they left Astrakhan. Their goods were sent by the Persian Shah's government to Russia. It was assumed that all members of the delegation had died in 1702 of the plague. It was only in 1716 when the Russian Senate announced that Peter the Great was looking for people who 'know Indian life' and would reward them handsomely that Semyonov turned up in the new Russian capital of St. Petersburg and shared the full story of experiences of Malenkiy's delegation. The exploits of Malenkiy and his delegation deepened interest in India in the Russian Empire, setting the way for other Russians to visit and understand the country and its culture.

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#A COSMIC VIEW

Sunita Williams Reflects on Seeing India from Space

Williams' view of India from space serves as a reminder that no matter where we are on Earth, we are all part of something much larger than ourselves, something that stretches across the stars.

When astronaut Sunita Williams journeyed into space, she didn't just represent the United States as a NASA astronaut, she also carried the spirit of India with her. Born to Indian-American parents, Williams made history as the second woman of Indian descent to fly in space. Over her two spaceflights and more than 321 days spent aboard the International Space Station (ISS), Williams had a front-row seat to view Earth from a perspective that few people will ever experience. But among all the places she could see from orbit, one stood out, India.



Williams often speaks about how awe-inspiring it was to witness her homeland from space. While in orbit, she had a clear view of the vast subcontinent, its geographical features, and even the vibrant pulse of life on the ground. From this remarkable vantage point, India looked stunningly beautiful, and fundamentally different from the way it appears from the surface.



The Majestic View of India from Orbit

For Williams, seeing India from space was a powerful and emotional experience. In interviews, she has described the sight of the subcontinent as 'absolutely breathtaking.' From her position aboard the ISS, the landmass of India appeared as a patchwork of colors and textures, with its diverse landscapes

stretching out beneath her. "I could see the contrasting colors of India's topography, golden deserts in the west, lush green fields in the north, and the towering Himalayas up in the north," Williams shared. "What really struck me was how beautiful and different everything looked, yet how connected it all seemed."

The Lights of India: A Glimpse of Life

One of the most stunning views Williams often describes is seeing the lights of India at night. As the ISS orbited the Earth, she had the chance to observe cities glowing brightly in the dark sky, with major urban centers like Delhi, Mumbai, and Kolkata forming bright constellations on the Earth's surface. "At night, the lights of India really stood out," Williams said. "It was incredible to see how vibrant and

alive the country was, even when the world was dark. The lights felt like little beacons of hope, showing the energy and life of the people below." The vast cities twinkled from space, creating a beautiful contrast to the surrounding darkness of the night sky. It was a sight that resonated with Williams, who often expressed her pride in seeing her homeland's dynamic energy and progress reflected in those lights.

The Unity of India Seen from Above

One of the most profound aspects of seeing India from space was how the land seemed to unite rather than divide. Despite its vast geographical size and cultural diversity, from orbit, India looked like a singular, unified entity. "As an astronaut, you spend a lot of time reflecting on

the beauty of the Earth, and India was one of those places that really stood out," she remarked. "When you see it from space, you realize that, despite its diversity, it's all part of one connected world. The way everything fits together from above was really powerful."



India's Growing Space Aspirations

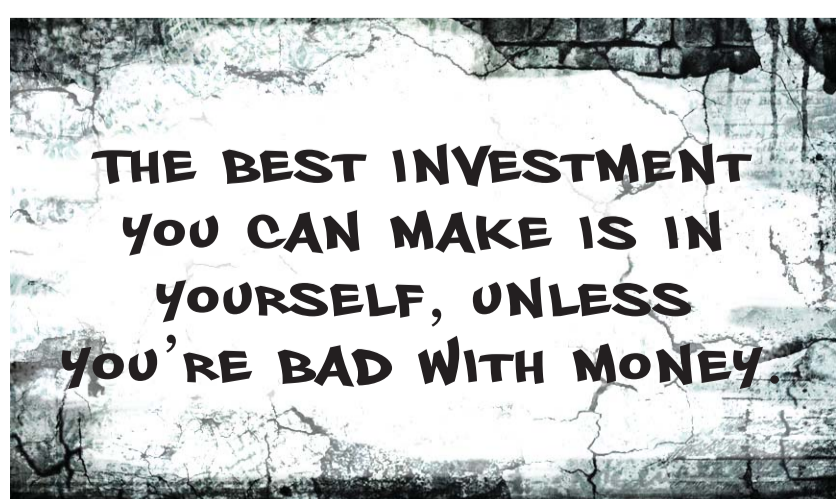
For Williams, the experience of seeing India from space was especially poignant, given the rapid progress of India's own space program. The Indian Space Research Organisation (ISRO) has made significant strides in recent years, particularly with the successful launch of the Mars Orbiter Mission (*Mangalyaan*) in 2013, which made India the first Asian country to reach Mars orbit.

Williams, who worked with multiple international space agencies, has often praised India's achievements in space exploration. She expressed admiration for ISRO's growing capabilities and India's ambitious plans for the future, including missions to the Moon, Mars, and beyond. "India's space program is incredibly exciting, and the country is making remarkable progress," she said. "It's inspiring to see how India is contributing to space exploration on the global stage, and I'm sure we'll see even more impressive achievements in the future."

A Cosmic Perspective on India

As India continues to make strides in space exploration, Williams' experiences and reflections serve as an inspiration for the future. Her pride in both her Indian heritage and her work as an astronaut shows that space is not just a place for discovery, but also a space for connection, where the distant stars seem closer, and the boundaries of the Earth feel smaller.

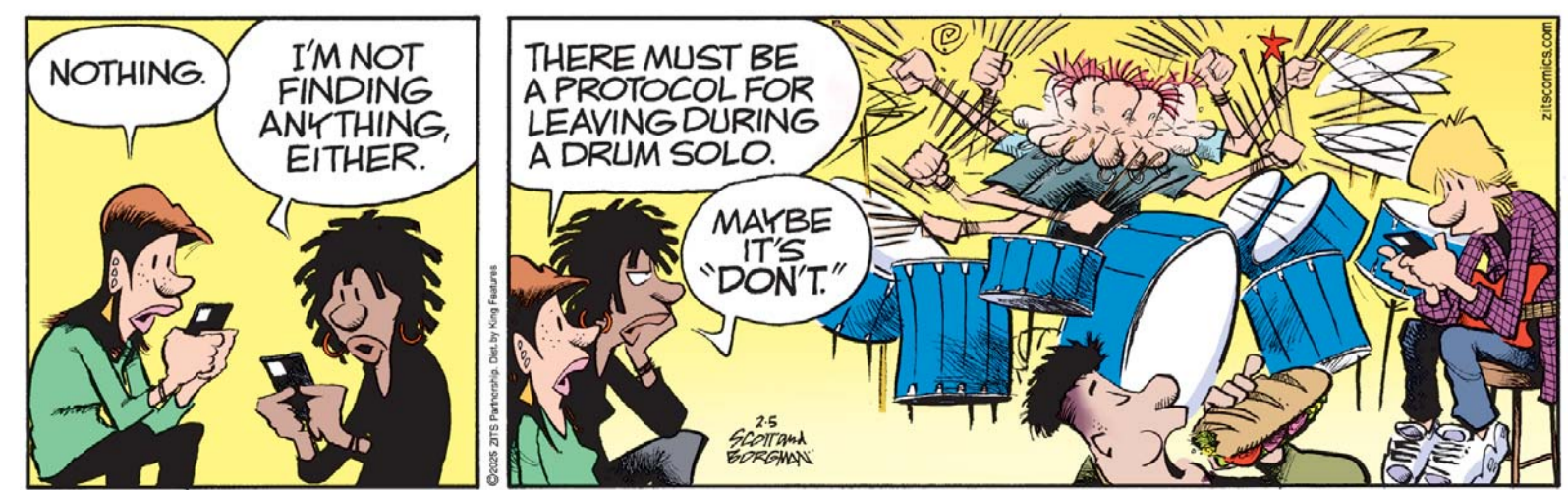
THE WALL



BABY BLUES



ZITS



By Rick Kirkman & Jerry Scott

By Jerry Scott & Jim Borgman