

TSC Global Awareness Day, observed annually on May 15, aims to raise awareness about Tuberous Sclerosis Complex (TSC), a rare genetic disorder that causes non-cancerous tumours to grow in vital organs like the brain, heart, kidneys, and skin. This day is dedicated to educating the public, supporting affected families, and promoting early diagnosis and research. With no known cure, TSC impacts each person differently, making awareness and understanding critical. Global landmarks are lit in blue to honour those living with TSC and to inspire hope. Together, we can shine a light on TSC and push for progress.

#THE MEME ECONOMY

Turning Online Humour into Real Income



How digital creators are monetizing internet humour through content strategy, brand partnerships, and social media virality.



In the digital era, humour has become more than just a form of entertainment, it has evolved into a viable career path. Memes, once confined to casual internet culture, are now central to a growing industry where online humour translates into real income. The rise of social media platforms like Instagram, YouTube, and X (formerly Twitter) has paved the way for meme creators to generate revenue through a mix of content creation, influencer marketing, and brand collaborations.



At the core of this shift is the increasing value that brands place on relatability and engagement. Unlike traditional advertising, where the message is often filtered through gatekeepers, meme creators offer bite-sized content that is instantly shareable and emotionally resonant. Their ability to convey messages quickly and humorously makes them an effective marketing tool, especially among younger audiences. This demand has led to the emergence of a new kind of digital professional: the meme strategist.

Meme creators often begin by building niche pages or personal brands around specific themes, pop culture, social commentary, workplace humour, or everyday struggles. Once a significant follower base is established, monetization opportunities follow. Common income sources include sponsored posts, affiliate marketing, paid partnerships, platform-based monetization (such as Instagram Reels bonuses or YouTube ad revenue), and merchandise sales.

Many creators operate anonymously, running meme pages that cater to highly specific demographics. These communities offer valuable targeting for advertisers, who seek out these creators for their influence within certain segments. Meme pages that maintain consistent engagement often attract attention from startups, tech firms, lifestyle brands, and even traditional companies looking to modernize their digital presence. The mechanics of success in this field are rooted in timing, creativity, and data. Viral



Osman Ali Khan, the last Nizam with Jawaharlal Nehru.



Nizam refused on the grounds that he wanted complete independence or the status of a dominion under the British Commonwealth of Nations.

Initially targeting zamindars and deshmukhs, the Communists soon launched a full-scale revolution against the Nizam. Beginning in mid-1946, the Razakar-Communist battle became increasingly violent, with both sides using cruel tactics. Fear of a Communist state and accession, Hyderabad signed a ceasefire agreement with the dominion of India in November 1947, preserving all prior agreements save for the stationing of Indian soldiers in the state. Hyderabad broke the agreement in all areas: foreign affairs, defence, and communications, interfering with border and railway trade, and secretly lending Pakistan 15 million pounds. The authorities of the new Dominion of India were fearful of India becoming Balkanized if Hyderabad remained independent. According to A G Noorani, Indian Prime Minister Jawaharlal Nehru was concerned with putting an end to what he referred to as Hyderabad's 'secessionist effort,' but he preferred negotiations and viewed military action as the last choice. Home Minister Sardar Patel, on the other hand, took a firm position and had no tolerance for negotiations, ordering the seizure and annexation of Hyderabad. India invaded the state on September 13, 1948, following a crushing economic blockade, fearful of the establishment of a Communist state in Hyderabad and the rise of violent Razakars. The Nizam then signed an instrument of accession, thereby joining India.

The secret arms collection of Nizam from Pakistan, unabated atrocities of Razakars and the rising sway of the Communists over thousands of villages hastened the Union Government for



Jayanto Nath Chaudhuri (L) talking with Syed Ahmed El Edroos.

The Nizam also made unsuccessful attempts to seek intervention of the United Nations. Nizam by a cablegram, dated 21 August 1948, approached the United Nations Security Council under Article 35 (2) 'that a grave dispute had arisen between Hyderabad and India, which unless settled in accordance with the international law and justice, was likely to endanger the maintenance of International peace and security and bound to create Communal war through Indian subcontinent.' Jose Arce, the Argentinean delegate to the U.N. Security Council, took strong objection at the Indian Government's act of Army action on Hyderabad State. He described that, "The March of the Indian troops on the Capital of Hyderabad reminds me of the March of Italian troops towards the Abyssinian Capital."

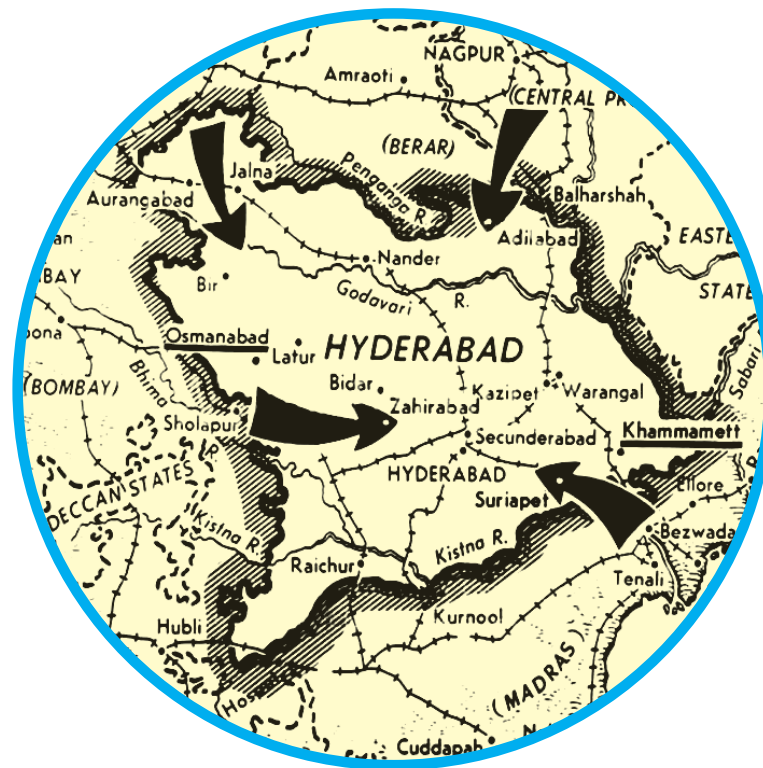
Operation Polo

Story of Hyderabad



Sardar Patel, the Liberator of the State of Hyderabad, being welcomed by the Nizam of the Hyderabad.

#HISTORY



lowing a crushing economic blockade, fearful of the establishment of a Communist state in Hyderabad and the rise of violent Razakars. The Nizam then signed an instrument of accession, thereby joining India.

The secret arms collection of Nizam from Pakistan, unabated atrocities of Razakars and the rising sway of the Communists over thousands of villages hastened the Union Government for

a forcible accession of the Hyderabad State. In particular, the Government of India was alarmed at the fast growing strength of the Communist Party in Telangana region. In the summer of 1948, Indian officials, especially Patel, signaled an armed action against Hyderabad. Britain encouraged India to resolve the issue without the use of force, but refused Nizam's requests for help.

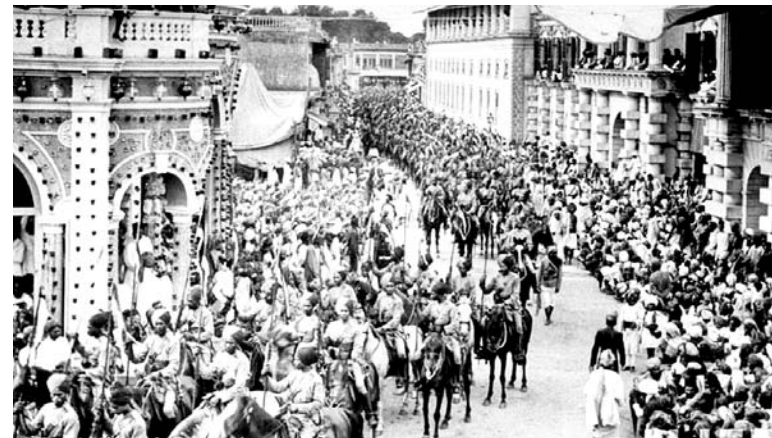


Seeking UN intervention

The Nizam also made unsuccessful attempts to seek intervention of the United Nations. Nizam by a cablegram, dated 21 August 1948, approached the United Nations Security Council under Article 35 (2) 'that a grave dispute had arisen between Hyderabad and India, which unless settled in accordance with the international law and justice, was likely to endanger the maintenance of International peace and security and bound to create Communal war through Indian subcontinent.' Jose Arce, the Argentinean delegate to the U.N. Security Council, took strong objection at the Indian Government's act of Army action on Hyderabad State. He described that, "The March of the Indian troops on the Capital of Hyderabad reminds me of the March of Italian troops towards



Osman Ali Khan, the last Nizam with Jawaharlal Nehru.



the Abyssinian Capital." The idea of Hyderabad arming itself aided by Pakistan did not go down well with the Indian Government. Sardar Patel described the idea of an independent Hyderabad as 'an ulcer in the heart of India which needed to be removed surgically.' India decided to annex Hyderabad. This operation was named Operation Polo, and at the time, it was also referred to as Operation Caterpillar. Though it was only a five-day war that began on September 13 and lasted till September 18, it was significant as the Indian Army took over a powerful state and Hyderabad was ceded to India.

Emergency declared

A state of Emergency was declared when 36,000 Indian troops entered Hyderabad because the government was apprehensive about how the rest of India would react. It is estimated that 32 were killed and 97 injured on the Indian side and 490 killed and 122 wounded from Hyderabad. The Commander-in-Chief of Armed Forces, General Roy Boucher opposed the military action against Hyderabad due to preoccupation of army in Kashmir. However, the troops were commanded by Major General J N Choudhary. It was a two pronged attack, the main force moving along the Sholapur-Hyderabad road covering a distance of 186 miles, while

another division commanded by Major General Rudra marched along the Vijayawada-Hyderabad Road. On 9th of September 1948, the Nehru's government took the decision to resort to Police Action to remove 'the cancer of Hyderabad in the belly of India.' The Indian Army under the overall supervision of Lt. General Rajendra Singh, General Officer Commanding-in-Chief, Southern Command entered into Hyderabad on the morning of 13th September, 1948. Though they gave a little resistance during the first two days, the Razakars and Nizam's forces fled from the field. On 17th September, 1948, the Nizam's forces, under the command of Syed Ahmed El-Edroos, surrendered to the government of India. The Nizam accepted his defeat and Hyderabad became a part of Indian Union.

After the Police Action, the Nizam informed the UN Secretary-General by cablegram, dated 22 September 1948, that he had withdrawn the complaint and that the delegation to the Security Council, which had been sent at the instance of his former government, had ceased to have any authority to represent him or his State. With the surrender of Nizam and Hyderabad state, the last and the biggest princely State of India had become an integral part of the Indian Union.

rajeshsharma1049@gmail.com



From Independence to Integration, Sardar Patel's Role In Unifying Hyderabad.

#LIFESTYLE

Wake Up, Naturally!

Ditch the Coffee, 7 Simple Habits to Boost Your Morning Energy the Natural Way!

Let's be honest, mornings can be rough. The alarm rings, you hit snooze (once, maybe twice), and then drag yourself out of bed with a groggy brain and a to-do list that's already overwhelming. For many, the first instinct is to reach for a steaming cup of coffee. But what if you could energize your mornings without relying on caffeine?

Whether you're cutting back on coffee, trying to beat the crash, or just curious about natural energy boosts, here are 7 tried-and-true ways to supercharge your mornings, no coffee required.



1. Hydrate

Your body is slightly dehydrated when you wake up, and that sluggish feeling could be due to a lack of water, not a lack of caffeine. Drinking a glass of water first thing in the morning helps jump-

start your metabolism, flush out toxins, and rehydrate your cells.

Pro Tip: Add a slice of lemon or a pinch of sea salt to your water for an extra kick of electrolytes.

2. Let the Light In

Natural light is your body's best alarm clock. Exposure to sunlight triggers your brain to stop producing melatonin (the sleep hormone) and increase serotonin (the mood and focus hormone). Within minutes,

you'll feel more alert and motivated.

What to Do: Open the curtains as soon as you wake up. If it's still dark outside, consider using a daylight-simulating lamp to mimic sunrise.



3. Move Your Body

Exercise might be the last thing you feel like doing in the morning, but even five minutes of movement can work wonders. Stretching, yoga, or a brisk walk can boost blood circulation,

release endorphins, and shake off that morning grogginess.

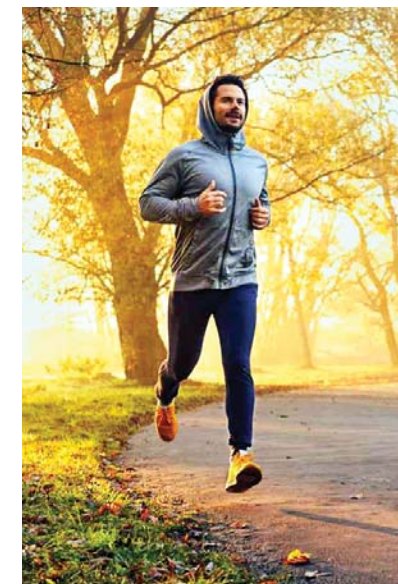
Quick Fix: Try a short 'wake-up workout' routine, 10 jumping jacks, 10 squats, 10 arm circles, and a 30-second plank.

4. Take a Contrast Shower

Nothing wakes up your nervous system like a contrast shower, alternating between hot and cold water. The cold water stimulates circulation, increases alertness, and gives your body a jolt of natural energy, while the

warm water soothes muscles and promotes relaxation.

How to Do It: Start with warm water for a minute, switch to cold for 30 seconds, and repeat this cycle 2-3 times. End with cold water for a lasting energy boost.



5. Fuel Up Smartly

What you eat (or don't eat) in the morning plays a huge role in your energy levels. Skip the sugar-laden cereals and pastries, opt for a breakfast that balances protein, healthy fats, and complex carbs.

Top Choices:

- Greek yogurt with berries and nuts
- Whole grain toast with avocado
- A smoothie with spinach, banana, almond butter, and plant-based milk

These foods provide steady energy without the crash that often follows a sugary or carb-heavy breakfast.

6. Try Deep Breathing or Meditation

It might sound counterintuitive, but slowing down your breath can actually wake up your mind. Deep breathing sends oxygen to your brain and calms your nervous system, helping you feel more centered and clear-headed.

Quick Try: Use the 4-7-8 method, inhale for 4 seconds, hold for 7, and exhale slowly for 8. Repeat this 3-4 times. Meditation apps like Headspace or Insight Timer offer short, energizing morning sessions that can ground you before the day begins.

7. Set a Positive Intention

Sometimes, all you need to energize your day is the right mindset. Take a few moments each morning to set a simple, positive intention, something that gives your day direction and meaning.

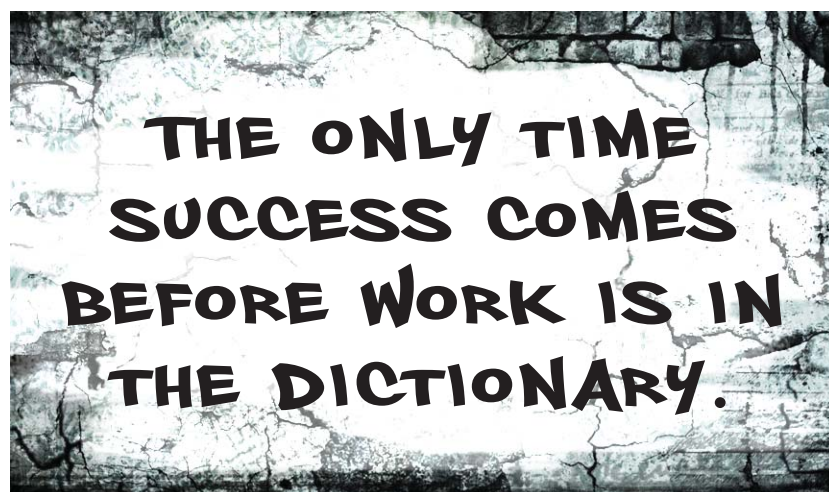
Examples:

- "Today, I will focus on progress, not perfection."
- "I will bring calm to my chaos."
- "I will choose kindness, especially towards myself."

This gentle mental nudging sets the tone and gives you a sense of control, something that even caffeine can't always deliver.

Bonus: The Power of Routine The real magic happens when you turn these habits into a consistent routine. When your body knows what to expect, it begins to work with you, not against you, in the morning. Experiment with these strategies and find the mix that works best for your lifestyle.

THE WALL



BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman