



National Radio Day

ational Radio Day, celebrated annually on August 20, honours the invention, impact, and enduring legacy of radio as a medium of communication. Radio revolutionized information sharing, connecting communities with news, music, entertainment, and educational content long before television or the internet. Even in today's digital era, radio remains a vital platform, especially in remote regions where access to other media is limited. It continues to play a key role in emergency broadcasts, cultural preservation, and fostering a sense of togetherness. National Radio Day reminds us to appreciate this timeless technology that has shaped societies worldwide for over a century.

#PSYCHOLOGY

"Gaslighting"

A 20th-century play gave birth to one of today's most recognized Psychological terms.



In modern conversations about emotional abuse and manipulation, few words are as frequently used, or as powerful, as 'gaslighting.' From personal relationships to political discourse, the term has become a common way to describe a deeply disturbing form of psychological control. But where did this word come from? And how did it evolve into such a widely used concept?



The Birth of the Term: 'Gas Light' the Play (1938)

The term 'gaslighting' finds its roots in a 1938 British play titled *Gas Light*, written by Patrick Hamilton. The story revolves around a husband, Jack Manningham, who manipulates his wife, Bella, into doubting her own sanity. He secretly dims and flickers the gas-powered lights in their home and insists that Bella is imagining it when she comments on the change. Over time, he uses similar tricks to make her question her memory, perception, and even her grip on reality.

The play was a psychological thriller and quickly gained popularity, leading to two major film adaptations:

- 1940 British film titled *Gaslight*, directed by

Thorold Dickinson.

- 1944 Hollywood remake, also called *Gaslight*, starring Ingrid Bergman and Charles Boyer. Bergman won an Academy Award for Best Actress for her role.

In these films, the husband's psychological manipulation is even more sinister. His goal is to convince his wife that she's going mad so that he can institutionalize her and steal her inheritance.

The title refers to the actual gas lights used for illumination in homes before electricity became widespread. As the lights dim, the husband denies that it's happening, despite visible evidence, symbolizing how abusers distort reality.

From Fiction to Psychology: Gaslighting as a Term of Abuse

By the 1960s, psychologists and social theorists began using the term 'gaslighting' to describe a form of psychological manipulation in which one person seeks to make another person question their perception, memory, or sanity. It was especially used in contexts of emotional abuse, narcissistic behaviour, and toxic relationships.

Core elements of gaslighting include:

- Denying something they

- clearly said or did.
- Twisting facts to confuse the victim.
- Making the victim feel overly sensitive or irrational.
- Gradually isolating the victim from others.
- Undermining the victim's confidence in their own judgment.

The process is gradual and subtle, often leaving the victim feeling powerless and dependent on the manipulator's version of reality.

Modern Usage and Cultural Impact

The term 'gaslighting' exploded into mainstream discourse in the 21st century, especially through discussions about:

- Toxic relationships and emotional abuse.
- Workplace manipulation.
- Political rhetoric, where leaders may distort or deny reality to manipulate public perception.

These behaviors all echo the manipulative tactics first dramatized in the play *Gas Light*.

A Word that Changed the Way We Talk About Abuse

What began as the title of a theatrical thriller in 1938 has now become a vital term in psychology, self-help, and advocacy. 'Gaslighting' captures the subtle yet devastating way abusers can distort



Anjali Sharma
Senior Journalist & Wildlife Enthusiast



Volodymyr Zelenskyy has said that Russia's refusal to agree to a ceasefire is complicating efforts to end the war. "We see that Russia rebuffs numerous calls for a ceasefire and has not yet determined when it will stop the killing," the Ukrainian president said in a statement on X.

Trump said that he wants to bypass a ceasefire in Ukraine and move directly to a permanent peace agreement after his meeting with Russian President Vladimir Putin.

Ukrainians went to bed on Friday night with the frightening possibility that Donald Trump could be seduced by Vladimir Putin into offering significant concessions on the war.

They woke up on Saturday morning to find that the Trump-Putin summit in Alaska instead had fizzled out without any strategic or political agreements. It was a rare example of a failed summit coming as a relief.

In the absence of any real developments, attention in Ukraine turned to the presentational aspects of the summit, the 'optics,' in political speak. Putin, the man responsible for the devastating war of aggression against Ukraine, had received the warmest welcome possible in Alaska. American soldiers



knelt to literally roll out the red carpet for him. Trump applauded him as he approached and offered a friendly handshake. The two leaders rode together alone in Trump's presidential limousine and Putin could be seen laughing as the car pulled away.

Meanwhile, life for those living close to the front lines in the Donbas region face a daily struggle for survival. Days before meeting Vladimir Putin in Alaska, Donald Trump referred to what he called 'land swaps' as a condition for peace.

For Ukrainians, it was a confusing turn of phrase. What land was to be swapped? Was Ukraine to be offered part of Russia, in exchange for the land Russia had taken by force?

As Volodymyr Zelenskyy prepares to travel to Washington on Monday to meet Trump, there is likely no 'swap' element to the US president's thinking.

Instead, he is reportedly planning to press Zelenskyy to surrender the entirety of the eastern Ukrainian regions of Donetsk and Luhansk in return for Russia freezing the rest of the front line, a proposal put forward by Putin in

#THE SPOILS

Both regions, known together as Donbas, are rich in minerals and industry. To surrender them to Russia now would be a 'tragedy,' said the Ukrainian historian Yaroslav Hrytsak. "This is Ukrainian territory," Mr. Hrytsak said. "And the people of these regions, particularly the miners, played a huge role in the strengthening of the Ukrainian identity."

Alaska. Luhansk is already almost entirely under Russian control. But Ukraine is estimated to have held onto about 30% of Donetsk, including several key cities and fortifications, at a cost of tens of thousands of Ukrainian lives.

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Mr. Hrytsak said. "And the people of these regions, particularly the miners, played a huge role in the strengthening of the Ukrainian identity."

The region had also produced "famous politicians, poets and dissidents," he said. "And now refugees who will not be able to return home if it becomes Russian."

"It is a very difficult situation here," he said. "There is a feeling of resignation and abandonment. I don't know how much we have the strength to endure. Someone has to protect us. But who?"

Mr. Borylo had been following the news from Alaska, he said. "I put this on Trump, not Zelenskyy.



#THE SPOILS

PURSUING PEACE

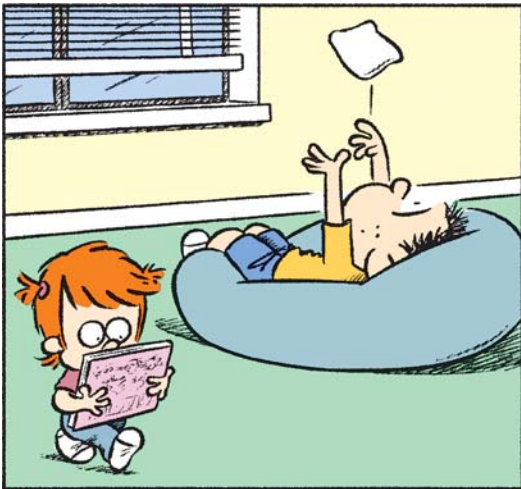


But they are taking everything from me, and it is a betrayal."

Zelenskyy has consistently said that Ukraine would not hand over the Donbas in exchange for peace. And confidence in Russia to abide by any such arrangement, rather than simply use the annexed land for future attacks, is low.

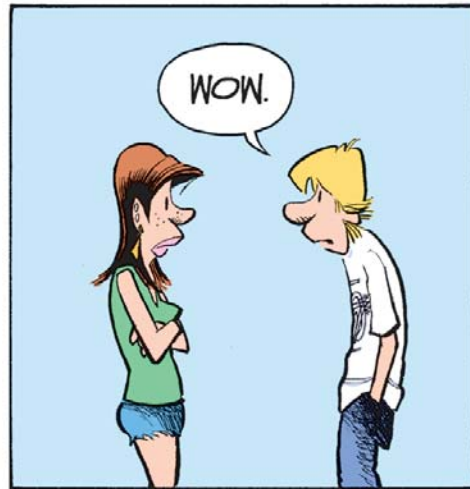
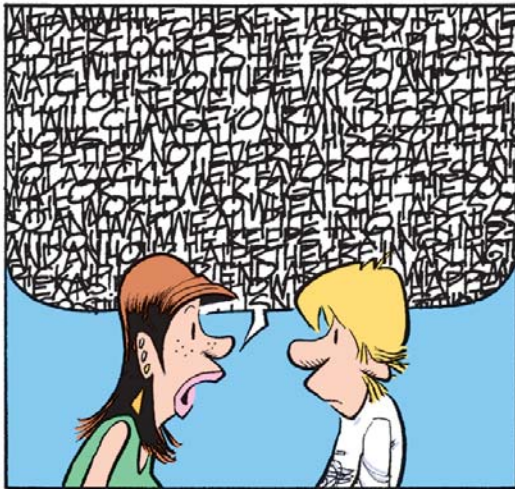
For that and other reasons, about 75% of Ukrainians object to formally ceding any land to Russia, according to polling by the Kyiv International Institute of Sociology.

BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman

Volodymyr Zelenskyy Is Not Smiling

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For Ukrainians, it was a confusing turn of phrase. What land was to be swapped? Was Ukraine to be offered part of Russia, in exchange for the land Russia had taken by force? As Volodymyr Zelenskyy prepares to travel to Washington on Monday to meet Trump, there is likely no 'swap' element to the US president's thinking. Instead, he is reportedly planning to press Zelenskyy to surrender the entirety of the eastern Ukrainian regions of Donetsk and Luhansk in return for Russia freezing the rest of the front line, a proposal put forward by Putin in Alaska.

were to concede this land, it would be not only a breakdown of our constitution, it could have the hallmarks of treason."

And yet, it is not clear in Ukraine by what mechanism such an agreement could even be reached. Any formal handover of the nation's territory requires the approval of the parliament and a referendum of the people.

More likely would be a de-facto surrender of control, with no formal recognition of the territory as Russian. "But even in that event, the process is not well understood," said Ukrainian MP Inna Sovsun.

"There is no real understanding as to what the procedure should be," she said. "Does the president simply sign the agreement? Does it have to be the government? The parliament? There is no legal procedure set up because, you know, the constitution writers didn't think about this."

Things may become more clear after Zelenskyy speaks with Trump in Washington on Monday, the Ukrainian leader's first visit to the White House since a disastrous clash in the Oval Office in February. Amid the unhappiness left by the

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But Ukraine is also deeply fatigued by war. Hundreds of thousands of soldiers and civilians have been killed and wounded since the full-scale invasion began. People are craving an end to suffering, particularly in the Donbas.

"You ask about the surrender of the Donetsk region, well, I measure this war not in kilometres but in human lives," said Yevhen Tkachov, 56, an emergency rescue worker in the Donetsk city of Kramatorsk.

"I'm not ready to give tens of thousands of lives for several thousand square kilometres," he said. "Life is more important than territory."

For some, this is what it comes down to in the end. Land versus life. It leaves President Zelenskyy "at a crossroads with no good route in front of him," said Volodymyr Arieiev, a Ukrainian MP from the opposition European Solidarity party.

"We don't have enough forces to continue the war for an unlimited time," Arieiev said. "But if Zelenskyy

after the summit, suggesting that he was ready to join Europe in offering Ukraine military protection from future Russian attacks.

For Ukrainians, polling shows security guarantees are an absolutely vital part of any potential agreement on territory or anything else. "People in Ukraine will accept various forms of security guarantees," said Anton Grushevsky, the director of Kyiv's International Institute for Sociology, "but they require them."

For Yevhen Tkachov, the emergency worker in Kramatorsk, exchange of territory could only be considered with 'real guarantees, not just written promises.'

"Only then, more or less, I am in favour of giving Donbas to Russia," he said. "If the British Royal Navy is stationed in the port of Odessa, then I agree."

As various paths to peace are floated and discussed, sometimes in the deal-making style preferred by President Trump, there is a risk of losing sight of the real people involved, people who have already lived through a decade of war and who may stand to lose even more now in exchange for peace.

Donbas was a place full of Ukrainians from all different walks of life, said Vitalii Dribnytsia, a Ukrainian historian. "We are not just talking about culture, about politics, about demographics, we are talking about people," he said. Donetsk might not have the cultural reputation of somewhere like Odessa, Mr. Drinytsia said. But it was Ukraine. "And any corner of Ukraine, regardless of whether it has some great cultural significance or not, is Ukraine," he said.

rajeshsharma1049@gmail.com



#DISCOVER

These Are Fruits

Exotic Fruits: A Journey Through Nature's Unique Flavours

The world of fruits is vast and diverse, offering flavours and textures that range from the familiar to the downright exotic. While apples and bananas dominate supermarket shelves, a treasure trove of lesser-known fruits awaits those eager to expand their palate. Here's a look at some extraordinary fruits that are as intriguing as they are delicious: Noni, Bael, Monstera Deliciosa, Pepino Melon, Safou, Chayote, Bignay, Tamarillo, Miracle Fruit, Horned Melon, and Marang.



Bael

The Bael fruit (Aegle marmelos), native to India, has a hard shell and aromatic pulp inside. The fruit is often used in beverages, jams, and traditional medicines. Its sweet and tangy flavour is refreshing and somewhat reminiscent of apricot or marmalade.



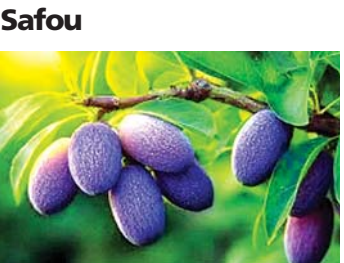
Monstera Deliciosa

Known as the 'Swiss cheese plant,' Monstera Deliciosa produces a large fruit with a unique scaly skin. When ripe, it tastes like a delightful blend of pineapple and banana. This fruit is a tropical delicacy prized for its sweet, juicy flavour.



Pepino Melon

Pepino Melon (Solanum muricatum) is a small, sweet fruit native to South America. Its taste combines cucumber and melon, with a subtle floral note. It's enjoyed fresh or in salads and smoothies, offering a refreshing burst of flavour.



Safou

Safou, or African pear (Dacryodes edulis), is an oily fruit native to Central and West Africa. When cooked or roasted, it has a creamy texture and buttery taste, making it a staple in local cuisines. Safou is rich in healthy fats and vitamins.



Miracle Fruit

Miracle Fruit (Synsepalum dulcificum) is a tiny berry famous for its ability to temporarily change sour tastes into sweet ones. After eating it, lemons and limes taste like candy making it a popular novelty and tool for culinary exploration.



Marang

Marang (Artocarpus odoratissimus) is a tropical fruit native to Southeast Asia. It has a strong, sweet aroma and soft, creamy flesh that tastes like a mix of jackfruit and banana. Marang is enjoyed fresh and often shared during communal gatherings.



Chayote

Chayote (Sechium edule) is a versatile fruit often treated like a vegetable. Popular in Latin American cooking, it has a mild flavour similar to cucumber or zucchini. Chayote can be eaten raw, cooked, or pickled.



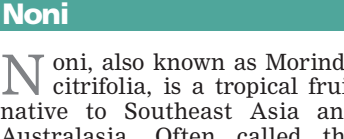
Bignay

Bignay (Antidesma bunius) is a berry native to Southeast Asia. The fruit changes from green to deep red or purple when ripe and has a tart, cranberry-like taste. Bignay is often used in jams, wines, and desserts.



Horned Melon

Horned Melon (Cucumis metuliferus), or kiwano, sports bright orange skin studded with spiky 'horns.' Inside, its jelly-like green pulp has a mildly sweet and tart flavour reminiscent of cucumber and zucchini.



Noni

Noni, also known as Morinda citrifolia, is a tropical fruit native to Southeast Asia and Australasia. Often called the 'cheese fruit' for its pungent aroma, noni has a strong flavour that polarizes taste buds. Traditionally, it's prized for its health benefits, including antioxidant properties and potential immune support.



Tamarillo

Also called the 'tree tomato,' Tamarillo (Solanum betaceum) has smooth, tangy flesh inside a bright red or yellow skin. Originating from the Andes, it offers a unique balance of sweet and sour flavours and is great for sauces and salads.



A World of Flavors to Explore

These fruits represent nature's ingenuity in producing flavours and textures that challenge and delight our senses. From the creamy richness of Safou to the mind-bending sweetness of Miracle Fruit, exploring these exotic fruits offers more than just nourishment, it's an adventure in taste and culture. So, next time, you're feeling adventurous, seek out one of these gems and savour the unexpected.