

INNOVATIVE TECHNOLOGY

A new easier technique of manufacturing liquid crystal displays has been developed, which can reduce the cost of the devices. An essential requirement of liquid crystal devices (LCDs) is the unidirectional planar alignment of the constituent liquid crystals (LC) over large areas. Although the conventional polymer rubbing method yields quality LC alignment, it possesses unavoidable and undesirable drawbacks such as production of electrostatic charges and dust particles that interfere with display operation, and even cause damage to the electronic components of the display. While electrostatic charges increase the failure rate, dust creates defects which seriously compromise with the performance of the device. Other problems include multistep process for coating and the necessity for high-temperature curing. This has led to a surge in demand to replace this rubbing method with new non-contact techniques. The latest among these techniques is to employ 2D nano-materials --- graphene, hexagonal boron nitride (h-BN), transition metal di-chalcogenides, and so on as alignment layers. However, all these have a built-in lacuna owing to the deployment of the chemical vapour deposition (CVD) method as this technique necessitates high deposition temperature, necessity for precursors and by-products that are often hazardous or toxic. Besides, when the CVD method is used, unidirectional LC alignment is observed over only small regions.

A team of scientists from the Centre for Nano and Soft Matter Sciences (CeNS), Bengaluru, an autonomous institute of the Department of Science and Technology (DST) conceptualized and implemented a novel way of employing 2D-materials to overcome the drawbacks of current methods. Using h-BN nano-flakes as the specific material, the group comprising of Gayathri Pisharody, Priyabrata Sahoo, Dr. D.S. Shankar Rao, Dr. HSSR Matte and Dr. S. Krishna Prasad employed a procedure called solution-processed deposition technique and found it to be effective in getting the LC alignment over a much larger area. They also found the resultant crystals to be quite robust with no evidence of decay in LC orientation over several months. The work published in Advanced Materials Interfaces formed the basis for an Indian patent application. Lead researcher Dr. Prasad added that the method demonstrating a non-conventional and contact-free route for getting unidirectional alignment of LC, is also much simpler, scalable, flexible for adaptation, and cost-effective.



OFF 'D' CUFF

What causes life problems?

The list of problems people face is endless. There could be big problems or small problems; life problems, relationship problems, financial problems. People live in the agony of failure, unfulfilled dreams and desires. We chase some elusive success so that we can reach destination Happiness. Some people are unhappy as they see the rich and famous enjoy life while they suffer in abject poverty and wonder why they have been cursed to live such unhappy lives! People are living lonely lives. They live in the past, as they curse, nurse, and rehearse their hurt. There are still others who hate their job. Yet they continue, grumbling and complaining.

As long as we are innocent children, we dance through life, we smile, we laugh, and we play. It seems that kids do not know the meaning of problems. But once we grow up, the problems too become bigger and bigger. The problems in school are few, but as we add years to our life, we add layers of problems. Not only is there examination anxiety, but also the stress of competition. Then there is pressure from our parents to succeed and excel. The moment we are out of university, we are faced with a different set of problems, not just problems with our family and our friends, we have challenges in our relationships, just as we suffer climbing the ladder of success in our career.

Then there are problems related to the body — aches and pains, diseases, illnesses and disorders. To add to this, there is the misery of the mind as it lives with fear, worry, anxiety, and depression. Most of our fears are unfounded. They are not real dangers or problems. FEAR is a False Expectation Appearing Real. It is not real. Then comes the agony of the ego that wants to take revenge for all that has transpired in the last decade. We hate people and we carry grudges in our hearts that creates anguish. The problems only extend as the years roll by. Soon we start to age and physical problems multiply. There are family issues, just as there are problems with our kids and our grandchildren. Of course, we struggle to pay our bills and constant disappointments sometimes lead us to the thought of suicide.

It seems that the human

race has been cursed with problems. It looks like we are born to suffer. Many believe that the purpose of our life is to live, to suffer, and to die, that suffering is inevitable. But this is not true. Those who realize this understand that just because there are problems, they do not have to be miserable. They can still discover a way to live with Peace.

First we must realize that we have problems and difficulties in life, not because God wants us to be miserable and suffer but because of our own Karma. What happens in life is the unfolding of our Karma. It is because of the Karma of our past, bad deeds done in this life or even in another life. It is the Law of Karma at work — as we sow, so shall we reap. What we give, we get. Thus, we must not blame God or anyone for the problems we face. It is our own doing. We must accept it. We can do our best to deal with these challenges and then surrender the rest to the Divine.

It is also important to understand that what aggravates our problems and makes us miserable is our own mind. The mind over thinks and bombards us with thoughts — upto 50 thoughts a minute which can add to a whopping 50,000 thoughts a day. The mind swings like a pendulum from the past into the present. It makes us restless, agitated. The result, we lose our peace of mind. Therefore, it becomes important to tame the monkey mind and make it into a monk. We must kill the mind. To kill the mind, we must still the mind. We have to bring down the number of thoughts from 50 thoughts a minute to 1 thought a mind. We have to observe, watch the mind. We have to watch it, catch it, latch it. The state of no thoughts is the state of thoughtlessness, consciousness. In this state, the intellect shines. Because the onslaught of thoughts ceases, we can experience peace. In this state we can also be spiritually enlightened. In addition to the mind, the ego troubles us, agonising us with anger, hate, jealousy and vengeance. We must transcend the ego. If we realize the truth of who we are, the ego will cease to exist. Remember that happiness is a choice, suffering is a choice. We only have to decide to be happy and we can be happy.

Air Atman In Ravi

VINOD CHANDRASHEKHAR DIXIT

As part of the birth centenary celebrations of BAPS Brahmawarup Pramukh Swami Maharaj, a birth centenary festival is being celebrated in Ahmadabad from December to January. It is estimated that lakhs of devotees from across the world will gather at the site of 'Pramukh Swami Nagar'. Thousands of volunteers have been working for the past one year to set up the Pramukh Swami Maharaj Nagar. The town's layout, which was designed by Swaminarayan and includes various cultural attractions. Pramukh Swami Maharaj was Bhagwan Swaminarayan's fifth spiritual successor. He led by example; his humility, faith in Bhagwan Swaminarayan, and compassion inspired millions of devotees and over 1000 Sadhus to maintain moral and spiritual lifestyles. His secular and spiritual greatness was on an extremely high level, yet he was able to relate to each and every individual he met according to their status and circumstance. He used to say, "To think is great, to live is greater and to inspire is the greatest part of philosophy, for: the life of philosophy is philosophy in life." Today, under the guidance and leadership of His Holiness Mahant Swami Maharaj, BAPS aspires to build a community that is free of addictions as well as morally, ethically, and spiritually pure.

In 1985, Pramukh Swami Maharaj was honoured in a grand, festive celebration at the Queens Park Rangers Stadium in London by 20,000 devotees and well-wishers. A giant weighing scale was arranged on stage and Swamishri and Thakorji were weighed with packets of sugar crystals. He was the inspiration for followers of the Swaminarayan faith to live a pure lifestyle focused on devotion to God and service to others. He followed eight-fold celibacy and lived a simple life free of ego, attachment, anger, and materialistic pleasure. He was a true sadhu. He has promulgated the eternal Vedie philosophy as propounded by Bhagwan Swaminarayan to establish peace and happiness in the hearts of many. He was known for his untiring efforts in uplifting the tribals, liberating thousands from vices and addictions, providing relief and rehabilitation to innumerable people in times of calamity and catastrophe, and inspiring character and faith in hundreds of thousands of children and youths were some of his many outstanding services to society.

Despite Swami's Maharaj's travellings in India and abroad, he had never compromised in the observance of the moral and spiritual commands prescribed by Bhagwan Swaminarayan. He breathed and lived the spiritual wisdom of the Upanishads, Bhagvad Gita and Vachanamrut. Brahmawarup Pramukh Swami Maharaj was an inspiration to millions worldwide.

He renounced the world after finishing his studies at 18 and was initiated by Shastri Maharaj in 1940. Through his humility, his noble service, his saintliness, and his selfless desire to help everyone, he won everyone's love.

He led an austere life of complete celibacy, without any personal wealth or comfort. He was a living guru who specialized in inspiring and instilling spirituality, and became a limitless source of peace and tranquility

OMKAR DATTATRAY

The world's largest political party, BJP has once again got a landslide victory and a historical win in the current 2022 assembly elections. As was expected the BJP bounced back to power with a massive victory after a keen political contest and defeated its nearest rival Congress with a big margin and the congress was able to only get 17 seats in a closely held and fought contest. While all claims and talks of AAP being a strong contender to power was restricted to a merely insignificant figure of one digit only and it could not cross even to two digits. In a keenly fought election battle, the Modi factor and Modi magic worked wonders and the BJP was able to break all the past records by winning 165 seats in 182 house and thus the Louts bloomed full in Gujarat thanks to the campaigning of the big stalwarts of this rightwing political party.

This is the seventh time in succession that BJP wrested power and made a decisive win in an interesting poll battle. The BJP was able to get more than two-thirds majority and thus the government will be very strong and able to deliver on the poll promises which the BJP called Sankalp Patra. There was a kneeen poll contest and the BJP came victorious by defeating congress and AAP at the haste. The hard work of the booth level workers and the efforts and campaigning of the star campaigners paid results and brought BJP back to power once again.

SHYAM SUDAN

There is an age old proverb that health is wealth. No doubt everyone wants to live a healthy life in his life span. In this modern and fast moving life people are suffering from lot of life style health ailments and other health related problems. Now a days the big issue for everyone's life is health. We can't say that people are not health conscious in their life style behavior. But due to adulteration in the entire ecosystem and pollution in every component we are facing the crisis of health issues in our life. There are lot of government and private health care hospitals and clinics are available in our country. Now almost in every big city and urban areas there is AIIMS like facilities are available in the country. The mega health insurance coverage scheme is also available for the welfare of general masses of our country. But due to population explosion we are facing the overburden in our health



to hundreds of thousands of people throughout the world. A rare soul who always lived for others and at the same time remained totally absorbed in God. During one month celebration, five immersive shows - 'Sahajanand', 'Muktanand', 'Nityanand', 'Bharatanand' and 'Paramanand' - comprising of films and live performances - themed on relevant topics taught and promoted by Pramukh Swami Maharaj, such anti-addiction, family harmony, pride for India and community service, will be aired. He was recognized for his sharp intellect and management skills and was given the duty to take care of temples run by the sect. He was the fifth spiritual successor in Bhagwan Swaminarayan's succession of Gunatit gurus.

The guru was an ocean of goodness, of purity and humility, a summary of spirituality. He was also known for his social concerns as he actively participated in rescue and relief operations during the times of floods and famines, earthquakes and other natural disasters. His teachings are immortal. He will always be remembered for his humility and vision for humanity. He was probably the tallest Hindu spiritual leader in recent living memory who took Hinduism to the western world. He has overseen the construction of over 1,000 temples including some grand ones like Akshardham in Gandhinagar and Delhi and had initiated over 800 youths to monk-hood during his life time. A man of few words has enhanced the grace, beauty and respectability of Hindu faith in modern time through his Akshardham temples across the world.

The Akshardham Temples stand out as the flag bearer monuments of Hindu excellence in sculpture and architecture in the world today. His message of compassion and service will remain an inspiration. He was quiet and his undisturbed love for God rose beyond all borders of nation, race and religion.

With lakhs of followers across the world and temples

all over the US, the UK, South Africa and Kenya, the sect has a strong global presence.

Former President Dr. APJ Kalam had written a book on his "spiritual experiences with Pramukh Swami. Pramukh Swami Maharaj became the fifth spiritual guru of BAPS in 1971 and spent much of his time travelling to Hindu communities around the world, promoting the organisation's spiritual and social agenda and working for interfaith dialogue. PramukhSwamiji was a great soul. His compassion for humanity, universal wisdom and striking simplicity touched many around the world. His service to society will always be remembered.

His impeccable commitment to the community and profound devotion to faith earned him the respect and reverence of countless worldwide. His thoughtful and meaningful words are a distillation of his profound experience, bringing peace to even the most disturbed. Regardless of caste or creed, his borderless love has touched the lives of many, young or old, literate or illiterate His words remove impurities, bring joy, inspire greatness, lift the gloom, give direction, remove ego and imbue the bliss of God. There is no doubt that Pramukh Swami Maharaj was a highly revered saint whose contribution to Hinduism remains unmatched and will remain a benchmark for generations to come.

Pramukh Swami Maharaj was an exceptional guru whose words convey the wisdom of eternal truth and carry the power to liberate all of humanity. His simple, humble and direct words are a reflection of the Supreme Divinity within him. Pramukh Swami Maharaj was not merely a master builder of stone structures, but also a maker of Mandirs within the hearts of people.

He is the Guinness World Record holder for building the most Temples worldwide. One may wonder why so many temples were built? Pramukh Swami Maharaj built temples to help people eradicate their vices, transform and strengthen their minds, and offer devotion to God. The temples he built are vibrant hubs from where activities that benefit individuals, families and society are performed. Today Bhagwan Swaminarayan temples have helped thousands of people eliminate their vices, like drug and alcohol addiction, gambling, smoking and others. Temples have really played a vital role in stabilizing people's minds and giving them the inner strength to overcome the challenges of daily life. The architectural style is an imitation of the Akshardham Temple in Gandhi Nagar, Gujarat.

The main monument at the Akshardham Temple in Delhi is about 141- foot high and houses a lovely statue of Lord Swaminarayan. Today, one would find that all the Swaminarayan temples offer a welcoming and spiritual space for thousands of families, as well as worship, fellowship, communal meals, education, and activities for young and old, creating a true home for the faithful. He was truly a servant leader. Though he was a guru to millions, he believed himself to be a mere servant of God, a servant of the people. Not only did he believe that he actually lived according to his beliefs. Wherever he went, he was determined to serve individuals, communities, and all of humanity.

Lotus blooms again in Gujarat

The fact that the BJP government had worked for the common people of Gujarat and had fulfilled more or less all the poll promises played its part and thus BJP was able to have a decisive win in these keenly contested assembly elections.

The AAP leaders including its star campaigners like Kejriwal and Sisodia could not have the required influence on the voters and they could not impress the voters and at the end of the day BJP won and stole the show by coming back to power. There was no anti -incumbency wave in Gujarat elections as the BJP had almost delivered on majority of the poll promises. The issues of price rise and unemployment and joblessness did not work in the assembly elections.

Gujarati Pride and the national security and Hindutva impacted the voters and they voted for the BJP in a big way thus making it possible for the BJP to retain power once again in the state. Modi's slogan of Sabka Sath Sabka Vikas, Sabka Vishwas Sabka Prayas did influence the voters and it translated into votes. In fact Modi charisma worked and ensured historical victory for the BJP in an interesting election battle. In fact the Modi's road shows and public addresses played its significant role and turned the election wave in favor of BJP.

Thus it was Modi-Modi everywhere which mesmerized the voters and they voted in favor of the BJP and made the win of BJP possible. The winning of more than 150 seats is a big and decisive victory for BJP and it is a welcome development for the BJP which bounced back to power defeating congress and the AAP. Both congress and AAP got a humiliating defeat at the hands of formidable BJP which reached to the strong arithmetic of 156 seats in the house of 182 -and this is no mean development for the BJP.

The shrewd voters gave their stamp of approval to the works and people friendly policies and programmes of the BJP and made the party to win the election as per the expectations of the people. The congress and AAP did not leave any stone unturned to give a strong fight to BJP but finally it was BJP which again was able to ride the saffron wave and win the election battle. The fact that there was no anti-incumbency but pro incumbency in Gujarat which worked wonders and made the BJP to win the election. BJP's win in the Gujarat elections will have positive effect on the general elections of 2024 and in fact the present win of the BJP in Gujarat is a trailer for the 2024 general elections and there is no controversy about it.

The hectic rallies and campaigning of the congress and AAP did not work and all the campaigning paled into insignificance before the mighty BJP and its pro people policies and programmes. The inaugurations of the projects of thousands of crores of money before the commencement of the elections also played a positive role in attracting the voters and made the BJP ultimately to win these interesting elections.

More than local issues it were the nation-

al issues and cultural nationalism which played a dominant role and made it easier for the BJP to win the election battle with a big margin of votes and seats. Modi mantra and Modi magic played its role and made it possible for the BJP to win the election battle at the hustling. There was a strong Modi wave and surge in Gujarat elections and this ensured the victory for the BJP in the State. Moreover Gujarat Model also was appreciated and recognized by the people and this translated into votes and made the BJP to win the election battle. The national issues of a strong fight against the radicals elements and anti terrorist actions was also a dominating issue in these elections. In fact the national issues of substance eclipsed the local issues and gave a strong win to the BJP seventh time in succession and thus BJP created a history by winning the elections. Hindutva plank of the BJP and banning of the PFI by the centre also played a positive and encouraging role in ensuring the victory for the BJP. The mass appeals of the star campaigners played its part and made it possible for the BJP to win the election battle. The fact that people voted enmass for BJP and made the party to win the elections. Gujarat is a stronghold of the BJP and thus it was no difficult for the BJP to defeat its rivals the congress and the AAP. Both these parties were made to lick the dust by the BJP. In short the win of the BJP was possible because of the Modi tsunami and wave which no one can ignore.

(The author is a columnist, social and KP activist).

One Nation One Health Policy

care clinics and hospitals. Now the health ailments are also of multiple in nature. Some of our health ailments needs immediate attention and instant treatment by the health experts. Some health ailments in our life needs gradual and prolonged treatment. They are not of emergence in nature. In our country mainly allopathic, homeopathy and Ayurveda system of treatment is available for the welfare of people. No doubt allopathic is the prime sector of our health care industry. But we can't ignore the other two's methods of health care system. Millions of people got the benefits by practicing yoga and homeopathy treatment. Basically these are our ancient methods of treatment and world recognized methods of treatment.

Now there is an urgent need to merge these three methods of treatment under one umbrella for the welfare of humanity. Government is also looking for this kind of change.

No doubt with the holistic approach and collaboration of all the health sectors we can bring a drastic change in our health system.

If all the three system of health care sits in a single desk, we can achieve our target in a more comfortable way. All the three outpatient departments can give their contributions in a holistic manner with more positive way. With the collaboration of all we can give better treatment to the suffering population of our country. Only blaming each other and proving dominance over other, we can't achieve our target. Our prime motive is to give relief to the patients and improve their health. During COVID pandemic we have learnt lot of things.

No method of treatment is wrong and outdated in nature in three wings of our health system. Now it is a very apt time to launch this policy, one nation one health system.