

2024: A YEAR OF TRANSFORMATION

The year 2024 was a significant one for India, marked by notable political events, sporting achievements, and progress in science and technology.

2024 was a crucial year for Indian politics, primarily due to the general elections, which took place amid a highly polarized political climate.

India's sporting calendar in 2024 was marked by numerous remarkable performances. Cricket remained at the forefront, with the ICC Men's T20 World Cup being one of the year's biggest highlights.

India continued to make strides in science and technology in 2024. The space sector saw remarkable achievements, with ISRO successfully launching its Chandrayaan-3 mission to the Moon.

The Indian tech industry also saw rapid growth, especially in artificial intelligence (AI), machine learning (ML), and quantum computing.

India's Progress in Global Rankings in 2024

India is today world's fifth-largest economy and we are confidently advancing toward the goal of becoming the third-largest economy.

A leap of 42 ranks in the Ease of Doing Business index between 2015 and 2018 positioned India as an investment-friendly destination with a business climate marked by fewer compliances and greater opportunities.

In 2024, India's meteoric rise on the global stage has been nothing short of remarkable, with key rankings and achievements showcasing its growing influence.

Economic Growth & Foreign Reserves India's economic growth trajectory under the leadership of PM Modi has been spectacular.

remarkable 16 places, now ranking 38th out of 139 countries. This leap underscores India's growing strength in trade and infrastructure.

Over the last decade (April 2014 to September 2024), total FDI inflows amounted to \$709.84 billion, accounting for 68.69% of the overall FDI inflow in the past 24 years.

In 2024, India became the world's second-largest producer of crude steel, after China. It also secured the second position globally in mobile phone production.

The Global Innovation Index 2024 is a clear reflection of this progress, as India has surged to the 39th position, up from 81st in 2015, showcasing the country's transformation into a global hub for innovation.

market scale. This leap underscores the government's efforts to strengthen digital infrastructure. India secures position in top 10 countries in Patents, Trademarks, and Industrial Designs.

India's Higher Education Gets Global Recognition

India's education sector is experiencing remarkable growth, with the nation making significant strides in global academic rankings. The QS World University Rankings: Asia 2025 highlights India's increasing prominence.

India's digital infrastructure has grown rapidly over the years, and its achievement in the Global Cybersecurity Index 2024, securing Tier 1 status, underscores this transformation.

can be seen through initiatives like Digital India, which not only expanded internet access but also introduced measures to enhance online security.

Gender Equality India's remarkable progress in gender equality is evident in the 2022 Gender Inequality Index, where the country moved up 14 places.

India's tourism sector has flourished, ranking 39th in the Travel and Tourism Development Index (TTDI) 2024. Initiatives like Incredible India and Dekho Apna Desh have boosted both domestic and international tourism.

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DR NEHA SHIVGOTRA



your spirits high! Taurus: Embrace the transformative power of self-forgiveness, allowing yourself to release the burdens of past guilt.

resilient version of yourself, as brighter days await on the horizon. Gemini: Refrain from excessive toil or attempting to compensate through material means.

Leo: A wave of opulence is approaching your life. Your dedication and strategic vision will yield prosperity, bestowing upon you a profound sense of security and optimism for what lies ahead.

strength in this situation. Now is the moment to take initiative and pursue your goals with clear vision, bravery, and unwavering self-assurance.

prioritize your well-being and embrace more conscious, nourishing choices. While this journey may demand time and dedication, the rewards of your efforts will be invaluable.

joys for us that surpass our wildest dreams. Embrace the idea that you are worthy of even greater blessings than you currently seek.

HOROSCOPE 2025

Kalari-The Dogra Cuisine

DR. BANARSI LAL

Kalari is a popular local milk-byproduct delicacy of J&K. It is mostly found in the areas of Shivalik hills of Jammu region particularly in Udhampur distt. of J&K.

nologies in small farms. Department of Animal Husbandry of J&K, SKUAST-J and SKUAST-K are providing the technical know-how on dairy farmers to the farmers and also providing the frozen semen of pedigree bulls to the veterinary dispensaries.

ular shape is given to it. Then this product is dried after draining the excess liquid from it. The ultimate product in this process is called as Kalari. Kalari is very tasty and is having cheese like taste.

The Science of Depression: How Brain Chemistry Affects Mental Health

BHAVNEET KOUR



brain chemistry in depression is central to understanding its biological basis. This article delves into the intricate relationship between brain chemicals and mental health.

Prefrontal Cortex: Responsible for decision-making and emotional regulation, this area often shows reduced activity in depressed individuals.

Treatment Targeting Brain Chemistry The understanding of brain chemistry has paved the way for various treatments for depression.

Livestock rearing is an integral part of rural J&K. The major occupation of the rural people of J&K is agriculture and livestock rearing.

Govt. is stressing on the value addition in agriculture and allied sectors and value addition in milk can help to open new avenues in J&K.

Kalari is rich in nutrition and contains proteins, vitamins and minerals. In Jammu region of J&K Kalari-Kuleha is very famous and has its own delicacy.

The Role of Neurotransmitters

Neurotransmitters are chemical messengers in the brain that facilitate communication between nerve cells.

Hormonal Influence on Depression

Hormones also play a significant role in influencing brain chemistry. Stress hormones, such as cortisol, can disrupt the balance of neurotransmitters.

Future Directions in Research

As science progresses, researchers are exploring advanced treatments such as deep brain stimulation (DBS) and personalized medicine.

Conclusion

The science of depression underscores that this condition is not merely a state of mind but a biological disorder rooted in the intricate workings of the brain.

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