

MIDDLE EAST TENSIONS

The Middle East in 2025 finds itself at a precarious juncture, with escalating conflicts and shifting alliances threatening regional stability.

In June 2025, Israel launched "Operation Rising Lion," a series of airstrikes targeting Iran's nuclear facilities and military leadership.

The longstanding conflict between Israel and Hezbollah has intensified since October 2023. Following the Hamas-led attack on Israel, Hezbollah launched rocket and artillery strikes in solidarity with Palestinians.

Syria's civil war, which began in 2011, has left the country fragmented and unstable. In March 2025, clashes erupted along the Lebanon-Syria border between Syrian government forces and Hezbollah-affiliated militias.

Yemen has become a focal point for regional rivalries, with the Houthi movement receiving support from Iran. In May 2025, the Houthis launched a ballistic missile at Tel Aviv's Ben Gurion Airport.

The ongoing conflicts have had severe economic and humanitarian consequences. Oil prices have fluctuated due to instability in key producing countries, and global markets have experienced volatility.

Despite the grim outlook, there are efforts to de-escalate tensions. International actors, including the United Nations and regional powers, continue to push for dialogue and negotiations.

The Middle East in 2025 is a region marked by conflict, shifting alliances, and geopolitical maneuvering. The interactions between Israel, Iran, Hezbollah, and other regional actors will continue to shape the future of the region.

Following Israel's large-scale military operation in June 2025-dubbed Operation Rising Lion-against Iran's nuclear and military infrastructure, Tehran responded with missile and drone attacks on Israeli territory.

Adding to the tension is the re-emergence of open hostilities between Israel and Hezbollah, with daily exchanges of fire since the October 2023 Gaza war.

The Syrian crisis continues unabated, with the Assad regime entangled in border skirmishes involving Iranian-backed militias and foreign interventions.

HAPPINESS IS A STATE OF MIND

I D SONI Happiness Is Here And Now



Deep down in every heart is an unquenchable desire for happiness. The advanced soul desires happiness just as much the pleasure seeking wording, the difference between them is simply that the former through knowledge and experience, does not search for happiness, knowing that it can never be found by direct seeking, but finds it through service and love to others and in victory over self while the latter seeks happiness, like a will-o'-the-wisp, in every form of pleasure, and finds it not.

Man is never satisfied with his life. He is forever seeking something that is better, until he learns wisdom, he looks for it in pleasure in sense gratification of various kinds, in wealth, luxury and possession. The less evolved a man is, the more convinced he is that happiness can be gained in these ways, and the lower are his desires. For instance, those who form what is called the underworld our cities, seek happiness in vice and debauchery those who are evolved seek pleasure in more refined things, hoping to find happiness in intellectual pursuits, friendships, and in pure human loves.

The desire for happiness is good, for it leads us through innumerable experiences so that the soul can realise, by practical experience, the emptiness of all self-seeking, and thus learn wisdom. After running the whole gamut of experience the soul learns at last that happiness is not something that can be found by seeking it, but is an inward mental state.

Although work, well done, brings a quiet sense of satisfaction, and success in one's career may also be a source of gratification for a short time, yet even these cannot satisfy the deep longing of the soul.

Happiness, however, is to be found in sacrifice and service not if we seek happiness in service, and serve others for the same of serving, we find the only happiness that will endure and satisfy.

One has only to observe the lives of those who are always selfishly seeking and grabbing, who are hard in their dealings, and always looking after number one, in order to see how impossible it is for self seekers to be happy. It does not matter whether they acquire riches or remain poor - they are equally unhappy.

There must be a purpose in life, and this must have for its object the betterment of the lives of others, either fear or many. The law of service must be obeyed, otherwise there can be no happiness. This may fill some readers with dismay, for they may be employed in an occupation that apparently does no good to anybody. They may feel that if they were engaged in some noble enterprise for the uplift of humanity. Then they could truly serve, but in their present occupation this is not possible.

through, in order to bring us a living, or because it is expected of us that we should work, but as an offering of love to life land the world, in order to come into harmony with the great law service.

Happiness is a State of Mind

Everyone wants to live in happiness. But everyone is deprived of happiness. Why? This is because the criterion of people for achieving happiness itself is unrealistic. They are trying to find it in those things in which it is not present. Deeper analysis of this issue tells us that people are constantly trying to eliminate those things that, according to their belief, go against achieving happiness.

People are in a state of constant unrest arising from a feeling of inadequacy. The truth is that inadequacy in life is not a problem. Instead it is a challenge. Here is a positive purpose of this natural challenge. Nature wants to unfold one's inner qualities and there is no other way except what may be termed shock treatment. Inadequacies are like shock treatment meant to unfold a person's inner treasure.

The fact is that life is full of differences. Everyone tries to achieve his/her goals. This state of affairs leads to competition. It is this competitive situation that leads to human problems or social problems. One cannot abolish people's freedom. So, one cannot even abolish the present situation that appears to be unwanted. Then, what is the solution? The answer is very simple; take the differences as a challenge. When one takes problems as a challenge, one would try to meet the challenge. This will activate one's mind, motivate and unfold one's inner capacity.

Happiness and unhappiness are both states of mind. Unhappiness is the result of

negative thinking and happiness is the result of positive thinking.

The following points explain the above mentioned concept more clearly when one takes things a challenge, it will help in one's intellectual development. It is a fact that in this world the greatest think a person can achieve is intellectual development, which is the capacity of high thinking.

Happiness is the result of high kind of thinking. High thinking make one a positive thinker. It is positive thinking that makes one happy in the true sense of the world. Happiness is not simply a joy full state, it is rather an explanation of things at a rational level. If one cannot explain things at a rational level, one becomes unhappy.

Another road to happiness is the conquest of the lower nature, the overcoming of weaknesses, the climbing to higher and better things. There is intense happiness in realising daily that habit are being overthrown, weak point in the character built up, and an ever - increasing state of liberty and freedom entered into. Thank God, we do not have to remain as we once were, but can progress upwards, indefinitely, for there is no limit to our upward climb.

But there is a state that is far higher than happiness and this is joy. Happiness comes through self-less service and overcoming, but joy comes only to one who realises his oneness with his divine source. The reality is ineffable joy. Behind this world of shadows is the real spiritual world of splendour and delight. When the soul after its immense journey through matter, time and space, at last finds it way back to its Divine source, it becomes aware of this intense joy, too great to be described in words. It not only realises that the reality is joy, and the universe filled with not groans or sighing, but with the sweet, quiet laughter of freed souls.

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Saviours in Scrubs: India Celebrates Surgeons Day and Surgeons Week

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The roots of surgery trace deeply into the Indian subcontinent, with historical records dating back to 600 BC. Every year, on June 15th, India commemorates Surgeons Day in honor of Dr. Joseph Lister, the legendary British surgeon who revolutionized surgical practice through the introduction of antiseptic techniques.

The Association of Surgeons of India (ASI) encourages the celebration of Surgeons Week through various activities, including free health checkups, surgeries, awareness campaigns, and academic discussions. National Surgeons Week (June 9-15) serves as a platform to celebrate surgical excellence, reflect on the evolving challenges, and honor the unwavering commitment of surgeons worldwide.

Surgeons Day is observed every year on June 15th, marking the birth anniversary of Dr. Joseph Lister (1827-1912), who transformed surgical practice forever by introducing antiseptic surgery. His pioneering use of carbolic acid to sterilize instruments and wounds drastically reduced infections and mortality rates.

Today, millions of lives are saved annually through surgical procedures that owe their safety to Lister's discoveries. As he aptly stated: "It is not the germ, but the environment that breeds infection."

The Indian Context: Healing Amidst Challenges India is home to thousands of surgeons who serve across government and private healthcare systems. Whether performing a life-saving caesarean in a rural Community Health Centre, conducting emergency trauma surgery in an urban hospital, or executing complex cancer surgeries in tertiary care centers, Indian surgeons continually rise to meet diverse and demanding challenges, often working with limited resources but boundless determination.

As Padma Bhushan awardee and eminent cardiac surgeon Dr. Devi Shetty once remarked: "In our country, a good surgeon is not judged only by skill, but also by compassion and courage." However, the reality remains challenging. Rural areas continue to face a shortage of trained surgeons, and many public hospitals grapple with limited manpower and infrastructure. Surgeons

Week not only celebrates surgical accomplishments but also draws attention to these persistent gaps in care.

Surgeons Week: More Than a Celebration Observed annually following June 15th, Surgeons Week serves as both a celebration and a call for awareness. Across India, numerous initiatives are organized, including:

- Free surgical camps and consultations
Public awareness campaigns on early detection of surgical diseases
Felicitations of senior surgeons for their lifelong contributions
Workshops and webinars for surgical trainees
Discussions on surgical ethics, burnout, and surgeon well-being

The overarching objective is to recognize the indispensable role of surgery in healthcare and to ensure equitable access to surgical care for all.

Technology, Precision, and the Human Element In recent years, India has witnessed a significant rise in robotic and minimally invasive surgeries, enhancing safety, precision, and patient outcomes. Yet, the true essence of surgery lies not in the sophistication of machines but in the human hands and hearts that guide them.

As renowned surgeon and author Dr. Atul Gawande reminds us: "While we may hope for magical solutions, real progress in surgery requires persistence, patience, and many careful steps."

The Unseen Struggles of Surgeons Behind every successful surgery lies the untold emotional burden carried by surgeons. Long hours of high-stress work, emergency calls at odd hours, critical decisions, and occasional unavoidable losses take a significant toll on their mental and emotional health. Surgeons Week also serves to acknowledge these invisible struggles and to advocate for stronger systemic and emotional support for the surgical community.

A Grateful Nation Must Remember This Surgeons Day and Surgeons Week, the Nation extends heartfelt gratitude to India's entire surgical fraternity - not only to the renowned specialists but also to the district hospital doctors, military surgeons, mission hospital staff and medical college professors.

They mend wounds, restore dignity, and offer countless individuals a second chance at life. (Dr. Uzma Padwal, Senior Resident; Dr. Suneha Kumari, Assistant Professor; Dr. Maria Kapoor, Additional Professor & Head, Department of General Surgery)

How we can successfully beating Plastic Pollution in our daily lives

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On June 5, 2025, the world once again came together to observe World Environment Day under the powerful theme: "Beat Plastic Pollution." Unlike previous years, this year's campaign marked a turning point-one where the global call to reduce plastic waste has translated into tangible, everyday changes that are reshaping how we live, work, and consume.

Plastic pollution remains one of the most daunting environmental challenges we face. Single-use plastics choke our oceans, clog waterways, harm wildlife, and contaminate food chains. Yet, despite the scale of this crisis, 2025 has shown that through collective commitment and practical solutions, the tide can turn.

The success story lies in how governments, businesses, and individuals have embraced the World Environment Day 2025 theme-not just in words, but in action. Plastic waste reduction has become embedded in daily routines and national policies alike, proving that large-scale environmental change starts at home and spreads outward.

Around the world, governments have taken bold steps to enforce regulations that support plastic pollution reduction, reflecting the spirit of the 2025 theme. In many countries, bans on single-use plastics such as bags, straws, and cutlery have become the norm rather than exceptions. For instance, nations like Kenya and Canada have expanded their plastic bans, introducing stricter penalties for violations and incentivizing alternatives.

Many cities have introduced plastic-free zones-areas in markets, schools, and public parks where single-use plastics are prohibited. These initiatives have been supported by public awareness campaigns funded and promoted by government agen-



cies, encouraging citizens to embrace sustainable habits.

Moreover, deposit-return schemes for plastic bottles have gained traction, dramatically increasing recycling rates. Consumers receive refunds when they return bottles to collection points, promoting a culture of reuse and reducing litter. Countries implementing such schemes report recycling increases upwards of 70%, a remarkable shift from prior decades.

Businesses have also played a critical role in turning the 2025 theme into a success story. The private sector is embracing sustainability not only as a moral imperative but as a business opportunity.

Major retailers now offer plastic-free packaging options and have reduced plastic use in their supply chains. Many have adopted refill stations for personal care and household products, allowing customers to reuse containers and avoid single-use plastics altogether.

Innovation is thriving. Startups and established companies alike have developed biodegradable packaging materials, edible packaging, and com-

postable alternatives. Some are even pioneering plastic-to-fuel technologies and enzyme-based plastic recycling, turning waste back into valuable resources.

Corporate pledges to achieve net-zero plastic waste are being publicly tracked and reported, ensuring transparency and accountability. This trend toward corporate environmental responsibility has helped normalize plastic pollution reduction as a priority across industries.

While governments and corporations set the stage, the most powerful changes are often driven by communities and individuals. Across the globe, grassroots movements inspired by the World Environment Day 2025 campaign have mobilized citizens to take action.

Local clean-up drives have become regular events, not just annual ones, restoring beaches, parks, and rivers. Schools have incorporated plastic pollution education into their curricula, fostering environmental stewardship from a young age.

Communities have embraced plastic-free challenges, encouraging households to minimize their plastic footprint for weeks or months at a time.

Social media has amplified these efforts, creating a global network of support and shared ideas.

Individuals have also made plastic pollution reduction part of their daily routines. Reusable shopping bags, stainless steel water bottles, bamboo cutlery, and cloth produce bags have become everyday essentials. Consumers demand products with minimal or recyclable packaging, pressuring manufacturers to adapt.

Perhaps the most profound success of the 2025 theme has been a cultural shift in how we view consumption and waste. The disposable mind-set that fuelled plastic pollution for decades is giving way to one centered on sustainability, circularity, and responsibility. People are more aware than ever of the environmental cost of convenience and are making informed choices.

This shift is evident in the rise of minimalism and zero-waste lifestyles, which emphasize thoughtful purchasing, repairing, and reusing over disposable consumption. Popular movements like "Refuse, Reduce, Reuse, Recycle" have moved beyond slogans to become guiding principles for millions.

Retailers report surging demand for package-free or bulk items, reusable containers, and ethically made goods. Public campaigns highlight how simple actions-bringing your own cup to a café, refusing plastic straws, or choosing products with less packaging-collectively create significant impact.

The fight against plastic pollution has also benefited immensely from advancements in technology and data collection. Governments and environmental groups now utilize sophisticated satellite imaging and drone surveillance to monitor pollution hotspots and illegal dumping.

Mobile apps enable citizens to report litter, track their personal plastic footprints, and locate sustainable shopping options. These tools encourage accountability and empower communities with information. Recycling facilities have become more efficient thanks to AI-powered sorting systems, ensuring higher purity rates in recycled plastics and reducing contamination.

The integration of blockchain technology is

starting to provide transparency in plastic supply chains, enabling consumers and regulators to trace the origin and fate of plastics, further discouraging wasteful practices. One of the most encouraging signs of successful implementation is the measurable decrease in plastic pollution in many areas.

Recycling rates have improved, and landfill volumes related to plastics are stabilizing or declining in many regions. These changes indicate that policies and behaviors aligned with the 2025 theme are effective.

Despite these successes, the battle against plastic pollution is far from over. Challenges remain, including managing legacy plastics already in the environment and addressing plastic pollution from informal sectors in developing countries.

The global production of plastic continues to rise, driven by demand in packaging, construction, and consumer goods. Combating this requires ongoing innovation, international cooperation, and a commitment to sustainable development.

Equally important is ensuring equity and inclusion in environmental efforts. Plastic pollution disproportionately impacts marginalized communities, and solutions must address these disparities.

The successful implementation of the World Environment Day 2025 theme, "Beat Plastic Pollution," proves that global awareness can spark real change when paired with action. It shows how governments, businesses, communities, and individuals can each play an essential role in tackling one of the most pressing environmental issues.

Our daily lives have changed for the better because of this shift-from how we shop and consume to how we think about waste. But sustaining this momentum will require vigilance, creativity, and cooperation.

As we celebrate the victories of 2025, we must remember: beating plastic pollution is not a one-day effort-it's a lifelong commitment to protect the planet for ourselves and future generations. Together, we are turning the tide.