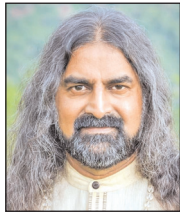


## INDIA IN SPACE

In India, a rocket training center was established in 1963 at Thumba near Thiruvananthapuram. In the same year, a rocket made by America was launched from this place. Indian Space Research Organization (ISRO) was formed in 1969 to work systematically on space science. After this, in the year 1972, the Government of India also established the Space Department and the Space Commission. As a result of all these efforts, on June 7, 1979, India's own satellite was launched into space through a spacecraft. This was the first achievement of India's victory over space. After this, in 1981, Rohini and Apple satellites were launched from a place called Sriharikota. In 1982 the satellite F.B. And in 1988 R.S. 1-A and Inset FC. released into space. India's Rakesh Sharma traveled to space in 1984 and the recently deceased Kalpana Chawla's two space travels have been a matter of pride for India. From the beginning till today, India has left many satellites in the space, from which we not only get advance information about the events happening in the space, but also about the changes happening on the earth, weather information, internet, phone etc. Many types of scientific experiments are also done and efforts are made to make life more and more comfortable. Recently India has launched Chandrayaan-3 while flying high in space. It can land on the moon by 23-24 August. If this mission of India is successful, then it will prove to be a long leap in the field of space. Its successful soft landing on the moon will give India a respectable entry into the club of countries which currently has only three members - the US, Russia and China. India will be the fourth country to do so. But more than that, this mission will pave the way for ISRO's upcoming space missions.

## Master your MIND: Realise your true potential from in this life itself

■ MOHANJI



Today's constant bombardment of stimulus compel our attention into externalities, and pull our attention outside of ourselves, causes us to forget that the most important, most fulfilling and longest lasting relationship; the relationship most worth exploring, is the relationship with ourselves. We don't take the time, we don't have the time, to simply be with ourselves and unlearn, to compassionately observe what is going on within, and so we are unaware that we are experiencing life through a framework of stubborn prejudices, past traumas, fears and limiting beliefs. The ultimate and tragic result: we don't know what we are. We forget that a profound and purposeful existence is not only possible, but is the birthright of all human beings.

All through the world, in this most difficult and confusing of times, there is an urgent need, a hunger; the call of soul perhaps, to not to escape, but to dive into ourselves, and seek out something more permanent and nourishing; to rise above these limiting beliefs and all the deeply ingrained patterns which bind us and distort our perception of ourselves and the world. Globally active humanitarian Mohanji, exemplifies and expresses unshakable peace and freedom from all bindings, which naturally expresses itself as compassion and kindness, has recognised this urgent need and created the "Empowered with Mohanji" a signature program, which is acourse of online programs created with the aim of "Transcending the Mind and Creating Masters". Throughout the series of talks Mohanji offers unique perspectives and practices to support your personal growth and inner transformation. It consists of 4 online programs (Empowered 1.0 to Empowered 4.0) led by experienced trainers empowered by Mohanji, which step by step, in a systematic manner, guide us into a better understanding of ourselves, providing practical techniques and profound insights to help us realise our limitless potential. The series culminates in Empowered 5.0, which is a 10 day, in person, intensive program with Mohanji. It is a journey which is designed by Mohanji to be universal; transcending religious, national, and social boundaries, to guide people of all ages back to their original Self; return to what we truly are. We all have the potential to nullify wrong identifications and re-establish ourselves in that sacred Truth, unaffected by emotions, attachments and disappointments, with clear awareness that each experience is simply a chapter of the divine play. The Empowered Program, offers a very rare opportunity to experience the depths of silence in the presence of a spiritual master. Creating a space in which to explore, contemplate and TRANSFORM. Potential benefits of the program include\*Unlocking Your True Potential: The Empowered Program offers a myriad of benefits that span different aspects of life. \*Enhanced Focus: Learn to identify and overcome distractions, allowing you to stay laser-focused on your life goals.\*Embracing Life's Flow: Cultivate acceptance and ease, enabling you to navigate life situations with grace and resilience. \*Breaking Limiting Patterns: Gain insights into self-growth inhibitors and acquire effective tools to break free from limiting patterns, unlocking your true potential.\*Embracing the Present Moment: Master techniques to anchor yourself in the present, experiencing greater clarity, mindfulness, and fulfillment.\*Inner Peace and Silence: Establish a sanctuary of inner calmness amidst the chaos of the external world, fostering serenity and self-discovery.\*Transforming Challenges: Learn to harness adversity as opportunities for personal and spiritual growth, empowering you to transcend past traumas and embrace new possibilities.\*Clearing Doubts and Blocks: Engage in a special Q&A session with Mohanji to address your doubts and mental obstacles, propelling you forward on your journey.

(Visit [mohanji.org](http://mohanji.org) and find out more).

# Yes, Badalta Jammu and Kashmir

■ OMKAR DATTATRAY

Four years of the scrapping of Article 370 have passed and there has been sea, wholesale and total change in the Jammu and Kashmir .The old picture of Jammu and Kashmir as a region of militancy ,terrorism ,insurgency and violence has ended with the abrogation of controversial Article 370 and today there is by and large peace ,normalcy ,progress, prosperity and development .The strikes ,Bandhs' ,lock-downs and closure of the educational institutions are the things of past and are now a history .This year is the fourth anniversary of the abrogation of Article 370 and all the people should celebrate the total change and Badalti picture of Jammu and Kashmir post abrogation article 370.The BJP will celebrate the 4th anniversary of the abrogation of Article 370 and in this connection various programmes will be held in the country including the inseparable part and parcel Jammu and Kashmir .It should not be only BJP which should celebrate the 4th anniversary of the annulling of the Article 370 which was the root cause of all separatism ,militancy ,alienation of the people and lack of development. .Ever since the abrogation of Article 370,there has been a phenomenal increase in the tourist footfall and the rush of tourists and pilgrim tourists had contributed immensely to the local economy of Jammu and Kashmir and the tourists have become brand ambassadors of changing and peaceful J&K and they themselves have become an advertisement of the fast returning normalcy ,peace and development .It is no mean development that in year 2022 a record one crore 88 lakh tourists visited Jammu and Kashmir and it points

towards the fact that there has been very huge tourist footfall in 2022 and it is a very encouraging development as J&K has got a rightful place in the tourist map of India and these tourists are an economic asset besides having a human, cultural and social importance .So much change had witnessed in Jammu and Kashmir in various sectors that for the normalcy and economic development this part of India is much talked about in India and abroad and it is no ordinary development .There is definite change in the education sector that schools ,colleges and universities are becoming hub of education activity and the strikes and closures of schools is a thing of past .So far as terrorism is concerned ,there has been 45% fall in terrorist incidents and the fact that there has been no report of cross border terrorism this year .With the historical decision of abrogation of Article 370,the geography of Jammu and Kashmir as well as the politics of this Indian region has changed a lot for good .Like the rest of the country ,every law will be applicable in Jammu and Kashmir .Article 356 of the constitution which deals with the imposition of presidents rule will now be applicable to Jammu and Kashmir as well as Ladakh since the governors post has been abolished because of the bifurcation of Jammu and Kashmir into two union territories of Jammu and Kashmir and Ladakh .There is no longer dual citizenship to the subjects of Jammu and Kashmir and this in fact will lead to national integration which is badly required in Jammu and Kashmir .Indian constitution is now fully applicable to Jammu and Kashmir.RTI is also applicable to J&K and also CAG will also be applicable. .Discrimination against

women will end .After the abrogation of Article 370,if a women of J&K marries a person from outside J&K ,she will not be denied the property rights and this will give gender justice to the women of the UT. We cannot say that the situation in J&K did not improve after abrogation of Article 370,the fact cannot be denied that ,the situation in Jammu and Kashmir has become very good ,but still much remains to be done .One of the outstanding and notable transformed and reformative aspects of the journey has been the implementation of unprecedented transparency in financial management .Through a number of innovative measures ,the JK administration has instilled trust ,confidence ,accountability and efficiency in its financial processes ,bringing about a significant positive impact on the regions development .There will be no execution of works without administrative approval and E-tendering. The opaque decision making and questionable awarding of the contracts is now a history .The JK administration has enforced a strict policy of financial discipline and to be specific enforced a strict policy of requiring administrative approval and e-tendering for all public work projects .This led to transparency and minimum possibility of corruption and this is the sign and symbol of good governance. Thus there is less possibility of corruption and malpractice in the public works and governance of the UT. .To ensure that public funds are utilized judiciously and for the intended purposes ,administration has adopted a comprehensive approach to mentoring projects .There is 100% Physical verification and GEO Tagging of works .In a significant move towards digitization ,the government has shifted 121

treasuries to the e-Kuber portal of RBI for the government payments .There has been a steep reduction in construction cost and fast -Tracking of work execution .Through efficient and transparent procurement processes ,the UT has achieved a remarkable reduction in construction costs .This has resulted in timely completion of projects and accelerating the pace of development across the region. .The traditional approach of budget allocation has been replaced with modern online system ,the Budget Management Application -BEAMS .The UT of Jammu and Kashmir has embraced transparency and accountability by adhering to General Financial Rules-GFR. The journey of Badalta Jammu and Kashmir showcases an inspiring tale of progressive governance .All the above has contributed towards laying groundwork for sustainable development and economic growth .All these reforms have set new benchmarks for other regions to follow the footsteps of Jammu and Kashmir .In brief there has been a sea change in the Jammu and Kashmir so far as peace ,normalcy and development is concerned. The Badalta J&K has become a beckon light for other states to follow .There are phenomenal and discernable changes in various sectors of Jammu and Kashmir .Transparency ,accountability and good governance has become the hallmarks of the Badalta Jammu and Kashmir .The BJP is doing a yeoman's job in celebrating the 4th anniversary of the abrogation of Article 370.There is immense need that people of Jammu and Kashmir should emulate BJP and so celebrate the 4th anniversary of the scrapping of Article 370 with enthusiasm.

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

## Significance of Group Study: Benefits, Prospects and Challenges

■ DR. RAJKUMAR SINGH

Group study is a collaborative approach to learning and studying where a group of individuals, usually students, come together to study a particular subject or topic. It involves sharing knowledge, discussing concepts, solving problems, and supporting each other's learning process and it can be conducted in person or virtually, depending on the participants' preferences and availability.Benefits of Group Study include: a. Diverse Perspectives: Group study allows participants to gain insights from different perspectives and approaches to problem-solving. People with varying levels of understanding can clarify doubts and share their unique insights, enhancing everyone's understanding. b. Increased Motivation: Studying in a group can boost motivation and discipline. The shared commitment to study helps individuals stay focused and avoids procrastination. c. Improved Retention: Explaining concepts to others can reinforce learning in the minds of the students. Teaching or explaining a concept to a group can help a person grasp the subject matter better. d. Enhanced Communication Skills: Group study encourages active participation, which can improve communication and presentation skills. When explaining concepts to others, students develop better articulation of their ideas. e. Division of Workload: In a group, participants can divide the workload, allowing them to cover more material efficiently. This can be especially beneficial when preparing for exams or completing assignments. f. Social Support: Group study provides an opportunity for social interaction and support. Studying with others can reduce stress and create a sense of camaraderie, making the learning process more enjoyable. On the other hand, while, group study can be highly effective for some learners, it may not suit everyone's preferences or study habits.

Origin of the concept: The origin of the concept of group study can be traced back to early civilizations where people gathered in groups to share knowledge and learn from each other however, the group study as a structured educational approach have evolved over time. Ancient cultures, such as the Greeks and Romans, valued intellectual discussions and philosophical debates. Scholars, students, and philosophers would gather in informal groups to exchange ideas, debate concepts, and advance their understanding of various subjects. Several learning institutions, such as the ancient libraries of Alexandria and the Academy of Plato, provided spaces for scholars and students to

come together and engage in collective learning. These centers of knowledge encouraged group discussions and academic collaboration. In medieval periodstoothe study circles and guilds emerged as important means of education and skill development. Gradually, the study circles and academies became prominent, fostering intellectual discussions and promoting the study of literature, philosophy, arts, and sciences. In the context, the effects of John Dewey, progressive Education, influence of cognitive psychology and technological advancement are most important. As a result, today, group study remains an integral part of many educational institutions and learning methodologies. The concept of group study has evolved over time, influenced by historical practices, educational philosophies, and advancements in psychology and technology. It has become an essential and widely accepted approach to learning that fosters collaboration, critical thinking, and a deeper understanding of various subjects.

Challenges of group study:

While group study offers numerous benefits, it also comes with its fair share of challenges. It's essential to be aware of these potential obstacles to ensure that group study remains productive and effective. There are some common challenges of group study which include: a. Coordination and Scheduling: Finding a suitable time for all group members to meet can be challenging, especially when participants have different schedules, commitments, or live in different time zones. b. Individual Commitment: Not all group members may be equally committed to the study sessions. Some may contribute less or fail to prepare adequately, which can lead to imbalances in effort and hinder progress. c. Group Dynamics: Different personalities within the group can sometimes clash, leading to conflicts or unproductive discussions. Dominant individuals may overshadow quieter members, hindering a free flow of ideas. d. Lack of Focus: Group study sessions can sometimes get off-topic or become too casual, reducing the overall focus on the subject matter. f. Learning Styles: Group members may have varying learning styles. Some individuals may prefer interactive discussions, while others may need more solitary study time, making it challenging to cater to everyone's needs. g. Uneven Knowledge Levels: Group members may have different levels of understanding or knowledge on the subject. While this can be beneficial in some cases, it may lead to frustration or slowing down of the study session if there is a significant disparity in knowledge.i. Time Management:

Group study sessions might not always be the most efficient use of time, especially if the group gets sidetracked or if discussions are prolonged excessively. j. Distractions: Depending on the study environment and the behaviour of group members, distractions can arise and affect the overall productivity of the study session. k. Group Size: The size of the group can impact the dynamics. Very large groups may be challenging to manage and keep focused, while very small groups might not provide enough diversity of ideas and perspectives.

Prospects of group study: Group study offers several promising prospects that can enhance the learning experience and academic performance of students. These prospects can be particularly beneficial when group study is conducted effectively and with the right group of individuals. Here are some of the key prospects of group study: a. Enhanced Understanding: Group study provides an opportunity to discuss complex concepts and topics. Explaining and teaching ideas to others helps individuals reinforce their understanding, leading to better retention and comprehension of the material. b. Diverse Perspectives: In a group, each member brings their unique perspectives and insights. This diversity of ideas can lead to more comprehensive discussions and a deeper exploration of different aspects of the subject matter. c. Shared Knowledge and Resources: Group members can pool their knowledge and study resources, such as notes, textbooks, and online materials. This collaborative approach ensures that everyone has access to a broader range of information. d. Improved Problem-Solving Skills: Group study encourages critical thinking and problem-solving. Working together to solve challenging problems can foster creativity and help students approach issues from various angles. e. Time Management: Group study allows students to divide the workload, which can help them cover more material efficiently. This division of tasks can be particularly beneficial during exam preparation or when completing projects and assignments. f. Increased Motivation: Studying with others can boost motivation and accountability. Group members can encourage each other to stay focused, overcome challenges, and maintain a positive attitude towards learning. g. Effective Exam Preparation: Group study can be an excellent way to review for exams. Quizzing each other, discussing key concepts, and solving practice questions together can help students prepare more.

(The author is a Youth Motivator).

# Build you career as Apparel Export Specialist

■ SMRITEE DWIVEDI

The Textile and Apparel Industry (T&A) is one of the oldest industries in India that has seen a massive progress over the years. The Indian Textile and Apparel Industry accounts for about 4% of the textile and apparel market worldwide. The T&A Industry significantly contributes to the Indian economy in terms of domestic share, foreign exchange earnings, export earnings, and employment. In the near future, India's apparel export is expected to increase considerably. Total export of textiles and apparel are expected to touch US\$ 82 billion by 2022 at a CAGR of 12.06% from FY18.

There are great opportunities in the apparel sector for an Export specialist. If you're interested in becoming an Import/Export Specialist, one of the first steps is to know about the education and skills required for this job role. Through this article you will be able to explore every aspect of career as an Import/Export specialist.

What does an Import/Export Skilled person do?

An export/import specialist is a professional who organizes and oversees the shipment of products to domestic and international locations. They prepare and process all the required documents and permits for shipping purposes, conduct quality inspections of shipments, and maintain records of all the invoices and transactions. Import/export specialists

also monitors and track shipments, and work with vendors and transportation companies to ensure that products arrive at their destinations as per the pre decided timelines. These professionals also work closely with staff to ensure that all imports and exports adhere to company's regulatory standards.

Textile Export Opportunities-

The Indian textile industry is known for its high quality and a wide variety of products that it offers and hence, the demand for this industry is rapidly growing in the international market. If we talk about the export opportunities of our textile goods outside India, you would be surprised to know that China is the biggest importer of Indian textiles. Apart from China, countries like Japan, the United States, Europe, Germany, and France are also major demanders of Indian clothing and textiles.

Apparel Export Opportunities and Skillling in this Sector -

Given the potential of huge textile export opportunities this sector has, it would be fair to say there is a lot of scope for a career in export sector. To create occupational standards and develop the competency framework in the apparel sector, Apparel Made-ups and Home-Furnishing Sector Skill Council (AMHSSC) was set up under Ministry of Skill Development & Entrepreneurship. The council provides trainings to the candidates in its approved job roles via its registered training partners, having presence across India. These institutes help

prepare & train students as per the industry requirements.

Therefore, if you are looking forward to making a career in the export field, refer to the listed below are a few job-oriented courses designed by AMHSSC keeping in mind the opportunities in the export sector:

1. Export Manager - An export manager is the one who manages the entire process of international shipment of goods. They analyze foreign trade logistics, manage shipment related documents and ensure shipping compliance.

Professional Attributes - The applicant must have a sound knowledge of Indian and Foreign trade policies and operations for effective management of the export business.

Duration of the course - 360 Hrs.

Minimum Educational Qualification - The minimum educational qualification required for this job role is preferably a master's degree in the apparel field.

Minimum Job Entry Age - 18 years

From where can students do the course of Export Manager?

The training can be undertaken from one of the various training centers, affiliated with the Council, offering this course.

Work Experience - The person should have preferably 1 - 2 years of work experience in the export department.

Job Opportunities - Work as an Export Manager in Export Houses.

Salary Package - approx. 23,000/- per month

2. Export Executive - An Export Executive plans and coordinates the international shipment of goods. During their course of work, the person may negotiate with shippers, agents, and vendors. While dealing with customers/buyers, they are expected to have excellent customer service skills.

Professional Attributes - An individual should have a good knowledge of Indian and Foreign trade policies and operations to guarantee effective management of the export business. One must possess strong communication skills.

Duration of the course - 270 Hrs.

Minimum Educational Qualification - The minimum educational qualification required for this job role is preferably graduation in any stream.

Minimum Job Entry Age - 18 years

From where can students do the course of Export executives?

The training can be done from one of the various training centers, affiliated with the Council, offering this course

Work Experience - The individual should have preferably 1 - 2 years of work experience in the export department.

Job Opportunities - The person can work as an Export Executive in Export Houses

Salary Package - approx. Rs.18,000/- per month

Export Assistant - An Export Assistant is the person who manages the overall processes in the export department of a company, which

includes management of all shipment related documents, interpret export financing methods & terms of payment, comprehend the foreign trade procedures and practices and handle the central excise/ customs clearance.

Professional Attributes - He/she should have the ability to take independent decisions for his/her area of work. He/she must follow accurately defined procedures and have high-quality attention to detail.

Duration of the course - 270 Hrs.

Minimum Educational Qualification - The minimum educational qualification required for this job role is preferably 12th pass out.

Minimum Job Entry Age - 18 years

From where can students do the course of Export Assistant?

The training can be done from one of the various training centers, affiliated with the Council, offering this course

Work Experience - The individual should have preferably 1 - 2 years of work experience in the export department.

Job Opportunities - The person can work as an Export Assistant in an Export House

Salary Package - approx. Rs12,000/- per month

A career in the import-export industry can offer exciting and fulfilling opportunities, however it requires commitment and dedication.

(The writor is Senior Director Operations Apparel Made-ups & Home Furnishing Sector Skill Council).

