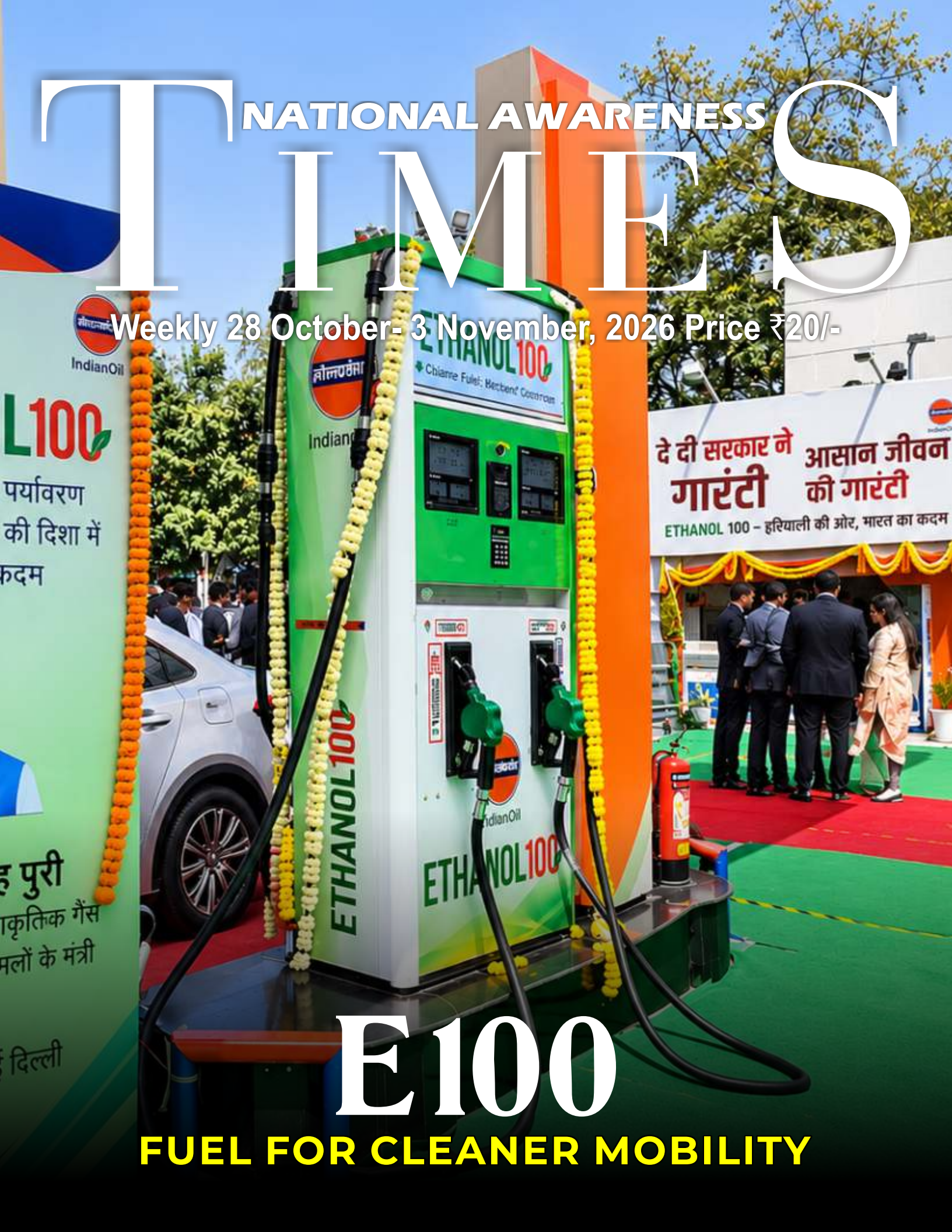
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CHIEF EDITOR DESK



Dear Readers,

On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead to all .

India has taken a significant step towards alternative-fuel mobility by approving regulatory changes that allow specially designed vehicles to run on E100, a fuel made almost entirely from ethanol.

India delivered an outstanding performance at the 2026 Asian Para Games in Aichi-Nagoya, Japan, winning 26 medals in a single day, including seven gold, four silver and 15 bronze.

Brazilian President Luiz Inácio Lula da Silva has secured an unprecedented fourth presidential term, defeating right-wing challenger Flávio Bolsonaro in a closely contested runoff election.

The discovery of 343 voter identity cards along the banks of the Narmada River in Madhya Pradesh has triggered political controversy and calls for a detailed investigation.

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E100 FUEL FOR CLEANER MOBILITY

By Editor – Gaurav Singh



India has taken a significant step towards alternative-fuel mobility by approving regulatory changes that allow specially designed vehicles to run on E100, a fuel made almost entirely from ethanol. The Ministry of Road Transport and Highways amended the Central Motor Vehicles Rules, 1989, formally recognising E100 alongside E85 in the relevant vehicle emission and certification provisions. The notification was issued in October 2026, creating a clearer regulatory pathway for manufacturers planning to introduce vehicles capable of using high-ethanol fuel blends. The decision is important for India because the country imports a substantial share of the crude oil it consumes. Oil imports affect the trade balance, expose the economy to fluctuations in international prices and create uncertainty when geopolitical tensions disrupt energy supplies. Expanding the use of domestically produced ethanol could help reduce some of this dependence, while creating additional demand for agricultural feedstocks and supporting the development of a domestic biofuel industry.

However, the new rule does not mean that every petrol car can immediately run on E100. The government has clarified that E85 and E100 fuels are intended only for vehicles specifically designed and certified to use them. Ordinary petrol vehicles, including cars compatible with E20 petrol, cannot automatically switch to these higher ethanol blends. Existing owners do not need to modify their vehicles or change fuels because of the amendment.

Ethanol is an alcohol-based fuel that can be produced from crops and other biomass. In India, sugarcane, maize and certain other agricultural materials are used in ethanol production. When blended with petrol, ethanol helps replace a portion of the fossil fuel. E20 petrol, for example, contains 20 per cent ethanol and 80 per cent petrol by volume. E85 contains up to 85 per cent ethanol, while E100 refers to fuel consisting almost entirely of ethanol.

Vehicles that can use different proportions of ethanol and



petrol are known as flex-fuel vehicles. They require specialised fuel-system materials, compatible engine components and electronic controls capable of adjusting engine operation according to the fuel blend. These adaptations matter because ethanol behaves differently from petrol. It has different combustion characteristics and lower energy content per litre, and it can affect materials that were not designed for high-ethanol exposure.

The regulatory change gives automobile manufacturers a formal framework for testing and certifying vehicles capable of using E100. It may encourage companies to move from experimental models towards commercially available products, provided they can meet the relevant safety, emission and performance requirements. Manufacturers will still need to consider vehicle cost, reliability, fuel economy and consumer demand before deciding how quickly to expand production.

One of the strongest arguments for ethanol is energy security. India's transport sector depends heavily on petroleum products, particularly for private vehicles, freight movement and commercial transport. Greater use of domestically produced biofuels could reduce petrol consumption and help cushion the economy against some international oil-price shocks. However, the actual benefit will depend on how much ethanol is produced locally, how efficiently it is manufactured and whether supply remains reliable as demand increases.

The environmental benefits also require careful assessment. Ethanol can reduce certain tailpipe pollutants in suitable engines, and it may lower lifecycle greenhouse-gas emissions compared with petrol. But the result depends on the feedstock, farming practices, processing energy, transport and land use. Ethanol made using efficient processes and lower-carbon energy can offer greater climate benefits than ethanol produced through more resource-intensive methods. Therefore, E100 should be viewed as one potential part of India's wider energy transition rather than a complete solution to transport emissions.

Agriculture is another important part of the debate. A growing ethanol market could provide additional demand for crops and create opportunities for farmers, sugar mills and biofuel producers. At the same time, large-scale expansion must be managed responsibly. Sugarcane cultivation can require substantial quantities of water, while using food crops for fuel can create competition for land and agricultural resources. Diversifying feedstocks and improving production efficiency





will be essential to ensure that fuel policy does not place unnecessary pressure on food security or water availability.

For consumers, the next major question will be availability and affordability. A regulatory approval does not automatically guarantee that E100 will be sold at every petrol station or that compatible vehicles will be widely available. Fuel retailers will need appropriate storage, dispensing systems and supply arrangements. Automakers will need to offer certified models at prices customers can afford. Buyers will also want clear information about mileage, maintenance, warranty coverage and the long-term cost of ownership.

Ethanol's lower energy content per litre is particularly relevant to running costs. A vehicle using a higher ethanol blend may travel fewer kilometres per litre than a comparable petrol-powered vehicle, although the precise difference depends on engine design and driving conditions. Consumers will therefore need to compare fuel prices alongside real-world mileage rather than assuming that a cheaper litre automatically means cheaper travel.



The government's move also places pressure on the wider transport ecosystem to prepare for new fuel choices. Fuel producers, vehicle manufacturers, testing agencies and retailers will need to coordinate their efforts. Clear labelling at fuel stations and on vehicles will be crucial to prevent drivers from accidentally filling incompatible cars with high-ethanol fuel. Public communication must emphasise that E100 is not suitable for ordinary petrol vehicles unless the manufacturer has specifically certified them for it.

India has already expanded the use of ethanol-blended petrol through its E20 programme. Recognising E100 in the rules represents a further step towards diversifying transport fuels, but it is not an immediate nationwide switch. The pace of adoption will depend on investment, production capacity, distribution infrastructure, vehicle prices and public confidence.

Ultimately, the approval of E100-compatible vehicles opens a new possibility for India's automobile industry and energy policy. It could support domestic fuel production, offer another option for reducing dependence on imported crude oil and encourage innovation in engine technology. Yet the success of this transition will depend on more than a change in regulations. Affordable vehicles, dependable fuel supplies, responsible agricultural practices and transparent consumer guidance will determine whether E100 becomes a practical choice on Indian roads. The rule creates the opportunity; sustained investment and careful implementation will determine its impact.

EVENTS



Serbia's student-led opposition challenged the established political leadership, making accountability and democratic reform central election issues.

US Secretary of State Marco Rubio's refinery visit highlighted energy ties and discussions around crude oil supplies between India and the United States.





European and Gulf representatives focused on energy security, trade and regional stability amid growing geopolitical uncertainty.



International mediators discussed coordinating peace efforts and supporting a political process to end Sudan's conflict.

India hosted BRICS parliamentary leaders to discuss global governance, ethical AI, digital transformation and sustainable development.





Nordic leaders discussed regional security and digital safety, including stronger protection for children and young people online.

INDIA WINS 26 MEDALS AT ASIAN PARA GAMES 2026



India delivered an outstanding performance at the 2026 Asian Para Games in Aichi-Nagoya, Japan, winning 26 medals in a single day, including seven gold, four silver and 15 bronze. The achievement took India's overall tally to 88 medals and helped the country return to fourth place in the medal standings. The results highlighted the determination, skill and competitive spirit of Indian para-athletes on the continental stage.

One of the biggest highlights was Sheetal Devi's remarkable double-gold performance in para archery. Competing in the women's compound individual event and the mixed team competition alongside Toman Kumar, she demonstrated composure and precision under pressure. Her victories reinforced her position among India's leading para-archers and continued a successful international journey that has inspired many young athletes.

India also celebrated a memorable performance in para athletics. Shailesh Kumar won gold in the men's T63 high jump, while compatriots Varun Bhati and Rahul secured silver and bronze respectively, completing an Indian podium sweep. The result demonstrated the depth of India's talent in the field events and the growing competitiveness of its para-athletics programme.

Solairaj Dharmaraj added another major achievement by winning gold in the men's combined long jump event for T44, T62 and T64 classifications. His winning leap of 7.15 metres established a new Asian record.

In track events, Dilip Mahadu Gavit secured gold in the men's 400-metre T47 race, clocking 48.27 seconds. Anjanaben Bumbadiya also claimed gold in the women's 400-metre T47 event, while Tejalben Damor earned silver in the women's 400-metre T12 race.

Suvarna Raj contributed another gold medal with her victory in the women's F54 discus throw, recording a best effort of 15.66 metres. Indian athletes also collected medals in para swimming, para badminton and para table tennis, demonstrating that the country's achievements extended beyond athletics and archery.

The 26-medal haul was particularly significant because it helped India strengthen its position among Asia's leading para-sporting nations. By this stage of the competition, India had accumulated 21 gold, 26 silver and 41 bronze medals. Para athletics remained the country's strongest discipline, while performances in other sports reflected wider progress in training, participation and competitive preparation.

Beyond the medal count, the athletes' achievements carried a powerful message about inclusion and opportunity. Their performances challenged stereotypes about disability and demonstrated how access to coaching, equipment, facilities and international competition can help athletes reach their potential.

India's campaign at the Asian Para Games represents more than a collection of podium finishes. It reflects years of dedication by athletes, coaches, families and support staff. Every medal tells a story of preparation, resilience and determination, while each record and personal best raises expectations for future competitions.

The performance also offers an opportunity to strengthen grassroots para-sports programmes, improve accessibility at sporting facilities and provide aspiring athletes with better resources. Sustaining this momentum will require continued investment and support.

India's 26-medal day was a proud moment for the nation, showing that sporting excellence is defined by ability, perseverance and ambition. The achievements in Aichi-Nagoya provided fresh inspiration for the next generation of Indian para-athletes.

LULA SECURES HISTORIC FOURTH TERM AS BRAZILIAN PRESIDENT



Brazilian President Luiz Inácio Lula da Silva has secured an unprecedented fourth presidential term, defeating right-wing challenger Flávio Bolsonaro in a closely contested runoff election. The victory marks a remarkable political comeback for the 80-year-old leader, who overcame an initial setback in the first round to remain one of Latin America's most influential political figures.

According to Brazil's electoral authorities, Lula received approximately 51.79 per cent of valid votes, equivalent to more than 64.2 million ballots. Flávio Bolsonaro secured 48.21 per cent, or nearly 59.8 million votes. The result highlighted Brazil's deep political divisions, with voters split between Lula's left-wing policies and the conservative movement associated with the Bolsonaro family.

The election was particularly significant because Lula had finished behind Bolsonaro in the first round earlier in October. His subsequent victory demonstrated the importance of voter mobilisation, campaign strategy and support from groups concerned about social welfare and democratic institutions. Campaign rallies, street demonstrations and extensive social media outreach helped energise his supporters during the final weeks.

Lula built his campaign around reducing poverty, supporting workers and protecting social welfare programmes. His political appeal has long been connected to his own background as a former factory worker and trade union leader. During his earlier presidencies from 2003 to 2010, Brazil experienced economic growth and expanded social programmes that helped improve living conditions for many lower-income families.

During his third term, Lula continued to emphasise social inclusion, employment and economic development. His supporters argued that his policies offered greater protection for vulnerable communities, while critics raised concerns about government spending, corruption controversies and the country's long-term economic direction. These competing views shaped a campaign that was closely watched across Brazil and internationally.

Lula's victory also carries wider geopolitical implications. His government has generally supported stronger cooperation among developing economies, including through the BRICS grouping, and has advocated a more prominent role for Brazil in international diplomacy. His re-election may provide continuity in Brazil's approach to climate policy, international trade and relations with major global powers.

However, the new term will bring significant challenges. Brazil's Congress has shifted towards a more conservative balance, potentially making it difficult for Lula to pass legislation and secure support for his economic agenda. Negotiating with opposition parties will be essential if the government hopes to advance reforms, maintain welfare programmes and manage public finances.

Economic pressures will also demand attention. High interest rates, rising household debt and concerns over government borrowing could limit growth and influence investor confidence. The administration will need to balance social spending with fiscal credibility while encouraging private investment and creating employment opportunities.

The election has also exposed continuing polarisation in Brazilian society. Flávio Bolsonaro and his supporters have challenged aspects of the electoral process, although any formal challenge would need to be assessed through Brazil's legal institutions. Maintaining public trust in democratic procedures will remain important after the closely fought contest.

Lula is scheduled to begin his new term on January 5, 2027. His victory secures a historic place in Brazil's political history, but the greater test lies ahead: translating electoral support into effective governance. His fourth term will be judged by whether he can reduce inequality, strengthen the economy, manage political opposition and deliver tangible improvements in people's lives.

343 VOTER ID CARDS FOUND ALONG NARMADA RIVER, TRIGGERING ACCOUNTABILITY CONCERNS



The discovery of 343 voter identity cards along the banks of the Narmada River in Madhya Pradesh has triggered political controversy and calls for a detailed investigation. The cards were found on October 25, 2026, near Mandleshwar Ghat in Khargone district during a cleanliness drive. Their discovery has raised questions about how sensitive electoral documents reached the riverbank and whether proper procedures were followed in handling them.

According to preliminary reports, many of the cards carried addresses linked to the Rau Assembly constituency in Indore district, approximately 70 to 90 kilometres from the discovery site. Volunteers from an Indore-based social service organisation reportedly spotted the cards floating in the water and scattered along the riverbank. Residents collected them and alerted local authorities, after which the documents were taken into official custody.

The incident quickly attracted public attention after videos showing the recovered cards circulated on social media. The images raised concerns about the security of voter identification documents, which are important for establishing a citizen's identity during elections. However, the discovery alone does not establish whether the cards were deliberately discarded, how they reached the river or whether the incident affected anyone's voting rights.

The opposition Congress party demanded an impartial investigation and called for the registration of a First Information Report. Party representatives questioned how hundreds of voter ID cards could be found at a single location and urged authorities to identify those responsible. The party also sought a search operation to determine whether additional cards had been discarded in the river.

Local officials confirmed that the documents had been recovered and that an investigation was being initiated. The district administration said explanations would be sought from the election supervisor concerned and booth-level officers. Officials also began examining the cards' details and contacting some of the voters whose names appeared on them. The investigation is expected to establish the documents' status and the circumstances surrounding their disposal.

The controversy comes amid wider political disagreements over electoral roll revisions and the Election Commission's responsibilities. Opposition parties have raised concerns about transparency and the possibility of eligible voters being excluded from electoral rolls. The ruling political establishment and election authorities face growing pressure to ensure that such concerns are addressed through verifiable evidence and established procedures.

At the same time, it is important to distinguish allegations from established facts. The presence of voter ID cards near a river does not by itself prove electoral fraud, voter deletion or an organised conspiracy. Investigators must determine whether the cards were valid, why they were discarded and whether any rules were violated before conclusions can be drawn.

The episode highlights the need for stronger accountability in the management of electoral documents. Clear procedures for storing, transporting and disposing of obsolete cards, along with proper record-keeping, can help prevent confusion and protect public confidence. Authorities should also communicate their findings transparently so that citizens are not left relying on speculation circulating online.

For a democracy, the credibility of elections depends not only on conducting polls but also on maintaining public trust in the institutions responsible for them. The recovery of 343 voter ID cards has therefore become more than a local administrative issue. The outcome of the investigation will be important in establishing the facts, assigning responsibility where necessary and demonstrating that concerns about electoral integrity are treated seriously.

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FOREIGN INVESTORS PULL MONEY OUT OF INDIAN MARKETS AS OIL PRICES RISE



Indian stock markets faced fresh pressure during October 21–27, 2026, as rising crude oil prices, disappointing corporate earnings and global uncertainty weakened investor confidence. The trend highlighted the risks facing investors despite India's long-term economic growth potential.

Foreign portfolio investors (FPIs) continued selling Indian equities during October. By October 25, their net withdrawals from the equity market had reached approximately ₹48,056 crore for the month. Persistent selling added pressure to share prices and raised concerns about the near-term direction of the market.

One major factor behind the cautious sentiment was the sharp rise in international crude oil prices. Higher oil costs can increase India's import bill, put pressure on the rupee and make transportation and manufacturing more expensive. Companies that depend heavily on fuel or imported raw materials may face reduced profit margins if costs rise faster than selling prices.

Market weakness was visible during the week. On October 23, the Nifty 50 closed at 22,600, while the Sensex ended at 73,123.83. Both benchmarks recorded weekly losses as concerns about inflation and corporate profitability encouraged investors to reduce exposure to riskier assets.

For investors, the situation presents both risks and opportunities. Falling share prices may make some fundamentally strong companies more attractive, but a lower price alone does not mean a stock is undervalued. Investors should examine earnings, debt, cash flow, business performance and valuation before committing money.

A cautious strategy may be more suitable while uncertainty remains high. Diversifying investments, avoiding excessive borrowing to trade and maintaining a long-term perspective can help reduce the impact of sudden market movements. Investors should also remember that foreign selling does not automatically mean every Indian company has weak prospects.

The key lesson from this week is that global developments can strongly influence domestic markets. Investors should monitor crude oil prices, foreign fund flows and company earnings before making decisions. No investment guarantees returns, and choices should reflect individual financial goals and risk tolerance.

DILJIT DOSANJH'S AURA INDIA TOUR HITS ROADBLOCK AS DELHI POLICE DENY PERMISSION CONCERT



Diljit Dosanjh's upcoming Delhi concert has hit a roadblock after the Delhi Police denied permission for his October 30 show at Jawaharlal Nehru Stadium. The concert is part of the singer's Aura India Tour and was scheduled to mark the beginning of its India leg.
According to reports, the Office of the Deputy Commissioner of Police (South District) communicated the decision to ticketing partner BookMyShow. The police cited security concerns, including specific threat-related inputs and existing law-and-order commitments during the ongoing festive season.
The communication also referred to other law-and-order concerns while declining the request to hold the concert at the stadium.
The police decision comes after reviewing an application submitted by the organisers on October 14. The DCP's office cited multiple factors behind the refusal, including specific threat-related inputs, security and law-and-order commitments during the festive season, and other important law-and-order concerns. The nature of the specific threat inputs has not been publicly detailed.
Reports have also previously referred to security concerns surrounding Diljit, including alleged threats linked to Khalistani elements. However, the police communication does not publicly establish that any particular threat was directed at the singer or the concert. The development comes amid wider security concerns in Delhi and recent incidents involving the Lawrence Bishnoi gang, including reports of shots being fired outside the residence of Diljit's manager and an attack involving actor Tiger Shroff.
The Delhi concert was originally scheduled for November 1 but was later brought forward to October 30. The date change followed an appeal by Rajya Sabha MP Vikramjit Singh Sahney, who had raised concerns about holding the concert on November 1, the anniversary of the 1984 anti-Sikh violence. The organisers subsequently announced the October 30 date, with existing tickets remaining valid for the rescheduled show.
As of October 22, the denial of police permission does not by itself confirm that the concert has been cancelled. There has been no confirmed announcement from the organisers regarding a new date, an alternative venue or a complete cancellation of the Delhi show. Reports noted that the event listing continued to appear on BookMyShow, although the listing does not amount to confirmation of police clearance.
Fans who have already purchased tickets will have to wait for an official update from the organisers and BookMyShow regarding the status of the event and any possible changes to their bookings.

RANVEER SINGH JOINS CP PLUS AS BRAND AMBASSADOR TO PROMOTE MADE-IN-INDIA SECURITY TECHNOLOGY



As India rapidly embraces smarter, connected lifestyles, the need for intelligent security has never been more important. Reinforcing its commitment to making advanced security accessible, reliable, and proudly Made-in-Bharat, CP PLUS, India's leading security and surveillance brand, has announced Ranveer Singh as its Brand Ambassador.

More than a brand association, the partnership represents a shared vision of confidence, innovation, and trust: values that continue to define CP PLUS as it empowers millions of homes, businesses, institutions, and public spaces with next-generation security technologies.

With one of India's largest integrated manufacturing facilities for video security products in Kadapa, Andhra Pradesh, the country's largest portfolio of STQC-certified solutions, and a steadfast commitment to the Government of India's Make in India and Atmanirbhar Bharat initiatives, CP PLUS has emerged as one of India's most trusted technology brands.

Known as the ultimate showman and a generational performer, Ranveer Singh is uniquely positioned to amplify the company's vision of making intelligent security solutions more accessible, relevant and widely adopted across the country. Talking about the association, Ranveer Singh said: "It's exciting to partner with CP PLUS, a brand that has consistently set new benchmarks in India's security industry. As technology becomes increasingly integral to creating safer homes, workplaces, and communities, CP PLUS is leading the way with innovations proudly built for India. I'm happy to be a part of a brand that is transforming the way India thinks about security."

SITTING TOO MUCH? WHAT IT DOES TO YOUR BODY



In today's digital world, many people spend hours sitting at desks, working on computers, travelling, watching television or scrolling through their phones. While sitting is a normal part of daily life, spending too much time seated with little physical activity can gradually affect our health. The effects may not be immediately noticeable, but a sedentary lifestyle can influence everything from muscles and posture to heart health and metabolism.

One of the first areas affected by prolonged sitting is the musculoskeletal system. When we remain in the same position for hours, the muscles supporting our back, neck and shoulders can become stiff and uncomfortable. Poor posture, especially when leaning towards a screen, may increase strain on the neck and lower back. The hip muscles can also become tight, while the muscles responsible for supporting the body may grow weaker if they are rarely used.

Sitting for long periods also reduces the amount of energy the body uses compared with standing or moving. When combined with an inactive lifestyle and excessive calorie intake, this can contribute to weight gain. Prolonged inactivity may also affect how the body manages blood sugar and fats in the bloodstream. Over time, these changes can increase the risk of developing conditions such as type 2 diabetes and cardiovascular disease.

The heart and blood vessels benefit from regular movement. Physical activity helps circulation and supports healthy blood pressure. When sitting dominates much of the day, these benefits may be reduced, particularly if a person does little exercise outside working hours. Research has linked high amounts of sedentary time with greater health risks, even among people who exercise, although the level of risk varies with individual habits and health conditions.

Long periods of inactivity can affect mental well-being, too. Some people find that spending most of the day indoors and sitting in one place leaves them feeling sluggish or less energetic. Taking movement breaks, getting outdoors and engaging in physical activity can support mood, reduce tension and help improve concentration.

The good news is that small changes can make a meaningful difference. You do not need to abandon your desk job or spend hours at the gym. Try standing up and moving for a few minutes every 30 to 60 minutes. Walk while taking phone calls, use the stairs when practical, stretch gently between tasks and take a short walk during lunch. If possible, alternate between sitting and standing while working.

Regular exercise remains important. Adults should generally aim for at least 150 minutes of moderate-intensity aerobic activity each week, along with muscle-strengthening activities on two or more days, according to widely used public health guidance. However, exercise should complemen not replace regular movement throughout the day.

It is also helpful to arrange your workspace comfortably. Keep your screen near eye level, support your lower back and place your feet flat on the floor when possible. If you experience persistent pain, numbness or other concerning symptoms, seek advice from a healthcare professional.

Sitting itself is not the enemy; sitting for too long without enough movement is the concern. By breaking up long periods of inactivity and building small movement habits into everyday life, we can support our muscles, heart and overall well-being. Sometimes, one of the simplest steps towards better health is simply getting up and moving.



Kriti Sanon

Carfies & 90's music - my 2 saviours in traffic

Source: Instagram

21 October, 2026

WHY DOES YOUR BRAIN CREATE FAKE MEMORIES?



Have you ever remembered an event with complete confidence, only to discover that it happened differently or perhaps never happened at all? This surprising experience is known as a false memory. It reveals something fascinating about the human brain: our memory is not a perfect recording of the past. Instead, it is a process that can change whenever we recall an experience.

Unlike a camera, the brain does not store every detail of an event exactly as it happened. It keeps important information, emotions and impressions, then reconstructs the memory when we need it. During this process, details may be forgotten, altered or unintentionally added.

One reason false memories develop is suggestion. When someone repeatedly describes an event in a particular way, we may begin to incorporate their version into our own recollection. For example, if friends insist that you attended a childhood party, you might gradually imagine details until the event feels familiar, even if your memory of it is uncertain.

Our imagination can also influence what we remember. The brain uses existing knowledge and expectations to fill gaps in incomplete memories. Dreams, photographs, conversations and stories heard later can sometimes become mixed with genuine experiences. Over time, it may become difficult to distinguish what we personally experienced from what we only imagined or were told.

Emotions play a role, too. Strong feelings can make certain moments memorable, but they do not guarantee that every detail is accurate. A person may remember the overall experience vividly while getting specific details wrong.

False memories are generally not deliberate lies. People can sincerely believe in memories that are inaccurate. This is one reason eyewitness accounts may sometimes contain mistakes, even when witnesses are confident about what they saw.

So, how can we protect ourselves from misleading memories? It helps to remain open to correction, check photographs or reliable records when details matter, and avoid repeatedly imagining an event as though it were unquestionably real. Asking questions without suggesting answers can also reduce the influence of other people's assumptions.

The brain's ability to reconstruct memories helps us learn, understand experiences and make sense of the world. But it also reminds us that confidence and accuracy are not always the same. Sometimes, the mind does not simply remember the past it rebuilds it.



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