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**INDIA RISING:
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STORY**



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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.

In recent years, India has emerged as one of the most dynamic and promising economies in the world with a unique combination of demographic strength,

technological advancement, and economic reforms, the country is steadily positioning itself as a major global power.

Aam Aadmi Party Member of Parliament Raghav Chadha has proposed a significant reform in India's taxation system by suggesting that married couples should be allowed to file their income tax returns jointly.

India's indigenous navigation system has faced a significant setback after the Indian Space Research Organisation (ISRO) confirmed the failure of the atomic clock onboard the IRNSS-1F satellite.

In a significant development for India's energy security, Special Secretary Rajesh Kumar has confirmed that LPG tankers carrying crucial fuel supplies have successfully crossed the Strait of Hormuz.

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INDIA RISING: THE NEXT GLOBAL POWER STORY

By Editor – Gaurav Singh



In recent years, India has emerged as one of the most dynamic and promising economies in the world with a unique combination of demographic strength, technological advancement, and economic reforms, the country is steadily positioning itself as a major global power. Once considered a developing nation with immense potential, India is now transforming into a key player shaping the future of global growth, innovation, and geopolitics.

One of the strongest pillars of India's rise is its economic growth. Over the past decade,

India has consistently ranked among the fastest-growing major economies. Despite global uncertainties such as inflation, supply chain disruptions, and economic slowdowns in various parts of the world, India has maintained a stable growth trajectory. Strong domestic demand, a growing middle class, and supportive government policies have contributed significantly to this resilience. As global companies look to diversify their manufacturing bases, India is increasingly becoming an attractive destination for investment.

The demographic advantage of India is another critical factor driving its growth. With one of the youngest populations in the world, the country has a vast workforce capable of supporting long-term economic expansion. Millions of young people are entering the job market every year, bringing energy, ambition, and innovation. If effectively skilled and employed, this demographic dividend has the potential to fuel sustained development and position India as a global talent hub.

Technology and digital transformation have played a



transformative role in India's growth story. The rapid expansion of internet connectivity and smartphone usage has revolutionized sectors such as finance, education, healthcare, and commerce. Initiatives like Digital India have accelerated the adoption of digital services, making governance more efficient and accessible. India's fintech ecosystem, powered by innovations such as digital payments and unified platforms, has gained global recognition for its scale and efficiency. The country is also emerging as a major player in fields like artificial intelligence, data analytics, and software development.

Infrastructure development is another key area where India is making significant progress. Massive investments in highways, railways, airports, and urban development projects are improving connectivity and boosting economic activity. Modern infrastructure not only enhances the ease of doing business but also attracts foreign investment. Projects

aimed at developing smart cities and industrial corridors are laying the foundation for a more efficient and globally competitive economy.

India's manufacturing sector is also gaining momentum through initiatives aimed at promoting domestic production and reducing dependence on imports. Programs focused on "Make in India" have encouraged industries to expand operations within the country. Sectors such as electronics, automobiles, pharmaceuticals, and renewable energy are witnessing increased investment and growth. As global supply chains evolve, India is positioning itself as a reliable manufacturing hub capable of serving both domestic and international markets.

Another area where India is making a strong impact is in the field of renewable energy and sustainability. Recognizing the importance of addressing climate change, the country has made significant commitments toward clean energy adoption. Investments in solar, wind, and

other renewable sources are helping India reduce its carbon footprint while meeting growing energy demands. This shift toward sustainability not only supports environmental goals but also opens new opportunities for economic growth and innovation.

India's role in global diplomacy and international relations is also expanding. The country has strengthened its partnerships with major global powers while maintaining strategic autonomy. Active participation in international forums and organizations has enhanced India's voice on global issues such as climate change, trade, and security. As a bridge between developed and developing nations, India plays a crucial role in shaping global consensus on key challenges.

However, India's journey toward becoming a global power is not without challenges. Issues such as unemployment, income inequality, and regional disparities continue to pose significant hurdles. While economic growth has been strong, ensuring that its benefits reach all sections of society remains a priority. Improving the quality of education, healthcare, and public services is essential for inclusive development.

Urbanization presents both opportunities and challenges. As more people migrate to cities in search of better opportunities, urban infrastructure faces increasing pressure. Managing this growth effectively requires careful planning, investment, and governance. At the same time, rural development must not be neglected, as a large portion of the population still depends on agriculture and



allied sectors for their livelihood.

Another critical challenge is ensuring energy security. As India's economy grows, its demand for energy continues to rise. Balancing this demand with sustainable practices and reducing dependence on imports is a complex task. Investments in renewable energy and alternative technologies will play a key role in addressing this issue.

Education and skill development are also central to India's long-term success. To fully harness its demographic advantage, the country must invest in building a skilled and adaptable workforce. Bridging the gap between education and industry requirements will ensure that young people are equipped with the skills needed for future jobs.

Despite these challenges, the overall trajectory of India's growth remains positive. The country's ability to adapt, innovate, and reform has been a key driver of its progress. A strong entrepreneurial culture, supported by a growing startup ecosystem, is fostering innovation across sectors. Indian startups are gaining



global attention for their creativity and scalability, contributing to economic growth and job creation.

The financial sector in India has also undergone significant transformation. Improved banking systems, financial inclusion initiatives, and digital payment platforms have expanded access to financial services. This has empowered individuals and small businesses, enabling greater participation in the economy.

Looking ahead, the future of India appears promising. Continued investment in infrastructure, technology, and human capital will be crucial in sustaining growth. Policy reforms aimed at improving ease of doing business and attracting foreign investment will further strengthen India's position in the global economy.

India's rise is not just an economic story; it is also a story of resilience, diversity, and ambition. The country's ability to balance tradition with modernity, and growth with sustainability, makes its journey unique. As India continues to evolve, it has the potential to become a model for other developing nations seeking to achieve inclusive and sustainable development.

In conclusion, India's emergence as a global power is the result of a combination of factors, including economic strength, demographic advantage, technological progress, and strategic vision. While challenges remain, the country's trajectory indicates a future filled with opportunity and growth. As the world undergoes rapid transformation, India stands at the forefront, ready to play a defining role in shaping the global landscape of the 21st century.

EVENTS



PM attends the laying of foundation stone, inaugurates & flagging off of various projects at Tiruchirappalli, in Tamil Nadu.

The President, Smt. Droupadi Murmu lighting the lamp at the inaugural session of the Global Conference on the Role of Women in Agri Food System (GCWAS-2026), in New Delhi.



The Union Minister for Defence, Shri Rajnath Singh attends the Final of Aditya Birla Memorial Polo Cup event, in New Delhi.



The Minister of State for Rural Development, Shri Kamlesh Paswan attends a National Workshop on Promoting Micromobility through Electric Bicycles, in New Delhi.

The Union Minister for Food Processing Industries, Shri Chirag Paswan interacting with media at the Nutri Bharat 2026 - National Conference on the Role of Nutraceuticals and Functional Foods in Strengthening Nutrition Security at Hotel Le Meridien, in New Delhi.



The Union Minister for Education, Shri Dharmendra Pradhan addressing at the Akshaya Patra's 5 billion meals commemoration event at Rashtrapati Bhavan, in New Delhi.

RAGHAV CHADHA PROPOSES JOINT TAX FILING FOR MARRIED COUPLES



Am Aadmi Party Member of Parliament Raghav Chadha has proposed a significant reform in India's taxation system by suggesting that married couples should be allowed to file their income tax returns jointly. The idea, aimed at easing the financial burden on households and promoting fairness in taxation, has sparked discussions among policymakers, economists, and taxpayers across the country. According to Chadha, the current tax structure in India treats individuals as separate entities, regardless of marital status. While this approach ensures independence in taxation, it may not fully reflect the financial realities of married households where incomes and expenses are often shared. By allowing joint tax filing, the system could better align with the way families manage their finances, potentially offering relief to middle class households.

The proposal is inspired by practices followed in several countries where married couples can choose to file taxes jointly. In such systems, the combined income of both partners is considered, and tax liability is calculated accordingly. This can result in lower overall tax payments in cases where one partner earns

significantly more than the other, as the income is effectively averaged across both individuals. Chadha argues that a similar model in India could make taxation more equitable and supportive of family units. One of the key benefits highlighted in the proposal is the potential reduction in tax liability for many households. For example, if one spouse falls in a higher tax bracket while the other earns less or does not have an income, joint filing could bring down the overall tax burden. This could increase disposable income, allowing families to spend more on essential needs such as education, healthcare, and housing.

The suggestion also touches upon the broader issue of financial planning within families. Joint tax filing could simplify the process by consolidating income declarations and deductions into a single return. This would reduce paperwork and make compliance easier for taxpayers. It could also encourage better financial transparency and coordination between spouses when managing household finances. However, the proposal is not without its challenges. Experts have pointed out that introducing joint tax filing

would require significant changes to India's existing tax framework. The government would need to carefully design the system to ensure that it does not lead to revenue losses or create loopholes that could be exploited for tax avoidance.

Additionally, safeguards would be necessary to protect the financial independence of individuals, particularly in cases where spouses prefer to keep their finances separate.

There are also concerns about how such a system would impact different categories of taxpayers. While some households may benefit from reduced tax liability, others could see little or no advantage depending on their income levels. Policymakers would need to strike a balance to ensure that the reform is inclusive and does not disproportionately favor a particular group.

The idea has nevertheless opened up an important debate on how India's tax system can evolve to better reflect changing social and economic realities. With more dual income households and shifting financial dynamics, there is a growing need to reconsider traditional approaches to taxation. Proposals like joint tax filing highlight the importance of adapting policies to meet the needs of modern families.

Raghav Chadha's suggestion also comes at a time when the government is exploring ways to simplify the tax system and improve compliance. Any reform that makes taxation easier and more equitable is likely to receive attention, especially if it benefits a large segment of the population. While the proposal is still at a conceptual stage, it has the potential to reshape the way taxes are calculated for married couples in India. If implemented carefully, joint tax filing could provide financial relief, simplify compliance, and align the tax system more closely with the realities of family life. As discussions continue, the idea is likely to remain a key topic in the broader conversation on tax reform in India.

ISRO CONFIRMS IRNSS-1F FAILURE, NAVIC SYSTEM IMPACTED



India's indigenous navigation system has faced a significant setback after the Indian Space Research Organisation (ISRO) confirmed the failure of the atomic clock onboard the IRNSS-1F satellite. The development has raised concerns about the reliability and operational strength of NavIC, India's regional navigation system designed to provide accurate positioning services across the country and surrounding regions. The failure occurred after the atomic clock on IRNSS-1F completed its operational life. Atomic clocks are the most critical component of navigation satellites, as they provide precise timing signals that are essential for calculating location and time. Without these highly accurate time signals, a satellite cannot effectively contribute to navigation services, even if other onboard systems remain functional. NavIC, or Navigation with Indian Constellation, was developed as India's answer to global navigation systems, aiming to ensure independence in strategic and civilian positioning services. The system relies on a constellation of satellites working together to provide accurate coverage. However, with the failure of the atomic clock on IRNSS-1F, the number of fully functional satellites in the

constellation has been reduced, affecting the system's overall performance. Experts point out that a minimum number of active satellites is required to ensure accurate navigation data. When this number falls below the required level, users may experience reduced precision or intermittent service. This could impact various sectors, including transportation, aviation, maritime operations, disaster management, and defense, all of which depend on reliable navigation data. The issue of atomic clock failures has been a recurring challenge in India's navigation satellite program. In the past, similar problems have affected other satellites in the NavIC constellation, raising questions about the durability and reliability of these critical components. Atomic clocks used in space must operate under extreme conditions, and even minor technical faults can disrupt their functioning. Despite the failure, ISRO has indicated that the IRNSS-1F satellite may still provide limited services such as communication or messaging functions. However, its primary role in navigation has been compromised, reducing the overall efficiency of the system. The setback highlights the importance of continuous upgrades

and timely replacement of satellites within the constellation. ISRO has already been working on launching next generation satellites under the NVS series, which are expected to carry improved and more reliable atomic clocks. These new satellites aim to strengthen the NavIC system and restore its full operational capability. The failure also underscores the broader challenge of maintaining a sophisticated space based infrastructure. Navigation systems require not only advanced technology but also constant monitoring, maintenance, and periodic replacement of aging satellites. As satellites reach the end of their operational life, it becomes essential to deploy new ones to maintain uninterrupted services. For India, NavIC holds strategic significance beyond civilian use. It provides an independent navigation capability that is crucial for national security, especially during times when access to foreign systems may be limited or uncertain. Ensuring the reliability of NavIC is therefore a key priority for the country. At the same time, the incident serves as a reminder of the complexities involved in space technology. While India has made remarkable progress in developing its own navigation system, challenges such as component failures must be addressed through innovation, research, and improved engineering. Going forward, the focus will be on strengthening the NavIC constellation with advanced satellites and indigenous technologies. Efforts to develop more robust atomic clocks and improve satellite design are expected to play a crucial role in enhancing the system's reliability. With continued investment and technological advancements, India aims to ensure that its navigation system remains dependable and capable of meeting both civilian and strategic needs in the years ahead.



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INDIA SECURES LPG SUPPLY AS TANKERS CROSS HORMUZ SAFELY



In a significant development for India's energy security, Special Secretary Rajesh Kumar has confirmed that LPG tankers carrying crucial fuel supplies have successfully crossed the Strait of Hormuz. The announcement comes at a time when tensions in the Middle East have raised serious concerns about disruptions to global energy routes, particularly in one of the world's most strategically vital maritime corridors.

The Strait of Hormuz serves as a critical gateway for the transportation of oil and liquefied petroleum gas from the Gulf region to major importing countries, including India. With a substantial portion of India's LPG and crude oil imports passing through this narrow stretch of water, any instability in the region poses an immediate threat to the country's energy supply chain. In recent weeks, heightened geopolitical tensions have led to fears of shipping disruptions, delays, and increased risks for commercial vessels navigating the area.

Against this backdrop, the confirmation that Indian LPG tankers have safely crossed the strait has brought a sense of relief to policymakers and markets alike. Rajesh Kumar emphasized that the safe passage of these vessels

reflects coordinated diplomatic efforts and close monitoring of the situation by Indian authorities. The successful transit ensures that supply lines remain intact and helps prevent potential shortages in domestic markets.

India's reliance on imported LPG has grown significantly over the years, driven by expanding access to clean cooking fuel and rising demand from both urban and rural households. Government initiatives aimed at promoting LPG usage have increased the number of consumers across the country, making consistent and reliable supply more important than ever. Any interruption in tanker movement could have led to delays in distribution and increased pressure on existing stock levels.

The safe crossing of LPG tankers also highlights the effectiveness of India's diplomatic engagement with countries in the Gulf region. Maintaining open lines of communication and ensuring the safety of maritime routes have become critical priorities as tensions continue to simmer. Indian authorities have been actively coordinating with regional stakeholders to ensure that shipping lanes remain accessible and that vessels carrying essential commodities are not adversely

affected.

At the same time, the development has helped stabilize market sentiment. Concerns over potential disruptions had already begun to influence global energy prices, with traders closely watching developments in the Strait of Hormuz. The successful passage of tankers signals that, despite the challenges, key supply routes remain operational, reducing the likelihood of immediate supply shocks.

However, experts caution that the situation remains fragile. While the recent movement of LPG tankers is a positive sign, the broader geopolitical environment continues to be uncertain. Any escalation in tensions could still impact shipping routes, insurance costs, and overall supply chains. For India, this underscores the importance of diversifying energy sources and strengthening strategic reserves to mitigate future risks.

The government is also expected to continue monitoring the situation closely, ensuring that contingency plans are in place to address any potential disruptions. Strengthening domestic infrastructure, enhancing storage capacity, and exploring alternative supply routes are likely to remain key areas of focus in the coming months. For millions of Indian households that depend on LPG for daily cooking needs, the safe arrival of these tankers carries immense significance. It ensures continuity in supply, prevents sudden price spikes, and reinforces confidence in the country's ability to manage external challenges. As the global energy landscape becomes increasingly complex, developments like these highlight the importance of preparedness, diplomacy, and resilience in safeguarding national interests. The confirmation by Special Secretary Rajesh Kumar thus marks not just a routine update but a crucial moment in India's ongoing efforts to secure its energy future amid uncertain global conditions.

DHURANDHAR CONTROVERSY: A FILM THAT SPARKED TENSIONS IN PAKISTAN



Dhurandhar created significant controversy in Pakistan, turning what was meant to be an entertainment release into a major political and social debate.

After the film's release, strong reactions emerged across Pakistan. Various groups and individuals criticized the movie for allegedly portraying Pakistan in a negative light. Social media platforms were flooded with discussions, with many users labeling the film as "propaganda," while others argued that it should be viewed purely as a work of fiction and entertainment.

One of the most notable impacts was the demand for a ban on the film. Public pressure mounted on regulatory authorities and censorship bodies to restrict or completely prohibit its screening in the country. In some cases, there were reports of limited screenings or unofficial restrictions, which further fueled the controversy. The debate quickly spread across television channels, news outlets, and online forums, making it a widely discussed issue.

The controversy also had implications for the already sensitive relationship between India and Pakistan. Critics in Pakistan argued that such films contribute to negative perceptions and deepen mistrust between the two nations. Political commentators and public figures expressed concern that media content like this could influence public opinion and strain diplomatic ties.

On the other hand, some voices defended the film, emphasizing the importance of artistic freedom and creative expression. They argued that cinema should not be judged solely through a political lens and that filmmakers have the right to tell stories from their own perspective. According to this viewpoint, restricting films could limit freedom of expression and cultural exchange.

The situation highlighted the powerful role of media and cinema in shaping narratives and influencing public sentiment. In today's digital age, a film's impact extends far beyond theaters. Online platforms amplified the debate, turning it into an international discussion about nationalism, media responsibility, and cultural sensitivity.

Moreover, the reaction to the film reflects a broader pattern in which cinema becomes a tool for political interpretation. In regions with complex historical and political relationships, even fictional content can trigger strong emotional responses. The case of "Dhurandhar" demonstrates how cultural products can intersect with geopolitics and public perception.

In conclusion, the impact of "Dhurandhar" in Pakistan went far beyond the film industry. It sparked intense debate, raised questions about freedom of expression, and highlighted the fragile nature of cross-border cultural relations. The controversy serves as a reminder that in a highly connected world, films are not just stories, they can become powerful instruments that influence opinions, relationships, and national narratives.

BENEFITS OF AVOIDING SUGAR FOR A WHILE



Avoiding sugar has become an increasingly popular health choice as more people become aware of its impact on the body. While sugar is a common part of modern diets, excessive consumption has been linked to various health problems, including obesity, heart disease, and metabolic disorders. Reducing or eliminating added sugar from your diet can lead to significant improvements in overall health and well-being.

One of the most immediate benefits of avoiding sugar is better weight management. Foods high in sugar are often calorie-dense but lack essential nutrients, leading to overeating and weight gain. When sugar intake is reduced, the body experiences fewer spikes in blood glucose levels, which helps control hunger and cravings. This makes it easier to maintain a healthy weight and adopt more balanced eating habits.

Another major benefit is improved heart health. High sugar consumption has been associated with increased levels of bad cholesterol and triglycerides, both of which contribute to cardiovascular disease. By cutting down on sugar, individuals can lower their risk of heart-related

conditions and support overall cardiovascular function. A balanced diet with minimal sugar also helps regulate blood pressure levels.

Avoiding sugar also plays a crucial role in preventing and managing Type 2 Diabetes. Frequent consumption of sugary foods and beverages can lead to insulin resistance, a condition where the body becomes less responsive to insulin. Over time, this can increase the risk of developing diabetes. Reducing sugar intake helps stabilize blood sugar levels and improves insulin sensitivity, making it easier for the body to manage glucose effectively.

In addition to physical health benefits, cutting out sugar can have a positive impact on mental well-being. High sugar intake is often linked to mood swings, fatigue, and decreased energy levels. While sugar may provide a temporary energy boost, it is usually followed by a rapid drop in energy, leading to feelings of tiredness and irritability. By avoiding sugar, individuals often experience more stable energy levels and improved mood throughout the day.

Skin health is another area that benefits from reduced sugar consumption. Excess sugar in the

diet can contribute to inflammation and the breakdown of collagen, leading to premature aging, acne, and dull skin. Avoiding sugar helps maintain healthier skin by reducing these effects and promoting a clearer, more youthful appearance. Digestive health can also improve when sugar is limited. High sugar intake can disrupt the balance of good bacteria in the gut, leading to digestive issues such as bloating and discomfort. By reducing sugar, the gut environment becomes more balanced, supporting better digestion and nutrient absorption.

Another important advantage of avoiding sugar is improved dental health. Sugary foods and drinks are a primary cause of tooth decay and cavities. Bacteria in the mouth feed on sugar, producing acids that damage tooth enamel. Limiting sugar intake helps protect teeth and maintain better oral hygiene.

Furthermore, avoiding sugar encourages healthier food choices. When individuals reduce their reliance on sugary snacks and beverages, they are more likely to consume whole foods such as fruits, vegetables, whole grains, and lean proteins. This leads to a more nutritious and balanced diet, which supports overall health and longevity. It is important to note that not all sugars are harmful. Natural sugars found in fruits and dairy products come with essential nutrients and should not be completely avoided. The focus should be on reducing added sugars found in processed foods and beverages. In conclusion, avoiding sugar offers numerous health benefits, including better weight control, improved heart health, stable energy levels, and reduced risk of chronic diseases. By making conscious dietary choices and limiting added sugars, individuals can significantly enhance their quality of life and achieve long-term health benefits.

**PIC OF
THE WEEK**



Sonam Bajwa

**Stuns In Shimmering Corset Gown, Serves Bold Glamour
With Elegant Silhouette**

15 March, 2026

THE SPIRITUAL POWER OF EKADASHI



Ekadashi is a sacred day in Hindu tradition observed on the eleventh day (Ekadashi) of each lunar fortnight. It occurs twice a month, once during the waxing phase of the moon (Shukla Paksha) and once during the waning phase (Krishna Paksha). Ekadashi holds deep spiritual significance and is primarily dedicated to the worship of Lord Vishnu, who is considered the preserver of the universe in Hindu belief.

The word “Ekadashi” itself means “eleven,” referring to the eleventh day of the lunar cycle. On this day, devotees observe fasting, prayer, and meditation to purify the mind and body. Fasting on Ekadashi is not just about abstaining from food, but also about practicing self-discipline, controlling desires, and focusing on spiritual growth. The origin of Ekadashi is rooted in Hindu mythology. According to ancient texts, a powerful demon named Mura once threatened the peace of the gods and humans. To defeat him, Lord Vishnu manifested a divine feminine energy from his body, known as Ekadashi. This

divine power defeated the demon and restored balance in the universe. Pleased with her victory, Lord Vishnu declared that the day would be known as Ekadashi and that those who observe fasting and devotion on this day would be blessed with spiritual progress and liberation from sins.

One of the main reasons people celebrate Ekadashi is for spiritual purification. It is believed that fasting on this day helps cleanse the body of toxins and purifies the mind. Devotees spend the day in prayer, chanting, and reading sacred scriptures. By avoiding worldly distractions and focusing on devotion, individuals aim to strengthen their connection with the divine.

Ekadashi is also considered important for mental discipline and self-control. In today’s fast-paced world, it is easy to get caught up in material desires and distractions. Observing Ekadashi provides an opportunity to step back, reflect, and practice restraint. This helps in developing inner strength and clarity of thought.

Another significant aspect of

Ekadashi is its health benefits. Fasting allows the digestive system to rest and reset. Many people follow a specific diet on Ekadashi, avoiding grains and certain foods while consuming fruits, milk, and nuts. This light and controlled diet can improve digestion and promote overall well-being. Although the primary purpose of Ekadashi is spiritual, its physical benefits also make it meaningful in modern life.

The celebration of Ekadashi varies across regions in India, but the core practices remain the same. Devotees wake up early, take a holy bath, and visit temples dedicated to Lord Vishnu. Special prayers and rituals are performed, and many people stay awake at night, singing devotional songs and engaging in spiritual activities. The fast is usually broken the next day, known as Dwadashi, after performing certain rituals. Ekadashi also teaches the value of simplicity and gratitude. By reducing food intake and focusing on spiritual practices, individuals become more aware of their needs and develop a sense of contentment. It encourages people to live a balanced life, where material pursuits are complemented by spiritual awareness.

In conclusion, Ekadashi is more than just a day of fasting; it is a spiritual practice that promotes discipline, devotion, and self-awareness. It reminds individuals of the importance of balancing physical needs with spiritual growth. Celebrated with faith and dedication, Ekadashi continues to hold a special place in Hindu culture, guiding people toward a more mindful and meaningful life.



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