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realme is set to launch the neo 7 smartphone in december, with teased feature including a powerful battery and sleek desing

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THE UNEXPLORED EAST : JHARKHAND'S TOURISM POTENTIAL

Riya Sinha

Tourism of the state depicts its beauty and preservation . It awares the world about its rich culture and traditions and simultaneously plays a significant role in the state's overall growth. If we see and learn about the tourism strategy of Singapore then we must know that singapore has mostly manmade attractions rather than historical or cultural sites , still it is able to attract millions of tourists in and outside the country every year . But if we talk about our very own Indian state Jharkhand then we are really rewarded in this context . Jharkhand is one of the top 5 least travelled states of India in spite of having natural seren and holding historical and cultural values too. Even the tourists of our country don't visit to witness the beauty of Jharkhand. What could be the reason for not taking the tourism into priority?



Deoghar (Jharkhand)

Riya Sinha

Jharkhand holds very significant and scenic views which if mends for the purpose of tourism it can attract tourists from outside the state also , Jharkhand has lots of waterfalls like lodh fall, hundru fall, dassam, himri , johna fall and many more ... These waterfalls give the opportunity of adventures of trekking , beauty of waterfalls and a peaceful surrounding to be at . Jharkhand is surrounded by hills and there are many hills out there which can give an adventurous experience of nature and its beauty... like netarhat hills are known for its mesmerizing scene of sunrise view.

Panoramic views of tagore hill which is named after the famous poet Rabindranath Tagore the hill is said to have inspired many of his writings when he visited jharkhand , the poem prakriti pratishruti is one of them . Dalma hills which is also an amazing trekking to route is also an reserve for elephants and Porahat hills which holds so many importance as many archeological imprints like rock art have been found in the hills , remnants of ancient fortification and defences can still be seen there making it a beautiful site for exploring history . With scenic places jharkhand has so many historical and cultural heritage sites which includes vaidhyanath temple although it already encounters many outside tourists as it contains one of the 12 jyotirlinga and one of the 52 shaktipeeth together.

SPIRITUALITY MEETS ARTISTRY

Bhumika Dutta



This theme is based on Ayodhya Ram Mandir which is located at uttar Pradesh. The leader and the labours say that people's who won't be able to go to the mandir they can visit this pandal. It is an exact form of Ram Mandir. It cost 1 crore for making this Labours are from Kolkata. They say this pandal will increase the devotion power and bhakti among peoples. It leads to rise in Sanatan Dharma. Outside the pandal there was a 26 feet 4D fiber made idol of Hamuman jee. Inside the pandal there was an exact form of Ram Lalla, and Maa Durga is around 28 feet long idol. Materials - The pandal was made with fiber and fom (nylon).

"It is the first largest pandal of Jharkhand. The pandal is around 170 feet in height and 120 feet in width.

The finishing was done after 28 September 2024. The opening date was 2nd October 2024 but due to heavy rain it opens on 5th October 2024, 3rd day of navratri. Outside the pandal there was a pure veg foods situated in small stall. Also outside the pandal people sell small idol of Ram lala

Sri Ramlala puja committee general secretary Kunal Ajmani said that many devotees might not have gotten the opportunity to visit Ayodhya to have a glimpse of Lord Rama so far.

VOICE FOR VOICELESS:

Swastika Chakraborty

We all know that saving plants and animals are important but saving dogs are equally. The reason why "saving dogs" word is been written is, we all know today generation or shall we call Gen-Z people don't care much about dogs specially street dogs and surprisingly total 1.5 million dogs die each year. So regarding dogs safety there are many such heroes who are saving dogs life. Sarah Laurence is included in one such heroes in saving various street dogs life not only street dogs but also many animals. Sarah Laurence lives in Jamshedpur, she is a hardworking and brave journalist also she runs a small ngo who takes care of animals and also provide them adicuate health resources such as providing vaccine, medicine, food, clothing and most importantly care. She has completed her Bachelor's of Communication and also Masters of communication from a very renowned institution Arka Jain, Jamshedpur. In 2020 lockdown Miss. Sarah used to treat dogs from all over her locality and provide them vaccine every month, slowly she joined an ngo named "People For Animals" in which they started rescuing dogs and various types of animals and provide them vaccine. Proper Vaccination is very important to animals as well as humans. With that thought she started providing Vaccine free of cost for animals because in her words "hum insan ko jo itna care milta h to janwaro ko q na mile" and that's true animals also have equal right of having a basic care. So as per her research and analysis a vaccine for dogs is made from: Parvovirus: A highly contagious disease that can cause acute hemorrhagic gastroenteritis and many puppy deaths.

Canine distemper virus: A highly contagious viral disease that can affect dogs of any age. Symptoms include fever, coughing, sneezing, nasal discharge, vomiting, diarrhea, loss of appetite, and depression.



Sarah Lawrence, Co-founder

or who have access to ponds, ditches, or other types of standing water.

Canine adenovirus: A respiratory pathogen that damages bronchial epithelial cells resulting in fever, cough, nasal discharge, and pharyngitis.

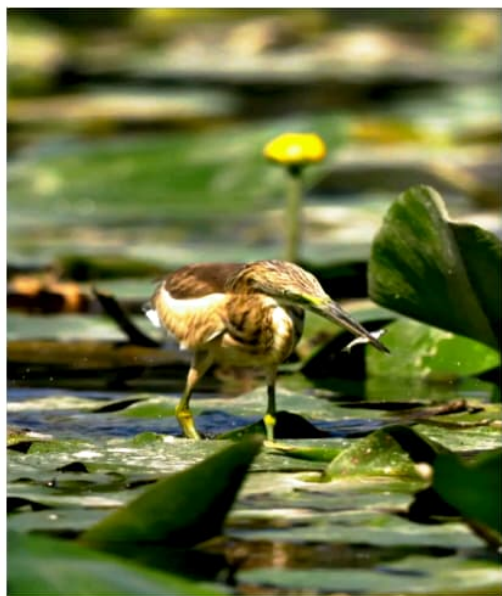
Rabies: A virus that can be transmitted through the bite of an infected animal. State law mandates the rabies shot.

Canine hepatitis: A viral disease that is extremely contagious and often fatal.

CPV: A respiratory virus that can cause kennel cough in dogs. Canine cough: A condition produced by several highly infectious viruses and bacteria.

Since September 2023, around 25 thousand stray dogs have been vaccinated. As a result, by the end of March 2024, approximately 70% of the dogs will be vaccinated. The mass vaccination campaign is being conducted by a team of trained professionals equipped with safe and effective rabies vaccines.





Hunting Is An Art, Captured In Rukka Dam

Punit Nayak



The New Era Of Wildlife Beauty

PunitNayak



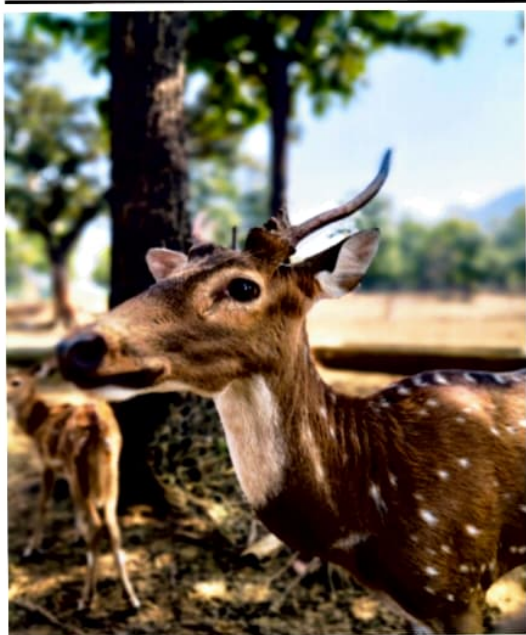
Vivid Live Captured But, Not Crow At This Time

Punit Nayak



Red Head, Caught In CAM

Punit Nayak



Barking deers at Dalma wildlife sanctuary, jamshedpur

Picture courtesy- Arpita Mahato



MAHILA THANA IN DUTY

Sonal Kumari

This article from women cases in Jharkhand discusses cases at a Mahila Thana, including cases related to love affairs and arranged marriages. It also describes how the ACP at the station created a child's room to protect children visiting the station. Women's police stations handle certain crimes, including psychological violence, domestic violence, family violence, specific types of threats, and sexual violence. The case of filing cases is one of the reasons why women police stations have gained traction in the country. The study shows that there has been an almost a 22% rise in the filing of women-related cases at women police stations since the time all-female police stations were set up in the early 2000s. Why required: Crime against women is on the rise. It's not a local or a national but a global problem, a global epidemic. In our state too, cases of acts of violence are being committed and reported. These include rape, domestic violence, dowry deaths, killing and torturing women for practicing witchcraft, trafficking, stalking, sending obscene SMS etc. Due to the sexual violence, exploitation of women in the rural areas has increased manifold. The following data further explains the volume of the problem. During 2005, 2,544 cases of violence against women were reported out of which 753 rape, 293 molestation, 283 kidnapping and 257 were of dowry death. As per one study, Jharkhand has the highest rate of domestic violence among the eastern states of India, with 66% males admitting being violent during a survey. This violence is not only physical but sexual and psychological too.

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UNDERSTANDING GYM CULTURE

ARCHITA CHHETRY AND MAHI KAUR

From an ordinary performance enhancing activity, physical fitness and gym spaces have shifted today into something that has a lifetime impact, culture and lifestyles of every generation, shaping their bodies as well as their societies. Dating back, from the first days gyms were created, to the days of modern society, where it is an unchanged attribute of active lifestyle of the present day youth, gyms are perceived as more than only a place for performing physical exercises, but a place of art, socialization, and motivation.

The first gyms are believed to have started in Ancient Greece, where people saw physical training almost as a way of life. In fact, the word 'gymnasium' comes from a Greek word called gymnos which meant "naked" since people used to work out without wearing clothes. Back in those days, gyms were places for physical as well as mental training, places which focused on the principle of 'a healthy body, and a healthy mind'.

Skip to the 21st century, where gyms and other similar centers now represent areas of everything. Areas I mean, such as Golds Gym, Anytime Fitness, and many others. Youth and Gym in Modern Times
Today's youth are not only adopting the gym but are also going to the gym in order to complement their personality and lifestyle. Few of the reasons has been dissected below:

Fitness has undoubtedly claimed its place as a pillar of today's popular youth culture. Social media networks such as Instagram and Facebook have made 'influencers' who are able to captivate and inspire millions with their workout regimens, diet and transformation stories. Such platforms have popularized the appeal of the gym, allowing people to go beyond improving themselves to capturing their experience around that. Mental Health Awareness:
Generation today understands that gyms are not only for physically fitting individuals. Today, gyms can be flaunted as a routine where one could work on their mental health as well. Exercise is conclusively seen as a remedy for stress and many young students indulge in such activities in order to avoid the consequences of studying, work, or socialization. Endorphin released during physical activities has made depression pills somewhat irrelevant as fitness has taken that role.

Today's gym culture is an aesthetics-driven enterprise. The quest for the "perfect" body, lean, muscular, or toned — has become a powerful motivator for many. Although this has resulted in more awareness about fitness, it has also created controversy over body image and unrealistic expectations set by influencers and celebrities. The fitness journey of many individuals often revolves around the gym, which presents a variety of challenge. Parents may view gym attendance as a distraction from academic and professional responsibilities. Stereotypes often label gym-goers as vain or overly concerned with appearance, while older generations might find gym culture unnecessary outside of athletic pursuits. Physical challenges include the risk of injuries and fatigue, whereas mental hurdles range from lack of motivation to body image issues.

Additionally, individuals face obstacles related to time management, financial constraints, and social dynamics within crowded gym environments. Knowledge gaps concerning proper form and unclear fitness goals further complicate the journey. To navigate these challenges effectively, one should establish clear objectives, seek education and support, maintain consistency, prioritize recovery, and remain adaptable to changing circumstances. With resolve, strategic planning, and the right mindset, these obstacles can ultimately be transformed into growth opportunities on the path to fitness.

THE RISE OF GYM CULTURE IN JHARKHAND

Astha Singh

Jharkhand, a state in eastern India, has witnessed a significant transformation in its fitness landscape over the past decade. The rise of gym culture in Jharkhand has been phenomenal, with a growing number of gyms and fitness centers sprouting up across the state. We explore the growth of gym culture in Jharkhand, its benefits, and the challenges it faces today.

Growth of Gym Culture in Jharkhand: In recent years, Jharkhand has seen a surge in the number of gyms and fitness centers. Cities like Ranchi, Jamshedpur, and Dhanbad have become hubs for fitness enthusiasts, with state-of-the-art gyms and trained instructors. According to a report by the Indian Fitness Association, the number of gyms in Jharkhand has increased by over 50% in the past five years. Benefits of Gym Culture in Jharkhand: The growth of gym culture in Jharkhand has numerous benefits for the state's residents. Regular exercise and physical activity have been shown to reduce the risk of chronic diseases like diabetes, heart disease, and obesity. Additionally, exercising at a gym can help improve mental health, boost self-esteem, and increase social connections.

Challenges Facing Gym Culture in Jharkhand: Despite the growth of gym culture in Jharkhand, there are several challenges that need to be addressed. One of the major challenges is the lack of qualified trainers and instructors. Many gyms in Jharkhand lack certified trainers, which can lead to injuries and ineffective workout routines. Another challenge is the high cost of gym memberships, which can be a barrier for many people in the state. The rise of gym culture in Jharkhand is a positive trend that reflects the state's growing awareness of the importance of physical fitness and health. While there are challenges that need to be addressed, the benefits of gym culture in Jharkhand far outweigh the drawbacks. As the state continues to grow and develop, it is essential to promote a culture of fitness and wellness that is accessible and affordable for all. In conclusion, the growing trend of people prioritizing gym and diet is a positive development that reflects a growing awareness of the importance of physical fitness and nutrition. As this trend continues to evolve, it is essential to ensure that it is inclusive and accessible to all individuals, regardless of their socioeconomic background or physical ability.

FOLK INSTRUMENTS OF JHARKHAND, STORIES BEHIND THE SOUND

Abhijeet minz and Shruti Subba

Does Mandar ring a bell? Or Nagara? Perhaps Dhak? These are among the folk musical instruments from the state that holds great tribal heritage and a rich musical tradition that reflects its deep connection with nature and culture. Tradition which is unique with it's folk instruments echoes the rhythms of the land and its people with the untold stories behind the sounds. The instruments of Jharkhand, such as the Mandar, Nagara, and Dhak, are deeply rooted in the tribal culture and symbolize the community's connection with nature. These instruments are crafted using locally available natural materials. For example, the Mandar is made from hollowed out wood and animal skin, showcasing the community's reliance on forest resources. On the other hand, the Nagara is constructed using clay or metal made from materials like iron sheets with a buffalo hide membrane with its earthy tones resonate with the rural landscape. During Sarhul a festival dedicated to nature, the Mandar sets the tempo for vibrant tribal dances. Similarly, the Nagara, with its thunderous sound, announces the start of rituals and energizes the festivities. In tribal traditions, the Nagara's powerful sound is said to mimic the voice of the gods, serving as a medium to convey messages to divinity. During celebrations like Sohrai, its rhythmic beats are believed to drive away evil spirits and purify the environment, creating unity and safeguarding the community. Similarly Mandar is often played in sacred ceremonies, believed to invoke divine blessings for good harvests and harmony. Jharkhand's musical songs throughout the years prominently features traditional instruments like the Mandar and Nagara, especially in folk performances such as Jhumair, these dances primarily performed by the tribal communities, such as the Munia, Oraon, and Ho, during festivals and celebrations. The dance is done by fast paced, circular movements, with dancers forming a circle or semi-circle, often dancing in synchrony, with hand gestures and footwork. For a contemporary example of a Nagpuri song that showcases the use of the Mandar, you might enjoy "Joda Mandar Sarhul Geet" by S.Babu. This 2023 release highlights the essence of the use of Mandar within modern Nagpuri music, preserving the culture with the use of folk instruments in modern genre of music. Preserving Jharkhand's folk instruments, like the Mandar and Nagara, is important to keep the tribal culture alive. By supporting local artists, sharing traditional music online, and by getting young people involved, we can help protect these unique instruments and ensure they continue to be part of our future, these folk instruments of Jharkhand are more than sounds they are the voice of a culture that must be celebrated and safeguard for upcoming generations.

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