

POSITIVE DAY

NEWSPAPER

A NEW VOICE

A VENTURE BY NIAA CREATIONS



Happy Republic Day

Republic Day is celebrated in India on the 26th of January with zeal and enthusiasm every year. It was this day in history in 1965 when Hindi was declared the official language of India. This year will be India's 73rd Republic Day.

Republic Day is the day the Indian National Congress revealed Purna Swaraj, the declaration of India's independence from colonial rule. After attaining independence from the British rule, the drafting committee enrolled the new constitution under the deanship of Dr BR Ambedkar. The Indian Constitution was enacted on 26 January 1950, declaring India as an independent republic.

We all know that Republic Day is celebrated in India with great gratitude and joy. It signifies an important day in our history, a day when we broke the shackles of British sovereignty and regained our dignity and our country. In New Delhi, the President of India hoisted the national flag at India Gate. The gloriest of parades takes place at Rajpath, New Delhi. The parade is conducted by the Indian President and is arranged by the Ministry of Defence.

As responsible citizens who are proud of our country's freedom struggle and wish to commemorate this great day of our history, we should make a conscientious effort to utilise this holiday in remembrance of the people who gave us this freedom that we enjoy today. Like every other country that struggled for independence our independence also came at a great cost mainly the lives of the brave fighters who laid bare all they had for this beautiful country that they called home.

Let us, as citizens who respect our freedom fighters, spend at least an hour with our families watching the Republic Day parade showcasing our military's prowess and might.

**WISHING YOU ALL A VERY
HAPPY REPUBLIC DAY**

SPORTS & ENTERTAINMENT

P.T. Usha becomes first woman Indian Olympic Association president.



On December 10, 2022, the legendary P.T. Usha was elected as the first woman president of the Indian Olympic Association (IOA), ushering in a new era of the country's sports administration.

The IOA was warned of a possible suspension by the International Olympic Committee (IOC) if elections were not held in December 2022 as the polls were due to be held since December 2021. Usha, who had joined the Rajya Sabha backed by the Bharatiya Janta Party (BJP) emerged as the lone candidate for the top post. Nobody was willing to fight against Ms. Usha fondly known as the 'Payyoli Express'.

'Avatar' Sequel Now 7th-Highest Grossing Film Ever With \$1.7 Billion In Worldwide Earnings

Avatar: The Way Of Water led the domestic weekend box office charts for the fourth consecutive time with an estimated \$45 million in earnings between Friday and Sunday, according to Box Office Mojo, as the movie's worldwide revenue surpasses \$1.7 billion and inches towards director James Cameron's \$2 billion target—making it one of the most lucrative films of all time.

Disney's Avatar: The Way Of Water—Cameron's sequel to the highest-grossing film of all time—has earned a total of \$516.8 million domestically along with \$1.19 billion in international earnings, making it the seventh highest-grossing film of all time.



Vishal Bhardwaj to adapt Shakespeare's 'Twelfth Night' for the big screen

Vishal Bhardwaj's trilogy of films based on William Shakespeare's plays, 'Maqbool' ('Macbeth'), 'Omkaara' ('Othello') and 'Haider' ('Hamlet'), have won plenty of critical acclaims. That's not all; they have also earned him the tag of being one of the foremost creative minds, adept at making Shakespeare thrive with contemporary India as the backdrop.

His master storytelling helps him re-imagine Shakespearean plots and characters in an Indian context with such attention to detail and nuance that it has prompted several universities to make his movies a part of their curriculum. He now wants to make a trilogy on Shakespearean comedies and aims to start with the play 'Twelfth Night'. The film will be called 'Chaudhvin Ki Raat'.

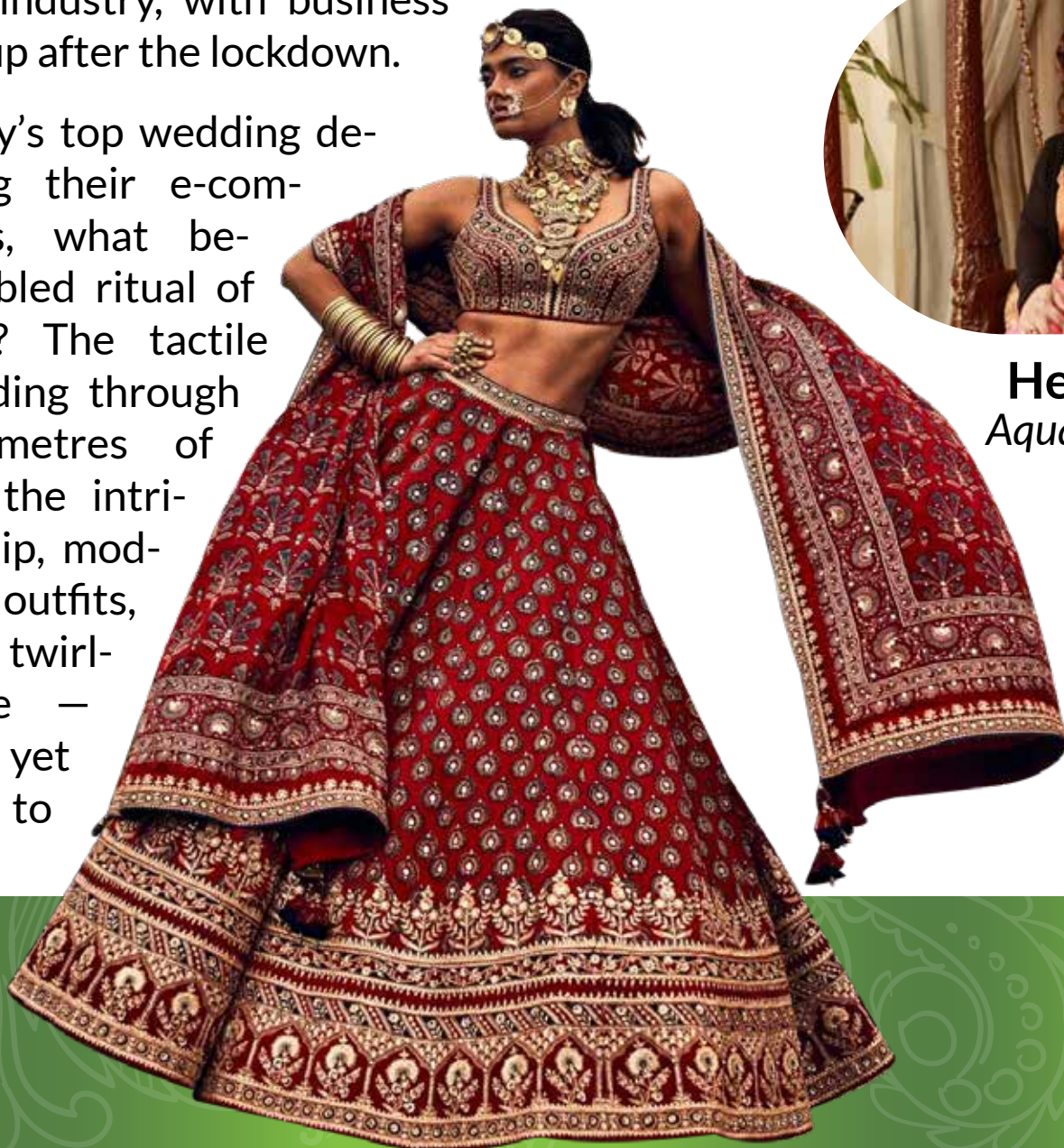
FASHION

As the wedding industry recovers, designers reimagine Indian bridal wear as sustainable with online-offline presence.

The COVID pandemic thrust a dry spell upon all retail stores, and like most other industries, the highly valued Indian bridal industry was also hit hard. Valued at \$50 billion dollars by a KPMG report in 2017, the Indian wedding industry is a money-churning machine that follows an upward trajectory. During the pandemic, although weddings were still occurring, the guest numbers had to be capped, and brides increasingly resorted to e-commerce sites for their bridal shopping. For wedding designers, the recovery process has been quicker than the rest of the industry, with business steadily picking up after the lockdown.

With the country's top wedding designers boosting their e-commerce offerings, what becomes of the fabled ritual of bridal shopping? The tactile pleasures of wading through metres upon metres of fabric, studying the intricate craftsmanship, modelling different outfits, twirling, and then twirling some more – e-commerce can't yet be an alternative to luxury.

They are more aware, informed, and sure of their wants and needs. Customer behaviour suggests that brides now spend less time in the store but visit the store more frequently because online research makes the selection process easier and faster. In today's ever-evolving online world, the designers' job has become more challenging and exciting as they scramble to keep up. Online shopping cannot emulate the luxury of feeling and trying on bridal garments, but it can help you discover your likes and dislikes.



Heena Modi
Aquarians Bridal
(founder)

BEAUTY CARE

Say No To Animal Testing: Make Your Skin-Care Routine Cruelty Free

According to a 2016 People for the Ethical Treatment of Animals (PETA) report, over 250 cosmetics brands still test their products on animals, affecting what the Royal Society for the Prevention of Cruelty to Animals (RSPCA) estimates to be over 27,000 animals each year. In 2013 India banned the import of animal-tested beauty products, both on its soil and imported goods, becoming the first cruelty-free cosmetics zone in South Asia.

The Humane Society says that even though animal testing is not required by law (like it is in China), companies still choose to use it. The animals most frequently used are mice, rats, rabbits, and guinea pigs. Unfortunately, these animals are often not protected under the Animal Welfare Act. A solution to animal testing is for companies to use already deemed safe products. Many ingredients have been deemed safe for human skin, and if we stick to using those, there will be no need for animal testing.

CERTIFIED CRUELTY-FREE

bunny logos you can trust



According to PETA, an alternative to animal testing that companies use is to use cornea-like 3D structures, which are produced from human cells. These human skin cultures can be grown and purchased specifically for cosmetic testing. If a humanitarian and conscious way of living is your new year's resolution (we hope it is)

Have a look at these cruelty-free brands!



Binita Desai
founder of *cosmetica*



KITCHEN TIPS & BOOK REVIEW



Khushbu Choksi
Clinical dietician

Recipe:

winter Protein scramble:

- 2 eggs
- Spinach leaves 1 cup
- Bell peppers 1/2 cup
- Tomato 1/2 cup
- Ghee 1 tsp
- Green garlic or corriander leaves 2 tbsp.
- White sesame seeds 1 tsp

Method:

1. Roast sesame seeds in ghee
 2. Add all veggies and stir for 1-2 minutes
 3. Add eggs and switch off the flame, and mix well to have a soft textured nutrients rice scrambled eggs.
- Garnish with green garlic or corriander leaves
Eat this with 1 raagi flour's roti on side as lunch or as dinner.
Rich in protein, calcium and fiber. Low in fat.

Kitchen tip:

Stomach flu / food poisoning and upset stomach is in full swing these days.

To prevent this, always soak all the seasonal salad veggies like carrots, cucumber, beetroot, spinach in luke warm water for about 5-10 minutes before chopping and eating them.

Add 1 source of prebiotic in your daily meals to improve your digestion.



Book Review



The Seven Husbands Of Evelyn Hugo

Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?

Monique is not exactly on top of the world. Her husband has left her, and her professional life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career.

HAPPY LIFE

Future of India in 2023 by Dharmikshree



Dharmikshree Jani
Astrologer & spiritual Guide
Contact guruji on Website
<https://www.dharmikshree.org/>

2023 will bring big changes for our country, and due to this change, the world will see India regaining its renowned influence.

The Indian - American relationship will also improve.

India's economy will achieve new heights.

There will be more development in facilities and infrastructure.

Our country will get the opportunity to host some major events.

India will be a step closer to climbing the ladder to becoming a world leader by strengthening International Relations. There is little concern about India's neighbouring countries hindering its climb to success.

The Northern region of India could experience a little conflict in the year, but the situation will be calm in all other regions.

Indians this year will get to experience more comfortable lives than they have known before.



સંભાળી લઉં તને

મારી કવતિાનું સર્વસ્વ ગણી લીધું છે તને
લાવ શબ્દોમાં પણ પ્રેમ કરી લઉં તને

નસીબથી મળ્યો છે તારા જેવો સાથી
હંમેશ માટે હૃદયમાં છુપાવી લઉં તને

આજકાલ થોડો ઢીલો થઈ જાય છે
બેસ મારી પાસે થોડી હમિંત આપી
દઉં તને

દરેક પળો આજકાલની બંને માટે
અધરી છે
હાથમાં હાથ આપી દે સંભાળી લઉં તને

દીકરીને તો વળાવવી જ પડશે જાનુ
યલ દલિ ખોલીને હવે રડી લઈએ બંને

Nikki Shah
Nikkinikavita.com

HAPPY LIFE



Reasons Why an Architect Should Design Your Home



Designing a home is a big deal, and it becomes tough for a person to do it alone. So, when you decide to hire an architect for that purpose, he will help you in various ways in designing with his knowledge, skills, and experiences.

- 1. Great designing skills:** An architect has all the fundamental training. They are skilled and will be able to design and plan your home both theoretically and practically.
- 2. Selecting the right design materials:** An architect can give you various options for design materials according to your budget, investment, space of the area, and functionality. It is a complicated task made easy with the help of a trustworthy professional.
- 3. Secures your investment:** When building a new home, it is easy to get carried away with the latest trends and pick the most beautiful things. Although people think of an architect as an added expense, they will help you stick to a budget and provide you with designs and materials according to the estimate you have given them.

Earth architects, an award-winning architecture firm from Surat, have won accolades for precisely giving their customers what they want. Their beautifully designed homes, professional integrity and time management skills have made them the talk of the town. When pondering on which architect to choose for your new home, you couldn't go wrong with this choice.



Abhishek Patel

HAPPY LIFE

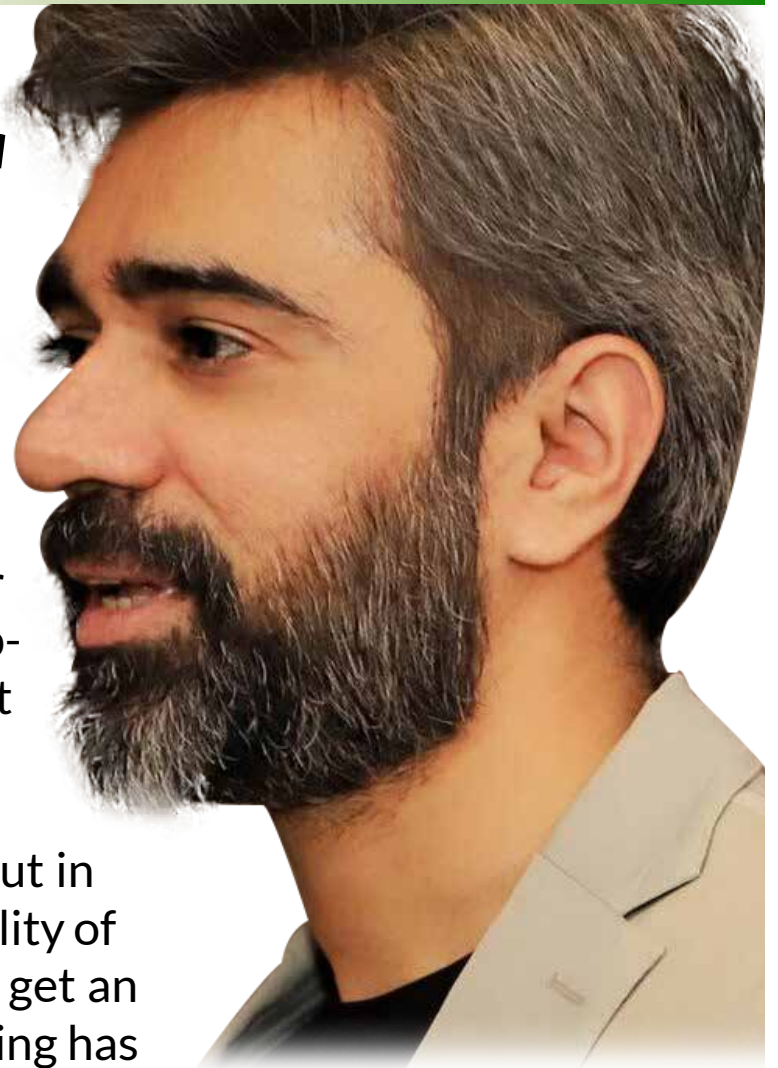
Your Topic, My Guidance for Start - ups and Businessmen - Niraj Viradiya

What should a businessman take care of when first starting their business? And general tips for start-ups.

When first getting an idea for a start-up do not fall in love with what you have ideated and planned, as often times love can be blind. When we love our idea too much, we might be under the misconception that our idea is a super hit, whereas it might just turn out to be mediocre.

Before launching your product or service, test it out in the market and conduct a survey to check the viability of the commodity you are offering. This way you will get an idea of whether the product/ service you are offering has a demand or not. If you just move ahead considering the fact that you like it, the business might collapse.

A business in the initial stages of launching a start-up needs to be vigilant in building contacts. It's important to meet new people and get them talking about your start-up, as networking always proves to be very useful. You might end up mutually benefiting one another with good networking skills. If you are new and inexperienced people might not give you business but if you develop your contacts you will end up developing your business as well.



HEALTHY LIFE

India is the world's second-largest producer of fruits and vegetables. To reduce the wastage of fresh fruits and vegetables and to add value to them, processes like canning, dehydration, pickling, provisional preservation and bottling have been introduced. However, the percentage of processing of fruits and vegetables is currently less than 3% as compared to countries like China (23%), the United States (65%) and the Philippines (78%).

Tapi Foods – A pioneer in Indian Fruit Processing Industry



The Indian fruit and vegetable processing industry experiences a conducive growth environment owing to the abundant supply of raw materials and favourable government policies like the Pradhan Mantri Kisan Sampada Yojana (PMKSY). Rising consumer affordability and rapid urbanization resulted in lifestyle changes, following which the preference for processed fruits and vegetables increased substantially.

Why Kangen Water is Expensive but Worth It.

Enagic's Kangen water ionizers are labelled as the "Gold Standard" product.

This Japanese company has also labelled the water produced by its water ionizers as "Kangen water" claiming it is unique and better than everything else. According to the company, only Kangen water possesses alkaline, antioxidant, and hydrating capabilities. Even their e-cleaning is patent registered.



Pradeep Bajaj
founder

Their competition does produce cheaper products and although Enagic machines are much more expensive than other water ionizers all around the globe there is a reason for that. Most of these models come from China, and many contain deadly lead. It's such a problem that there's a separate thriving trade in fake "lead-free" certification for these dangerous imports.



HEALTHY LIFE



The Rise of the Bakery Industry in India at all Levels

As one of the largest segments in the food processing sector in India, the bakery industry offers huge opportunities for growth, innovation, and job generation. Separated into three categories, bread, biscuits, and cakes and pastries, the bakery industry reached a market value of USD 7.22 billion in 2018. As the second largest producer of biscuits after the USA, India is a key player internationally, and with the entrepreneurial spirit of Indian companies and individuals, it is one of the most exciting regions for the bakery sector.

Changing consumer habits and lifestyles are shaping the bakery industry in India. Part of a global trend, there is greater demand for healthier products and alternatives, particularly when it comes to bakery goods which are now more commonly consumed daily as opposed to being a treat. With high consumption rates, customers want baked goods that are 'guilt-free' and are increasingly seeking gluten-free products, or goods made with alternative ingredients such as multigrain and whole-wheat. Alongside healthier options, millennials in particular are always seeking new flavours and experiences, making flavour innovation key.

Keeping in mind all these changes in consumer habits, Atul bakery has managed to keep up with the ever-changing world of food consumption. Their efforts to keep up with innovation and always present their customers with something new make them a much beloved and sought-after brand in India. Their commitment to quality control and ethical practises also makes them trustworthy.



Atul Vekariya
founder

PERSONALITY OF THE MONTH

Dr BR Ambedkar

We all know Dr Ambedkar as the emancipator of Dalits as the man who laid down his life for the welfare of his community. Born into the Mahar (Dalit) caste, he knew better than anyone the struggles his community faced while trying to find its place in modern India. He was strongly against the Brahmanical varna (caste) system, so he envisioned a place for the 'untouchables' in independent India. Through his relentless effort, he created reservations for his community in educational and government systems.



As the Constitution Drafting Committee chairman, Dr Ambedkar played a pivotal role in shaping various civil liberties our citizens enjoy today. Having studied the constitution of around 60 countries, he was a wise expert, and no one could have done a better job than he did then. We all know him as 'the father of India's constitution'. Let's take a look at some of his lesser-known achievements, mainly the literary ones.

Dr Ambedkar came up with the slogan **“educate - agitate - organise”**. He spent a good amount of time educating the Dalit community and making them aware. In his lifetime Babasaheb Ambedkar wrote around 23 books, some of which were published when he was still alive and others after his death. He was the editor and publisher of various newsletters and magazines, which he started to spread a wave of consciousness among the Dalit community. His literary accomplishments have had a huge impact in mobilising the Dalit community to rally for their cause.

Let's look at some of his publications and their agendas -

1. **Moon Nayak** was the voice of the voiceless - Dalits. It served to agitate and inform the masses. It was published in Marathi. He chose to publish in Marathi despite mastering the English language because all the Dalits couldn't read and understand English.
2. **Bahishkrit Bharat** was another Marathi fortnightly that talked about the pains and problems of the untouchables. Ambedkar also used it to answer his critics. This publication played a seminal role in awakening the Dalits.

POSITIVE PLACE

Indian doctorate student selected for Paris 2024 taekwondo referee camp



World Taekwondo has selected Dipshikha Baruah, who is currently pursuing her doctorate in physical education from Lovely Professional University. Baruah is a black belt 3rd Dan and is also an international referee. The Paris 2024 Olympic Games International Referee Selection and Training Camp for Asia and Oceania is set to be held from February 12 to 14 in Tashkent in Uzbekistan, according to The Tribune.

The Pan-American camp is planned to be held in Mexico, while Belgium will host the one for Europe and Africa. The camp in Uzbekistan is expected to see 100 referee trainees. The taekwondo at Paris 2024 is scheduled to be held from August 7 to 10.

Taekwondo made its Olympic debut as a demonstration sport in Seoul in 1988. It was once again introduced as a demonstration event in Barcelona in 1992. It has appeared as a full medal sport since Sydney 2000 and has appeared in every edition since then.

Baruah is a World Taekwondo Level 2 coach. She is also the first female from her native place Assam in India, to become an International Referee of Taekwondo. She is also a yoga expert and a freelance model.



Pamir Shah
Indian National Team Coach



MAGICAL DAY

Baggit
oo

Go against the flow by spreading positivity with Pday Newspaper.

1.

Don't worry about failure; you only have to be right once.

2.

If it makes you nervous, you're doing it right.

3.

It's a slow process, but quitting won't speed it up

4.

Strive for progress, not perfection.

5.

Starve your distractions, feed your focus.

6.

Don't worry about failure; you only have to be right once.

7.

Mindset is what separates the best from the rest.

8.

Great things never came from comfort zones

9.

A little progress everyday adds up to big results

10.

Become the hardest working person you know

11.

Wake up with determination, go to bed with satisfaction.

12.

The only way you see results is if you stay consistent

13.

Push yourself, because no one else is going to do it for you

14.

Be the energy you want to attract

15.

If you stay positive in a negative situation, you win.

16.

Mistakes are proof you're trying.

17.

Somewhere, something incredible is waiting to be known.

18.

If there is no struggle, there is no progress.

19.

The best way out is always through.

20.

Worry is a misuse of imagination.

21.

It is a rough road that leads to the heights of greatness.

22.

He that can have patience can have what he will.

23.

Set your goals high, and don't stop till you get there.

24.

Expect nothing, Appreciate everything.

25.

Live out of your imagination, not your history.

26.

Do it for your future self.

27.

If you know you can do better, then do better

28.

Don't tell people your dreams, Show them.

29.

If you don't risk anything, you risk even more.

30.

You carry the passport to your own happiness.

POSITIVE PLACE

Smiling faces behind Positivedaynewspaper



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