

Reader's Digest

MAY 2024



₹100

HOW TO **GET A GREEN(ER) THUMB**

PAGE 36

NATURE

The Curious
Benefits of
Getting Lost

PAGE 72

HEALTH

Relief
for 'Tech
Neck'

PAGE 28

BETTER LIVING

7 Days to a
Digital Detox

PAGE 18

HEROES

Meet Kitt, the
Courageous K-9

PAGE 60

BONUS READ

A Mother's
Wrongful
Conviction

PAGE 86

SUBSCRIBER COPY
NOT FOR RESALE

readersdigest.in

28.05.24

CONTENTS

Features

36

COVER STORY

HOW TO GET A GREEN(ER) THUMB

From what to plant where to how to water and how often, this quick beginner's guide full of expert advice will have you gardening like a pro.

BY JULIE LANE-GAY

44

HEALTH

My Stutter, Myself

If others don't notice my stutter, can I really call myself a stutterer?

BY ISABEL ARMIENTO

52

PHOTO ESSAY

As Gods Among Us

A photographer explores the gamut of India's ritual performers who embody deities as a unique form of worship.

BY KAI FRIESE

60

HERO PETS

Kitt, the Courageous K-9

An officer needed a partner. His dog needed a purpose. Together, they rescued each other.

BY DAVE WEDGE

72

NATURE

The Upside of Getting Lost

I was in the woods with my family and we'd lost our way. How could this possibly be a good thing?

BY LIANN BOBECHKO

80

TRAVEL

Have Child, Will Travel

Bringing my kid on my round-the-world adventures helped me see her in new and unexpected ways.

BY DIANE SELKIRK

86

BONUS READ

A Mother's Conviction

After all four of Kathleen Folbigg's children died in infancy, a court found her guilty of murder. Twenty years later, science uncovered the truth.

BY SARAH TRELEAVEN

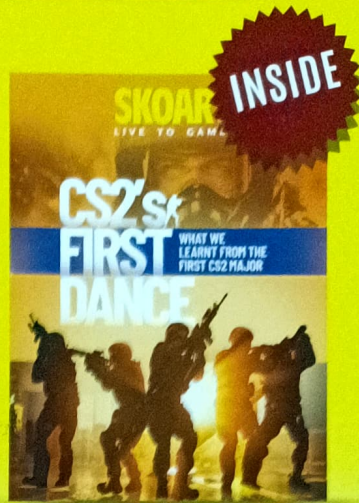


72

Price
₹ 200
A 9.9 Group
Publication

digit

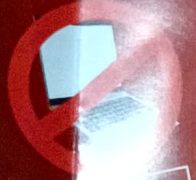
YOUR TECHNOLOGY NAVIGATOR | WWW.DIGIT.IN | VOL 24 | ISSUE 1 | MAY 2024



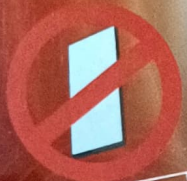
OFFLINE



OFFLINE



OFFLINE



OFFLINE



Get a quick look at what you can expect in the magazine this month.



SLOWDOWN TO REBOOT YOURSELF

YOUR ULTIMATE GUIDE TO TECH DETOX



INSIGHT

Future of Boulton Audio
Interview: Lenovo, Qualcomm

TOYS

Noise Buds Xero,
EPOS Expand Vision 1

EXPERIENCE

A reMarkable month on a digital detox device



Access eDVD at
digit.in/edvd

L 28 0 2024



50

COVER FEATURE

Reboot yourself

Almost halfway into 2024, we think it is time to take a step back and get some tech detox done!

UPDATE

10 | Hardware

New launches, new models, new gadgets... all covered here!

12 | Services

What are service providing companies up to?

14 | Sk[AI]net

A whole new section in the magazine dedicated to the latest news from the world of AI

TEST

19 | Tested

The latest and greatest gadgets tested by our in-house experts

46 | Experience

Our resident expert, Jayesh shares his month-long detox journey with the reMarkable 2

48 | Digit Diary

Shenanigans as they unfold at Digit offices in Mumbai and Noida.

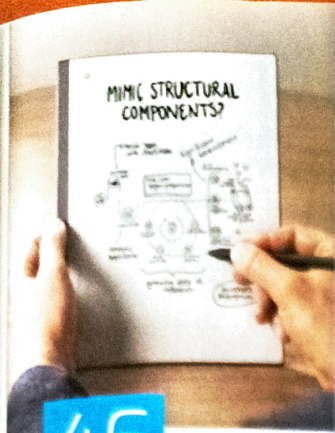
R&D

60 | Insight

We spoke to the top brass from BOULT, Qualcomm, and Lenovo to better understand their strategy in India and more!

66 | Tomorrow

Take a deep dive into the future of laptops and get to know about the applications of AI-powered laptops in academics and how they might shape that part of our future



46

reMarkable 2

The perfect detox companion?

Insight

An exclusive look into the future of BOULT audio

60



14

Sk[AI]net

A whole new section dedicated to the latest news from the world of AI

LEARN

70 | Tips and Tricks

We bring you a selection of tips and tricks for jazzing up your phone!

PLAY

74 | Toys

We take a look at the EPOS Adapt Vision 1 camera and the Noise Buds Xero TWS earbuds

SKOAR!

79 | What's New

No need to scroll through Reddit threads to know what's new!

82 | Kuvah

A look into the first ever CS2 Major held in Copenhagen

92 | Reevu

SKOAR! Council shares their opinions on Rise of the Ronin

...and more



ON THE eDVD

ESSENTIALS

- Adobe Acrobat Reader
 - Avidemux
 - Calibre
 - Chrome
 - CPU-Z
 - Deluge
 - Discord
 - EasyBCD
 - FFmpeg
 - File Splitter and Joiner
 - Firefox
 - Foxit Reader
 - Free Download Manager
 - Free OCR
 - Handbrake
 - HDD Low Level Format Tool
- ...and more

Development

Tools

A selection of open-source AI Development tools for you to explore

LECTURES

Some interesting lectures and informative videos by some of the best researchers

LEARN

Watch and

learn... It's that simple. Added entertainment? Well, we've got you covered!

PLAY

Bored of your recxsting geeky content to keep you engaged through the day

TESTED

Featured Distros

Some of the latest Distros for you to try

Open-Source AI



digit **FastTrack**

YOUR HANDY GUIDE TO EVERYDAY TECHNOLOGY

TO



DIGITAL DETOX

WITH 100+ APPS!

- UNPACKING YOUR DIGITAL FOOTPRINT
- THE TECH OF MINDFULNESS
- TECH TO ENHANCE FOCUS
- MANAGING TIME AND DISTRACTIONS
- IMPROVING SLEEP AND PERSONAL WELL-BEING
- TIME TO GET PHYSICAL



✓ 28.05.24

FREE WITH DIGIT MAY 2024

CHAPTERS

DIGITAL DETOX

MAY 2024

05 Unpacking your digital footprint

Understand and reshape your digital habits, paving the way for a healthier, more mindful engagement with technology

08 The tech of Mindfulness

Reclaim focus in the digital age with mindfulness and meditation apps

12 Tech to enhance focus

Empower your digital discipline and reclaim your focus with advanced tools

16 Managing Time and Distractions

Master your digital efficiency with tools to minimise distractions and optimise time

20 Improving Sleep and Personal Well-being

Enhance your sleep quality with targeted apps and proven practices

25 Time to get physical

Explore and connect to enhance life through community and shared interests

CREDITS

The people behind this book

EDITORIAL

Editor-in-Chief
Soham Raninga

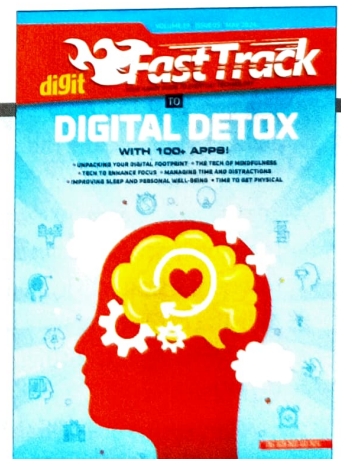
Executive Editor
Jayesh Shinde

Managing Editor
Mithun Mohandas

Deputy Features Editor
and Copy Editor
Satvik Pandey

DESIGN

Associate Art Director
Baiju NV



COVER DESIGN: BAIJU NV

© 9.9 Group Pvt. Ltd.

Published and printed by Vikas Gupta for and on behalf of the owners, 9.9 Group Private Limited (Formerly known as Nine Dot Nine Mediaworx Private Limited) and printed by him at International Print-o-Pac.

No part of this book may be reproduced, stored, or transmitted in any form or by any means without the prior written permission of the publisher.

May 2024

Free with Digit. If you have paid to buy this Fast Track from any source other than 9.9 Group Pvt. Ltd., please write to editor@digit.in with details

Custom publishing

If you want us to create a customised Fast Track for you in order to demystify technology for your community, employees or students contact editor@digit.in

www.digit.in | May 2024 | FastTrack

SPORTSTAR

SATURDAY,
MAY 25, 2024
₹ 100


FOLLOW US:
SPORTSTARWEB

POSTER
SUNIL NARINE

ISL FINAL

**Sweet
revenge for
Mumbai
City FC**

T20 WORLD CUP
SPECIAL II

**Redemption
time for
West Indies**

COSTLY IMPACT

The ongoing IPL's record-breaking 9.58 run rate after 54 matches is largely due to the Impact Player rule. But where do we draw the line?



Punch.ev Punch.ev Punch.ev Punch.ev Punch.ev



54



NEPAL CHASING THE WORLD CUP DREAM, WITH A PITSTOP IN INDIA

Cricket

- Indian Premier League Youngsters shining bright
- T20 World Cup -- Special II T20Is take backseat as Leagues serve as warmups for World Cup selection

Feature
The time has come for the associate nations' biggest moment under the sun



10 Cover Story Impact Players

Allowing teams to substitute players mid-match has led to a growing reliance on specialists, diminishing the importance of all-round players.
Cover: Shivam Dube (B. Jothi Ramalingam)

Read more...

- 66 Indian Super League Mumbai City FC crowned champion
- 76 Formula One A first for Lando Norris
- 78 Tennis Trick shots and dramatic emotions have enough takers in many talented tennis players. But are they enough to attain ultimate sporting glory?

Editorial Team

Editor: Ayon Sengupta
Convergence Editor: V. V. Rajasekhara Rao
Design: R. Ravikannan
Design Consultant: Kannan Sundar
Digital Growth Editor: Ipsit Mohapatra
Editorial Consultant: Vijay Lokapally
Sr. Assistant Editor: Shayan Acharya
Assistant Editor: Jonathan Selvaraj, V. S. Aravind
Chief Sub-Editor: Karan Pillai
Sr. Sub-Editor/Sr. Reporter: Ayan Acharya, Aashin Prasad, Santadeep Dey, Lavanya Lakshmi Narayanan, Saikat Chakraborty
Sub-Editor/Reporter: Dhruva Prasad, Neeladri Bhattacharjee, Aneesh Dey, Netra V, Pranay Rajiv, Nihit Sachdeva, Abhishek Saini, Nigamanth P, Mayank, Anish P, Sahil Mathur, Karthik Mudaliar, Joan Mathew Jacob
Senior Multimedia Producer: Sivasankar A

For Subscription:
Email: customer@thehindu.co.in
No: 18001021878

For Advertisement
National Sales Head
Satish K Mendon
satish.mendon@thehindu.co.in

Region
Delhi - Antesh Kumar Verma
+91 9818798519
Bangaluru - Gurnatha Reddy
+91 9845529981
Chennai - Siva Kumar M
+91 9841585969

Poster: Sunil Narine (AFP); Pages 43-50

www.sportstar.thehindu.com
mail to: sportstar@thehindu.co.in

Published by Nirmala Lakshman, Kasturi Buildings, 859, 860, Anna Salai, Chennai-600 002 and Printed by SDT Rao at Kala Jyothi Process Private Ltd, Plot no CFC-1&2, Survey No 18, E-City, SEZ & General Industrial Park, Raviryal & Srinagar (Village), Maheswaram(M), R.R.Dist, Telangana - 501359 on behalf of THG PUBLISHING PVT LTD., Chennai-600 002.

Editor: Ayon Sengupta (Editor responsible for selection of news under the PRP Act). All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Disclaimer: Readers are requested to verify & make appropriate enquiries to satisfy themselves about the veracity of an advertisement before responding to any published in this magazine. THG PUBLISHING PVT LTD., the Publisher & Owner of this magazine, does not vouch for the authenticity of any advertisement or advertiser or for any of the advertiser's products and/or services. In no event can the Owner, Publisher, Printer, Editor, Director/s, Employees of this magazine/company be held responsible/liable in any manner whatsoever for any claims and/or damages for advertisements in this magazine.
Air Surcharge:
Colombo ₹ 15.00 | Port Blair ₹ 10.00

SEA AND JOB



FORTNIGHTLY NEWS FROM www.seajob.net

READ ONLINE FOR FREE @ www.seaandjob.com **₹30/-**

Vol. XVII No. 10/24 Mumbai

16-31 May, 2024

Tel: 8656012282, 8656075186 Email: news@seajob.net



Seajob.net:
Seafarer's
Companion In the
Voyage To Success



VR MARITIME

Dry Fleet
Officer's Seminar:
24th April 2024



✓ 21.05.24

www.seajob.net ◀ WE DO NOT HAVE ANY BRANCHES OR AGENTS ▶ **SEA AND JOB**

Seajob Indian Anchor Awards 2024

OUR SOUVENIR SPONSORS

CO-SPONSORS

Blackhull Maritime Services Private Limited

NauticFleet Private Limited

Tomini Shipping Pvt. Ltd.

Pacific Basin Tristarr Maritime And Shipping Private Limited

Nautical Marine Management Services Pvt. Ltd.

MOL Mitsui O.S.K. Lines
MOL Tankship Management Pte. Ltd. (Singapore)

Shoolin Ship Management Pvt. Ltd.

Xfinity Maritime Services Pvt. Ltd.

Olympia Ship Management Pvt. Ltd.

D-SPONSORS

AG. Maritime Pvt. Ltd.

ADMIRAL MARINE SERVICES PVT LTD

VRIDHI MARITIME

CO-EDUCATION PARTNER

ECDISPLUS Training Solutions

Prudence Marine Services Pvt Ltd

EDUCATION PARTNER

Ganpat University

TOUR & TRAVEL PARTNER

Garud Tour And Services Private Limited

HMM

See Pg. 5



ESTABLISHED 1960 Experience Counts

Vol. LXIV No. 85

MONDAY 13th MAY 2024

CONTAINER FOR SALE
 20', 40', 40' HC & Specials
 AI - BHAYA BHAYA, MUMBAI, DELHI, CHENNAI, KOLKATA

LANCER

For Exports - Duty Paid Containers
 Contact Details:
 Phone: 887959781 - Email: sales@lancercargo.com
 Bhavnagar: 829192419 - Email: trading@lancercargo.com
 Surat: 8857780731 - Email: containertrading@lancercargo.com

DAILY SHIPPING TIMES

Tel.: 22661756, 22661422, 22661407 • E-Mail: dailyshipping@gmail.com • 2 PAGE SUPPLEMENT WITH TODAY'S ISSUE • YEARLY SUBSCRIPTION: ₹ 2500/- www.dst.news



UNIFIER CONSOL
Services Pvt Ltd

Reflecting on the Past, celebrating the Present, and Building the Future.
On this Day we pledge our service & dedication to all of you!

3rd

Anniversary

Unifier Consol Services Pvt Ltd

Unit No 920, 9th Floor "The Summit Business Bay"
Behind Gurunanak Petrol Pump, OFF. Andheri Kurla Road,
Andheri (East) Mumbai: 400093

Chennai | Delhi | Ahmedabad

www.uniconsol.in

✓ 20.05.24

SUBSCRIBER COPY
NOT FOR RESALE

Outlook

Read · Think · Understand

End of Polarisation



21.05.24



EDITOR: Chink Sinha
 MANAGING EDITOR: Satish Padmanabhan
 FOREIGN EDITOR: Sneha Guha
 OUTLOOK HINDI EDITOR: Girishar Das
 CREATIVE HEAD: Manojee Devianna
 DEPUTY PHOTO EDITOR: Trishukan Tiwari
 NEWS COORDINATOR: Iqbal Akhmanov

WRITERS: Shahina K K, Neeraj Gaha, Tanuj Thakur, Ashwan Sharma, Babu Rink, Abhil Bhatta, Harva

COPY DESK: S.S. Inevan, Swati Subhedar, Vinaytha Mokki



Outlook issue
 May 11, 2024

BUSINESS OFFICE

CHIEF EXECUTIVE OFFICER: Indrani Roy
 CHIEF STRATEGY OFFICER: Suchetana Ray
 PUBLISHER: Sandip Kumar Ghosh
 HEAD OF CONVERGENCE: Savantani Dasgupta
 DIRECTOR BRAND & MARKETING: Shrutika Dewan
 VICE PRESIDENT: Diwan Singh Bisht
 SALES & MARKETING: MANAGERS: Debabani Tagore, Shalender Vohra
 GENERAL MANAGER: Srishank Dixit
 SALES & SUBSCRIPTION: Gagan Kohli
 CREATIVES: Anshu Mishra

HEAD OFFICE

AB-10, 5/1 Faridkot, Gurgaon - 120 029
 Tel: 0124 4634400
 Customer Care: 0124 4634403 / 012860462
 e-mail: yourfeedback@outlookindia.com

Printed and published by Indrani Roy on behalf of Outlook Publishing (India) Pvt. Ltd. Editor: Chink Sinha. Printed at MF Printers (A Unit of MF Corp.) Plot B-220, Phase-II, Noida 201305, Gautam-Budh Nagar (UP) and published from AB-10, 5/1 Enclave, New Delhi 110 029

Published for the period of
 May 12-21, 2024
 Released on May 11, 2024

Total number of pages: 76 including covers



POINT AND SHARE

Now, open Outlook magazine on your smartphone instantly. Point your phone's scanner on the code and align it in the frame. You will be guided instantly to our website, www.outlookindia.com. This is useful to share our stories on social media or email them.



6 | THE DEN OF LIONS

The political discourse in Kashmir ranges from fake encounters, arrest of youths, Kashmir's autonomy to relations with Pakistan and the role of the BJP



12 | ANDHRA SPICES

The battle is between Jagan Mohan Reddy's welfare schemes and Chandrababu Naidu's development agenda



28 | LULLABY FOR LOSS

The wait for justice, dignity and development in Hathras, Budaun and Sambhal in Uttar Pradesh



50 | DIDI'S ACHILLES HEEL

Plagued by corruption charges, Mamata Banerjee's party is spinning out of control



68 | INSIDE THE YELLOW COCOON SHELL

The best debut film winner at the 2023 Festival De Cannes

70 | IN MEMORIAM

Sudhir Kakar leaves behind seminal works that will have relevance for many generations



74 | DIARY

Cover Illustration: Anupriya and Vikas Thakur

Subscribe Now

Handwritten signature



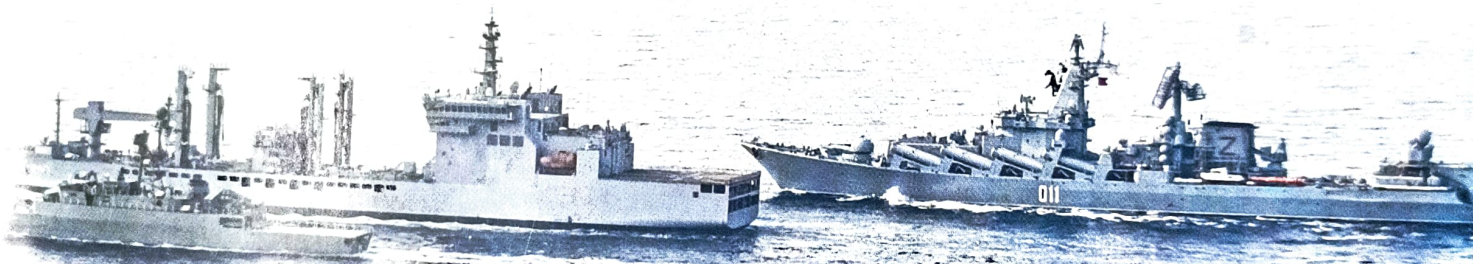
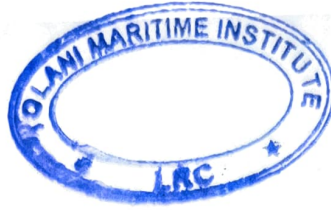
SEAGULL



The Journal of the Indian Maritime Foundation

May 2024-July 2024

VOL. 28 No. 117



*International North South Transport Corridor
Maritime Search & Rescue System*

The Royal Indian Navy in the Battle of the Atlantic – Part II

Handwritten date: 25.05.24

CONTENTS

SEAGULL

Vol XXVIII No. 117
May 2024-July 2024

3
Editorial
4
International North South Transport Corridor Dr Vijay Sakhuja
6
Aspides - Protective Shield in The Red Sea Peter Neunhäuser
7
Maritime SAR System: Evolution and Challenges Addl DG Vijay Chafekar (Retd)
10
Wreath Laying at Seafarers' Memorial
13
The Royal Indian Navy in the Battle of the Atlantic – Part II Professor Derek Law

Cover Picture
Ships being replenished at sea during Exercise MILAN 2024. MILAN 2024 was the 12th edition of Multilateral Naval Exercise from 19-27 Feb 24 at/off "Visakhapatnam, the City of Destiny, under the aegis of Eastern Naval Command. The central aim of MILAN 2024 was to enhance professional interaction between friendly navies and gain experience in multilateral large force operations at sea. Ref : https://www.in-milan.in

18
Target in the Crosshairs Cmde Aspi Cawasji (Retd)
20
Alluring Andaman & Nicobar Islands Cdr Mukund Yeolekar (Retd)
28
Maratha Naval Gallery at Tarkarli – Sindhudurg Shri Vikramsinha Mohite
30
Defence News

32
Shipping News
34
Book Review 'Gateways to the Sea' Admiral V.S. Shekhawat, PVSM, AVSM, VrC, ADC (Retd)
36
The Exhibition of Marine Art Dr Bikash Aich
40
Letter from London Paul Ridgway FRGS FRIN
43
United Nations Climate Change Conference COP 28
44
Gallimaufry
46
Narco Submarines

**ANDHRA UPHILL
BATTLE FOR JAGAN**

**MUMBAI NORTH PIYUSH
GOYAL'S CHARM OFFENSIVE**

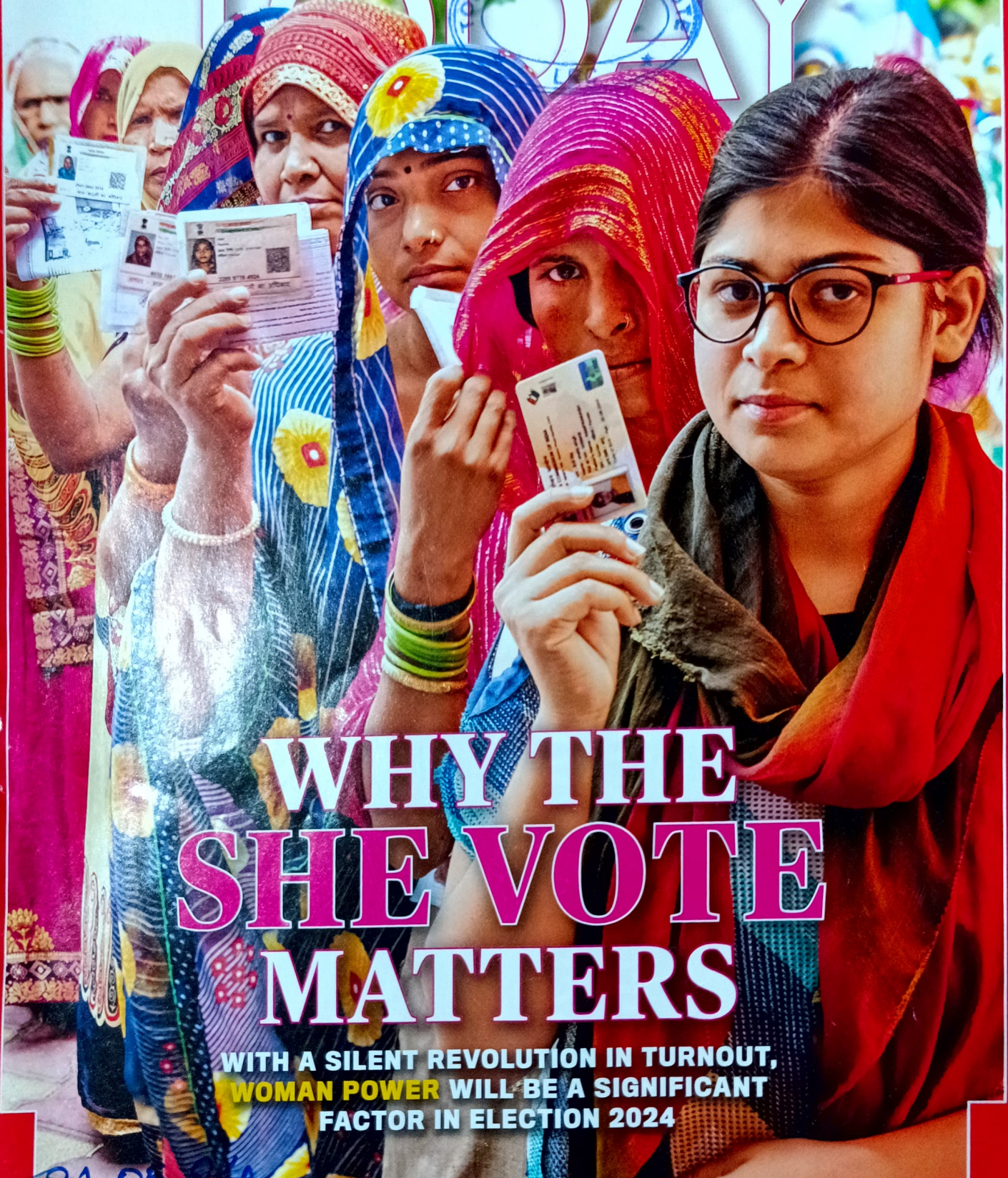
**MADHYA PRADESH BJP
SECURES ITS BASTION**

www.indiatoday.in

MAY 20, 2024 ₹100



INDIA TODAY



WHY THE SHE VOTE MATTERS

WITH A SILENT REVOLUTION IN TURNOUT,
WOMAN POWER WILL BE A SIGNIFICANT
FACTOR IN ELECTION 2024

21.05

Volume 49 Number 21, Published every Friday, Printed at PT. Teju - PMS - Teju - 110016 on every Friday & Saturday. Total number of Pages 68 (including cover pages)

CHAIRMAN AND EDITOR-IN-CHIEF: Aroon Purie
VICE CHAIRPERSON AND EXECUTIVE EDITOR-IN-CHIEF: Kalli Purie
GROUP CHIEF EXECUTIVE OFFICER: Dinosh Bhatia
GROUP EDITORIAL DIRECTOR: Raj Chengappa
CHIEF EXECUTIVE OFFICER: Manoj Sharma
GROUP CREATIVE EDITOR: Nilanjana Das **GROUP PHOTO EDITOR:** Bandeep Singh
EDITOR (FEATURES): Kai Jabir Friese
MANAGING EDITORS: Sunil Menon, S. Sahaya Ranjit, Mumbai; M.G. Arun
EXECUTIVE EDITORS: Manisha Saroop, Kaushik Deka
SENIOR DEPUTY EDITORS: Sangram K. Parhi, HYDERABAD; Amarnath K. Menon
DEPUTY EDITORS: Sasi Nair, Anilash S. Mahajan;
 JAYPUR: Rohit Parihar; MUMBAI: Suhani Singh
SENIOR EDITORS: Pradip R. Sagar, Ashish Mukherjee, PATNA; Amitabh Srivastava
SENIOR ASSOCIATE EDITORS: Sonali Acharye, Sonal Khetarpal, Salkat Niyogi,
 Poulomi Banerjee, MUMBAI; Dhaval S. Kulkarni, AHMEDABAD; Jumana Shah,
 BHARUVALI; Rahul Noronha
ASSOCIATE EDITOR: Avishek G. Dastidar; BENGALURU: Ajay Sukumaran
SENIOR ASSISTANT EDITOR: Vipul Grover
SPECIAL CORRESPONDENTS: LUCKNOW: Prashant Srivastava;
 KOLKATA: Arkamoy Datta Majumdar
PHOTO DEPARTMENT: Chandra Deep Kumar (Deputy Chief Photographer),
 Rajwant Singh Rawat (Principal Photographer);
 MUMBAI: Mandar Suresh Deodhar (Chief Photographer)
PHOTO RESEARCHERS: Prabhakar Tiwari (Deputy Visual Research Editor),
 Saloni Vaid, Jodha Singh Adhikari (Principal Photo Researchers)
CHIEF OF GRAPHICS: Tanmoy Chakraborty
ART DEPARTMENT: Sanjay Piplani (Creative Editor);
 Angshuman De (Senior Art Director), Rajesh Kumar Angira (Associate Art Director)
 Bhoomesh Dutt Sharma, Santosh Kumar Sharma (Assistant Art Directors),
 Praveen Kumar Gummadri (Chief Designer), Siddhant Jume (Chief Illustrator)
PRODUCTION DEPARTMENT: Harish Agarwal (Chief of Production),
 Naveen Gupta (Chief Coordinator)

SENIOR ASSOCIATE PUBLISHER (IMPACT)
 Suparna Kumar
IMPACT TEAM
 Senior General Managers: Mayur Rastogi (North and East), Jitendra Lad (West)
 General Manager: Syed Naveed (Chennai)
GROUP CHIEF MARKETING OFFICER: Vivek Malhotra
SALES AND OPERATIONS
 Deepak Bhatt, Senior General Manager (National Sales)
 Vipin Bagga, General Manager (Operations)
 Rajeev Gandhi, General Manager (North)
 Yogesh Godhanlal Gautam, Regional Sales Manager (West)



Volume 49-Number 21: For the week
 May 14-20, 2024, published on every Friday

- Editorial/Corporate Office Living Media India Ltd., India Today Group Mediaplex, FC-8, Sector-16A, Film City, Noida - 201301; Phone: 0120-4807100
- Subscriptions: For assistance contact, Customer Care, India Today Group, C-9, Sector-10, Noida (UP) - 201301. email: wecare@intoday.com; Phone / Whatsapp: +91 8597 778 778 (Monday to Friday, 10 am - 6pm).
- Sales: Direct all trade enquiries to General Manager (Sales), Living Media India Limited, C-9, Sector-10, Noida-201301 (UP).
- Regd. Office: F-26, First Floor, Connaught Place, New Delhi-110001.
- Impact Offices: 1201, 12th Floor, Tower 2 A, One Indiabulls Centre, (Jupiter Mills), S.B. Marg, Lower Parel (West), Mumbai-400013; Phone: 022 69198355; Fax: 66063226
- E-1, Ground Floor, Videocon Towers, Jhandewalan Extn, New Delhi.
- Door No: 610, 610A, 612, 5th Floor, Block A, Imperial Chaitanya Building, Anna Salai, Teyyanampet, Chennai, Tamilnadu-600018.
- 201-204 Richmond Towers, 2nd Floor, 12, Richmond Road, Bangalore-560025; Phones: 22212448, 22213037, 22218343; Fax: 22218335; Bangalore-560025; Phones: 22212448, 22213037, 22218343; Fax: 22218335;
- 52, Jawaharlal Nehru Road, 4th Floor, Kolkata-700071; Phones: 22825398; Fax: 22827254; • 6-3-885/7/B, Somajiguda, Hyderabad-500082; Phone: 23401657, 23400479, 23410100, 23402481, 23410982, 23411498; Fax: 23403484 • 39/1045, Karakatt Road, Kochi 682016; Phones: 2377057, 2377058; Fax: 2377059 • 2/C, "Suryarath Bldg", 2nd Floor, Behind White House, Panchwati, Office C.G. Road, Ahmedabad-380006; Phone: 26560393, 26560929; Fax: 26565293 • Copyright Living Media India Ltd. All rights reserved throughout the world. Reproduction in any manner is prohibited. Printed and published by Manoj Sharma on behalf of Living Media India Limited. Printed at Thomson Press India Limited, 18-35 Milestone, Delhi Mathura Road, Faridabad-121007, (Haryana) and at Rajhans Enterprises, 184, Industrial Town, 4th Main Road, Rajajinagar, Bengaluru-560044, (Karnataka).

Published at F-26, First Floor, Connaught Place, New Delhi-110001.
 Editor: Raj Chengappa

INDIA TODAY does not take the responsibility for returning unsolicited publication material.
 All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi/New Delhi only

For reprint rights and syndication enquiries, contact syndications@intoday.com or call +91-120-4019000
www.syndicationtoday.in

UPFRONT
 UTTAR PRADESH:
 RAHUL'S GAMBIT PG 6

HARYANA:
 INDEPENDENT ATTACK
 PG 11

INSIDE

LEISURE
 THEATRE: BACK
 TO ROOTS PG 57

Q&A WITH
 SHENAZ TREASURY
 PG 68

Photographs by BANDEEP SINGH



COVER STORY

She Voters MANDATE 2024

THE SILENT REVOLUTION

With their turnout on the rise in recent years, woman power will be a significant factor in Election 2024

WHAT WOMEN WANT 24

Note to the reader: From time to time, you will see pages titled 'An Impact Feature' or 'Focus' in INDIA TODAY. This is no different from an advertisement and the magazine's editorial staff is not involved in its creation in any way.

Cover Photograph by BANDEEP SINGH



Readers are recommended to make appropriate enquiries before sending money, incurring expenses or entering into commitments in relation to any advertisement appearing in this publication. The India Today Group does not vouch for any claims made by the advertisers of products and services. The printer, publisher, editor-in-chief and the editor of the India Today Group publications shall not be held liable for any consequences in the event of such claims not being honoured by the advertisers.



SCAN HERE TO SUBSCRIBE

FOR SUBSCRIPTION ASSISTANCE, CONTACT: Customer Care, India Today Group, C-9, Sector-10, Noida (UP) - 201301.
 email: wecare@intoday.com | Phone / Whatsapp: +91 8597 778 778 (Monday to Friday, 10 am - 6pm)

E-MAIL to: letters.editor@intoday.com or log on to www.indiatoday.in



MILIND SHELTE

38 MUMBAI NORTH A Goal for Piyush Goyal

Weathering the rough and tumble of electoral politics, the Union commerce minister works his charm in his constituency in a maiden attempt to win an LS seat

EXCLUSIVE INTERVIEW **PIYUSH GOYAL** 40

42 MADHYA PRADESH Guarding its Bastion

After the assembly polls win, the BJP looks secure in its central India stronghold. The Congress's hope lies in exploiting any chink in the saffron armour



PRABHJOT GILL

46 PUNJAB In a State of Flux

Defections and internal squabbles become a norm as the state gears up for a quadrangular contest under the shadow of unresolved legacy issues



ANI

50 ANDHRA PRADESH Jagan Faces Tough Fight

Chandrababu Naidu's TDP matches Jagan Mohan Reddy's YSRCP in voter outreach. But welfare schemes may give Jagan an edge



Presenting India Today Insight

For sharp analysis on topical issues by the editors of INDIA TODAY, log on to www.indiatoday.in/india-today-magazine-insight



THE BIG STORY Why Nepal's new currency note is a fresh jolt to ties with India

By Pradip R. Sagar

The Rs 100 note will feature a map of Nepal that includes the disputed territories of Lipulekh, Limpiyadhura and Kalapani, claimed by both countries

<https://shorturl.at/hrHLN>

SPOTLIGHT: THE GODREJ GROUP SPLIT How Godrej Group achieved a seamless business split

By M.G. Arun

The amicable division is a departure from some other high-decibel business family splits like Reliance and Bajaj

<https://shorturl.at/gyV78>

IN FOCUS: 'MANGALSUTRA' IN THE TIME OF POLLS Why Modi's 'mangalsutra' remark is a potent call to action for women voters

By Jumana Shah

What would a woman not do to keep her mangalsutra safe? Can a vote save it, and is that all it takes?

<https://shorturl.at/agh0U>

STORY OF THE DAY Can JD(S) ride out the H.D. Revanna-Prajwal storm?

By Ajay Sukumaran

Hassan in Karnataka is a JD(S) stronghold where H.D. Revanna has been the primary figure. For now, the party will be looking at damage control as he and son Prajwal fight their legal battles

<https://shorturl.at/wEFQY>



ANI

FROM THE INDIA TODAY ARCHIVES (1985) Autobiography of a Maharani

Reproducing Tavleen Singh's review of Vijayaraje Scindia's book *Princess: The Autobiography of the Dowager Maharani of Gwalior*

<https://shorturl.at/agSY7>

ISSN 2250-1967

Duplicate



MARINE INDIA

ENGINEERS REVIEW

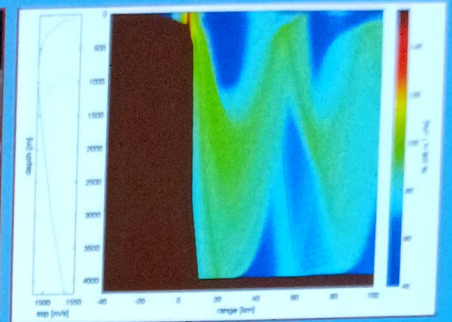
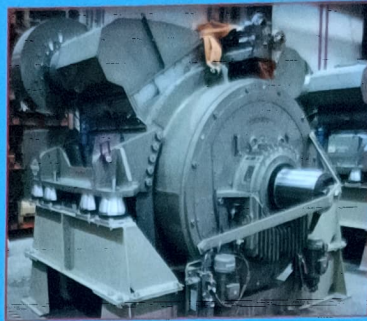
JOURNAL OF THE INSTITUTE OF MARINE ENGINEERS (INDIA)

Volume : 18

Issue : 6

May 2024

₹ 90/-



Silencing the Sound Ships

09
 Silent ships – Importance, Policies and Technology Trends: Part A

23
 Predictive Maintenance Applications in the Maritime Sector

39
 Troubleshooting of Alternators Part 3B

43
 Harnessing the Wind: The Science Behind Kites Dragging Huge Ships



MARINE ENGINEERS REVIEW INDIA

JOURNAL OF THE INSTITUTE OF MARINE ENGINEERS (INDIA)

Administration Office
IMEI House
Plot No. 94, Sector - 19, Nerul,
Navi Mumbai 400 706.
Tel. : +91 22 2770 16 64
Fax : +91 22 2771 16 63
E-mail : editormer@imare.in
Website : <https://imare.in/>

Dr. Rajoo Balaji

Editorial Board

Dr. Venkatesh Narasimhan
Dr. Sanjeet Kanungo
Dr. Gitta Ranjan Dash
Cmde (IN) Bhupesh Tater
Rashmi Tiwari (Sub-editor)

Disclaimer:

Papers and articles have been included in this Journal largely as submitted, with basic editing and formatting only, and without technical peer review. The Institute of Marine Engineers (India) does not take any responsibility whatsoever for any statements and claims made in these papers and articles for the quality, accuracy and validity of data presented or for any other contents. Inclusion of papers, articles, and advertisements does not constitute any form of endorsement whatsoever by The Institute of Marine Engineers (India).

Printed, Published and Edited by:

Dr Rajoo Balaji on behalf of
The Institute of Marine Engineers
(India). Published from 1012 Maker
Chambers V, 221 Nariman Point,
Mumbai - 400 021, printed by
Corporate Prints, Shop No.1, Three Star
Co-op. Hsg. Society, V.P Road, Pendse
Nagar, Dombivli (E) - 421 201.
District - Thane

Print Version: **Corporate Prints**

Typesetting & Web designed by:
Kryon publishing (P) Ltd.,
www.kryonpublishing.com

In This Issue

ARTICLES

- 09 Silent ships - Importance, Policies and Technology Trends: Part A
- **M. Palaniappan, Dr. N. Vedachalam**
- 23 Predictive Maintenance Applications in the Maritime Sector
- **Prabu Duplex**
- 39 Troubleshooting of Alternators Part 3B
- **Elstan A. Fernandez**

COLUMNS

- 43 Technical Notes
- 48 Going Astern into MER Archives



Cover Credits: Kryon & Dr. Vedachalam