

Third Issue

TRACK & TREND

Quarterly Edition : June'26 to Aug'26

The Real Engine of New Bharat

Bharat ka apna **Solar**



Scan to Connect



EXCLUSIVE COVER STORY:
Inside **Navitas Solar**'s Growth Story

EXCLUSIVE EDITION I FOR ONBOARD READERS
Your Journey, India's Pride. A New Era of Travel.



A nonpareil address. And a fascinating home that stands apart.

Indumati Palace Residences, Vadodara offers an ultra-exclusive living experience in an elegant modern avatar.

A shimmering jewel.

One of the largest
swimming pools of Vadodara.

One of Vadodara's largest
swimming pools, set within
beautifully landscaped leisure
and wellness spaces.

Breezy and illuminated.

Both sides
open apartments.

Dual-aspect residences invite
abundant natural light,
ventilation, and expansive
openness into everyday living.



Everyday grandeur.
The double height lobby.
A striking double-height lobby
creates an elegant arrival
experience with scale, warmth,
and quiet sophistication.



3.5 BED | 4.5 BED | PENTHOUSE

indumati
palace
residences

Indumati (Mahal) Palace Residences, J.N. Marg, Opp. Lakshmi Vilas Palace Gate No. 2, Vadodara, Gujarat
www.indumatipalace.com | For site visit by appointment, call: **+91 84338 84521**

This advertisement is for information purposes only and does not constitute an offer and/or contract. The images, renders, illustrations, layouts, plans, specifications, amenities, furniture, fixtures, finishes, landscaping, dimensions and other details shown are artistic impressions/visual representations and are indicative in nature, actual site conditions and the final product may vary. The developer reserves the right to make modifications/alterations in design, plans, specifications, facilities and features as may be required/approved by the competent authorities. All information including area, location, distances, timelines and availability is subject to change without prior notice. Prospective customers are advised to verify all details, approvals and RERA particulars (where applicable) with the authorized sales team and the relevant authorities before booking.

THREE DECADES OF TRUST.



CREATING SPACE FOR INDUSTRY.

OUR LANDMARK PROJECT

**MORAI
INDUSTRIAL PARK**
YOUR GATEWAY TO GROWTH

**MORAI
INDUSTRIAL
PARK**

INDUSTRIAL SPACES DESIGNED FOR EVERY SCALE AND BUDGET.



MIPL'S PARDI INDUSTRIAL PARK
Dungari, Ta: Pardi

VDG-TAMBADI ECONOMIC ZONE (VDG-TEZ)
Nani Tambadi, Ta: Nana Pondha

MIPL'S BHILAD INDUSTRIAL PARK
Bhilad, Ta: Umargam

VDG SARIGAM INDUSTRIAL ZONE ONE
Sarigam, Ta: Umargam

+91 9909962161

VIJAYDESAIGROUP.COM

A Book That Quietly Takes Away Your Excuses

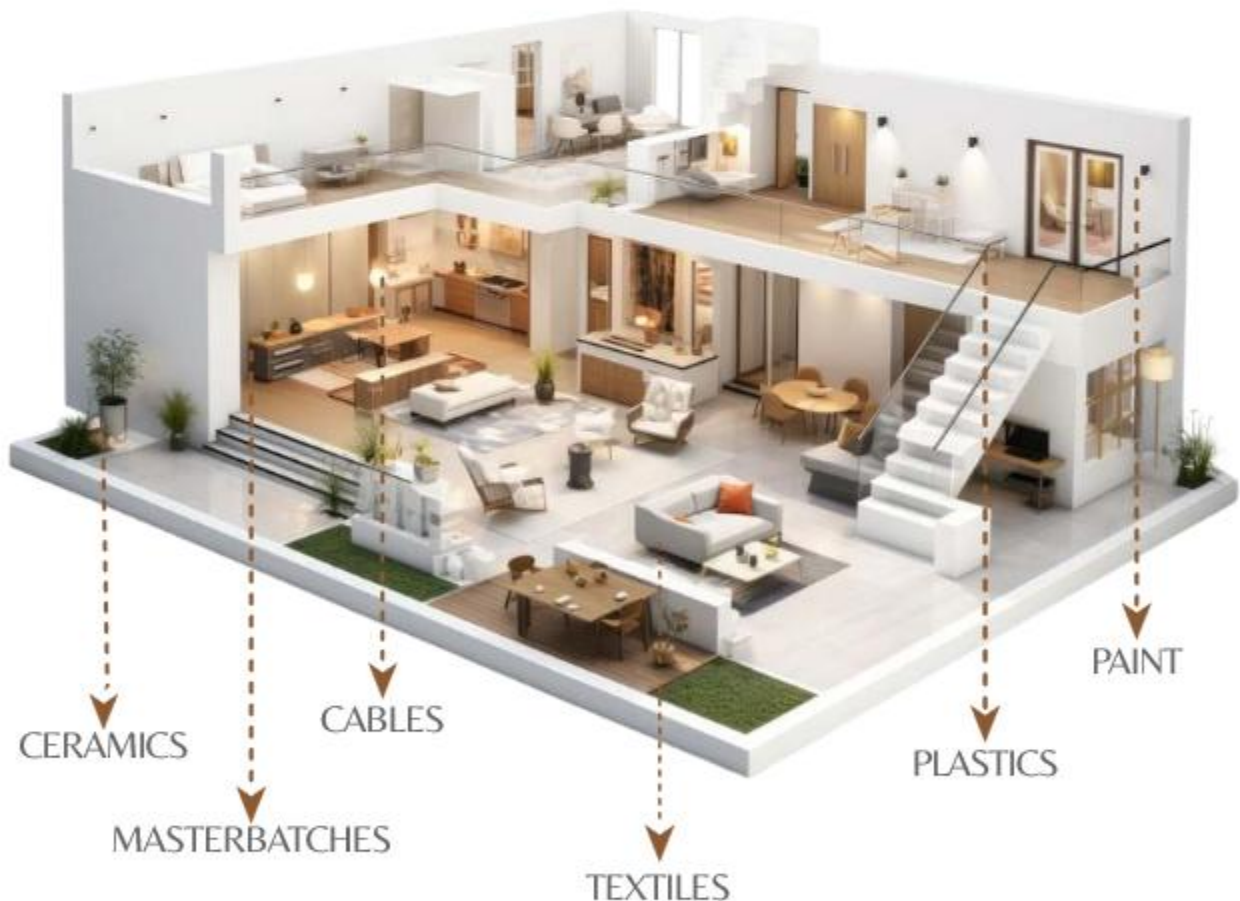


Reading 'The Courage to Be Disliked' by Ichiro Kishimi and Fumitake Koga is an unusual experience. At first, it feels simple — almost conversational. The book unfolds as a dialogue inspired by the psychology of Alfred Adler, where a curious young man questions a philosopher about life, people, and why we behave the way we do. But somewhere along the way, the conversation starts turning towards you. As you read, a strange sequence of reactions begins to appear. Curiosity first. Then mild disagreement. Then a quiet moment where you pause and think, "Wait... is that really true?" The book does not lecture or dramatize. Instead, it gently removes one comfortable explanation after another. Situations you once blamed on circumstances begin to look slightly different. Not dramatically, just enough to make you rethink a few long-held assumptions. For readers familiar with the spirit of the Bhagavad Gita, the tone may feel oddly familiar — calm, reflective, and inquisitive in all its simplicity. This is not a motivational book that leaves you feeling inspired. It leaves you feeling noticed. As if the conversation you were reading was quietly reading you back. And long after the last page, one thought lingers: 'What if the explanations I've been carrying all these years are not the only ones possible'? That question makes the experience stay with you.

COMPLETED NEARLY THREE DECADES OF INDUSTRIAL EXPERIENCE.

A leading manufacturer of high-quality Coated & Uncoated Calcium Carbonate in India since **1999**. It's established with a vision to deliver quality with purity, with the production capacity of **1,50,000 MTPA**.

Coated calcium carbonate is a surface-treated mineral that offers enhanced dispersion, improved compatibility, and superior performance in plastics, paints, and adhesives. Uncoated calcium carbonate is a high-purity, naturally sourced mineral known for its exceptional brightness and consistent particle size.



Contact :

**612 - Rajhans Montessa, Beside Le Meridian Hotel
(TGB), Dumas Road, Surat 395 007 - Gujarat - India**

Phone: +91 96876 34060

**Email: info@bharatcarbonates.com
www.bharatcarbonates.com**

1 | 1 | 1 Seat



Credits

TRACK & TREND

Indian Railways - Mumbai Division

Contract No. E-MMS-MobGen-168317-1-25

Contract Period: 05/10/2025 to 04/10/2028

Info@instawingz.in

7048857678

PUBLISHER

Insta Wingz Marketing

Surat, Gujarat

EDITOR

Purvi Mehta

content@trackandtrend.co.in

WEBSITE

www.trackandtrend.co.in

TO ADVERTISE

WOW ADVERTISEMENT

70888 40222

All images used are for representational purpose only. This Magazine is not for sale and is a product of Indian Railways. Please ensure you place the magazine back into the pouch once you are done reading.



1



Spark for a Shine

Every 'yes' is an affirmation to one, and a withdrawal from everything else.

1



Line to Live By

"The price of anything is the amount of life you exchange for it." – Henry David Thoreau

1



Question in Queue

Is what I'm committing to – worthy of what I'm giving up?



Track & Trend

6

Quarterly Edition : June'26 to Aug'26



KIRAN HOSPITAL

MULTI SUPER SPECIALITY HOSPITAL & RESEARCH CENTER



**Surat's
Kiran Hospital**
is the largest hospital
in the private sector of Gujarat,
possessing **900 beds**



Glimpse

- Diagnosis and treatment for all diseases occurring in the body are available under one roof at Kiran Hospital, Surat.
- "In the last 9 years, more than 40 lakh people from the country and internationally, have benefited from these services."
- 45 healthcare departments are operational, with featuring ultra-modern equipment worth Rs.400 crores."
- 300 full-time doctors, including 105 super-specialists, along with 2,800 paramedical staff are working to provide quality treatment to the people."

We are pleased to inform you that for the first time in the country, organs from a single brain-dead person were transplanted into 7 people on the same day at Kiran Hospital, Surat. "This is the first Incident of the country."

Padma Shri Mathurbhai Savani
- Chairman, Kiran Hospital



Near Sumul Dairy, SURAT. 0261 - 7161111/3121111

| info@kiranhospital.com | www.kiranhospital.com



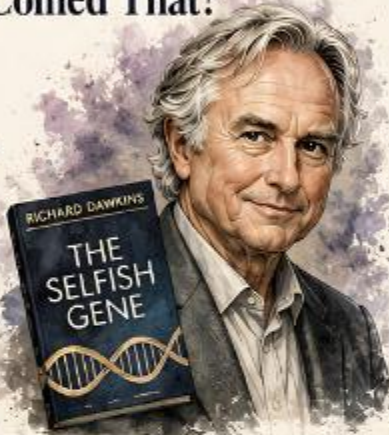
WORD WONDER

DISCOVER THE STORIES BEHIND THE WORDS WE USE EVERY DAY.



Who Coined That?

The word "Meme" was coined by evolutionary biologist **Richard Dawkins** in his 1976 book *The Selfish Gene* — decades before the internet turned it into a cultural weapon.



Once Upon a Word

"Deadline" once referred to a literal line in Civil War prisons — crossing it meant being shot.



Gen-Z-ictionary



Canon Event →
A life moment that shapes your personality.

No Cap →
No lie, I'm serious.



Word Vault

Evanescent (adjective) — something that fades, vanishes, or disappears quickly.



Not the Same Thing!



Compliment →
A polite expression of praise.



Complement →
Something that completes or enhances.



Words Around the World

How do you say 'Welcome'?

In Italian →
Benvenuto



In Korean →
Hwan-yeong



Every word carries a *past*, a *pulse*, and a *personality* — the more you explore them, the *richer* your language becomes.



MAYUR GREENZ COURTYARD

DHOLERA SMART CITY



SINCE 2012 IN DHOLERA SMART CITY | TRUST OF +10K HAPPY INVESTORS

LIVE *The* ROMAN LEGACY

IN THE HEART OF DHOLERA SMART CITY



PREMIUM 3BHK LUXURY VILLA

Call : +91 97831 11311 | Luxury Villa, Residential & Industrial Plots

MIRRIKH INFRATECH PVT. LTD.

#707, Navratna Corporate Park, Tower-B, Ashok Vatika, Bopal-Ambali Road, Ahmedabad - 380058, Gujarat

info@mirrikh.com • www.mirrikh.com     

Beyond the Label of Sustainability: What is the Future of Solar Energy?

Why has solar moved from rooftops to the center of national planning?

The real question today is: Is our energy future-proof? What other energy alternative does Bharat have?

However, development is expensive, not only in monetary terms but also in terms of energy. And fossil fuels are no longer an option for a developing Bharat.

For businesses and government projects building at scale, energy is no longer an operational detail. It has become a leadership decision.

The Hidden Cost of Unreliable Power

Industries don't deal with small numbers, even a second of no power has a heavy cost. Downtime, grid volatility and interruptions quietly drain ₹2.5–4 lakh crore from Indian businesses every year. That is why power supply is no longer a trivial decision.

Here's where solar proves a unique solution and that is why it is no longer treated as an engineering experiment or a checkbox to appear greener. It has moved into boardrooms and policy decisions.

Earlier, solar decisions focused on price per watt and payback timelines. Today, they are evaluated through a wider lens: cost predictability, risk exposure, regulatory compliance and long-term resilience.

In this environment, solar has evolved from a cost-saving tool into a strategic asset. Predictable energy is no longer a convenience; it is balance-sheet protection.

Rising Expectations from a Maturing Industry

The solar industry itself has matured alongside this shift. Incentive-driven installations have given way to performance-led deployment. Corporates now expect traceability, output assurance and long-term accountability. Manufacturing depth, EPC capability and compliance are no longer backend details—they are decision filters.

This is where domestic capability matters. As Bharat pushes toward self-reliance, "Made in Bharat" solar has become essential to reducing imported uncertainty. ALMM compliance, supply assurance and manufacturing scale are now non-negotiables for serious energy planning.

Where Navitas Solar fits into this Shift

Navitas Solar's progress since its founding reflects this wider shift in how solar is being adopted across Bharat. As demand has moved from small rooftops to large, performance-driven systems, companies like Navitas Solar have been increasingly involved in projects where solar is expected to function as long-term infrastructure rather than a one-time installation.

Our work spans residential, commercial, industrial, public-sector enterprises, and government-linked facilities across multiple states, with a growing share of projects tied to large industrial rooftops and multi-location corporate systems.

Our projects are designed for continuous operation under demanding load conditions, where reliability over years matters more than short-term output gains. We are more than a manufacturing company, we support full project execution—covering design, engineering, commissioning and long-term system oversight. This approach reflects how solar systems are now evaluated: not just on how efficiently they are installed, but on how consistently they perform over time.

This shift underlines a broader truth about energy today. Control over power no longer comes from placing panels on rooftops alone.

It comes from decisions that treat energy as a long-term asset.

Bharat ka apna Solar, Navitas Solar.



navitas**solar**[®]

conserve | sustain | flourish

navitas N-type G12R

Power Packed
Performance

605W to 655W

- 2-Sided Power Generation
- ALMM Approved
- Excellent Temp. Performance
- Extra Life



Beyond the Boundary: The IPL as India's Hidden Economic Engine

From creativity to consumption, the IPL quietly drives seasonal economic trigger across multiple layers of India's economy.

The Indian Premier League (IPL) is no longer just a cricket tournament — it is a two-month economic phenomenon. With media rights exceeding ₹48,000 crore (2023–27), its scale is staggering. But beyond these headline figures lies a deeper reality; the IPL reshapes how India spends, consumes, creates, and connects in real time.

The Idea Economy: Creative Peak

IPL has emerged as India's most concentrated advertising window, attracting millions of viewers simultaneously across platforms. Brands increasingly design campaigns specifically for this high-attention window.

The pressure of real-time engagement has given rise to 'moment marketing' — ads and social media content reacting instantly to match situations. Meme culture and user generated content further amplifies this reach.

As a result, IPL elevates creative benchmarks across industries.

The Event Economy: Experiential Watching

Across cities, cafés and lounges have turned IPL screenings into significant revenue drivers. Live matches, big screens, and themed offers convert simple viewing into social experiences built around live match moments.

Customers stay longer, spend more per visit, and return more frequently during the season, turning match nights into high-yield business windows. In effect, it transforms passive viewing into high-value social consumption.

The New-Age Economy: Micro Industries

The league has also sparked the growth of new micro-industries while accelerating existing ones. Cricket coaching academies see rising enrolments. Customized merchandise — from jerseys to fanwear; fuels local printing and retail businesses.

Even cricket equipment manufacturing experiences seasonal spike during IPL cycles.

The Consumption Economy: Predictable Demands

IPL evenings drive consistent rise in food consumption. Industry estimates suggest, that food delivery platforms see 20–40% higher orders during major matches. This demand is time-bound (evenings and weekends), repeatable (throughout the season), and scalable (across cities).

Even neighbourhood takeaway outlets benefit, aligning with home-viewing habits. In effect, IPL creates a predictable consumption cycle.





The Digital Economy: Screen Boom

IPL viewership now extends beyond television. In 2023, digital streaming crossed 449 million viewers, highlighting the scale of second-screen engagement. Fantasy sports, social media, and short-form content thrive alongside matches. This 'second-screen' behavior significantly amplifies both, user attention and monetization opportunities.

The Real Impact: Synchronised Growth

The IPL's true power lies in its synchronized momentum — where creativity, consumption, services, and digital engagement rise together. This is a rare economic catalyst, that activates multiple sectors simultaneously, without policy intervention. Cricket is the trigger; but commerce is the outcome. For businesses, IPL is not just a sporting event — it is a strategic seasonal opportunity for growth.



Screams That Sell - and Heal

Horror Is the Only Genre That Tells the Truth After Midnight



The entertainment industry runs on aspiration.

Blockbusters promise spectacle. Romances promise connection. Biopics promise legacy. Even tragedies offer redemption. In most forms, cinema reassures us that the world — however chaotic — remains rational. It sends audiences home with lessons, perspective, and meaning.

And then there is horror.

Horror offers release. It rarely hands a moral to carry home. Instead, it offers something more primitive — and more therapeutic: catharsis.

Catharsis is the safe discharge of accumulated emotional pressure. When fear unfolds within clear boundaries of a screen, a soundtrack, a fictional frame — it reduces anxiety rather than amplifying it. In the dark anonymity of a theatre, viewers surrender to dread and anticipation. The body tightens. The pulse accelerates. Then comes the release — a scream, a laugh, a collective exhale.

Perhaps that is why those who willingly watch horror often feel lighter. Not educated. Not morally elevated. Simply emptied — as if the nervous system has exhaled what it had been holding.

Where other genres polish reality, horror exposes its fractures. Every era's horror reflects what that era is unwilling to discuss openly — prejudice, power, paranoia, technological obsession. What society debates in daylight, horror dramatizes after midnight.

History shows a pattern.

During economic downturns, geopolitical conflict, political instability, and cultural upheaval, horror consumption rises. When institutions feel fragile and the future uncertain, audiences gravitate toward fear-with-structure.

Even during the isolation of the COVID-19 pandemic, global streaming demand for horror surged. In moments of collective anxiety, viewers do not avoid fear — they choose the version with boundaries, duration, and an ending.

The genre built on fear is often the safest financial bet.

Horror commands one of the most asymmetric risk-reward profiles in cinema. Though it accounts for under 10% of annual box office share, it consistently delivers some of the industry's highest return-on-investment multiples — often earning 5 to 20 times of production budgets.

Suspense is cheaper than spectacle — and often more powerful. Horror rarely requires extravagant locations or astronomical star salaries. It demands timing, tension, and psychological precision. The margins are compelling.

But profit is a symptom of something deeper.

Horror is one of the few spaces where we choose to confront what we otherwise avoid. We buy a ticket to fear. We decide when it begins. We decide when it ends. In life, crisis ambushes us. In horror, we volunteer. In a world defined by volatility, horror becomes a training ground. It allows audiences to experience threat within architecture. When we watch something terrifying unfold and remain seated, something shifts. We experience fear — and remain intact. We witness chaos — and outlast it. The screen goes dark, but we do not.

That does something even more subversive — it proves that we can survive it. It builds loyalty to the genre. Audiences return to release emotional strain and renew strength.

That is why horror does not merely scare us. It trains us. It also heals.



CONNECT

With Western Railway



<https://x.com/WesternRly>



<https://www.instagram.com/WesternRly>



<https://www.facebook.com/WesternRly>



<https://www.youtube.com/WesternRly>



www.bit.ly/wronwhatsapp





You live *with* a palace, opposite the Lakshmi Vilas Palace.

An address unmatched in Vadodra and seldom rivalled across India.



The Indumati Mahal Clubhouse

The original palace structure is the heart of the development. Carefully preserved and restored, it now serves as an exclusive luxury clubhouse.

World class landscaping

Two acres of landscaped gardens with lawns, trees, hedges, and flowering beds create a calm, refined setting.



Stunning amenities

A thoughtfully curated mix of lifestyle, leisure, and wellness facilities designed to elevate everyday living.



Internationally renowned project partners

Conceptualised and delivered by globally recognised partners known for their expertise and track record.



THE CROSSBOUNDARIES

ONE



Curated by



indumati
palace
residences

3.5 BED | 4.5 BED | PENTHOUSE

Indumati (Mahal) Palace Residences, J.N. Marg, Opp. Lakshmi Vilas Palace Gate No. 2, Vadodra, Gujarat
www.indumatipalace.com | For site visit by appointment, call: **+91 84338 84521**

This advertisement is for information purposes only and does not constitute an offer and/or contract. The images, renders, illustrations, layouts, plans, specifications, amenities, furniture, fixtures, finishes, landscaping, dimensions and other details shown are artistic impressions/visual representations and are indicative in nature, actual site conditions and the final product may vary. The developer reserves the right to make modifications/alterations in design, plans, specifications, facilities and features as may be required/approved by the competent authorities. All information including area, location, distances, timelines and availability is subject to change without prior notice. Prospective customers are advised to verify all details, approvals and RERA particulars (where applicable) with the authorised sales team and the relevant authorities before booking.

Lothal

Dholavira

GUJARAT'S TWIN ARCHIVES OF THE ANCIENT WORLD

Where the Indus Valley Still Whispers Its Engineering Secrets

In the salt winds of the Rann, stone reservoirs still hold the geometry of survival. The design brilliance of Indus Valley faded when climate shifted faster than its systems.

Across Gujarat's plains and salt-lined deserts, two ancient cities still trace their outlines in brick and stone — Lothal and Dholavira.

Together, they offer clear, factual insight into an ancient world built on engineering excellence. Each site holds a complete and compelling narrative of urban intelligence. The question is, whether they also hold a message.

LOTHAL

Maritime Intelligence and Industrial Skill

Near the Gulf of Khambhat, a vast brick basin lies dry — the Harappan dockyard of Lothal. Excavated in the 1950s and 60s, it is anchored by a brick basin widely regarded as one of the world's earliest dockyards. The structure indicates tidal awareness, navigational planning, and access to trade routes linking inland Gujarat to the sea. Its design is deliberate and strategical.



A City Built for Trade

The town follows a disciplined grid. Streets align. Drains are systematically laid. The acropolis and lower town mirror patterns across Harappan settlements. Workshops reveal artisans shaping carnelian beads, crafting shells, and working copper with precision. Perforated beads and carved seals suggest a trade network built on specialization and quality control.

Proof of Long-Distance Exchange

Artifacts — etched beads, seals, pottery, metal tools — connect the site to regions as distant as Mesopotamia. Though the river has shifted and the dock fallen silent, the city's outline still speaks of commerce, coordination, and maritime foresight.



DHOLAVIRA

Urban Design in a Harsh Landscape

Located on Khadir Island in the Great Rann of Kutch, Dholavira demonstrates structured planning within an unforgiving terrain. Excavations beginning in the 1990s revealed a city built with geometric precision and recognized as a UNESCO heritage site in 2021. Its tripartite layout — citadel, middle town, lower town — reflects clear hierarchy and intentional design.



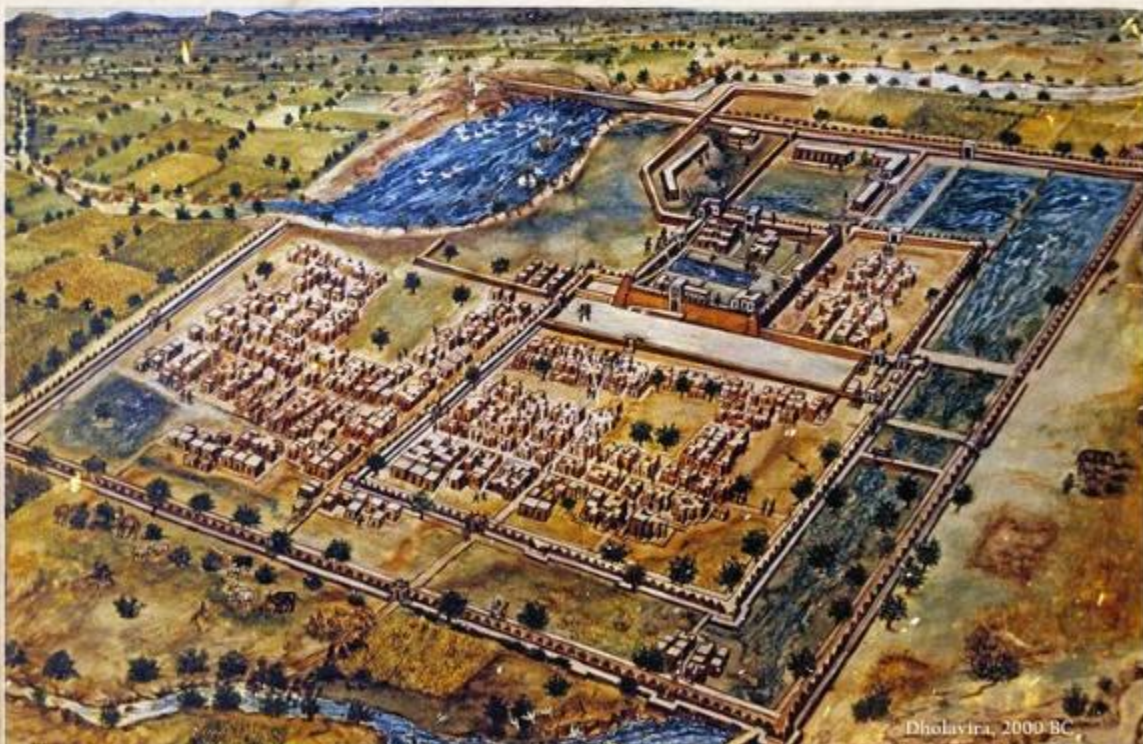
A Water System Ahead of Its Time

Reservoirs define Dholavira. Stone-lined tanks, rock-cut channels, and engineered catchments reveal a system designed to capture and conserve every drop. Practical yet refined, it remains unmatched within the Harappan world. A stadium-like arena and ceremonial spaces add civic dimension.



Symbols, Stones, and Survival

A large gypsum signboard bearing Indus script remains one of the civilization's most significant undeciphered artifacts. Standardized weights, pottery, ornaments, and copper tools reconstruct its economic life. Dholavira's long occupation shaped by environmental fluctuation offers insight into adaptation under stress.



Echoes of a Civilization

These two archaeological sites, distinct in geography and function, deepen our understanding of the Indus Valley Civilization through material evidence.

In their preserved streets and reservoirs, they reveal a civilization that engineered order. Yet their silence carries more than admiration. It carries a warning.

A Compelling Lesson: When Confidence Outruns Climate

No civilization collapses because it lacked intelligence. It collapses because it overestimated it. Our tools evolve. Our dependencies do not.

We often believe civilizational decline due to — invasion, catastrophe, sudden destruction. But this civilization declined when environmental conditions shifted and engineering could no longer compensate.

Monsoons weakened. Rivers altered course. Water became less reliable. Ecological balance began to outrun structural brilliance. The ancient cities of Gujarat are not mysteries. They are case studies in the limits of human control.

They remind us that design can establish growth, but cannot override climate. Cannot eliminate dependence on nature. Progress is powerful. Nature is permanent. Every civilization eventually discovers this difference.

**Civilizations do not collapse suddenly.
They die at the speed of their ignorance.
What are we – aware or ignorant?**





Mumbai Division
Western Railway

Spitting & Littering Is A **PUNISHABLE OFFENCE**

IN RAILWAY PREMISES



KEEP OUR RAILWAYS CLEAN & HYGIENIC



Spitting, Littering, Urinating or Defacating at
railway station, platform, tracks or inside train is

STRICTLY PROHIBITED

OFFENCES INCLUDE

Spitting



Littering Waste



**Urinating /
Defacating**



Unhygienic Acts



YOUR DUTY AS A PASSENGER

- ✓ Use Dustbins
- ✓ Maintain Hygiene
- ✓ Follow Cleanliness Hygiene
- ✓ Cooperate with Railway Staff

As per
Indian Railways (Penalties for Activities Affecting
Cleanliness at Railway Premises) Rules, 2012
Section 198 of the Railways Act, 1989

PENALTY UP TO

₹500/-



CLEAN RAILWAYS HEALTHY INDIA

Spitting is not a habit. It is an offence

Issued in Public Interest Indian Railways



Padma Shri Mathurbhai Savani
Chairman, Kiran Hospital & Medical College



KIRAN HOSPITAL & MEDICAL COLLEGE

A MEDICAL COLLEGE FROM CONCEPT TO COMPLETION IN JUST ONE YEAR

A convergence of urgency and firm resolve resulted in the fastest construction of a medical college.

During a discussion with Padma Shri Mathurbhai Savani, when he was asked how a medical college could become operational in just one year, the points he presented felt not merely like experiences, but like a living history. What was heard from him is presented here in words. This account is of Kiran Medical College of Surat.

In the year 2022, the Russia - Ukraine war began. To bring back 20,000 Indian students who had gone to Ukraine to pursue MBBS studies, the Government of India made meticulous arrangements. Debates on the war situation were being aired on T.V. In one such debate, a speech by Prime Minister Shri Narendra Modi was shown. In that speech, the Prime Minister stated that in 2014 India had 40,000 MBBS seats available, and today that number has increased to 85,000. Every year, 12 lakh students come forward aspiring to become doctors. The country needs more doctors. Therefore, he appealed to the private sector to build medical colleges. Mathurbhai Savani heard this appeal of the Prime Minister at 9:34 pm, and the very next day he

held a meeting with his associate team of Kiran Hospital regarding the construction of a medical college. In that meeting, a decision was taken to build a medical college. The Shri Vallabhnbhai Lakhani family donated land for the construction of the medical college. All title



clearances of that agricultural land and the plan approvals were completed by the state government within 20 days, with zero deductions. On 27 May 2022, the foundation stone of the medical college was laid by the Honorable Governor of Uttar Pradesh, Smt. Anandiben Patel, and the Honorable Chief Minister, Shri Bhupendrabhai Patel. In the year 2023, the construction work of the college was completed.

In this important work, associate team members Shri Ravjibhai Monpara, Shri Manjibhai Lakhani, and the entire

team worked actively behind the construction and approval process of the medical college. Within one year, construction of 7 lakh square feet was completed. A vast campus was built on 23 bighas of land with essential advanced technology facilities. In the year 2023, the first batch of 150 MBBS students began their studies.

According to experts, the construction of a medical college generally takes 3 to 5 years. At present, there are 818 medical colleges in the country. Among them, Surat's Kiran Medical College, being completed in just one year, is the first and a historic event in the nation. Taking special note of this achievement, the Honorable Prime Minister congratulated Mathurbhai Savani over the telephone.

From the appeal made by the Prime Minister during a TV debate on the Russia-Ukraine war, Mathurbhai Savani conceived the idea of building a medical college. Today, as a result of that idea, third-year MBBS students are studying at Kiran Medical College. The Russia-Ukraine war has still not ended.



Do You Know?

1



On Saturn and Jupiter, it rains diamonds — at least according to laboratory simulations of their atmospheric conditions.



2

The Great Pyramid of Giza was the tallest man-made structure on Earth for over 3,800 years — a record no modern skyscraper has even come close to holding.



3

More photographs are taken every two minutes today than were taken in the entire 19th century.



4

The Indian ₹ symbol was designed in 2010 by Udaya Kumar, blending the Devanagari “र” and the Roman “R”.



5

When you blush, the lining of your stomach blushes too.





YOUR JOURNEY SIMPLIFIED WITH RAILONE

ONE APP FOR



Reserved Tickets



Unreserved Tickets



Platform Tickets



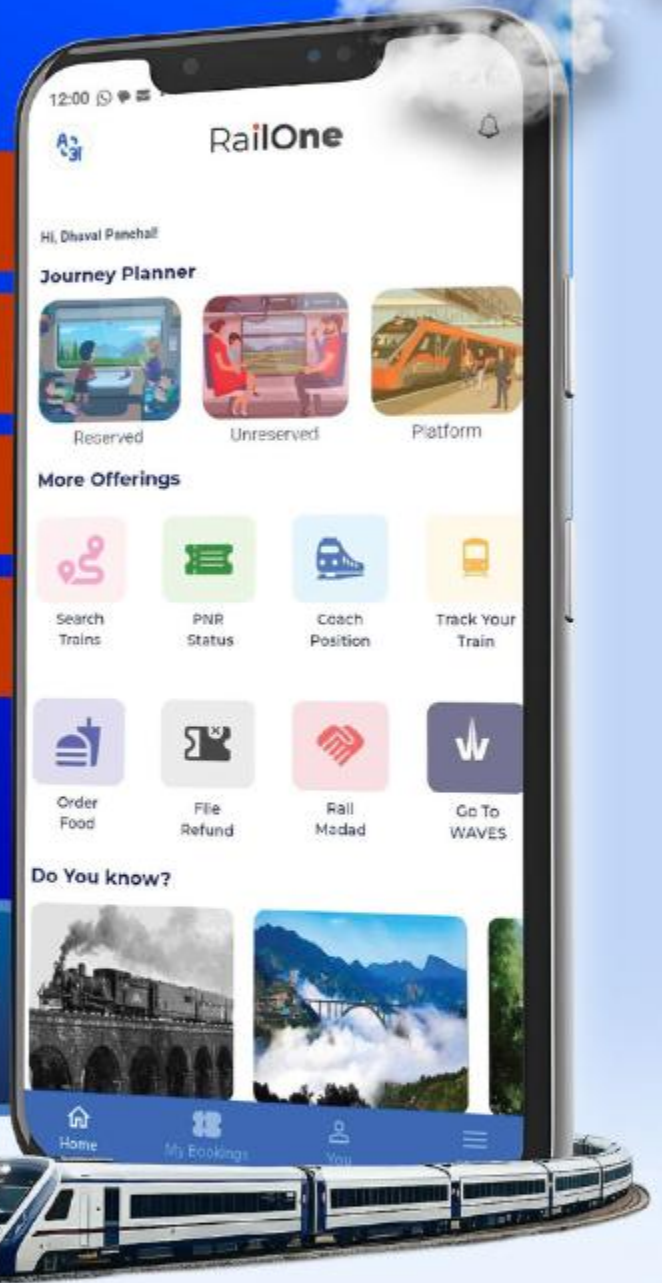
Season Passes



More All at Your Fingertips



Download
the app



**"From Ticket Bookings To Real Time
Information
Everything Just a Tap Away"**

?? The Fake Busyness ??

Three workplace shifts that can transform the cult of activity into real productivity.



A modern office looks busier than ever. Calendars are packed, inboxes overflow, and meetings multiply by the hour.

Yet studies suggest knowledge workers spend nearly 60% of their time on unproductive activities rather than impactful work. Somewhere between activity and impact, productivity is lost.

Most organizations are filled with people who genuinely want to contribute. Yet the systems around them keep them busy without meaningful output. This pattern is often called “fake busyness.”

When systems reward visibility over outcomes, employees optimize for optics. Busyness also offers leaders a comforting illusion of control: full calendars and long workdays create the appearance of momentum.

Meetings signal participation, long hours signal dedication, and constant responsiveness signals commitment — all visible markers that often replace real productivity. Over time, these signals replace productivity as the currency of workplace success. A widely cited study from a reputed Business School estimates that large companies lose tens of billions of dollars annually to poorly structured meetings.

**Fortunately, this trap is easy to correct.
A few deliberate shifts can reverse the pattern.**



Outcome is King

Value clear outcomes over the obsession with long hours, endless meetings, and constant responsiveness.

What truly moves organizations forward are strategic wins and measurable progress. When work is judged by results rather than hours, priorities sharpen and effort becomes purposeful.

Deep Work is Sacred Time

Quality work requires uninterrupted concentration. Yet messages, calls, and meetings constantly interrupt the workday. Modern research shows interruptions occur every two minutes, leading to 270 times per day — extending task completion time by 15–24%.

Workplaces need less fashionable “zen zones” and more mental space for focus. A mind that occasionally disconnects; returns sharper, more creative, and far more capable of meaningful work. Reasonable working hours, genuine downtime, and personal interests are often underestimated drivers of productivity.

Normalize Efficiency and Recognition

Surveys show nearly 88% of employees say coordination overload hurts efficiency. In many offices, staying late has quietly become a badge of commitment. But leaders who respect efficiency — finishing well and leaving on time — send a powerful signal: smart work matters more than long hours.

Equally important is recognition. Acknowledging the right contributions at the right time reinforces a culture of responsible work.

Workplaces may not have written constitutions, but daily behaviour reveals what leaders truly value. Culture always flows from the top. Leaders who reward outcomes over optics create workplaces where people are not just busy — they are meaningfully productive.

Fake busyness is rarely an individual failure. It is usually a failure of workplace design.



SARAL REFUND SEWA - WR



GET YOUR REFUND STATUS ON YOUR FINGERTIPS

- 01 Scan the QR Code:**
Use your smartphone camera to scan the official Western Railway, Mumbai Division QR code.
- 02 Access the Portal:**
Open the link to the Passenger Ticket Refund page.
- 03 Enter Your Details:**
Fill in all required fields, including Name, Contact, and Transaction ID.
- 04 Upload Your Ticket**
Attach a clear photo or digital copy of your ticket.
- 05 Submit Request:**
Click the "Submit Request" button to send your application.
- 06 Receive Confirmation:**
A confirmation receipt will be sent to your registered email address.
- 07 Track Your Status:**
Monitor your request status via the online portal or your email.

Indian Monsoon – Trillions in Litres, Billions in Losses

Abundance Falls from the Sky, yet Scarcity Rules the Ground

According to the India Meteorological Department, the country records an average of 1,150–1,200 mm of rainfall annually — amounting to roughly 3.8 quadrillion litres. On paper, that volume comfortably exceeds national demand.

Yet every year, the same cycle repeats. Urban flooding paralyses cities. Crops fail in dry regions. Tankers line up in summer. Groundwater tables continue their decline. Nearly 600 million Indians face high to extreme water stress, as noted by NITI Aayog.

India does not lack water. It lacks retention — we drift from ‘flood-wet’ to ‘thirst-dry’ within the same hydrological year.



The Capture Deficit

A large share of rainfall either evaporates, runs off into rivers, or is flushed through urban drainage systems. Only a fraction is systematically stored, harvested, or recharged into aquifers.

India's annual water requirement is estimated at approximately 1,100–1,200 billion cubic metres (BCM). If even 20% of annual rainfall — roughly 760 BCM — were captured and directed into structured storage and recharge systems, the country would gather enough for current national demand.

In effect, a substantial volume would be secured purely from rainfall. India would use what it captures, and groundwater tables could stabilize rather than shrink. The solution is not meteorological. It is infrastructural.



One Intervention. Two Dividends

Floods are the most visible consequence of unmanaged water.

Data from the National Disaster Management Authority indicate that over the past decade, average flood-related economic losses have ranged between ₹8,000–12,000 crore annually, excluding productivity losses, supply chain disruptions, and informal sector shutdowns.

Simultaneously, drought mitigation, emergency irrigation support, drinking water transport, and groundwater over-extraction create an extra layer of recurring expenditure.

This is a double drain: First, from damage. Second, from scarcity management.

The economic upside operates on two fronts: reduced flood losses and increased gains from water security. Stabilized groundwater reduces energy consumption for pumping. Agricultural output improves. Urban water supply becomes more predictable. Municipal budgets experience structural relief.

Where the Real Shift Can Happen

Public policy frameworks and subsidy mechanisms already exist. The issue is not policy; it is implementation at scale.

The decisive shift now lies with urban development ecosystems — builders, architects, infrastructure consultants, and real estate think tanks.



WHEN WE IGNORE NATURE



URBAN FLOODING
Disrupts lives,
damages property



POOR DRAINAGE
Overwhelmed systems
cause waterlogging



INFRASTRUCTURE STRESS
High maintenance,
economic losses



THE DIFFERENCE BETWEEN **FLOOD & FORTUNE** IS ENGINEERING.



AND THE CHOICE NOW RESTS NOT WITH THE CLOUDS,
BUT WITH THOSE WHO DESIGN THE GROUND BENEATH THE CLOUDS.



GREEN INFRASTRUCTURE
Absorbs rain, restores
natural balance



SMART DRAINAGE
Designed to manage
excess, not react to it



RESILIENT COMMUNITIES
Sustainable, safe
and future-ready

ENGINEERING A BETTER TOMORROW



RAINWATER
HARVESTING



PERMEABLE
SURFACES



WATER
RETENTION



URBAN
LANDSCAPING



CLIMATE
RESILIENCE



DESIGN TODAY.
SECURE TOMORROW.

Nationwide, India constructs 2–3 billion square feet across residential, commercial, and industrial segments each year. If rainwater harvesting and groundwater recharge were embedded as non-negotiable design standards in every new construction project, even conservatively speaking, it would translate into hundreds of billions of litres retained annually.

Not through megaprojects. Through mandate and design discipline. One construction cycle. One monsoon. Measurable national impact.

A Thinking Blueprint

India does not need new sources. It needs new thinking.

The monsoon already delivers at scale — geographically dispersed, seasonally concentrated, and economically invaluable. The question is whether, in the next decade, we will continue to drain it away — or quietly, systematically store it beneath our cities.

The difference between flood and fortune is engineering. And the choice now rests not with the clouds, but with those who design the ground beneath the clouds.



Papyrus to Pixels

How the eternal impulse of humanity to record evolved from ancient surfaces to digital screens.

The human urge to communicate is ancient and enduring. Long before keyboards and screens, people searched for ways to record ideas, preserve stories, and pass knowledge across generations. As civilizations advanced, so did the materials used for writing. What began as simple markings on stone slowly evolved into more refined surfaces designed specifically to carry words and images. Each stage reflected humanity's persistent effort to capture thought and memory.

From Bark and Skin to Paper

Early societies carved symbols onto stone and clay tablets — durable but far from convenient. Over time, more adaptable materials appeared. Ancient Egyptians developed papyrus, crafted from reeds growing along the Nile, allowing texts to be written on scrolls.



Elsewhere, writing appeared on birch bark, palm leaves, and mulberry bark. Later came parchment and vellum, made from carefully treated animal skins and widely used across medieval Europe.

A decisive breakthrough arrived with the invention of paper in China around the 2nd century CE, produced from plant fibres and cloth rags. Lighter and easier to manufacture, paper allowed knowledge to circulate far more widely than before.

The Printing Revolution

The next transformation came not from the writing surface, but from the method of reproduction.

Early woodblock printing enabled pages to be carved and reproduced repeatedly. The real turning point, however, arrived in the 15th century when Johannes Gutenberg's movable-type printing press revolutionized book production.

Texts that once required months of manual copying could now be produced in large numbers. Literacy expanded, ideas travelled faster, and printed knowledge began shaping societies across continents.



1. THE PRINTING REVOLUTION



2. INK MEETS THE DIGITAL AGE



3. THE NEXT PAGE

Ink Meets the Digital Age

Centuries later, communication entered another phase. Computers, smartphones, and tablets introduced digital text, reducing reliance on paper and ink.

Information could now be created, edited, and shared instantly across the world. Yet printed pages continue to hold a quiet charm. The texture of paper and the permanence of ink offer an experience many readers still treasure.

The Next Page

The story of communication is still unfolding. Emerging technologies hint at futures where immersive displays or holographic text may become new mediums of expression.

From papyrus scrolls to glowing screens, the tools have changed dramatically. The impulse behind them, however, remains constant — humanity's enduring desire to record, share, and understand the world.



EARLY LIFE & ORIGIN STORY

RITESH MODI, CEO AND FOUNDER OF KESARIA TEXTILE COMPANY. ONCE PREPARED FOR CA EXAMS. HIS GRANDFATHER'S QUESTION — "DO YOU WANT TO BE A CA OR GIVE WORK TO CA?" — INSPIRED HIM TO CHOOSE ENTREPRENEURSHIP.



GROWTH OF KESARIA TEXTILE COMPANY

HE STARTED KESARIA TO CREATE OPPORTUNITIES, NOT JUST FOLLOW TRADITION. THE COMPANY FOCUSED ON AFFORDABLE CLOTHING OPTIONS LIKE WOMEN'S, MEN'S & KIDS WEAR. OVER 5 YEARS, IT SCALED INTO A MAJOR B2B BRAND.



BUSINESS MODEL & REACH

KESARIA WORKS AS BOTH MANUFACTURER & PLATFORM FOR SMALL RETAILERS, BUSINESSES & FRANCHISES. IT SUPPORTS ENTREPRENEURS—ESPECIALLY WOMEN AND YOUTH—WITH PRODUCTS, MENTORING, AND TRAINING. TODAY, IT REACHES 80+ COUNTRIES.



AWARD & RECOGNITION

KESARIA TEXTILE COMPANY RECENTLY WON THE "EXCELLENCE IN RAPID MARKET GROWTH IN TEXTILES" AWARD 2025 BY TWO EMINENT PADMA SHRI AWARDEES, MR. MATHUR SAVANI AND SADGURU BRAHMESHANAND ACHARYA SWAMI. THE HONOR CAME AFTER SUCCESSFUL DISTRIBUTION OF OVER 1 LAKH TRUSTED SELLERS CROSSING ₹100 CRORE TURNOVER UNDER RITESH'S LEADERSHIP.



VISION & SOCIAL IMPACT

RITESH MODI AIMS TO GROW KESARIA TO ₹500 CRORE AND EXPAND 100+ FRANCHISES. BEYOND BUSINESS, HE LEADS SOCIAL CAUSES LIKE ANTI-DRUG CAMPAIGNS, DISASTER RELIEF, AND CHILD WELFARE.



@kesariatextilecompany



Kesaria®

TEXTILE COMPANY

— एक सपना-एक साथी-एक विचार —

WELCOME TO SURAT'S BIGGEST FACTORY OUTLET

WOMEN'S WEAR | MEN'S WEAR | KIDS WEAR

MANUFACTURER | WHOLESALE | EXPORTER

+91 90819 95544

info.kesaria@kesariatextile.com

Ritesh Modi
(CEO & FOUNDER)



DORIWALA SQUARE

NR. MOHAN MITHAI, OPP. SURAT RAILWAY STATION,
SURAT, GUJARAT, INDIA - 395003

NO दलाल MANUFACTURER
से SEEDHA व्यापार !



SCAN THIS



THE SILENT HEALTH

Problems Many Indians Ignore

The train had barely crossed Kota when Mr. Sharma stood up from his berth and winced. His knees hurt. His back felt stiff. Like many Indians above 40, he smiled and dismissed it with a familiar phrase: "Age ho gayi hai." But is it really just age? Across India, millions of adults quietly live with fatigue, weight gain, diabetes, joint pain, poor posture, high blood pressure, and low energy assuming these problems are a normal part of ageing. Climbing stairs becomes harder. Sitting cross-legged feels uncomfortable. Long walks during travel become exhausting. Most people slowly adapt to these limitations instead of addressing them.



MR. B.K. CHAUDHARI

DIRECTOR OF LAKHOZ

+91 98101 91948



India's Growing Lifestyle Disease Crisis

India is witnessing a sharp rise in lifestyle-related disorders such as diabetes, obesity, hypertension, chronic back pain, stress-related illness, and mobility problems. Unlike infections, these conditions develop gradually over years. Long office hours, excessive screen time, irregular eating habits, poor sleep, stress, and lack of movement slowly weaken the body. Since the changes happen gradually, most people continue functioning normally while silently losing strength, flexibility, stamina, and overall quality of life. By the time symptoms become serious, the body has often been under stress for years.

Why the Body Changes After 40

After 40, the body naturally undergoes physiological changes. Metabolism slows down, muscle mass decreases, recovery becomes slower, and joint stiffness becomes more common. However, modern preventive healthcare experts increasingly emphasise that while ageing is unavoidable, accelerated decline is not. According to the ACSM (American College of Sports Medicine), exercise should be viewed as preventive medicine. Their globally recognised "Exercise is Medicine" approach advocates scientifically designed physical activity programs to help prevent and manage conditions such as diabetes, obesity, knee pain, back pain, and hypertension. **Experts recommend that adults above 40 focus on:** (Strength training) (Daily walking and cardiovascular activity) (Mobility and flexibility exercises) (Posture correction) (Sustainable nutrition and recovery) The goal is not extreme fitness. The goal is preserving mobility, independence, and long-term health.

Your "Movement Age" Matters

Many people today may be 45 on paper but physically move like someone much older. Movement specialists refer to this as "movement age" — the impact inactivity has on how the body functions. **For example, many adults struggle to:** (Climb railway station stairs without stopping) (Carry luggage comfortably) (Sit on the floor easily) (Bend down without stiffness) (Walk long distances during travel) These are often signs of reduced mobility, weak muscles, poor posture, and years of inactivity rather than simply ageing.

How Scientific Exercise Helps Treat Lifestyle Diseases

Many Indians still associate fitness only with gyms, intense workouts, or rapid weight loss. But modern wellness experts are increasingly focusing on scientifically guided exercise to help manage lifestyle diseases safely and sustainably. Organisations like Lakhoz - Better Living are following an approach rooted in ACSM protocols and the "Exercise is Medicine" philosophy. Their belief is that health and fitness should be accessible to everyone — especially people dealing with demanding work schedules or conditions such as diabetes, knee pain, back pain, obesity, hypertension, and Ankylosing Spondylitis. Unlike conventional gyms that often offer generic workout routines, Lakhoz focuses on disease-specific and individualised treatment plans.

Their process includes: (Consultation and disease screening) (Assessment and vital-sign monitoring) (Personalised exercise prescription) (Weekly follow-ups and progress tracking) The philosophy is simple: exercise should be prescribed scientifically, much like medicine. Instead of forcing people into extreme workouts, the focus is on understanding the root cause of the problem and designing an exercise plan based on the correct frequency, intensity, time, and type of activity suitable for every individual. For someone with diabetes, the goal may be improving insulin sensitivity and weight management through structured movement. For someone with knee pain or back pain, the focus may shift toward mobility training, posture correction, muscle strengthening, and reducing joint stress. Lakhoz also integrates aqua therapy, physical therapy, yoga therapy, food therapy, and counselling to support recovery and long-term lifestyle improvement. The objective is not simply weight loss. It is helping people move better, reduce pain, improve energy levels, and regain confidence in everyday life.



The "I'll Start Tomorrow" Trap

Many adults delay exercise because they believe they are too busy, too tired, or too old to begin. Others fear injury because of obesity, diabetes, or joint pain. Yet preventive health works quietly, just like lifestyle disease does. The difference is that its benefits accumulate positively over time. A simple daily walk may not feel dramatic today, but over several years it can improve heart health, mobility, mental well-being, and overall quality of life. Health after 40 does not require punishing workouts or unrealistic diets. Sustainable habits matter far more than short bursts of motivation. **Because healthy ageing is ultimately about freedom:** (the freedom to travel comfortably,) (move without pain,) (work productively,) (and remain independent for as long as possible.) So perhaps the next time someone says, "It's just age," the better response may be: "No, it's a sign to start taking care of myself."

Architectures of Excess: The 5 Strangest Hairstyles in History — And Why 2020s Hair Would Never Dare

In the 2020s, hair rarely tries to impress. It suggests ease rather than effort. A textured bob, soft waves, a careful cut that grows out gracefully — today's aesthetic is polished but restrained. But history treated hair very differently.

There were centuries when hair was not simply personal style. It was performance. It rose into towering structures, carried religious meaning, expressed grief, and sometimes even signaled political power.

Across cultures and eras, hair has often said far more than fashion alone. Here are five moments when hairstyles became something much larger than appearance.

1. The Powdered Towers of Versailles

At the court of Marie Antoinette, hair turned into spectacle. In 18th-century France, aristocratic women built towering coiffures supported by wire frames, pomade, and powder. Some styles rose more than a foot high.

One famous design even displayed a miniature ship celebrating a French naval victory. This was not simply vanity. It was a language of status.

Height suggested hierarchy. Impracticality signaled privilege. The more elaborate the structure, the clearer the message: the wearer lived far from ordinary labor.

Today, wealth tends to express itself differently. Luxury prefers subtlety — immaculate color, a perfect cut, hair that looks effortless rather than engineered.



2. The Roman Empress Hair Sculptures

In ancient Rome, hair functioned as a political signal: loyalty, wealth, and cultural sophistication all woven into curls. Elite Roman women during the reigns of emperors like Trajan and Hadrian wore hairstyles that were curled, layered, and stacked into elaborate arrangements of tight ringlets rising above the forehead. Creating these styles required hours of work and the help of enslaved hairdressers known as ornatrices. Some arrangements used false hair to build greater volume. These beauty choices reflected proximity to imperial fashion.

Modern fashion still spreads quickly, but rarely with such centralized influence. Today, trends emerge from social media, not imperial courts.

3. The Qing Dynasty Queue

Few hairstyles in history carried more political weight than the 'queue'. During China's Qing dynasty, men were required to shave the front of their heads and wear the remaining hair as a long-braided ponytail.

The style was imposed by the Manchu rulers after they conquered China in the 17th century. Refusing to adopt it could be treated as rebellion. The queue therefore became more than fashion. It was a visible declaration of political submission.

Imagine such a requirement today. Modern hairstyles express individuality. A state-mandated haircut would feel almost unimaginable in contemporary culture.

4. The Samurai Chonmage

In Japan's Edo period, the samurai wore a distinctive hairstyle known as the chonmage — a shaved crown with a folded topknot. Originally it served a practical purpose. The shaved section helped secure a helmet during battle.

Over time, however, the style became a strict symbol of rank. Only samurai could wear it.

What began as utility eventually hardened into social code.

Today, hairstyles rarely carry that kind of fixed meaning. Modern grooming changes with trends, mood boards, and personal preference. Function rarely dictates fashion anymore.

5. The Perm of Corporate Ambition

Jump ahead to the late twentieth century. The 1980s perm exploded into offices and boardrooms with unapologetic volume, popularized by films like *Working Girl*.



HAIRSTYLES THROUGH TIME

A JOURNEY OF STYLE, CULTURE & IDENTITY

ANCIENT EGYPT 3100-3070 BCE	ANCIENT GREECE 800-300 BCE	ROMAN EMPIRE 27 BCE-476 CE	MEDIEVAL EUROPE 5th-14th Century	RENAISSANCE 14th-16th Century	BAROQUE ERA 17th Century	18 TH CENTURY 1700s	VICTORIAN ERA 1837-1901	1920s THE BOARING TWENTIES	1950s GOLDEN AGE	1980s BOLD & VOLUME	MODERN DAY 2000s-2020s
Wigs & braids with ornaments	Braided updos with headbands	Elaborate curls & pinned styles	Long braids & simple ribbons	Braided crowns & jeweled pins	Styled curls & volume	Powdered high hairstyles	Tight updos & braids	Bob cuts & finger waves	Soft curls & voluminous waves	Big hair & perm texture	Natural texture & effortless waves
Wigs & straight styles	Short curls & natural waves	Short, defined curls	Medium length & natural	Shoulder length & soft waves	Long wigs & curls	Powdered wigs & queues	Side parts & slicked styles	Slicked back & neat parts	Pompadours & classic cuts	Volume, layers & mullets	Fades, texture & modern cuts

HAIRSTYLES REFLECT MORE THAN FASHION—THEY TELL THE STORY OF WHO WE ARE.

Big hair reflected a decade that equated visibility with success. Volume suggested confidence, ambition, and upward momentum. But the modern professional look has shifted again.

Today's workplace aesthetic prefers control over drama — texture without excess, polish without aggression. Power, it seems, has learned to speak more quietly.

The Style Statement

Every **"strange"** hairstyle in history made sense in its own world. Towering wigs signaled rank. Imperial curls signaled influence. Queues enforced political loyalty. Topknots marked warrior status. Perms projected ambition.

Hair has always carried meaning. What makes the **2020s** different is not the absence of symbolism but the desire for flexibility. We rarely build permanent structures or adopt rigid codes. Instead, we style with the assumption that identity may change.

Perhaps the most curious hairstyle of our time is the one designed to look effortless — **the careful construction that appears unconstructed.**

HAIR HAS ALWAYS SPOKEN.

THE MEANING CHANGES. THE MESSAGE REMAINS.

1700s TOWERING WIGS signaled rank.	1800s IMPERIAL CURLS signaled influence.	1700s QUEUES enforced political loyalty.	ANCIENT TIMES TOPKNOTS marked warrior status.	1980s PERMS projected ambition.	2020s TEXTURE, CONTROL, FLEXIBILITY reflect a new kind of power.

TODAY, THE
BOLDEST
STATEMENT IS
EFFORTLESS.

Carefully constructed.
Naturally apparent.



Track & Trend

40

Quarterly Edition : June'26 to Aug'26

Bridges That Defy the Landscape

Five railway bridges in Maharashtra that transform geography into pathways of motion.



Railway bridges rarely attract attention.

They simply stand there — quiet pieces of infrastructure doing their job.

Yet in Maharashtra, geography rarely cooperates. The state sits where the Sahyadri mountains plunge toward the Arabian Sea, where monsoon-fed rivers carve deep valleys and coastal plains flood wide during the rains. For railway engineers, this terrain was not merely difficult; it was often considered impassable.

Over more than a century, railway builders learned to adapt to this geography, shaping some of India's most remarkable railway engineering.

A Bridge Suspended in the Sky

One of the most striking examples is the Panval Nadi Viaduct, built in the 1990s as part of the Konkan Railway. Rising nearly 64 metres above the valley floor and stretching over 420 metres, it was once among Asia's tallest railway viaducts.

Engineers used the incremental launching technique, pushing massive concrete segments forward from one end — a rare approach in India at the time.

When a train emerges from a tunnel, glides across the high bridge, and disappears into another tunnel within seconds, the train appears almost suspended between earth and sky. In those few seconds, engineering and landscape merge into a spectacle.



Where Railways Conquered the Mountains

Decades earlier, the first great challenge lay in crossing the Western Ghats between Mumbai and the Deccan plateau.

Completed in 1863, the bridges of the Bhor Ghat Railway Bridges formed part of one of the most ambitious railway undertakings. Workers blasted tunnels through rock and constructed viaducts to negotiate steep mountain slopes.

Even today, trains curve across these historic bridges while waterfalls cascade down nearby cliffs during the monsoon — a scene that has changed little in more than a century.





Engineering Across Water

While mountains demanded height, the Konkan coast introduced another obstacle: rivers that swell dramatically during the rains.

The Sharavati River Railway Bridge, completed in the late 1990s, stretches for over two kilometres across wide river backwaters. Engineers had to account for tidal flows, seasonal flooding, and shifting riverbeds while maintaining uninterrupted railway connectivity along India's west coast.



Climbing the Wall

Further north, the Thal Ghat Railway Bridges helped solve another engineering puzzle — climbing the Sahyadri range toward Nashik.

With gradients as steep as 1 in 37, trains require additional locomotives to push heavy freight uphill. A carefully designed network of tunnels, loops and valley bridges allows trains to gain altitude gradually across the rugged mountainside.





Where Trains Seem to Float

Not all engineering challenges involve height. Some involve sheer width.

The Vashishti River Railway Bridge stretches nearly 800 metres across a vast floodplain where river channels and green fields merge into one landscape. Built to withstand heavy monsoon flooding, the bridge allows trains to glide over steadily across terrain that once halted railway expansion.

When Geography Becomes the Blueprint

For passengers, these bridges pass in seconds — fleeting views from a train window. Yet each structure reflects a deeper story: how engineers responded to mountains, rivers and monsoon landscapes that resisted easy passage.

In Maharashtra, railway bridges are therefore more than infrastructure. They are quiet reminders that when geography sets the challenge, engineering eventually finds the path forward.





ALL-IN-ONE APP BY INDIAN RAILWAYS

One app for Reserved Tickets, Unreserved Tickets, Platform Tickets, Season Tickets, and more, all at your fingertips!

**Go Digital,
Earn Benefits**



DOWNLOAD NOW



**OFFER
3%
OFF**

DISCOUNT

ON DIGITAL PAYMENTS

On all unreserved Tickets booked via RailOne App using UPI, Debit/Credit Cards or Net Banking.



DISCOUNT OFFER

Offer Period

(14 JAN to 14 JULY 2026)

***Offer valid for unreserved ticket bookings.**

R-WALLET ADVANTAGE CONTINUES....

CASHBACK OFFER

EXISTING INCENTIVE

**3% CASH
BACK**

REMAINS UNCHANGED



GET IT ON
Google Play



Download on the
App Store



A Dynamic Framework for Founders Raising Capital

Living India's 30-Trillion Dream - A Capital Allocation Framework for a Market Under Magnification

Premature scaling remains one of the leading causes of startup failure globally.

Yet India today presents one of the most compelling startup environments in the world — a young demographic base, expanding capital markets, rapid formalization, and digital public infrastructure that enables scale. Capital is attentive. Founders are ambitious.

High-growth markets magnify everything. They magnify competence and conviction — while they also magnify fragility and illusion. In such an environment, opportunity is abundant — but clarity is scarce.

While, venture capital investment in India crossed \$25–30 billion annually during peak cycles, according to reports from **Sequoia Capital** and **NASSCOM**. Investors assess three variables simultaneously: risk compression, scalability potential, and capital efficiency. Founders who understand this dynamic — approach fundraising through strategic lens instead of being emotional.

Below are seven lenses that help founders approach fundraising as strategy rather than storytelling.



Lens 1: Product–Market Fit?

Product–market fit is not early traction. It is repeat behavior without artificial stimulation. Retention curves, usage frequency, and organic adoption patterns reveal more than launch metrics.

When customers return without excessive incentive, when engagement deepens, and when feedback refines, alignment exists. In capital-efficient markets, sustainable pull matters more than promotional push.

According to data from Startup Genome, nearly 70% of startups fail because they scale prematurely or misjudge market demand.



JOURNEY OF MUMBAI DIVISION
ON TRACK & ONLINE

FOLLOW US
ON SOCIAL MEDIA



@drmmumbaicentral



@MumbaiWR



@drmmumbaicentral

Lens 2: Does It Solve a Real Problem?

Scale capital flows toward structural pain points, not lifestyle conveniences.

India's formalization wave and rising consumption creates vast opportunity — but only for solutions that address meaningful issues. The sharper the problem definition, the clearer the growth pathway.

Investors evaluate whether the addressable market is sufficiently deep and economically viable. Large demographic potential is not enough; purchasing power, adoption feasibility, and urgency, determine capital readiness.

Lens 3: Is It Technologically at Par?

Digital public infrastructure and widespread connectivity have raised the baseline.

Technology is no longer a differentiator by existence; it differentiates by integration. The question is whether the technology meaningfully reduces cost, improves speed, enhances intelligence, or creates defensibility. If scale increases operational friction, the architecture is weak. If scale strengthens data advantage and automation, structural readiness exists.

Lens 4: Is the Model Scalable?

Scalability requires repeatability with declining marginal complexity.

Founders must examine whether expansion depends on proportional cost increases or whether systems absorb growth efficiently. Standardized processes, modular expansion capability, and distributed operational control indicate scalable architecture.

In a magnified market, inefficiencies multiply quickly; so should efficiencies.

Lens 5: What Is the Exit Logic?

Institutional capital requires eventual liquidity. Exit logic is not an afterthought; it is structural foresight. Whether through public markets, strategic consolidation, or secondary transactions, founders must demonstrate awareness of how value compounds and how ownership transitions.

Clarity on exit pathways from on-set signals strategic maturity. Capital is patient, but not indefinite.





Lens 6: Is It Profitable?

Profitability is not synonymous with immediate profit; it is visibility toward disciplined economics.

Unit economics must strengthen with scale. Contribution margins should expand, not compress. Cash burn must be strategic, not habitual.

In high-growth cycles, capital can mask inefficiency temporarily. Eventually, discipline differentiates endurance from exhaustion.

Lens 7: Are Incentives and Values Aligned?

Misalignment compounds risk faster than competition.

Founder equity structure, employee incentives, governance discipline, and strategic time horizon must converge toward long-term value creation. When incentives prioritize short-term valuation over structural strength, fragility emerges.

Alignment reduces volatility and strengthens investor confidence.

The Strategic View

India offers extraordinary scale, but scale alone does not guarantee success. Participation fuelled solely by optimism can become self-sabotage. These lenses do not create strength; they reveal it.

In a market observed closely by domestic and global capital alike, clarity becomes a competitive advantage. Ventures that are institutionally sound, financially disciplined, aligned with long-term structural shifts, and prepared for volatility will endure India's growth trajectory.

A thirty-trillion-dollar economy will reward ambition — but only when paired with structural thinking.

Capital chased emotionally evaporates. Capital raised with discipline compounds.

THE STRATEGIC VIEW

CLARITY TODAY.
STRENGTH TOMORROW.

- INSTITUTIONALLY SOUND
- FINANCIALLY DISCIPLINED
- ALIGNED WITH STRUCTURAL SHIFTS
- PREPARED FOR VOLATILITY
- BUILT FOR ENDURANCE

A THIRTY-TRILLION-DOLLAR ECONOMY WILL REWARD AMBITION — WITH STRUCTURAL THINKING.

CAPITAL CHASED EMOTIONALLY EVAPORATES.

CAPITAL RAISED WITH DISCIPLINE COMPOUNDS.



Careers That May Pay the Most by 2035

Tomorrow's most lucrative professions may emerge from fields that barely exist today.



The Future of Work Is Already Being Written

For generations, career choices followed predictable paths: medicine, engineering, law, business. Parents advised their children to pursue stable professions, believing these fields would secure prosperity.

But the world of work is undergoing a dramatic transformation. Artificial intelligence, biotechnology, climate change, and the digital economy are redefining industries at a pace never seen before. In such a landscape, many of the most rewarding careers of the next decade may not yet have a familiar name.

According to several global labour studies, demand for artificial-intelligence related skills has grown sharply in recent years, often commanding a significant wage premium over traditional roles.

At the same time, emerging sectors such as synthetic biology, alternative proteins, and climate adaptation are expanding rapidly, creating new professional opportunities that barely existed a decade ago.

In this shifting landscape, the most valuable professionals of the future may be those who build expertise in emerging intersections of science, technology, and human behaviour. Here are some potential careers of the future.





Designing the Personalities of Artificial Intelligence

As AI systems become part of everyday life—serving as assistants, teachers, customer agents, and decision-support tools—companies are discovering that technology alone is not enough. Users respond not only to what AI says but also to how it behaves.

This has created an unexpected demand for professionals who combine psychology, linguistics, and technology to shape the personality and communication style of intelligent systems. These specialists design how machines interact with humans—how they respond to emotion, deliver advice, or build trust.

Engineering the Food of the Future

The global food system is entering a period of disruption. Rising populations, environmental pressures, and changing dietary preferences are accelerating innovation in food technology.

Alternative proteins, lab-grown meat, and bioengineered ingredients are attracting billions of dollars in research and investment. Analysts estimate that the synthetic food and cultured-meat industries could grow dramatically.

In the years ahead, “food designer” may carry the same prestige as “software engineer” does today.

Guardians of Algorithmic Fairness

Another emerging profession lies in an area few students currently study: the ethics and accountability of artificial intelligence.

Algorithms increasingly influence critical decisions—from loan approvals and hiring processes to medical diagnoses. With such influence comes the risk of bias, manipulation, or unintended consequences.

As governments begin introducing regulations for responsible AI use, organisations are likely to require independent experts who can audit algorithms and ensure they meet ethical standards.





Navigating the Climate Migration Era

Climate change is not only an environmental issue but also an economic and social challenge. Rising sea levels, extreme heat, and water scarcity are already affecting communities worldwide.

In response, new professions are emerging around climate adaptation—helping governments and businesses plan infrastructure, assess environmental risks, and manage population movement.

Experts who can interpret climate data and guide long-term planning may become indispensable advisors in the decades ahead.

The Rise of Hybrid Professions

If these emerging careers share a common thread, it is this: they exist at the crossroads of multiple disciplines. The most valuable professionals of tomorrow will not simply specialise in a single field.

Instead, they will combine diverse expertise—technology with psychology, biology with engineering, or data science with public policy. Such hybrid knowledge is still rare, and rarity is often the foundation of high value.

Preparing for a Future Still Unfolding

For students and young professionals, the lesson is clear. The careers that define the next generation may not yet appear in university prospectuses or conventional career guides.

But the signals are already visible in fast-growing industries, research laboratories, and technology start-ups around the world. The future of work will belong to those willing to explore the emerging career paths.





The Paws and The Monsoon

A few simple habits can keep dogs and cats comfortable when the rains arrive.

For people, the monsoon brings relief — cooler air, fresh greenery, and the comforting rhythm of rain. For pets, however, the season can be less charming. Damp fur, muddy paws, hidden parasites, and humid weather can quietly invite infections and discomfort.

The good news is that a few thoughtful routines can make the rainy season perfectly manageable for dogs and cats.

Dry Paws, Happy Paws

A rainy walk almost always ends with wet, muddy paws. Moisture trapped between the toes can easily lead to fungal infections or irritation.

Keep a soft towel near the door and gently wipe your pet's paws after every outing. Make sure the spaces between the toes are dry — that is where moisture tends to linger.



One Step Ahead of Ticks

The monsoon is paradise for ticks and fleas. Wet grass and gardens often hide parasites that attach themselves during outdoor walks.

Regular grooming helps you spot them early. Brushing your pet's coat daily and using veterinarian-recommended tick prevention treatments can prevent a minor nuisance from becoming a serious problem.

Less Often, Better Done

Many pet owners instinctively increase bathing during the rainy season. In reality, too many baths can strip the skin of natural oils.

Instead, focus on thorough drying. After a bath, towel-dry the coat and, if necessary, use a hair dryer on a low, gentle setting. Damp fur left unattended can quickly invite fungal infections.



Rainy Day Play

When long outdoor walks are not possible, pets still need activity. Indoor games — a short game of fetch, puzzle toys, or simple training exercises — help burn energy and keep pets mentally engaged.

Light, Fresh Meals

Humidity can affect digestion and spoil food faster. Serve fresh meals, avoid leaving food out for long periods, and ensure a constant supply of clean drinking water. Simple steps like these help prevent stomach troubles.

Keep Beds Dry

A pet's resting space matters more during the monsoon. Damp bedding can lead to skin irritation and discomfort.

Wash bedding regularly, allow it to dry fully, and keep sleeping areas slightly elevated from damp floors whenever possible.

A Season to Enjoy Together

Pets may not understand the complications of the monsoon, but they certainly feel its effects.

With a towel by the door, regular grooming, dry bedding, and a little extra playtime indoors, the rainy season can remain what it should be — a cosy season both pets and their people can truly enjoy.



The 'Happy Hormone' is Produced in the Gut?

*Does your mood instantly lift when you eat your favourite food?
That isn't personality — it's biology.*



For years, you believed emotions lived in brain. Joy, anxiety, irritation — all seen as neural sparks, psychological patterns or fleeting mood swings. But emerging science reveals: your brain and gut are in constant, biochemical dialogue. And what you eat becomes their grammar.

Housing nearly half a billion neurons, your gut is not just a digestive organ; it is the 'second brain'. This neural network manages stress before you consciously feel it, regulates inflammation before symptoms show up, and produces chemicals that define your emotional state. Nearly 90% of body's 'happy hormone': serotonin — is produced in the gut, not the brain.

When you choose a fibre-rich plate — vegetables, fruits, whole grains — good microbes flourish. These are microscopic chemical factories, releasing compounds that travel up the gut-brain axis and help the brain experience calm, clarity, focus, and happiness.

Clinical studies show that a high-fibre diet boosts microbial diversity, reduces inflammation, and results in noticeably-high emotional balance.



www.amrut.com



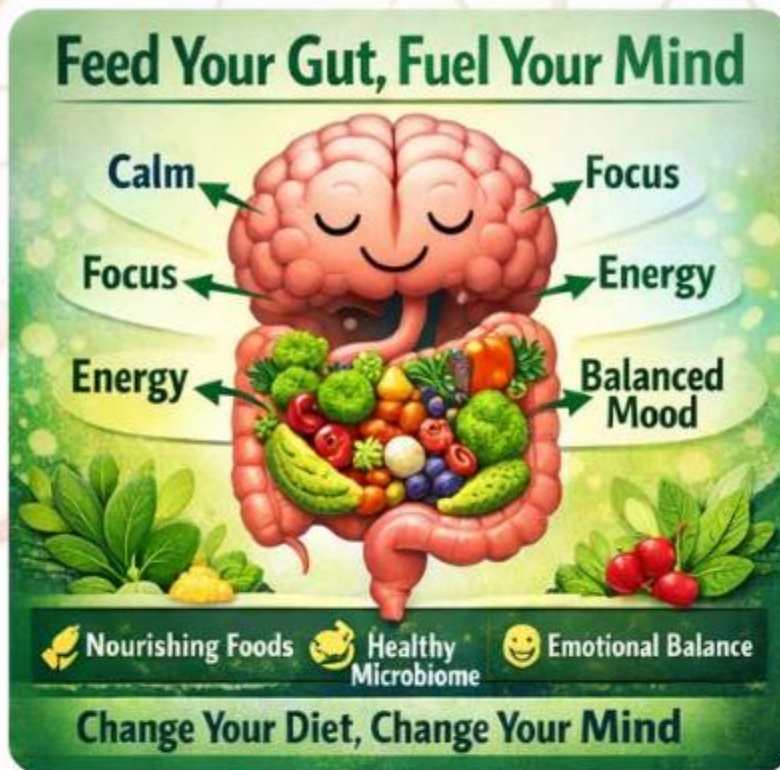
amrut

SCAN IT
FOR
ONLINE SHOPPING



"AMRUT", Lal Bunglow, Opp. Surat Civil Court, Athwalines, Surat - 395 010 (Gujarat)



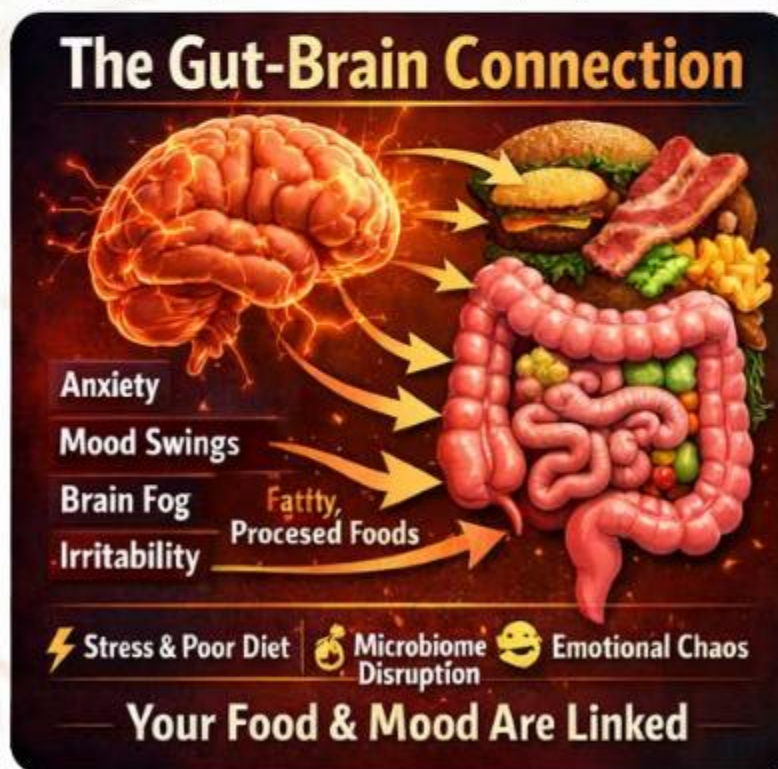


Meals stuffed with saturated fats, processed foods, or excessive protein, alter the system. Gut gets disrupted, microbiome imbalances, and signals migrating to the brain are distorted. Anxiety spikes, irritability, sudden lows, mental fog — all triggered by biochemical confusion.

The loop works both ways. Stress upsets your gut and poor food choices amplify emotional turbulence. Think of the times you've lost your appetite due to grief, anger, or overwhelm. That isn't dramatic behaviour — that's your gut and brain in sync.

Gut truly is a second brain. Food isn't just fuel. It is emotional data — that body reads instantly. Every meal isn't just digestion, but a foundation of emotional resilience. And if neglected, the cycle tightens in the opposite direction.

By changing what you feed your gut — you rewrite the chemistry of your emotions.



www.amrut.com



amrut

LIVE VIDEO SHOPPING +91 990 902 6788

EXCLUSIVE SHOWROOM FOR WEDDING SHOPPING ONLY AT SURAT

*We have no other outlets anywhere

1 MIDNIGHT PANIC IN COACH B2!



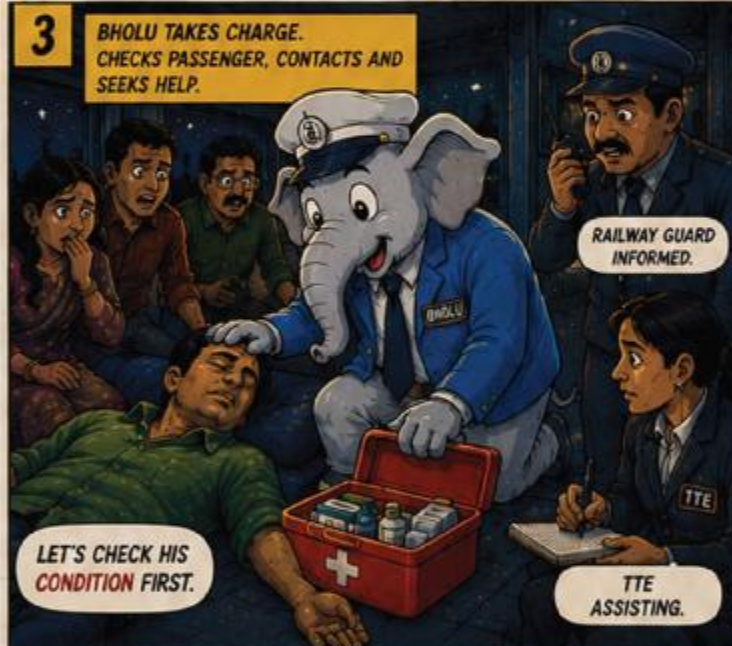
2

PASSENGERS CONFUSED.
SOME PANIC. SOME RECORD VIDEOS.
NOBODY KNOWS WHAT TO DO.



3

BHOLU TAKES CHARGE.
CHECKS PASSENGER, CONTACTS AND
SEEKS HELP.



4

FOLLOW THESE IMPORTANT STEPS.

1 DIAL RAILWAY HELPLINE

DIAL **139** IMMEDIATELY
TO GET MEDICAL HELP
AT THE NEXT STATION.



2 INFORM COACH ATTENDANT / TTE

INFORM THE COACH ATTENDANT
OR TTE SO THEY CAN TAKE
QUICK ACTION.



3 USE EMERGENCY CHAIN
ONLY IF TRULY NECESSARY

USE THE EMERGENCY CHAIN
ONLY IF THE SITUATION IS CRITICAL
AND LIFE THREATENING.



139

RAILWAY EMERGENCY ASSISTANCE
SAVE THIS NUMBER. IT CAN SAVE LIVES.

5

NEXT STATION ARRIVES.
MEDICAL TEAM WAITING ON PLATFORM.
PASSENGER STABILIZED.



6

CASE SOLVED.
A LIFE SAVED.

THANK YOU, BHOLU!
YOU SAVED MY LIFE.
I WILL NEVER FORGET
YOUR HELP.



**DURING MEDICAL
EMERGENCIES:**

- ✓ INFORM RAILWAY STAFF IMMEDIATELY
- ✓ STAY CALM
- ✓ SEEK MEDICAL HELP QUICKLY

**YOUR QUICK ACTION
CAN SAVE A LIFE.**

TOGETHER, LET'S MAKE
EVERY JOURNEY SAFE.



BE ALERT. BE RESPONSIBLE. BE A LIFE SAVER.

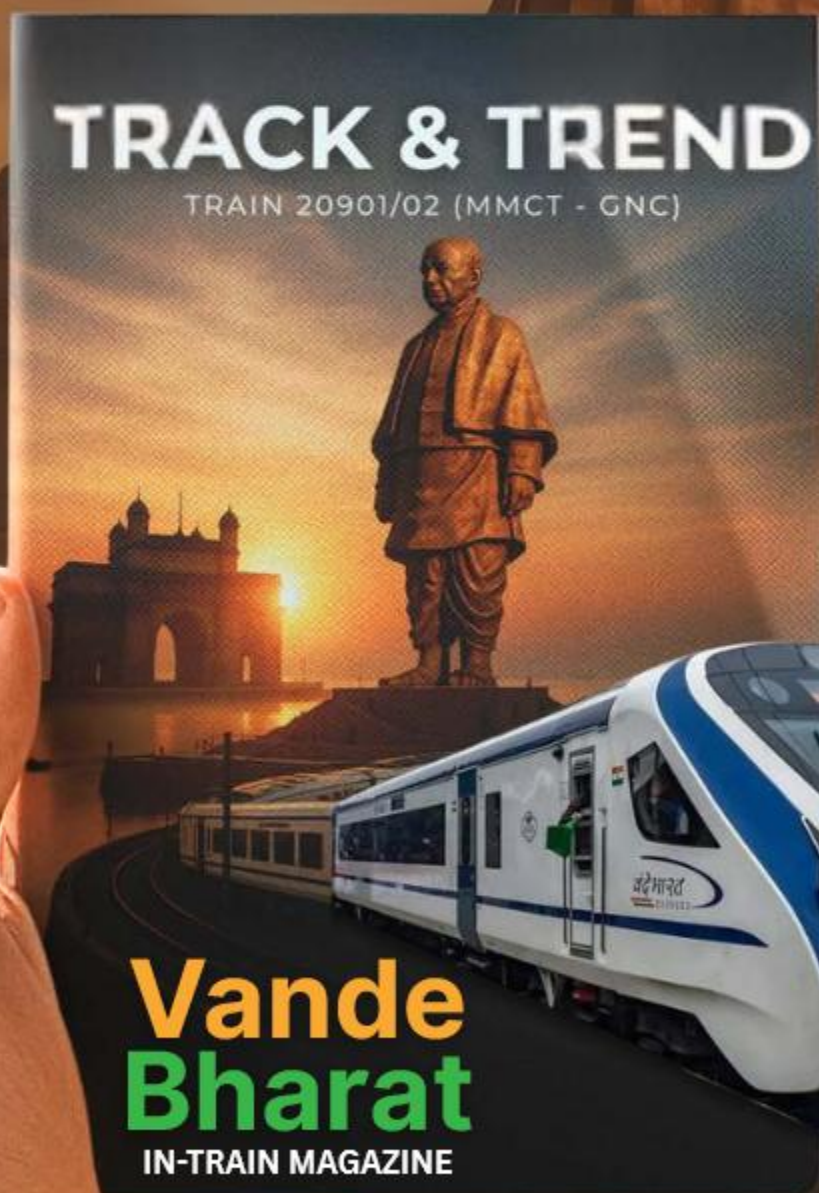


Mumbai Division
Western Railway

**REACH THE NATION'S FASTEST-GROWING
AUDIENCE-ONBOARD THE VANDE BHARAT!**

**Advertise in the
Vande Bharat
In-Train Magazine**

and let your brand journey
with India's changemakers.



- ▶ **40%+ Corporate Travelers**
- ▶ **8+ Corporate Hubs Cities**
- ▶ **134%+ Occupancy**

**Vande
Bharat**
IN-TRAIN MAGAZINE

For Advertising Enquiry:  +91 70888 40222

 info@trackandtrend.co.in

 www.trackandtrend.co.in

A woman with dark hair and bangs, adorned with traditional Indian jewelry including a necklace, bangles, and earrings, stands in a courtyard. She is wearing a red and gold patterned saree. The background features a building with arches, potted plants, and a checkered floor. The text 'Yaadein' is overlaid in a large, white, serif font, with 'The 1970s' in a smaller, white, serif font below it, separated by a thin white line.

Yaadein

The 1970s

AHMEDABAD - SATELLITE | ASHRAM ROAD | RATANPOLE | NAVA VADAJ
SURAT - PARLE POINT VADODARA - OP ROAD asopalav.com | follow us on  



ido-graph

AsōPalav®

Celebrating 50 Years

50 Years • 5 Eras • One Legacy

An ode to the Women who chose Us through the Years

Campaign By An All-Women Crew

South Gujarat's

FUTURE READY INDUSTRIAL SPACES BUILT TO EXPAND



**Avail Government
Subsidy Benefits!**

Roongta Express Industrial
Nr. Mumbai-Delhi Expressway,
Galuda, Palsana Chokdi



roongtadevelopers.com

:: Contact us ::

+91 63547 08241
+91 76986 51749

**Dastavej &
Possession Ready**

Roongta Industrial Estate
Sachin-Palsana Road, Bhatia
Toll Plaza, Surat