



National Doctors' Day is celebrated across India on July 1 to honor the tireless contributions and sacrifices of medical professionals. The date commemorates the birth and death anniversary of Dr. Bidhan Chandra Roy, one of India's most distinguished physicians and the second Chief Minister of West Bengal.



Flowers always make people better, happier and more helpful, they are sunshine, food and medicine to the mind.

- Luther Burbank

True Observing India

English Daily Youth E- Newspaper

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01 JULY, 2026

INNER ENGINEERING

DESIGNING THE MIND FOR A BALANCED AND FULFILLING LIFE

True Observing India

Understanding the Concept of Inner Engineering: In today's fast-paced world, people often focus on improving their careers, finances, and physical health, yet many struggle with stress, anxiety, and emotional imbalance. While we invest time in upgrading technology and building infrastructure, we often neglect the most important system of all—the human mind. This is where the concept of Inner Engineering becomes relevant.

Inner Engineering is a holistic approach to self-development that focuses on aligning one's body, mind, emotions, and energy. Rather than being a technical or academic discipline, it is a practical method of enhancing inner well-being so that individuals can respond to life's challenges with greater clarity, confidence, and calmness. The idea is that when our inner world is in harmony, our actions, relationships, and achievements naturally improve.

Why Inner Engineering Matters?

Modern lifestyles are filled with constant distractions, digital overload, and increasing expectations. These pressures often lead to burnout, frustration, and poor mental health. Inner Engineering encourages individuals to shift their attention inward and understand how their thoughts, emotions, and habits influence their quality of life.

By becoming more self-aware, people learn to manage stress effectively, make better decisions, and develop emotional resilience. Instead of reacting impulsively to situations, they become capable of responding thoughtfully, leading to healthier relationships and improved personal and professional performance.

The Core Principles

At its heart, Inner Engineering is based on the belief that lasting happiness and peace cannot be achieved solely through external success. It encourages individuals to cultivate inner stability through practices such as mindfulness, conscious breathing, meditation, and self-reflection.

The approach also emphasises living consciously rather than mechanically. It inspires people to take responsibility for their thoughts and actions instead of blaming external circumstances for their emotional state. This shift in perspective empowers individuals to become active creators of their own well-being.

Benefits for Everyday Life

People who practise Inner Engineering often report reduced stress levels, improved concentration, enhanced emotional balance, and better physical health. Many also experience increased creativity, stronger interpersonal relationships, and greater self-confidence.



For students, these practices can improve focus, memory, and academic performance while reducing examination anxiety. Working professionals may find it easier to manage workplace pressures, improve productivity, and maintain a healthier work-life balance. Parents can develop greater patience and understanding, creating a more positive family environment.

Although individual experiences vary, the common goal remains the same—to develop a balanced and peaceful inner state that supports success in every aspect of life.

The Role of Meditation and Self-Awareness

Meditation is often considered one of the most effective tools associated with Inner Engineering. Regular meditation helps quiet the constant stream of thoughts, allowing the mind to become more focused and relaxed. Scientific research has shown that mindfulness and meditation practices can reduce stress, improve sleep quality, enhance emotional regulation, and support overall mental well-being.

Self-awareness is equally important. By observing our thoughts and emotions without immediate judgement, we gain deeper insight into our behavioural patterns. This awareness enables us to replace negative habits with healthier ones and make choices that align with our

long-term goals and values.

Inner Growth in a Modern World

As technology continues to transform every aspect of life, emotional intelligence, resilience, and self-management have become essential life skills. Educational institutions, workplaces, and families are increasingly recognising the importance of mental wellness alongside intellectual and professional growth.

Inner Engineering complements these changing needs by encouraging individuals to strengthen their inner foundation. A calm and balanced mind is better equipped to face uncertainty, embrace change, and contribute positively to society.

Inner Engineering reminds us that true transformation begins from within. While external achievements bring temporary satisfaction, lasting fulfilment comes from developing inner clarity, emotional balance, and conscious living. By investing time in understanding ourselves and nurturing our mental and emotional well-being, we become more capable of handling life's challenges with wisdom and resilience.

In a world that constantly encourages us to seek more outside ourselves, Inner Engineering offers a valuable reminder: the greatest transformation begins by engineering the world within.



PRINCIPALS' PERSPECTIVE



DR. RICHA BHARGAVA
HEAD OF SCHOOL,
SETH M.R.
JAIPURIA SCHOOL,
PRATAPGARH CAMPUS

The world of education is undergoing one of the most transformative periods in its history. Rapid technological advancements, evolving career opportunities, changing societal expectations, and a growing focus on student well-being are redefining the purpose of schooling. Today, educators are not simply preparing students for examinations; they are equipping them for a future that is still unfolding.

One of the most significant developments is the integration of Artificial Intelligence (AI) into teaching and learning. AI-powered tools are enabling personalized learning experiences, allowing students to progress at their own pace while helping teachers identify individual learning needs. However, the real challenge is not teaching students to use AI, but teaching them to think critically, question information, and make ethical decisions. In an era where answers are available instant-

Education in 2026: Preparing Learners for a World Yet to Be Created



ly, the true value lies in asking meaningful questions.

Another major shift is the growing emphasis on skill-based education. Employers and universities increasingly seek individuals who can communicate effectively, collaborate with diverse teams, solve problems creatively, and adapt to changing environments. Schools are therefore extending learning beyond textbooks through experiential learning, project-based activities, entrepreneurship programmes, innovation labs, and real-world problem-solving. The focus is steadily moving from rote memorization to competency development. Equally important is the increasing attention given

to students' mental health and emotional well-being. Young people today face unprecedented challenges, including academic pressure, social media influences, and uncertainty about the future. Schools are responding by promoting social-emotional learning, counselling services, mindfulness practices, and inclusive environments where every child feels safe, respected, and valued. Academic success and emotional well-being are now recognised as inseparable elements of holistic education. Sustainability education is also gaining global importance. Climate change, environmental conservation, and responsible citizenship have become integral parts of school curricula. Students

must understand that they are not only future professionals but also future custodians of the planet. Through awareness campaigns, community initiatives, and sustainable practices, schools are nurturing environmentally conscious citizens who can contribute to a better future.

Inclusion and equity remain fundamental priorities. Advances in technology, differentiated instruction, and flexible learning models are enabling schools to meet diverse learning needs more effectively. Every child deserves equal opportunities to learn, grow, and succeed, regardless of background, ability, or circumstance. Inclusive education is no longer an aspiration—it is an essential responsibility.

Despite these advancements, the role of teachers remains irreplaceable. While technology can enrich learning, it can never replace the empathy, inspiration, guidance, and human connection that great educators provide. The classroom of the future may evolve, but teachers will continue to inspire curiosity, nurture creativity, and shape character. As educators and parents work together, we have the privilege of preparing not only future professionals but also responsible citizens and compassionate leaders. Success in the twenty-first century will be measured not only by academic excellence but also by resilience, creativity, integrity, and the ability to contribute meaningfully to society. Education is undoubtedly changing, and the real question is whether we are ready to embrace that change with vision, courage, and purpose.

India Condemns Pakistan's Air Strikes on Afghanistan



India has strongly condemned Pakistan's recent air strikes in Afghanistan, describing them as a serious threat to regional peace and stability. The strikes reportedly resulted in civilian casualties, prompting international concern over rising tensions in the region. India urged all parties to exercise restraint and emphasised the importance of respecting the sovereignty and territorial integrity of neighbouring nations. The Ministry of External Affairs stated that any military action causing harm to civilians is unacceptable and risks further destabilising an already fragile region. India reiterated its long-standing support for peace, dialogue, and humanitarian assistance in Afghanistan. The developments have attracted global attention as several countries have called for an impartial investigation into the incident. Security analysts believe that escalating tensions could adversely affect regional security, trade, and humanitarian efforts. India continues to maintain close engagement with international partners regarding developments in Afghanistan.



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INDIA RECORDS ONE OF THE DRIEST JUNES IN OVER A CENTURY

India has witnessed one of its driest June months since records began in 1901, raising concerns over agriculture, water availability, and food production. According to the India Meteorological Department (IMD), the country received significantly below-normal rainfall during June, making it the fifth driest June in more than 120 years. The delayed progress of the southwest monsoon affected sowing activities in several agricultural states, particularly for crops such as paddy, soybean, cotton, and maize. The rainfall deficit has also intensified heatwave conditions across northern and central India, with temperatures crossing 42°C in many areas. Farmers have expressed concern over delayed planting, while state governments are monitoring reservoir levels and preparing contingency plans if rainfall remains below normal.

DELHI UNVEILS NEW ELECTRIC VEHICLE POLICY 2026

The Delhi Government has approved its ambitious Electric Vehicle (EV) Policy 2026, reinforcing its commitment to cleaner transportation and reduced air pollution. The policy, which comes into effect from 1 July 2026, focuses exclusively on promoting electric mobility and does not extend incentives to hybrid vehicles. It aims to significantly increase the adoption of electric two-wheelers, three-wheelers, cars, and commercial vehicles over the next four years. Under the policy, eligible buyers of electric vehicles will receive purchase incentives along with exemptions from road tax and registration charges. The government also plans to expand the city’s charging infrastructure by installing more public charging stations and battery-swapping facilities. Another important feature is the gradual phase-out of petrol-powered two-wheelers, with restrictions proposed from April 2028.



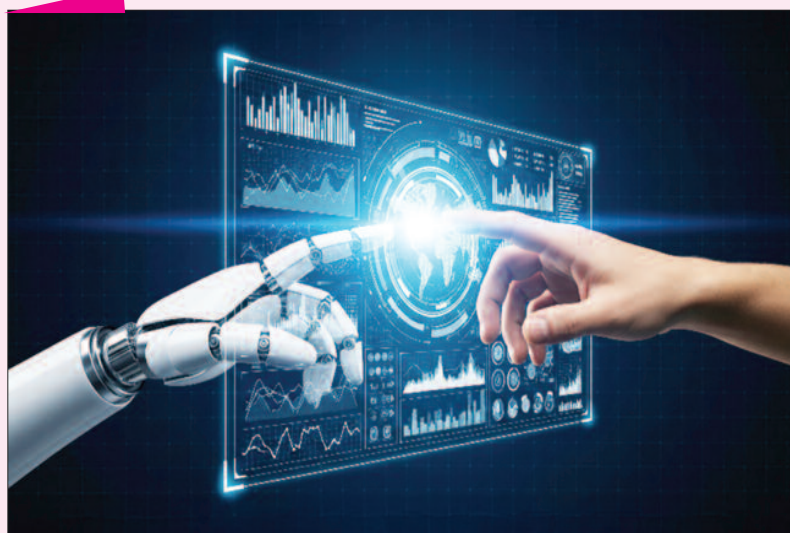
FIFA WORLD CUP 2026 KNOCKOUT STAGE INTENSIFIES

The excitement of the FIFA World Cup 2026 continues as the Round of 32 knockout matches take centre stage. Football fans across the globe are eagerly following today’s fixtures, which feature Ivory Coast vs Norway, France vs Sweden, and Mexico vs Ecuador. With every match being a knockout contest, the stakes are higher than ever, as the losing teams will be eliminated from the tournament. The expanded World Cup format has produced several surprises, with underdog nations challenging traditional football powerhouses. Analysts believe the tournament has become more competitive, providing smaller nations with greater opportunities to showcase their talent on the global stage. France enters its match as one of the favourites, boasting a strong squad with experienced players and emerging young stars. Meanwhile, Mexico and Ecuador are expected to produce an exciting contest, with both teams aiming for a place in the next round.

INDIAN STOCK MARKETS REMAIN FOCUSED ON BANKING AND TECHNOLOGY STOCKS

Indian equity markets witnessed cautious trading as investors tracked global market trends, corporate developments, and expectations surrounding quarterly earnings. Banking, information technology, pharmaceuticals, and infrastructure stocks remained in focus, while investors closely monitored both domestic economic indicators and international market movements. Market analysts believe the upcoming earnings season will be a key factor in determining investor sentiment. Companies from the banking, IT, automobile, and manufacturing sectors are expected to announce their first-quarter financial results in the coming weeks. Investors are also watching inflation trends, crude oil prices, and foreign institutional investment flows, all of which could influence market performance. Several major companies, including banks and technology firms, remained on investors’ watchlists following corporate announcements.





AI CONTINUES TO TRANSFORM BUSINESSES ACROSS THE GLOBE

Artificial Intelligence (AI) is rapidly reshaping industries worldwide, with organisations increasingly integrating AI into business operations, customer service, healthcare, education, finance, and manufacturing. Experts believe that the next phase of AI growth will depend not only on technological innovation but also on how effectively organisations redesign their workflows and train their workforce. Businesses are investing heavily in AI-powered automation, predictive analytics, and intelligent decision-making systems to improve productivity and reduce operational costs. However, industry leaders caution that simply adopting AI tools is not enough. Successful implementation requires ethical governance, employee upskilling, and responsible use of data. The growing influence of AI is also creating new employment opportunities in machine learning, cybersecurity, data science, and AI governance. At the same time, policymakers are discussing regulations to ensure AI is used responsibly while protecting privacy and preventing misuse.



SERENA WILLIAMS MAKES STUNNING RETURN TO WIMBLEDON

Tennis legend Serena Williams made a highly anticipated return to singles competition at the 2026 Wimbledon Championships, four years after stepping away from professional tennis. The seven-time Wimbledon singles champion received a wildcard entry, making her comeback one of the biggest stories of this year's tournament. Her first-round match against Australia's rising star Maya Joint attracted global attention, with fans eager to witness one of the greatest players in tennis history back on Centre Court. The 44-year-old champion's return has generated excitement among players, commentators, and spectators alike.

ENTERTAINMENT INDUSTRY LOOKS AHEAD TO A BUSY SECOND HALF OF 2026

The global entertainment industry is entering an exciting phase as major film studios, streaming platforms, and music companies prepare a packed slate of releases for the second half of 2026. Several highly anticipated films, web series, and music albums are scheduled to premiere in the coming months, promising a diverse range of content for audiences worldwide. Streaming platforms continue to invest heavily in original productions, while filmmakers are increasingly adopting advanced visual effects, virtual production technology, and artificial intelligence to enhance storytelling.



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