



News & Views

Breakthrough by TBM in Lucknow Metro

First TBM breakthrough for construction of the Lucknow metro in India marks a significant milestone for the project. The TBM emerged through the headwall at the Hazratganj station in the centre of the city.

The EPC (engineering, procurement and construction) contractor Gulermak/Tata JV now plans to dismantle and return the Terratec EPBM for its next drive from Sachivalaya to Hussainganj station. Terratec supplied the JV with a pair of 6.52m diameter EPBMs for the twin tube tunnelling works on its 3.7km long underground contract at the southern end of the Metro's North-South Corridor Project, Phase 1A, from near Charbagh station to the KD Singh Babu Stadium station. The contract includes three open cut stations at Hazratganj, Sachivalaya and Hussainganj.

In a statement following the breakthrough, Managing Director of the Lucknow Metro Rail Corporation ((LMRC) Kumar Keshav praised successful completion of the first TBM drive and said that the second drive "posed an enormous technical challenge".

The 812m long section of the first TBM drive from Sachivalaya to the Hazratganj station runs below a heavily built-up area of Lucknow with the twin tube tunnels passing under a number of commercial buildings with deep foundations. To clear the foundations, the track level in the running tunnels range from 12m-15m below ground surface. The complex first drive took just more than five months to excavate.

Detail designer for the client for the underground alignment is Systra India. Lucknow Metro is being developed on a North-South and East-West corridor, both of which include underground and elevated sections. The East-West section involves a longer tunnel stretch from Charbagh to near Thakurganj with six intermediate underground stations.

Source: www.tunneltalk.com, 10.8.2017

Drinking too much water is harmful, say health expert

Contrary to the common perception that drinking lots of water was beneficial, it could actually harm one's health because studies had proved that water was elixir only when taken in the right quantity.

It could be poison if consumed in excess, said Dr. Parmeshwar Arora, senior consultant, Sir Ganga Ram Hospital, Delhi.

Addressing a press conference here on Sunday at the UP Press Club, Dr. Arora said that everybody was inclined to drink the maximum possible water for keeping healthy, but the

ancient Ayurvedic texts and Veda surprisingly directed people to drink minimum possible water to remain healthy.

“For all the problems related to digestion such as constipation, acidity and flatulence, our sluggish digestion power is to blame. Even the modern science says that for all these conditions, the reason is decreased secretion of digestive enzymes,” he said. Drinking water in excess could complicate or result in indigestion, diabetes, high blood pressure and kidney ailments.

Arora said one could get rid of digestion-related conditions by improving Jatharagni or digestive fire (say deep breathing exercise). But excessive intake of water the worst opponent of fire, would not help in fixing the problems.

Excess water actually made these conditions chronic which eventually became incurable, he said. Speaking about the right quantity, time and manner of drinking water, he said for intestinal cleansing, one should consume 250 ml or a glass full of warm water, sipped empty stomach in the morning.

For helping in digestive process (water with meal) 100 to 150 ml water should be consumed sipped during the meal.

Source: Hindustan Times, 1.8.2017

Railways to begin survey for Char Dham link

The Indian Railways will commence this week the final location survey for providing rail connectivity to the four important Hindu shrines in the hills of Uttarakhand at an estimated cost of over Rs. 400.00 billion.

The Rail Vikas Nigam Limited (RVNL) has been entrusted with the task of undertaking the survey for rail connectivity to Chardham (four places of pilgrimage) – Gangotri, Yamunotri, Badrinath and Kedarnath – through Dehradun and Karanprayag.

The RVNL had also undertaken a reconnaissance engineering survey in 2014-15 and submitted a report in October 2015. As per the reconnaissance survey, the total route length is 327 km and will cost Rs. 432.92 billion.

The REC survey recommends 21 new stations, 61 tunnels totaling into a tunnel length of 279 km and 59 bridges.

As the alignment will pass through the rugged mountainous terrain of the mighty Himalaya, the Railways has to meet construction challenges. The existing rail heads or the nearest railway stations to the proposed Chardham are Doiwala and Rishikesh. The rail head at Karnprayag is under construction.

The four dhams have their varied and distinctive elevation levels along with spiritual significance. Besides pilgrims, a large number of foreign and domestic tourists through the scenic state.

The ambitious project envisages bringing in a new era of safe and comfortable travel, said a senior railway ministry official.

Source: Hindustan Times, 12.5.2017

Nobel prize cites finding of ripples in universe's fabric

Three US-based scientists won the Nobel Physics Prize on Tuesday for detecting faint ripples flying through the universe – the gravitational waves predicted a century ago by Albert Einstein that provide a new understanding of the universe.

Rainer Weiss of the Massachusetts Institute of Technology and Barry Barish and Kip Thorne of the California Institute of Technology won the 2017 prize for a combination of highly advanced theory and ingenious equipment design, Sweden's Royal academy of Sciences announced.

The scientists were key to the first observation of gravitational waves in September 2015, When the discovery was announced several months later, it was a sensation not only among scientists but the general public.

"It's a win for the human race as a whole. These gravitational waves will be powerful ways for the human race to explore the universe," said Thorne, speaking by phone with the associated press from California.

"I view this more as a thing that recognizes the work of a thousand people," Weiss told reporters at the announcement news conference.

The prize is "a win for Einstein and a very big one," Barish told the AP.

The German-born Weiss was awarded half of the 9 million kronor (\$1.1 million) prize amount and Thorne and Barish will split the other half.

Gravitational waves are extremely faint ripples in the fabric of space and time, generated by some of the most violent events in the universe. The waves detected by the laureates came from the collision of two black holes some 1.3 billion light years away. A light year is about 5.88 trillion miles.

Ariel Goobar of the Royal Swedish Academy of Sciences said the winners' work meant "we can study processes which were completely impossible, out of reach to us in the past."

"The best comparison is when Galileo discovered the telescope, which allowed us to see that Jupiter had moons. And all of a sudden, we discovered that the universe was much vaster than we used to think about," Goobar said.

The waves were predicted by Einstein a century ago as part of his theory of general relativity. General relativity says that gravity is caused by heavy objects bending space-time, which itself is the four-dimensional way that astronomers see the universe.

Source: Hindustan Times, 4.10.2017

The gene is out of the bottle

India could take the lead in the debate on this technology of Genetic Editing

Humanity is creating a post-natural future for itself. A joint team of United States, Chinese and Korean scientists this week succeeded in repairing a genetic mutation in dozens of human embryos. If these embryos had normally become babies, they would have been born with a genetic heart ailment. After the genetic editing done by the scientists, the resulting babies would have not only been free of this heart problem it would also no longer exist in their descendants. This work builds on earlier, less sophisticated, work done in other countries like China. These embryos were not allowed to become babies and much more experimentation, including clinical trials, will be required before a gene edited baby is allowed to crawl the earth.

However, it is now clear that gene edited humans are probably only a generation away. The medical benefits of such technology are obvious. Over 30,000 single and multiple gene disorders could be eliminated forever. Many diseases like diabetes and cancer which are partly genetic in background would be easier to prevent. The human genome is the physical blueprint of a person and helps determine, among other things, intelligence, height, external features like skin and eye color, and possibly longevity. Mankind is now on a verge of being able to predetermine these at the embryonic level.

Strangely, though this technology is now several years old and accelerating rapidly, there has been little or no attempt to begin a social or political debate about its future. The United Nations General Assembly and various international fora have sought to create a framework for genetic technology and its applications. These have all failed largely because of the total apathy among the governments concerned. Scientists have been holding regular meetings on the issue, but have found little public interest in their actions. India is not at the forefront of this science but it could take the lead in starting an international discussion about access to gene editing technology. Domestically, the government should consider asking Indian scientists to both develop capabilities in this field and consider how it can benefit Indians medically but in an economically inclusive manner. The genetic era is on us and requires us to look well beyond our present concerns.

Source: Hindustan Times, 5.8.2017

Why Modi must listen to Spicmacay's Beats

I heard the Prime Minister Narendra Modi speaking by video-conferencing to student nationalists on strengthening the unity of India by spreading knowledge and indeed love of Indian culture. They were the 1,200 students attending the 5th Five Day International Conference of SPICMACAY, The Society for the Promotion of Indian Classical Music And Culture Amongst Youth. The Prime Minister told these students that music and culture could be a big step towards ending divisions and playing a vital role in connecting India.

Because we journalists are obsessed with controversies Modi speaking on an occasion no one could object to get my view SPICMACAY has never had the notice it deserves for its remarkable achievements. It has 850 chapters spread all over India, and over the last three years they have organized some 1500 events, mainly concerts. Most events are held in

schools. SPICMACAY provides an opportunity for thousands of volunteers to work for the promotion of Indian culture. There are only three paid employees.

Perhaps the low profile of SPICMACAY has something to do with the low profile of its founder Kiran Seth adopts. While reading mechanical engineering at Columbia University in America he was dragged reluctantly to hear a concert given by Aminuddin Dagar. He emerged walking on air. When he returned to teach at IIT Delhi 40 years ago he determined to convey his new found passion to others. But only five students turned up for the first concert he arranged and three of those walked out before the end. Undeterred Kiran persevered, building SPICMACAY quietly, shunning publicity for himself, an example of nishkaam seva as the Prime Minister pointed out.

It's sad but not surprising that a good news story centred on a man as modest as Kiran escapes the notice of the press. But it's shameful that it's been virtually ignored by the government. SPICMACAY doesn't have an annual grant. Its volunteers have to do go down on their knees to extract a comparatively meager sum each year. They depend mainly on donation including a sizeable contribution from the Norwegian government and the generosity of the artists who perform for a pittance. The Santoor player Pandit Shiv Kumar Sharma always hands back his cheuqe and wherever Pandit Hari Prasad Chaurasia goes for a public concert he finds time to play in a school. The renowned flautist has been performing for SPICMACAY since its beginning.

The culture the Prime Minister was talking about when he praised SPICMACAY encouraged the realization that we are one with nature, the understanding that material needs are important but are only part of a fulfilling life. The students attending the SPICMACAY convention lived the way Modi would have them live. They started their days at 4 AM with three hours of yoga. That was followed by shramdaan, cleaning the venue. Then students interacted with renowned artists and heard performances. What more does a Prime Minister who established World Yoga Day and launched a campaign to clean India want to persuade him this is a venture worth supporting? What more did the press need to attract them to the opening night of the SPICMACAY convention than the opportunity to hear Girja Devi, the Queen of Thumri, sing. She was followed by violinist Vidwan TN Krishnan and his daughter Smt. Krishnan playing together as though they knew exactly what was going on in each other's minds. The musicians did connect North and South India. Girja Devi belongs to the Bararas Gharana and the Krishnans are from the Carnatic, or South Indian musical tradition.

- Mark Tully

Source: Hindustan Times, 11.6.2017

India's highest tunnel to see light of day in October

The strategic 8.8 km all-weather Rohtang tunnel, the highest in the country, will open to emergency traffic after breakthrough in October.

Being built under the Rohtang pass at an altitude of 13,050 feet in the eastern Pir-Panjal range of the Himalayas on Leh-Manali highway, the horse-shoe shaped road will become fully operational by August 15, 2019.

At 9.2 km, the Chenani-Nashri tunnel, also known as Patnitop tunnel, linking Kashmir with Jammu on NH-44 is the country's longest road tunnel built at a height of nearly 4000 feet.

The tunnel in Himachal Pradesh will reduce the distance of 474 km between Manali and Leh, which takes six to eight hours, by 46 km, reducing the travel time by two and a half hours. The speed limit in the tunnel is 80 kmh or 50 mph.

This will help accelerate troop mobility to the strategic frontiers in J&K besides providing a road link to Lahaul and Spiti during winters.

At present, people in the tribal district are dependent on government-run helicopter services during this season. "If emergency vehicles start plying this winter, it will be a big relief. It will put an end to the harsh life people are forced to lead half the year round," says Lahaul and Spiti legislator Ravi Thakur.

The tunnel's south portal at Dhundhi and north portal at Sissu Nullah will be connected by October end, "Only 250m of digging is left. We will work on electrical fittings and ventilation after that," says chief engineer NM Chandrana. The project, work on which began in 2010, was to be completed in February 2015 but water ingress from Seri Nullah (a glacier-fed rivulet above the tunnel), ban on rock mining, delay in allotment of land needed for quarrying construction material, and loose rock strata in the middle led to a slowdown. In 2012, it took engineers almost a year to plug the seepage.

Engineers used the drill and blast technique for excavation as part of the New Austrian Tunneling Method. Defence road construction agency, Border Roads Organisation, is excavating the tunnel with Strabag-Afcons, a joint venture between India's Afcons Infrastructure Ltd. and Austria's Strabag SE.

The project's estimated cost in 2010 was Rs. 17 billion and was revised to Rs. 20 billion in 2015. Now, the projected cost by 2019 is Rs. 40 billion.

Conceived in 1998, the project was announced by then PM Atal Bihari Vajpayee on June 3, 2000. The work was entrusted to BRO on May 6, 2002 and Congress Chief Sonia Gandhi had laid the foundation stone on June 28, 2010.

Source: Hindustan Times, 12.9.2017

Three years on, a work in progress

There is a common thread that binds the most ardent supporters of the prime minister, Narendra Modi and his most trenchant critics: Both see him as an agent of radical change. While his avid admirers have faith in Modi's ability to be the vehicle of transformation – a process that goes beyond mere reforms – that will usher a self-confident, culturally assertive and economically buoyant 'New India', his foes are convinced that the NDA government is assaulting the Nehruvian 'idea of India' and replacing it with something narrow, regressive and authoritarian.

Looking back at the three years of the Modi sarkar – the first government at the Centre to rule with a single-party majority since 1989 – it is apparent that the expectations of both sides remain unfulfilled. The third anniversary may have brought some good news about the economy – some 9 million new income tax payers, India's market capitalization of \$2 trillion,

record levels of foreign direct investment, made in India iPhones and the steady strengthening of the rupee – but the news from the ground is still mixed.

The Modi government has shown both energy and imagination in pushing through schemes that have a direct an immediate connect with the people. The road building programme, the steady progress towards 24x7 electrification of India by 2019, the huge energy savings through low cost LED bulbs, the rationalization of cooking gas subsidies, the financial inclusion effected through Jan Dhan Yojana and the construction of nearly 350 million toilets should count as major achievements. Equally, the deft handling of the GST legislation, the simplification of rule and procedures for business, the near-mandatory transfer of welfare entitlements by bank transfer, the transparency in the auction of natural resources and the corrective actions to make state more financially empowered are long-term achievements.

However, all these measures count as either good governance or reforms. Indeed, some of them have their genesis in the UPA regime that, alas, lacked the drive and the political focus to push them through. In terms of disruptive approaches that break with the old order, the Modi Government has exercised caution – no doubt due to the complication of numbers in the Rajya Sabha. Modi has, in fact, been charged by the pro-market Right of being needlessly incremental in his quest for change.

The government has, however, been positively disruptive in fighting corruption and changing the political culture. Demonetisation was unquestionably the biggest decision of the past three years. Its objectives ranged from fighting terrorism, crime and tax evasion to propelling India into the club of less-cash economies. That it has also proved politically rewarding was not apparent on the day the decision was taken and economic activity was temporarily disrupted. It was both a decision taken in secret by a very few and a huge leap of faith.

Demonetisation was also the clearest test of Modi's political resolve. He was neither deterred by the complications of offending the BJP's core support base nor paralysed into doing nothing by the confusion among economists of its consequences. There is an obstinate streak in Modi that has proved a big deterrence against political pressures for 'accommodation'. In making the capital's lobbying industry redundant, resisting the temptation to be part of the cosy social life of Lutyens' Delhi, refusing to be swayed by media storms and in being inflexible in his insistence on rectitude, Modi has presented a distinctive style of leadership. Critics have pilloried him for an authoritarian streak but imperiousness born of exercising moral choices has always yielded returns. The argumentative public life notwithstanding, the Indian voter has an abiding fascination for strong-willed leaders.

At the same time the Modi government isn't ideologically dogmatic in its strategies of governance. Modi has defied neat categorization and this has been the source of much misunderstanding of both the man and his regime. As the basic parameters of his governance suggests, he has blended different impulses. He has combined a top-down approach with grassroots political mobilization, lofty idealism with electoral expediency, statism with market impulses, self-help with state welfare and swadeshi with the global. Far from being a transient phenomenon – as many imagined he would be – he has completely altered the political landscape in a short span of three years. His governance is still a work in progress and it will take a longer time frame to comprehend its full impact.

As a senior BJP leader once told: "Modi is not there to manage India; he is there to change it." In fact, he is doing both.

Source: Hindustan Times, 26.5.2017

Indorock-2017 report and recommendations

7th Indian rock Conference (Indorock-2017) was organized by Indian Society for Rock Mechanics and Tunnelling Technology (ISRMTT) in association with Central Soil and Materials Research Station (CSMRS) and WAPCOS Ltd. at Hotel Radisson Blu, Dwarka, New Delhi on 25-27 October 2017. The conference was inaugurated by Sh. Arjun Ram Meghwal, Minister of State for Water Resources, River Development and Ganga Rejuvenation and Parliamentary Affairs whereas the valediction function was presided over by Dr. V.M. Sharma, the founder member of ISRMTT.

The conference was attended by 200 delegates from around 60 organisations. Conference Lecture on the topic '*Long-Term Mitigation Strategy using Tunnels to Combat Major Landslides in the Himalayas*' was delivered by Dr. Rajinder Bhasin, Expert (Rock Mechanics) from Norwegian Geotechnical Institute (NGI), Norway and 13 keynote addresses covering various topics were delivered. The conference proceedings included write-up of 1 conference lecture, 11 keynote addresses and 63 technical papers grouped in 14 technical sessions. Conference was financially supported by Ministry of Earth Sciences (MoES), WAPCOS Ltd., SJVN Ltd., L&T Construction, Arihant Drillings Pvt. Ltd., Shivalik Geotech Services, NHPC Ltd., Normet India Pvt. Ltd., AECOM India Pvt. Ltd., PARSAN Overseas Pvt. Ltd., Indian Geotechnical Services, Mineral Exploration Corporation Ltd. (MECL), Gauge Geotechniques and GEMAT Soil & Rock Probe Engineers. A technical exhibition was arranged in which 6 organisations viz. CSMRS, WAPCOS Ltd., AECOM India Pvt. Ltd., Normet India Pvt. Ltd., Gauge Geotechniques and PARSAN Overseas Pvt. Ltd. participated and showcased their strengths, products and services.

Recommendations

Based on the deliberations in three days conference, the following recommendations were made:

- Geological and geotechnical investigations need to be undertaken in detail for planning and optimization of design of various structures. Proper and thorough investigations results in saving of cost and time. Due to large geological variations in the Himalayas, at least 4 to 5 % of the project cost should mandatorily be earmarked for investigations. For small projects this allocation may be much higher.
- Workmanship and quality construction is a big issue. There should be minimum qualification criteria, which the technical personnel working at the site should satisfy.
- In view of the loss of human life and property apart from inconvenience to public on account landslides particularly in the Himalayas, road tunnels should be given more
- importance for connectivity. Long term benefits of tunnels should be considered especially to save environment and to bye-pass the potential landslide prone zones.
- Rock slopes facing the rock fall problems shall be studied in systematic manner for the holistic solution and considering the long term effect of weathering.
- With more and more visibility and application of geophysical techniques backed by geological investigations, these methods should be used for fast and cost effective tools in first hand investigations covering wide areas within short period.
- Many a times a rigid approach of deciding the investigations and types of tests is adopted for the investigations. The contractors stick to these tests and investigation despite the fact that no useful information may be extracted. A flexible approach while awarding the investigations needs to be worked out.
- Independent agencies with unbiased and neutral approach should be listed for expert services in the geotechnical and geological investigations to be carried out in the projects and also in cases of conflict and disputes. The holistic approach in the investigations using all data to

extract the useful information is very important and can be obtained by the experts and government/public/private sector agencies having long experience of designs.

- Codes and standards are the guidelines, therefore, adequate number of samples should be tested for arriving at the final values. Unlike steel, concrete and even soil, the scatter in results of tests conducted on rocks are bound to exhibit large scatter and variability. Number of specimens to be tested for obtaining the reliable and useful data required for the design should be based on the type and magnitude of the structures, anisotropy, inhomogeneity and other geological variations. Though, codes do specify the minimum samples for idealized conditions, more samples should be tested as per the project requirements.
- Blasting is part and parcel of rock excavation and should be designed taking into account all the relevant factors for efficient and safe execution. Controlled blasting technique shall be made mandatory for each project under the expert supervision and monitoring. This will not only help in reducing the rock damage and enhance stability, but will also help in optimizing the construction cost.
- Public awareness for the people residing in the project area through meetings, distribution of leaflets, holding seminars and describing benefits from the project without damaging the environment or through plantations should be made mandatory.
- Because of advantages and limitations of New Austrian Tunnelling Method (NATM) and Norwegian Method of Tunnelling (NMT), it is recommended to use hybrid approach incorporating the benefits of both NATM and NMT e.g. instrumentation and monitoring part of NATM should be made an integral part of NMT. Similarly, active support system from NMT can be incorporated in NATM in some way. The tunneling approaches should be flexible.
- Instrumentation and monitoring is the backbone of any project. Planning and execution of comprehensive instrumentation, data monitoring, interpretation, design revisions incorporating the input data and taking timely remedial measures should be mandatory for any project. Timely monitoring and actions for remedial measures will result in safe and economical construction.
- Numerical methods help in foresee many hazardous conditions. Hence, numerical analysis using the appropriate available tools should be carried out and model should be validated in terms of loads, stresses and deformations using the actual data from the instrumentation.
- With focus on use of underground space for purposes like oil storage, nuclear waste disposal, defence installations and sports utilities etc., other than hydro and infrastructure development; the seminars, workshops and conferences need to be organised for deliberations and seeking solutions to geotechnical, geological, design and construction related challenges.
- Proper management, dynamic leadership and timely decision taking ability always lead to economical and safe construction.
- Cost and time saving technologies should be promoted to get the maximum output with minimum input.

- Indorock-2017 Organizers

Sports for creative confidence

The out-door sports develop 20 plus abilities in the sport persons. The mild struggles make us strong persons. The statistics prove health crisis in the making in urban India, due to lack of exercises and stresses. So build the creative confidence. The inner happiness is born out of some sufferings. Medically the out-door sports (according to our likings) are certainly better than yoga. Olympics prove it well. Wrong yoga can harm us. Thus the natural path of pains is essential for the evaluation of our strengths. No pain ! No gain. No risk ! No gain. Please take the calculated risks. The purpose of life is to create our strengths and not our weaknesses. Our religion should be the evolution of our strengths. The nature favours only the brave persons. Please become a

strong person. The choice is yours how you become a strong person. This article is only for the young persons.

So the sporting nation are at the top in all the areas. The science makes good athletes. Yoga also helps in the sports. Thus the sport is the real karma-yoga. The gene is also important. The creative courage is the out-come of the sports. However the dancing is naturally good for girls. There is a champion hidden in all of us. Please find it out. Please have an aim in life for its stability. The sports remove laziness of peoples. The nature prefers the adventurous persons. The evolving-evolution cannot be stopped. The history proves it well. The sports can naturally increase the happiness index of a nation. Some stress is naturally good for life. Maximize your courage.

Our hearts love happiness and the sports according to our likings. The muscles of hearts may be strengthened by daily exercises or sports or walking. This is the natural way of keeping our hearts healthy. The law of the nature is “use it or loose it”. So if you do not use a part of your body, you loose its strength soon. If you do not use your brain, you naturally loose strength of your brain. So the work keeps us healthy. Thus the creative confidence is the result of difficulties but after a long mild struggle. Let us be the cheerful persons.

The development of good character is essential to play in a team with a team spirit. Outstanding success of ISRO is due to the vast team spirit. Wider the team spirit, bigger is the success. Further the out-door sports develop endorphins (happiness chemicals) to improve our moods to be happier. Thus the children should have a fundamental right of playing sports all over the world, as in the nature.

The sport persons should drink the juice of seabuckthorn herb as in China. Seabuckthorn is nearly 80 times more powerful than any other herb. Accept whatever makes you strong. Please reject whatever makes you a weak person. The life is the natural food of life. So healthy life is the natural medicine and tonic of life for good health, and not chemicals. As the healthy life has healing properties. However the matter has properties of weathering or corrosion forever. The sports develop the coordination between the body, senses, mind and soul. Sports should provide excitements to the peoples. The out-door sports lead automatically to the healthy food habits, the healthy sleeping habits and the healthy life styles. The sport is a great teacher. The sport teaches us the discipline, the team spirit, professionalism and positive thinking. Thus preserve the natural interest of playing throughout your life. The teachers should teach the difference between fiction and fact.

The adventurism is the result of the adventurous sports and adventurism or the creative courage is beyond the inner bliss deeper within us all. So please learn the adventurous sports under the guidance of experts, according to your likings. Thus the regular adventurous sports can create the crisis managers. However the over confidence is the cause of defeat in the sports. The modern engineers are thus super humans now. IITs should train the crisis managers. India needs the crisis managers now.

As such the out-door sports, should be made compulsory in all the schools for making our children stronger and happier. Further the out-door sports as per their choices must also be made compulsory in all the centres of higher learning for creative-confidence-boosting of the students. Let us say “good bye to laziness”. As the parasitic people are never respected any where in the world. The poor persons are internally strong persons. Let us pray for the welfare of the poor peoples with the full faith. Let us help the unprivileged people to compete. Sport persons are emerging as the real world heroes now-a-days. The heart of the people have to be won.

The Olympic movement is popular all over the world. The spirit of fair-creative-competition brings out the best in us. So the spirit of fair-creative-competition has transformed many nations into the originally creative nations. Darwin could not be proven wrong in the majority of cases. Injustice is the natural law of life. As chaos (entropy) keeps on increasing with time automatically. However the wise persons say that it is our duty to keep on fighting the evil. The impossible is happening by Mercy of God. The luck favours only the brave persons. Of course the creative actions are also essential according to the law of actions (karma). Further the competition is good for reducing prices for the consumers. The future scientists and engineers will be able to solve all these problems silently by mercy of God, as in the past so in the future also.

Yogies say that the ultimate goal of life is the development of good character, even for the enlightened persons. We should bloom like a lotus flower in the muds. The good character (creative confidence) means the compassion in action actually. The great leaders inspire us by the vast creative works and not just work. Please follow your intuitions for success. Let us make kindness possible on the planet earth.

Knowledge will give you power but the character will give you respect. - Bruce Lee

Source: JRMTT

ICC team rankings

S.No.	Team	Mts	Pts	Rating
1	India	48	5764	120
2	South Africa	50	5957	119
3	Australia	50	5709	114
4	England	52	5901	113
5	New Zealand	46	5123	111
6	Pakistan	41	3885	95
7	Bangladesh	31	2905	94
8	Sri Lanka	59	5088	86

Source: Hindustan Times, 6.9.2017

Big bridges

Bridge	Location	Over river	Length in Km.
Dhola-Sadiya Bridge	Assam	Brahmaputra	9.15
Bandra-Worli Sea Link	Mumbai	Mahim Bay	5.5
Vikramshila Setu	Bhagalpur	Ganges	4.7
Vembanad Rail Bridge	Kerala	Vembanad Lake	4.62
Dingha-Sonpur Bridge	Patna	Ganges	4.5
Arrah-Chhapra Bridge	Arrah	Ganges	4.3

Source: Hindustan Times, 17.5.2017

Humour

No God !
 No happiness !
 Know God !
 Know happiness !