



## Vladimir Putin Completes India Visit Key Agreements, Strategic Talks, and Outcomes



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Russian President Vladimir Putin completed his two-day official visit to India on December 4–5, 2025. This visit was very important because it was Putin's first trip to India since the Russia–Ukraine war began in 2022. His earlier visit to India was in December 2021. The visit showed that the long-standing friendship between India and Russia remains strong despite global political challenges.

President Putin arrived in New Delhi on the evening of December 4. He was warmly received at Palam Airport by Prime Minister Narendra Modi, a rare gesture that highlighted the importance India gives to relations with Russia. On December 5, Putin was given a formal reception and a guard of honour. Later, President Droupadi Murmu hosted a state dinner in his honour at Rashtrapati Bhavan, reflecting the deep diplomatic ties between the two countries.

During the visit, Prime Minister Modi and President Putin held detailed bilateral talks. The discussions focused on strengthening the “Special and Privileged Strategic Partnership” between India and Russia. Major areas of discussion included defence cooperation, energy security, trade, nuclear power, and global political developments.

Defence cooperation remained a key subject. Both sides discussed expanding joint production of defence equipment in India under the “Make in India” initiative. India and Russia also talked about future defence technologies, including air defence systems and fighter aircraft cooperation. Russia continues to be one of India's most important defence partners, supplying equipment and technology over many decades.

Energy cooperation was another major highlight. Russia assured India that it would continue supplying crude oil to India without interruption, despite pressure from Western countries. Over the last few years, Russia has become one of India's largest oil suppliers. Both leaders stressed that ensuring stable and affordable energy supply is important for India's economic growth.

The two sides also discussed cooperation in nuclear energy. Talks included the expansion of the Kudankulam Nuclear Power Plant in Tamil Nadu and possible collaboration on small modular nuclear reactors in the future. Russia confirmed its continued

support for peaceful nuclear energy projects in India.

Trade and economic relations were given special attention. India and Russia agreed to work towards increasing bilateral trade to 100 billion US dollars by 2030. Currently, trade between the two countries has grown rapidly and stands at around 69 billion dollars. Both countries decided to promote trade in sectors such as fertilizers, pharmaceuticals, agriculture, manufacturing, technology, and infrastructure.

Several agreements and memorandums of understanding were either signed or discussed during the visit. These included cooperation in defence manufacturing, energy, trade expansion, and cultural exchanges. Media and people-to-people contacts were also encouraged to improve mutual understanding.

From a global perspective, the visit carried strong geopolitical importance. At a time when global politics is increasingly divided, India reiterated its independent foreign policy. India made it clear that it will take decisions

based on its national interests and maintain relations with multiple global partners. Russia welcomed India's balanced approach and expressed support for a multipolar world order.

President Putin also shared Russia's views on international issues, including global security and economic stability. While India maintained its neutral stance on the Russia–Ukraine conflict, it once again stressed dialogue and diplomacy as the only solution to conflicts.

After completing his meetings and engagements, President Putin departed for Russia on December 5 evening. The two-day visit resulted in several positive outcomes and strengthened cooperation across many important sectors.

Overall, Putin's India visit reinforced the strong historical ties between the two nations. It showed that India and Russia continue to trust each other and are ready to work together despite changing global conditions. The visit is expected to further deepen cooperation in defence, energy, trade, and diplomacy in the coming years.

## Calm in the Chaos: Timeless Indian Wisdom for the Digital Age



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EDITOR

The digital age has transformed the lives of young people in ways no previous generation has experienced. Smartphones wake us up, notifications follow us throughout the day, and screens often become the last thing we see before sleep. Information travels faster than thought, opinions are formed in seconds, and attention has become the most valuable currency. While technology has opened doors to learning, creativity, and global connection, it has also created a silent crisis of distraction, anxiety, and emotional fatigue. In this atmosphere of constant stimulation, the need for calm has never been greater. Surprisingly, some of the most relevant answers lie not in new apps or algorithms, but in India's timeless wisdom traditions.

Indian philosophical thought has long emphasized mastery over the mind. Ancient texts did not view the mind as an enemy, but as a powerful instrument that needs training and discipline. Today, the digital environment constantly pulls the mind outward—towards screens, comparisons, and endless content. The result is restlessness. The Indian concept of chitta (the mind-stuff) reminds us that clarity comes when the mind is still, not overloaded. For students, learning to pause, reflect, and focus is becoming as important as academic achievement itself.

One of the most enduring contributions of Indian wisdom is the practice of mindfulness through meditation and self-awareness. Meditation was never meant to be

an escape from life; it was designed to improve the quality of living. Even a few minutes of silence, deep breathing, or focused attention can help young minds regain control over scattered thoughts. In an age where multitasking is celebrated, mindfulness teaches the value of doing one thing at a time—fully and consciously. This ability to focus deeply is becoming a rare yet essential skill in education and professional life.

Indian wisdom also stresses the importance of balance. The idea of madhyama marga—the middle path—encourages moderation in all aspects of life. Applied to the digital age, this does not mean rejecting technology, but using it wisely. Excessive screen time often leads to disturbed sleep, reduced concentration, and emotional exhaustion. The ancient approach would suggest conscious engagement: knowing when to connect and when to disconnect. For students,

digital discipline can be the difference between productivity and burnout.

Another powerful concept is karma, which teaches responsibility for one's actions. In the online world, words are typed quickly and shared instantly, often without reflection. Yet digital actions have real consequences—spreading misinformation, engaging in cyberbullying, or promoting negativity affects individuals and society alike. The principle of karma reminds young users that every click, comment, and share carries ethical weight. Responsible digital behavior is not just good manners; it is a moral choice.

Indian philosophy also encourages contentment and detachment. Social media often creates an illusion of perfect lives, leading to unhealthy comparisons and dissatisfaction. Ancient wisdom teaches that happiness does not come from constant

desire but from acceptance and inner stability. Detachment does not mean giving up ambition; it means not allowing success or failure to define self-worth. For students facing academic pressure and social expectations, this mindset can protect mental health and build resilience.

Equally important is the idea of self-knowledge. Indian thought urges individuals to understand themselves before trying to conquer the world. In a time when young people carefully curate online identities, self-knowledge helps distinguish between the real self and the digital image. This clarity builds confidence, authenticity, and emotional strength.

In conclusion, though the digital age demands speed, the mind needs stillness. Indian wisdom offers balance, helping youth use technology wisely and thrive with clarity, resilience, and inner calm.



# The Role of Education in Promoting Gender Equality



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and improved quality of life. For instance, research indicates that women with secondary education are more likely to participate in the labor force and earn higher incomes, contributing to economic growth and family stability.

## Building Awareness and Advocacy

Education is a powerful catalyst for change, and its role in promoting gender equality cannot be overstated. In many societies, including India, gender disparities persist across various sectors, resulting in significant inequalities that hinder social and economic development. By addressing these disparities through education, societies can empower individuals, transform norms, and create a more equitable environment for all.

## Breaking the Cycle of Discrimination

Education serves as a vital tool for breaking the cycle of discrimination that often perpetuates gender inequality. When girls are educated, they gain knowledge and skills that enable them to make informed decisions about their lives. Education empowers girls to challenge societal norms, delay marriage, and pursue careers, ultimately leading to greater financial independence

Education not only equips individuals with knowledge but also fosters awareness about gender rights and social justice. Schools can serve as platforms for discussing issues such as gender-based violence, discrimination, and the importance of equality. By integrating gender studies into the curriculum, educational institutions can cultivate a culture of respect and understanding among students. This awareness can lead to advocacy for gender equality, encouraging students to challenge harmful stereotypes and practices in their communities.

## Enhancing Health and Well-being

The role of education in promoting gender equality extends to health and well-being. Educated women are more likely to prioritize their health and that of their families. They have greater access to information regarding reproductive health,



nutrition, and healthcare services, which can significantly reduce maternal and infant mortality rates. Additionally, educated women tend to invest in their children's education and health, creating a positive ripple effect that benefits future generations.

## Challenging Traditional Gender Roles

Education plays a critical role in challenging traditional gender roles that often limit opportunities for both men and women. By promoting equal participation in subjects like science, technology, engineering, and mathematics (STEM), educational institutions can help dismantle stereotypes that depict certain fields as male-dominated. Encouraging girls to pursue careers in these areas can pave the way for a more inclusive workforce, where women have equal representation and opportunities for advancement.

## Involving Boys and Men

Promoting gender equality through education is not solely the responsibility of women. Engaging boys and men in discussions about gender roles and expectations is crucial for creating lasting change. Educational programs that focus on the importance of gender equality and challenge harmful stereotypes can foster empathy and allyship among

boys and men. By instilling values of respect and equality, education can help create a generation of individuals committed to supporting gender equality in all spheres of life.

## Government Policies and Initiatives

To maximize the impact of education on gender equality, governments and institutions must implement policies that promote equal access to education for all genders. Initiatives such as scholarships for girls, awareness campaigns, and community involvement are essential for overcoming barriers to education. Additionally, ensuring safe and inclusive school environments free from harassment and discrimination is critical for encouraging enrollment and retention of girls in educational institutions.

## Conclusion

Education is a fundamental pillar in the pursuit of gender equality. By breaking the cycle of discrimination, fostering awareness, enhancing health, and challenging traditional roles, education empowers individuals to contribute to a more equitable society. As societies move toward a future where gender equality is the norm, the role of education will remain a vital force in shaping a more just and inclusive world for all.





DYANSHI SHARMA

While societal conversations about mental health awareness among youth have become more prominent, the role of families in this discourse remains crucial. Families serve as the first support system for young people, significantly influencing their attitudes toward mental health. Promoting awareness within

## The Role of Families in Promoting Mental Health Awareness Among Youth

families can help break the stigma surrounding mental health issues and create an environment where youth feel comfortable discussing their struggles.

Many parents and guardians may not fully understand the mental health challenges faced by today's youth. Factors such as academic pressure, social media anxiety, and peer relationships can create a perfect storm for mental health issues to arise. Parents often perceive these challenges through their own experiences, which may not align with the contemporary

their feelings openly. Creating a safe space for conversations about mental health can empower youth to share their struggles without fear of judgment or misunderstanding.

Family dynamics also play a significant role in shaping a young person's mental health. Supportive family relationships can act as a buffer against stress and adversity. Conversely, negative family environments—characterized by high levels of criticism or emotional unavailability—can exacerbate mental health

with essential tools for managing their mental health, ultimately leading to healthier coping strategies.

Additionally, family involvement in school-based mental health programs can reinforce the importance of mental health awareness. When parents participate in workshops and seminars alongside their children, it strengthens the family's collective understanding of mental health issues. This collaboration not only fosters a culture of support within the family but also helps dispel misconceptions surrounding



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pressures that youth face. This disconnect can lead to a lack of empathy and understanding, further perpetuating the stigma.

To combat this, families must engage in open discussions about mental health. Parents can educate themselves about the mental health landscape affecting youth today, learning about common issues such as anxiety, depression, and the impact of social media. By understanding these challenges, parents can better support their children and encourage them to express

issues. Families can promote mental well-being by encouraging positive interactions, validating feelings, and demonstrating unconditional love and support.

Moreover, seeking professional help should be normalized within families. Parents should model the behavior of reaching out for assistance when needed, demonstrating that seeking help is a sign of strength rather than weakness. Encouraging youth to engage in therapy or counseling can provide them

mental health.

In conclusion, families play a vital role in promoting mental health awareness among youth. By fostering open communication, modeling healthy behaviors, and seeking professional help when necessary, families can create a supportive environment for young people to navigate their mental health challenges. Breaking the stigma surrounding mental health begins at home, and we can help ensure that youth feel heard, understood, and supported in their journey.

