

THE POST-TRUTH PHENOMENON!

Once upon a time there was truth and untruth. As human nature got complicated, we discovered half-truths. But in today’s world connected as it is through the internet-enabled social media, the humans are faced with post-truth, a phenomenon which is beyond all these concepts! In this new world an orchestrated lie is amplified on social media through paid promotions, by or for vested and business interests, and even for nation’s strategic interests to make it look like the ‘truth’ – the post truth. This involves curated algorithms, paid promotions and political interests of the social media companies like Meta. This was admitted by none other than the India head of Meta, an American company that proven recently with the post mortem of the so students’ protests in Delhi. After the government sought explanation from the Meta team for Facebook’s manipulations in removing certain posts which were aimed at setting the record straight and promoting those which sought to create chaos and spread lies in India under the guise of ‘Students’ cause, the team admitted to lapses. The Meta CEO Mark Zuckerberg has even personally apologized to the government for these deliberate lapses. The Meta team was confronted by the Parliament’s standing committee with evidence of manipulations.

The incident raises crucial question about the potential use of social media platforms for propaganda, regime change and staging chaos in a country. India, being the world’s fastest growing economy and with huge potential for growth, is the envy of many countries and forces in the world. Today, when social media controls the minds and thoughts of the youth, isn’t it easy for these forces to manipulate the youth or any other section of society to derail India’s progress. Till India launches its own social media platforms like China has done, we will have to manage this phenomenon of post truth.

A strong Bharat demands stronger institutions

Prashant Tewari

Recent agitations involving farmers and students appear to follow a similar pattern: local grievances rapidly escalate into nationwide movements, amplified by social media and, at times, influenced by domestic and international actors seeking to shape public opinion. As the ruling party has consistently demonstrated a strong ability to win elections, sections of the opposition may increasingly rely on mass mobilisation to challenge the government between electoral cycles, knowing full well that they cannot challenge the current government at the ballot box. However, the government must avoid complacency by responding to genuine public concerns, while the opposition should exercise restraint, ensuring democratic dissent does not spiral into unrest that ultimately harms the nation and all political stakeholders, including the people fanning the fire News

India stands at a defining moment in its democratic journey. It is the world's largest democracy, one of the fastest-growing major economies, and an emerging global power. Yet the true strength of a nation is not measured only by GDP growth, expressways, airports, or digital infrastructure. It is measured by the quality of its institutions and the confidence that ordinary citizens place in them. Today, that confidence is under increasing strain. These challenges are not failures of one government or one political party. They are symptoms of institutional weaknesses that have accumulated over decades and have survived successive administrations of every political persuasion. As Abraham Lincoln wisely observed, “When public institutions fail to deliver efficient services, public frustration inevitably rises.”

India’s police system requires urgent modernization. Across the country, police personnel serve with courage under difficult conditions, yet they often work with inadequate manpower, outdated investigative methods, excessive workloads, limited forensic support, and insufficient technological integration. Citizens frequently perceive investigations as slow, corrupt, and legal processes as cumbersome. Genuine police reforms must focus on professionalism, operational independence, scientific investigation, account-

ability, and community policing for citizens to view the police as protectors rather than merely law enforcers. Moreover, the lack of reforms has led to police stations in India turning in extortion hubs.

The judiciary remains another pillar requiring comprehensive reform. Justice delayed has become one of India’s greatest institutional challenges. Millions of pending cases undermine confidence in the rule of law, delay economic activity, discourage investment, and impose enormous emotional and financial costs on ordinary litigants. Judicial reforms should include significantly increasing judicial capacity, adopting artificial intelligence for case management, strengthening digital courts, simplifying procedures, expanding mediation, and ensuring that justice is both affordable and timely. As William Gladstone famously remarked, “Justice delayed is justice denied.” The courts in India have lately become an effective tool to serve the elites; the common man is left high and dry.

Urban governance presents equally serious concerns. India’s cities generate economic growth but struggle with pollution, waste management, congestion, flooding, water shortages, unauthorized construction, and inadequate civic infrastructure. Municipal bodies frequently operate with fragmented authority, weak finances, and limited professional capacity. The issue is not simply funding; it is institutional efficiency, accountability, and measurable outcomes. Surely, citizens deserve clean streets, safe drinking water, efficient public transport, and transparent local governance, contrary to what they are getting across the country.

Healthcare represents perhaps the greatest daily concern for ordinary families. Despite remarkable advances in medical science, access to quality healthcare remains highly unequal. Public hospitals in many regions continue to face shortages of doctors, nurses, medicines, equipment, and infrastructure. A medical emergency should never become a financial catastrophe for a family. Investing in primary healthcare, preventive medicine, digital health systems, medical education, and rural healthcare infrastructure must become a national priority. Newspapers

Education too requires structural transformation. Expanding enrolment alone cannot define success if learning outcomes remain weak. Schools and universities

must produce critical thinkers, innovators, entrepreneurs, scientists, and skilled professionals rather than merely examination candidates. India’s demographic dividend can become its greatest strength only if education equips young people with practical skills, digital literacy, ethical values, and adaptability in an AI-driven economy. The recent Gen Z agitation should be an eye-opener for the ruling class; it exposes the disconnect between the government and its young citizens.

No discussion on institutional reform can ignore agriculture. Nearly half of India’s population continues to depend directly or indirectly on agriculture, yet millions of farmers remain economically vulnerable. Fragmented landholdings, climate uncertainty, rising input costs, inadequate irrigation, price volatility, post-harvest losses, and limited value addition continue to constrain farm incomes. The objective of agricultural policy should move beyond ensuring production to ensuring prosperity. Farmers require modern technology, market access, storage facilities, affordable credit, insurance, research support, and integrated supply chains that allow them to participate meaningfully in India’s economic growth.

The rise of social media has fundamentally transformed the relationship between governments and citizens. Public opinion now forms and spreads within hours, turning local grievances into national or even global debates. The Arab Spring demonstrated the disruptive power of digital platforms, while countries such as Sri Lanka, Bangladesh, Nepal, and Pakistan have witnessed major political upheavals influenced by rapid information flows and mass mobilization.

Several European democracies have also experienced swift political shifts shaped by online discourse. In this digital age, governments must embrace greater transparency, responsiveness, and accountability, as citizens increasingly expect not just policy announcements but tangible, measurable, and timely governance outcomes.

India’s young population further amplifies the urgency of reform. Aspirations have risen dramatically. Young Indians seek quality education, meaningful employment, efficient governance, and equal opportunity. When expectations repeatedly encounter institutional inefficiency, frustration naturally increases. Governments must recognize that economic

growth alone cannot sustain public confidence unless institutions function fairly, efficiently, and transparently. Mahatma Gandhi reminded us that “The true measure of any society can be found in how it treats its most vulnerable members.” Institutional reform is therefore not an administrative exercise; it is a moral obligation. SouthAsians & Diaspora

Artificial intelligence, digital governance, blockchain, predictive analytics, and data-driven administration present unprecedented opportunities to modernize governance. Governments should deploy these technologies to improve judicial efficiency, detect corruption, streamline public services, strengthen healthcare delivery, enhance agricultural productivity, and improve policy implementation. Technology should become an instrument of accountability rather than merely a symbol of modernization.

The choice before India is clear. Political debates will continue, elections will come and go, and governments will change. But unless India undertakes bold institutional reforms in policing, the judiciary, healthcare, education, agriculture, municipal governance, and public administration, public dissatisfaction will continue to grow irrespective of which party occupies office. Strong institutions, not strong personalities, ultimately determine the success of a democracy. India needs reforms more than swanky airports, ports, railway stations, road network, administrative buildings.

Time, however, is running out fast for governments and citizens alike, for political parties and voters, for the ruling establishment and the opposition. Across India, public patience is wearing thin, and the electorate is increasingly willing to embrace credible alternatives when they emerge. Recent electoral outcomes- from Tamil Nadu, where established political equations have evolved over time, to the Bankipur Assembly constituency in Bihar, where a new political force upset a long-standing BJP stronghold- demonstrate that no party can take public support for granted. In a vibrant democracy, performance, governance, and institutional credibility- not historical legacy or political dominance will ultimately determine who earns the people’s trust. Reform, therefore, is no longer a matter of choice; it is an imperative for India’s democratic and developmental future.

GOD CAN HELP IF YOU GET SLEEPLESS NIGHTS

Ajit Kumar Bishnoi



First of all, it must be understood that sleeping is a basic necessity of the material body. This, along with eating, is essential for the material body to exist. Lord Krishna has instructed us in the Bhagavad Gita to sleep and stay awake as required (6.17), that is, neither too much nor too little (6.16). In short, it should be yukta (just right).

What is right varies at different ages. A tiny infant sleeps almost round the clock, except when he or she wakes up to be fed. Children require seven to eight hours of sleep to rejuvenate their tired bodies. This continues into youth, although it is closer to seven hours. As one advances to middle age, the requirement is still around seven hours, but it begins to become difficult to manage, especially if the mind is disturbed. This problem gets worse in old age. There is less deep sleep; one wakes up early, and even total sleep is affected. Naps during the day are required to maintain the necessary energy level.

The important question that must be answered is: Can one manage with naps if there is deficient sleep at night, which is normally the case in old age? The answer, fortunately, is yes. A good sleep after lunch restores the body to a good energy level, and the mind is refreshed. Some older people take two or three naps during the day, which keep them going.

All this is fine, but there are normally problems in sleeping well, beginning from middle age. If advancing age is a problem in itself, most people compound it by having impossible dreams that are never going to be fulfilled. Added to this is bhogabhava (the mood of sense enjoyment), which is never satisfied. Material attractions are embraced, and the mind, which is key to good sleep, gets affected. What people do then is even worse. Rather than accepting the reality of age causing changes in sleep patterns, they resort to drinking alcohol,

taking sleeping pills or even drugs to get to sleep. In developed countries such as the USA, 54 per cent of the adult population drinks alcohol, and around 10 per cent take sedatives to sleep. An overinflated ego does not allow one to look for the real solution, which is taking shelter in God.

How can God help? He begins to reform the person if one takes His shelter and decides to remain in it. Systematically, God guides one towards solutions to individual problems.

As one experiences these changes, one starts to become hopeful. One begins to look after one’s health seriously rather than lamenting one’s luck. One begins to accept the reality that the Earth is a duhkhalaya (place of misery), as are the changes in sleep patterns. One becomes a devotee, and the mind starts to become peaceful. Night-time dreams are no longer scary and disturbing. There are other benefits as well to being under the shelter of God. He provides what one lacks, including good sleep, and protects what one has, giving hope for a smooth life from now onwards.

Why the BJP must reconnect with Gen X

Kalyani Shankar

The political scene in India is changing quickly, and the Bharatiya Janata Party (BJP) is facing a key moment in its history. It needs to think about how to engage Generation X. The ruling Modi government struggled with Generation X, which launched an unexpected agitation that took the government by surprise. This group has evolved through economic and political events. The new Anti-Leak Bill aims to improve transparency in government dealings. IndianMarket Analysis

Generation X is described as the “forgotten generation” or the “middle child” between the larger Baby Boomer and Millennial cohorts. A distinct sense of independence, pragmatism and scepticism towards established institutions characterises this demographic. Generation X has experienced significant national and global events, including economic recessions, the emergence of the inter-

net and critical political transformations. Many individuals within this cohort encountered challenges in the job market during the 1990s and were affected by the implications of liberalisation policies, which presented both opportunities and uncertainties.

This generation values authenticity and practicality, focusing on real benefits rather than empty promises. For Generation X, this means they will carefully examine how the Anti-Leak Bill affects real life. To win their support, it is important to clearly explain what the Bill aims to do and how it protects people.

Last week, Parliament passed the Anti-Leak Bill to stop information leaks that could threaten national security and public safety. This Bill has received mixed reviews. It raises important questions about how to balance national security with individual freedoms. Critics believe that, while protecting sensitive information is important, the Bill could be misused. They worry it might under-

mine freedoms such as free speech and limit the space for different viewpoints. It is also worth noting that the Anti-Leak Bill was created to prevent information leaks in examinations.

These concerns are very important to Generation X, who value accountability and transparency in government. Many Gen Xers see this legislation as a repeat of past government actions, where laws meant for security were used to silence dissent. They are understandably cautious and sceptical. To win back Generation X, the BJP needs a clear strategy. This strategy should do more than promote policies or highlight guaranteed outcomes. Several additional approaches could help achieve this goal.

First, genuine engagement with Generation X through town halls and social media can make them feel respected and included in decision-making processes, strengthening their connection with the party.

Secondly, face-to-face engagement fosters a sense of community and

validation for voters. At the same time, digital platforms can facilitate wider outreach, especially appealing to the more tech-savvy members of Generation X.

Thirdly, prioritising transparency by clearly explaining the Anti-Leak Bill’s objectives and safeguards can help Generation X feel reassured and trust the BJP’s commitment to their interests.

Fourthly, sharing information in simple formats such as infographics and public bulletins can attract a generation that wants quick and clear answers. In addition, involving experts in discussions can strengthen the party’s credibility and show that it is inclusive and responsive.

Fifthly, the BJP should actively promote and highlight its successes in areas that resonate with Generation X’s values. Economic stability, job creation, skill development initiatives and success in digital governance are all subjects that can positively influence this group.

Sixthly, emphasising meaningful

development projects and policies that have directly impacted the lives of Gen Xers can help reinforce the party’s commitment to their well-being. Reassuring Generation X about the importance of individual rights is paramount. The BJP should explain how the Anti-Leak Bill supports democratic values. They need to show the safeguards in place, mention that there will be independent oversight, and highlight that there are ways for people to express their concerns. This can help bridge the trust gap with this sceptical demographic.

Sevently, by engaging civil society and involving diverse voices in discussions about governance and policy, the BJP can showcase its investment in a democratic framework that values collective and individual rights.

The BJP can use digital platforms for outreach, policy discussions and educational campaigns. By analysing data and using social media insights, the party can focus its messages on the issues that matter most to Gen-

eration X. This approach will help ensure that communication connects with them on a personal level. While the Anti-Leak Bill presents challenges for the BJP in regaining generational trust, it is also an opportunity for the party to evolve its approach and demonstrate its commitment to accountability and openness. Winning back Generation X will demand sustained effort, fostering an environment where the party can position itself as a progressive party that values the voices of all demographics, including Generation X. Winning back Generation X after the Anti-Leak Bill, the party can regain trust and support from this group. The BJP should engage with them, be transparent, respect their rights and use technology effectively. Gen X plays an important role in Indian politics, so the BJP must pay attention to improving its image with them. By using clear strategies and building real connections, the BJP can strengthen its relationship with Gen X.