

Central Chronicle

Founder: Late Shri Ramgopal Maheshwari
Inspiration: Late Shri Prafulla Kumar Maheshwari

EDITORIAL

Rise in gold prices

Gold is rising, due to increase in the price of gold in the international market, the price has also increased in India. On March 5 itself, the price of 24 carat gold crossed the level of Rs 69,000 per 10 grams, which is the highest price till date. The question is whether the increase in the price of gold is good or bad from the point of view of the economy? Actually, the matter is in between. In fact, due to the Russia-Ukraine war and the war between Hamas and Israel, the ruble, dinar and euro-dollar have devalued. In such a situation, not only investors but also banks and financial institutions are purchasing gold in large quantities. For this reason, the price of gold is increasing. In fact, the prices in the market are decided according to demand and supply. If supply is less and demand is high then the price of that item is sure to increase. Same thing is happening with gold also. As far as India is concerned, Indians like to invest in gold since ancient times. Especially in rural India, there is still a strong attraction towards gold. However, the prices of gold are determined according to the international market. Is. There is currently a slight recession in the international economic world. The economic growth rate of America and any European country is not above three percent. In such a situation, the Federal Reserve Banks of all the developed countries of the world are moving towards cutting interest rates. This may reduce loan and deposit rates. Obviously, people are being motivated to invest in gold in the hope of higher returns. Due to which demand and price are increasing. There is also Akshaya Tritiya in May, in which gold will be purchased in large quantities. There are also Lok Sabha elections. Political stability strengthens the economy. Gross domestic production (GDP) figures have also been better than expected. In the third quarter of the current financial year, the GDP growth rate was 8.4 percent and the GDP reached the level of Rs 41.74 lakh crore. The growth rate in the second quarter also was 7.6 percent. The retail infla-

tion rate declined to 5.10 percent in March, which was 5.72 percent in last December. Inflation will come down further.

Due to better economy, people may be motivated to invest in gold in the hope of higher returns. Investors benefit from the increase in the price of gold, but difficulties increase for those who need to buy it. These days it is the wedding season and due to 2024 being a leap year, this year is being considered auspicious for marriage. Is. April, May, August, November and December are also considered auspicious. In India there has always been a close relationship between marriage and gold jewellery. Gold is exchanged during the 16 rites of Hindu religion i.e. from birth to death. For Indian women, gold is not just a jewel, but a symbol of well-being, self-respect and pride. That's why they buy gold, but never sell it. Cases of selling gold ornaments are seen only in severe crisis situations. In marriage, everyone gives gold ornaments to their daughter as per their capacity, but now it has become a problem for the poor, because in the last 17 years, there has been a huge increase in the price of gold per 10 grams over the years. The price of gold per 10 grams was Rs 10,000 on May 5, 2006, which became Rs 50,000 on July 22, 2020 and Rs 62,000 on March 20, 2023. This month this figure has exceeded Rs 69000. Actually,

Gold, as a valuable asset and a symbol of wealth and prosperity across the world, has fascinated people since ancient times. Especially in India, no major festival or wedding is complete without the purchase or exchange of gold and gold jewelry as gifts. Overall, the unprecedented increase in gold prices means that the demand for gold is very high these days. It also means that the purchasing power of the people has increased. People are preferring to save gold as an asset instead of liquid currency. Gold prices may not affect the life of the common man, but at least it shows that the condition of the economy in India is quite good and it is progressing at a fast pace.

Choosing a career option...must ask yourself



By Neha Ramani

It can be frustrating when you haven't landed on a solid career path which is holding you back from taking action towards reaching it. This is common and it has a name - decision paralysis - this phenomenon occurs when you have multiple options with different outcomes that are difficult to compare to one another. When tasks feel too complex and overwhelming, it's more psychologically comforting to do nothing at all.

What can you do to overcome decision paralysis?

- 1. Implement a decision-making framework
2. Don't consider too many options at once
3. Set yourself deadlines
4. Use data
5. Get a second opinion
6. Accept that mistakes happen and there may not be a perfect decision
7. What are my interests?
The activities you enjoy doing in your free time can give you insights into careers that would be satisfying and fulfilling for you. To figure out your interests, ask yourself:
7. What hobbies do I enjoy?
8. Do I prefer spending time indoors or outdoors?
9. Do I enjoy working with people, animals, data, or, books?
10. What activities would I miss the most if I could no longer do them?
2. What are my values?
Everyone has values or things that are important to them, such as financial security, social justice, or work-life bal-

ance. These values can help you decide what type of career to pursue. Here for instance, consider a job that pays well if you value financial security, and consider the type of hours you'd like to work to achieve work-life balance and what career may offer that to you.

To kickstart your career exploration, take some time to envision your future. Jot down a list of your top priorities and aspirations to guide you on the path towards finding the perfect career fit. Envision what you would like your life to look like in 20, 30 and 40 year's time. This will help you establish your personal goals and guide you towards a career that can help you achieve them.

3. What is my personality?

Your personality is the way you think, feel, and behave. It can be an important factor in guiding you toward a specific career, so consider several aspects of your personality as you reflect on your future.

- * Are you a leader or a follower?
* Do you prefer to work alone or in a group?
* Do you prefer to cooperate or compete with others?
* Do you enjoy helping others or prefer to empower them to do things themselves?
* Are you a thinker who focuses on ideas or are you a doer who takes action?
* Are you a creative and artistic person or do you thrive with structure and routine?

Remember, skills can be developed and new skills can be learned at any stage of life, so don't let a lack of skills put you off a certain career path. Let the existing skills you have guide you. Whether you require further skill development or not will be the next challenge.

4. What are my skills?

Right now, you already possess skills that can help you succeed in the future. Think about your hard skills and soft skills.

- * Hard skills - skills you've acquired through study, such as culinary arts or computer programming.
* Soft skills - the people and life skills you possess, including empathy, teamwork, problem-solving, and time management.

Remember, skills can be developed and new skills can be learned at any stage of life, so don't let a lack of skills put you off a certain career path. Let the existing skills you have guide you. Whether you require further skill development or not will be the next challenge.

7. How much money do I want to make?

Different careers provide different monetary rewards. Even though salary shouldn't be the main factor in choosing a career, your paycheck can play a role in your quality of life and where you live. Consider your earning potential and how important salary is to you as you narrow down your career options.

8. Where do I want to live?

Some jobs are more readily accessible while others can only be performed in certain locations. For example, you will probably need to live in a rural loca-

5. What are my talents and strengths?

From childhood, you have demonstrated talents and strengths that make you unique, these qualities can help you succeed in your chosen career. If you don't know your talents and strengths, make a list of everything you're good at doing. Your family members, friends, teachers, boss, and mentors can help you write this list that you will use to narrow down potential careers

6. What education or training do I need?

Certain careers require advanced education and financial investment. For example, you may need eight to 12 years of education and training to be a doctor, but you could earn a hospitality management bachelor in four years. Think about the time and money required to pursue a career as you make your decision.

If you already have these hard skills but feel as though you are missing a piece of the puzzle, soft skills such as effective communication, are highly sought after in leadership positions in the hospitality industry. Skills such as communication, leadership, critical thinking, organization, follow through, cultural competency, flexibility, and customer service, just to name a few. Therefore, developing and honing these skills will give any candidate a competitive edge.

As a general rule, although there are exceptions, the higher the salary bracket, the higher the education level is required. However, any career path is worthy of such time and financial investment, but you have to decide whether it is worth it to you.

9. Are there jobs available in this career?

Many of these positions, such as retail salesperson, store manager, and cashier, require face-to-face interactions, reflecting the current trend of customer service as a highly sought-after skill and the increased value placed on in-person work post-pandemic. Cashiers, in particular, may experience a surge in demand as more people push back against self-checkout technology.

People with customer service skills might also want to consider a career in the hospitality sector. The labor shortage in the hospitality industry inflicted by fluctuations in demand and poor staff retention rates in a historically undesirable sector seems to be turning around. Whilst the industry is desperately trying to attract new talent to the industry to plug the shortfall, it presents a perfect opportunity for young graduates to bag themselves better working conditions such as work-life balance, paid leave and higher salaries. While you don't have to work in one of these popular occupations, you should consider the potential job availability in your future career field.

10. How competitive is this career path?

Choosing a competitive career path isn't to be automatically shunned. A career path which is competitive by nature means there must be a rich reward for those who are successful in attaining the post and therefore it is a worthwhile pursuit.

You must, however, weigh up the risk vs reward. Are you prepared to accept rejection and failure countless times before you're accepted? Are you prepared to jump through as many hoops as required to reach this goal, such as further education, gaining internships and real-world work experience, and often extensive application and interview processes? If the answer is yes, then you probably have what it takes!

The chasm between TB and HIV continues

by Shobha Shukla, Bobby Ramakant- CNS

"The two worst global health problems have combined forces well. But the institutions addressing them have miserably failed to put their act together," wrote Dr Tim France, a noted global health thought leader, in an op-ed article titled "The chasm between TB and HIV" which was widely published in several newspapers of high TB burden countries in Asia Pacific and Africa in 2006. Even after 18 years since then, his words remain deeply relevant. Eamonn Murphy, Director, UNAIDS Asia Pacific and UNAIDS Eastern Europe and Central

Asia, opened his keynote address in the End TB Dialogues Summit held recently, underlining the importance of bringing TB and HIV services together and strikingly called upon the dire need to "break the silos" - a clarion call which Dr France had also unequivocally given through his op-ed of almost two decades back!

"Many of the [TB and HIV] programmes are operating in isolation and almost in conflict with each other and it is not helping the patients [co-infected with TB and HIV] we all serve. There are many missed opportunities for HIV and TB service access in Asia

Pacific" said Eamonn.

Asia Pacific is home to 21% of those who are co-infected with TB and HIV. "One-third of HIV treatment service providers do not provide TB treatment and three-fourth of TB service providers do not provide HIV treatment. This gap has got bigger over time, and we need to work collectively to bring this down and make the programmes connect and work together" said Eamonn. "I have been to hospitals where in the compound you have a TB clinic in one part, and an HIV clinic in the other part - and the staff never talk. Only a quarter of countries in the Asia

Pacific region include TB preventative treatment in their national HIV policies and guidelines," added Eamonn. Over 1.9 million people living with HIV had received TB preventative treatment in 2022 globally.

"The 'one patient two clinics' bottlenecks of TB/HIV care - must become obsolete. There should be a commitment to joint programming that is a fully integrated model of care where all services for both TB and HIV are provided in a single facility and by the same service providers. We need to bring the 'silos' together," said Eamonn.

Satire

Modi told the secret to Bill Gates



The friend told us, "In the IPL, Lucknow Super Giants' super fast bowler Mayank Yadav created a stir by bowling at a speed of 156 kilometers per hour and took 3 wickets in 27 balls for Punjab Kings XI. Throwing the ball at such high speed is not a trivial matter."

We said, "Even our leaders do not lag behind in throwing. Recently, in a conversation with Microsoft founder Bill Gates, Prime Minister Modi said that you people still talk about IT, even a child in our India starts saying 'I' as soon as it is born. Bill Gates would have been stunned by this statement of Modi."

The friend said, "Shooter, what experience does Modi have with children?" The truth is that when a child is born, he cries and starts making sounds like 'kihunkihun'. After a few months, he puts his lips together and says 'Mum-Mum'. We don't think that a child starts speaking as soon as he is born."

We said, "Whatever Modi says with full confidence and determination, the devotees blindly accept it. Therefore do not distrust at all. People have been lis-

tening to a voice or note in their own way. This is called sound science or phonetics in linguistics. Once upon a time, a Pandit, a wrestler and a barber were going along the road when they heard the sound of a bird. When people asked what the bird was saying, the Pandit said, he doesn't even know that much. The bird said-Ram, Sita, Dashrath. The wrestler said - The bird was saying - punishment-meeting-exercise. Then came the barber's turn. He said - The bird said - Knife-shear-slash!"

The friend said, "If Modi wanted, he could have told Bill Gates more things about the glorious past of India, like Abhimanyu had learned the art of entering the Chakravayuh while still in the womb of Mother Sasubhadra. Shukdev Muni remained in his mother's womb till the age of 16 because he wanted to stay away from the illusion of the world. Gandhari simultaneously had 100 sons and one daughter, whom Vedvyas kept in a vessel of ghee to mature. This is how the Kauravas and their sister Dusseela were born."

Science Fact

How long before quantum computers can benefit society? That's Google's US\$5 million question

Google and the XPrize Foundation have launched a competition worth US\$5 million (£4 million) to develop real-world applications for quantum computers that benefit society - by speeding up progress on one of the UN Sustainable Development Goals, for example. The principles of quantum physics suggest quantum computers could perform very fast calculations on particular problems, so this competition may expand the range of applications where they have an advantage over conventional computers.



In our everyday lives, the way nature works can generally be described by what we call classical physics. But nature behaves very differently at tiny quantum scales - below the size of an atom.

The race to harness quantum technology can be viewed as a new industrial revolution, progressing from devices that use the properties of classical physics to those utilising the weird and wonderful properties of quantum mechanics. Scientists have spent decades trying to develop new technologies by harnessing these properties.

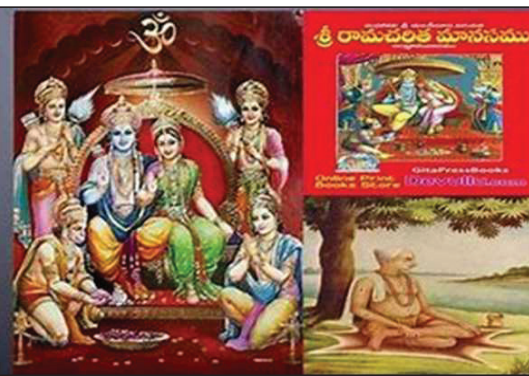
Given how often we are told that quantum technologies will revolutionise our everyday lives, you may be surprised that we still have to search for practical applications by offering a prize. However, while there are numerous examples of success using quantum properties for enhanced precision in sensing and timing, there has been a surprising lack of progress in the development of quantum computers that outdo their classical predecessors.

Spiritual

VBJ crafts epic Sri Ramcharit Manas in gold

The Chennai-based Vummidi Bangaru Jewellers (VBJ) has crafted the epic Sri Ramcharit Manas in gold.

The majestic poem 'Sriramcharitmanas', composed by the revered sage Goswami Tulsidas is rendered in resplendent gold plates, stands as a testament to devotion and craftsmanship.



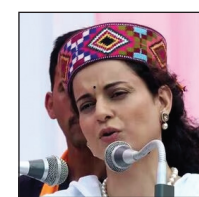
Sriramcharitmanas is a masterpiece of vernacular literature. Goswami Tulsidas, a revered saint and poet of medieval India, stands as an iconic figure in Hindu spiritual literature, a VBJ release said here on Wednesday.

The Golden epic, displayed at VBJ Anna Salai Branch in the city, weighs up to 147 kg, overall, with 522 gold plated pages on it. All pages of the Sriramcharitmanas narrate the timeless chronicles of Lord Rama, woven with poetic eloquence and spiritual depth. Beyond a mere book, it is a symbol of reverence, encapsulating the essence of devotion.

Each page, meticulously crafted with a thickness of 1 mm, symbolizes the intricate attention to detail that defines the craftsmanship.

The journey of creating this opulent masterpiece involved a myriad of design processes, right from precise CorelDraw 2D drawings like framing to sampling the pages.

Quotes



"This is the election of PM Modi. If you vote for Kangana, it will go to Prime Minister Narendra Modi." Kangana Ranaut



I would stay permanently with the alliance (Ab kabi idhar udhar nahi hone wale hain). Nitish Kumar



Leaders of the opposition should learn how to respect women from Prime Minister Narendra Modi. Hema Malini

Tech

Researchers develop new technique to measure blood glucose using smartphone

The US government's National Institute of Standards and Technology on Tuesday announced that its researchers have developed a technique to use the magnetometer on an ordinary cellphone to measure the concentration of glucose in blood with high accuracy.



Pretty much all modern cell phones have a magnetometer that acts like a compass, detecting the direction of Earth's magnetic field. This is very useful for navigation and other purposes. However, the researchers were able to use it for a completely different purpose. The researchers believe that the smartphone can be used to measure a host of different molecules and biomarkers in blood.

In the proof of concept study, the researchers strapped a tiny well containing a solution (used instead of blood for testing) to a cellphone along with a strip of hydrogel. Hydrogel is a porous material that swells when it is put in water. They also embedded tiny magnetic particles within the hydrogel after engineering it to react to the presence of glucose or pH levels (acidity measurement) by expanding and contracting. Changes in pH levels can sometimes indicate different disorders.

When the hydrogel particles expand or shrink, they move the magnetic particles closer to or farther away from the magnetometer in the cell phone. And the magnetometer could detect the corresponding changes in the strength of the magnetic field. They claim to have used this strategy to measure even extremely small glucose concentrations. Such high sensitivity is not required for at-home glucose monitoring, but this technology could, in the future, allow for testing glucose in saliva, which contains a much smaller concentration of sugar.

Send your articles on email: chroniclebpl@gmail.com