



SWARNA BHARAT TIMES

VOICE OF THE PEOPLE | VISION OF THE NATION



THE PEOPLE'S MAGAZINE

NATION FIRST

**BUILDING
A STRONGER
BHARAT**

PEOPLE'S VOICE

**REAL STORIES
REAL IMPACT**

BEYOND POLITICS

**COVERING WHAT
OTHERS IGNORE**

NEW INDIA

**VISION.
DEVELOPMENT.
EMPOWERMENT.**



KARNATAKA THE CHANGE ENGINE

GOVERNANCE | GROWTH | OPPORTUNITY

LEADERSHIP

Voices shaping
tomorrow's India

GROUND REPORT

On the streets,
with the people

YOUTH POWER

The new generation
leading the way

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COVER STORY

VIDHANA SOUDHA

The Icon of Karnataka's Democracy

— A majestic blend of Dravidian architecture and democratic values —

Standing tall at the heart of Bengaluru, Vidhana Soudha is more than just an architectural marvel — it is the nerve centre of Karnataka's legislative and administrative power. A symbol of governance, heritage and pride, it continues to inspire generations.

SWARNA BHARAT TIMES NEWS BUREAU

Completed in 1956, Vidhana Soudha was envisioned as a grand seat for the state legislature even before India's Independence. Designed by the renowned architect B. V. Doshi, the structure reflects the aspirations of a newly formed state with a progressive vision.



HISTORY

The idea for Vidhana Soudha was first conceived in 1951, shortly after Karnataka (then Mysore State) embarked on a new journey of administrative expansion. The foundation stone was laid on 13th October 1952 by Dr. K. C. Reddy, the then Chief Minister.

The construction was completed in 1956 at a cost of ₹1.65 crore, and it remains one of the most splendid structures built in independent India.

ARCHITECTURAL GRANDEUR

- Spanning 1.8 lakh sq. ft., Vidhana Soudha is one of the largest legislative buildings in India.
- The central dome rises 46 metres high and is topped with the Ashoka emblem.
- It is flanked by four smaller domes at the corners.
- The structure is built using granite sourced from Dharwar.
- Intricate carvings, ornate pillars, and spacious corridors reflect the glory of ancient Indian architecture.



KEY HIGHLIGHTS

- Houses the Karnataka Legislative Assembly (Vidhana Sabha) and Legislative Council (Vidhana Parishad).
- The front façade stretches a massive 450 feet.
- The main entrance features 11 steps, symbolizing the 11 districts of Karnataka at the time of construction.
- The national emblem and state emblem are prominently displayed, signifying the spirit of democracy.

A TOURIST & HERITAGE LANDMARK

Vidhana Soudha is not only the seat of power but also one of Bengaluru's most visited landmarks. It is magnificently illuminated in the evenings, offering a breathtaking view.

Every year, thousands of students, tourists, and architecture lovers visit to admire its beauty and learn about its historical significance.

SYMBOL OF DEMOCRACY

Vidhana Soudha stands as a beacon of people's power, governance, and progress. It is a reminder of Karnataka's journey, its cultural roots, and its commitment to a brighter future.

**A proud past. A strong present.
A promising future.**



KARNATAKA PRIDE

THE HEART OF KARNATAKA: OUR FARMERS, OUR FUTURE

The story of resilience, innovation and growth powering the nation's granary

From the fertile plains of the Cauvery basin to the red soils of North Karnataka, farmers are the backbone of the state's economy and culture. Their hard work not only feeds Karnataka but also contributes significantly to India's food security.

SWARNA BHARAT TIMES NEWS BUREAU

Farmers in Karnataka have always shown extraordinary strength in the face of challenges like irregular rainfall, climate change and market fluctuations. Yet, through determination and community spirit, they continue to sow success and harvest prosperity.



Farmers transplant paddy in a field in Mandya district.

DID YOU KNOW?



Karnataka is the largest producer of ragi in India.



The state ranks second in sugarcane production.



Karnataka is the third largest milk producer in India.



Kodagu, Chikkamagaluru and Hassan produce some of the finest coffee in the world.

BEYOND FOOD, THEY BUILD OUR NATION

Farmers provide employment to millions and support industries, from textiles to dairy, from sugar to horticulture. They are the driving force behind rural development and economic growth.



“

When the farmer smiles, the nation thrives.

RICH HERITAGE, STRONG ROOTS

Karnataka has a proud agricultural heritage that dates back centuries. Traditional wisdom, seed diversity and sustainable practices have been passed down through generations, preserving soil health and biodiversity.



INNOVATION IN EVERY FIELD

Today's farmers are combining experience with modern technology. From drip irrigation and soil testing to using drones and mobile apps, they are embracing innovation to improve yields and reduce costs.



GOVERNMENT SUPPORT, GROWING TOGETHER

The Government of Karnataka continues to support farmers through schemes for irrigation, loans, crop insurance, MSP procurement and training programs. Farmer Producer Organisations (FPOs) and cooperatives are strengthening bargaining power and market access.



VOICES FROM THE FIELDS



"With better support and water management, we can achieve even more. We just need fair prices and respect for our hard work."

— Savithramma,
Davanagere



"I use soil testing and drip irrigation now. My yields have improved and I use less water. The future of farming is smart farming."

— Prakash, Belagavi



"More women are coming into agriculture. We are changing the face of farming with confidence."

— Kavya, Mandya

THE WAY FORWARD

- Promote sustainable and climate-resilient farming practices.
- Invest in rural infrastructure and storage facilities.
- Encourage youth to take up agriculture.
- Ensure fair prices and market stability.
- Value, respect and empower our farmers.

**Strong farmers. Strong Karnataka.
Strong India.**

KARNATAKA PRIDE

KARNATAKA'S FARMERS: CULTIVATING PROGRESS, FEEDING INDIA

From traditional wisdom to modern innovation, Karnataka's farmers are setting benchmarks in agriculture and inspiring the nation.

Karnataka, a land blessed with diverse landscapes and fertile soil, has always been nurtured by the tireless hands of its farmers. Their dedication not only ensures food security for the state but also contributes significantly to the nation's agricultural strength.

STRENGTH IN DIVERSITY

From the lush paddy fields of Mandya and the sugarcane farms of Belagavi to the coffee estates of Kodagu and the millets of Raichur, Karnataka's farmers cultivate a rich variety of crops. This diversity is the state's greatest strength.



EMBRACING INNOVATION

Today's farmers are blending traditional practices with modern technology. From drip irrigation and soil testing to using drones and mobile apps, they are embracing innovation to increase productivity and reduce costs.



GOVERNMENT SUPPORT, STRONGER FUTURE

Through schemes like PM-KISAN, irrigation projects, crop insurance and farmer producer organizations, the government of Karnataka continues to empower farmers and build a resilient agricultural ecosystem.



YOUTH IN AGRICULTURE

A new generation of young farmers is returning to the land, bringing fresh ideas, sustainable practices and a passion to make farming profitable and future-ready.



BY THE NUMBERS

- Karnataka is the largest producer of ragi in India.
- Ranks second in sugarcane production.
- Third largest milk producer in India.
- Kodagu, Chikkamagaluru and Hassan produce some of the finest coffee in the world.

BEYOND THE FIELD

Farmers are not just food producers; they are innovators, entrepreneurs and guardians of our environment. They drive rural employment, strengthen local economies and preserve our cultural heritage.



“Our fields may be in different seasons, but our spirit is always in harvest.”

– A Farmer from Dharwad

VOICES FROM OUR FARMERS



“With hard work and the right support, we can achieve more and build a better future for our children.”

– Shankarappa,
Mandya



“Drip irrigation has saved water and increased our yield. It's the future of farming.”

– Lakshmi,
Belagavi



“We are proud to grow quality crops that reach every corner of India.”

– Ramesh,
Raichur

THE WAY FORWARD

- ✓ Promote sustainable and climate-resilient farming practices.
- ✓ Invest in rural infrastructure and storage facilities.
- ✓ Encourage youth to take up agriculture as a viable career.
- ✓ Ensure fair prices and market stability.
- ✓ Value, respect and empower our farmers.

**Strong farmers. Strong Karnataka.
Strong India.**

NATION FIRST

INDIAN ARMY: THE GUARDIANS OF OUR NATION

Brave, disciplined and always ready — the Indian Army stands as a symbol of courage, sacrifice and unwavering commitment to the country.

From the icy heights of Siachen to the dense forests of the Northeast, from the deserts of Rajasthan to the plains of Punjab, the Indian Army stands tall as the first line of defence, safeguarding our borders and our way of life. Their valour and dedication inspire every Indian, every day.



A LEGACY OF VALOUR

The Indian Army has a rich legacy of courage dating back to independent India's earliest challenges. Be it the 1947–48, 1965, 1971 wars or the Kargil conflict in 1999, our soldiers have displayed unmatched bravery and determination.

Their sacrifices have ensured that India remains secure, sovereign and respected on the global stage.

BEYOND BORDERS, BEYOND DUTY

Indian Army personnel also play a pivotal role in United Nations peacekeeping missions, disaster relief operations, and humanitarian assistance, both within the country and across the world.



TECHNOLOGY MEETS COURAGE

The Army is embracing modern technology, advanced weaponry, surveillance systems and indigenous innovation to stay prepared for every challenge of the future.



TRAINED TO PERFECTION

Behind every soldier is rigorous training, physical endurance, mental toughness and a spirit of camaraderie. The Indian Army builds not just soldiers, but leaders who live by honour, integrity and discipline.



AT A GLANCE



Raised:
15 January 1949



Motto: "Service Before Self"



Strength: Over 12.5 lakh personnel



Operations: From peacekeeping missions to high-altitude warfare

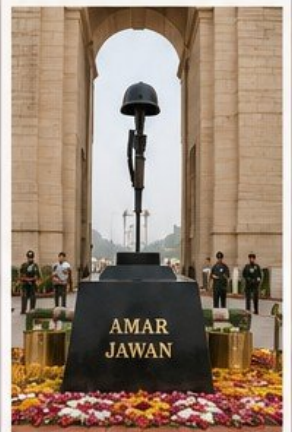


Gallantry Awards: Param Vir Chakra, Maha Vir Chakra, Vir Chakra & more

SALUTING OUR HEROES

On Kargil Vijay Diwas, 26th July, we remember the supreme sacrifice of our heroes who laid down their lives for the motherland.

Their courage will never be forgotten. Their families are our pride.



“

The Indian Army is not just a force, it is a family bound by duty, honour and unwavering love for the nation.



THE NATION STANDS WITH YOU

Every Indian feels proud and safe because of our soldiers. Your strength gives us peace; your sacrifices give us freedom.

We salute the Indian Army for their unshakeable commitment.

JAI HIND!

One Nation. One Army. One Pride.

FROM THE PEOPLE OF INDIA

To every jawan guarding our borders and serving the nation selflessly — thank you. Your courage today builds a stronger, safer and united India for tomorrow. We are, and always will be, proud of you.



NATION FIRST

INDIAN ARMY: COURAGE THAT KNOWS NO LIMITS

From high altitudes to humanitarian missions, the Indian Army continues to protect our sovereignty and serve the nation with pride.

The Indian Army is more than a military force—it is a symbol of unwavering courage, unity and selfless service. In every terrain, under every condition, our soldiers stand tall, ensuring the safety, integrity and honour of Bharat.

With a rich legacy and a future-ready approach, the Indian Army is not only defending the nation but also building a better tomorrow.



Indian Army soldiers patrolling in high-altitude snowy terrain.

ARMY IN ACTION



High Altitude Guardians

Deployed in some of the world's toughest terrains, our soldiers brave extreme weather to keep India safe.



Humanitarian Heroes

From disaster relief to medical aid, the Army is always among the first to reach out and help.



Operation Excellence

Precision, training and technology empower our forces to handle every challenge with might.



United in Diversity

Soldiers from different regions, languages and cultures stand as one, stronger as Indians.

A LEGACY OF BRAVERY

From the Indo-Pak wars of 1947, 1965 and 1971 to the Kargil conflict in 1999, the Indian Army has written countless chapters of valour. The supreme sacrifice of our martyrs is etched in the nation's heart forever.



BEYOND BORDERS, BEYOND DUTY

The Indian Army actively participates in UN peacekeeping missions across the globe, promoting peace, stability and humanity. Our blue helmets are a badge of global trust.



TRAINED FOR EVERY CHALLENGE

Specialised training, advanced weaponry and constant preparedness ensure that our soldiers are ready to face any situation—be it war, terrorism or natural calamities.



TECHNOLOGY AND MODERNISATION

The Army is embracing cutting-edge technology, from drones and AI-enabled systems to modern communication and surveillance, making our forces future-ready.



THE HUMAN SIDE OF A SOLDIER

Behind the uniform is a son, a father, a brother—a real person with dreams and emotions, who leaves behind his family to protect millions of families across India.



“

We sleep peacefully at night because rough men stand ready to face the enemy.

— Winston Churchill



SALUTING THEIR SACRIFICE

Every medal, every uniform and every salute represents a story of courage and sacrifice.

Let us remember and honour our heroes not just on special days, but every single day.

JAI HIND!

One Nation. One Army. One Pride.



INSPIRING THE YOUTH

The Indian Army continues to inspire millions of young Indians to dream big, stay fit, be disciplined and dedicate their lives to the nation.



JOINING HANDS WITH THE NATION

The Army works hand-in-hand with civil administration in nation-building—be it building roads, providing medical camps, or supporting education in remote areas.



STYLE & SPOTLIGHT

FASHION SHOWS & MODELING: WHERE CREATIVITY MEETS CONFIDENCE

From the ramp to real life, fashion shows and modeling are shaping careers, inspiring dreams and driving a multi-billion-dollar industry in India.

Fashion is more than clothes—it's a form of expression, art and identity. At the heart of this vibrant world are fashion shows and models who bring designers' visions to life and inspire audiences with every step on the ramp.

In India, the fashion industry has evolved rapidly over the past decade. With a blend of traditional craftsmanship and modern aesthetics, Indian designers are making their mark globally—and models are the face of this revolution.



A model showcases an elegant creation on the ramp at India Fashion Week.

THE GLAMOUR BEHIND THE RAMP

Beyond the lights and glitz, fashion shows involve months of hard work—from creative concepts and designs to rehearsals, choreography and flawless execution.



MODELING: MORE THAN JUST LOOKS

Modeling is a profession that demands discipline, patience, fitness and the ability to adapt. It's about confidence, communication and carrying yourself with grace.



A PLATFORM FOR CREATIVITY

Fashion shows bring together designers, models, makeup artists, stylists and performers. It's a celebration of creativity that tells stories, raises awareness and sets trends.



OPPORTUNITIES BEYOND THE RAMP

Models can explore careers in acting, brand endorsements, influencer marketing, entrepreneurship and more. The fashion industry offers endless possibilities.



THE IMPACT



Boosts the economy:
Creates jobs in design, styling, makeup, photography, event management and more.



Empowers individuals:
Builds confidence and opens doors to national and international opportunities.



Promotes culture:
Showcases India's rich heritage on global platforms.



Inspires the next generation: Encourages youth to dream big and pursue their passion.



RISING TRENDS

- Sustainable fashion and eco-friendly events
- Diversity and body positivity on the ramp
- Digital casting and social media influence
- Fusion of streetwear and traditional styles



“

Fashion is not just what you wear, it's how you express who you are.

—
Make your passion your platform.



Behind every successful show is a team that works with passion and perfection.

STYLE & SOCIETY

BEYOND THE RAMP: FASHION SHOWS & MODELING AS A CAREER OF TODAY

Glamour, hard work and self-belief — the new generation of models is redefining beauty and success.

The world of fashion is dynamic, fast-paced and full of opportunities. From grand runway shows to digital campaigns, modeling today is not just about looks — it's about personality, confidence, discipline and determination.

Across India, fashion shows have become powerful platforms that celebrate creativity and talent. Designers showcase their collections, and models bring their vision to life, inspiring thousands of aspiring youngsters.



Models showcase designer creations on the ramp during Bengaluru Fashion Week.

A MULTI-BILLION DOLLAR INDUSTRY

The Indian fashion industry is growing rapidly. From traditional wear to contemporary styles, it is creating jobs for models, designers, stylists, photographers, makeup artists and many more.



FROM LOCAL SHOWS TO GLOBAL STAGES

Many Indian models began their journey on small platforms and today represent the country on international runways and in global campaigns.



MORE THAN JUST WALKING

Modeling includes expressions, pose, body language and storytelling. It is an art that connects the designer's imagination with the audience.



SOCIAL MEDIA & NEW OPPORTUNITIES

Digital platforms have opened new doors for models. Influencer collaborations, brand shoots and online content are shaping the future of fashion.



THE MODEL MINDSET



Confidence:
Believing in yourself is the first step to success.



Discipline:
Fitness, grooming and punctuality are key.



Adaptability:
Every shoot, every ramp and every role is different.



Professionalism:
Respect, learning and teamwork open doors to bigger opportunities.



“

Hard work behind the scenes creates magic on the ramp. Stay focused, keep learning and never give up.”

— Supermodel Pooja Mor

TIPS FOR ASPIRING MODELS

- Build confidence and believe in yourself.
- Maintain a healthy lifestyle and stay fit.
- Create a professional portfolio.
- Keep learning and be open to feedback.
- Be patient and stay consistent.



Behind every confident model is a team that prepares, grooms and believes in their talent.

INSPIRING THE NEXT GENERATION

Fashion shows and modeling are no longer just about glamour. They are powerful platforms that promote diversity, self-expression and individuality. Today's models are role models who use their voice to support important social causes.



SPORTS

INDIAN HOCKEY: A NEW ERA OF PRIDE AND PERFORMANCE

With young talent, strong leadership and global success, Indian hockey is marching towards a brighter future.

Indian hockey is written in golden letters in the history of world sports. From winning eight Olympic gold medals in the past to inspiring a new generation today, the journey continues with renewed passion and purpose.

In recent years, the Indian men's hockey team has shown remarkable consistency on the international stage, competing strongly against the best in the world.



Team India celebrates a goal during a recent international match.

A LEGACY OF EXCELLENCE

India is a record eight-time Olympic gold medallist in hockey, a legacy that inspires every player who wears the national jersey.



WORLD-CLASS PERFORMANCES

From the Tokyo 2020 Olympics to the 2023 Hockey World Cup, India has consistently been among the top teams in the world.



FOCUS ON DEVELOPMENT

The Hockey India initiative to develop grassroots programs and world-class training facilities is nurturing the next wave of champions.



STRONG SUPPORT SYSTEM

With the support of fans, sponsors and government initiatives like Khelo India, Indian hockey is stronger than ever.



IN THE SPOTLIGHT

Asia Cup 2025 Champions

India clinched the Asia Cup title in 2025, defeating strong rivals and showcasing dominance throughout the tournament.



FIH Pro League Success

The Indian team delivered outstanding performances in the FIH Pro League, securing important wins against top-ranked teams.



Young Stars Rising

Players like Abhishek, Jarmanpreet Singh and Uttam Singh are emerging as future leaders, bringing energy and skill to the team.



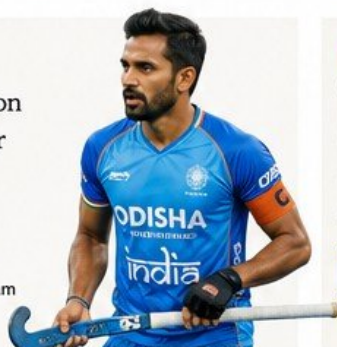
Women's Team Progress

The Indian women's hockey team also continues to make strides with strong showings in international tournaments and a growing fan base.

“

Every time we step on the field, we play for the tricolor and for 140 crore Indians.

— Harmanpreet Singh,
Captain, Indian Hockey Team



THE ROAD AHEAD

The ultimate goal is clear — Olympic glory. With the 2028 Los Angeles Olympics in sight, the team is training harder, dreaming bigger and believing that the next historic chapter is just around the corner.

Indian hockey is not just a sport; it is a matter of pride, passion and the spirit of never giving up.

ONE TEAM. ONE DREAM. ONE NATION.



SPORTS

INDIAN HOCKEY: A TRADITION OF GLORY, A FUTURE OF PROMISE

From historic Olympic triumphs to recent international success, Indian hockey continues to inspire millions and unite the nation.

Indian hockey is more than a sport — it is an emotion that has been part of the nation's identity for decades. The golden era of the 1920s and 1930s, when India won six Olympic gold medals, set the foundation of a legacy that continues to motivate generations.

Today's Indian team is carrying that legacy forward with determination, skill and unity, making the country proud on the global stage.



The Indian men's hockey team celebrates a memorable victory.

A GLORIOUS PAST

India dominated world hockey for nearly two decades, winning six consecutive Olympic gold medals from 1928 to 1956.



BUILDING A STRONG FOUNDATION

Investment in grassroots programs, modern training facilities and expert coaching is shaping the future of Indian hockey.



YOUTH: THE FUTURE

Young talents like Abhishek, Jarmanpreet, Uttam Singh and Sukhjeet are emerging as the new faces of Indian hockey, ready to lead the team to greater glory.



FAN SUPPORT: OUR BIGGEST STRENGTH

The passion and support of Indian fans drive the team forward. Every cheer from the stands fuels the players' spirit on the field.



LATEST HIGHLIGHTS

Hero Asia Cup 2025 Winners

India clinched the Hero Asia Cup 2025 title by defeating strong opponents in a thrilling final, showcasing grit and teamwork throughout the tournament.



FIH Pro League 2024-25

India delivered consistent performances in the FIH Pro League, defeating top-ranked teams and finishing among the top contenders.



Record-Breaking Wins

Historic wins against teams like Australia, Germany and the Netherlands highlight India's growing dominance in world hockey.



Women's Team on the Rise

The Indian women's hockey team continues to scale new heights with impressive performances in international tournaments and qualification campaigns.

“

Our goal is not just to win matches, but to inspire the next generation and make India a hockey superpower once again.

— Manpreet Singh,
Captain, Indian Hockey Team

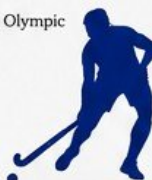


WHAT'S NEXT?

With the 2026 Asian Games, 2028 Los Angeles Olympics and future FIH tournaments ahead, the team is focused on preparation, fitness and strategy.

The dream is clear — to bring back an Olympic gold and make every Indian proud.

ONE TEAM.
ONE NATION.
ONE DREAM.



HEALTH & FITNESS: THE KEY TO SUCCESS

The team follows a strict fitness regime, advanced recovery methods and mental conditioning to stay at the top of their game.



HEALTH & LIFESTYLE

GOOD HEALTH, BETTER LIFE:

Simple daily habits for a stronger, happier you

Good health is not about strict diets or expensive gyms. It's about consistent small choices that create big results over time.

In today's fast-paced world, our health often takes a back seat. But the truth is, a healthy lifestyle is the foundation of success, happiness and peace of mind.

Here are some simple and effective health tips you can follow every day to stay fit, energetic and disease-free.



A balanced lifestyle with proper diet, exercise and mindfulness leads to lasting well-being.

DID YOU KNOW?



30 minutes of daily walking can reduce the risk of heart disease by 30%.



Drinking enough water improves energy, brain function and skin health.



7-8 hours of sleep every night boosts immunity and improves focus.



A diet rich in fruits, vegetables and whole grains can prevent chronic diseases.



Managing stress through meditation and deep breathing improves mental health.

1. EAT BALANCED, STAY ENERGIZED

Include a variety of fruits, vegetables, whole grains, lean proteins and healthy fats in your meals. Avoid junk food and sugary drinks.



2. MOVE YOUR BODY EVERY DAY

At least 30 minutes of physical activity like walking, yoga or cycling helps in maintaining a healthy weight and strong heart.



3. DRINK WATER, STAY HYDRATED

Drink 8-10 glasses of water daily to flush out toxins, improve digestion and keep your skin glowing.



4. SLEEP WELL, LIVE WELL

Good sleep is essential for healing your body and refreshing your mind. Stick to a regular sleep schedule.



5. MANAGE STRESS, STAY POSITIVE

Practice meditation, deep breathing or spend time with loved ones. A calm mind leads to a healthy body.



HEALTHY HABITS CHECKLIST

- ✓ Eat home-cooked meals
- ✓ Stay active for at least 30 minutes
- ✓ Drink plenty of water
- ✓ Get 7-8 hours of quality sleep
- ✓ Take breaks and relax
- ✓ Think positive and stay happy

“

Your health is an investment, not an expense. Take care of your body, it's the only place you have to live.



EXPERT SAYS

Dr. Ananya Sharma, Consultant Nutritionist

"Small daily changes can make a big difference. Eat mindfully, stay active and prioritize your mental well-being."



HEALTHY TODAY, STRONGER TOMORROW

A healthy lifestyle is the best gift you can give yourself and your loved ones. Start today, stay consistent and enjoy a long, happy and disease-free life.

Stay Healthy, Stay Happy!

