

IMPACT

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Greetings from **IMPACT**



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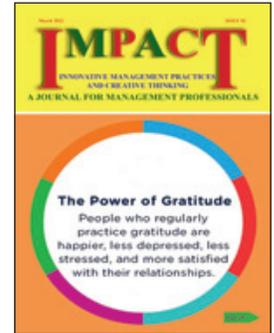
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Dear Readers,

International Women's Day 2022 is gaining ground world over after the dreadful Covid pandemic.

Economy is limping back Thanks to our ever enthusiastic women – world over. Which means covid has gone? A BIG NO by W.H.O. But our irresistible women is determined, come what May - We are celebrating!

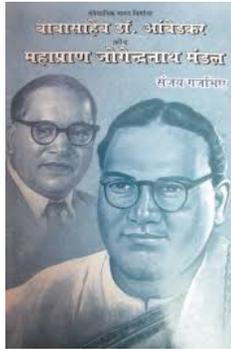
Media is full of Ukraine now. Our media knows, more than even Ukrainians' know! Doomsday predictions blare in every media channel – be it International, National or local channels.

Covid on one side and Ukraine war on the other side, give a gloomy picture.

But, Women being Women, they take pride and pleasure in International Women's Day Celebration across the world except in Ukraine.

Editorial Team

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A Stalwart Let Down by his Contemporaries

Dr. B.R. Ambedkar was a stalwart in his legal acumen and the only leader who attended all the three round Table conferences convened at London, during the British Regime. In 1946, when the Constituent Assembly was being formed, he should have been the first choice



to be inducted into the C.A, from the Bombay Province. However, its Congress Chief Minister Mr. B.G. Kher, for the reasons best known to him, prevented Dr. B.R. Ambedkar from entering the C.A. Finally it was Mr. Jogendra Nath Mandal from Dacca (East Bengal) who withdrew his nomination and paved the way for Dr. Ambedkar to enter the Constituent Assembly. His maiden extempore speech on 13-12-1946 in the C.A was so spectacular that most of the members in the C.A, came to the seat of Ambedkar and congratulated him.

Again, when the question of the Drafting Committee for the Constitution came up, Pandit Nehru accompanied by Mrs. Sarojini Naidu, met Mahatma Gandhi just a month before Independence to 'import' the services of Prof Ivor Jennings for the actual drafting of the Constitution. Mahatma Gandhi laughed at the idea and told Pandit Nehru "Next month, India is going to be

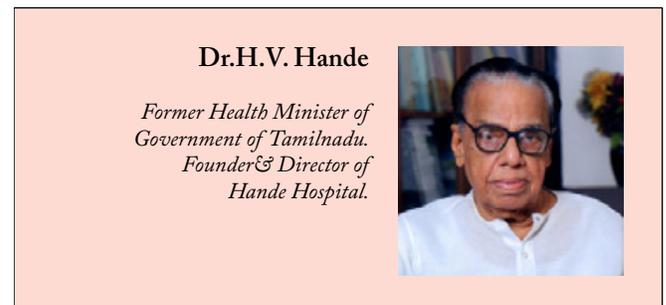


free; and you are still thinking of a Britisher's help. We have with us Dr. Ambedkar who is doing good work in all the Committees of the Constituent Assembly. Take his services for the purpose of drafting the Constitution and also make him the Law Minister”.

(The makers of Indian Constitution, Myth & Reality – by Sheshrao Chavan PP 164-165). Pandit Nehru had to accept Mahatma Gandhi's advice. That was how Dr. Ambedkar became not only the first Law Minister of free India but also the Chairman of the Drafting Committee, despite the resistance displayed by Pandit Nehru.

The above episode tells us, how shabbily we treat great leaders when they are alive and how we glorify them (In this case rightly so) after they are no longer with us.

To-day, among the statues of departed leaders, the maximum number of statues in our country are those of Dr. B.R. Ambedkar. However, it is important for the present generation to realise the fact that Dr. Ambedkar's talents would not have seen the light of the day, if only the efforts to prevent him from drafting the Constitution had succeeded !



Why Communication is Important?

English has now been established as a language of global communication and a language of opportunities. As a professional, whether in practice or in employment, one needs to deal with complex situations, issues, goals, styles, and cultures characterized by the ambiguity due to the ever-changing environment and human interactions in an international level. Communication skill is of paramount importance. Credibility as a leader depends to a large extent on how clearly and forcefully one is able to express his/her views, a report, presentation or even a telephonic talk is an important part of one's personality and if not done well, could cause considerable damage to one's image and career aspirations.

An effective communicator will develop different skills and tools to match the type of communication needed. Communication is what makes our professional and personal



relationships go smoothly. It's how we show care, catalyze change, and get things done. That's reason enough to improve and keep improving this communication skill and luckily, we can all learn to communicate better. Communication is a process of sharing information. It is a way of reaching others with facts, ideas, thoughts, and values. Whether it is an informal social situation or a formal academic or professional situation, we need to share information, ideas, and knowledge with others. Look around and you will find people involved in several activities, which involve informal conversations, discussions, meetings, presentations, phone calls, teleconferencing, chatting and so on.

In brief, we need to communicate in order to interact. It is one of the essential conditions of social interaction. Without communication, social interaction may not be possible because human interaction is essentially communicative interaction. It pervades the entire range of social and professional relationships, and plays a key role in our life. Communication helps understand people

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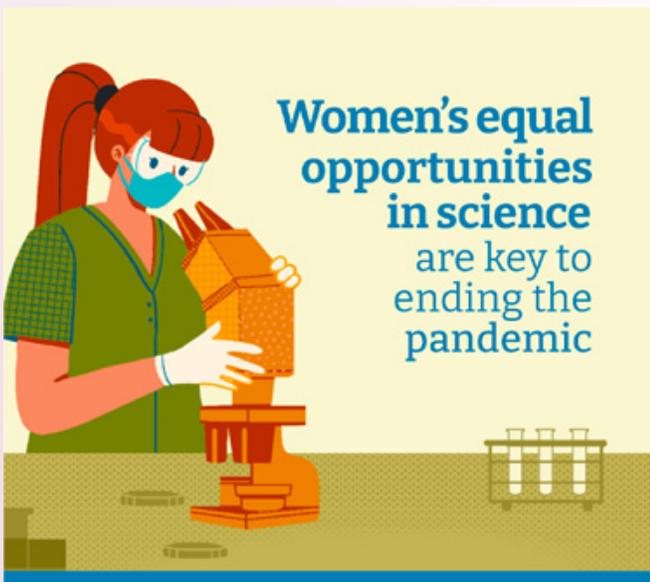
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International Women's Day - Theme, colours, history and significance



International Women's Day falls on 8 March every year.

International Women's Day (IWD) celebrates the political, social, cultural and economic achievements



of women around the globe. The day is observed on 8 March every year and aims to raise awareness about gender equality in all spheres of life.

International Women's Day also tries to raise funds for female-focussed charities. The day also highlights how much more is needed to be done to bring about gender parity in the world.

Theme:

This year the theme for International Women's Day is hashtag Break The Bias. Women often find it tough to move ahead in life due to biased attitudes against them. The theme calls for action against the biases that women have to face on a daily basis. The United Nations has stated that it would celebrate the day with the theme "Gender equality today for a sustainable tomorrow".

Colours:

The concept of specific colours for this day originated from the Women's Social and Political Union (WSPU) in 1908 in the United Kingdom. The colours for International Women's Day are purple, green and white. According to the official website, the colour purple signifies dignity and justice. Green symbolises hope, while the colour white represents purity.



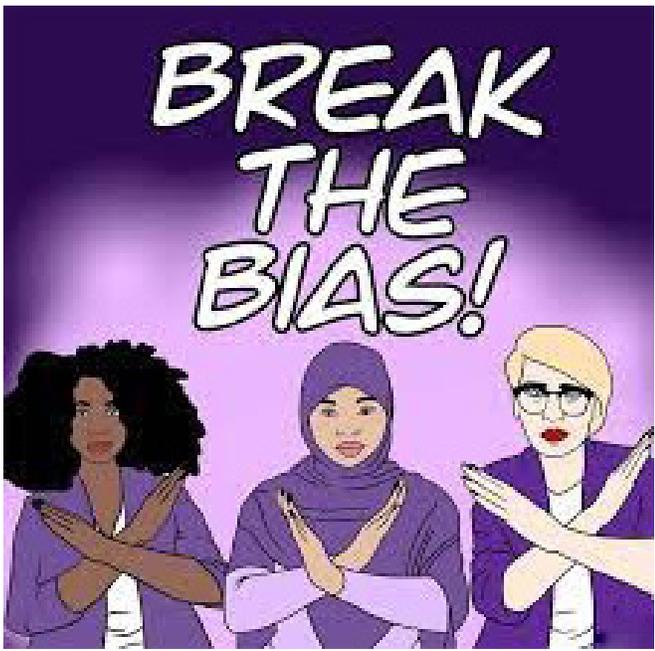
History and Significance:

IWD has been observed since the early 1900s. The period was a time of great change and turbulence, due to the rapid spread of ideologies such as Marxism as well as the rise of the suffragette movement.

In 1908, about 15,000 women marched through New York City demanding several rights including shorter work hours, better pay and voting rights.

In 1909, the first National Women’s Day was marked on 28 February in the United States in accordance with a decree by the Socialist Party of America.

On the last Saturday of February 1917, women in Russia began a strike for “bread and peace” to protest against the rising death toll of Russian soldiers in the First World War. This marked the start of the Russian Revolution. The protests continued, with several other





International Women's Day 2022

#BreaktheBias

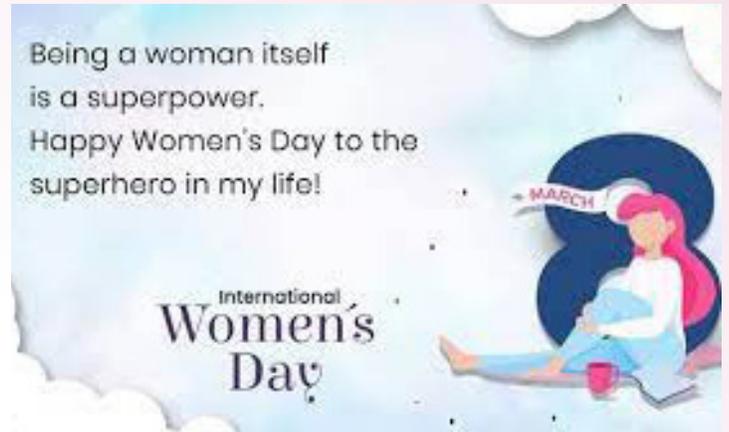


8 March 2022 #IWD2022

INTERNATIONAL WOMEN'S DAY

Gender Equality Today for a Sustainable Tomorrow

The graphic features a central globe surrounded by colorful hands reaching out, symbolizing global unity and gender equality. The United Nations logo is visible in the bottom left corner.



sections of society joining in until the Russian Czar Nicholas II was forced to abdicate. The date when the women's strike started was 23 February, according to the Julian calendar, which was in use in Russia. According to the Gregorian calendar used in the rest of the world, the date was 8 March. This date then became associated with Women's Day.

IWD was celebrated by the United Nations for the first time in 1975. Later in December 1977, the UN General Assembly adopted a resolution proclaiming a United Nations Day for Women's Rights and International Peace. By the year 2000, activities and celebrations were being held in several countries for International Women's Day.

Then in 2001, the internationalwomensday.com platform was introduced with the purpose of re-energizing the day for accelerating gender parity.

Celebrations:

IWD is also an official holiday in countries including Armenia, Burkina Faso, Cambodia, Cuba, Georgia, Kazakhstan, Kyrgyzstan, Mongolia, Nepal, Turkmenistan, Uganda, Ukraine, Uzbekistan and Vietnam among others.

On this day, some men honour the women in their lives by presenting them with flowers and gifts. Additionally, in few countries this special day has a status equivalent to Mother's Day, wherein kids surprise their mothers and grandmothers with thoughtful presents.

Source Courtesy: <https://www.firstpost.com>

Effective Decision Making in Management - Overcoming the Unconscious Barriers

Introduction

Harvard Professor, Gerald Zaltman, says 95% of Purchasing Decisions are subconscious....Emotion is what really drives the purchasing behaviors, and also, decision making in general.



Jordan Poppenek and his master's student Julie Tseng at Queen's University I Kingston, Ontario reports, "that the average human has 6,200 thoughts per day"

Studies by neurobiologists, cognitive psychologists, and others indicate that from 40 to 95 per cent of human behaviour – how we think, what we say, and our overall actions – falls into the habit category. If we select a conservative 50 percent, we are on automatic pilot half the time.

Self-awareness improves your decisions in life

Improving your self-awareness will help you increase your emotional intelligence and understand



the internal factors that drive your decision making process. ... Even slight improvements in your decision making skills can lead to drastic changes in the results that you wish to achieve in your personal as well as professional life.

What is decision making?

Decision making is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives

In psychology, decision-making is regarded as the cognitive process resulting in the selection of a belief or a course of action among several possible alternative options. It could be either rational or irrational. Decision-making process is a reasoning

process based on assumptions of values, preferences and beliefs of the decision-maker.

Generally, there are following elements a decision maker has to consider:

- The decision problem or goal.
- Attitudes, values and personal goals of the decision maker.
- Assumption with regard to future events and things.
- The environment in which decision is to be made

When a manager’s attitudes, values and assumptions play a vital role in his decision making, he/she has to become conscious of a few obvious and a few unconscious barriers. It is very much necessary in recent times, when decision making needs to be quick; the manager may not react without considering the impact of such hidden barriers influencing his final decision. He must be aware of all the barriers and become mindful of them as needed to avoid personal idiosyncrasies and prejudices influencing the quality of decision making.

However, in recent years, Time constraints, Uncertainties are conspicuously seen as common constraints to be considered for all the decisions taken in the workplace.

Time Constraints

Managers often face time constraints that can make effective decision-making a challenge. When there is little time available to collect information and to rationally process it, we are much less likely to make a good nonprogrammed decision. Time pressures can cause us to rely on heuristics rather than engage in deep processing. While heuristics save time, however, they don’t necessarily lead to the best possible solution. The best managers are constantly assessing the risks associated with acting too quickly against those associated with not acting quickly enough.

Uncertainty

Managers frequently make decisions under conditions of uncertainty—they cannot know the outcome of each alternative until they’ve actually chosen that alternative. Sometimes, that uncertainty

TYPES OF UNCONSCIOUS BIAS



Affinity Bias

Feeling a connection to those similar to us



Perception Bias

Stereotypes and assumptions about different groups



Halo Effect

Projecting positive qualities onto people without actually knowing them



Confirmation Bias

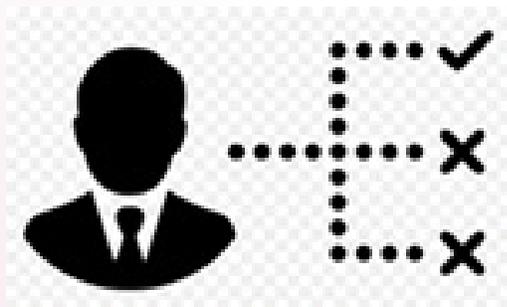
Looking to confirm our own opinions and pre-existing ideas.

can make it difficult for some managers to make decisions, because committing to one option means forgoing other options. However, it is the analytical capabilities of the manager after weighing out the pros and cons will help taking a plausible decision at that point of time.

The hidden or unconscious barriers Checklist

1. Self-Limiting Beliefs over matters under consideration;
2. Unconscious bias hindering the choice;
3. Thinking Systems to keep pace with time available; and
4. Our Comfort Zone, expanding to manage the task on hand.

Understanding Barriers



Personal Biases

Our decision-making is also limited by our own biases. We tend to be more comfortable with ideas, concepts, things, and people that are familiar to us or similar to us. This “similar to me” bias and preference for the familiar can lead to a variety of problems for managers: hiring less-qualified applicants because they are similar to the manager in some way, choosing a familiar technology over a new one that is superior, sticking with a supplier that is known over one that has better quality, and so on.

It can be incredibly difficult to overcome our biases because of the way our brains work. As a result,



we tend to pay more attention to information that confirms our existing beliefs and less attention to information that is contrary to our beliefs.

I. Limiting beliefs



Our belief system is unique, and it is what we believed as true from a certain condition in our life. It is the sum of all beliefs that we have adopted through family, culture, school, society, country, etc. However, it is hard to find 2 people believing exactly the same thing about something. Beliefs are like a fingerprint, similar, but different.

So beliefs are all those interpretations we believe as true without any QUESTIONING. For every

belief, there is a way/pattern we develop, that confirms our belief to be right.

Here are some examples:

Ask yourself if these are really TRUE for YOU.

- If I try, I'll fail.
- No one will want me. I'm not good enough.
- I'm not worthy. I don't deserve it.
- Don't eat ice cream if you have a cold, you might get sicker.
- If you do not have an education, then you are not good enough.
- I have to work really hard to make money.
- I can't lose weight.
- I have bad luck
- I cannot change, I was born like this.

Remember, you will act and make decisions according to your belief.

Limiting belief = Limiting action = Limited decisions = Limited results.

Open belief = Open action = Open decisions = Open results

How to overcome limiting beliefs

- Overcoming limiting beliefs is an ongoing process. You need to learn a new habit of self-talk while disempowering the old.
- Identifying a limiting belief is step 1 and then you need to label it as 'old' and 'powerless'.



Every time this old belief tries to come in, say to yourself, this is an old belief and has no power over me at all.

- It requires that you replace each of them with a new positive and empowering one.
- In order to replace a new belief, it must be believable.
- Make your own affirmations and read them or say them several times a day. It is fundamental that you feel them.
- Look for the opposite positive belief and give your consent to what you decide to believe now.

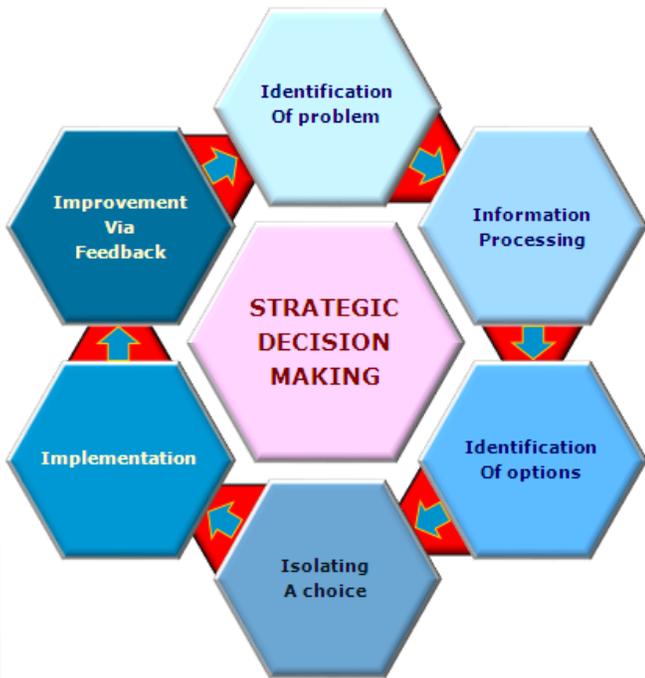
What is a positive affirmation?

They are “I statements” followed by a positive quality, action or desire. They are always in present tense and help you create new ways of thinking that are positive and in alignment with your desire.

II. Unconscious Bias



Unconscious bias – also known as cognitive bias – refers to how our mind can take shortcuts when processing information. This saves time when



making decisions, which is especially helpful when we're under pressure and need to meet deadlines. While these shortcuts may save time, an unconscious bias is a systematic thinking error that can cloud our judgment, and as a result, impact our decisions.

There are different types of biases such as Normative Bias, Performance Bias, Confirmation Bias, Performance & Attribution Bias, Personal Filters and Competence/Likeability Tradeoff, Maternal Bias.

Decision making requires to combat this bias: think of your ideas and belief system as a piece of software you're trying to de-bug, rather than a list of things to be defended. Ask yourself the following questions and be mindful of your thought process when answering them:

- Where do I get information about the issues I care about?
- Do my most common sources of information confirm or challenge my perspective?
- How much time do I spend listening to or reading opposing points of view?
- When I make decisions, am I likely to choose the option that the people closest to me will agree with?

Being cognizant of confirmation bias is not easy, but with practice, it is possible to recognize the role it plays in the way we interpret information and make decisions.

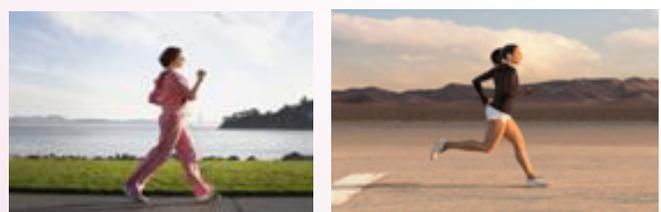
How to minimise unconscious bias

Leaders who can recognize their unconscious biases and make adjustments to overcome them are more likely to make better decisions. To be ever-mindful of unconscious bias, it's important to practice self awareness and slow down decision making to consider what is driving you. Ask yourself if your decisions are data-driven and evidence-based or if you rely on gut instinct? Have you asked for and considered different perspectives?



III. Thinking Fast and Slow

Daniel Kahneman (winner of the Nobel Prize in Economics) theorizes that our brain utilizes two complementary systems to support our decision making.



System One(Eg. EFFORTLESS walk): Intuition / Impulse / Skilled response / Easy.

System Two(Eg. EFFORTFUL run): Reason / Intention / Doubt / Concentration.

System One: continuously and involuntarily generates impressions, intuitions, intentions, and feelings. It's our gut reaction. How we read expressions, react to sounds, colours, and images. Our immediate intuitions about problems. Not prone to doubt. System Two: the conscious, reasoning self that has beliefs, makes choices, and decides what to think about and what to do. A slower, reason-based approach. Considers evidence and questions assumptions.

“As a way to live your life, however, continuous vigilance is not necessarily good, and it is certainly impractical. Constantly questioning our own thinking would be impossibly tedious, and System Two is much too slow and inefficient to serve as a substitute for System One in making routine decisions.



The best we can do is a compromise: learn to recognize situations in which mistakes are likely and try harder to avoid significant mistakes when the stakes are high. The premise is that it is easier to

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5 STEPS TO MAKING GOOD

DECISIONS

1 Identify the decision to be made.
What goals or end results do you want?

2 List your options.

Identify all the possible options and get more information.

3 Study your options.

What are the advantages and disadvantages of each option?

4 Select the best solution.

Choose the best solution and carry out the decision.

5 Evaluate your decision.

Did you decide carefully?
Are you proud of your choice?

recognize other people's mistakes than our own."If our System Two is engaged or depleted, we will basically believe anything.

IV. Comfort Zone

Over time, we all gather a set of constricting habits around us—ones that trap us in a zone of supposed comfort, well below what our potential would allow us to attain.

Understand the truth about your habits. When in your comfort zone, your brain doesn't want anything to change. Your needs are met, you have zero stress, and your brain recognizes that the body is surviving. It's a recipe for steady performance. Your brain especially doesn't like change. It requires so much energy for day-to-day activity that it doesn't want to give extra resources to the attention required to do new things.

To succeed, we must become comfortable with being uncomfortable on a daily basis.
– Anthony Robbins

In comfort zone, your familiarity with your thoughts and actions may affect your decision making. Here are a few ways to break out of the Comfort Zone at work:

- Develop a unique process improvement that has the possibility of increasing productivity, income, or whatever is important to your workgroup.
- Eagerly attempt a challenging assignment that normally would be handled by your supervisor or a "higher level."

Besides, to facilitate the transition easier and more comfortable, the following methods can be adopted:





- Find out how other people achieve what you want to achieve with a high level of success. Research your tasks as much as possible, reading case studies, books, and blogs.
- Consider internet as your friend. If your goal is to stop buying dinner out and start cooking every day, reading recipes will only get you so far. Then having an expert will help you by giving you hands-on experience under the watchful eye of a personal guide.
- Writing down a challenge, whether just in a notebook kept in your night stand or on a blog public to the world, makes it real. It works: the more public, the better.
- The first step is always the most difficult. Any task that seems daunting can be broken down into smaller steps. Eventually, your series of small steps becomes your path to the goal.
- Make slow progress through a series of tasks or through repetition. You may find yourself

looking for more and ready to make some new plans once comfort sets in.

How to Discipline Intuition

You should not let yourself believe whatever comes to your mind. To be useful, your beliefs should be constrained by the logic of probability. Base rates matter, even in the presence of evidence about the case at hand. Intuitive impressions of the diagnosis of evidence are often exaggerated. Anchor your judgment of the probability of an outcome on a plausible base rate.

7 Steps to Effective Decision Making

It is imperative the decisions need to be capable of being implemented, whether on a personal or organisational level. You do, therefore, need to be committed to the decision personally, and be able to persuade others of its merits.

Conclusion:

In all your decision making processes, it is often found to be prudent to trust your gut but think twice, question assumptions and use data wisely.

Dismissing Someone	Holding Space
"That's in the past now, it's time to get over it?"	"What about that is still hurtful for you?"
"I've been through way worse"	"I can't imagine how difficult that is, I'm here"
"I get you're upset, but I need you to be there for me right now"	"We're both feeling tough emotions, lets support each other"
"She's your mother. You need to accept her"	"Tell me more about your relationship with your mother"
"This is the way it is. Sorry if that offends you"	"I'm open to hearing what this experience feels like for you"

Dr. S. Jeyachandran

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The Ukraine Crisis: Cause and Course of the Conflict

The irrepressible Henry Kissinger once said “it may be dangerous to be America’s enemy, but to be America’s friend is fatal”. That may be how the Ukrainian President Volodymyr Zelensky feels now, as his relentless pursuit westwards disregarding geography, cultural particularities, and history, has bought the Russians knocking at the door. The developments in the Russo-Ukrainian theatre represent a watershed moment in big power play, and a body-blow to the dominance of the Atlantic Bloc. The impassive reaction in the trans-Atlantic policy corridors to President Zelensky’s desperate pleas to follow through on their security assurances as envisaged in the Budapest Memorandum, lays bare the serious limitations of the bloc to respond to determined actors who upend the play rules. It also brings to focus their waning appetite to put boots on distant grounds, promises notwithstanding beyond token gestures and empty posturing.

The developments in the Russo-Ukrainian theatre represent a watershed moment in big power play, and a body-blow to the dominance of the Atlantic Bloc.

The 1994 Budapest Memorandum signed by the US, UK, and Russia gave the ex-Soviet Ukraine, Belarus, and Kazakhstan explicit security assurances in exchange for them eschewing their nuclear stockpiles and acceding to the Nuclear Non Proliferation Treaty. By 1996, Ukraine, which had the third largest nuclear stockpile post the Soviet



dissolution, transferred its last nuclear weapon to Russia completing its obligations under the Lisbon Protocol. Its formal assurances reinforced the latent promise in Gorbachev administrations so called ‘Sinatra Doctrine’, which gave erstwhile Soviet states the leeway to pursue their policies and aspirations independent of external pressure. However, realpolitik and energy considerations that informed the wrangling amongst signatories on the legalese of these assurances, and the West’s reluctance for any meaningful precipitate action post the 2014 Crimean annexation should have served as a rude wakeup call to Ukraine. Yet that realisation took eight years to come as President Zelensky observed that Ukrainians were ‘left to our own devices’. Like the proverbial grasshopper from Aesop’s Fables who spent the summer singing only to regret in winter, Zelensky and his envoys’ passionate entreaties do little to conceal their damning complacency and geopolitical naiveté despite the Crimean experience and the eight-year separatist movement in the east, which has come at a humungous human cost.



The implicit recognition of a changed world did not translate into meaningful policymaking in the Cold War-inspired western policy firmament, which got caught up in a victor's putsch.

Myopic and near-term considerations in trans-Atlantic policymaking has created an arc of troubled global hotspots. Doddering and incoherent western response to provocations by determined and highly competitive actors have left traditional allies wary of promises, and scrambling for collaborative solutions with adversaries, to spread their risk. From renewed trade ties, implicit acceptance of suzerainty, compromising national self-interests to acting out of coercion, these lopsided arrangements not only imperil allies but also compel them to adopt nuanced approaches, diminishing the chance of any coordinated response to global commons. This, in turn, emboldens hegemon as they seek to push their narrow worldview entrapping nations in a vicious cycle of debt, despair, and dependency, and the spectre of retribution if they fall out of line.

As America, in particular, and the West, in general, become more insular, new and often belligerent actors will move fast to fill the power vacuum. Fueled by their own unique ideas of grandeur and leadership, their contests for influence play out to the great detriment of the areas of their competition. Western abdication will also have profound and irreversible consequences on the future of contested zones. The shrill, perhaps engineered, rhetoric on Chinese social media since the beginning of the Ukraine crisis calling for a copycat approach on Taiwan should ring alarm bells in western capitals, which have, save perfunctory noises, given China a free pass on a host of troubling issues.

This myopia also divested the international community of the opportunity that the implosion of the Soviet system provided to build genuine consensus around a workable rules-based order. The implicit recognition of a changed world did not translate into meaningful policymaking in the Cold War-inspired western policy firmament,





which got caught up in a victor's putsch. Reeling under the devastating economic and political fallout of the breakup, and even greater, the pain of dismemberment and betrayal, an offer to the Russians should have been an equivalent of the Marshall Plan, to rebuild it, and enable its integration into the liberal universe. This was a real possibility, considering the pro-western sentiment that followed the collapse of the Soviet Union.

The shrill, perhaps engineered, rhetoric on Chinese social media since the beginning of the Ukraine crisis calling for a copycat approach on Taiwan should ring alarm bells in western capitals, which have, save perfunctory noises, given China a free pass on a host of troubling issues.

Instead, drawing from the Leninist maxim 'the worse, the better', the West set out to create a pariah out of Russia to further its own strategic space. The boldness of the approach drew from the assessment that a vastly diminished Russia posed little threat to expanding the western sphere of influence on the

cheap, saner voices to the contrary notwithstanding. What followed was a relentless pursuit to isolate Russia through a reductive narrative on the one hand, and fanning its insecurities by engineering a coalition of ex-Soviet states at its doorstep fed on western dreams, promises, and political ideals. This elicited asymmetric response and pushback from the Russians who moved to secure themselves and reclaim influence. Ironically, it's the West's maximalist stand in the first place that ceded space to Putin at home, who has built his politics on a strident anti-West platform. This machoism resonates well within the domestic echo chamber, expanding his political capital and reducing his motivation to find negotiated middle-ground solutions.

While meandering is part of transnational engagements, the Ukrainian crisis is unlike anything the West has witnessed in recent memory. For one, it brings home the horrors of war, away from distant conflicts involving unfamiliar people, reimagined through nationalistic hyperbole on



prime time TV. The erstwhile Soviet Union, and its successor Russia, has long been the West's principal bugbear dominating political discourse and policy direction. Hostilities on the continent conjure nightmarish scenarios for the trans-Atlantic security architecture. More significant, however, is the cavalier disregard for long-agreed arrangements and conventions by parties to the conflict, the impact of which will transcend the trans-Atlantic realm. It will create a domino effect emboldening actors with might and drive to dispense with their international commitments on narrow pretexts with little fear of any blowback. This will induce chaos into the global body politic, lighting up fires that could consume entire nations in its wake, and precipitate the collapse of the global order as we know now.

The erstwhile Soviet Union, and its successor Russia, has long been the West's principal bugbear dominating political discourse and policy direction.

As a new breed of self-imagined Tsars, Caliphs, and Wolf Warriors embark on unbridled territory grab to further their particular visions of national glory, they draw sustenance from the lack of sufficient international will and pushback. Their effective salami slicing strategies act as potent counterweights in dividing the international community and diminishing response. Checking their enterprise calls for new ways of thinking and acting that goes beyond specious semantics and Molotov cocktails.

Author: JaibalNaduvath

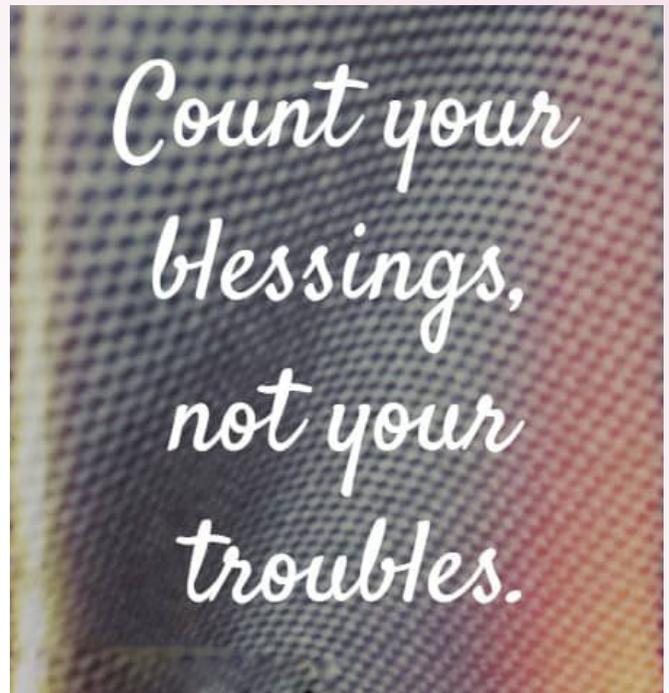
Source courtesy: <https://www.orfonline.org>

Don't Carry in your Heart!

A Senior Monk was going through a forest with his disciple. They came across a small stream on the way. The Guruji jumped over and crossed the water. The disciple too wanted to follow him by jumping over. But at that time he saw a young girl of say 10 years standing there, trying to jump but getting back due to fear as to whether she would fall in between in the swirling water. The disciple understood her predicament, went near her, lifted her and jumped over the water carrying the girl. He then left her on the bank and proceeded following his Master.

Both the Teacher and disciple reached a night shelter in the late evening. After some food when they were taking rest, the Guru told the disciple “ I have to leave you here tomorrow morning.

I would go without you, since you are not fit to be my student.” The young boy was shocked. He exclaimed “ Why Guruji? What mistake I have committed

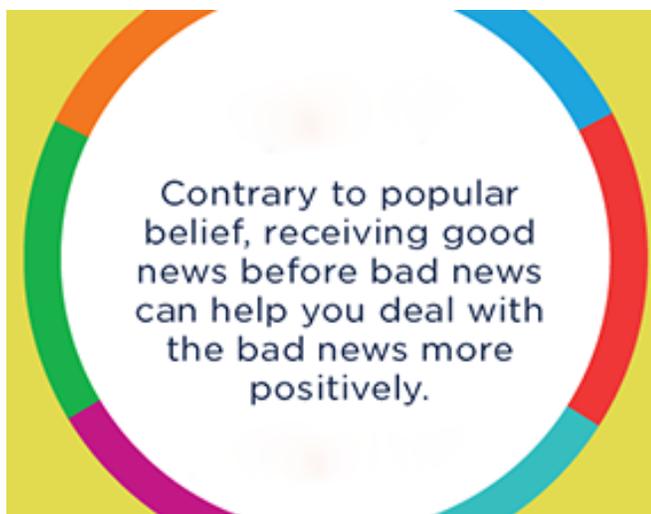


to deserve this punishment?” The Teacher replied “ You have sinned today by touching a girl. Don't you know that we are all strict Brahmacharis and we should not touch any female?”

The student was dumbfounded for a minute. He asked “ Is it a sin to help a little girl to cross a stream?” The Teacher mentioned “ I will only say that you have committed a sin and hence unfit to be my disciple.”

The young boy smilingly replied “ Yes Guruji, I do accept I did a sin by touching the girl. I CARRIED HER BUT LEFT HER ON THE BANK BUT YOU ARE CARRYING HER STILL IN YOUR HEART. Who is a bigger sinner?”

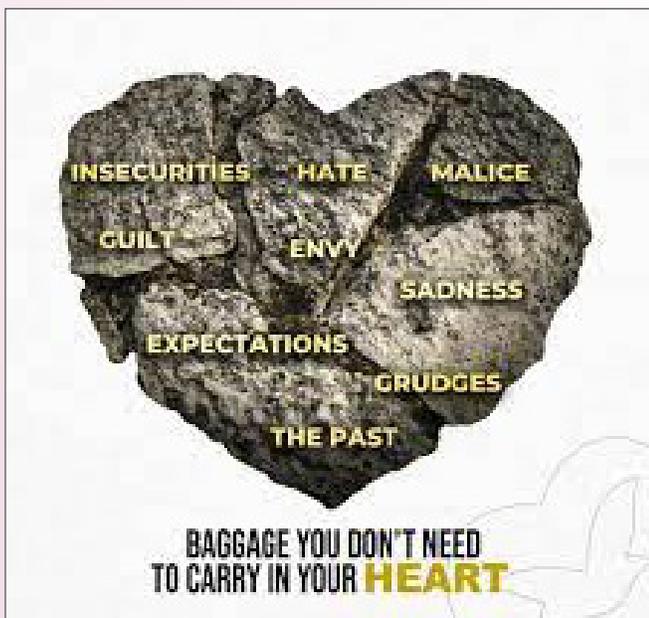
The story is over but the lessons are not.



*Don't carry what
you don't need
in your pocket,
in your home,
in your mind &
in your heart.*

Are we carrying?

Are we not always remembering our yesterdays?
Are we not carrying our bitter memories?
Are we not still recalling when our friend scolded us
and got us a punishment from our School Master?
How many of us continue to keep our grudges
against our ex-bosses even after their retirement?
How many of us recollect our bitter experiences in
our lives?
It is good to have a great memory, but it should be
pleasant and happy.



It is nice not to forget your old school friend, College Principal and your village Pandit but it should be in association with cheerful events.

Should we carry old unsavory thoughts in our minds and burden ourselves?

Of course we should not be completely forgetting all people who helped us in the past, just like persons who throw away the ladder by which they come up.

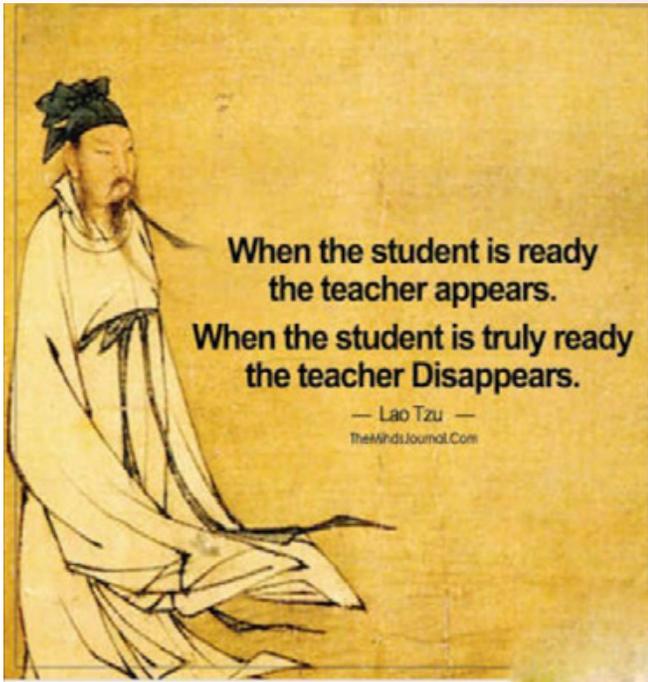
Our Blessings are our Happiness

One person invited all his friends one evening and threw a lavish party. All drank, sang and danced for an hour. Then the Host took the mike and drew the attention of one and all. He said “ I have not told you the reason for this gathering, although many of you enquired me as soon as you came. Now I am going to reveal it. Today morning in a nasty accident, my new Rs 60 lac costly car was completely damaged!”

All the celebrations and gossips suddenly stopped. First there was a pin drop silence for a few seconds. Then voices erupted “ What? An accident, the whole car gone, you are enjoying that occasion...oh oh oh” The Host again took the microphone “ Wait, wait, wait. I have not completed. The car had only one occupant-the driver.” He stopped. There was a chorus “ What happened to him?”

The Host announced “ Not even a scratch. Utterly safe and healthy.” Ohhh! A great sigh of relief from every mouth present. “ Lucky fellow. God is Great. His life line is very strong etc etc”- there were the various reactions from the audience. Again it was the turn of the Host. “ But you did not ask who was that lucky man..” A moment’s silence. Then the Host shouted “ I AM THAT DRIVER!!!”

Every one was dumbfounded. “ Now tell me, Should I not celebrate this occasion or should I be weeping



**When the student is ready
the teacher appears.
When the student is truly ready
the teacher Disappears.**

— Lao Tzu —
TheMindJournal.Com

over the loss of my expensive car? I can purchase another car but can I get back my life or hand or leg or eye or any other part of my body?”

Again there was silence for a second and then a big thunderous shout “ NO...NO...NO.”

Yes, what we have is our Savings, our Blessings and our Treasures.

They are our Happiness, our Strength and our Confidence.

Some useful tips

Dr APJ Abdul Kalam says “ Accept your Past without regret,

Handle your Present with confidence and Face your Future without fear.”

I recall the following adages:

Behind you all your Memories,

Before you all your Dreams,

Around you all who love you and

Within you all your needs.

Some times I know it is very difficult to forget certain things and move along. But that is the only wise thing to do and have a peaceful existence.

Forgive what you can't forget.

Forget what you can't forgive.

Live every moment.

Laugh every day.

Love beyond words.

R. Venugopal

*Mr. Venugopal has served in
LIC of India from 1968 to 2006
for 38 years and retired as an
Executive Director.*



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