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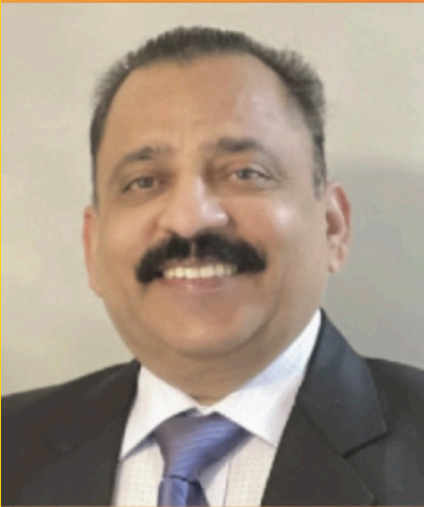
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Editor's Note



The March edition of National Times highlights a world navigating both challenges and opportunities. From the ongoing U.S.–Iran tensions impacting global stability to Canada's renewed engagement with India through strengthened business and diplomatic ties, this issue reflects key international developments shaping our future.

In celebration of International Women's Month, we proudly feature inspiring success stories of women from Alberta and British Columbia, recognizing their contributions to building stronger communities. Additionally, initiatives by the Punjab and Haryana governments to provide financial support for women and farmers mark important steps toward inclusive growth and social welfare.

At National Times, we remain committed to delivering meaningful stories that inform, inspire, and connect our diverse readership.

Rajeev Sharma



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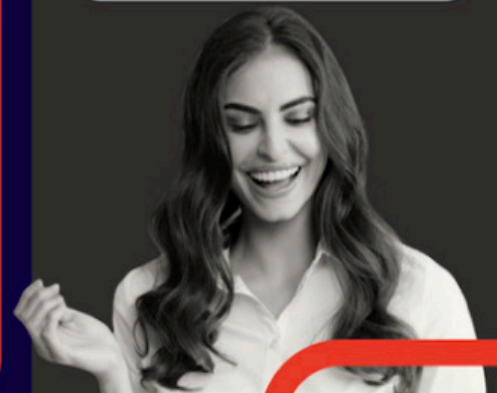
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Alberta Takes the Lead: A New Era for Major Project Approvals

Rajeev Sharma | National Times

Milestone for Provincial Authority

In March 2026, Canada witnessed a significant shift in the balance of federal and provincial power when Ottawa and Alberta reached an agreement allowing the province to take the lead in approving major projects within its borders. Under this landmark framework, Alberta assumes primary responsibility for reviewing pipelines, energy facilities, mining operations, and other large-scale developments, while federal oversight remains focused on national priorities such as fisheries, and federal lands.

The deal stems from a longstanding frustration in Alberta's political and business circles. For years, project approvals were slowed by overlapping federal and provincial reviews, sometimes stretching timelines into years and deterring investment. By reducing duplication, the new arrangement promises clarity, speed, and predictability—factors crucial to maintaining Alberta's competitiveness in a global energy market.

Powering Growth and Investment

Alberta sits atop some of the world's largest oil reserves, yet infrastructure bottlenecks and regulatory hurdles have long constrained energy exports. Proponents of the agreement argue



that faster, more efficient approvals will unlock billions of dollars in investment, helping Alberta meet growing global energy demand, particularly from Asian markets. Beyond energy, the agreement is poised to catalyze broader economic development. Pipelines, export terminals, and emerging projects such as carbon capture facilities could generate tens of thousands of jobs across Western Canada, reinforcing the province's role as an economic engine for the nation.

Balancing Development with Responsibility

Despite the optimism, the deal

raises questions about environmental oversight. Critics worry that shifting authority to the province may dilute federal standards and weaken scrutiny of large projects, particularly given Canada's ambitious emissions-reduction targets.

Federal officials, however, emphasize that the framework maintains a coordinated system, preserving national safeguards. Projects affecting Indigenous communities, waterways, and sensitive ecosystems will continue to involve federal participation, ensuring that environmental protections and legal obligations remain intact. Indigenous consultation, a key component of project approval, is expected

to remain robust, with new opportunities for participation in ownership and planning as developments advance.

Politically, the agreement marks a thaw in a decade-long tension between Alberta and the federal government. Disputes over pipeline approvals and environmental regulations have often fueled friction, but this framework represents a cooperative compromise: Alberta gains regulatory leadership, while Ottawa retains oversight where national interests are at stake. For Alberta, the message is clear: the province now has a stronger hand in shaping its economic future. If successful, this model could redefine how Canada manages large-scale infrastructure, balancing economic opportunity with environmental stewardship.

Looking Ahead

As the new system moves into implementation, stakeholders from investors to Indigenous groups, and policymakers will be closely watching its impact. The agreement could accelerate Alberta's energy projects, set a precedent for intergovernmental collaboration, and chart a course for Canada's approach to development in an era where economic growth and environmental responsibility must coexist. In the coming years, Alberta's leadership in project approvals may not just reshape pipelines and industrial projects, it could signal a new blueprint for Canada's economic and environmental strategy.



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Trump's War Doctrine: The Shockwave of "Make America Great Again"

Arvind.A | National Times

In 2026, the phrase "Make America Great Again" is no longer simply a political slogan. It has evolved into a strategic doctrine that influences how the United States approaches war, diplomacy, trade, and global power competition. What many analysts now call "Trump's war doctrine" reflects a dramatic shift in the way Washington views international leadership. Instead of prioritizing global institutions and long-term alliances, the strategy emphasizes national strength, economic leverage, and decisive military power designed to protect American interests first.

This doctrine is unfolding at a time when global tensions are rising. Conflicts in the Middle East, strategic competition with China, and renewed geopolitical rivalry with Russia have created an international environment marked by instability and uncertainty. Against this backdrop, the MAGA philosophy frames American leadership not as the maintenance of a global order but as the assertion of national dominance in a rapidly changing world.

At its core, the strategy is built on the idea that military, economic, and technological power is the foundation of diplomacy. Rather than relying heavily on multinational institutions or prolonged negotiations, the doctrine favors strong unilateral action supported by economic pressure and military deterrence. The



belief behind this approach is simple: adversaries are less likely to challenge the United States when they perceive overwhelming strength.

Military strategy under this framework reflects lessons drawn from decades of costly wars in Iraq and Afghanistan. Large-scale troop deployments and nation-building missions are increasingly viewed as mistakes of the past. Instead, the emphasis is on rapid, targeted

operations supported by advanced technology. Precision strikes, intelligence-driven missions, cyber operations, and unmanned systems are used to neutralize threats without committing the United States to long and expensive ground wars. The Middle East illustrates how this strategy is being applied. Washington has maintained strong backing for key regional partners while intensifying pressure on adversaries

such as Iran. Military cooperation with allies has expanded through intelligence sharing, missile defense coordination, and joint technological development. At the same time, the United States expects partners to take greater responsibility for their own defense, an idea central to the MAGA worldview. Economic power is another pillar of the doctrine. Trade policy is treated not only as a financial issue but also as a strategic weapon. Tariffs, sanctions, and restrictions on critical technologies are used to reshape global supply chains and strengthen American industries. The push to return manufacturing to the United States often described as “reshoring” is presented as both an economic and national security priority. This approach has had its most significant impact on relations with China. Washington increasingly views Beijing as the primary long-term competitor for global influence. Technology restrictions, export controls, and efforts to reduce reliance on Chinese manufacturing have intensified the economic rivalry between the two powers. What began as a trade dispute has evolved into a broader contest over innovation, supply chains, and geopolitical leadership. Supporters of the MAGA doctrine argue that these policies correct decades of economic globalization that weakened American industry and allowed rival powers to gain influence. They believe a stronger domestic economy, combined with military superiority, will restore the United States to a position of unquestioned global leadership.

Critics, however, warn that the strategy carries risks. By treating

alliances as transactional partnerships rather than enduring commitments, the United States could undermine the trust that has long held its global network of allies together. Countries that feel uncertain about American reliability may begin to strengthen their own independent defense capabilities or explore alternative partnerships. There is also concern that aggressive economic measures could escalate into prolonged trade conflicts. Retaliatory tariffs and technology restrictions between major powers could disrupt global markets and slow economic growth, creating instability far beyond the United States.

Despite these concerns, the political philosophy behind “Make America Great Again” is influencing debates far beyond American borders. Around the world, political movements have begun echoing themes associated with the doctrine: national sovereignty, stronger borders, economic self-reliance, and skepticism toward global institutions. While these movements differ in ideology and context, the broader shift reflects a growing backlash against globalization and international political structures.

In many ways, the MAGA doctrine reflects a larger transformation in global politics.

The era of unquestioned international cooperation that followed the end of the Cold War is giving way to a period of strategic rivalry and national competition. In this environment, power whether economic, technological, or military has become the central

currency of influence.

As conflicts intensify and geopolitical competition grows sharper, the impact of this doctrine will continue to shape international relations. Whether it ultimately strengthens American leadership or accelerates global fragmentation remains one of the defining questions of the decade. What is certain is that “Make America Great Again” has moved far beyond campaign rallies and domestic politics. In 2026, it represents a strategic vision that is reshaping how the United States fights wars, confronts rivals, and defines its role in a rapidly changing world.

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The Algorithmic Battlefield: Artificial Intelligence and the Acceleration of War in the Middle East in 2026

International Feature Desk
National Times

In 2026, artificial intelligence has moved from the realm of experimental military technology to the center of real-world conflict. Across the Middle East, wars are increasingly shaped by algorithms that analyze intelligence, guide drones, and influence the pace of military decisions. The result is a new kind of battlefield where data moves faster than soldiers and where machines help determine the tempo of war.

The shift has become particularly visible in the escalating confrontation involving the United States, Israel, Iran, and armed groups across the region. Military planners now rely heavily on AI-driven intelligence systems that combine satellite imagery, intercepted communications, drone surveillance, and open-source data. These systems rapidly process enormous volumes of information and generate recommendations about possible threats or targets. What once required weeks of intelligence analysis can now be completed in hours, dramatically compressing the timeline of military operations. This acceleration has been described by defense analysts as “decision compression.” In traditional warfare, commanders and intelligence officers reviewed evidence step by step before approving an action. Artificial intelligence reduces that time by sorting through



massive data streams almost instantly. As a result, strikes, surveillance operations, and defensive responses can unfold far more quickly than in previous conflicts. The war in Gaza remains one of the most prominent examples of this transformation. During military operations there, Israeli forces reportedly relied on AI-assisted systems that analyzed intelligence databases to identify suspected militant networks and potential targets. These systems were de-

signed to map connections between individuals, communication patterns, and physical locations, generating lists of possible targets that human officers would then review. While human approval remained part of the process, the technology enabled targeting on a scale that would have been extremely difficult through manual analysis alone.

In 2026, similar systems are increasingly being integrated into broader regional security strate-

gies. Artificial intelligence is now used to detect missile launches, track drone swarms, and monitor movements across borders and coastlines. In a region where multiple conflicts overlap from Gaza to Lebanon, Syria, and tensions involving Iran, AI tools provide militaries with a faster and more comprehensive picture of unfolding events.

Drones have become another central component of this AI-driven transformation. Unmanned aircraft are no longer simply remote-controlled devices; many incorporate machine-learning software that helps them recognize vehicles, infrastructure, and battlefield activity. Some systems can track targets autonomously after launch, while others assist operators by highlighting objects of interest in surveillance footage.

The rapid spread of drone technology has lowered the barrier to entry for high-tech warfare. State militaries, militias, and insurgent groups alike are increasingly able to deploy unmanned systems capable of surveillance or attack. In several conflicts across the Middle East, relatively inexpensive drones have been used to strike military installations, energy infrastructure, and urban targets. Artificial intelligence enhances these capabilities by improving navigation, targeting, and coordination among multiple drones operating simultaneously.

Beyond the physical battlefield, AI is also reshaping the information war surrounding conflicts in



the region. In 2026, generative AI tools are capable of producing realistic images, videos, and audio recordings within seconds. Governments, activists, and armed groups use digital platforms to influence global opinion, but the same tools can also spread misin-

formation. Deepfake videos and manipulated images can circulate widely before they are verified or debunked, complicating efforts by journalists and investigators to establish the facts during rapidly evolving crises.

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Easter: The Sacred Message of Love, Sacrifice, and Victory of Life Over Death

Himani Sharma | National Times

Easter, also known as Resurrection Day, is the most significant and sacred festival of the Christian faith. It is celebrated with immense joy, devotion, and enthusiasm by Christians around the world. This holy occasion carries a profound spiritual message: the victory of life over death, hope over despair, and the promise of humanity's redemption from sin. According to the teachings of the Bible, humanity became separated from God, the Heavenly Father, due to sin. This separation created a deep spiritual distance between mankind and the Creator, which is considered the greatest tragedy in human history. However, God's infinite love for humanity made a way to restore this broken relationship. One of the most powerful expressions of this divine love is found in John 3:16, which says: "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." This verse beautifully explains the essence of God's love and the path to salvation. According to the Bible, salvation or Moksha is not achieved merely through human devotion, rituals, or good deeds. Instead, it comes through the grace, mercy, and unconditional love of God, our Creator. To demonstrate this love in reality, Jesus Christ came to earth from heaven. He willingly took upon Himself the punishment for the sins of all mankind and sacrificed His life on the cross. The Bible teaches that "the wages of sin is death," and through His sacrifice, Jesus bore that penalty on behalf

of humanity. Through His suffering and crucifixion, Jesus gave humanity the opportunity for forgiveness, redemption, and eternal life. His holy blood, shed on the cross, broke the chains of sin and death forever. The resurrection of Jesus on the third day is the central message of Easter; it symbolizes that death does not have the final word and that divine love is stronger than sin and darkness. The message of Resurrection Day teaches that whoever believes in the sacrificial love of Jesus Christ receives

forgiveness of sins and the promise of eternal life. Through faith, humanity can experience reconciliation with God the Father and restore the spiritual relationship that was broken. This extraordinary sacrifice also gives humanity the greatest lesson of love and compassion. Even when humanity was walking away from God and living in disobedience, God still gave His sinless and blameless Son for our salvation. Such unconditional and selfless love forms the very foundation of the Christian faith.





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Resetting a Strategic Partnership: What Mark Carney's India Visit Means for Indo-Canadian Relations

Rajeev Sharma | National Times

When Mark Carney arrived in India for a four-day visit from February 27 to March 2, 2026, the trip carried weight far beyond the ceremonial routines of diplomacy. At a time when relations between Canada and India had experienced visible strain, the visit signaled a conscious effort to rebuild momentum and reshape the bilateral relationship around pragmatic cooperation. For policymakers and analysts in both countries, the visit represented a strategic reset, one that could redefine how the two democracies engage on trade, energy, and long-term economic collaboration.

At the center of the discussions was the revival of negotiations on the Comprehensive Economic Partnership Agreement (CEPA) between Canada and India. The renewed talks mark an important step toward unlocking a relationship that, despite deep cultural connections and a strong diaspora presence, has historically underperformed in economic terms. As global trade networks evolve and nations seek to diversify partnerships, both governments appear increasingly aware that the Canada-India corridor holds untapped potential. The diplomatic thaw followed a period of tension that had slowed engagement between Ottawa and New Delhi. However, outreach between Carney and Indian Prime Minister Narendra Modi over the past year laid the groundwork for a renewed dialogue. Carney's visit focused on moving beyond political disagreements and emphasizing areas where

cooperation could generate tangible economic benefits. Meetings with senior officials, industry leaders, and business groups centered on rebuilding trust while identifying sectors where collaboration could expand. Trade remains the most obvious starting point. Despite the size and dynamism of both economies, bilateral trade has remained modest compared with other major partnerships. In 2024, Canada-India trade reached roughly C\$31 billion, a figure that economists argue falls far short of its potential. Much of this trade is concentrated in a relatively narrow range of commodities. Canadian exports to India primarily include agricultural products such as pulses, along with natural resources like potash and coal. India's exports to Canada are more diversified, spanning pharma-

ceuticals, textiles, electronics, and seafood.

For India, which is expanding its nuclear power capacity as part of its energy transition strategy, reliable access to nuclear fuel is essential. For Canada, the agreement offers an opportunity to expand energy exports beyond its traditional North American markets. Discussions during the visit also explored potential collaboration in liquefied natural gas (LNG), crude oil, and critical minerals, all of which could form pillars of a broader energy partnership. Another notable aspect of the visit was the participation of Canadian provincial leaders and economic delegations. Their involvement highlighted the reality that Canada India relations are shaped not only by national governments but also by regional economic interests.





Provinces such as Ontario, Quebec, British Columbia, and Saskatchewan each bring distinct strengths to the partnership from advanced manufacturing and aerospace to agriculture and energy resources.

These regional synergies mirror India's own economic diversity. Saskatchewan's agricultural exports support India's food security needs, while Quebec's aerospace expertise could contribute to India's rapidly expanding aviation sector. Such complementarities are increasingly viewed as the building blocks of a long-term economic partnership.

Yet economics is only one dimension of the relationship. Canada is home to one of the world's largest Indian diasporas, and these people-to-people connections have historically served as a bridge between the two societies. Cultural ties, educational exchange, and migration have helped shape the bilateral relationship in ways that extend far beyond trade statistics. Recent adjustments to immigration and student visa policies in Canada, however, have affected one of the most dynamic components of bilateral engagement: education. The decline in student mobility has underscored the need for a broader economic relationship that includes digital services, professional mobility, and innovation partnerships.

The geopolitical context adds another layer of importance to the visit. As global supply chains shift and nations seek to reduce dependence on a limited number of trading partners, both Canada and India are recalibrating their economic strategies. Canada's Indo-Pacific engagement strategy places India among its most important regional partners, while India is actively building economic

links with democratic economies to strengthen supply-chain resilience.

In this evolving global landscape, the proposed CEPA agreement represents more than a trade deal. It is a strategic framework that could anchor long-term cooperation across multiple sectors from clean energy and advanced technology to education and innovation. But, significant challenges remain. Negotiating a comprehensive agreement between two complex economies will require careful balancing of sensitive issues, including agriculture, market access,

investment rules, and labor mobility. Yet the renewed momentum generated by Carney's visit suggests that both governments recognize the stakes. For two countries linked by shared democratic values, vibrant diasporas, and complementary economic strengths, the path toward deeper cooperation may not be simple but it is increasingly necessary. If the ongoing negotiations succeed, the reset initiated during this visit could mark the beginning of a more stable, ambitious, and beneficial phase in Indo-Canadian relations.

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A Bold Promise for Women: Punjab's Landmark Cash Transfer Scheme

Gurpreet Singh | National Times

In a significant step toward strengthening women's financial independence, the government of Punjab has unveiled a major social welfare initiative aimed at providing direct financial support to women across the state. Announced during the presentation of the 2026–27 state budget, the scheme 'Mukh Mantri Mawan Dhian Satikar Yojna' promises a monthly cash transfer of ₹1,000 to every adult woman, while women from the Scheduled Caste community will receive ₹1,500 per month. The announcement was made by Finance Minister Harpal Singh Cheema, who described the initiative as a

transformative step toward economic empowerment and social dignity for women. The ambitious program is a key commitment of the ruling Aam Aadmi Party government led by Chief Minister Bhagwant Mann. With a substantial budget allocation of ₹9,300 crore for the 2026–27 fiscal year, the government aims to ensure that funds are transferred directly and transparently into beneficiaries' bank accounts through a streamlined mechanism. Officials say the scheme will cover nearly 97 percent of adult women in Punjab, making it one of the most extensive women-focused financial support initiatives ever implemented in the state.



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Chestermere: A Model for Modern Lakeside Living and Local Governance

Feature Desk Tourism
National Times

Set against the sweeping prairie landscape just east of Calgary, Chestermere has emerged as one of Alberta's most compelling examples of balanced growth where lifestyle appeal meets responsive governance, and where local leadership plays a defining role in shaping a community's future. Once a seasonal lakeside retreat, Chestermere has matured into a fully realized city.

A Distinct Voice in a Regional Landscape

While geographically part of the Calgary metropolitan region, Chestermere operates independently, with its own municipal government. This distinction has significant implications. Unlike suburban communities governed by a larger urban council, Chestermere's mayor and city council retain direct authority over planning, infrastructure, and community services. This localized governance model allows for more tailored decision-making reflecting the specific needs and priorities of its residents rather than the broader demands of a major metropolitan center. In practical terms, this translates to a more agile and accessible system. Residents often experience closer engagement with elected officials, and municipal decisions tend to reflect a clearer alignment with community identity, particularly the preservation of its lakeside character.



The Role of Municipal Leadership

Chestermere's mayor serves as both a civic leader and regional representative, working closely with council to guide policy while also engaging with neighboring municipalities and provincial stakeholders. The city council, composed of elected representatives from across the community, plays a central role in managing growth. Their responsibilities span land use planning, infrastructure investment, environmental stewardship of the lake, and the continued development of public amenities. In a rapidly expanding city, these roles carry particular weight. Council must balance residential expansion with sustainability, ensuring that growth does not compromise the quality of life that draws people to Chestermere in the first place.

Provincial and Federal Representation

The city falls within a provincial electoral district represented in the Legislative Assembly of Alberta by a Member of the Legislative Assembly (MLA). This role is critical in advocating for provincial resources, including education funding, health-care access, and transportation infrastructure. Federally, Chestermere is represented in the Parliament of Canada by a Member of Parliament (MP), who addresses national-level concerns such as economic policy, immigration, and federal infrastructure programs. What sets Chestermere apart is the degree of collaboration often seen between these levels of government. Local initiatives particularly those tied to growth, transportation, and environmental management frequently in-

volve coordination between municipal council, the MLA's office, and the MP's constituency team.

Community Engagement

A defining feature of Chestermere's governance model is the active participation of its residents. Public consultations, council meetings, and community initiatives are well-attended, reflecting a population that is both invested and engaged. This level of participation strengthens accountability and ensures that policy decisions are informed by lived experience. Projects like the Word of Mouth initiative exemplify this dynamic. By capturing and sharing personal narratives, the project not only preserves local history but also reinforces the connection between residents and their civic identity. Similarly, organizations such as the Chestermere Historical Foundation contribute to a broader culture of engagement, one that values both heritage and forward-looking development.

Strategic Planning

As one of Alberta's fastest-growing communities, Chestermere faces both opportunity and responsibility. Municipal leadership has prioritized strategic growth management, focusing on infrastructure expansion, transportation connectivity, and the development of public services. Proximity to Calgary remains a key advantage, enabling residents to access major employment and service hubs while enjoying a more relaxed residential environment. At the same time, local governance ensures that development aligns with community expectations. This includes preserving access to the lake, maintaining green spaces, and supporting.

The Governance Advantage

Chestermere's model highlights a



broader trend in Canadian urban development: the rise of smaller, independent cities within larger regional economies. By maintaining its own municipal authority while collaborating regionally, Chestermere achieves a balance that many growing communities strive for. It benefits from proximity to a major city without being subsumed by it retaining both autonomy and identity.



Acharya Sri Pundrik Goswami: Devotion, Family, and the Heart of Vrindavan

Rajeev Sharma | National Times

A Life Rooted in Tradition

In the sacred lanes of Vrindavan, Acharya Sri Pundrik Goswami exemplifies a rare balance: deep devotion to Lord Krishna and active engagement in family and community life. Born into the Pushtimarg (Vallabh Sampradaya) lineage, he carries forward the teachings of Acharya Vallabhacharya, emphasizing bhakti—loving devotion—as a way of life. Unlike ascetic orders, Pushtimarg celebrates spiritual growth within the home, making Goswami both a teacher and a householder saint.

Devotion in Daily Life

Goswami's days follow a disciplined rhythm of temple worship, scriptural study, and guidance to devotees. He teaches that devotion is more than ritual; it is expressed through humility, moral integrity, and compassionate action. "Service to Krishna is service to all beings," he often reminds followers, highlighting the practical application of faith in modern life.

Family as Spiritual Practice

Marriage and family life are not distractions but essential aspects of his spiritual path. By nurturing his household with care and discipline, Goswami demonstrates that spiritual ideals thrive in everyday relationships, showing devotees that faith and responsibility can coexist.

Guiding the Community

Beyond the individual, his influence strengthens Vrindavan's spiritual ecosystem. Festivals, congregations, and scriptural gatherings cre-



ate shared experiences of devotion, fostering unity among diverse sects. On civic projects like the Vrindavan Corridor development, he supports improvements for pilgrims but cautions against commercialization that undermines the city's sacred character.

A Bridge to Modern Life

Acharya Sri Pundrik Goswami embodies a living tradition, connecting centuries of Pushtimarg teachings to

the challenges of contemporary life. Through devotion, family values, and community engagement, he shows that faith is not only remembered, it is actively lived, guiding both heart and society.

"True progress is measured not by buildings or roads, but by character, compassion, and devotion," he says, reminding Vrindavan and its followers that spiritual heritage is a daily practice, not just a memory.

Haryana's Progress in Action: CM Saini Empowers Farmers, Women, and Vulnerable Groups

Gurpreet Singh | National Times

The government of Haryana, under the leadership of Chief Minister Nayab Singh Saini, has reinforced its welfare-driven governance model by transferring ₹1,884 crore directly into the bank accounts of beneficiaries under multiple social schemes through the Direct Benefit Transfer (DBT) system. The large-scale disbursement highlights the state administration's emphasis on transparent governance, efficient welfare delivery, and direct financial support to citizens without intermediaries. The initiative is part of the chief minister's broader strategy to strengthen social security, empower women, and provide timely financial relief to farmers and other vulnerable sections across the state.

The announcement comes in the wake of a major women-focused initiative during celebrations of International Women's Day in Sirsa, where the state government transferred ₹1,357 crore to beneficiaries of women-centric schemes. Chief Minister Saini has repeatedly emphasized that empowering women remains a key pillar of Haryana's development agenda. According to him, ensuring that financial assistance reaches women directly not only strengthens families but also promotes economic independence and social empowerment across communities.

A significant portion of the latest DBT transfer has been directed toward social security pensions aimed at supporting the state's most vulnerable citizens. Under schemes administered by the Social Justice and



Empowerment Department, ₹842.92 crore has been credited to the accounts of 26.12 lakh beneficiaries, including senior citizens, widows, and persons with disabilities. The chief minister highlighted that these pensions are essential for ensuring a dignified life for elderly and marginalized individuals who rely on government support for their basic needs. He noted that the state government remains committed to strengthening social security mechanisms so that every eligible citizen receives timely financial assistance. Chief Minister Saini underscored that the widespread use of the Direct Benefit Transfer system has transformed welfare delivery in Haryana. By sending funds directly into beneficiaries' bank accounts, the government has significantly reduced leakages, improved transparency, and accelerated the pace at which welfare benefits reach citizens. According to him, the DBT framework has become a powerful tool for ensuring accountability while expanding financial inclusion, particularly in ru-

ral and economically weaker regions of the state.

The chief minister also emphasized that the latest transfer of ₹1,884 crore will have a broader economic impact beyond immediate financial relief. As beneficiaries utilize these funds for household needs, agricultural activities, and local business transactions, the infusion of money into the rural economy is expected to stimulate economic activity and support livelihoods across districts.

Under the leadership of Nayab Singh Saini, the Haryana government has positioned welfare delivery and farmer support as central pillars of its governance model. By combining technology-driven transparency with targeted financial assistance, the administration aims to ensure that development benefits reach every section of society. The large-scale DBT disbursement, according to the chief minister, reflects the government's continued commitment to inclusive growth, social security, and empowering citizens across Haryana.



March : Women International Month

Himani Sharma | National Times

In this month 8 march is globally recognized as International Women’s Day—a time to celebrate the achievements, resilience, and contributions of women across all walks of life. Embracing this spirit, National Times proudly dedicated the entire month to honoring women by creating a powerful platform where voices, journeys, and experiences could be shared and celebrated. This initiative was more than just a series of interviews—it became a meaningful movement that brought together inspiring women from diverse professional and social backgrounds. From community leaders to entrepreneurs, educators to spiritual guides, each woman who joined us contributed a unique perspective that left a lasting impact. Women actively engaged in social and community work shared heartfelt stories of compassion and commitment. They spoke about the challenges they faced while supporting vulnerable communities and how their determination helped them overcome barriers. Their journeys reflected the true essence of service, proving that even small efforts can create significant change in society. Equally inspiring were the stories of women who have carved their own paths in the professional world. We had the privilege of interacting with lawyers, real estate agents, mortgage advisors, Ayurveda health counselors, teachers, astrologers, and even women who are dedicated to teaching the Bhagavad Gita.

Each story highlighted courage, persistence, and the willingness to step beyond comfort zones to achieve their dreams. Many of these women began their journeys with limited resources but an abundance of passion. They spoke about the importance of believing in oneself, taking risks, and staying consistent despite obstacles. Their experiences not only showcased professional success but also emphasized personal growth, balance, and purpose. One of the most powerful takeaways from this month-long celebration was the sense of unity and empowerment. Despite coming from different fields, all these women shared a common vision—to inspire, uplift, and support others. Their stories reminded us that empowerment is not just about individual success, but about lifting others along the way. At National Times, we believe that every woman’s story matters. By sharing these journeys, we hope to inspire more women to pursue their passions, break barriers, and create meaningful change in their communities. This celebration is a reminder that when women are given the space to express, lead, and grow, the impact is truly transformative.

In addition to these inspiring narratives, the initiative also created a space for meaningful dialogue and deeper connection among participants. Women not only shared their personal journeys but also exchanged ideas,

advice, and words of encouragement with one another, fostering a strong sense of unity and belonging. These conversations highlighted the importance of mentorship, collaboration, and standing together in both personal and professional spheres. Young women and aspiring professionals found great motivation in these stories, gaining practical insights into overcoming self-doubt, managing responsibilities, and building confidence in challenging situations. The platform became a valuable source of learning, where real-life experiences served as guidance for those looking to take their first steps toward their goals. It encouraged them to believe in their abilities

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The Anchor of Calgary's Wellness: Spectrum Physiotherapy

Health & Fitness | National Times

In an era of increasingly transactional health-care, Manas Kathuria (PT) is spearheading a movement to restore the human element to clinical practice. As the visionary founder of Spectrum Physiotherapy, Kathuria has leveraged over 16 years of high-level clinical and operational expertise across Canada's major urban hubs to transform a 2017 startup into a premier multidisciplinary powerhouse. Today, Spectrum stands as a proven anchor tenant in Calgary, with three thriving locations in Country Hills (NW), Nolan Hill (NW), and Forest Lawn (SE).

These clinics are meticulously designed with a "Fresh, Modern, and Warm" aesthetic, an intentional departure from sterile medical environments ensuring that the healing process begins the moment a patient enters the space. By harmonizing high-end design with cutting-edge medical technology, Kathuria has successfully bridged the gap between corporate financial stability and the bespoke, detail-oriented care of a local founder.

The success of the Spectrum model lies in its "Healthy Ecosystem" philosophy, where the clinic serves as a central pillar of community wellness. Rather than operating in isolation, Spectrum creates synergy by actively referring patients to neighboring pharmacies, family physicians, and fitness centers, thereby elevating the commercial and health profile of the entire property. This holistic approach extends into their clinical offerings, which represent a 360-degree suite of specialized services. From acute recovery and legal support for WCB and Motor Vehicle Accident (MVA) claims to advanced neurological care involving Concussion Management and Vestibular Rehabilitation, the team employs precision-driven

interventions.

Patients benefit from a sophisticated array of manual and technological therapies, including IMS/Dry Needling, Medical Acupuncture, and EMS Shockwave Therapy. Spectrum addresses niche healthcare needs through dedicated Pelvic Floor Physiotherapy, Registered Massage Therapy (RMT), and bio-

mechanical supports such as Custom Orthotics and Medical Bracing. By integrating performance-based treatments like Prescriptive Exercise with aesthetic innovations like Cosmetic Acupuncture, Spectrum Physiotherapy has evolved into much more than an injury clinic; it is a primary health-care destination dedicated to sustaining a life in motion.

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Ella Kurteeva

Shri Guru Angad Dev Ji – The Guru Who Spread Knowledge and Service

Arvind.A | National Times

Guru Angad Dev Ji holds a very special place in Sikh history. He was the second Guru of Sikhism and the devoted disciple of Guru Nanak Dev Ji. Through humility, service, and dedication, Guru Angad Dev Ji helped strengthen the Sikh community and spread the teachings of equality and devotion.

Guru Angad Dev Ji was born as Lehna in 1504 in the village of Matte Di Sarai (now in Muktsar, Punjab). From a young age, he was known for his kind nature and strong faith. Later in life, he met Guru Nanak Dev Ji, whose teachings deeply inspired him. Lehna began serving Guru Nanak with complete devotion. Seeing his honesty and humility, Guru Nanak chose him as his successor and named him Angad, meaning “a part of my own body.”

One of Guru Angad Dev Ji’s greatest contributions was promoting the Gurmukhi script. He organized and standardized this script so that the teachings of Sikh Gurus could be written and read by common people. Because of this effort, more people were able to learn about the message of truth, equality, and devotion to God.

Guru Angad Dev Ji also strongly believed in education and physical well-being. He encouraged children to learn to read and write and opened schools to spread knowledge. At the same time, he promoted sports and wrestling to keep people physically strong and disciplined.



Another important tradition he continued was Langar, started by Guru Nanak Dev Ji. In Langar, people from all backgrounds sit together and eat the same food. This practice teaches equality and removes differences based on caste, religion, or wealth.

Throughout his life, Guru Angad Dev Ji lived with humility and served others selflessly. His teachings focused on hard work, sharing with others,

and remembering God. He led the Sikh community with wisdom and compassion until 1552.

The life of Guru Angad Dev Ji reminds us that true leadership comes from service, humility, and dedication to helping others. His contributions, especially the promotion of Gurmukhi and education, continue to influence millions of people around the world today.



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