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EnterpriseWorld

A NEW PERSPECTIVE OF BUSINESS

Case Study

The **Volkswagen**
Story: Where
Elegance Meets
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VAISHALI MUTALIK

CEO and Director
ShieldByte Infosec

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★★★★★ To Watch In 2025

Building

A CYBER-RESILIENT FUTURE

Through Strategic Leadership

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A NEW PERSPECTIVE OF BUSINESS

This list is NOT a ranking. The companies on listed in magazine serve different aspects of the market, making ranking them in any order except revenue impossible and unfair. We try to bring a perfect platform for business organization to showcase their valued products/ services.

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FROM EDITOR'S DESK

Forging Digital Fortresses!

In an era defined by escalating cyber threats, **Vaishali Mutalik** stands as a beacon of proactive cybersecurity leadership. As **CEO and Director of ShieldByte Infosec**, her extensive three-decade career underscores a fundamental truth: safeguarding organizations demands a shift from reactive measures to an intelligence-driven, preemptive stance. Ms. Vaishali's recognition of this critical need fueled the inception of ShieldByte Infosec, a company built on the pillars of innovation, resilience, and unwavering trust.

Her vision extends beyond mere threat detection; it encompasses embedding security at the very core of an organization's operations. ShieldByte Infosec champions the integration of robust security frameworks not just as an IT function, but as a vital business imperative. By offering advanced cybersecurity solutions, the company empowers businesses to anticipate and effectively counter sophisticated attacks, navigate complex regulatory landscapes, and cultivate a pervasive culture of cyber awareness.

Ms. Vaishali's leadership philosophy emphasizes the synergistic power of cutting-edge technology and a well-informed workforce. Recognizing the ever-evolving tactics of cybercriminals, ShieldByte Infosec champions AI-driven threat intelligence, realistic phishing simulations, and real-time security awareness training. This holistic approach, coupled with their ShieldRisk AI platform for enhanced third-party risk management, enables organizations to fortify both their digital defenses and their human firewall. In a world grappling with increasing cyber vulnerabilities, Vaishali Mutalik and ShieldByte Infosec are not just providing security; they are architecting a safer digital future, one resilient organization at a time.



Utkarsh D.



LEADERS IN SPOTLIGHT

Vaishali Mutalik, the driving force behind **ShieldByte Infosec**, stands at the forefront of cybersecurity leadership, bringing over three decades of invaluable experience to the mission of safeguarding organizations in an increasingly perilous digital landscape. Her vision is clear: to transition businesses from a reactive posture to a proactive, intelligence-led defense against the ever-evolving spectrum of cyber threats. This conviction fueled her to establish ShieldByte Infosec, a company synonymous with innovation, resilience, and unwavering client trust.

Ms. Vaishali champions the integration of cybersecurity not merely as a technical necessity, but as a fundamental pillar of business strategy. Under her guidance, ShieldByte Infosec empowers organizations to anticipate threats, fortify their digital infrastructure, and cultivate a culture of pervasive cyber awareness. Her firm's expertise spans critical areas including risk management, threat intelligence, and the deployment of strategic security solutions, all tailored to protect vital data and ensure operational continuity.

Recognizing that technology alone is insufficient, Ms. Vaishali emphasizes the crucial role of human vigilance. ShieldByte Infosec's comprehensive approach combines cutting-edge AI-driven threat intelligence and risk assessment tools with advanced phishing simulations and real-time security awareness training. This multi-layered strategy not only strengthens technological defenses but also transforms employees into the first line of defense against cyberattacks. Vaishali Mutalik's leadership is characterized by a commitment to continuous learning and innovation, positioning her and ShieldByte Infosec as pivotal players in building a more secure and resilient digital future for businesses worldwide



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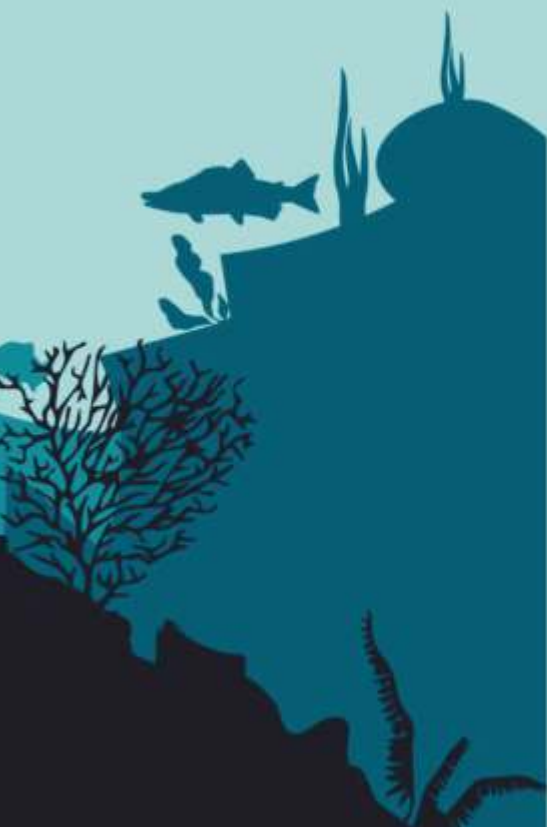
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"EXPECT THE UNEXPECTED:
ALUPCO'S INNOVATIVE AND BOLD DESIGNS WILL LEAVE YOU IMPRESSED."

PECTED



ALUPCO 

Cover Story



Vaishali Mutalik

Building a Cyber-Resilient Future
through Strategic Leadership

CEO and Director | ShieldByte Infosec

Leadership in the cybersecurity field is crucial for shaping how an organization handles cyber risks and implements effective security measures. Cybersecurity leaders have important responsibilities, such as creating a forward-thinking environment, encouraging open communication, and prioritizing people to develop a strong security culture. They need to possess key skills like creative thinking, strategic planning, and the ability to manage crises. As cyber threats continue to change, strong leadership becomes even more critical for protecting organizations from potential risks and ensuring they operate smoothly.

Vaishali Mutalik, the **CEO and Director** of **ShieldByte Infosec**, is an experienced cybersecurity leader with a successful history of safeguarding organizations against evolving cyber threats. She specializes in risk management, threat intelligence, and strategic security solutions. Ms. Vaishali is dedicated to building strong security frameworks that protect critical data and infrastructure. With a passion for continuous learning and innovation, she aims to help organizations navigate the complexities of the digital world safely.

Building a Safer Future

With over three decades of experience, Ms. Vaishali is dedicated to protecting organizations from constantly changing cyber threats. Her background in cybersecurity highlights the urgent need for businesses to move from a reactive approach to a proactive, intelligence-driven strategy. *“I recognized the critical need for global entities to shift from a reactive stance to a proactive cybersecurity approach—anticipating threats, fortifying defenses, and embedding security at the core of their operations,”* she says.

This vision inspired her to establish ShieldByte Infosec, a company focused on innovation, resilience, and trust. ShieldByte Infosec provides advanced cybersecurity solutions that help businesses stay ahead of potential threats.

At ShieldByte Infosec, we strongly believe that cybersecurity is not just an IT function but a vital aspect of business. Organizations must integrate security into their core strategies to ensure they can withstand sophisticated attacks. With its expertise and advanced solutions, ShieldByte Infosec empowers businesses to strengthen their defenses, meet regulatory requirements, and promote a culture of ongoing cyber awareness. Its goal is to build digital trust, protect essential assets, and contribute to a safer global cyber environment.

Protecting Businesses Everywhere

ShieldByte Infosec is a consulting company that specializes in cybersecurity, data privacy, and information security compliance audits. It serves clients in over twenty countries worldwide. ShieldByte Infosec's vision is to meet and exceed its clients' unique security needs by providing top-quality, professional security services built on trust and confidence. The company aims to continuously improve its services to meet and surpass client expectations while fulfilling its responsibilities to clients, the community, and employees.

ShieldByte Infosec's mission is to empower businesses through proactive cybersecurity, resilience, and compliance. With over 100 years of combined experience, it specializes in Vulnerability Assessment and Penetration Testing (VAPT), phishing simulations, AI-driven risk management, and regulatory compliance. As a CERT-In empaneled audit firm, it delivers innovative, business-oriented security solutions that help reduce risks, ensure compliance, and strengthen digital trust. Its comprehensive approach enables organizations to stay ahead of evolving cyber threats while integrating security into their growth strategies.

GUIDE TO CYBER SECURITY

When businesses are fully enabled digitally across all channels and mediums, customers, vendors and suppliers enjoy Secured, Seamless, Online Interactions.



Cyber Security and Cyber Resilience

Cybersecurity service with proactive defense against digital threats, while our cyber resilience strategies ensure rapid recovery and adaptability in the face of unforeseen cyberattacks. They create a holistic approach to safeguarding your digital assets and operations.



Vulnerability Assessment & Penetration Testing

Vulnerability Assessment is a mature, proactive approach to securing enterprise assets, exposing systems' weaknesses, and identifying paths vulnerable to exploitation before it is maliciously carried out. Our proven methodology with actionable steps for securing your systems.



Regulatory and Federal Compliance Audit

Regulatory and Federal Compliance Audit services offer a comprehensive approach to ensure your organization's adherence to industry-specific regulations and federal standards. Our expert guidance and meticulous assessments demonstrate your commitment to legal obligations.



Personal Data Privacy and Security

Personal Data Privacy and Security services cover consultation and assessment of personal data processing and recommending robust measures to safeguard sensitive information, ensuring it remains confidential and protected from unauthorized access, bolstering your trust in services.



ISO 27001 Information Security Certification

ISO 27001 Information Security Certification services provide comprehensive support to organizations by encompassing assessment, implementation, and maintenance of security measures ensuring compliance with the standard, bolstering an it's ability to safeguard sensitive data.



SOC 1 and SOC 2 Compliance

SOC 1 and SOC 2 Compliance services offer tailored solutions for organizations aiming to adhere to these critical auditing standards. These services include thorough assessments, control implementation, and ongoing monitoring to help businesses demonstrate their effectiveness.



Vaishali Mutalik

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Meeting Compliance Challenges

Today, organizations face growing cyber threats, such as ransomware attacks, phishing scams, data breaches, insider threats, and complicated compliance issues. The rise of AI-driven attacks, vulnerabilities in cloud services, and risks from third-party vendors makes security even more challenging. Moreover, many businesses struggle with cybersecurity awareness, skill shortages, and changing regulatory requirements.

ShieldByte Infosec addresses these challenges with a multi-layered security approach. This strategy helps organizations better protect themselves against a wide range of cyber threats and ensures they can effectively meet their compliance obligations.

Innovative Cyber Defense

ShieldByte Infosec believes that the best way to defend against cyber threats is to combine advanced technology with well-trained employees. Since cybercriminals constantly change their tactics, strengthening both technological and human defenses is crucial. Its AI-driven threat intelligence, advanced phishing simulations, and real-time security awareness training help organizations create a strong cybersecurity culture.

ShieldByte Infosec incorporates AI-powered analytics and automated risk assessments into its services to ensure continuous innovation. Its ShieldRisk AI platform improves third-party risk management (TPRM). Additionally, its cybersecurity programs focus on enhancing human vigilance, ensuring employees become the first line of defense against cyber threats. By combining advanced security solutions with human-driven defense strategies, ShieldByte Infosec enables businesses to stay ahead of evolving cyber risks and build lasting digital trust.

Consistent Growth

Annual Growth Rate



Market Impact



Client Base



Focus Areas



Consistent Growth

- **Annual Growth Rate:** Achieving 25-30% growth each year.
- **Market Impact:** Serving clients in banking, finance, IT services, healthcare, and manufacturing.
- **Client Base:** Successfully servicing 300+ global clients.
- **Focus Areas:** Ensuring compliance, risk mitigation, and cyber resilience.

ShieldByte Infosec has consistently achieved 25-30% annual growth, reinforcing its position as a trusted leader in global cybersecurity. With a significant market presence in banking, finance, IT services, healthcare, and manufacturing sectors, the company has successfully serviced over 300 global clients. It focuses on ensuring compliance, risk mitigation, and cyber resilience.

Its extensive experience helps organizations strengthen their defenses, prevent breaches, and support secure digital transformation. Through ongoing innovation, strategic partnerships, and top industry expertise, ShieldByte Infosec continues to redefine cybersecurity, making businesses safer and more resilient in an ever-changing threat landscape.

Expanding Global Reach and Collaborating for Success

- **Global Expansion:** Expanding services in EMEA and North America.
- **Strategic Partnerships:** Collaborating with international cybersecurity partners, MSSPs, and compliance firms.
- **Enhanced Services:** Focusing on threat intelligence, penetration testing, phishing simulations, and regulatory compliance.

ShieldByte Infosec is dedicated to expanding its global presence by forming strategic partnerships and broadening its cybersecurity services in the EMEA region and North America. As cyber threats continue to change, organizations worldwide need strong, AI-driven security solutions, compliance expertise, and proactive defense strategies.

The company is collaborating with international cybersecurity partners, managed security service providers (MSSPs), and compliance firms to meet the growing demand. This collaboration will enhance its services in threat intelligence, penetration testing, phishing simulations, and regulatory compliance. The company's expansion focuses on providing customized security solutions for the financial services, healthcare, IT, and manufacturing sectors.

By increasing its service reach and strengthening industry partnerships, ShieldByte Infosec is ready to deliver cutting-edge cybersecurity solutions to businesses globally, helping them stay resilient against emerging threats.

Expanding Global Reach and Collaborating for Success

**Global
Expansion**



**Strategic
Partnerships**



**Enhanced
Services**





Preparedness for Cyberattacks in 2025

According to global cybersecurity trends, only 20-30% of organizations are expected to be adequately prepared for a major cyberattack in 2025. Although many businesses are becoming more aware of cybersecurity and investing in it, a significant number still lack comprehensive incident response plans, Zero Trust frameworks, and AI-driven threat detection.

"In 2025, those businesses prioritizing cyber readiness, regulatory compliance, and human-focused defense strategies will be in the best position to handle evolving threats." Ms. Vaishali explains.

Insights on Understanding Tomorrow's Cyber Threats

"AI-driven cyber threats, ransomware-as-a-service, deepfake attacks, and supply chain vulnerabilities will pose significant risks to organizations in the coming years," says Ms. Vaishali. Cybercriminals are using AI to carry out more sophisticated phishing schemes, automated hacking, and deepfake fraud, which makes traditional security measures inadequate. Furthermore, ransomware attacks are becoming more targeted, necessitating stronger incident response and data recovery strategies.

To address these threats, businesses need to implement Zero-Trust frameworks, utilize AI-powered threat detection, and establish solid third-party risk management (TPRM). As cloud environments and Internet of Things (IoT) devices become more complex, securing digital assets, ensuring regulatory compliance, and boosting cyber resilience will be essential. Proactive security strategies, ongoing monitoring, and training employees in cybersecurity awareness will be crucial for managing these evolving threats.

The Impact of AI and Automation

AI and automation are transforming cybersecurity by improving threat detection, speeding responses, and enhancing risk management. As cyber threats become more complex, AI-driven security solutions offer real-time analysis, predictive intelligence, and automated incident responses, significantly reducing manual work and increasing accuracy. Machine learning models can identify unusual activities, prevent zero-day attacks, and adapt to changing threat environments, making cybersecurity more proactive rather than reactive.

ShieldByte Infosec integrates AI into third-party risk management (TPRM) to ensure quicker risk identification and compliance. Its ShieldRisk AI platform simplifies vendor risk assessments, reducing manual efforts by 80%, while AI-driven analytics help organizations prioritize threats more effectively.

Automation is also essential for coordinating security operations (SOAR), managing identity access (IAM), and implementing Zero Trust frameworks, allowing organizations to scale their security efforts. As AI continues to advance, the future of cybersecurity will focus on autonomous security systems, AI-powered threat hunting, and deepfake detection, further enhancing digital trust and cyber resilience.

Building a Strong Cybersecurity Framework

"Data is the new oil in the digital transformation era, driving innovation and business growth," says Ms. Vaishali. However, securing this data has become crucial due to increasing privacy regulations and evolving cyber threats. Cybersecurity is no longer just an issue for the IT department; it is now a vital part of business operations that ensures trust, compliance, and resilience in a highly connected world.

Cyber risks increase significantly as organizations adopt advanced technologies like AI, cloud computing, IoT, and automation. To protect critical assets and maintain regulatory compliance, businesses need a strong cybersecurity framework that includes Zero Trust principles and compliance-driven security policies.

Companies integrating cybersecurity into their digital transformation strategies can innovate safely, scale operations effectively, and achieve a competitive advantage in the changing digital economy.



Investing in AI Defense

In 2025, AI-powered defense is expected to attract the most significant investment as organizations work to counter increasingly sophisticated cyber threats, AI-driven attacks, and breaches caused by automation. Businesses are becoming aware of the need for real-time threat intelligence, predictive analytics, and automated security responses to stay ahead of changing cyber risks.

AI-driven security operations center (SOC) automation, anomaly detection, and behavioral analytics will play a crucial role in enhancing cybersecurity resilience. Combined with Zero Trust frameworks and strong cloud security measures, AI-powered defense can ensure quick incident response, minimize attack surfaces, and improve compliance with evolving regulations. As cybercriminals use AI to launch their attacks, investing in AI-driven cybersecurity solutions will be essential for building resilient digital environments.

Advice for Aspiring Cybersecurity Professionals

“Aspiring cybersecurity professionals must embrace continuous learning, think like an attacker, and develop a problem-solving mindset to make a lasting impact in cybersecurity,” says Ms. Vaishali. Since cyber threats change every day, staying ahead in this field requires hands-on experience in ethical hacking, risk assessments, and compliance frameworks.

Individuals should build a solid foundation for networking, security operations, and threat intelligence. Earning industry certifications such as CompTIA Security+, CEH, CISSP, or CISA is essential, along with gaining practical experience through capture-the-flag (CTF) challenges, open-source security projects, and internships.

Most importantly, developing a proactive approach is crucial—cybersecurity is not just about defense; it's about anticipating and preventing threats. At ShieldByte Infosec, the belief is that the human element is the strongest line of defense. Aspiring professionals should cultivate critical thinking, ethical responsibility, and collaboration skills to succeed in this industry. Cybersecurity is a mission-driven field—staying curious and vigilant is key to securing the digital world.

The Commitment to Innovation and Adaptation

ShieldByte Infosec's vision is to become a global leader in cybersecurity, continuously innovating and adapting to new threats. With over 100 years of combined experience, the company has helped organizations strengthen their cyber defenses worldwide, ensure compliance, and manage evolving risks.

The long-term goal is to expand its presence across EMEA (Europe, the Middle East, and Africa) and North America. This includes building strong strategic partnerships, developing AI-driven security solutions, and enhancing regulatory expertise. As cyber threats become more sophisticated, ShieldByte Infosec is committed to shaping a secure digital future, empowering businesses worldwide to stay ahead of cyber risks.

5 Key Takeaways from Ms. Vaishali's Journey in the Cybersecurity Industry

1.

Vaishali Mutalik emphasizes that businesses need to move beyond simply reacting to cyberattacks. Instead, they must proactively anticipate threats and build strong defenses from the ground up. This means embedding security into the core of their operations, not just treating it as an afterthought.

2.

The rise of AI-driven cyber threats demands equally advanced AI-powered defenses. ShieldByte Infosec leverages AI for threat detection, risk management, and automation, highlighting the importance of these technologies in staying ahead of evolving cyber risks.

3.

While technology plays a vital role, human vigilance and awareness are equally important. Companies need to invest in employee training and phishing simulations to strengthen their human defenses, recognizing that people are often the first line of defense against cyberattacks.

4.

The cybersecurity landscape is constantly changing, so professionals and organizations must commit to continuous learning and adaptation. This includes staying updated on the latest threats, technologies, and regulatory requirements.

5.

Cybersecurity is no longer just an IT issue; it's a critical business imperative. Companies must integrate security into their overall strategies to ensure trust, compliance, and resilience in the digital age. This includes implementing Zero Trust frameworks, managing third-party risks, and ensuring regulatory compliance.

LESS WORDS

SHEVAM
HOTEL





MORE EMOTION

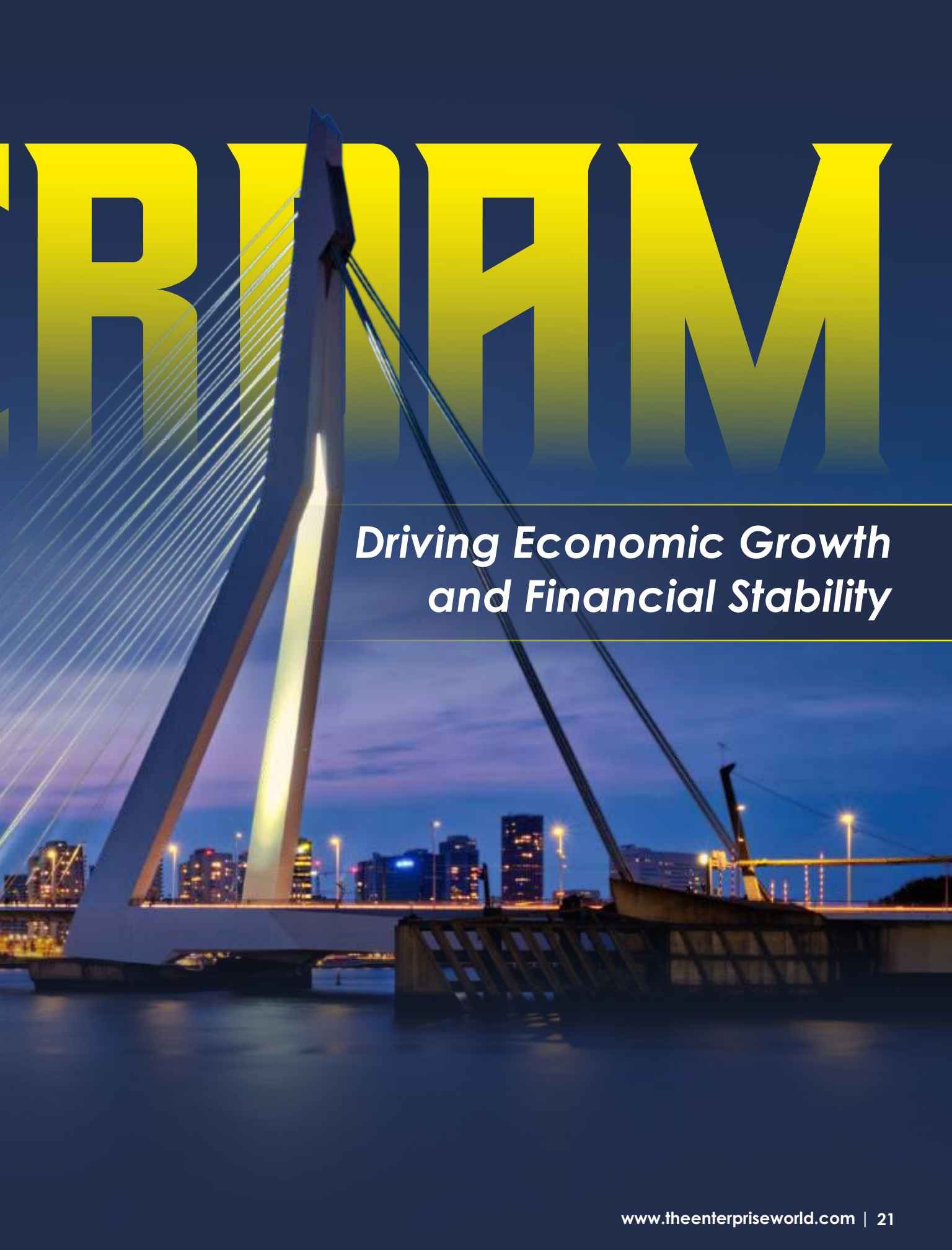
WHOLESOME LIVING

ROTTERDAM



Rotterdam, one of the most dynamic and progressive cities in the Netherlands, is a global hub of trade, commerce, and innovation. With its strategic location as the gateway to Europe, a rich history of industrial development, and a forward-thinking approach to modern business, Rotterdam stands as a shining example of how a city can drive economic prosperity, offer diverse business opportunities, and provide financial stability to its citizens.

The city's economic contributions extend far beyond its borders, with an impressive array of industries and business sectors fueling its growth. This article will explore Rotterdam's economic contributions, the types of businesses that thrive in the city, and how it provides employment opportunities and financial stability for its people.

A large cable-stayed bridge at night, illuminated by warm lights. The bridge's tall, white pylon and numerous stay cables are prominent against a dark blue sky. In the background, a city skyline with various lit-up buildings is visible across a body of water. The overall scene conveys a sense of modern infrastructure and urban development.

BRINAM

*Driving Economic Growth
and Financial Stability*

Key
**BUSINESS
SECTORS
in
ROTTERDAM**

Port and Logistics

Rotterdam's port is undeniably the backbone of the city's economy. As a major logistical hub, the Port of Rotterdam handles millions of tons of cargo annually, including raw materials like oil, chemicals, and coal, as well as consumer goods and high-tech products. The port supports a vast network of industries and businesses, ranging from shipping companies and warehousing to transport services and logistics firms.

Technology and Innovation

In recent years, Rotterdam has also emerged as a key player in the tech industry. The city is home to various tech startups, incubators, and innovation hubs that are shaping the future of industries like artificial intelligence, fintech, and smart cities. Rotterdam's focus on sustainability and green technology has resulted in significant investments in renewable energy and environmental innovation. The city has become a pioneer in the field of circular economy, with businesses focused on recycling, waste reduction, and sustainable resource management.

Renewable Energy

As the world transitions to cleaner energy sources, Rotterdam is positioning itself at the forefront of the renewable energy sector. The city has invested heavily in offshore wind energy, solar power, and green hydrogen production, making it a vital center for energy innovation. The Port of Rotterdam is home to the world's largest industrial complex for the production of biofuels and has become a leader in sustainable energy.

Manufacturing and Industry

Historically, Rotterdam has been a center for manufacturing and industrial activities. While many traditional industries have evolved or been replaced by more sustainable practices, the manufacturing sector continues to play a significant role in the city's economy. Rotterdam is home to advanced manufacturing industries such as chemical production, petrochemicals, and machinery manufacturing.

Finance and Business Services

The financial services sector is another cornerstone of Rotterdam's economy. The city boasts a vibrant financial ecosystem with numerous banks, insurance companies, and investment firms. Rotterdam's role as an international trade and business hub means that the demand for financial services, including corporate banking, investment management, and risk analysis, remains high.

Creative Industries and Design

Rotterdam is also gaining recognition as a creative and cultural hub. The city has a thriving creative sector, encompassing industries like architecture, design, fashion, and media. Rotterdam's forward-thinking approach to urban development and its distinctive architectural style have made it a magnet for creative professionals.

Rotterdam's Economic Landscape



A City on Rise

Job Creation: Rotterdam's diverse economy provides significant employment opportunities across various sectors, including logistics, manufacturing, finance, and technology. The port alone employs tens of thousands of people, directly and indirectly.

Financial Stability: A strong and diverse economy, Rotterdam is resilient to economic fluctuations. Its strategic location and advanced infrastructure have made it a magnet for international businesses, contributing to its financial stability.

Regional and Global Influence: As a major player in international trade, Rotterdam has a significant impact on the regional and global economy. The port handles a vast volume of goods, connecting Europe to markets around the world.

Innovation and Development: Rotterdam is a hub for innovation and development, with a focus on sustainable solutions and cutting-edge technologies. The city's universities and research institutions collaborate with businesses to drive innovation and create new opportunities.

Employment Opportunities and Financial Stability

Rotterdam's vibrant economy is fueled by a diverse mix of multinational corporations and small to medium-sized enterprises (SMEs). This dynamic ecosystem creates a robust job market with opportunities across various sectors. The city's commitment to innovation, sustainability, and emerging technologies attracts cutting-edge industries, ensuring long-term economic growth and stable employment for its residents.



Port of Rotterdam

- One of the world's largest ports, providing tens of thousands of jobs.
- Key sectors: logistics, shipping, transportation, and supply chain management.



Renewable Energy Sector:

- Growth in offshore wind and green technologies.
- Major employer for professionals in engineering, environmental science, and energy management.



Technology Sector:

- Offers job opportunities for software developers, data scientists, engineers, and specialists in emerging technologies.

A Model for Economic Growth and Development

Rotterdam places a strong emphasis on education and workforce development. The city boasts a network of universities, vocational training programs, and partnerships with local businesses to ensure a skilled workforce. This includes initiatives like apprenticeships, internships, and career development programs, which equip young people with the necessary skills to enter the job market.

Rotterdam offers a business-friendly environment with robust infrastructure, favorable tax incentives, and supportive policies for both entrepreneurs and established companies. This fosters business growth, leading to a steady stream of job opportunities and financial stability for the community.

With its growing industries, educational focus, and business-friendly climate, Rotterdam is poised to maintain long-term economic stability and provide a secure future for its residents.



CONCLUSION

Rotterdam has emerged as an economic powerhouse, thanks to its strategic location, world-class infrastructure, and diverse range of business sectors. The city's port, technology, renewable energy, and manufacturing industries are pivotal to its economic success, providing a solid foundation for growth and innovation.

With a thriving business ecosystem, Rotterdam offers its citizens a wealth of employment opportunities across various industries, ensuring financial stability and prosperity for the future. As Rotterdam continues to evolve and embrace new opportunities, its role as a global business hub will only grow, providing the city and its citizens with a bright and secure economic future.



An underwater scene with a deep blue color palette. Sunlight rays filter down from the top right. The foreground is filled with diverse coral reefs and various fish, including a prominent striped fish on the left and a large, flat, disc-like fish in the center. The background is dark and hazy, suggesting a deep-sea environment.

FEEL AS UNSTO
THE GREAT WHITE SH
IN THE DI

POPPABLE AS SHARK THAT HUNTS DEEP SEA

COOL GUYS SMELL LIKE THE OUTDOORS. LUCKILY WE'VE GOT YOU COVERED
WITH ALL THE EARTHY SMELLS LIKE THE DEEP SEA. LITERALLY.

BECOME THE KING OF YOUR JUNGLE.

Old Spice





Why

O

OMEGA-3

Fatty Acids Foods Should Be in Every Meal Plan?

Omega-3 fatty acids are healthy fats that the body needs. They help the brain, heart, eyes, and joints work better. The body cannot make these fats on its own. People need to get them from food. This is why eating the right omega-3 fatty acids foods is very important.

There are three main types of omega-3 fatty acids. They are called ALA, EPA, and DHA. ALA comes from plant sources. EPA and DHA come from animal sources, mostly fish. All three are helpful, but the body uses EPA and DHA more easily. For this reason, foods that have EPA and DHA offer more health benefits.

Why are Omega-3 Fatty Acids Important?

Omega-3s help the body in many ways. They keep the heart healthy and help the brain work well. They also reduce swelling in the body, which can stop pain and illness. DHA is very important for the brain and eyes. It is found in high amounts in those parts of the body.

Eating the right omega-3 fatty acids foods can lower the risk of heart disease, improve memory, and help people feel better overall. Children and pregnant women also need omega-3s for proper growth and brain development.

Omega-3 Fatty Acids Foods You Should Eat

Many foods contain omega-3 fatty acids. Some come from animals, and some come from plants. Here are some of the best ones.

- **Fatty Fish**

Fatty fish are the best source of omega-3 fats. These fish include salmon, mackerel, sardines, anchovies, and herring. One small piece of cooked salmon can give more than one gram of omega-3s. People should try to eat fish like this two times a week.

- **Walnuts**

Walnuts are healthy nuts that have a good amount of ALA. Eating a small handful every day helps the body get more omega-3s. You can add them to cereal, salad, or eat them as a snack.

- **Chia Seeds**

Chia seeds are small but full of nutrients. They give a large amount of ALA. Just one tablespoon can provide nearly five grams of omega-3 fats. You can mix chia seeds into oatmeal, smoothies, or yogurt.

- **Flaxseeds and Flaxseed Oil**

Flaxseeds are another great plant source of omega-3s. They work best when you grind them before eating. You can add them to baked goods or sprinkle them on top of food. Flaxseed oil is stronger and easy to use in salad dressings.

- **Canola Oil and Soybean Oil**

These oils contain small amounts of ALA. People often use them for cooking. They can be a simple way to increase omega-3 intake in daily meals.

- **Algal Oil**

Algal oil comes from algae and gives the body DHA. It works well for people who do not eat fish. This oil is often found in plant-based supplements.

Eating a mix of these omega-3 fatty acids foods can help the body get all three types of omega-3 fats.

Omega-3 Fatty Acids Foods You Should Eat





Benefits of Eating Omega-3 Fatty Acids Foods

Eating enough omega-3s helps many parts of the body. These fats play a big role in staying healthy for the long term.

- **Heart Health**

Omega-3s help lower blood pressure and keep blood vessels healthy. They also lower bad cholesterol and help prevent heart disease. People who eat fish often have a lower risk of heart attacks.

- **Brain Function**

Omega-3 fats, especially DHA, help the brain work better. They support memory, focus, and mental health. Older adults who eat more omega-3 fatty acids foods may slow down memory loss.

- **Less Swelling in the Body**

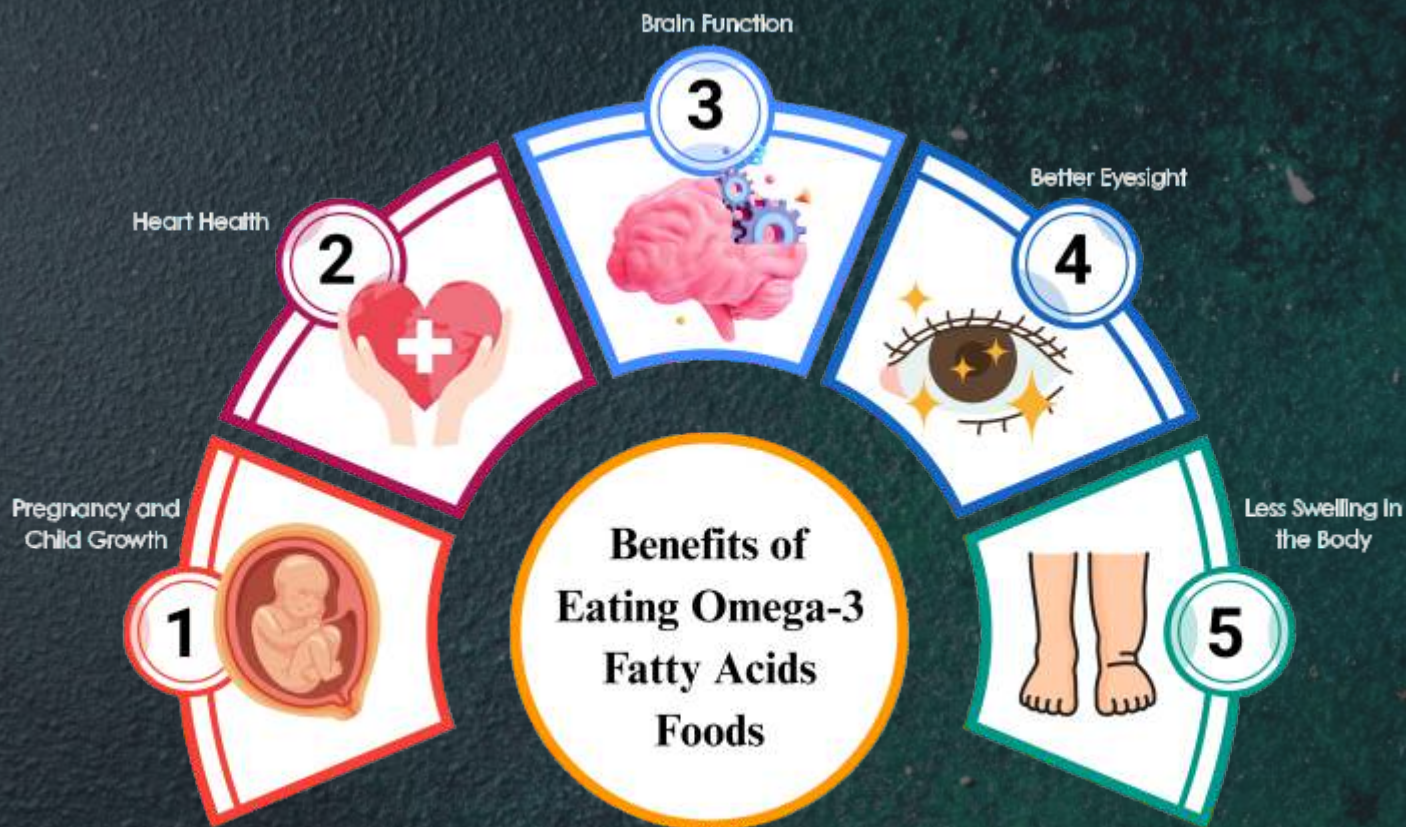
Inflammation causes many health problems, including joint pain and skin issues. Omega-3s help reduce this swelling. This helps people feel better and stay active.

- **Better Eyesight**

DHA is a main part of the retina in the eyes. Getting enough DHA from food can protect vision and lower the risk of eye problems.

- **Pregnancy and Child Growth**

Pregnant women need more DHA for the baby's brain and eyes to grow properly. Eating more fish or taking omega-3 supplements during pregnancy can help babies develop better.



Easy Ways to Eat More Omega-3 Fatty Acids Foods

It is easy to add more omega-3 fatty acids foods to your meals. Here are some simple ideas:

- Cook salmon, sardines, or mackerel for dinner.
- Add ground flaxseeds or chia seeds to breakfast cereal
- Use canola oil when cooking vegetables.
- Snack on walnuts during the day.
- Mix flaxseed oil into salad dressings.
- Take algae oil supplements if you do not eat fish.

Even small changes in your meals can help your body get more omega-3 fats. Eating a variety of omega-3 fatty acids foods gives you the best mix of ALA, EPA, and DHA.

How Much Omega-3 Should You Eat?

There are no exact rules for how much EPA and DHA you need, but most health experts suggest 250 to 500 milligrams each day. For ALA, the suggested daily amount is about 1.6 grams for men and 1.1 grams for women.

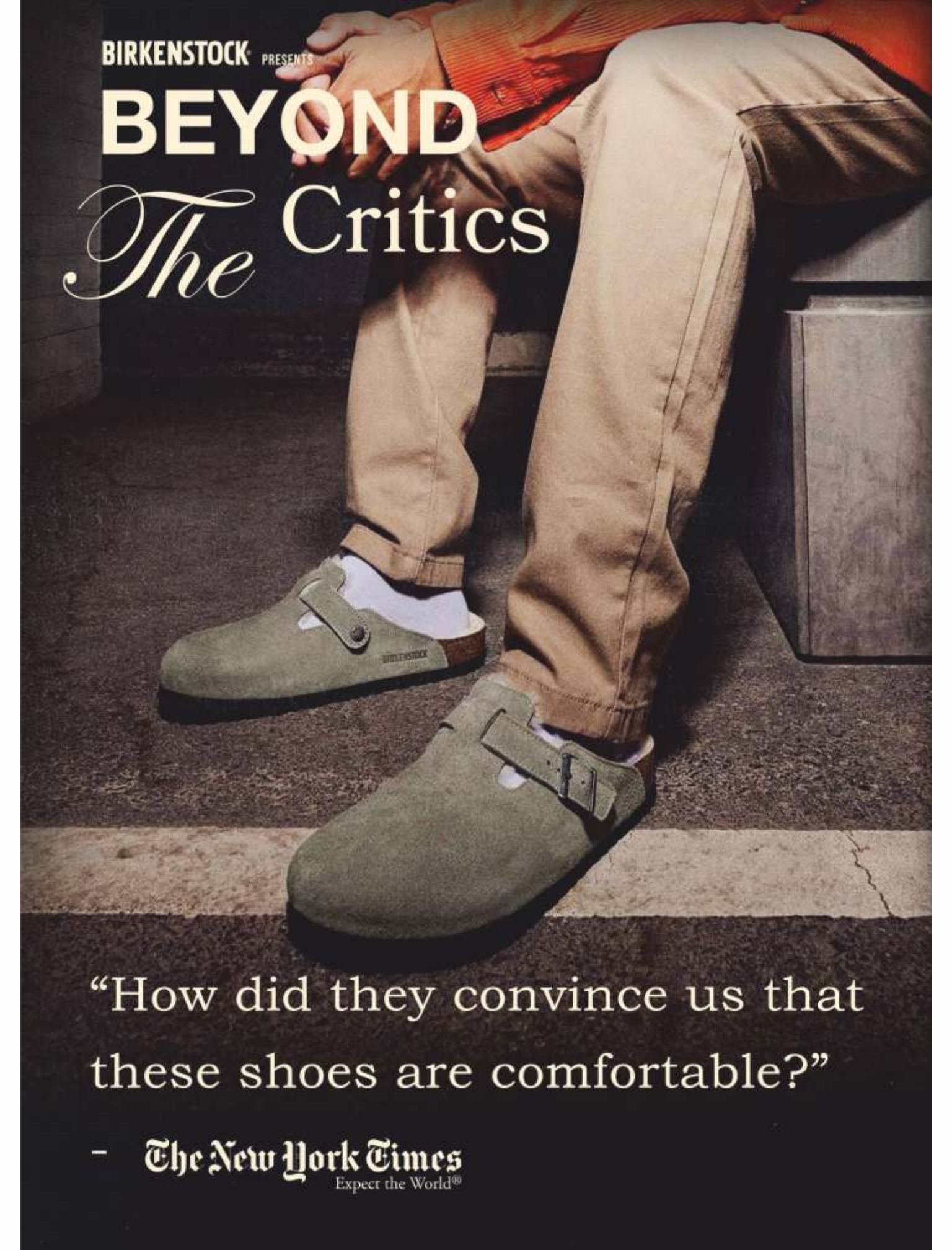
People who do not eat fish should look into supplements or eat more plant-based sources like walnuts and flaxseeds. Always talk to a doctor before starting any new supplement.

Conclusion

Eating more omega-3 fatty acids foods helps the body stay strong and healthy. These foods support the heart, brain, eyes, and joints. They also help reduce pain and protect against disease.

Many of the best omega-3 fatty acids foods are easy to find and simple to cook. Fatty fish, chia seeds, walnuts, and flaxseeds are all good choices. You can add them to meals without making big changes.

When you choose foods with omega-3 fats every day, you take care of your health in the best way. These healthy fats give your body what it needs to work well now and in the future.



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Imagine driving a sleek, German-engineered vehicle, feeling a sense of pride and confidence in your purchase. Little do you know, beneath the polished exterior, a dark secret lurks. In 2015, Volkswagen, a global automotive giant, was exposed for a scandal that rocked the industry to its core. The "Dieselgate" scandal revealed a systematic deception that involved the installation of software designed to cheat emissions tests. You've likely seen its vehicles on the roads. Perhaps you or someone you know has even considered owning one. So, buckle up and join us as we unravel the case study of Volkswagen and understand everything about the brand.



GEN

Story



A History of Automotive Excellence

Volkswagen, a German automotive company, has a rich history of producing affordable, reliable, and innovative cars. Founded in 1937, the company gained global recognition with the iconic Beetle model. Over the years, the company has expanded its product range to include various brands and models, solidifying its position as a leading automaker. Known for its commitment to quality, safety, and technology, the company continues to cater to the diverse needs and preferences of car owners worldwide.

What Makes it a Good Choice?

When you choose its cars, you're opting for a rich heritage of trust, innovation, and top-tier engineering. The brand is synonymous with excellence, delivering vehicles that combine driving pleasure with safety and user-friendly features. With stylish designs and cutting-edge technology, the company consistently demonstrates its dedication to quality. Here's why so many drivers consider a Volkswagen:



1. Superior Performance: It is known for crafting vehicles that are both durable and reliable. Each model is built with precision, from the sturdy exterior panels to meticulously designed interiors. This attention to detail sets Volkswagen apart, offering cars that are as stylish as they are dependable.

2. Timeless Design: The company delivers unmatched comfort through its elegant, high-quality interiors. Each model boasts luxurious features, like smooth rides, supportive seats, and refined finishes that create a premium atmosphere inside the cabin. Its design philosophy appeals to those who appreciate sophistication and style.

3. Proven Reliability: Reliability is a top priority when purchasing a new car. It has built a reputation for creating vehicles that don't just look good—they last. Known for their durability, these cars are designed to perform well over time, making them a reliable choice for drivers who value dependability.

4. Versatility and Credibility: From the compact Polo to the upscale Passat, Volkswagen's lineup offers something for everyone. Each model undergoes rigorous research and testing, ensuring that every vehicle meets the high standards that it is known for. This versatility makes the company a standout brand, offering options for a range of preferences and needs.

5. Advanced Technology: It is at the forefront of automotive technology with features like IQ.DRIVE and advanced Driver Assistance systems. These innovations make navigating highways, city streets, and tight parking spaces easier and safer, providing peace of mind for every journey.

6. Fuel Efficiency: Volkswagen vehicles are designed to be economical, helping drivers save at the pump. And as part of its commitment to a greener future, the company plans to add over 22 electric models to its lineup by 2030, including the ID.4 and ID. Buzz. This shift towards electric vehicles promises even greater savings and a more sustainable driving experience.



Success Factors

Despite facing challenges such as emissions scandals and shifting consumer preferences, Volkswagen has remained a thriving automotive company.



Dieseldgate Scandal

In 2015, Volkswagen was embroiled in a major scandal when it was revealed that millions of its diesel cars were equipped with devices to cheat emissions tests. This deception, known as "Dieseldgate," had severe consequences for the company, including:

- **Lawsuits and Fines:** The automobile company faced significant legal challenges and billions of dollars in fines.
- **Market Value Decline:** The scandal caused a sharp drop in the company's stock price.
- **Damage to Reputation:** Consumer trust in the company was severely damaged.

To recover from this crisis, the company has focused on:

Electric Vehicles: The company has invested heavily in developing and producing electric vehicles.

Transparency and Ethics: The company has implemented measures to improve transparency and ethical standards within the organization.

While Volkswagen has made progress in rebuilding its reputation, the Dieseldgate scandal remains a dark chapter in its history.

Key Competitors

Volkswagen faces stiff competition from several major automotive companies, including:



Toyota: Known for reliability, fuel efficiency, and hybrid technology.

Ford: A strong presence in the truck and SUV market.

General Motors: A diversified automaker with a focus on electric vehicles.

Honda: Renowned for reliability and engineering excellence in compact and medium-sized cars.

Hyundai-Kia: A rapidly growing South Korean automotive group with a focus on electric vehicles.

Conclusion

Despite facing significant challenges, such as the Dieseldgate scandal, Volkswagen has proven its resilience by learning from its mistakes and emerging stronger. The company's transition to electric vehicles and focus on sustainable mobility reflect its dedication to a greener future. Its legacy of innovation and customer-centric approach will continue to shape its success as it navigates the evolving automotive landscape.



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THINKING AHEAD





GitHub Copilot

Review

Founder

CEO Thomas Dohmke

Founded

June 2021

Headquarters

San Francisco, California, USA

No. of Employees

1000+

Website

github.com/copilot

Overview

GitHub Copilot is an AI coding assistant that allows developers to write code faster with less effort, reduce errors, and stay in the flow. Powered by OpenAI's advanced language models, it provides real-time code suggestions, autocompletes entire functions, and even generates boilerplate code based on natural language prompts. Whether working on new projects or trying to debug existing code, this AI coding assistant is designed to boost productivity and enhance your development experience.

Features

GitHub Copilot has a variety of functions that help the coding assistant streamline development and boost productivity.



Multi-language support:

Supports popular languages like Python, JavaScript, TypeScript, Go, Ruby, C++, and more.



Seamless IDE integration:

Works with Visual Studio Code, JetBrains, Neovim, and other popular editors.



Bug detection and fixes:

Helps identify potential issues and suggest corrections to reduce errors.



Boilerplate code generation:

Reduces repetitive coding tasks by generating common code structures instantly.



Comment-based code generation:

Write a comment describing your need, and Copilot will generate the code for you.



AI-Powered Code Suggestions:

Get real-time autocompletion and suggestions while you code.

Pricing

GitHub Copilot offers four pricing tiers:

Copilot Free:

(Free)

Available to individual users without organizational access, offering limited AI-powered coding assistance.

Copilot Free:

(\$10/month or \$100/year, free for some users)

A paid plan for individuals, providing full access to all features, including advanced capabilities and unlimited usage.

Copilot Business:

(\$19 per user/month)

Designed for organizations on GitHub Free or GitHub Team plans, allowing control over Copilot policies and user access.

Copilot Enterprise:

(\$39 per user/month)

Available for enterprises on GitHub Enterprise Cloud, offering all business features plus additional AI capabilities, with flexible assignment options.

Customer Reviews

GitHub Copilot has transformed the way developers write code by making the development process faster, smarter, and more efficient. Users appreciate its ability to generate code suggestions, reduce repetitive tasks, and improve the overall workflow. But don't believe in everything said here; here's what developers are saying about their experience with



★★★★★

Sarah S.

"GitHub Copilot feels like having a senior engineer sitting next to you, quietly suggesting lines of code before you even ask. As a systems engineer in finance, where precision and security are paramount, this AI-powered coding assistant has become an indispensable tool for our team. It doesn't just write code; it enhances how we think about problem-solving."



★★★★★

Bob K.

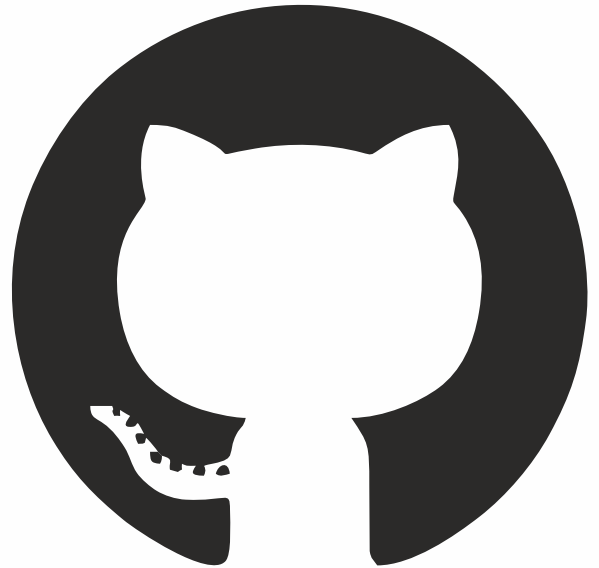
"I like the auto-complete feature. When discussing spitting out repetitive types, for instance, the interfaces and types are predicted as exactly as they should be with amazingly fewer strokes."



★★★★★

Abbas A.

"What I love about it being a developer is that I love the way GitHub Copilot writes entire functions or repetitive tasks with minimal input."



Pros and Cons

No doubt GitHub Copilot is a powerful AI coding assistant, but like any tool, it has its strengths and limitations. While it can significantly boost productivity and streamline operations, developers should remain cautious and analyze whether the code generated is accurate or not.

Pros

- **Speeds up development**
- **Reduces repetitive tasks**
- **Multi-language support**
- **IDE integration**
- **Improves productivity**
- **Context-aware**

Cons

- **Accuracy issues**
- **Limited problem solving**
- **Security concerns**
- **Subscription-based**

FAQs?

Is the code safe with Copilot?

Ans: Copilot doesn't store or remember your private code but for the safe side you should always review its suggestions to avoid security risks.

Can Copilot help in improving my code?

Ans: Yes, it suggests better ways to write your code, but you should always review and refine it to match your style and best practices.

Can it replace your human behaviors?

Ans: Copilot is an assistant not a replacement. It helps with code suggestions and improving codes but when it comes to solving the real problem, solving and creativity still require a human touch.

Are Copilot suggestions reliable?

Ans: Most of the times the suggestions given are usually helpful, but they are not always perfect. Rather than using it as it is, instead review and adjust according to your need.

Is it useful for beginners?

Ans: Definitely, it can help beginners understand coding patterns and syntax, but its still important to learn the basics instead of relying on it.

A dramatic volcanic eruption scene. In the foreground, a wide, turbulent flow of bright orange and red lava moves across a dark, rocky surface. In the background, a dark, jagged volcanic cone rises from the sea, with a massive, intense plume of fire and lava erupting from its summit, reaching high into a dark, overcast sky. The overall atmosphere is one of raw, powerful natural energy.

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OF THE V

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