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Polluted by industry, Buddha Dariya faces tipping point

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Djokovic pays tribute to Nadal after...

PRICE - Rs 2 /-

Hamas confirmed the death

of its leader, Yahya Sinwar, in

According to the Israeli

military, three drones were

launched from Lebanon on

the same day, two of which

Netanyahu and his wife were

not at their residence in Cae-

sarea at the time of the attack,

and no injuries were reported.

Sinwar, who was linked to the

planning of the October 7,

2023, attacks that resulted in

over 1,200 Israeli fatalities and

more than 250 hostages taken,

had taken over as Hamas chief

were intercepted.

an Israeli airstrike in Gaza.

Air Surcharges if applicable **Delivery Charges applicable**

PAGE 03 Odisha Tribal Woman Sends PM Modi 100 To "Convey Thanks"

Ranchi I Monday I October 21, 2024 I Page 08 I Daily I Volume - 09, Issue - 248

RNI Regn No. JHAMUL/2016/75465

researchers.asia@gmail.com The Researchers News box 'Grave mistake...? 3 dead in shooting at

Mississippi football team homecoming celebration

Netanyahu Issues Stark Warning to Hezbollah Following Drone Attack

- Lexington Three people were killed, and eight others were injured in central Mississippi early Saturday when at least two people opened fire at a group of several hundred people who were celebrating a school's homecoming football win at an outdoor trail several hours after the game had ended, authorities said. The gunfire was caused by a fight between some of the men at the celebration, but deputies hadn't yet at the celebration, but deputies hadn't yet learned what sparked the fight, said Holmes County Sheriff Willie March.Anywhere from 200 to 300 people were on the trail celebrating, and the gunfire sent them fleeing, the sheriff said in a phone interview."It was chaos, to tell you the truth," March said. "The shooting just started and people started running."
- The shootings about five miles (3 kilometres) outside of Lexington, Mississippi, followed a football game several hours earlier at the Holmes County Consolidated School's homecoming celebration. After the victory, scores of young people headed to the trail to celebrate.Lexington is located more than 60 miles (96 kilometres) north of Jackson.
- Two of the victims who died were 19 and the third was 25. The injured victims were airlifted to local hospitals.Deputies were collecting ammunition at the scene in an effort to determine how many weapons were fired, March said.
- Shootings by young men have been an "off and on" problem recently in the county, which has a population of almost 16,000 residents. The young men who talk to the sheriff tell him that it's often because they have a "beef," or disagreement with someone."It's hard to see what they are fighting over. I don't think they are fighting over turf or drugs," March said. "These are young men walking around with weapons. I wish I had an answer."

Netanyahu's strong message after drone attack on residence: Won't deter me

World Israeli Prime Minister Benjamin Netanyahu on Saturday asserted his determination in the ongoing conflict with Hamas, declaring that "nothing will deter" him and reaffirming that Israel is "going to win this war". The rare video statement by Netanyahu, released on Shabbat, the Jewish day of rest, came in the wake of a drone attack that targeted his residence in Caesarea, though he did not directly reference the incident.In the video, posted on social media both in English and Hebrew, Netanyahu said. "You know, two days ago we eliminated the mass murderer [Hamas leader] Yahya Sinwar As I've said, we're in an existential war, and we're continuing to the end."Filmed in a sunny park while donning sunglasses and a black polo shirt, Netanyahu praised the Israel Defence Forces, saying, "I'm proud of our soldiers, I'm proud of our commanders, and I'm proud of you, the citizens of Israel". In the English version of his address, Netanyahu described Sinwar as "the terrorist mastermind whose goons beheaded our men, raped our women, and burned babies alive" He concluded with a resolute declaration: "We took him out, and we're continuing our battle with Iran's other terrorist proxies". Earlier in the day, a drone, launched from Lebanon, exploded near Israeli Prime Minister Benjamin Netanyahu's private residence in Caesarea in southern Haifa. However, the Prime Minister's spokesperson said Netanyahu and his wife were not present at the time of the attack.Later in a post on X Netanyahu said that agents of Iran who tried to assassinate me and my wife today made a mistake.

Tel Aviv: Israeli Prime Minister Benjamin Netanyahu has delivered a pointed warning to Hezbollah in the wake of an attempted drone attack on his residence, calling the incident a "grave mistake." The attack is seen as an alleged assassination attempt against both Netanyahu and his wife, prompting a strong response from the Israeli leader.

In a post on X (formerly Twitter) on Saturday, Netanyahu described Hezbollah as "Iran's proxy" and emphasized that such actions will not dissuade Israel from its commitment to combat threats to its citizens. "The attempt by Iran's proxy Hezbollah to assassinate me

mistake," he stated, asserting that Israel will persist in its "just war" against its adversaries to ensure national security. Netanyahu also addressed Iran and its allies, known as the 'Axis of Resistance,' which includes Hezbollah, Hamas, and Yemen's Houthis. He reiterated Israel's determination to achieve its military objectives and reshape the regional security landscape. "I say to Iran and its proxies in its axis of evil: Anyone who tries to harm Israel's citizens will pay a heavy price," he warned. "We will continue to eliminate the terrorists and those who dispatch them; we

and my wife today was a grave



will bring our hostages home turn our citizens who live on their homes." The drone infrom Gaza; and we will re- our northern border safely to

following the assassination of his predecessor in Tehran. cident occurred shortly after

Former Indonesian army general Prabowo Subianto sworn in as President

Jakarta Indonesia's Prabowo Subianto on Sunday took over as president of the world's third-largest democracy after sweeping the country's election with policies like free meals for school children and with the outgoing leader's son as his running mate. The 73-year-old former special forces

commander won the February 14 contest with nearly 60 per cent of the vote and has spent the past nine months building a formidable parliamentary coalition.Prabowo, wearing a traditional black hat and navy suit with a woven maroon and golden sarong, officially became Indonesia's eighth president on Sunday morning after he was sworn in during a ceremony at Indonesia's parliament.Prabowo, who unsuccessfully ran for the presidency twice before, is expected to give a speech to lawmakers at

joined in the swearing-in ceremony by his running mate, Gibran Rakabuming Raka, 37, the eldest son of outgoing President Joko "Jokowi" Widodo.As they make their way to the palace, they will be greeted by thousands of flag-waving supporters already thronging Jakarta streets that are lined with posters of the incoming leader.Flower boards set up outside the palace either congratulated Prabowo and Gibran or thanked Jokowi for his decade as president.Prabowo and Gibran are expected to stop at seven stages along the way between parliament and the palace, Nusron Wahid, a Prabowo aide, told reporters on Friday.Jokowi supporters are also attending the celebrations to bid farewell to Indonesia's outgoing leader.

the parliament's upper house and then Anneta Yuniar, a bystander who had head to the presidential palace.He was it slowly made its way past supporters before the ceremony, said she would miss Jokowi but that Prabowo was a strong leader."Prabowo will continue the development that Jokowi started. There's continuity. It's what I want," she said.Jokowi has left an indelible mark on the nation of 280 million, presiding over a period of strong economic growth and massive infrastructure development.

Critics also say, though, his rule has ben marked by a rise in old-time patronage and dynastic politics, and they warn about diminished integrity in courts and other state institutions. The Indonesian police and military have put in place strict security measures, deploying at least 100,000 personnel across the city, including snipers and anti-riot units.



World A vibrant celebration of Diwali took place in the heart of New York City on Saturday (local time), as scores of Indian community members and US citizens gathered in Times Square. The and OS chizers galacted in times square. The iconic Midtown Manhattan location was transformed into a colourful display of culture and brotherhood. The event saw the participation of several heavyweights, including the New York Mayor, Mayor Eric Adams, New York state representative Jenifer Rajkumar Consul General Piecene Bradhene emerget others Mayor Adams Binaya Pradhan, amongst others.Mayor Adams said it was a proud moment to be with the Indian community in Times Square. He tweeted, "What better place to celebrate the festival of lights than in the Crossroads of the World? Proud to be with our Hindu brothers and sisters today for the annual Diwali at Times Square celebration as we push away the darkness and welcome in light all across our city".Indians gather at Times Square every year to celebrate Diwali. This year's Diwali falls on November 1.Celebrations were also held in Upper Darby, Pennsylvania. Deputy Consul General of India, Varun Jeph, joined the celebrations organized by the Khalsa Asian American Association. Upper Darby Mayor Ed Brown and State Senator Tim Kearney also attended the gathering. Thank You Upper Darby Mayor Ed Brown and PA State Senator Tim Kearny for joining the celebrations and for your support to the Indian American community and fostering India-US ties," the Indian Embassy in the US tweeted.

At least seven dead after ferry dock collapses on Georgia's Sapelo Island

- Officials believe at least 20 people were on the gangway when the ferry dock collapsed.

ANNAH: At least seven people were killed when a part of a ferry dock collapsed on Georgia's Sapelo Island on Saturday. The frightening incident unfolded as island residents, families and tourists were gathered for the annual Cultural Day dedicated to the tiny Gullah-Geechee community of Black slave descendants.



collapsed, sending people plunging into the water. "There have been seven fatalities confirmed. There have been multiple people transported to area hospitals, and we are continuing to search the water for individuals," added (20 people were on the gangway when the ferry dock collapsed.Georgia Governor Brian Kemp said he and his family were "heartbroken by today's tragedy on Sapelo Island.""As state and local first responders continue to work this active scene, we ask that all Georgians join us in praying for those lost, for those still in harm's way, and for their families,' Kemp said on the social platform X.

Diwali bash at New York's Times

Square, Indian community,



New literary treasure: Lost ghost story by 'Dracula' author Bram Stoker discovered in Dublin

world. A forgotten short story by Bram Stoker, the author of Dracula, has been discovered by a Stoker enthusiast in Dublin.

The story called "Gibbet Hill" was found by Brian Cleary in the archives of the National Library of Ireland. It was hidden in a Christmas supplement of the Dublin edition of the Daily Mail from 1890 and had been undocumented for over 130 years.

This newly uncovered tale is being displayed publicly in Dublin for the first time. While Stoker is best known for "Dracula", his roots trace back to Dublin where he was born and raised.Brian Cleary, a 44-year-old writer and amateur historian, has long admired Stoker's works. "I read "Dracula" as a child, and it stuck with me," Cleary said. He mentioned his deep interest in anything related to Stoker Cleary, who lives in the same Dublin neighborhood where Stoker grew up, emphasised Stoker's influence on popular culture.Cleary's discovery journey began in 2021 after he suffered sudden deafness and had to retrain his hearing following cochlear implant surgery. During his visits to the National Library of Ireland, he explored historical literature, especially Stoker's works. In October 2023, he found "Gibbet Hill", a story he had never heard of before.

The Associated Press reported that multiple people were taken to hospitals, and crews from the U.S. Coast Guard, the McIntosh



County Fire Department, the Georgia Department of Natural Resources and others were searching the water, according to Natural Resources spokesperson Tyler Jones.Jones said a gangway at the dock

Trump escalates attacks on Kamala Harris as candidates try courting early voters

biggest hits.

Atlanta, Pennsylvania, Republican Donald Trump escalated his verbal attacks on Democrat Kamala Harris on Saturday as the vice president turned to celebrities to generate enthusiasm for her campaign, with both candidates for US president courting early voters. Harris and Trump are essentially tied

in the most competitive states and many Americans are voting early by mail or in person, with just 17 days until the November 5 election.

On Saturday, Harris rallied supporters at a get-out-the-vote event in Detroit, Michigan, for the city's first day of early voting, alongside Detroit-born rapper Lizzo, who said voting was crucial in a state where thin margins can determine elections.In Atlanta later, Harris appeared with pop singer Usher."This is the swing state of all swing states, so every single last vote here counts," Lizzo said. She rejected the argument by some that America was not ready for a woman president, saying, "It's about damn time," riffing on one of her

Votes in a handful of swing states, where candidates from both parties have strong support and electoral results have been close in past cycles, are likely to decide the election.In Latrobe, Pennsylvania, Trump escalated his personal attacks on Harris, a practice some of his advisers fear could alienate swing voters.Trump said Harris is further to the left than Democratic Senators Elizabeth Warren and Bernie Sanders."You have to tell Kamala Harris that you've had enough, that you just can't take it anymore. We can't stand you, you're a shit vice president."As the crowd applauded, Trump added: "Kamala, you're fired, get the hell out of here, you're fired."

Frump had billed his Latrobe event as the start of his final argument to voters but quickly went off script with a long story about hometown hero Arnold Palmer that included an off-color comment about the genitalia of the late golf legend. 'He took showers with the other pros, they came out of there and said 'oh my God, that's unbelievable,'" he said. The Harris campaign quickly seized on the comments.

"Trump's Pennsylvania closing argument is literal junk. In a Pennsylvania rally speech his campaign team billed as 'the beginning of his closing argument in the final stretch,' Donald Trump focused on the issue most important to voters in this election: a deceased golfer's â€æ anatomy," the campaign said in a statement.In both Detroit and Atlanta, Harris urged her supporters to put in an allout effort to win."On Election Day, we don't want to have any regrets about what we could have done these next 17 days," she told about 300 voters who planned to march together to an early-voting site.She said early voting had already set records in Georgia and North Carolina, and challenged Detroit - a city known for producing musical recordings - to follow suit.Harris'

next stop was Atlanta, Georgia, for a rally with another music icon, Usher, who took a break from a three-date concert tour in the southern city to urge voters to go door-to-door and enlist their neighbors and friends to vote."Every call matters. Every conversation matters. All of it makes a difference in closing this race ... Everything that we do in the next 17 days will affect the future of our children, of our grandchildren, of the people who we love the most," he said.Harris, speaking he said.Harris, speaking before some 11,000 people at a music venue in Atlanta, hammered Trump for a second straight day for cancelling events and for avoiding another presidential debate because of what she called "exhaustion.""When he does answer a question or speak at a rally, have you noticed he tends to go off-script and ramble, and generally for the life of him, cannot finish a thought?" she said. "He has called it 'the weave.' But I think we here will call it nonsense.

73 killed in Israeli strikes in Gaza, communication blackout hits rescue ops

airo At least 73 Palestinians, including many women and children, were killed and Cairo dozens wounded in Israeli strikes on Saturday that hit several houses in Beit Lahiya town in the northern Gaza Strip, medics and Hamas media said.Medhat Abbas, a senior health ministry official, also said dozens were wounded and missing in the strikes. Medics said they targeted a multi-floor building and damaged several houses nearby.The Israeli military is checking reports of casualties from an airstrike in northern Gaza, an Israeli official said, adding a preliminary examination suggested the Hamas media office's numbers were exaggerated and did not match the information available to the Israeli military.Palestinian health officials said rescue operations were being hampered by the cut-off of telecommunication and internet services for a second day. Earlier in

the day, the Gaza health ministry said Israeli military strikes killed 35 Palestinians across the enclave."This is a war of genocide and ethnic cleansing. The occupation has conducted a horrifying massacre in Beit Lahiya," the Hamas media office said.Residents and medics said Israeli forces had tightened their siege on Jabalia, the largest of the enclave's eight historic camps, which it encircled by also sending tanks to the nearby towns of Beit Hanoun and Beit Lahiya and issuing evacuation orders to residents.Israeli officials said evacuation orders were aimed at separating Hamas fighters from civilians and denied there was any systematic plan to clear civilians out of Jabalia or other northern areas.In Jabalia, residents said Israeli forces besieged several shelters housing displaced families before they stormed them and detained dozens of men. Footage on social media, which

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could not immediately verify, Reuters showed dozens of Palestinian men sitting on the ground next to a tank, while others were led by a soldier to a gathering site.Residents and medical officials said Israeli forces were bombing houses and besieging hospitals, preventing medical and food supplies from

entering to force them to leave the camp.Health officials said they refused orders by the Israeli army to evacuate the hospital or leave the patients, many in critical condition, unattended."Hospitals in northern Gaza suffer from stark shortages of medical supplies and manpower and are overwhelmed by the number of casualties, said Hussam Abu Safiya."We are now trying to decide who among the wounded we needed to attend to first, and several wounded died because we could not deal with them," he said. SINWAR LÉAFLETS

Earlier on Saturday, Israeli planes dropped leaflets over southern Gaza on Saturday showing a picture of the dead Hamas chief Yahya Šinwar with the message "Hamas will no longer rule Gaza", echoing language used by Israeli Prime Minister Benjamin Netanyahu.

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Republican Donald Trump escalated his verbal attacks on **Democrat Kamala** Harris on Saturday as the vice president turned to celebrities to generate enthusiasm for her campaign, with both candidates for US president courting

early voters.

Innovative 'Smart Insulin' Could Revolutionize Diabetes Treatment

Newly developed NNC2215 dynamically responds to blood sugar levels, offering hope for improved diabetes management

New Delhi: Diabetes affects over half a billion people globally, leading to nearly seven million deaths each year. The prevalence of this condition, marked by elevated blood sugar levels, has surged dramatically in recent decades.

In a significant advancement towards transforming diabetes management, researchers have developed a "smart" insulin that dynamically responds to changes in blood sugar levels.

This groundbreaking research was published in Nature on Wednesday and represents a major step forward in diabetes treatment.

Diabetes exists in two primary forms, both related to the body's handling of insulin, the hormone responsible for converting blood sugar into energy. Type 1 diabetes, usually diagnosed in childhood, arises when the pancreas fails to produce sufficient insulin. Type 2 diabetes occurs when the body's cells become resistant to insulin, necessitating higher amounts than the pancreas can supply.

Currently, both conditions are managed through synthetic insulin administration, which presents challenges due to the constant fluctuations in blood glucose levels.

Administering too much insulin can lead to dangerously low blood sugar levels, posing life-threatening risks.For decades, scientists have sought to create glucose-sensitive insulin therapies.

The most advanced systems developed thus far involve storing insulin within the body, releasing it based on blood sugar levels detected



The latest study, conducted changes in blood glucose by an international team levels.

from Denmark, the UK, NNC2215 comprises two Czechia, and the Univercomponents: a ring-shaped sity of Bristol, introduces structure and a glucoside NNC2215, a novel insulin molecule, similar to gluformulation with an "oncose. When blood sugar levels are low, the glucoside This modified insulin aubinds to the ring, keeping

preventing further drops in blood sugar. As glucose levels rise, the glucoside is replaced, activating the insulin to lower blood sugar to safer levels.

Elizabeth Robertson, Director of Research at Diabetes

UK, praised the innovation, emphasizing its potential to alleviate the constant burden of managing blood sugar fluctuations, thus improving the physical and mental well-being of millions reliant on insulin therapy.

In tests conducted on rats and pigs, NNC2215 proved to be as effective as human insulin in lowering blood sugar.

Human trials are anticipated to begin soon. However, the current version of NNC2215 has limi-

tations. It requires a significant spike in blood glucose to activate and releases insulin rapidly

rather than gradually. Researchers are actively working to refine the molecule to ensure a slower, more controlled release of insulin.



Ranchi: The AJSU Party is stepping up its efforts for the upcoming Jharkhand assembly elections, following the BJP's recent candidate list release. On Sunday, AJSU unveiled its own list of candidates as part of the electoral race.

The candidates announced by AJSU include Sudesh Mahato from Silli, Sunita Chaudhary from Ramgarh, Neeru Shanti Bhagat from Lohardaga, Ramchandra Sahis from Jugsalai, Nirmal Mahato (alias Tiwari Mahato) from Mandu, Harelal Mahato from Ichagarh, and Azhar Islam from Pakur. However, the party has yet to announce candidates for the Dumri and Manoharpur constituencies.

In a collaborative effort, the BJP and AJSU Party will contest the elections together. As part of the NDA alliance, the BJP has allocated 10 seats to AJSU, of which AJSU has announced candidates for 8 seats, leaving 2 yet to be revealed.

The candidate list was finalized during a meeting of AJSU's parliamentary board, chaired by party leader Sudesh Mahato. This list features a mix of familiar faces and new entrants, including Azhar Islam, who recently joined AJSU and will contest from Pakur.

With AJSU's announcement of 8 candidates, the NDA has officially declared a total of 74 candidates.

Previously, the BJP had named candidates for 66 of its allocated 68 assembly seats.

The party is still pending announcements for two seats, Tundi and Barhet, as well as AJSU's candidates for Manoharpur and Dumri. Additionally, two seats designated for JDU-Jamshedpur West and Tamar-are now allocated to LJP, with candidate announcements forthcoming. The Chatra seat also remains unannounced, with speculation surrounding former RJD leader Janardan Paswan, who may receive a ticket from LJP (R).

BJP Loyabad Mahila Morcha plans poll strategy in meeting



by Ashok Kumar

Loyabad (Dhanbad): The Bharatiya Janata Party (BJP) Loyabad Mandal Mahila Morcha convened a general meeting at the Mandal office in Sijua, attended by Mahila Morcha President Satya Devi and former Mandal President Pappu Kumar Singh. The gathering expressed gratitude to State President Babulal Marandi and Dhanbad MP Dhulu Mahato for selecting Shatrughan Mahato as the BJP candidate for the Baghmara Assembly.

During the meeting, a five-point action plan was established, which includes: Conducting door-to-door campaigns to encourage voters to support the lotus symbol; Actively recruiting more women into the Bharatiya Janata Party; Informing the public about the benefits provided by Prime Minister Modi, particularly the resumption of a Rs 1 registration scheme for women; Ensuring voters are engaged and Offered refreshments on election day, November 20, 2024.

Strategizing to maximize voter turnout for the BJP in the Baghmara Assembly elections.

Dr. Sanjay Appointed as Akhil Bhartiya **Mantri of Sanskar Bharti**



by Arun Pathak

Bokaro: Dr. Sanjay Kumar Chaudhary, a resident of Bokaro, has been appointed as the Akhil Bhartiya Mantri (All India Minister) of Sanskar Bharti, a distinguished organization focused on promoting literature and fine arts. The announcement was made during the All India General Assembly held on 19-20 October, in Jaipur, Rajasthan. In a notable development, renowned violinist Mysore Manjunath has also been nominated as the All India President of Sanskar Bharti.

The Bokaro District Unit of Sanskar Bharti expressed enthusiasm over the appointments of both Chaudhary and Manjunath, conveying their heartfelt congratulations on their new roles. On Sunday, members of the Sanskar Bharti Bokaro District Unit convened at Surya Mandir in Sector 4F, where they discussed plans for the upcoming Diwali Parivar Milan and Rangoli Competition, with the event date to be announced shortly.

Key attendees included Saroj Mishra, provincial co-head of painting; Bokaro President Amarji Sinha; Secretary Swaroop Shekhar Pandey; Music Head Arun Pathak; Dance Head Rajni Padhy; and Treasurer Rupak Kumar Pandey.

Mithila Sanskritik Parishad Entire Executive **Resigns Amid Leadership Change**

Bokaro: The entire executive committee of the Mithila Cultural Council, a prominent institution for speakers of the Mithila language in Bokaro, has resigned, including the president. This decision comes about a week after a proposal to form a new executive was approved during a general meeting held on 13 October General Secretary Neeraj Chaudhary confirmed the acceptance of the resignations on Sunday. Key resignations include President Anil Kumar, Vice Presidents Samarendra Jha and Avinash Kumar Jha, Joint Secretary Pradeep Kumar Jha, and other executive members such as Manoj Kumar Jha, Bahuran Jha, and Shivesh Pathak. In total, numerous office bearers and executive members submitted their resignations. Chaudhary stated that the resignations were accepted with immediate effect. He also announced that, due to the code of conduct associated with the upcoming assembly elections, the general meeting originally scheduled for October 20, 2024, has been postponed.

Omar Abdullah opens Kashmir marathon; runs 21 km

Srinagar: Just days after being sworn in as the Chief Minister of Jammu and Kashmir, Omar Abdullah participated in the Kashmir Marathon on Sunday, successfully running 21 kilometers.

and-off switch."

Sharing his accomplishment on X, Abdullah expressed his excitement, stating, "I'm so damn pleased with myself today. completed the Kashmir Half Marathon - 21 KM at an average pace of 5 min 54 sec per KM." He noted that this was his longest run to date, having previously only completed 13 km once.

In another post, he encouraged others to embrace running as a healthy alterna-

tive to substance use.

'You don't need drugs to



feel good or beat stress. A good run is enough to clear the cobwebs & achieve a natural feeling of euphoria," he wrote, advocating for a drug-free Jammu and Kashmir. Omar Abdullah took of-

fice as Chief Minister on Wednesday, marking the establishment of the first government in Jammu and Kashmir since it became a union territory following the abrogation of Article 370 on 5 August, 2019.

His National Conference Congress alliance secured 48 seats in the recent assembly elections, primarily from the Kashmir valley, while the Bharatiya Janata Party won 29 seats in the Jammu region.

Bangladeshi Citizen Arrested at Gaya Airport

by Suresh Pd Nikhar

Gaya: A Bangladeshi citizen, living illegally in Bodh Gaya for the past ten years as a selfidentified Buddhist monk, was arrested on Saturday at Gaya International Airport. Identified as Babu Joe Barua, also known as Rajiv Dutta, he was apprehended while attempting to travel to Thailand.

for Fake Documents



from Magadh Medical Thana were dispatched to the airport.

Upon arrival, Bodh Gaya police, in collaboration with security personnel at the airport, detained the individual

The next assembly meeting will be organized after the elections and may be conducted online; new executive will be announced and other pertinent issues will be discussed.

During the arrest, police discovered a significant amount of cash, including 1.560 Thai baht, 411 US dollars, 5 euros, and Rs 3,800 in Indian currency, along with a mobile phone, a handbag, and various identity documents, including two Aadhaar cards, a voter ID, and a PAN card.

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clothing



Gaya Senior Superintendent of Police (SSP) Ashish Bharti announced the details in a press release issued at 9:00 PM. He stated that the Gaya police received a tip-off about a suspicious individual attempting to travel using forged documents. Acting mail4daily@gmail.com on this information, officers

for questioning. A thorough search revealed the fake documents, which, upon verification, were confirmed to be counterfeit.

Further investigation indicated that Barua had originally entered India on a Bangladeshi passport and had been residing in Bodh Gaya. Currently, Gaya police are interrogating the suspect to gather further information regarding his activities and potential connections.

Key participants in the meeting included Vimal Tiwari, Rita Devi, Mala Devi, Asha Devi, Idu Devi, Lakshmi Devi, Sabia Devi, Geeta Devi, Reena Devi, Punita Singh, Tinku Das, Guddu Das, Mahesh Kumar, Pradeep Nishad, Prince Kumar Tiwari, Ganesh Ravidas, Satyendra Paswan, Sanjay Kumar, Bhagwan Das, and Dayashankar Singh.

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Police Memorial Day: Honoring Sacrifice & Remembrance of Betraval

by Sunil Bajpai

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Kanpur: October 21 marks Police Memorial Day in India, a solemn occasion dedicated to honoring the ten policemen who made the ultimate sacrifice on this day in 1959 while protecting the nation at the India-China border. This day serves as a poignant reminder of the commitment of Indian police forces to maintain unity, integrity, and sovereignty in the face of adversity.

The significance of the police in upholding law and order is paramount, especially in a diverse nation like India. They have consistently shown unwavering dedication to their duty, often putting their lives on the line, whether in encounters with enemy forces or in daily policing activities. The history of betrayal, particularly from China, underlines the im-



portance of remembering these sacrifices.

The roots of Police Memorial Day can be traced back to a tragic event on October 21, 1959, when a contingent of the Chinese army ambushed an Indian patrol team in Hot Springs, Ladakh. This barbaric attack resulted in the martyrdom of ten Central Reserve Police Force (CRPF) personnel, marking a dark chapter in Indo-China relations. It was during a time when India was promoting the slogan "Hindi-Chini Bhai-Bhai," symbolizing with China, friendship

which only later revealed its treacherous nature.

The day not only commemorates the bravery of those who fell but also serves as a reminder of China's history of betrayal, which has included multiple aggressive encounters. The attack on Indian soldiers near Pangong Lake in May 2020 further emphasized this ongoing conflict, where Indian troops displayed exceptional courage, sacrificing their lives while inflicting significant losses on the Chinese forces.

As we observe Police Memorial Day today, we reflect on the heroism displayed by the CRPF on that fateful day in 1959. They were patrolling the rugged and remote terrains of Aksai Chin, unaware of the ambush that awaited them. Despite the overwhelming odds, the soldiers fought exemplifying valiantly, the spirit of sacrifice that defines the Indian police force.

This day stands as a tribute not only to the fallen heroes but also to the enduring commitment of Indian police and paramilitary forces in safeguarding the nation. As families of the martyrs gather to honor their memories, the sentiment of pride and loss resonates deeply among all Indians. The legacy of these brave souls will continue to inspire generations, reminding us of the sacrifices made in the name of duty and the importance of remembering the past.

I, ROHIT KUMAR, S/O Shobha Kant Mahto, by faith Hindu,. by occupation business, resident of Village Taranari Kushwaha Tola, P.O. Taranari, P.S. Chandrapura, Dist. Bokaro (Jharkhand) do hereby solemnly affirm on oath and declare Vide Affidavit No. 5062, dated- 05-10-2024, as

follows:

1. That, my actual name is ROHTIT KUMAR which is also mentioned in AADHAR CARD NO. 2915 8563 5502 2. That, I have opened an Account in Bank of India. Telo Branch, Account No 5869 18210004841 wherein my name has been written as ROHIT KUMAR MAHTO 3. That, ROHIT KUMAR and ROHIT KUMAR MAH-TO is the same and only one person ie. myself.

4. That, this affidavit Is being sworn by me in token of proof of the contents made hereinabove and to submitit before the authority concerned for entering my name in my said Account as RO-HIT KUMAR and for needful

DEPONENT

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Maharashtra adds popular minority pilgrimage sites under Teerth Darshan scheme

Mumbai. Ahead of the Assembly polls in the state, the Maharashtra government has added 110 minority religious sites, including 15 from across the country and 95 from within the state, to facilitate free pilgrimages for senior citizens under the Mukhyamantri Teerth Darshan Yojana. The pilgrimage destinations include prominent religious sites of Muslim, Parsi, Buddhist and Jain communities.As per the government order, Haji Ali Dargah and Haji Malang

Dargah Ramtek Jain Temple, Iranshah Atash Behram and Velankanni, among others found their place in the Mukhyamantri Teerth Darshan Yojana.

In addition, Gautama Buddha's Mahaparinirvana place in Uttar Pradesh's Kushinagar, Gautam Buddha Sadhana Bhoomi in Bihar, Sarnath in UP, BR Ambedkar's birthplace in Nagpur have also been added to the list.Speaking on the issue, Samajwadi Party MLA Rais Shaikh termed it an "election gimmick" to win the Assembly polls."When the scheme was launched in Mukhyamantri Teerth Darshan Yojana was July, I immediately asked the government why not a single holy place of Muslims in the state has been included in this scheme. I wrote



a letter to the Chief Minister demanding to include three holy places in the scheme. I am happy that these three holy places of Muslims have been included," Shaikh said."Maharashtra is the land of saints. Sufi saints have many dargahs in the state, which are also visited by Hindus. Notable dargahs like Haji Malang and Haji Ali are in the state. Despite such a rich history, the government didn't include them in the first list which shows their true nature," the Samajwadi Party MLA added.

launched by the Maharashtra government in July 2024, with139 religious sites, such as Vaishno Devi temple, Amarnath Caves, Maharashtra has added 110 minority religious sites to facilitate free pilgrimages for senior citizens under the Mukhyamantri Teerth Darshan Yojana ahead of the Assembly polls in the state.

Golden Temple in Amritsar, Char Dham Yatra, Ram Temple in Ayodhya, Somnath Temple in Dwarka, and Jagannath Puri in Odisha.Eligible individuals with an annual income of up to Rs 2.5 lakh are entitled to Rs 30,000 to cover travel, accommodation, and food expenses. Applicants above the age of 75 are allowed to take along a spouse or attendant. At the state level, the commissioner of the social justice department will act as the nodal officer for the scheme.

H1B visa issue 'thing of past', says Piyush Goyal after recent US visit

During his visit, Piyush Goyal met with around thirty business leaders already operating in India, indicating a strong interest in expanding their ventures.

New Delhi:Union Minister of Commerce The agenda included restructuring the and Industry Piyush Goyal announced that discussions about the H-1B visa will no longer be part of international dialogues, marking a significant shift in India's economic strategy. This statement came during a meeting at Vanijya Bhavan in New Delhi, where Goyal outlined the country's focus on building strategic partnerships beyond traditional visarelated topics.Goyal's remarks followed a recent trip to the United States, where he spent two days in New York meeting with CEOs of major companies.

The discussions centred on reforms implemented by Prime Minister Narendra Modi's government to enhance foreign investments in India, particularly in the pharmaceutical and diamond sectors.Surat, a key hub for the diamond industry, was highlighted as a crucial area for investment opportunities.

During his visit, Goyal met with approximately thirty business leaders already operating in India, indicating a strong interest in expanding their ventures.After New York, he travelled to Washington, where he had a luncheon meeting with 17 CEOs from the CEO forum, including top executives from Tata Sons.

CEO forum, as several members' terms are set to expire in December. Multiple Memorandums of Understanding (MoUs) were signed to reinforce the commitment to strengthen business ties



between India and the US.

Goyal's trip also featured discussions with Small and Medium-sized Enterprises (SMEs), think tanks, and educators, as well as meetings at the Centre for Strategic and International Studies (CSIS).He emphasised that this visit differed from previous ones, as there were no "negative agendas," reflecting a more optimistic outlook for Indo-US relations.

2 Days After Quitting Party, Ajay Yadav Says He Is "Congressman By Birth"

'A new disease': Dhankhar on students going abroad to study

Former Haryana minister Captain Ajay Singh Yadav said he was "prevailed upon" by his son and former MLA Chiranjeev Rao to "forget the past" and work for the party.

Chandigarh: Two days after quitting the Congress party, former Harvana minister Captain Ajay Singh Yadav on Saturday took a U-turn and said he was a "Congressman by birth" and would remain one "till his last breath". Mr Yadav said he was "prevailed upon" by his son and former MLA Chiranjeev Rao to "forget the past" and work for the party.

Mr Yadav quit the party on Thursday alleging shabby treatment after Sonia Gandhi left the post of party president. He also resigned as chairman of the All India Congress Committee's Other Backward Classes (OBC) Department.In a series of posts on X, the 65-year-old leader said he has served the Congress for 38 years and gave his best to the party. He



more than 70 years" with the Nehru-Gandhi clan.

ji and Sonia Gandhi and cannot forget their affection towards me... I am a Congressman by birth and would remain a Congressman till my last breath," said said his family has had an "association of Mr Yadav." I was upset that my hard work against 10 by the BJP.

done for the OBC department was not being appreciated by the high command and some harsh words made me take this drastic step. But with a cool mind I have decided to strengthen the Congress party, especially my mentor and leader Sonia Gandhi ji," he said in another post."I am especially indebted to my leader and mentor Sonia Gandhi ji and can never think of hurting her feelings," he said.Chiranjeev Rao lost from Rewari in the recently concluded Haryana Assembly polls.

I worked with my leader late Rajiv Gandhi Mr Yadav had earlier said the party should introspect to find the reasons for its failure in southern Haryana, especially Gurugram, Rewari, Mahendragarh and Faridabad where it won just one seat as

Ex-Union Minister RCP Singh announces decision to leave BJP, to form own party

RCP Singh joined the BJP in 2023 after leaving the JD(U). He left the Nitish Kumar-led party last year after the JD(U) sought an explanation on

allegations of corruption levelled against him.

Patna. Former Union Minister and BJP leader RCP Singh announced on Saturday that he will be leaving the BJP and intends to establish his own political outfit shortly. He joined the BJP in 2023 after Bihar Chief Minister Nitish Kumar-led JD(U) sought an explanation on allegations of corruption levelled against him. In an exclusive interview with India Today, Singh revealed, "I have not got my BJP membership renewed, and it is for everyone to understand my intentions. I will very soon form my own political party.³

He expressed frustration at not being assigned any significant responsibilities in the BJP over the past 18 months, stating, "I had

communicated with the BJP leadership that since I have long experience of running a political organisation, they should use it for the benefit of the party, but BJP has a different style of functioning, and I appreciate it."



Singh's entry into the BJP

▶Jagdeep Dhankar said this was burdening the country, **"They have** created 6 **billion US** dollars hole in our foreign exchange.

Jaipur. Vice President Jagdeer Dhankhar on Saturday termed the trend of students going abroad to study as a "new disease". He also said that commercialisation of education is adversely impacting its quality and that "there is a need to save education from commercial mentality."

Addressing the silver jubilee celebrations of Sobhasaria Group of Institutions in Sikar, Rajasthan, Dhankhar said, "There is another new disease — children, I am addressing you — of going abroad. Parents do not get counselling for studies abroad. The child eagerly wants to go. He sees a new dream and feels that he will find heaven as soon as he goes there. There He said this was burdening the country, is no assessment as to which institution he is going to, which country he is going to,



there is just a blind path that I have to go abroad. You will be surprised, boys and girls between the ages of 18 to 25 get influenced by advertisements. In 2024, 13 lakh students went abroad. What will happen to their future is being assessed."

"They have created 6 billion US dollars hole in our foreign exchange. Imagine if

these 6 billion US dollars are funnelled into improving the infrastructure of educational institutions here, what would have been our condition. A lot of attention is being paid to this. This is the loss of foreign exchange."

It is forex drain, it is brain drain, this should not happen. It is the responsibility of the institutions to make their students aware of the foreign conditions. Tell them, what is the ranking of the

institution in which you are taking admission into, what is its status. And along with this, we should take a very big revolutionary step that whoever is capable, with the intention of giving to the society, based on that policy, with a clean mind, should build institutions in Tier 2 and 3 towns and in rural areas. This will be a big change for the country," the V-P said.

was seen as a strategic

move to counter Bihar Chief Minister Nitish Kumar's departure from the NDA and his subsequent alignment with the Mahagathbandhan in August 2022. However, following Kumar's return to the NDA in January 2024, Singh found himself politically isolated within the party. When asked about the possibility of returning to his former party, Janata Dal United (JDU), Singh firmly rejected the idea. "Since I have my own political power, there is no need to return to Janata Dal United. I share a good relationship with Nitish Kumar even today, but there has been no effort for rapprochement between us," he said.

Soon after leaving JD(U) in 2023, Singh launched a scathing attack on Nitish Kumar, calling him a 'palti maar' (someone who switches allegiances).

RCP Singh had quit the JD(U) after the party sent him a notice over corruption allegations. "Nitish Kumar will not become Prime Minister in any of his seven lives," he said after his resignation, describing the JD(U) as a "sinking ship". Looking ahead, RCP Singh indicated that his new party would consider contesting the upcoming assembly elections in Bihar, depending on the political landscape. "I will be floating my own political party very soon, and depending on the situation, my party would also take a decision to contest assembly elections in the state next year," he said.

Let bureaucrats understand... now decisions will not be taken without ascertaining opinion of public: Omar in Jammu

the new chief minister of Jammu and Kashmir, Omar Abdullah said Saturday that having a deputy chief minister from the region was an answer to those who had been describing the National Conference as a party of Muslims promoting family rule.Addressing party activists at Sher-I-Kashmir Bhawan on his maiden visit to Jammu city as the new CM, Omar said while there had been deputy chief ministers from Jammu in the past, those were due to "coalition compulsions". The visit comes two days after Omar took oath as J&K's new CM alongside NC's Jammu leader Surinder Choudhary as his deputy."We had no such compulsions. While the Congress is yet to decide on joining his ministry, we decided to have a Deputy CM from the same party as the CM," he said.AdvertisementResponding to allegations of nepotism, he said: "Now what will you say, since the deputy CM is from Jammu and he has nothing to do with my family. I, too, can ask you many questions, but I will not like to

Jammu. In his first outreach to Jammu as use that occasion for that because the people have given the answer".Without naming the BJP, the party said the people of Jammu overwhelmingly voted for one party despite resentment over various issues from the 'Durbar' move to electricity meters, inflated power bills and



unemployment. However, this resentment was not seen at polling booths. Either there is no anger among people as everything here is alright," he said. "If this is the case, it's good and one doesn't need to do much here. But votes have been given despite the resentment, one needs to understand what has happened."

Odisha Tribal Woman Sends PM Modi 100 To "Convey Thanks". He Responds

▶ BJP ended the 24-year-old rule of Naveen Patnaik-led Biju Janata Dal (BJD) in Odisha after securing 78 seats in the 147seat assembly in the 2024 state elections.

New Delhi: Blessings from 'Nari Shakti' inspired him to relented," the five-time MP said in his post, sharing

tribal woman in Odisha who handed over ₹ 100 to BJP leader to "convey thanks" to PM Modi. PM Modi's reaction came after the BJP vice president Baijayant Jay Panda's post on X in which he shared that during the party's membership drive in Odisha's Ŝundargarh district on Friday, he met the tribal woman who insisted on giving the money to Panda to "convey thanks" to PM for his

my demurrals & explanations that it wasn't necessary, & simply would not take no for an answer until I finally

keep working to build a 'Viksit Bharat', Prime Minister pictures." This is a reflection of the transformation that Narendra Modi said responding to a heartfelt gesture of a Odisha & Bharat is experiencing," he added.PM Modi

touched by this affection. I bow to our Nari Shakti for always blessing me. Their blessings inspire me to keep working to build a Viksit Bharat."Notably, the BJP ended the 24-year-old rule of Naveen Patnaik-led Biju Janata Dal (BJD) in Odisha after securing 78 seats in the 147-seat assembly in the 2024 state elections held simultaneously with Lok Sabha polls. The BJD secured 51 seats way behind the majority mark of 74 while the Congress secured just 14

efforts."This Adivasi lady insisted on giving me 100 to seats. In the 2024 Lok Sabha polls also BJP performed 'convey thanks' to PM Narendra Modi. She brushed aside well by securing 20 out of the 21 parliamentary seats of the state while the Congress got just one and BJD drew blank.

responded in a post on X, "Very

One Nation, One Election' is undemocratic

ONE saving grace of Indian democracy though some call it one of India's troubling flaws - is that there is practically always an election happening. So, just as the echoes of the last General Election which kept Prime Minister Narendra Modi in office, but without a majority and leading a coalition government - died down, the state of Haryana and the Union Territory of Jammu and Kashmir went to the polls to elect their legislatures. The results, announced last week, surprised politicians and pollsters alike.

- Modi's Bharatiya Janata Party (BJP) pulled off an unexpected victory in Haryana, where it was expected to lose. And the opposition Congress party, together with its regional ally, the National Conference, claimed victory in Jammu and Kashmir, where polls had forecast a hung Assembly with no party or alliance securing a majority. With pollsters also having gotten the June Lok Sabha election wrong — they had projected a sweeping BJP victory — India's electorate certainly cannot be called predictable.
- Indian voters will soon have more chances to defy expectations. Before the year is out, two more states, Maharashtra and Jharkhand, will go to the polls. They could easily be followed by Delhi, where its beleaguered Chief Minister recently resigned, demanding early elections (which are due by next March in any case). In other words, beyond being packed — each of India's 28 states and seven union territories elect their own governments -India's electoral calendar is subject to change.For Modi's government, all this election-related uncertainty has gone too far. He wants India to establish a fixed election schedule, with the Lok Sabha (lower house of Parliament), state Assemblies, and local bodies all being elected on the same date every five years. A highlevel committee, headed by former President Ram Nath Kovind, recently produced a voluminous report backing this approach, which Modi calls "One Nation, One Election". The frequency of elections can indeed be a challenge for the national government. For one thing, while state/local elections largely concern local issues, these are often seen as a sort of rolling referendum on the national government. For another, governance comes to a halt during elections since the independent Election Commission's Model Code of Conduct prohibits incumbents from making policy announcements that might induce electorate to vote for them.In addition, national leaders get busy in campaigning in the states holding elections, each of which has its own political history and, often, its own parties. Modi and his Home Minister Amit Shah have been fixtures on this endless campaign trail throughout their decade in office, leaving them with little time for their official duties.Modi argues that frequent elections waste both money and time. It may have also occurred to him that simultaneous elections might give national parties and issues a boost in state elections, which may be less likely to turn the focus onto local leaders and problems amid a national election campaign.
- The Opposition rejects the proposed reform, pointing out that whatever trivial cost savings might be gained by holding all elections simultaneously would be dwarfed by the losses associated with depriving the economy of the frequent stimulus that free-spending campaigns provide. More important, the proposal betrays a sinister intent to ride roughshod over India's federalism and diversity, reflecting Modi's fondness for unitarianism dressed up as efficiency.
- The most glaring problem with "One Nation, One Election," however, is that it is impractical, which we know from experience. After Independence, India established a single Election Day. But that arrangement lasted just fifteen years, from 1952 to

Polluted by industry, Buddha Dariya faces tipping point

Every day, millions of litres of untreated raw sewage is flowing into the Buddha Dariya directly.

ONE vexed problem of the pollution of the Buddha Dariya, a tributary of the Sutlej, has reached a decisive phase with the Punjab Pollution Control Board (PPCB) ordering dyeing units to stop discharging their untreated water into the dariya.

Thousands of people from Ludhiana, South Punjab and Rajasthan have gathered under the banner of "Kaale Paani Da Morcha", a group protesting against severe pollution in the Buddha Dariya of Ludhiana. They are demanding that the pollution of the drinking and irrigation water by the industry be

stopped.Unfortunately, the problem has persisted due to lack of political will by successive governments as well as most political parties, due to the fear of losing industry funding for elections, even though the polluted water affects over two crore people. Every day, millions of litres of untreated raw sewage is flowing into the Buddha Dariya directly.Earlier, the Municipal Corporation of Ludhiana had started the construction of an intermediate pumping station (IPS) one of the biggest of its kind in capacity for water treatment, but the construction had to be stopped due to a land dispute. Land on both banks of the dariya has been heavily encroached upon. The case is pending in the

Supreme Court. The municipal corporation needs to find another plot to set up the pumping station and complete its construction on a war footing so that raw sewage can be stopped from being discharged into the Buddha Dariya at the earliest. The dyeing industry, despite having common effluent treatment plants

(CETP), is polluting the dariya both indirectly and directly. The treated water discharged by the industry does not meet the parameters, as per the reports by the Central and Punjab pollution control boards. This has led to the present crisis. Many units are still connected to the municipal sewerage as officials have turned a blind eye to this indirect pollution. The only possible solution is that CETPs of the dyeing industry must opt for Zero Liquid Discharge (ZLD) Technology and reuse their water, as is being done by the dyeing industry of Tirupur, Tamil Nadu, following an order by the Madras High Court. On January 28, 2011, the Madras HC had

ordered the closure of more than 700 bleaching and dyeing units and effluent treatment plants in Tirupur. It had also directed the industry to adopt the ZLD technology.For the Buddha Dariya too, th industry and government should work out a way to switching to the ZLD technology, with some support from the Central government. There are around 2,800 electroplating units in Ludhiana. Of them, 1,700 are registered, 300 are awaiting registration and the remaining are illegal. The registered units are supposed to get their wastewater treated at a CETP



by paying Rs 1.25 per litre. However, the owners of these units allege that almost 90 per cent of the polluted water is being discharged directly into the sewerage or by reverse-boring it into the ground aquifers, like the Zira distillery.Apart from the dyeing industry, there is sheet metal industry that has not yet come under the public glare for polluting the dariya. The dyeing industry blames the sheet metal industry for causing this pollution as it uses hydrochloric (HCL) acid, and there is no treatment plant in Ludhiana to treat HCL acid-laden water. The sheet metal industry is directly disposing of around two lakh litres of acid-laden water in the sewerage. Making matters complicated are allegations of corruption by PPCB officials. The industries cannot afford to stop production and, at the same time, they do not want to adhere to the pollution board norms because they claim that they still have to bribe PPCB

Jaishankar in Pak

Ball now in Islamabad's court



officials. The presence of heavy metals like chromium, nickel, lead and copper in the sludge of the sewage treatment plants (STPs) detected by lab tests points to some wrongdoing. Most industries are disposing of their polluted water into the sewerage. The crisis has intensified as the Buddha Dariya STP can only treat sewage, but not the chemicals.

The only solution is to shift the present and upcoming units and other such clusters to a separate area, away from the city, where they can be directly connected to the treatment plants. Modern industrial clusters

with ZLD technology and more treatment plants are needed. Otherwise, more Giaspura-like tragedies are waiting to happen. In this tragedy, 11 persons had died from the sewage gas leak in the area.

Besides industrial units, dairies in the Haibowal, Tajpur and other areas located upstream and downstream of the Buddha Dariya municipal limits are also directly throwing animal dung into the dariya or indirectly into the sewage system. As a result, the STPs may soon stop functioning. Even the new plants meant for treating dairy water might soon become non-functional.As per the Municipal Solid Waste

Management Rules, 2016, dairies cannot exist within the municipal limits. The solid waste including domestic waste, plastics, slaughterhouse waste, textile waste and animal carcasses - from the areas around the dariya is choking the tributary. The authorities need to rebuild the fence around the dariya. The earlier one, erected at an expenditure of Rs 9.34 crore, was damaged during the floods last year. Also, deployment of manpower is needed to stop solid waste ingress into the dariya. At present, there is no solid waste enforcement force for issuing challans to the offenders. A similar force deployed by the MC along the Sidhwan Canal has reportedly earned Rs 26 lakh through challans even as only Rs 7 lakh was spend on the employees' salary. Two or three floating garbage barriers-cumconveyors are also needed for taking out the solid waste which enters the dariya.

> Islamabad's, or rather Rawalpindi's, proclivity to betray trust adds to the scepticism. Having laid on the table its non-negotiable stance against terrorism, New Delhi must continue to explore options to engage with its rogue neighbour. Keeping the channels of communication open is critical. Cricket diplomacy may or may not come to Delhi's aid, as it has in the past, but in the larger scheme of things, it can serve as an icebreaker.

The smooth completion of Jaishankar's visit is being viewed as a constructive takeaway — a baby step, but forward movement, nevertheless. The ball is now in Pakistan

1967. The reason lies at the root of India's parliamentary system: governments must maintain a legislative majority. If a government loses its majority before its term is up, fresh elections must be held. A government might also call early elections in the hope of increasing its majority.

includes India and Pakistan. The resumption of dialogue may not be on the cards, but Jaishankar's informal interaction with his Pakistani counterpart Ishaq Dar raises hopes of ending the deep freeze in bilateral relations.Sustaining even a limited engagement with Pakistan has remained a

THE go-ahead to the first visit by an Indian External

Affairs Minister to Pakistan in almost nine years

was indication enough that behind-the-scenes

diplomacy had been productive. Before going to

Islamabad to attend a conclave of the Shanghai

Cooperation Organisation, S Jaishankar had

declared that India's Pakistan policy was not

passive. New Delhi, the message went, was willing

to respond to any positive gestures. In the Pakistan

capital, he said activities characterised by the three

evils of terrorism, extremism and separatism

would not encourage trade, energy flows,

connectivity and people-to-people exchanges.

Strong words, but minus the hostility that matter-

of-factly manifests itself in any forum that

challenge for successive Indian governments.

Prime Minister Shehbaz Sharif's court. The track record of his brother, former PM Nawaz Sharif, in fomenting ties does not inspire any confidence. Before India, there's the Pakistan military the Sharifs have to deal with. New Delhi will be keenly watching the outcome.



TRYSTS AND TURNS: 'One Country, One Election' vision falters as ECI unable to hold even 4 Assembly polls together

HE Modi government wants to follow its dream of "One Country, One Election". Future Lok Sabha elections in India will be held simultaneously with the state Assembly elections throughout the country. Yet, when elections to the four state Assemblies in It also resurrected the public's thirst for instant justice Maharashtra, Haryana, Jammu and Kashmir and Chhattisgarh were to be planned, the ECI could not manage to hold even these four simultaneously. It held the J&K and Haryana elections first and postponed Maharashtra and Chhattisgarh to the following month! The dates for the polls in my state were announced on October 15, just as time was running out. Voting is scheduled for November 20 and the results will be out on November 23 as newly elected legislators have to take their seats on or before November 26, when the term of the present legislature expires. The Mahayuti government, being steered by the BJP's Devendra Fadnavis, has emptied the state's coffers with tall promises that will be impossible, or, at least, difficult to meet.

In the interregnum, strange things are happening in the state's capital, Mumbai, and its surroundings. The phenomenon of the 'encounter specialist', former Police Commissioner Anami Roy, who had been banished to the boondocks, suddenly reappeared on the scene. A wannabe specialist called Sanjay Shinde, who started out as an acolyte of an old-timer named Pradeep Sharma, was plucked out from his 'comfy' zone and entrusted with the pedestrian task of escorting a child molester from the prison, where he was lodged, for that crime to the Thane Commissionerate's Crime BranThe police 'encounter' that occurred in the police vehicle transporting the accused rekindled inspector Shinde's wish to become an 'encounter specialist'. It also re-established the Deputy Chief Minister's credentials as a tough administrator because posters

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appeared the very next day in Thane and Mumbai of Fadnavis with a revolver or pistol in his hand! That was to restore the public's faith in the Mahyuti Home Minister's aura of strength and invincibility.

that gives a dangerous carte blanche to police officers to investigate, prosecute, judge and punish the

designated perpetrator. In judicial systems all over the world, the police cannot try and declare an accused guilty. And even more importantly, the police are not empowered to carry out death sentences.Middle class citizens in particular are jubilant when what they consider quick justice is delivered. What they do not realise is that it also breeds criminality in law-enforcing agencies and encourages its members to turn lawless. The disease then spreads among the fraternity of criminals because the two coexist. The murder of a long-time Congress politician, who recently crossed over to the Ajit-Pawar faction of the NCP (National Congress Party), a faction aligned with the BJP, has sent the political class in Mumbai city into a tizzy. 'Baba' Siddique, the murdered man, was shot dead on

Saturday evening in his own familiar hunting ground, Bandra. Two suspects, one hailing from Haryana and the other from UP, have been detained by the police. It is reported that they belong to the Lawrence Bishnoi gang which originated in Punjab and came to the country's attention when the gang was accused of killing Sidhu Moosewala, at his own village in Punjab's Mansa district. Lawrence Bishnoi himself has been lodged in Sabarmati Central jail in

Gujarat, from where he orders the killings of intended victims.One of his targets was the actor, Salman Khan, a flamboyant personality if ever there was one. Politician Siddique was known to be a regular visitor to Salman's home in Bandra. Some say that that could be one reason for Lawrence targeting Siddique. Whatsoever the reason, the early



evening murder of a well-known political figure has stirred up curiosity and also fear among other politicians

Many politicians in this city have an official security cover provided by the police. Many more will clamour for this largesse after Siddique's murder. The understaffed police force will be severely strained in performing its allotted role of preventing and detecting crime and keeping order on the streets.

To add to their worries, the police were ordered to provide a state funeral to the slain politician. They had done such a job willingly when industrialist Ratan Tata was recently cremated. Soon thereafter, they were told in a written order from the state government's Home Ministry to provide a ceremonial sendoff to a controversial politician, who

had, at times, come into conflict with the

Ajit Pawar proclaimed that Siddique was to be one of his star campaigners in the coming elections. There is no doubt that Siddique was popular with Muslim voters in Bandra's slums. Yet, personally, I am not convinced that even a Baba Siddique would be able to persuade his co-religionists to switch over to a BJP-mentored Mahayuti. The regular lynchings of suspected cattle traders and beef-eaters and the pursuit of Muslim young men in love with Hindu girls (so-called 'love jihad') have consolidated the almost-total Muslim vote against the BJP. It would not have been easy for Siddique to breach that wall, even though the community in Bandra owed much to him.Incidentally, the state government's decision to give

the slain leader a state funeral will open the door for many more such requests. The government needs to firm up its rules for sanctioning such requests. If it decides to be liberal, it will need to create many more jobs in the armed constabulary. The inevitable demand for personal security by politicians will also need to be re-evaluated, lest police stations in the city are further denuded of bodies required for essential duties, as is happening at present.

Ithough every possible care and cautions has been taken to avoid errors or omissions, this publication is in the market for readers on the condition and understanding that information given in this publication is merely for reference and must not be taken as having authority of or Abinding in any way on the writers, editors, publishers, printers and sellers who do not owe any responsibility for any damage or loss to any person, a purchaser of this publication of not for the result of any action taken on the basis of this work. All disputes are subject to the exclusive jurisdiction of competent court and forums in Ranchi only. Readers are advised and requested to verify and seek appropriate advice to satisfy themselves about the veracity of any kind of advertisement before responding to any contents published in this newspaper. The Editor, Printer, Publisher and any employee of the 'The Researchers' Group will not be held responsible for any kind of claim made by the advertisers of the products and services and shall not be made responsible for any kind of loss, consequences and further product-related damages on such advertisement.

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देश की पहली फ्लेक्स फ्यूल मोटरसाइकिल सीबी 300एफ लॉंच, कीमत 1.70 लाख

नई दिल्ली। दोपहिया वाहन बनाने वाली देश की प्रमुख कंपनी होंडा मोटरसाइकिल एंड स्कूटर इंडिया ने ग्रीन मोबिलटी समाधानों को गति देते हुये आज देश की पहली फ्लेक्स फ्यूल मोटरसाइकिल सीबी 300एफ लाँच करने की घोषणा की जिसकी दिल्ली में एक्स शोरूम कीमत 1.70 लाख रुपये है। कंपनी ने यहां जारी बयान में कहा कि पर्यावरण के प्रति जागरूक सवारों की जरूरतों को पूरा करने के लिए डिज़ाइन की गई यह भारत की पहली 300सीसी फ्लेक्स-फ्यूल मोटरसाइकिल है। ग्राहक अब अपने नजदीकी बिगविंग डीलरशिप पर 2024 होंडा सीबी300 एफ फ्लेक्स-फ्यूल बुक कर सकते हैं। कंपनी के प्रबंध निदेशक, अध्यक्ष और सीईओ त्सुत्सुमु ओटानी ने कहा, होंडा में, हमारा लक्ष्य 2050 तक अपने सभी उत्पादों और कॉर्पोरेट गतिविधियों के लिए कार्बन तटस्थता हासिल करना है। टिकाऊ उत्पाद नवाचार के प्रति हमारी प्रतिबद्धता के

एजेंसी

हिस्से के रूप में, आज हमने सीबी300 एफ का नया फ्लेक्स-फ्यूल संस्करण पेश किया, जो उत्सर्जन को कम करने और भारत की ऊर्जा जरूरतों को पूरा करने की हमारी यात्रा में एक महत्वपूर्ण मील का पत्थर है। वैश्विक स्तर पर फ्लेक्स-फ्यूल तकनीक में एक दशक से अधिक की विशेषज्ञता के साथ, होंडा ने भारतीय ग्राहकों को ध्यान में रखते हुए इस मोटरसाइकिल को विशेष रूप से विकसित किया है ताकि भारतीय दोपहिया बाजार के लिए एक सहज फ्लेक्स-फ्यूल संक्रमण बनाया जा सके। नई सीबी300 एफ फ्लेक्स-फ्यूल का लॉन्च भारत सरकार के इथेनॉल मिश्रित पेट्रोल कार्यक्रम का समर्थन करने और एक स्वच्छ, हरित भविष्य की दिशा में योगदान करने की हमारी प्रतिबद्धता को पुष्ट करता है। उन्होंने कहा कि होंडा सीबी300 एफ फ्लेक्स-फ्यूल एक समझौता न करने वाला स्ट्रीट फाइटर है, जो पर्यावरण के अनुकूल होने के साथ-साथ

शक्तिशाली भी है।

शेयर बाजार को लगातार सपोर्ट देने की कोशिश की है। घरेलू निवेशकों की इस खरीदारी के कारण ही मिडिल ईस्ट के जियो-पॉलिटिकल टेंशन के बावजूद शेयर बाजार ध्वस्त होने से बच गया। अंतरराष्ट्रीय परिस्थितियों की वजह से बाजार में गिरावट तो जरूर आई लेकिन ऐसे समय में घरेलू संस्थागत निवेशकों ने भारतीय बाजार को पूरी दम के साथ सहारा दिया है। एक्सचेंज के आंकड़ों के मुताबिक सोमवार से बीच हुए कारोबार के दौरान विदेशी संस्थागत और पोर्टफोलियो निवेशकों ने घरेलू बाजार में कुल 61,997.74 करोड़ रुपये की खरीदारी की, जबकि इसी अवधि में इन निवेशकों ने 83,821.08 करोड़ रुपये की बिकवाली की। इस तरह पिछले

विदेशी निवेशकों की बिकवाली जारी, इस सप्ताह 21,823 करोड़ से अधिक के शेयर बेचे

निवेशक (डीआईआई) खरीदारी साल विदेशी संस्थागत निवेशक कुल करके लगातार शेयर बाजार को नई दिल्ली। विदेशी संस्थागत सपोर्ट देने की कोशिश करते रहे। की बिकवाली कर चुके हैं। दूसरी निवेशक (एफआईआई) अक्टूबर में अभी तक भारतीय शेयर बाजार में सिर्फ ही घरेलू संस्थागत निवेशकों ने ओर घरेलू संस्थागत निवेशकों ने इस शुद्ध बिकवाल बने हुए हैं। खत्म हुए

एजेंसी

कारोबारी सप्ताह के दौरान विदेशी

निवेशकों ने साप्ताहिक आधार पर

21,823.34 करोड रुपये के शेयरों

की शुद्ध बिक्री की। सिर्फ शुक्रवार

को ही विदेशी निवेशकों ने दिनभर में

5,485.70 करोड़ रुपये की

बिकवाली की। अक्टूबर में अब तक

कुल 13 दिन कारोबार हुआ है। इन

13 दिनों में विदेशी निवेशक

खरीदारी की तुलना में काफी अधिक

बिकवाली करते रहे हैं। इस दौरान

उन्होंने भारतीय शेयर बाजार में

80,217.90 करोड़ रुपये की शुद्ध

बिकवाली की। स्टॉक एक्सचेंज के

पास उपलब्ध आंकड़ों के अनुसार

अक्टूबर में विदेशी संस्थागत

निवेशक जहां अंधाधुंध बिकवाली

करते रहे, वहीं घरेलू संस्थागत

हरिद्वार। हरिद्वार में सिडकुल

स्थित सेफगार्ड कंपनी और जापानी

कंपनी नोहमी बोसाई के बीच एमओयू

हुआ है। 15 अक्तूबर को भी

सिडकुल एसोसिएशन की कई

कंपनियों ने तंजानिया से आए 22

सदस्यीय प्रतिनिधिमंडल के साथ

एमओय साइन किया था। सेफगार्ड

इंडस्ट्रीज ने जापानी कं5नी नोहमी

बोसाई के साथ एक एमओय पर

हस्ताक्षर किए, जो अग्नि पहुँचान

जेंसी



5,214.83 करोड़ रुपये की खरीदारी की। इस माह अभी तक घरेलू करीब निवेशक संस्थागत 74,176.20 करोड़ रुपये की शुद्ध खरीदारी कर चुके हैं। स्टॉक एक्सचेंज के आंकड़ों को देखें तो इस

अवधि में 4.92 लाख करोड रुपये

के शेयरों की खरीदारी की है। आंकडे से साफ है कि घरेलू संस्थागत निवेशकों ने विदेशी निवेशकों की बिकवाली की तुलना में दो गुना से काफी अधिक खरीदारी करके घरेलू

2.19 लाख करोड़ रुपये के शेयरों

कारोबारी सप्ताह में खरीद-बिक्री को मिलाकर विदेशी निवेशक घरेल बाजार से 21,823.34 करोड़ रुपये की निकासी कर चुके हैं। प्रधानमंत्री इटर्नशिप योजना के तहत कपनियों

सेफगार्ड व जापानी कंपनी नोहमी बोसाई के बीच एमओयू

> एजेंसी नई दिल्ली। प्रधानमंत्री

इंटर्नशिप योजना के तहत 250 कंपनियों ने अबतक 1.25 लाख इंटर्नशिप अवसरों की पेशकश की है। इस योजना के लिए बनाई गई वेबसाइट पर 12 अक्टूबर शाम 5 बजे से उम्मीदवारों का पंजीकरण शुरू हो चुका है।

आधिकारिक सत्रों ने दी जानकारी में बताया कि प्रधानमंत्री इंटर्नशिप योजना के तहत 250 शीर्ष कंपनियों ने पंजीकरण कराया है। इन कंपनियों द्वारा 1.25 लाख इंटर्नशिप ऑफर किए गए हैं। योजना के पायलट प्रोजेक्ट के लिए इंटर्नशिप दो दिसंबर से शुरू होगी।

इस योजना को कॉर्पोरेट मामलों के मंत्रालय द्वारा पोर्टल 'pminternship.mca.gov.in' के माध्यम से कार्यान्वित किया जा रहा है। इस

भी की गई। इसी तरह 10 हजार

योजना के तहत 21-24 वर्ष की उम्र योजना के तहत प्रत्येक प्रशिक्ष को

ने किए 1.25 लाख जॉब्स ऑफर





महीने के लिए 5 हजार रुपये की सीतारमण ने केंद्रीय बजट 2024-मासिक वित्तीय सहायता और 6 25 में इस योजना का ऐलान किया हजार रुपये का एकमुश्त अनुदान मिलेगा। इसके अलावा भारत सरकार द्वारा प्रधानमंत्री जीवन ज्योति बीमा योजना और प्रधानमंत्री सुरक्षा बीमा

था, जिसका उद्देश्य 12 महीने के लिए देश की शीर्ष 500 कंपनियों में इंटर्नशिप करने का अवसर प्रदान करना है।

विदेशी मुद्रा भंडार 10.8 अरब डॉलर गिरकर 690.4 अरब डॉलर पर



मुंबई। विदेशी मुद्रा परिसंपत्ति, सप्ताह में विदेशी मुद्रा भंडार के सबसे बडे घटक विदेशी मुद्रा परिसंपत्ति 10.5 अरब डॉलर की बडी गिरावट के साथ 602.1 अरब डॉलर पर आ गई। इसी तरह 11 अक्टूबर को समाप्त सप्ताह में इस अवधि में स्वर्ण भंडार 9.8 कराड़ डालर घटकर 65.7 अरब डॉलर रह गया।आलोच्य सप्ताह एसडीआर में 8.6 करोड़ डॉलर की गिरावट आई और यह कम होकर 18.3 अरब डॉलर पर आ गया। इसी तरह इस अवधि में आईएमएफ के पास आरक्षित निधि दो करोड़ डॉलर की गिरावट रही और यह घटकर 4.3 अरब डॉलर पर आ गया।

रुपये से कम कीमत वाली साइकिल पर जीएसटी दर को 12 फीसदी से घटाकर पांच फीसदी करने का सझाव दिया गया है। जीओएम ने 15 हजार रुपये से अधिक कीमत वाले जूतों और स्वर्ण, विशेष आहरण अधिकार 25 हजार रुपये से अधिक कीमत (एसडीआर) और अंतर्राष्टीय मद्रा कोष (आईएमएफ) के पास वाली कलाई घड़ियों पर जीएसटी दर को 18 फीसदी से बढाकर 28 आरक्षित निधि में भारी कमी होने से फीसदी करने का भी सुझाव दिया

पर जीएसटी दर घटाने की सिफारिश मंत्रियों के समुह ने 20 लीटर की की पानी की बोतलों पर जीएसटी पैकेज्ड पेयजल बोतलों, साइकिलों को 18 फीसदी से घटाकर पांच और अभ्यास नोटबुक पर कर की फीसदी करने का सुझाव दिया है। इसके साथ ही अभ्यांस नोटबुक पर



दरों को घटाकर 5 फीसदी करने

नई दिल्ली। वस्तु एवं सेवा

कर (जीएसटी) दरों को तर्कसंगत बनाने पर गठित मंत्री समूह (जीओएम) ने 20 लीटर की पानी की बोतल, साइकिल और नोटबुक पर जीएसटी दर घटाकर 5 फीसदी करने का फैसला किया है लेकिन उच्च श्रेणी की कलाई घड़ियों और जतों पर कर की दर बढाने का सुझाव दिया है। आधिकारिक सूत्रों बताया कि बिहार के उप मुख्यमंत्री सम्राट चौधरी के नेतृत्व में जीएसटी दरों को तर्कसंगत बनाने पर गठित मंत्रियों के समूह द्वारा लिए गए जीएसटी दर पुनर्गठन के फैसले से 22 हजार करोड़ रुपये का राजस्व लाभ होगा। जीओएम ने महंगी कलाई घड़ियों और जूतों पर

कर बढाने का सुझाव दिया लेकिन

বেঙ্গল সরকার পিছু হটেছে, বেঙ্গলে ঝাড়খণ্ড থেকে যানবাহনের প্রবেশ শুরু

প্রায় ২৪ ঘন্টা পর, বেঙ্গল সরকার পিছু হটেছে এবং ঝাড়খণ্ড থেকে বেঙ্গলে যাওয়া সমস্ত পণ্যবাহী যানবাহনের প্রবেশ শুরু হয়েছে। গত সন্ধ্যা ৭টার পর বেঙ্গল সরকারের আদেশে ঝাড়খণ্ড–বেঙ্গল মথন সীমান্ডে পণ্যবাহী যানবাহনের প্রবেশ নিষিদ্ধ করা হয়েছিল।

এর ফলে রাত থেকে দুপুর পর্যন্ত প্রায় ২০ কিমি দীর্ঘ যানজট সৃষ্টি হয়। চালকদের সমস্যার কথা বিবেচনা করে, MASS বেঙ্গল সরকারকে চাপ দেয় ঝাড়খণ্ড সীমান্ত থেকে বেঙ্গলে প্রবেশ করা সমস্ত যানবাহন বন্ধ করার জন্য। এর ফলে, বেঙ্গল সরকার পিছু হটতে বাধ্য হয় এবং অবশেষে ভারী যানবাহনের প্রবেশ আবার স্বাভাবিক হয়।

বেঙ্গল সরকারের এই অনুমতির পর, ট্রাক চালকরা স্বস্তির নিঃশ্বাস ফেলেন। প্রাক্তন নিরসা বিধায়ক অরূপ চ্যাটার্জি ঝাড়খণ্ডের মুখ্যমন্ত্রী হেমন্ত সোরেনের এই উদ্যোগের প্রশৎসা করেন। তিনি বলেন, মুখ্যমন্ত্রী হেমন্ত সোরেন এই বিষয়ে ক্রমাগত গুরুত্ব দিয়েছেন। বেঙ্গল সরকারের সাথে ইতিবাচক আলোচনা করার পর বেঙ্গল সরকার নিষেধাজ্ঞা তুলে নেয়। এর পর, সারিতে দাঁড়িয়ে থাকা সমস্ত পণ্যবাহী যানবাহন ধীরে ধীরে বেঙ্গলে প্রবেশ করতে শুরু করেছে। NH-এ দীর্ঘ যানজট এখন সীমিত হচ্ছে এবং যানজটও ভাঙতে শুরু করেছে।

সম্প্রতি ঝাড়খণ্ডে প্রবল বৃষ্টির পর, মাইথন এবং পাঞ্চেত বাঁধের জলস্তর বেড়ে যায় এবং বাঁধ খুলে জল বেঙ্গলের দিকে ছেড়ে দেওয়া হয়, এর পর বেঙ্গল সরকার স্বৈরাচারী মনোভাব গ্রহণ করে এবং ঝাড়খণ্ড থেকে বেঙ্গলে প্রবেশ করা পণ্যবাহী যানবাহন সীমান্ডেই থামানোর আদেশ দেয়।

मईया के पूजन जायब

– रिमता

मईया के पूजन जायब, मईया के लाल रंग चुनरी ओढ़ायब, मईया के प्रथम पूजब मॉ शैलपुत्री घी के भोग लगायब, मईया के द्वितीय पूजा मॉ ब्रह्मचारिणी शक्कर भोग लगायब, मईया के मां चंद्रघंटा की पूजन तृतीय खीर के भोग लगायब, मई या के चतुर्थ पूजन माता कुष्मांडा मालपुआ चढ़ायब, मईया के पंचम पूजा मॉ स्कंदमाता कदली फल भोग लगायब, मईया के षष्ठम रूप में मॉ कात्यायनी शहद भोग लगायब, मईया के सप्तमी पुजब मॉ कालरात्रि गुड़ के भोग लगायब, मई या के अष्टमी पुजब मॉ महागौरी नारियल भोग लगायब, मईया के नवमी पूजन मॉ सिद्धिदात्री तिल के भोग लगायब, मईया के लाल रंग फुलवा चढ़ायब, मईया के

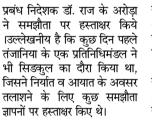
प्रणाली कंपनियों में से एक है और भारतीय कंपनियों को अग्नि सुरक्षा, कठिनाई इसके मुख्य कारण हैं। प्रबंध निदेशक डॉ. राज के अरोड़ा सेवा सहायता, उत्पाद विकास, नोहमी बोसाई बहुत सहज और ने समझौता पर हस्ताक्षर किये विपणन फीडबैक आदि के क्षेत्र में आसानी से संचालित होने वाले ।उल्लेखनीय है कि कुछ दिन पहले तंजानिया के एक प्रतिनिधिमंडल ने जापानी तकनीक प्रदान करने के लिए उपकरण बनाती है। धुआँ भारतीय चैनल पार्टनर के रूप में निकलने या तापमान में बदलाव भी सिडकुल का दौरा किया था, काम करेगी। देश में आग लगने की होने पर ये उपकरण अलाम बजाने जिसने निर्यात व आयात के अवसर वजह से होने वाली दुर्घटनाओं से हर के साथ ही आग लगने की सूचना तलाशने के लिए कुछ समझौता साल 30,000 करोड़ से ज़्यादा का देना शुरू कर देते हैं। इस अवसर

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का फैसला किया है। जीओएम ने जीएसटी 12 फीसदी से घटाकर 20 लीटर और उससे अधिक मात्रा पांच फीसदी करने की सिफारिश

है। छह सदस्याय जाआएम में उत्तर प्रदेश के वित्त मंत्री सुरेश कुमार खन्ना, राजस्थान के स्वास्थ्य सेवा मंत्री गजेंद्र सिंह, कर्नाटक के राजस्व मंत्री कृष्ण बायर गौड़ा और केरल के वित्त मंत्री केएन बालगोपाल भी शामिल हैं। इन सिफारिशों पर अंतिम फैसला जीएसटी परिषद करेगी।

दश का विदेशा मुद्रा भेडार 10.8 अरब डॉलर गिरकर 690.4 अरब डॉलर पर आ गया। वहीं, इसके पिछले सप्ताह देश का विदेशी मद्रा भंडार 3.71 अरब डॉलर की गिरावट के साथ 701.2 अरब डॉलर पर रहा था। रिजर्व बैंक की ओर से जारी साप्ताहिक आंकड़े के अनुसार, 11 अक्टूबर को समाप्त

एचडीएफसी बैंक का शुद्ध लाभ ५ प्रतिशत बढ़ा

मुंबई। निजी क्षेत्र के सबसे बड़े बैंक एचडीएफसी बैंक ने चालू वित्त वर्ष की दूसरी तिमाही (जलाई-सितंबर) में 16821 करोड़ रुपये का शुद्ध लाभ कमाया है जो पिछले वित्त वर्ष की समान अवधि के 15980 करोड रुपये की तुलना में 5.3 प्रतिशत अधिक है। बैंक ने निदेशक मंडल की बैठक के बाद जारी वित्तीय लेखाजोखा में कहा कि दसरी तिमाही में शुद्ध ब्याज आय लगभग 10 प्रतिशत बढ्कर 30,114 करोड़ रुपये हो गई, जबकि एक साल पहले की समान तिमाही में यह 27,385 करोड रुपये थी। बैंक की सकल गैर-निष्पादित परिसंपत्तियां (जीएनपीए) तिमाही के लिए 1.36 प्रतिशत रहीं, जबकि एनएनपीए 0.41 प्रतिशत रही। बैंक ने कहा कि सितंबर तिमाही में उसकी कुल जमाराशि 15.1 प्रतिशत बढ़कर 25,00,100 करोड रुपये हो गई, जबकि सकल अग्रिम में सालाना आधार पर 7 प्रतिशत की वृद्धि दर्ज की गई और यह 25,19,000 करोड़ रुपये हो गई।

सर्राफा बाजार में तेजी से पहली बार 79 हजार के पार निर्मला सीतारमण ने मैक्सिको के वित्त मंत्री पहुंचा सोना, चांदी भी लखटकिया होने के करीब से की मुलाकात, अहम मुद्दों पर बात

भाव में आई इस तेजी के कारण नई दिल्ली। घरेलू सर्राफा बाजार में आज लगातार तौसरे दिन दिल्ली सर्राफा बाजार में ये चांदी सोने की कीमत में तेजी का रुख बना हुआ नजर आ रहा है। सोने की तरह चांदी ने भी आज जोरदार छलांग लगाई है। सोने की कीमत में आज 800 से 870 रुपये प्रति 10 ग्राम तक की तेजी आई है। इस तेजी के कारण ये चमकीली धातु पहली बार 79 हजार रुपये के स्तर को पार कर गई है। देश के ज्यादातर सर्राफा

आज 99,100 रुपये प्रति किलोग्राम के स्तर पर है। देश की राजधानी दिल्ली में 24 कैरेट सोना आज 79,140 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है, जबकि 22 कैरेट सोने की कीमत 72,560 रुपये प्रति 10 ग्राम दर्ज की गई है। वहीं, देश की आर्थिक राजधानी मुंबई के बीच बिक रहा है। चांदी ने भी में 24 कैरेट सोना 78,990 रुपये आज करीब 2,200 रुपये प्रति प्रति 10 ग्राम और 22 कैरेट सोना

पर बिक रहा है। इसी तरह अहमदाबाद में 24 कैरेट सोने की रिटेल कीमत 79,040 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 71,460 रुपये प्रति 10 ग्राम दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24 कैरेट सोना आज 78,990 रुपये प्रति 10 ग्राम की कीमत पर और 22 कैरेट सोना 72,410 रुपये प्रति 10 ग्राम की कीमत पर बिक रहा है। इसी तरह कोलकाता में भी 24 कैरेट सोना 78,990 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 72,410 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है। लखनऊ के सर्राफा बाजार में 24 कैरेट सोना आज 79,140 रुपये प्रति 10 ग्राम के स्तर पर और 22 कैरेट सोना 72,560 रुपये प्रति 10 ग्राम के ग्राम के स्तर पर बिक रहा है।

किलोग्राम की मजबूती दिखाई है। 72,410 रुपये प्रति 10 ग्राम के स्तर स्तर पर बिक रहा है। वहीं, पटना में 24 कैरेट सोने की कीमत 79,040 रुपये प्रति 10 ग्राम हो गई है, जबकि 22 कैरेट सोना 72,460 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह जयपुर में 24 कैरेट सोना 79,140 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 72,560 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। देश के अन्य राज्यों की तरह कर्नाटक, तेलंगाना और ओडिशा के सर्राफा बाजार में भी तेजी आने की वजह से आज सोना महंगा हुआ है। इन तीनों राज्यों की राजधानियों बेंगलुरु, हैदराबाद और भुवनेश्वर में 24 कैरेट सोना आज 78,990 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है। इसी तरह इन तीनों शहरों के सर्राफा बाजारों में 22 कैरेट सोना 72,410 रुपये प्रति 10

एजेंसी मैक्सिको सिटी। केंद्रीय वित्त एवं कॉर्पोरेट मामलों की मंत्री निर्मला सीतारमण ने मैक्सिको सिटी में मैक्सिको के वित्त एवं सार्वजनिक ऋण सचिव डॉ. रोजेलियो रामिरेज़ डे ला ओ से मुलाकात की। जिसमें दोनों नेताओं के बीच अहम मुद्दों पर बातचीत हुई। सीतारमण ने इस मुलाकात के दौरान कहा कि भारत को मैक्सिको सरकार के साथ अपने अनुभव साझा करने और भारत के डिजिटल परिवर्तन के आधार पर सहयोग की संभावना तलाशने में खुशी होगी। वित्त मंत्री कार्यालय ने 'एक्स' पोस्ट पर जारी बयान में कहा कि निर्मला सीतारमण ने मैक्सिको के अपने समकक्ष से चर्चा के दौरान कहा कि भारत ने एक अरब से अधिक बैंक खातों, मोबाइल फोन और डिजिटल पहचान आधार.

एकीकृत भुगतान इंटरफेस यूपीआई, सीतारमण ने डॉ. रोजेलियो रामिरेज़ डे अकाउंट एग्रीगेटर फ्रेमवर्क और लाओ को लगातार दुसरे कार्यकाल



प्रत्यक्ष लाभ हस्तांतरण डीबीटी की नींव का लाभ उठाकर एक नई डिजिटल अर्थव्यवस्था बनाने, कमजोर लोगों के साथ-साथ बडे समाज को सशक्त बनाने में सफलता प्राप्त की है। केंद्रीय वित्त मंत्री

के लिए उन्हें वित्त एवं सार्वजनिक ऋण सचिव नियुक्त किए जाने पर बधाई दी। इसके साथ ही विवेकपूर्ण राजकोषीय नीतियों के बाद पिछले 6 वर्षों में मैक्सिकन अर्थव्यवस्था के मजबत प्रदर्शन की भी सराहना की।

केईआई इंडर-ट्रीज़ ने 'सुरक्षा ज्योति' ाकया लान्च

एजेंसी

नई दिल्ली।केईआई इंडस्ट्रीज़ ने देश भर में बिजलीकर्मियों की सुरक्षा और आर्थिक स्थिति में सुधार लाने के उद्देश्य से ज्योति सौरीज़ के अंतर्गत अपना सीएसआर अभियान 'सुरक्षा ज्योति' लॉन्च किया है।

कंपनी ने आज यहां जारी बयान में कहा कि इस अभियान के अंतर्गत बिजलीकर्मियों को ई-श्रम कार्ड दिए जाएंगे, जिसके द्वारा उन्हें



हुए उन्हें अपना परिवार बताया तथा उनके परिवारों की सुरक्षा, बच्चों की शिक्षा, आर्थिक कल्याण एवं सुरक्षा की जरूरत पर बल दिया। इस संकल्प को मजबूत करने के लिए उन्होंने 'ब्राईट फ्यूचर इन सेफ हैंड्स' का नारा दिया। श्रीमती गुप्ता ने कहा केईआई में 'ज्योति' सीरीज के अंतर्गत हमारे सीएसआर अभियान मानव विकास के विभिन्न पहलुओं को कवर करते हैं, जिनमें हैल्थकेयर, भूख, गरीबी

उन्मूलन, शिक्षा, पर्यावरण की सस्टेनेबिलिटी, और खेल को प्रोत्साहन शामिल हैं। हम न केवल घरों को समर्थ बनाते हैं, बल्कि उन लोगों का जीवन भी सशक्त बनाते हैं, जो उनका निर्माण करते हैं। हमारे 'सुरक्षा' ज्योति अभियान द्वारा हम बिजलीकर्मियों का भविष्य सुरक्षित बनाने के लिए समर्पित हैं, और उनके वित्तीय एवं सामाजिक कल्याण में सहयोग देते हैं। हम सभी के लिए एक प्रसन्नचित्त,

समृद्ध और खुशनुमा दिवाली की लाख रुपये का बीमा कवरेज और कामना करते हैं।

इस अभियान द्वारा केईआई

इंडस्ट्रीज़ का उद्देश्य ई-श्रम कार्ड के

लिए बिजलीकर्मियों का पंजीकरण

करवाकर उन्हें सहयोग देना है ताकि

उन्हें आर्थिक सुरक्षा मिल सके।

इसके मुख्य लाभों में कार्यस्थल पर

या दुर्घटनावश मृत्यु होने पर 2

लाख रुपये तक का बीमा कवरेज,

आंशिक विकलांगता के लिए 1

60 साल की उम्र पूरी होने पर 3,000 रुपये प्रतिमाह की पेंशन शामिल हैं।

यदि लाभार्थी की मृत्यु हो जाती है तो ये लाभ उसको पत्नी को मिलेंगे। केईआई बिजलीकर्मियों को इन सरकारी योजनाओं का लाभ पहुँचाने में सक्रिय भूमिका निभा रहाँ है ताकि वो अपने ख़ुद के और काम करते हुए दुर्घटनाग्रस्त होने पर अपने परिवार के भविष्य को सुरक्षित कर सकें।



शरीर से विषाक्त पदार्थीं को बाहर निकालने का काम करती है कुंजल क्रिया

क्या आपने कभी

कुंजल क्रिया के

बारे में कुछ सुना

है। अगर नहीं तो

यह क्रिया आपके

शरीर से विषाक्त

पदार्थी को बाहर

निकालने का

काम करती है।

आइए जानते हैं

कुंजल क्रिया के

हैं कैसे यह

बारें में और जानते

आपकी सेहत पर

असर डालती है।

२ रत में योग का चलन आज से नहीं बल्कि सदियों से रहा है। योग महज एक शारीरिक व्यायाम नहीं है। बल्कि यह जीवन को सरल और बेहतर बनाने का एक बेजोड़ तरीका है। आज हम आपको योगा की एक ऐसी ही टेक्निक से रूबरू कराएंगे। जो आपके शरीर से विषाक्त पदार्थों को तो बाहर निकालती ही है। साथ ही आपको कई दूसरे लाभ भी देती है। दरअसल हम बात कर रहे हैं कुंजल क्रिया के बारे में । यह अन्य योगासन से बहुत भिन्न है। ऐसा इसलिए भी क्योंकि इस क्रिया में आपको उल्टी करनी होती है । हं। शायद यह आपको थोडी अजीब लग सकती है । लेकिन कुंजल क्रिया सही मायने में बहुत ज्यादा फायदेमंद है । आइए जॉनते हैं इस क्रिया के बारे में ।

क्या है कुंजल क्रिया

कुंजल क्रिया आपके शरीर से अशुद्धियां बाहर निकालने की एँक जबरदस्त टेक्निक है । कुंजल क्रिया के बारे में सबसे पहले हठयोग से संबंधी एक प्रदीपिका ग्रंथ में दिया गया था। इस ग्रंथ में ही इसे शरीर की सफाई करने की तकनीक के रूप में बताया गया है । कुंजल क्रिया न केवल आपके शरीर को साफ करती है बल्कि यह आपके मन को भी नियंत्रित करने में भी सहायता प्रदान करती है। इसके अलावा जर्नल ऑफ आयुर्वेद एंड इंटीग्रेटिव मेडिसिन में इसे लेकर एक शोध भी प्रकाशित किया गया है । इसमें बताया गया है कि उल्टी करने के बाद व्यक्ति को खालीपन महसूस होता है और इससे कई शारीरिक लाभ होते हैं । आइए जानते हैं कैसे की जाती है कुंजल क्रिया ।

कैसे होती है कुंजल क्रिया

- इसके लिए आपको कम से कम 6 से 8 गिलास गुनगुने पानी की जरूरत होगी और हर एक लीटर पानी पर एक चम्मच सेंधा नमक या साधारण नमक भी चाहिए होगा ।
- अब आपको एक लीटर पानी में एक चम्मच सेंधा नमक मिलाना होगा और कगासन की मुद्रा में बैठना होगा । इसके बाद आपको इसी मुद्रा में यह पानी जल्दी से जल्दी पीना होगा और उल्टी करने के लिए थोड़ा आगे झुक कर खड़ा होना होगा । जब आपको लगे की पेट खाली हो चुका है तो शवासन की मुद्रा में 30 मिनट के लिए लेट जाएं। इस क्रिया में आपको उल्टी तुरंत आ जाती है । ऐसे में अगर यह क्रिया करें तो विशेषज्ञ की निगरानी में ही करें ।

एलईडी और टीएफटी स्क्रीन से निकलने वाली सफेद रोशनी आंखों को तनाव में डालती है। आयुर्वेद के अनुसार, संपूर्ण शरीर की तरह आंख भी तत्वों से संबंधित है। आंख की मांसपेशियां पृथ्वी तत्व द्वारा नियंत्रित होती हैं, जबकि ब्लड वेसल्स अगिन द्वारा और आंखों का रंग हवा से नियंत्रित होता है।

बाइल और लैपटॉप के H बढ़ते इस्तेमाल के कारण हमारी आंखों का इस्तेमाल पहले से कहीं ज्यादा हो रहा है। जिससे लोगों में सिरदर्द, जलन और आंखों में तनाव के मामले बढ़े हैं। खासकर, एलईडी और टीएफटी स्क्रीन से निकलने वाली सफेद रोशनी आंखों को तनाव में डालती है । आयूर्वेद के अनुसार, संपूर्ण शरीर की तरह आंख भी तत्वों से संबंधित है । आंख की मांसपेशियां पृथ्वी तत्व द्वारा नियंत्रित होती हैं, जबकि ब्लड वेसल्स अग्नि द्वारा और आंखों का रंग हवा से नियंत्रित होता है । आंखें पित्त दोष का आसन हैं । चूंकि पित्त दोष उम्र के साथ असंतुलित हों जाता है, इसलिए आंखें प्रभावित

सुबह उटकर मुंह में पानी भरें

होती हैं ।

रोज सुबह उटकर टॉयलेट जाने से पहले या बाद में मुंह में पानी भरें और कुछ सैकंड्स तक होल्ड करें । इस दौरान आपकी आंखें बंद होनी चाहिए अब कुल्ला कर दें और इस प्रक्रिया को दो से 3 बार दोहराएं ।

त्रिफला वॉटर का उपयोग करें

त्रिफला वॉटर आई वॉश आंखों के स्वास्थ्य के लिए बहुत अच्छा माना जाता है । यह न केवल ऑपके आंखों की रोशनी बढ़ाता है, बल्कि आंखों की चमक में भी सुधार करता है । खासतौर से थकी हुई आंखों को आराम देने का यह बेहतरीन तरीका है ।

स्वस्थ आंखों के लिए षटकर्म करें आयूर्वेद में शरीर से विषाक्त पदार्थों को निकालने , उसे मजबूत बनाने और रोगमुक्त बनाने के लिए ६ प्यूरीफिर्केशन टेकनीक

ऐसे करें आंखों की देखभाल

सुबह–शाम चेहरे पर पानी के छीटे मारें

चेहरे पर ठंडे **या फिर नॉर्मल** पानी के छीटें मारें। इस प्रक्रिया को आप तब भी दोहराएं , जब शाम को काम से वापस घर लौटें । ऐसा करने से आंखों को

स्वस्थ आंखों के लिए फायदेमंद है अंजन

स्वस्थ आंखों के लिए अंजन का उपयोग बहुत फायदेमंद है। अंजना एक आयूर्वेदिक दवा है, जिसे आंखों के स्वास्थ्य को बढ़ावा देने के लिए पलकों के अंदरूनी हिस्से पर लगाते हैं। बता दें कि अंजना जड़ी–बूटियों से बना एक गाढ़ा आईलाइनेर है । इसे कोलिरिसम भी कहते हैं । इसका उपयोग आंखों की रोशनी बढ़ाने और आंख से जुड़ी अन्य बीमारियों के लिए किया जाता है । हालांकि, यह काजल की तरह दिखता है, लेकिन इससे काफी अलग है। इसे मिनरल्स और जड़ी– बूटियों को पीसकर पेस्ट के रूप में तैयार किया जाता है। आंखों की रोशनी को बढ़ाने के

लिए इनकी देखभाल करना बेहद

जरूरी है। उम्मीद है यहां एक्सपर्ट

द्वारा बताए गए तरीकों से आपको

आंखों की सही देखभाल करने में

श में दिवाली आने वाली है और इस माह में लोगों द्वारा की जाने वाली आतिशबाजी के कारण वायु प्रदूषण काफी ज्यादा बढ़ जाता है और स्मॉग का रूप ले लेता है। इस तरह के पॉल्युटिड स्मॉग में धूल और वायू प्रदूषक जैसे

नाइँट्रोजन ऑक्साइँड, सल्फर डाई आक्साइड, ज्वलनशील कार्बनिक यौगिक आदि हानिकारक मिश्रण रहते हैं। जो खांसी, गले में खराश, छाती में जलन, स्किन डिजीज, फेफड़ों के संक्रमण, आंख व नाक में एलर्जी के अलावा इम्यून सिस्टम को भी कमजोर बनाते हैं। हाल ही में वायु प्रदूषण पर एक शोध आया है जिसमें चौंकाने वाले खुलासे हुए हैं। नए शोध के अनुसार, वायु प्रदूषण और सड़क यातायात के शोर के संपर्क में आने से हदय गति रुकने का खतरा बढ़ सकता है। शोध का रिजल्ट अमेरिकन हार्ट एसोसिएशन के एक ओपन-एक्सेस जर्नल ' जर्नल ऑफ द अमेरिकन हार्ट एसोसिएशन' में प्रकाशित किया गया था। इसलिए आपको वायु प्रदूषण से खुद को सेफ रखने की बहुत ज्यादा जरूरत है।

वायु प्रदूषण पर शोध

नए रिसर्च के विश्लेषण में शोधकर्ताओं ने 15 से 20 साल के पीरियड में लॉन्ग टर्म एनवायरनमेंट इंपैक्ट को लेकर हर्ट फेलियर की जांच की। डेनमार्क में महिला नर्सों पर हुए शोध में एयर पॉल्यूशन और रोड ट्रैफिक हर्ट फेलियर की मुख्य वजह पाया गया । बता दें कि शोध में जिन **महिलाओं को लिया गया** था उनकी उम्र 44 वर्ष और उससे अधिक थी। प्रतिभागियों को 1993 और 1999 में भर्ती किया गया था और जब उन्होंने नामांकन किया, तो हर महिला ने बॉडी मास इंडेक्स, लाइफस्टाइल फैक्टर जैसे धूम्रपान, शराब का सेवन, शारीरिक गतिविधि और आहार संबंधी आदतों के अलावा अपनी मेडिकल कंडीशन के बारे में भी पूरी जानकारी दी थी। इन सभी प्रतिभागियों को डेनिश नेशनल पेशेंट रजिस्टर से लिंक करने के 20 साल के बाद हार्ट फेलियर के बारे में पता चला जिनका बाद में इलाज भी हुआ और इसके . रिकॉर्ड भी हैं ।

दिल के लिए ज्यादा खतरनाक है वायु प्रदूषण

असिस्टेंट प्रोफेसर और शोध को लीड

करने वाले ऑथर ने कहा कि स्टडी में

पाया गया है कि तीन वर्षों में रोड ट्रैफिक

का शोर 12 फीसदी हार्ट फेलियर के

डेनमार्क स्थिति कोपेहेगन यूनिवर्सिटी के एनवायरनमेंट डिपॉर्टमेंट से जड़े

वायु प्रदूषण और रोड ट्रैफिक से पड़ता है सेहत पर बुरा असर

वायु प्रदूषण और रोड ट्रैफिक से हमारी सेहत पर बहुत बुरा असर पड़ता है। लेकिन कई दफा हम इसे नजर अंदाज करते हैं। शोध में पता चला है कि ये दोनों पर्यावरण हार्ट फेलियर का भी एक कारण हैं।

खतरे का कारण बना। उन्होंने आगे कहा हम आश्चर्यचकित थे कि कैसे दो पर्यावरणीय कारक – वायु प्रदूषण और सड़क यातायात शोर ने एक साथ हृदय गति रुकने का जोखिम बढ़ा दिया है । शोध में पता चला है कि रोड ट्रैफिक की तुलना में एयर पॉल्युशन हर्ट फेलियर के खतरे की मजबूत वजह बना । हालांकि, इन हर्ट फेलियर वाली 30 प्रतिशत नर्सों में हाई ब्लड प्रेशर की भी समस्या थी।

सांस लेने में तकलीफ

वायु प्रदूषण की वजह से बुजर्ग लोगों को भी केंई तरह की दिक्कतों का सामना करना पड़ता है। एयर पॉल्युशन के कारण बुजुर्गों के शरीर के कई अंग धीमी गति से कार्य करते हैं और इसी तरह का हाल **फेफडों का रहता** है । क्योंकि लंग्स **प्रदर्षित हवा को सही** तरीके से फिल्टर नहीं कर पाते हैं जिस वजह से उन्हें सांस लेने में दिक्कत आती है।

आंखों में परेशानी

वायु प्रदूषण के चलते कई बार बच्चों से लेकर बुजुर्गों की आंखों में भी दिवकतें आतीं हैं । दूषिक हवा के कण हमारी आंखों में एलर्जी पैदा करने लगते है जिससे कई बार हमें आस–पास की चीजें साफ नहीं दिखती हैं । साथ ही धूल मिट्टी से आंखों में खुजली भी होती है ।

सेहत संबंधी दिक्कतें

जलन, स्किन डिजीज, फेफड़ों के

संक्रमण और गले में खराश जैसी कई

तरह की दिक्कतों का सामना करना

पडता है ।

बजुर्गों का इम्युन सिस्टम बहुत कमजोर होता है जिसकी वजह से उनको वायू प्रदूषण और रोड ट्रैफिक से उनका दम घुटने लगता है। वे इस वातावरण को आसानी से हैंडल नहीं कर पाते । इसके चलते कई दफा, छींकआना, छाती में

स्वास्थ्य के लिए सबसे अच्छे 10–15 बार अपनी आंखों और आयुर्वेदिक उपाय के रूप में काम करते हैं। बता दें कि त्राटक षटकर्म आंख का व्यायाम है जिसमें किसी भी बिंदु पर आंखों को स्थिर करके निरंतर देखना बहुत आराम मिलेगा ।

- बरते ये सावधानियां आंखों की देखभाल के दौरान कभी भी बहुत तेज गर्म या फिर बर्फ के पानी का इस्तेमाल नहीं करना चाहिए ।
- अचानक तापमान में हुए परिवर्तन से बचने का प्रयास करें ।

होता है ।

अगर आपका शरीर गर्म हो रहा है या आप पसीने से तर हैं, तो अपने चेहरे और आंखों पर पानी के छीटें मारने से पहले 10 मिनट तक इंतजार करें। जब तक आपकी बॉडी सही तापमान में एडजस्ट न हो जाए, छीटें मारने से बचें ।



के बारे में बताया गया है । इनमें से नेती और त्राटक सूखी आंखों और आंखों के

वजन और पाचन के लिए

जब भी आप कुंजल क्रिया करते हैं तो इससे आपके पेट की मांसपेशियां सिकुड़ जाती है और फैट कम हो जाता है । ऐसे में अगर आप फैट या वजन कम करने की कोशिश में लगे हुए हैं तो य क्रिया आपके लिए बहुत फायदेमंद होगी। यह पाचन तंत्र को पुरी तरह स्वस्थ रखने काम काम करती है।

तनाव और चिंता से राहत

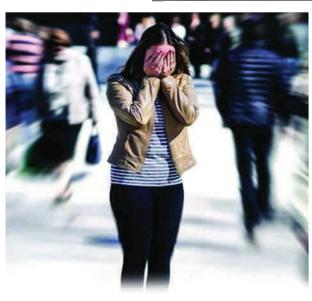
जब आप इस क्रिया को करते हैं तो इससे शरीर में रक्त प्रवाह बेहतर हो जाता है और आपके शरीर के हर हिस्से तक ऑक्सीजन पहुंचने लगता है । इससे आपका हार्ट रेट कम हो जाता है और सांस लेना भी आसान हो जाता है। साथ ही यह ब्लड प्रेशर को भी ठीक करता है। ऐसे में कहा जा सकता है कि कुंजल क्रिया के जरिए तनाव और चिंता को कम किया जा सकता है । ध्यान रहे कि यह क्रिया किसी विशेषज्ञ की

या फिर आपकी आयु 16 साल से कम है तो इस आसन को बिल्कुल ना करें ।

खांसी और सर्दी से राहत

जब आप कुंजल क्रिया करते हैं तो इससे आपके फेफड़ों की मांसपेशियां मजबूत होती है और इनकी सहन शक्ति बढ जाती है। साथ ही इसके जरिए आपके फेफड़े भी साफ हो जाते हैं और आपके लिए सांस लेना आसान हो जाता है। इस तरह यह सर्दी और खांसी के लक्षणों से राहत दिलाती है।





मेंटल हेल्थ एक पुराना विषय रहा है, लेकिन अब कोरोना के बाद यह और ज्यादा घातक हो गया है । अब इसे गंभीरता से लेकर इस पर बात करना जरूरी है। कोरोना ने कई तरह के मानसिक रोगों को जन्म दिया है आज के दौर में हर शख्स अपनी

जिंदगी में स्ट्रेस से गुजरता है । स्ट्रेस को आजकल एक कॉमन परेशानी के रूप में देखा जाता है और यही सबसे बड़ी गलती है । 2020 में आए कोविड 19 ने सोशल और इकोनॉमिक तौर पर काफी बदलाव लाया है । लाखों

लोगों ने अपनी जिंदगी गवां दी, यहां

तक की एक दूसरे से मिलना-जुलना भी दूभर हो गया था। आज जहां 2021 में कोविड 19 को 2 साल हो गए हैं और आज भी मानव जाति इस विपदा से उबरने की कोशिश में है । कई देश आज भी इस वायरस के नए स्ट्रेन से लड़ रहे हैं । वर्ल्ड हेल्थ आर्गेनाइजेशन ने ये चेतावनी जारी की है कि कोरोनावायरस का मेंटल हेल्थ पर काफी लंबे समय तक असर होता रहेगा। आज लोगों में एंजाइटी, स्ट्रेस, डिप्रेशन जैसी कई समस्या बहुत हद तक बढ़ चुकी हैं । इस पैंडेमिक के दौरान मेंटल हेल्थ पर गहरा असर पड़ा है। 2020 में माइसेंसी द्वारा एक सर्वे के आधार पर टट्ट के 75 प्रतिशत और एशिया के 33 प्रतिशत एम्प्लॉय में बर्न आउट के लक्षण दिखे हैं । यूरोपियन देशों में भी पैंडेमिक फैंटिंग के लेवल में बढोतरी हुई है।

मदद मिलेगी । साइलेंट किलर है तनाव, इसे गंभीरता से लेना है बहुत जरूरी

जिन लोगों ने अपनी मेंटल हेल्थ को शुरू होते ही शुरू हो गए थे। इसी कडी में 5 में से 4 मैनेजमेंट बहुत खराब रेट दिया है, उनकी मात्रा एवजीक्यूटिव यानी लगभग 85% ने पैंडेंमिक आने के बाद तीन गुना बढ़ माना कि उन्हें काम को पूरा करने में गई है । ओरेकल और वर्क प्लेस दिक्कत आई। इसके कुछ कारण हैं इंटेलिजेंस जैसी कंपनियों द्वारा एक जैसे घर से काम करने के दौरान नई हालिया सर्वे जिसमें 11 देशों के 12000 लोगों ने भाग लिया ये दर्शाता तकनीक को समझने और उसका उपयोग करने में परेशानी और दूसरा है कि मैनेजमेंट एक्जीक्यूटिव में एम्प्लॉय के बदले ज्यादा मेंटल हेल्थ यह कि ऑफिस के माहौल से दूर साथ इश्यूज पाए गए हैं। 53% ने माना की बैठकर काम करने और कोलेबरेंट उन्हें मेंटल हेल्थ इश्यूज पैंडेमिक के करने की जगह घर से काम करना ।

क्या कहती है रिपोर्ट?

इस कड़ी में लगभग 39% लोगों को घर से वर्चुअली काम करने में दिक्कत आई। वहीं 34% को वर्क कल्चर के ना होने की कमी खली। वहीं 29% लोगों को नई तकनीकों को समझने में दिक्कत का सामना करना पड़ा। जहां एक तरफ कंपनी के सीनियर अधिकारी वर्कप्लेस पर मेंटल हेल्थ और हेल्थी वर्क कल्चर को बनाने में अहम भूमिका निभाते हैं, वहीं आज भी मेंटल हेल्थ को एक स्टीरियोटाइप के तौर पर देखा जाता है । कंपनी में ओपन कम्युनिकेशन और सपोर्ट की कमी खलती है । कंपनी के लीडर को अपने स्टॉफ को न सिर्फ इंस्पायर करना चाहिए ताकि वे अपनी बात को खुलकर शेयर कर सकें, बल्कि उन्हें इंस्पायर भी करना चाहिए। जरूरत पडने पर वे कोच या थेरेपिस्ट से मदद भी ले सकें। विशेषज्ञ कहते हैं कि किसी भी तरह की हेल्थ प्रॉब्लम को इंग्नौर नहीं करना है, अगर तनाव से संबंधी कोई भी लक्षण नजर आता है तो तत्काल डॉक्टर से मिलना है । इसे हल्के में बिल्कूल नहीं ले सकते ।

6.5



लौकी का सेवन करना सेहत के लिए बहुत अच्छा है । इसे कई प्रकार से खा सकते हैं । सब्जी, जूस, खीर, कलाकंद, पराठे सहित अन्य तरीकों से इसका सेवन किया जा सकता है । इसका सेवन करने से कब्ज **और गैस की सम**स्या में राहत मितली है । **इसमें विटामिन ए, विटामिन सी, कैल्शियम**, आयरन, मैग्नीशियम,

कडवी लौकी का सेवन करने से आपकी जान पर बात बन सकती

नौबत आ जाती है । इसलिए भूलकर भी कड़वी लौकी का सेवन नहीं करें । लौकी का जूस बनाने से पहले इसे जरूर टेस्ट करें । अगर वह कड़वी लगती है तो इसका सेवन नहीं करें । कड्वी विषैली लौकी का सेवन करने के नुकसान- बेचैनी, घबराहट, ब्लड प्रेशर की समस्या, उल्टी होने लगती है । ऐसे में तुरंत डॉक्टर से संपर्क करें । कई बार अंगों पर भी इसका असर पड़ सकता है । ऐसे में अंग फैल भी हो सकते हैं । इसलिए भूलकर भी लौकी को टेस्ट किए बिना इसका प्रयोग नहीं करें। कड़वी लौकी की पहचान उसे चखकर की जा सकती है । बता दें कि इसे पकाने पर भी कड़वापन खत्म नहीं होगा। कड़वी लगने

डिफेंस सिस्टम विकसित कर लेती है। जिससे उसमें केमिकल विकसित हो जाता है। तो कई बार तापमान कम ज्यादा होने पर भी यह बदलाव होने लगते हैं। इतना ही नहीं पर्याप्त पानी नहीं मिलने पर भी ऐसा हो सकता है।

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SPORTS

NEWS BOX

Virat's advice, strokeplay with Pant: Sarfaraz cherishes dream Test in Bengaluru

NEW DELHI. India middle-order batter Sarfaraz Khan scored a stunning century on Day 4 of the Bengaluru Test match against New Zealand. The batter scored 150 runs and combined with Rishabh Pant to dig India out of trouble on Saturday, October 19.In a short video uploaded by the Board of Control for Cricket in India, Sarfaraz said that Saturday was like a dream to him. The batter spoke about getting advice from Virat Kohli during his innings, and how him and Rishabh Pant wanted to play their natural attacking game when India were put under pressure."It felt very good. When I was celebrating my century it felt like the grass was blue, not green. It felt like I was in the sky. I was so happy. My dream was to score a hundred for India and it came true," Sarfaraz Khan said about his century in the Bengaluru Test match.

IND vs NZ, 1st Test: Day 5 Live Updates | Full Scorecard

The batter added 177 runs with Rishabh Pant



in just 211 balls. While Sarfaraz got out at 150, Rishabh Pant painfully played the ball into his own stumps at 99. Sarfaraz said that both of them helped each other throughout the innings."Me and Rishabh play aggressive cricket. Both play attacking cricket and we were talking in the middle that we would help each other," Sarfaraz said. The batter concluded by talking about the seniors of the Indian team. Sarfaraz said that Virat told him to back his shots and play without any stress.

'I have watched Virat Kohli since childhood and I always wanted to play with him. That dream came true in RCB, but to play with him in the Indian team, that was special. He kept saying that 'back your shots, play freely' and he gave me a lot of confidence. When someone like Virat Kohli and Rohit Sharma pat your back and say that you have done well, it is obviously a proud moment," Sarfaraz concluded in the BCCI video.

Sarfaraz's innings helped India set a target of 107 runs against New Zealand. They play was stopped on Day 4 evening due to bad light when New Zealand had just come out to

Ramandeep takes stunning one-handed catch during India A vs Pakistan A

Djokovic pays tribute to Nadal after final encounter: You have an incredible legacy

Six Kings Slam exhibition: Novak Djokovic honoured his long-time rival, Rafael Nadal. The emotional exchange marked the end of their legendary rivalry as Nadal prepares for retirement.

NEW DELHI. Novak Djokovic, a 24-time Grand Slam champion, paid tribute to his long-time rival and friend Rafael Nadal in an emotional and heartfelt exchange following the two great rivals' final match on Saturday at the Six Kings Slam exhibition event in Saudi Arabia. Djokovic thanked Nadal for his impact on the sport and praised the Spaniard's legacy."It's been an incredible honor and an incredible pleasure to share the court with you," Djokovic said. "It's been quite an emotional moment today, we've been playing a lot of games over so many years."Djokovic, who faced Nadal in one of the most famous rivalries in tennis history, reflected on the



intensity of their battles and expressed a desire to remain close off the court. "The rivalry has been incredible and very intense," he continued. "I hope that we'll have a chance to maybe sit on a beach somewhere, have a little drink, reflecting on life, talking about something else. Thank you for what you have done, you leave an

incredible legacy, and we really appreciate it."The tribute came after Nadal and Djokovic clashed for the final time at the Six Kings Slam exhibition event in Saudi Arabia, where Djokovic won the third-place match 6-2, 7-6(5). The exhibition marked the end of Nadal's illustrious career, with the Spaniard set to retire following the Davis

Cup Finals next month.Nadal, a 22-time Grand Slam champion, responded with gratitude, thanking Djokovic for pushing him to reach new heights in their 15-year rivalry. "Thank you, Novak, for everything, for all the moments we shared on court during our careers," Nadal said. "It's been an amazing rivalry.'

'In a personal way, you helped me go over my limits during almost 15 years," Nadal added. "Without that, I wouldn't be the player I am today. Congratulations for all the titles and an amazing career to you and your team. I wish you all the best of luck for the future."

The two legends of the game met 60 times throughout their careers, the most meetings between any two men in tennis history. Djokovic narrowly leads the headto-head record with 31 victories to Nadal's 29.As Nadal prepares for his farewell appearance at the Davis Cup Final 8 in Malaga from November 19-24, the tennis world will bid farewell to a rivalry that defined an era. Though their competitive days may be over, the mutual respect and admiration between Djokovic and Nadal will continue to resonate throughout the sport for years to come.

Manchester United beat Brentford 2-1 to claim first win in four matches

Erik ten Hag's Manchester United finally returned to winning ways in the Premier League with a hard-fought 2-1 victory over Brentford on October 19. Ten Hag, under significant pressure following a five-match winless run in the league, will be relieved after Alejandro Garnacho and Rasmus H, jlund secured three crucial points in a come-frombehind win at Old Trafford.

United's season has been anything but smooth, despite significant investment in the summer transfer window. The team has struggled to find consistency, and those struggles were evident even in this match. Despite holding the attacking advantage for much of the first half, United's defensive weaknesses resurfaced at a critical moment. In added time before the break, poor marking on a Brentford corner allowed Ethan Pinnock to head home, putting the visitors ahead and leaving United reeling at the interval.However, United responded quickly in the second half. Within two minutes of the restart, Alejandro Garnacho leveled the score with a well-timed volley off a pinpoint Marcus Rashford cross, offering a muchneeded lifeline. The breakthrough goal



T20 World Cup Final: South Africa, New Zealand set to enter new era of champions

Women's T20 World Cup: Sophie **Devine's New Zealand and Laura** Wolvaardt's South Africa will be looking for glory they face each other in the summit clash on Super Sunday at the Dubai International Stadium.

New Delhi The Women's T20 World Cup is all set to witness a new winner as Sophie Devine's New Zealand and Laura Wolvaardt's South Africa will face each other in the summit clash on Super Sunday the Dubai International Stadium. Both teams will be brimming with confidence after knocking out former champions. Australia and West Indies, in the semifinals. The White Ferns came into the mega



event on the back of 10 losses on the trot in Women's T20Is. Very few gave them a chance to even go past the group stage given their poor form. But once Devine and Co. took down Harmanpreet Kaur's India by 58 runs in Dubai, they became unstoppable. On Friday, they thumped West Indies by eight runs in Sharjah.Barring the game against Australia where their batting crumbled, New Zealand haven't done much wrong. They also returned to the T20 World Cup final after finishing as the runners-up in 2009 and 2010. The men's team lost the final in Dubai three years ago, but here lies another chance, this time for the White Ferns.South Africa, on the other hand, suffered heartbreak in 2023 when

Sune Luus' women lost to Meg Lanning's troopers. The men's team also missed out earlier this year against India at the Kensington Oval. The Proteas came into the tournament as underdogs after beating Fatima Sana's Pakistan 2-1 in the away T20I series.But Wolvaardt has led them with dignity throughout. After beginning their campaign with a resounding 10wicket win against West Indies, they also beat Bangladesh and Scotland in the group stage. But it was the semi-final that would have done their confidence a world of good. Anneke Bosch's unbeaten 74 powered them through to an eight-wicket win against Australia, who were looking for their fourth T20 World Cup title on the trot. It was also South Africa's maiden win over the Aussies in the history of the tournament out of eight meetings.Luus could not do it in 2023 and Aiden Markram failed as well in 2024. But Wolvaardt has a chance to lift the title. For New Zealand, they would want to give 'captain' Sophie Devine a happy farewell with glory on Sunday. Devine, earlier, said that she would step down as the White Ferns' skipper after the championship.

Mohunbagan continue their Kolkata derby dominance with 2-0 win over East Bengal

Muscat. India A's Ramandeep Singh produced a moment of brilliance to dismiss Pakistan A's Yasir Khan during their Emerging Asia Cup clash on October 19. The diving catch, which turned a certain boundary into a wicket, left spectators at the Al Amerat Cricket Ground in Oman awestruck. Ramandeep's athletic effort came at a crucial moment in Pakistan A's 183-run chase, effectively turning the game in India A's favour.India A had earlier posted a total of 183 runs, thanks to solid contributions from skipper Tilak Verma and opener Prabhsimran Singh. However, it was the side's sharp fielding and disciplined bowling



that ultimately secured the win. As Pakistan A's wickets tumbled and the required run rate began to climb, opener Yasir Khan attempted to accelerate the scoring by targeting spinner Nishant Sandhu. In an effort to break the shackles, Yasir went for a big hit, but his hopes were dashed when Ramandeep's acrobatic effort sent him back to the pavilion. This pivotal dismissal further derailed Pakistan A's run chase. Yasir's wicket put enormous pressure on the middleorder batters, and despite a valiant knock from Arafat Minhas and a brief cameo from Abdul Samad, the team struggled to recover. The India A bowling attack, led by Anshul Kamboj, was equally impressive. Kamboj delivered a standout performance, taking 3 wickets for 33 runs, ensuring Pakistan A never gained momentum, and his recurring breakthroughs stifled any hopes of a comeback and winning the clasg by 7 runs.On top of huge confidence from this win against their arch-rivals, Tilak Verma's India A will now look forward to their next group-stage match against the UAE on October 21. The team's well-rounded performance-highlighted by Ramandeep's sensational catch-will boost their confidence as they aim to advance in the Emerging Asia Cup.

Kolkata. Mohun Bagan Super Giants extended their dominance in the iconic Kolkata derby with a 2-0 win over a struggling East Bengal FC in the Indian Super League clash on October 19. The Jose Molina-coached side continued their impressive unbeaten streak in the ISL, marking their eighth consecutive derby victory at the Salt Lake Stadium.East Bengal, mired in management troubles, brought in newly-appointed coach Oscar Bruzon, who arrived in Kolkata the night before following visa

complications. However, his debut was far from ideal, as the Red and Gold brigade suffered their fifth defeat of the season. Despite the match beginning on a balanced note, Mohun Bagan took control when Manvir Singh's cross-field through ball set up Jamie McLaren, who tapped in the first goal in the 41st minute. The game was sealed in the 89th minute when Dimitri Petratos, Mohun Bagan's star forward,



scored from the penalty spot. Petratos, who came on as a substitute, won the penalty himself after being fouled by East Bengal goalkeeper Prabhsimran Gill in a careless defensive mistake.

East Bengal's Finishing Woes

East Bengal's primary struggle in this match was their inability to finish attacking plays. While the team displayed some improvement in offensive movements, they

once again faltered in the final third. Even the introduction of Dimitrios Diamantakos. replacing captain Cleiton Silva in the second half, couldn't spark a breakthrough. The Red and Gold have plenty of attacking talent, but they lack the composure to convert chances into goals. With time until their next fixture, Bruzon will need to focus on instilling a more decisive mentality in front of goal.

Aohun Bagan's mixed performance

Despite securing the win, Jose Molina appeared far from satisfied, as his team's performance was underwhelming. They squandered several clear opportunities, including an early chance by McLaren, who shot directly at the goalkeeper despite being unmarked. East Bengal's disorganized defense allowed Mohun Bagan to capitalize, but stronger opposition might not be as forgiving.

reignited United's belief and energised their play. The match-winner came in the 70th minute when Danish forward Rasmus H jlund ended his goal drought in style. A slick flick from Bruno Fernandes set H jlund up to chip the ball past the Brentford goalkeeper, securing a vital victory and silencing the growing concerns surrounding United's form.

Drawbacks for Ten Hag to address

While the win provided much-needed relief, there were still issues for Erik ten Hag to address. United showed renewed attacking intent, but their failure to convert clear chances remains a concern. The team often lacked enough players in advanced positions, forcing Christian Eriksen, usually a deep-lying playmaker, to act as a forward in several attacking moves.Additionally, Joshua Zirkzee's performance highlighted some finishing problems. The Dutch forward demonstrated his ability to get into dangerous positions but struggled with his final touch, something United must address, especially with key fixtures on the horizon.

'Injury-free' Shreyas Iyer keen to make India Test team comeback

-Mumbai batter Shreyas Iyer is keen on making India comeback. lyer has stressed that he is injury free and pushing his limits in terms of fitness. Shreyas made his comments after scoring a century against Maharashtra in the Ranji Trophy.

New Delhi Mumbai batter Shreyas Iyer is eager to return to the Indian Test squad, expressing confidence and determination following his recovery from back surgery. The 29-year-old recently celebrated his first red-ball century since his Test debut nearly three years ago during the Ranji Trophy second-round match against Maharashtra. His last first-class ton was in the Kanpur Test against New Zealand in November 2021."It feels special, coming back after a very long

time. Obviously, I was feeling a bit down with my injuries, but now, getting a century after a very long time, it's a great feeling overall," Iyer shared with reporters after the day's play.

Iyer, who was dropped from the BCCI central contract list earlier this year, last played in the home Test series against England in February. While he participated in the ODI series against Sri Lanka in August, he has a strong desire to contribute to red-ball cricket. Absolutely (the drive is still to play Tests). That's why I've been playing. I mean, or else I would have given a reason and sat out," he stated.

Ranji Trophy: Shreyas Iyer hits hundred

In his last five first-class games, including the Duleep Trophy, Irani Trophy, and Ranji Trophy, Iyer has made an impact with three fifties and a 40 in 10 innings. Reflecting on missing out on the Test team, he said, "I had addressed my feeling during the longer format and things didn't go my way. But I'm in a good space right now. I'm doing what I'm meant to do."Iver noted that his recent matches have contributed to his fitness, stating, "This is my seventh match on the trot, and the body has taken a lot of load at the



same time. So, we have to manage here and there and strategise how I play.'

He emphasized the importance of listening to his body: "I need to see to it that my body is in the best shape possible, and I have to decide according to that. Based on my experience over the years, I'll make the right decisions, and I hope my team will back me.'

Having made a comeback in the Asia Cup last year after his surgery, Iyer also played in the

. .

ODI World Cup. He was selected for the first two home Tests against England in early 2024 but was later omitted from the remaining matches. When asked if he fears a recurrence of his injury, he confidently replied, "Not anymore." He elaborated, "The surgery was last year, and after that, I played the World Cup, Asia Cup, and many more matches. I trained hard to ensure I maintain optimum fitness, and my capacity has improved significantly."Iyer, who led the Kolkata Knight Riders to an IPL title earlier this year, discussed his post-surgery training regimen. "I improved my longdistance running and increased my patience for the longer format. I did intensive training, pushing my body to its limits with 400-800 meters of running."Teaming up with 17-year-old Ayush Mhatre, the duo built a 200-run partnership, helping Mumbai secure a considerable lead. "Nowadays, teams often set defensive fields right from the start, so I focused on taking my time, playing more balls than taking risks.

My plan was to play session by session and see how much my body can take," Iyer concluded, highlighting his commitment to making a successful return to Test cricket.

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Off Track

Esha Deol Drops An Adorable Photo With Mother Hema Malini, Fans Wish Veteran Actress 'Happy Birthday'



Veteran actress Hema Malini celebrated her birthday on October 16. She has been receiving a lot of wishes from all corners. Esha Deol also took to her social handle and dropped an adorable photo with her mother. She also wished her happy birthday. Even fans also reacted to it. Taking to her Instagram handle, Esha Deol shared the photo and wrote, "Happy birthday my adorable mamma. Love you." As soon as she shared the photo, it went viral. One of the fans wrote, "HEMA MALINI AUNTY JI HAPPY BIRTHDAY GOD BLESS FROM FILM JOURNALIST AUTHOR RAJESH GAUR, SON OF LATE FILM WRITER VRAJENDRA GAUR JI WHO WROTE FILMS LIKE LAL PATTHAR, JYOTI, ETC." Another wrote, "Happy birthday to the beautiful Dreamgirl."

Veteran Bollywood actor Hema Malini celebrated her 76th birthday with love and admiration pouring in from all corners. However, a moment that captured everyone's attention was when an elderly fan bowed down to touch her feet and present her with a bouquet at her birthday event. The heartfelt gesture, captured in videos circulating online, has since gone viral, with fans praising both the elderly man's respect and Hema Malini's gracious response.

In the video, Hema Malini, dressed elegantly in a soft, beige saree with delicate embellishments, is seen walking towards the fan. As she is greeted, the elderly man bends down in a humble gesture, leaving her momentarily taken aback. With a soft smile and folded hands, she gently acknowledges the gesture. The video of this touching interaction has left social media buzzing, with fans sharing their appreciation for her grounded nature.Hema Malini and Dharmendra, who have been married since 1980, celebrated their 44th wedding anniversary earlier this year. Their daughter, Esha Deol, shared a nostalgic photo of her parents, with a caption that melted hearts. "Happy anniversary to my papa & mamma. I adore you, I love you & I just want to hug you," Esha wrote alongside the photo.

Please Share Your Mobile Number': Salman Khan's Ex Somy Ali Invites Lawrence **Bishnoi to a Zoom Call**



Kapoor's **Throwback Picture With Grandmother And Brother Siddhanth Is Nostalgic**

hraddha Kapoor, beyond her professional endeavours, is a dedicated family woman. Her latest Instagram entry is proof. The actress reshared her brother Siddhanth Kapoor's post on IG stories. The post included a touching throwback photo dedicated to the siblings' late grandmother. Also featuring young Shraddha, the nostalgic photo is too cute to be missed. The picture showcases Siddhanth in his childhood, waving at the camera. On

is a bundle of cuteness in a kala tika on her forehead in the opposite direction as their grandmother attempts to feed her. The candid shot perfectly encapsulates Shraddha's sweet childhood memories with her brother and

their grandmother. Siddhanth Kapoor also added a heartfelt caption to the photo as he wrote, "Wanted to share this beautiful photo with all of you, my grandma, was my everything, all my morals and values

in life are mostly from her always to be grounded, be respectful, never judge, love, be kind and honest... and of course a lotta music... very lucky and grateful, miss you heaps my Amma and Daddy, the best grandparents I could ever ask for. Also my little angelic sister Shra. Sweetestt."

- In terms of work, Siddhanth Kapoor has worked as an assistant director on popular films like Chup Ke (2006), Bhool Bhulaiyaa (2007) and Bhagam Bhag. Later, he also forayed into acting with Sanjay Gupta's Shootout at Wadala wherein he shared the screen space with Anil Kapoor, John Abraham and Kangana Ranaut. Other projects credited to his name include Ugly, Paltan, Jazbaa Haseena Parker and Bombairiya.
- Meanwhile, Shraddha Kapoor is basking in the success of Stree the horror-comedy that went on to become one of the highes grossing Hindi films in India, even surpassing the collections of Shah Rukh Khan's Jawan. Apart from Shraddha, the film also

the other hand, little Shraddha traditional nazar ka looking

Shraddha

stars Rajkummar Rao, Aparshakti Khurana, Abhishek Banerjee and Pankaj Tripathi.

Radhika Apte

Flaunts Baby Bump At Premiere Of Film Sister **Midnight, Fans Say Congratulations**

Radhika Apte has grabbed headlines as she was seen flaunting her baby bump for the first time at the premiere of her latest film, Sister Midnight. The actress stunned fans as she stepped onto the red carpet. The photos have gone viral on social media. Radhika Apte tied the knot with British music composer Benedict Taylor in 2012 and the couple is expecting their first child after 12 years of marriage. Taking to her Instagram handle, Radhika shared the photos from the event. She wore a black bodycon dress. But what grabbed everyone's attention was her baby bump. This is the first time she is spotted with bump. Earlier, she did not share anything related to her pregnancy on social media. Fans were also quick to react and congratulated her. One of the fans wrote, "Omg!!!

She's pregnant, how exciting!" Another wrote, "Ah! Congrats on the premiere and your pregnancy! You are magnificent on the red carpet!" Guneet Monga also congratulated her.

In May, the actress has shared an Instagram post for her husband. he confessed to missing Benedict Taylor in a wholesome note attached to a throwback picture featuring them. For her post, Radhika picked a hidden gem from her archives. The heartwarming picture captured the Andhadun star seemingly enjoying a vacation with Taylor. Draped in a towel over a white flowy dress, Radhika looked the cutest.

What stole the limelight was the

way her husband wrapped her around his arms while posing for the picture. Additionally, the duo flaunted a bright smile and wore sunglasses in the cute frame. Along with the picture, she wrote, "Missing you my sweetest love!"Radhika and Taylor's paths crossed in London where she had travelled to study contemporary dance. In an era where even long-distance relationships fail, the couple is acing their long-distance marriage with immense love and dedication. Previously, in a conversation with Cosmopolitan India revealed the secret behind their healthy marriage. The Sacred Games star noted, "Bened (he hates being addressed as Ben, so I call him Bened) and we try to meet each other every month. Either he comes to India or I go to London, where he's based. It's really important to take time out to meet each other in a Long Distance Relationship.'

Somy Ali, actor and former girlfriend of Bollywood star Salman Khan, has sparked controversy with her recent social media post directed at gangster Lawrence Bishnoi whose gang has threatened to kill the latter. Ali shared a picture of Lawrence Bishnoi with a caption directly addressing the jailed gangster. In the post, she referred to him as 'Lawrence Bhai' (brother) and expressed her desire to communicate with him via video call. She also stated her wish to visit his temple in Rajasthan.

This is a direct message to Lawrence Bishnoi. Hello, Lawrence brother, I have heard and also seen that you are making zoom calls from jail as well, so I want to talk to you. Please let me know how this can happen? Rajasthan is my favourite place in the whole world. I want to come to your temple for worship, but let's have a zoom call first and we can have some more talks after the worship. Believe me, these talks are for your benefit. It will be a great favour if you can share your mobile number. Thank you," Ali wrote on Instagram. Her post comes on the heels of the murder of former Maharashtra minister and NCP leader Baba Siddique, a close associate of Salman Khan. The Lawrence Bishnoi gang claimed responsibility for the attack, issuing a warning to anyone associated with the actor. Consequently, Salman Khan's security was tightened. According to the police, the animosity between Lawrence Bishnoi and Salman Khan first became public in 2018 when the gangster said during a court appearance in Jodhpur, "We will kill Salman Khan. Everyone will know once we take action. I have not done anything as of now, they are accusing me of crimes for no reason.'

Since then, the popular actor has received multiple threats to his life, with the matter reaching a tipping point in April this year when gunshots were fired outside Salman's Bandra residence by two shooters reportedly belonging to the Bishnoi gang who were later arrested. The enmity stems from the infamous blackbuck poaching case involving Salman Khan which took place in 1998 during the filming of Hum Saath-Saath Hain in Rajasthan, irking the Bishnoi community which revers the animal.

