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Jokes that hurt

From Brett Lee to Spencer Johnson...

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How Hemant Soren will ensure inclusivity with

alliance partners in his cabinet

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Ranchi I Wednesday I November 27, 2024 I Page 08 I Daily I Volume - 09, Issue - 282 RNI Regn No. JHAMUL/2016/75465

researchers.asia@gmail.com The Researchers **NEWS BOX**

Hong Kong's top court rules in favor of equal inheritance and housing benefits for

same-sex couples

HONG KONG. Hong Kong's top court on Tuesday upheld earlier rulings that favored subsidized housing benefits and equal inheritance rights for same-sex married couples, in a landmark victory for the city's LGBTQ+ community.The Court of Final Appeal's dismissal of the government's appeals ended some yearslong legal battles over the differential treatment facing same-sex couples married overseas under Hong Kong's Housing Authority policies and two inheritance laws.

The unanimous decisions are expected to have a far-reaching impact on the lives of same-sex couples, who have traditionally had fewer rights compared to their heterosexual counterparts in the global financial hub.Chief Justice Andrew Cheung said in his judgement that exclusionary housing policies were argued to be beneficial to opposite-sex married couples because they increase the supply of subsidized housing for them and thereby support the institution of traditional families.But Cheung said authorities failed to provide evidence showing the potential impact on opposite-sex couples if those policies were relaxed."The challenged policies cannot be justified," he wrote.On the inheritance laws, judges Roberto Ribeiro and Joseph Fok ruled that the disputed provisions are "discriminatory and unconstitutional" in their written independent lang unconstitutional" in their written judgement. Hong Kong does not recognize same-sex marriage, prompting some couples to marry elsewhere.Currently, the city only recognizes samesex marriage for certain purposes such as taxation, civil service benefits and dependent visas. Many of civil service benefits and dependent visas. Many of the government's concessions were won through legal challenges, and the city has seen a growing social acceptance toward same-sex marriage.In September 2023, the top court ruled that the government should provide a framework for recognizing same-sex partnerships. This ruling, along with other successful legal challenges brought by members of the LGBTQ+ community, made Hong Kong the only place in China to grant such recognition for same-sex couples.

White Florida woman sentenced to 25 years in prison for shooting Black neighbour in lengthy dispute

World. A white Florida woman who fatally shot a Black neighbour through her front door during an ongoing dispute over the neighbour's boisterous children was sentenced Monday to 25 years in prison for her manslaughter conviction.Susan Lorincz, 60, was convicted in August of killing Ajike "A.J." Owens, 35, by firing a single shot from her .380-caliber handgun in June 2023. She had faced a maximum of 30 years behind bars. Circuit Judge Robert Hodges opted for a slightly lesser term amid evidence that Lorincz had been abused as a child and had mental health problems."The shooting was completely unnecessary this case Hodges said during an atternoon hearing. "The shooting, I find, was based more in anger than in fear." The shooting was the culmination of a long-running argument between the two neighbors over Owens children playing in a grassy area near both of their houses in Ocala, abot 80 miles (130 kilometers) northwest of Orlando.Prosecutors said Owens had come to Lorincz's home after her children complained that she had thrown roller skates and an umbrella at them, which Lorincz denied. Trial testimony showed Owens, a mother of four young children, was pounding on Lorincz's door and yelling, leading Lorincz to claim self-defense in shooting her neighbor.Lorincz told detectives in a videotaped interview that she feared for her life. She also said she had been harassed for most of the three years she had lived in the neighborhood. Jurors who heard the trial evidence did not agree that the shooting was in self-

Israelis skipping army duty as fatigue of never-ending war deepens

World. A soldier by day, a father by night. Ari Krauss, a reservist in the Israeli military's elite Golani Brigade. would explode underground tunnels in broad daylight. After the sun set, Ari would try to find the network to FaceTime his infant daughter. Ari and other reservists enlisted in the war would turn to the hill in search for a stable network each night. The dual lives of Israeli reservists and their combat fatigue has been documented by The Washington Post.But their

lives had looked drastically different just a year ago. The memory looks distant now.Ari used to work for a company, and it was before the October 7 war between Israel and the Palestinian terror group, Hamas started, reported The Washington Post.

When Hamas attacked Israel on October 7, around 1,200 Israelis were killed. The war has lasted for more than a year now. After incessant rocket attacks from Hezbollah, the Israeli Defence Force (IDF) conducted



a massive offensive in Lebanon in mid-September. This added another chapter to the Israel-Hamas war. Amid this came two drone and missile attacks from Iran. There could be some relief on the Lebanese front as Israeli Prime Minister Benjamin Netanyahu has approved "in principle" a ceasefire deal with Hezbollah, a source told CNN.During the war, Ari's brigade wrote to his boss that he would be serving in the army

'DISAPPEARING FOR WEEKS OR MONTHS, NO END'

"Once upon a time, I had my high-tech career and my family life, and I had to strike the balance," said Ari, who into that equation the fact that I am disappearing for weeks, or months, no end."This act of disappearing is not just the story of Ari Krauss but also of the 80,000 Israeli reservists who had to leave their jobs and loved ones to fight for Israel in Gaza and

Lebanon. This is because there is more need for soldiers to continue the war but many who have been conscripted are not showing up.

350,000 ENLISTED OUT OF 10 MILLION ISRAELI POPULATION

Several people do not show up to fight as they have been traumatised by the war. They are seeking individual and group therapy, reported Le Monde. Even horses are employed for therapeutic healing. They fear for their lives and are traumatised after several months of fighting. The army's

enlistment numbers have decreased by 15% since the war began when different sections had opted to fight for their nation. spent four months battling with When a war is not ongoing, Israel retains a Hamas terrorists. "Now I have to enter small army. It enlists reservists for a warlike situation which is mostly shortlived.In the first few months of the war, over 350,000 Israelis were asked to serve in the country with a population of less than 10 million. Now, more than a year later, reservists prepare videos where they say goodbye to their children and leave bank passwords for their spouses. This happened to Chava Landau Zenilman, whose husband died fighting the Hamas terrorists, recalled the fear after the attacks.

'We were imagining the terrorists coming into their house, to kill the kids in their beds," she said.Her husband had served before too. This time he had to serve."These dilemmas are our reality from before, but this war is extreme," she said. She barely ate or slept when he was in Gaza, she said, and tried to keep herself from imagining "the knock on the door".

31 Killed In 1 Day After Israeli Strikes, Says Lebanon

Beirut.Israeli strikes pummelled south Beirut on Monday, Lebanese official media said, and health authorities reported 31 people killed across the war-hit country, most of them in the south.

Israel's military said in a statement Monday afternoon it had hit "approximately 25 terror targets" belonging to Hezbollah across Lebanon, including in Nabatiyeh, Baalbek, the Bekaa Valley and southern Beirut and the city's outskirts.AFPTV images showed palls of smoke over the capital's southern suburbs after strikes that began in the morning after successive Israeli military warnings to evacuate.

Lebanon's state-run National News Agency (NNA) reported a fourth wave of Israeli raids in south Beirut on Monday evening, saying "enemy warplanes launched strikes on (the)

World. Passengers aboard an American

Airlines plane to Texas were forced to

take matters into their own hands and

duct-tape a man who posed a physical



Haret Hreik and Shiyah" districts. The attacks came after a weekend of heavy raids in the area, despite ongoing international ceasefire efforts.Early Saturday, a deadly strike on central Beirut's densely populated Basta neighbourhood killed at least 29 people, the health ministry said.Israel's army said Monday it had struck a Hezbollah command centre there, though an official with the Iran-backed group denied reports that a senior

Passengers Duct-Tape Unruly Man Who Tried

To Open Door Mid-Flight, Attacked Cabin Crew

member had been targeted. The NNA reported Israeli strikes on Tyre and Nabatiyeh after Israel issued evacuation warnings for parts of the main southern cities.Lebanon's health ministry said Israeli strikes killed at least 31 people on Monday.A statement listed "the casualty toll of Israeli enemy strikes on a number of Lebanese cities and towns" in the east, south and near Beirut, with most people killed in the south and four killed in the east.

'Dangerous conditions'

The NNA also reported "a drone strike that targeted a residential complex" in a Druze-majority town on the outskirts of Beirut, without prior evacuation calls.Lebanon's Druze community follows an offshoot of Shiite Islam, and its heartland around Mount Lebanon has largely been spared in the current hostilities.

5 killed in Pak as Imran Khan's supporters march to Islamabad, clash with police

World. Five security personnel were killed, and dozens, including police officers, were injured in Pakistan as supporters of jailed former Prime Minister Imran Khan marched toward the capital on Monday and continued their protest on Tuesday. As the protesters vowed to push further, the government deployed the army in Islamabad. The protest march spearheaded by Khan's wife Bushra Bibi, which began on Sunday and reached Islamabad by Monday evening, witnessed clashes with police and security forces. On Tuesday, the protesters resumed their march to the D-Chowk, close to several strategic buildings in the capital, where they plan to gather. According to local media reports, one police officer was fatally shot, and four paratroopers were run over by protesters. Dozens were injured as the city witnessed heightened tensions, a series of violence, attacks on police and torching of vehicles as Pakistan Tehreek-e-Insaf workers advanced towards the capital.

Imran Khan, the PTI chief, had issued a "final call" for nationwide protests starting Sunday, rejecting what he described as a "stolen mandate". The party urged the public to join the demonstrations to "break the shackles of slavery". Protesters, led by Khyber-Pakhtunkhwa Chief Minister Ali Amin Gandapur and Bushra Bibi, began their march toward Islamabad on Sunday. The government blocked highways using shipping containers, concrete barriers, and barricades. However, protesters used lifting equipment and heavy machinery to remove the obstacles, pressing forward toward the

Japanese Bank Employees **Vow In Blood Against** Embezzlement

- World. A bank in Japan has implemented an extraordinary policy where employees have signed a pledge in blood, promising to take their lives if found guilty of embezzling funds. A viral post compared the Shikoku Bank's rigorous stance against financial misconduct with the comparatively lenient consequences often observed in other countries. The pledge, deeply influenced by Japan's feudal samurai code, demands a guilty employee return the stolen funds and perform seppuku - a traditional form of ritual suicide.
- Outlined on Shikoku Bank's official website in Japanese, the pledge reads, "Anyone employed by this bank who has stolen money or caused others to steal from the bank will pay for it with his or her property and then commit suicide."This pledge dates back to the Thirty-seventh National Bank, which preceded Shikoku Bank.
- It adds, "This pledge is part of a document signed and stamped in blood by all 23 employees, including President Miura, of the Thirty-seventh National Bank, the predecessor of Shikoku Bank, to ensure strict handling of banknotes."The bank's website describes the oath as a symbol of ethical conduct and social responsibility, not just as an employee but as a member of society, preserving it as a cherished legacy of Shikoku Bank.On social media platform X, the policy sparked wide-ranging reactions. Now it's clear why they all have so much cash on their balance sheets," a user wroteAnother said that "the pact is some WW2 vibes."
- According to History.com, 'seppuku' commonly known as 'hara-kiri' in the West is a traditional form of ritual suicide that dates back to Japan's samurai warrior class. The act involved using a short sword to stab and cut open the abdomen, followed by an upward motion to ensure a fatal wound.

. threat to flight attendants and attempted to open one of the doors mid-flight. The incident transpired last week when flight 1915 took off from Milwaukee as the unruly man approached the cabin crew and asked to open the aircraft door. After receiving a prompt rejection, the man started growing agitated, according to a reporter issued by the Dallas Fort Worth International Airport Department of Public Safety. He then rushed towards the door, hitting the attendant as she attempted to block him.A passenger named Dough McCright, who saw the events unfolding in front of him, quickly assessed the situation and started planning his next move."I could tell that the conversation was not going very well," Mr McCright told Fox4, adding that the man ignored the flight attendant despite her repeated attempts

to reason and talk sense. After the attendant signalled for help, Mr McCright jumped in and addressed the man."I said, 'Sir, she wants you to go back to your seat. You need to go back to your seat'. He turns and he says, 'I'm getting off this flight! I want off this flight!"

American 💊

Investigation underway

As the situation escalated, Mr McCright grabbed the heckler from behind and held him back. Several other passengers, including one Charlie Boris, came to aid Mr McCright in pinning the man. The two men, alongside another passenger, dropped the heckler to the ground and taped his hands and feet while holding him for the last half an hour of the flight.The Federal Aviation Administration (FAA)

as well as the Federal Bureau of Investigation (GBI) have started their probe into the incident. The accused has not been charged with a crime but was taken to a hospital for mental health evaluation. He has not been named by the authorities so far. The safety and security of our customers and team members is our top priority and we thank our team members and customers for managing a difficult situation," read a statement by American Airlines.

national capital, leading to violent clashes.

- Provincial police chief Usman Anwar confirmed that one police officer was shot dead, at least 119 others were injured, and 22 police vehicles were set on fire in clashes near Islamabad and across Punjab province. Two officers remain in critical condition. Imran Khan's also claimed injuries among its supporters.Some miscreants drove their vehicle over rangers on Srinagar Highway, killing four of them and injuring another five, security forces told Pak broadcaster Geo TV.According to reports, the government tried to convince the PTI to end its protest or agree on a venue away from the city to stage a protest. However, Bushra Bibi rejected the proposal and insisted on progressing to D-Chowk.
- The government is planning stringent actions, with Pakistan's Interior Minister Mohsin Naqvi warning the former ruling party of serious "consequences" if they enter the high-security zone.
- Imran Khan has been implicated in numerous cases since his government was removed through a no-confidence motion in 2022. He has been in Adiala Jail in Rawalpindi since last year, facing, according to his party, more than 200 cases. He has been granted bail in some, convicted in others, and hearings are ongoing for additional cases.Khan's party secured the most seats in the February general elections, despite running as independents after being denied an election symbol. The PTI leader has claimed that the ruling Pakistan Muslim League-Nawaz (PML-N) and its coalition partners, including the Pakistan Peoples Party (PPP), 'stole the mandate" to seize power at the federal level.

Kash Patel top choice to be Trump's FBI or Justice Department pick: Report

The interest in Patel, following the selection of John Ratcliffe as CIA director and Tulsi Gabbard as director of national intelligence, reflects the US President-elect's urge to appoint allies to key law enforcement and intelligence roles.

WORLD. Donald Trump is weighing to push for his controversial adviser Kash Patel, an Indian-origin former Republican House staffer, to head the Federal Bureau of Investigation (FBI), as a clear indication of his vow to fire the incumbent Director Christopher Wray before his 10-year term with the agency completes and replace him with one of his MAGA (Make America Great Again) campaign loyalists, The

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Guardian reported, while citing two sources familiar with the matter.rump's transition team is conducting interviews for the role on Monday night at his Mar-a-Lago club in Florida. This came after US Vice President-elect JD Vance, in a now-deleted social media post, revealed that he and the Presidentelect had been interviewing candidates for the role of FBI Director.Simultaneously, Patel's name is also under consideration for a high-profile position at the US Justice Department, top transition sources told Axios.

The interest in Patel, following the

selection of John Ratcliffe as CIA director and Tulsi Gabbard as director of national intelligence, reflects the US Presidentelect's urge to appoint allies to key roles in law enforcement and intelligence agencies. Trump's interest in the FBI has long been evident. In 2017, he fired James Comey as director, citing Comey's refusal to shut

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down an investigation into possible ties between Trump's campaign and Russia. Since then, Trump has frequently expressed frustration over what he sees as disloyalty within the bureau, including from its current director, Christopher Wray, Patel, a former aide to Representative Devin Nunes and a key figure in Trump's circle, has gained significant support among Trump's

allies, strengthening his prospects for key roles.Known for his aggressive self-promotion and outspoken criticism of the so-called deep state, Patel has become a prominent candidate for highranking roles in law enforcement and national security.

While his name is being considered to lead the FBI, speculations were running high that Patel may get the role of CIA director in the past. However, the position went to John Ratcliffe, another Trump loyalist.

Patel's loyalty was on display during the criminal investigation into Trump's handling of classified

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documents. Initially, he refused to testify before a federal grand jury in Washington, invoking his Fifth Amendment right against self-incrimination.He eventually testified only after then-Chief US District Judge Beryl Howell granted him limited immunity at the Justice Department's request.

TheResearchers'

President Murmu Commemorates 75th Constitution Day with Coin, Stamp, and Book Launch

RNS I New Delhi: President Droupadi Murmu marked the 75th Constitution Day of India by unveiling a commemorative coin and stamp, alongside releasing two books dedicated to the Constitution today.

The ceremony, held at the Central Hall of the Old Parliament Building, was attended by promileaders, including nent President Jagdeep Vice Dhankhar, Prime Minister Narendra Modi, Lok Sabha Speaker Om Birla, Congress leader Rahul Gandhi, and BJP President Jagat Prakash Nadda, among others.

The event also saw the launch of two books: "Making of the Constitution of India: A Glimpse" and "Making of the Constitution of India and its Glorious Journey." The President addressed a joint session of Parliament, celebrating the historic adoption of the Indian Constitution in 1949.



While the occasion was marked by solemnity, it sparked controversy as opposition leaders raised concerns over being excluded from addressing the session. In a letter to Speaker Om Birla, they urged that the Leaders of Opposition in both Houses be allowed to speak at the event, emphasizing the importance of parliamentary democracy. The opposition argued that the tradition of including the Leaders of Opposition in such commemorations should be upheld.

Union Minister Kiren Rijiju responded on behalf of the government, dismissing the opposition's concerns. He stated that the Prime Minister would not be speaking at the event, and the Speaker, Vice President, and President were the scheduled speakers. Rijiju also pointed out that seating arrangements had been made for

the Leaders of Opposition, calling their reaction unfounded and inappropriate for such a significant occasion. The event also served as a

backdrop to ongoing political tensions, particularly between the Modi government and the Congress party. In recent months, the Constitution has been at the center of political discourse, with Congress leader Rahul Gandhi urging voters to oppose the BJP to "save the Constitution." The Congress party had also been embroiled in controversy following allegations from the BJP that it distributed "blank copies of the Constitution" during a campaign event in Maharashtra. The Congress swiftly dismissed these claims, accusing the BJP of spreading misinformation.

As the nation celebrated the 75th anniversary of its Constitution, the day served as a reminder of the document's enduring significance in India's democracy, while also highlighting the ongoing political divides surrounding its interpretation.

Hemant Soren Invites PM Modi to Swearing-in Ceremony



RNS I Ranchi: Jharkhand's caretaker Chief Minister, Hemant Soren, along with his wife Kalpana Soren, met Prime Minister Narendra Modi in Delhi today to invite him to attend the swearing-in ceremony of his government. The ceremony is scheduled for November 28 at the Morhabadi Ground in Ranchi. The Prime Minister's Of-

fice shared pictures of the meeting, which was followed by a post from Soren on social media platform X. "Met Hon'ble Prime Minister Shri @narendramodi ji in Delhi today and invited him to attend the swearing-

in ceremony of 'Abua Sarkar' (our government) on 28th November," Soren wrote in Hindi.

The Jharkhand Mukti Morcha (JMM) leader, who led the INDIA bloc to a decisive victory over the BJP-led alliance, also confirmed invitations extended to other prominent political figures, including Rahul Gandhi, Mallikarjun Kharge, Dipankar Bhattacharya, Arvind Kejriwal, MK Stalin, Mamata Banerjee, and Kanimozhi, among others. The event at Morhabadi Ground is expected to be a significant display of strength for the INDIA bloc.

GBM College Marks Constitution Day with Lecture



by Suresh Pd Nikhar

Gava: On the occasion of Constitution Day, the Department of Political Science at Gautam Buddha Women's College organized a day-long lecture on "75 Years of Indian Constitution: Importance of Basic Values." The event, held in collaboration with the IQAC and NSS unit, was coordinated by Dr. Shagufta Ansari, Head of the Department of Political Science.

The seminar was inaugurated by Principal-in-charge Dr. Sahdeb Bauri, with Dr. Sumit Kumar Pathak, Assistant Professor at Central University South Bihar, Gaya, delivering the keynote address. Other attendees included faculty members and NSS officers.

Dr. Bauri highlighted the Indian Constitution's role in promoting equality and freedom. Dr. Rashmi Priyadarshini spoke on the Constitution's role in fostering unity amidst diversity, quoting national poet Ramdhari Singh Dinkar. Dr. Pathak emphasized the Constitution as the foundation of the nation, calling it the "Laxman-Rekha" of India and stressing the need to integrate its values into daily life. The program concluded with the reading of the Preamble and a collective oath to uphold the Constitution's dignity.

DPS Bokaro commemorates Constitution Day

Bokaro: On the occasion of the 75th Indian Constitution Day, a special programme was organized at the school to enlighten students about the significance of the Indian Constitution. It was aimed to create awareness of constitutional rights, responsibilities and the importance of adhering to its principles.

The entire school solemnly pledged to uphold and safeguard the Constitution, vowing to abide by its values and provisions.

Adding a creative touch to the celebration, students showcased their artistic talents by designing vibrant illustrations of the Preamble, crafting posters and creating portraits of Dr. B.R. Ambedkar, the architect of the Indian Constitution.

The Principal Dr. A. S. Gangwar emphasized that respecting and adhering to the principles of the Indian Constitution is significant for a nation's progress, prosperity and harmony. He encouraged the youngsters to embrace their responsibility to preserve the democratic ethos of the country

Constitution Day Celebrated at DAV-6

Bokaro: Constitution Day was observed at DAV Public School, Sector 6, with a special morning prayer meeting. The school organized various programs to mark the occasion, beginning with senior teachers BK Jha and Jahnavi Banerjee offering floral tributes to Dr. Bhimrao Ambedkar's portrait.

On this day in 1949, the draft of the Indian Constitution was prepared, and Dr. Ambedkar, who played a pivotal role in its creation, was honored for his contributions. The Constitution was later implemented on January 26, 1950.

In 2015, Prime Minister Narendra Modi declared November 26 as Constitution Day to raise awareness about constitutional values, coinciding with Dr. Ambedkar's 125th birth anniversary.

The school Principal addressed the gathering, urging everyone to fulfill their duties with responsibility, honesty, and dedication. Social Science teacher Rajesh highlighted the significance of the Constitution, while Manisha Ashwini

45 Iharkhand Students Embark on Cultural Tour of Uttarakhand



Dhanbad: A team of 45 students from various districts of Jharkhand will embark on a seven-day cultural and educational trip to Uttarakhand, starting today, as part of Yuva Sangam (Phase V).

The initiative, under the Ek Bharat Shreshtha Bharat program by the Government of India, aims to strengthen connections among the youth across the country.

The journey will be flagged off by Prof. Sukumar Mishra, Director of IIT-ISM, at a ceremony held at the Scolomin Club. The students, accompanied by six coordinators, will explore Uttarakhand's scenic landscapes and cultural heritage, including visits to Bhagwanpur, SIDCUL, Haridwar, Rishikesh, Patanjali Village, Kotdwar, Lansdowne, and Dehradun.

The team will depart from Dhanbad by train on November 28, with an industrial visit to Bhagwanpur and SIDCUL scheduled for November 30. On December 1, the group will explore the spiritual cities of Haridwar and Rishikesh, including a visit to Patanjali Village. On December 2, the team will tour Kotdwar and Lansdowne, visiting significant sites such as Sidhbali Temple and Tarkeshwar Dham. The trip will conclude in Dehradun on December 3, before returning to Dhanbad on December 5.

This cultural exchange is part of an ongoing effort to foster collaboration between the youth of Jharkhand and Uttarakhand, with a reciprocal visit planned for January 2025. The program includes undergraduate, postgraduate, and off-campus youth from various Jharkhand districts, including Deoghar, Dumka, Ranchi, and Bokaro, among others.

7 Archers from Vedanta ESL Academy Chosen for **NTPC Senior National Trials**

RNS I Bokaro: The Bokaro District Archery Association recently conducted the Senior District Trials to select top archers for the NTPC Senior National Archery Championship 2024-25. The trials, held at the Vedanta ESL Archery Academy located within the Siyaljori plant premises of ESL Steel Limited, aimed to identify the best talent from the district to represent Bokaro at the upcoming State Trials in Ranchi on December 1st

and 2nd, 2024. sion and skills. Over 25 archers from various local academies, including SAIL-Bokaro Archery Academy, Chandankiyari Day Boarding Centre, Anjela Archery Academy, and Vedanta ESL Archery Academy, participated in the event. The highly competitive trials reflected the growing talent in the district, with participants show-

prises Kritika Kumari, casing impressive preci-Priya Kumari, Ganga Ku-From the trials, 8 top mari, and Bani Munda, all archers-4 boys and 4

Archery Academy. girls—were selected to represent Bokaro at the State Trials. The boys' team includes Rahul Mahato, Kuldeep Mahato, Chitranjan Tudu (all from Vedanta ESL Archery Academy), and Amit Singh (Anjela Archery Centre). The girls' team com-

coached at Vedanta ESL titions.

Since its establishment in 2020, the Vedanta ESL Archery Academy has become a key institution in the region, providing resources and training to aspiring archers. The academy has achieved remarkable success, with

its students winning 185 medals across national, state, and district compe-

Kunal Daripa, Head of CSR at ESL Steel Limited, expressed the company's continued commitment to the academy, emphasizing plans for expansion and increased resource allocation to further support rural talent from Bokaro district.

SAIL Cricket Championship 2024-25 **Kicks off at Bokaro**



Bokaro: The much-anticipated "SAIL Cricket Championship 2024-25" kicked off at Bokaro Steel Plant on November 26, 2024. The tournament, aimed at promoting sports within SAIL, is being held from November 26 to 30 at the Sector 4 Cricket Stadium and Trainees Hostel Ground No. 01, with eight teams from various SAIL units participating.

The opening ceremony was attended by Executive Director (HR) Rajshree Banerjee, who inaugurated the championship. Key officials including Chief General Manager (City Administration) Kundan Kumar, General Manager (Public Health) A.K. Avinash, General Manager (Liaison & Administration) CRK Sudhanshu, and Assistant General Manager (S&CA) Subhash Rajak were also present, along with DGM (Sports) Saurabh Shukla, who is overseeing the event.

The first day of the competition saw thrilling league matches. In an exciting opener, Rourkela Steel Plant triumphed over VISL Bhadravati by 70 runs, while ISP Burnpur defeated Durgapur Steel Plant by 5 wickets in the second match. The tournament aims to not only highlight the cricketing skills of the players but also promote teamwork, cooperation, and sportsmanship. Enthusiasm is high as the competition progresses, with the final match scheduled for 30 November.

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Ranchi: The third edition of Yuventas, the annual cultural festival hosted by the National University of Study and Research in Law (NUSRL), Ranchi, took place from November 24 to 26, 2024, with participation from over 15 colleges.

The three-day event featured a dynamic mix of music, dance, drama, art, and crafts, celebrating creativity and cultural exchange.

The festival opened with an electrifying performance by the Harmony Band, followed by a day filled with solo singing, painting, poetry, and innovative art competitions. The second day ended with a glamorous Prom Night,



fostering camaraderie among participants.

Yuventas 2024: A Celebration of Culture & Creativity at NUSRL

The final day showcased thrilling events like the Bolly-Holly Quiz, rap performances, drama, and a Talent Hunt,

capping off a successful celebration of talent and cultural unity. Yuventas 2024 proved to be a vibrant platform for students to showcase their creativity and build connections across colleges.

IIT-ISM Highlights Research Excellence at Industry Academic Conference 2024

RNS I Dhanbad: A highlevel delegation from the Indian Institute of Technology (Indian School of Mines) Dhanbad (IIT-ISM)), led by Director Professor Sukumar Mishra, recently participated in the Industry Academic Conference 2024, held at NIT Jamshedpur.

The two-day event brought together leading academic institutions such as IIT BHU, IIT Bhilai, and IIT Patna, alongside industry giants including the National Thermal Power Corporation (NTPC), Gas Authority of India Ltd (GAIL), Oil and Natural Gas Corporation (ONGC), Tata Steel, and Bharat Coking Coal Limited (BCCL). The conference was inaugurated by Santosh K. Gangwar, Governor of

Jharkhand, in the presence

of distinguished guests, in-

cluding Professor Sukumar



Mishra and Professor Rajiv Prakash, Director of IIT Bhilai.

The event featured a series of panel discussions focusing on strengthening industry-academia collaborations, with a strong emphasis on fostering innovation and advancing research through these partnerships.

During the conference, Professor Sukumar Mishra delivered a key address on the pivotal role of industryacademia collaborations in driving technological

advancements and enhancing research capabilities. He was joined by Professor Dheeraj Kumar, Deputy Director of IIT-ISM, who also provided valuable insights on the importance of such collaborations for innovation and growth.

IIT-ISM showcased its state-of-the-art research facilities at a dedicated stall, attracting significant attention from industry leaders. The institute's emphasis on promoting collaboration between academia and industry was further ac-

knowledged when event organizers presented a memento to the IIT-ISM delegation in recognition of their contributions.

The IIT-ISM delegation also included key faculty members, such as Professor Sagar Pal, Dean of Research & Development; Professor A.R. Dixit, Dean of Infrastructure; Professor Alok Das, Dean of Innovation Incubation and Entrepreneurship (IIE); Professor S. Das; and Ashish Kumar, who collectively represented the institute's dedication to advancing research, innovation, and industrial partnerships.

IIT-ISM's active participation in the Industry Academic Conference 2024 reinforces its commitment to bridging the gap between academia and industry, furthering its mission to drive progress and innovation across multiple sectors.

Sahav provided a detailed explanation.

To conclude, teachers and students took an oath to uphold the unity, integrity, and responsibilities enshrined in the Constitution.

CCL Celebrates Constitution Day

Ranchi: Central Coalfields Limited (CCL) celebrated Constitution Day with great enthusiasm, focusing on the theme "Our Constitution, Our Honor." The event aimed to emphasize the importance of the Indian Constitution and raise awareness among employees about its principles, rights, and duties.

CCL Chairman-cum-Managing Director Shri Nilendu Kumar Singh, along with other senior officials, union representatives, and employees, attended the event. The ceremony began with floral tributes to the statue of Dr. Bhimrao Ambedkar, the architect of the Indian Constitution. In his address, CMD Singh described the Constitution as the soul of Indian democracy, highlighting its role in promoting equality, liberty, and justice.

The event also included speeches from other dignitaries, stressing the need to uphold the Constitution's principles. The function concluded with a collective oath on the Preamble of the Constitution.

State Urdu Teachers' Association Celebrate Constitution Day

Ranchi: The Jharkhand State Urdu Teachers' Association organized a special program at its central office to mark Constitution Day. On this occasion, Central General Secretary Amin Ahmed emphasized the importance of understanding and embracing the Indian Constitution. He highlighted the need for every citizen, especially students, to be aware of their constitutional rights and encouraged reading the Preamble in schools in students' mother tongues for better comprehension.

Amin Ahmed expressed pride in the Constitution, calling it a symbol of unity and justice for all. The event was attended by several prominent figures, including Dr. Vakil Ahmed Rizvi, Nazim Ashraf, Maqsood Zafar Hadi, Rakim Ahsan, and others, who collectively celebrated the significance of the Constitution and its role in shaping India's democratic values.

Seminar on Constitution Day Held at GTTC

Ranchi: On the occasion of Indian Constitution Day, the Government Teacher Training College, Institute of Advanced Studies in Education, Jharkhand, organized a seminar on the theme "Our Constitution, Our Self-Respect" for the year 2024. The seminar was coordinated by Dr. Om Prakash, Coordinator of Literary Events at the college, and was presided over by Dr. Raman Kumar Jha, Principal-in-Charge.

The keynote address was delivered by Prof. Dr. Tanveer Yunus, Head of the M.Ed. Department at Vinoba Bhave University, Hazaribagh. He was welcomed and honored by the college's Yoga and Sports Department.

TheResearchers'

Maharashtra Suspense: E Shinde Resigns Amid BJP Push For Devendra Fadnavis

Mumbai. The suspense over who will become Maharashtra Chief Minister after the Mahayuti's mammoth victory in the state polls has entered its third day. The tenure of the 14th state Assembly ends today and incumbent Eknath Shinde has resigned as Chief Minister. But the BJP-led alliance is yet to take a final call on who will get the top post.

BJP leaders want former Chief Minister Devendra Fadnavis to become the Chief Minister, while Shiv Sena MLAs are rooting for Mr Shinde to continue. The Ajit Pawarled NCP, it is learnt, has decided to back Mr Fadnavis. The BJP has 132

MLAs, the Sena has 57 and the NCP 41. This means that the BJP needs only one of its two allies to reach the magic figure of 145 in the 288-member Assembly. This leaves Mr Shinde with few bargaining chips for the Chief Minister post. As the BJP leadership Sena Leader Refers To 'Bihar Model' brainstorms on who will get the big post, a group of Sena leaders had planned to gather outside the Chief Minister's official bungalow, Varsha, apparently as a show of strength for Eknath Shinde. But the Sena chief intervened and asked them not to. "After the great victory of the Mahayuti alliance, our government will be formed once again in the state. As a grand alliance, we contested the election together and are still together today," he said on X.



"Out of love for me, some people have appealed to everyone to gather together and come to Mumbai. I am deeply grateful for your love. But I appeal that no one should come together in my support in such a manner."

Amid the suspense, Sena spokesperson Naresh Mhaske cited the 'Bihar model' to assert that Eknath Shinde should continue as chief minister even though BJP holds more seats in Assembly."We feel Shinde should be the chief minister, just like in Bihar where BJP did not look at the numbers but still made JD(U) leader Nitish Kumar the CM. Senior leaders of the Mahayuti (in Maharashtra) will ultimately take a decision," Mr Mhaske told

reporters yesterday.Mr Mhaske also cited the Haryana example where the BJP stuck to incumbent Chief Minister Nayab Singh Saini.BJP's Pravin Darekar, however, said the people had given a mandate to Devendra Fadnavis. "The people of Maharashtra stood behind Prime Minister Narendra Modi. In my opinion, Fadnavis should become the chief minister. Maharashtra needs an astute and academic leader. He kept the alliance united, gave our allies candidates, and even stepped back when required. He has always maintained coordination," the MLC said. According to sources, BJP leaders are pushing for Mr Fadnavis for

the top post and any other decision would demoralise the party ranks. The BJP's ideological parent RSS, which played a key role in its Maharashtra victory, also favours Mr Fadnavis, MLA from Nagpur South-West. The RSS will be celebrating its centenary next year and wants a BJP Chief Minister, it is learnt.

A 2019 Repeat?

In the 2019 Maharashtra polls, long term allies BJP and the undivided Shiv Sena won 105 and 56 seats, respectively. But differences cropped up over the Chief Minister post. Soon after, Sena chief Uddhav Thackeray pulled the plug on the alliance and joined hands with NCP and Congress to form the government. This government was toppled.

Struggle To Defend India's Inherent Philosophy Must Be Reignited: M Kharge

New Delhi. Congress president Mallikarjun Kharge on Tuesday urged citizens to protect the ethos of the Constitution and said the struggle to defend India's inherent philosophy must be reinvigorated and reignited in the 75th year of its adoption.

Mr Kharge said the people of India should come together to protect each and every thought expressed in the Constitution."The 75th year of the adoption of the Constitution has begun today. I extend my warmest wishes to all Indians on this historic occasion," the Congress president said in a post on X.The Constitution of India, painstakingly and carefully drafted by our foremothers and forefathers is the lifeblood of our nation. It guarantees us social, economic and political rights. It constitutes India into a sovereign socialist democratic republic," he said.Justice, liberty, equality and fraternity are not just ideals or ideas, they are the way of life for 140 crore Indians, Mr Kharge asserted."Today, we recall the tremendous contribution of the Constituent Assembly and its prolific members. We are forever indebted to their vision and wisdom," he said.Mr Kharge said Pandit Jawaharlal Nehru, Babasaheb Dr BR Ambedkar, Sardar Vallabhbhai Patel, Maulana Abul Kalam Azad, Dr Rajendra Prasad, KM Munshi, Sarojini Naidu, Alladi Krishnaswamy Ayyar, Rajkumari Amrit Kaur and several eminent personalities were not just revered national icons but inspiring personalities who became the torchbearers of hope for generations together.No mention of the Constituent Assembly should be complete without recalling the contribution of the 15 women members who provided equally important inputs for an inclusive India, the Congress president said.

We must also not forget that the Constituent



Assembly received uncountable suggestions from ordinary citizens which are a matter of record," he said. The Objectives Resolution moved by Nehru and Ambedkar's momentous last speech to the Constituent Assembly form the Magna Carta in protecting the tenets of the Constitution, he said."We, the patriotic citizens of India, now have the onerous task of protecting the ethos of the Constitution," Mr Kharge said."We, the people of India, should, therefore, come together to protect each and every thought expressed in the Constitution," he said.

DK Shivakumar plans to revive Vrushabhavathi river under Brand Bengaluru

To promote his passion project Brand Bengaluru, Karnataka **Deputy Chief Minister DK** Shivakumar announced plans to revive Vrushabhavathi river revival and transform Basavanagudi into a heritage corridor.

Bengaluru. Karnataka Deputy Chief Minister and Bengaluru Development Minister DK Shivakumar has announced plans to rejuvenate the Vrushabhavathi River and transform the Basavanagudi area into a heritage corridor under the Brand Bengaluru initiative. Speaking at the inauguration of the "Kadlekai Parishe" (peanut fair) in Basavanagudi, Shivakumar emphasized the government's

commitment to preserving Bengaluru's cultural and historical legacy. "Basavanagudi, the birthplace of Vrushabhavathi, holds immense cultural significance. Developing it as a heritage corridor is part of our broader efforts to



promote Brand Bengaluru," he said. Shivakumar also highlighted the importance of the "Kadlekai Parishe", calling it a celebration of Karnataka's agricultural traditions. "Peanuts are the poor man's almond, used in diverse dishes across the state. Farmers around Bengaluru are doing a remarkable job keeping this tradition alive. From this year onward, Kadlekai Parishe will be a tax-free event to support farmers and traders," he announced.

Addressing criticism of the Brand Bengaluru initiative, Shivakumar said, "Opposition leaders may question us now, but we will provide a solid answer before 2028 by showcasing the transformative projects under this initiative."On social welfare, Shivakumar reassured the public regarding BPL (Below Poverty Line) cards. "We are a pro-poor government. There is no need for concern over the cancellation of BPL cards; we will ensure no one is inconvenienced," he said.

How Hemant Soren will ensure inclusivity with alliance partners in his cabinet

Jharkhand Cabinet: The Congress, which played a significant role in the alliance's victory, is expected to get four cabinet positions. The Rashtriya Janata Dal (RJD) is likely to receive one ministerial berth, while the left parties, with two MLAs, may get a single position.

Ranchi. The newly re-elected Hemant Soren government in Jharkhand is working on a blueprint for an inclusive cabinet. The INDIA bloc, which includes the JMM, Congress, Rashtriya Janata Dal (RJD), and the CPI-ML, secured a decisive mandate in the recently held assembly elections, winning 56 of the 81 seats. With a maximum of 12 cabinet positions allowed under constitutional guidelines, the government faces the challenge of balancing regional and social representation.Of the 81 assembly seats, Santhal Pargana accounts for 18, Kolhan has 14, Palamu division has nine, while the remaining seats are spread across northern and southern Chotanagpur. Ensuring proportional



'Judiciary Not Here To Perform Opposition's Role': Ex Chief Justice DY Chandrachud

New Delhi: Reacting to a recent remark by Lok Sabha Leader of Opposition Rahul Gandhi that the Opposition has taken it upon themselves to "do the task of the judiciary," former Chief Justice of India DY Chandrachud said that the judiciary is here to "scrutinise laws" and people should not presume that it will fulfil the role of opposition in Parliament or the state legislatures.

India."When asked about intense scrutiny on

In an exclusive interview with ANI, former chief justice Chandrachud noted that there is separate space in a democracy for the political opposition.

"Well, I don't want to join issue with the leader of the Opposition because that's not the ambit of what we are here to speak. But what I want to say is this, people should not presume that the judiciary should be performing the role of the opposition in Parliament or the State legislatures. Too often, there's a misconception that the judiciary has to play the role of the Opposition in legislatures, which is not so. We are here to scrutinise laws" he said. We are entrusted with the duty to scrutinise executive action on whether it is consistent with the law, and whether it is consistent



with the Constitution. There's a different space in a democracy for the political opposition. And what people try to do is to use the judiciary and to shoot from the shoulders of the judiciary and to try and convert the Court into a space for the political opposition," former chief justice Chandrachud said.Rahul Gandhi had earlier said, "We are alone working on the behalf of media, investigative agencies and judiciary also. This is the reality of

social media on the duration of interactions with the Leader of the Opposition and the Prime Minister, the former chief justice said as "human beings," it is but natural to socialise during certain official meetings."Well, there are times when you interact with the leader of the Opposition as well. For instance, you know, in many of our statutes require that a selection committee for appointment to a particular post must consist of the Prime Minister, the Chief Justice of India, and the Leader of the Opposition. Now, you know, you discuss what you have to discuss, and you arrive at your conclusions. And after you're done with those conclusions, you are human beings, right? You're going to spend 10 minutes after that

having a cup of tea, talking about everything under the sun from cricket to movies to something," the former Chief Justice said.Responding to the controversy that erupted after Prime Minister Narendra Modi attended a Ganpati Puja at his residence, he said, that this was not "unique," and that earlier too Prime Ministers had visited the homes of judges on social occasions.

representation for each region is expected to be a key focus while deciding the allocation of state cabinets. Alliance partners are also likely to demand ministerial positions based on their electoral performance. The Congress, which played a significant role in the alliance's victory, is expected to get four cabinet positions. The Rashtriya Janata Dal (RJD) is likely to receive one ministerial berth, while the left parties, with two MLAs, may get a single position. Congress will decide its ministerial nominees after consultations with its central leadership. Aspiring MLAs have already started lobbying in Delhi, where party leaders are expected to finalise names.Meanwhile, preparations for the swearing-in ceremony are underway. Chief Minister Hemant Soren has travelled to Delhi to invite senior Congress leaders, including Rahul Gandhi and Mallikarjun Kharge, to attend the event. Hemant Soren is slated to take the oath as Jharkhand's Chief Minister for the fourth time in a row on November 28.In the Jharkhand assembly elections, the JMM secured 34 seats, the Congress 16, the RJD 4, and the CPI-ML 2, paving the way for a second consecutive term for the INDIA bloc alliance in the state.

BJP leader's supporters begin month-long anti-Waqf protests amid internal rift

Despite BJP's internal divisions, supporters of **BJP MLA** Basanagouda Patil Yatnal launched a month-long march against alleged misuse of Waqf laws.

Bengaluru. Despite an evident internal rift in Karnataka BJP, supporters of Vijayapura BJP MLA Basanagouda Patil Yatnal launched a statewide march against the Waqf Board on Monday, despite Karnataka Chief Minister Siddaramaiah's directive cancelling eviction notices issued to farmers and religious places. The month-long march began in Bidar, North Karnataka, and will culminate in Bengaluru on December 25. The march, supported by 12 senior BJP leaders, including MLA Ramesh Jarkiholi, MP G M Siddeshwara, former minister Arvind Limbavali, Kumar Bangarappa, is seen as a protest against alleged misuse of Waqf laws. JD(S) leader Bandeppa Kashempur also joined the march, donning a saffron scarf, signaling cross-party participation.Addressing the gathering, Yatnal accused the Waqf law of aiming to "convert India into Pakistan" and called for a robust fight against it. He said: "Wherever there are Muslim deputy commissioners, they have declared the land as property of the Waqf

district and declared the entire town as Waqf. He is going to make it a mini Pakistan. Maharishi Valmiki land, houses, temples, and even the police station and quarters in Aland declared as Waqfs."

'Many departments are short of officers, but Waqf officers are taking all lands, including government land, through the tribunal. And all the people in the tribunal are Muslims. So, I ask, can they really give a fair verdict in this matter?" he questioned.He

also took a veiled dig at his party, opposing dynastic politics and indirectly targeting senior BJP leader B S Yediyurappa.

Responding to this, Yediyurappa said, "Basangouda Patil Yatnal, along with others, has been requested by State BJP President Vijayendra to set aside their differences and work with us. However, continuing a separate



well on him."He further appealed to Yatnal and others to come together and cooperate to strengthen the party. He said, "We have done our duty; the rest is up to him and the central leadership.All these matters are already known to the High Command, so let us wait and see what decision they make."The march follows the BJP state unit's fact-finding team's visit to Vijayapura, which sought to address

to Waqf Board land. However, Yatnal and his camp distanced themselves from the exercise, claiming it lacked representation from local heavyweights like Ramesh Jigajinagi. Yatnal and his supporters organised a protest in Bidar on November 25 against the alleged Waqf Board land encroachments, allegedly without the prior approval of the state party leadership. The internal rift within the BJP became apparent as the banners announcing the protest prominently featured Prime Minister Narendra Modi, BJP President JP Nadda, and

Union Home Minister Amit Shah, but were conspicuously missing the image of state president BY Vijayendra.

The party's Bidar district president filed a complaint against Yatnal's team, accusing them of unauthorised use of party symbols and leaders' images, asking the district police and municipality to remove the banners. Yet the

The weight of insecurity

- Today's human life has become quite complicated—thanks to the multifarious inventions of modern technology. Machines of different types and functions developed by scientific pursuits of contemporary times have made human living far more comfortable than hitherto, at least on the face of it. Gadgets and devices to aid our daily life activities have made our chores easier and, in many cases, effortless.
- Today, we don't have to physically exert much to perform most of our daily chores. By harnessing the enormous power of electricity, we have devised machines to perform all our tasks at the press of a button or the click of the computer 'mouse'. Even tasks like reading, cataloguing, extracting, filtering and interpreting are being outsourced to the latest tool called Artificial Intelligence or AI.Despite the wonderful gifts of technology, as mentioned above, human peace and happiness are at a great premium. The individual feels vacuous inside, and there is a wanton feeling of fulfilment.There is a grave sense of insecurity pervading all. Ideas and ideologies are many, and these have been embraced by sets of human beings dispersed all over the globe, but most of such ideologies are at variance with each other in a few or many ways.
- These ideologies determine fashion, lifestyles, customs, traditions and habits, leading to broad cultural differences. And some of these differences are so sharp that human communities holding them are living in conflict mode, riven by mutual suspicion, fear and insecurity.Hence, insecurity has afflicted humans at the individual level as well as the community level. Insecurity is the greatest bane of modern times. A businessman feels insecure about the uncertainties of the demand and supply situation, which can affect the market for his traded goods. A stock trader is ever in fear of the bulls or bears overwhelming the market depending upon which trading position he has taken.
- An old person is afraid of moving around freely lest he should fall and sustain injuries. An average employee working in the corporate sector is ever afraid to lose his job. The ruler of a country feels constantly insecure in the face of powerful enemy countries located across its borders.A farmer growing seasonal crops is insecure about his crops because of the vagaries of monsoon rains. A tiny toddler or small child feels insecure when it loses sight of its mother. Youngsters are insecure about their conjugal relationships. Life is uncertain, and you can never be sure what problem or pitfall you may have to face in the immediate or near future and this future is actually unpredictable. The whole insurance industry thrives on this sense of human insecurity about the future. Insecurity is a universal reality, and we need to keep provisioning for material resources. But insecurity should not grip us, leading to disruption of mental peace and pesky worry or tension. It will then play havoc with our personality and mar our productivity. We have to develop a more rational and pragmatic perspective on fear and insecurity. Truly speaking, nagging insecurity is due to factors more internal to us than external. Actually, the nagging sense of insecurity of people in modern times springs from ignorance, illusion and lack of perseverance. The first and foremost issue of importance in this regard is that we should try to develop a logical, rational approach toward things. Being overly emotional and succumbing to anger, pride, passion, and greed dilutes our sense of objectivity and drags us away from the truth of things.We should try to find out the truth and grasp it in all situations and circumstances. For this, we need to shed our positive and negative biases towards things and persons and acquire a level-headed approach. Truth is not to be found on the extreme left side or the extreme right side of the emotion spectrum. It is located somewhere near the centre.When insecurity comes from factors external to us which are largely not in our control, we must understand that peace-disrupting forces are generated by running faulty paradigms of living which are not

Balancing the interests of State & Justice seekers

In some contexts, the court under CJI Chandrachud's leadership fell short of expectations. There is no point in creating physical spaces and amenities without upholding the essence of justice.

The soul of justice cannot be enclosed in worldclass brick and mortar structures just as the cause of liberty is not served by sermons in structured judgements. The constitutional protection to the right of privacy is not ensured by declaring it as a fundamental right but by holding 'unconstitutional' intrusive acts of the state through its enforcement agents. Upholding constitutional values is in the nature of a sacrament; any willful infraction or apparent insouciance in protecting those values makes the justice delivery system suspect in the eyes of the public.Over a billion people in our country are watching how our courts attempt to balance the interests of the state with the interests of those seeking justice. For a polity as divisive as one prevailing since 2014, the constant vigil of the court is the only way to ensure our constitutional values are safe.Chief Justice D Y Chandrachud's tenure was high on optics and somewhat low on delivery. The court under his stewardship often compromised even on liberty, of which he was ostensibly a champion. His majoritarian tilt, reflected in some of his judgements, was worrisome. At the heart of the justice delivery system is the ability of the court to stand up to the excesses of the executive; to speak truth to power. The court's record in that endeavour has been rather weak.Despite this, Chief Justice Chandrachud, who became a judge of the Supreme Court on May 13, 2016, has many landmarks to his credit. The frenetic energy he demonstrated over the years, especially during his tenure as the CJI since November 2022, in creating inclusive infrastructural facilities for the court and lawyers has won him accolades. Sensing the inadequacy of the existing infrastructure, he single-handedly facilitated the proposed construction of a new building within the Supreme Court premises, which will have world-class facilities both in terms of court rooms as well as space for practising lawyers and litigants seeking justice. He endeared himself to members of the Bar, in particular the younger members, by his exemplary conduct in court and the patience he demonstrated when hearing matters. His initiatives were transformational in many respects. For example, moving away from physical filing to digital record-keeping has transformed access to



justice, live-streaming of court proceedings in constitutional matters has brought it closer to people, and simultaneous translation of court proceedings has allowed for accuracy and contemporaneous recording, which facilitates lawyers to make their submissions with greater clarity.

The cafeteria facilities for lawyers, modernisation of facilities for the Bar, conceptualising a new building for resolution of disputes through arbitration are certainly initiatives for which he will be fondly remembered. The chief justice wondered about his own legacy. But what he should have wondered more about is the legacy of the court he left behind. In this context, the court under his leadership fell short of expectations.Part of the problem is the diktat of the Master of the Roster in assigning cases that concern our fundamental freedoms, the future not only of the polity but of the nation as well. Each one of us at the Bar is aware of the likely outcome of a case when assigned to a particular judge. Eyebrows were raised when certain cases dealing with fundamental freedoms were assigned to particular benches. That is one area where, I believe, the court requires to evolve a procedure that does not evoke suspicion or controversy. While the then chief justice must be given credit for deciding longpending constitutional matters, one felt that matters of political significance requiring urgent attention were not listed. The Shiv Sena matter was pending for over a year, giving legitimacy to a government that was constitutionally suspect. Eknath Shinde, Ajit Pawar and their lot should, I believe, have been disqualified long ago. The future of our democracy

depends on the quick disposal of such matters. Had those matters been heard, the outcome of Saturday's election results in Maharashtra would have been entirely different.

Despite the fact that the PMLA judgement was under review, the matter has been kept pending for years. The Enforcement Directorate has been merrily misusing its powers by continuing to destabilise many opposition-ruled state governments. Had the law been settled in time, the future of the polity of our nation might well have been different.Amendments to existing laws were carried out by including them in the Finance Bill, thereby terming them as 'money

bills'. That matter too has not been heard for years. Not deciding matters relating to the polity of our country indirectly benefited the government in power. That indeed is a matter of great concern. We have also seen, on many past occasions, that matters relating to defection were not heard for years till the term of the assembly was over.

Oppressive statutory provisions relating to bail being upheld by court required to be revisited. That too did not happen. Rampant bulldozer justice, including open threats to the minorities, did not evoke a suo motu proceeding, nor did the open threat of violence by those at the forefront of the dharma sansads. The court, I believe, is an institution that can set right the course if events in the polity go astray. The real challenge India faces relates to the slow but steady diminishing of our syncretic culture. That's what needs protection. The onslaught of majoritarianism, induction of those committed to an ideology into the judicial system, destroys the very fabric of our country. The judge needs to be independent of a political ideology when administering justice.

The induction of such judges and transfer of judges who attempted to stand up to the executive at the same time does not bode well for our judiciary. The CJI who allowed this to happen must take the blame. He was the author of a judgement that held that no further intrusion into religious places of worship was to be allowed. However, disregarding his own judgement, he allowedintrusion in the Gyanvapi case.When it mattered, he fell short. There is no point in creating physical spaces and amenities without upholding the very essence of justice, which is its soul.

Jokes that hurt

Humour has long served as a means to connect people, break barriers and lighten the burdens of daily life. However, when humour perpetuates stereotypes, particularly about communities, it crosses the line into insensitivity. The ongoing plea in the SC to...

Humour has long served as a means to connect people, break barriers and lighten the burdens of daily life. However, when humour perpetuates stereotypes, particularly about communities, it crosses the line into insensitivity. The ongoing plea in the SC to ban jokes targeting the Sikh community highlights the need to reassess this boundary. For decades, 'Sardar jokes' have been a staple of Indian humour, often portraying Sikhs as intellectually inferior. While such jokes might seem harmless banter to many, their societal impact is far from trivial. The normalisation of these jokes has contributed to bullying in schools and professional spaces, pushing individuals —



stereotyped. Many Sikhs wear their cultural and religious identity with pride, yet they often face ridicule for doing so. This situation reveals a societal paradox where diversity is celebrated superficially but ridiculed in practice. The petitioner, Harvinder Chowdhury, has rightly called attention to the fundamental right to dignity enshrined in the Constitution. The SC's emphasis on sensitising children and encouraging steps to curb such stereotyping reflects an essential shift in addressing societal issues through education. However, the problem extends beyond classrooms. Social media, rife with unchecked content, demands stronger regulation and accountability from various platforms. Humour must reflect a society that values respect alongside free speech. Creative expression does not necessitate the demeaning of a community. Sensitisation campaigns, digital content filters and penalties for offensive material could pave the way for a more inclusive environment.

running faulty paradigms of living which are not consistent with core, divine truths handed down to us by the creator in the primal scriptures called the Vedas. We should refer to these divinely ordained scriptures to align our institutional systems with eternal, core truths expounded therein. especially children — to question their identity and heritage. The tragic account of a Sikh boy who took his life after relentless racist bullying in the UK underscores the real-world consequences on mental health of what some dismiss as humour.



The Sikh community, renowned for its resilience and contributions to India's development, finds itself unfairly

The gory tale of A Varanasi Prince



The cannibal king was said to be an earlier birth of Angulimala, the dreaded bandit who cut off a finger from each person he murdered and wore them around his neck in a gristly garland. But the Bodhisattva converted him into a gentle, enlightened person.

I had occasion to revisit the Jatakas recently and was much struck by the ferocity of the Maha Sutasoma Jataka, which is Number 537 in the Pali canon. Why were such stark stories told, I wondered. But the answer was apparent at once. The Jatakas were cautionary tales meant to teach the dreadful consequences of vice and why destructive habits should be shunned. This story goes that the Buddha, in a previous birth as a Bodhisattva, was a prince and sent to study at Taxila university. His best friend there was the prince of Varanasi. The Bodhisattva was the topper and tutored his friend. Eventually, they both went home and became kings. The prince of Varanasi never ate a meal without meat and continued doing so as

king.One day, some dogs got into the royal kitchen and ate up all the meat. The terrified cook didn't know what to do. He rushed to a cemetery, cut off a part of a freshly-buried corpse, and cooked that.

The king found it so delicious that he questioned the cook closely and the cook confessed. But instead of being properly revolted, the depraved king told him to serve human flesh every day. The Jataka says this unnatural desire was because the king had been a goblin in his previous birth who frequently ate human flesh. The cook was ordered to source flesh from the prisoners in the city jail. This went on until the prison was empty. Then the cannibal king told his cook to



drop a bag with one thousand coins in the street and take anyone who picked it up to be cooked. But soon, people learned it was a trap and avoided all unclaimed bags—which sadly reminds us of warnings against terrorist bombs in unclaimed bags today.So, the king told his cook to hide by a road and kill people at random to obtain their flesh. The city fell into utter panic.A crowd of agitated citizens stormed into the palace courtyard and begged their king to find the killer. When he flatly refused to do anything, to their great dismay and puzzlement—was he not their king and protector?—they turned in despair to the senapati, the commander-in-chief of the army.The senapati himself had been waiting impatiently for

royal orders to catch the killer and was on the brink of taking it up with the king. He was shocked by the king's response and being a good man with a strong sense of public duty, he ordered his soldiers to hide throughout the city. They soon discovered and captured the cook. He was beaten up and confessed. When the cook was taken to face the king, the king had nowhere to hide.

He owned up to the disgusting and frightening fact that the cook was merely acting on his orders. But he declared defiantly that he would never give up eating human flesh.The horrified commander-in-chief told the cannibal king that he would be driven out of the city if he did not stop, and would come to a sorry end like what happened to a young man who would not give up alcohol.This young man was the only son of a wealthy

family, and thoroughly virtuous. But one day, his friends tricked him into drinking alcohol for the first time by pouring some fiery liquor into cups made of lotus leaves and telling the young man it was lotus nectar. He drank it down and got drunk, which he unfortunately enjoyed very much.

So, he and his friends kept drinking, and when they ran out of liquor, the young man pawned his gold signet ring to buy more. He went home in total disarray and passed out. His father reasoned gently with him at first. He told him to never drink again because they were a respected family and if their reputation was destroyed, so would their business. But, the son

refused and was duly kicked out of home. He died a wretched death as a beggar on the streets.However, the cannibal king was unmoved by this story. As a final attempt, the commander-in-chief brought out the cannibal king's wife and children and asked him to choose between them and eating human flesh. But, the king refused and had to be driven out of Varanasi with the cook.

He camped under a banyan tree by the highway and killed wayfarers for food. One day, when no victim appeared, he killed and ate the cook.

The Bodhisattva was then urgently sent for to do something about his friend, and went boldly to him. The Bodhisattva prayed that his friend should live a healthy, happy life for a hundred years. This pleased the cannibal king so much that he granted the Bodhisattva a wish.

At once, the Bodhisattva asked the cannibal king to stop eating people. But he laughed uproariously and refused, and told the Bodhisattva to make some other wish. But the Bodhisattva wouldn't give up, and managed, through several moral stories, to fill the cannibal king with a great fear of hell and a strong desire for heaven. Finally, the cannibal king's hard heart cracked itself free of his terrible addiction. He broke into tears and promised to stop. He threw himself at the Bodhisattva's feet and prayed for redemption. The cannibal king, says the Jataka, was an earlier birth of Angulimala, the dreaded bandit who cut off a finger from each person he murdered and wore them around his neck in a gristly garland. But the Buddha converted him into a gentle, enlightened person. A terrifying story against harmful addictions, is it not?

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प्रॉपर्टी शेयर ट्रस्ट का आईपीओ 2 दिसंबर को खुलेगा, प्राइस बैंड 10-10.5 लाख रुपये प्रति शेयर

मुंबई/नई दिल्ली। देश के

लाख रुपये प्रति शेयर तय किया है। कंपनी की योजना इस आईपीओ के जरिए 353 करोड़ रुपये जुटाने की है। प्रॉपशेयर प्लैटिना, एसएम-रीट (प्रॉपर्टी शेयर इन्वेस्टमेंट ट्रस्ट) की यह पहली योजना है।प्रॉपर्टी शेयर इन्वेस्टमेंट ट्रस्ट (पीएसआईटी) के मुताबिक यह आईपीओ पूरी तरह से प्लैटिना यनिट का नया निर्गम है। इसमें कोई बिक्री पेशकश (ओएफएस) शामिल नहीं है। कंपनी के मुताबिक इस आईपीओ से प्राप्त राशिँका इस्तेमाल मुख्य रूप से प्लैटिना की विशेष इकाई (एसपीवी) द्वारा प्रेस्टीज टेक प्लैटिना की परिसंपत्तियों के अधिग्रहण के लिए प्रस्तावित है, जबकि शेष राशि का उपयोग अन्य सामान्य कॉर्पोरेट उद्देश्यों

एजेंसी

में एक लिमिट भी सेट कर सकते हैं, पहले पंजीकृत लघु और मध्यम जिसके कम होने पर आपका पेटीएम रियल एस्टेट निवेश ट्रस्ट प्रॉपशेयर अकाउंट ऑटोमेटिकली रिचार्ज हो प्लैटिना का आरंभिक सार्वजनिक जाएगा। ऐसे बिना पिन के आपके निर्गम (आईपीओ) निवेशकों के अकाउंट में पैसे आ जाएंगे। लिए 2 दिसंबर, 2024 को खुलेगा। उल्?लेखनीय है कि पेटीएम यूपीआई कंपनी ने इसके लिए मूल्य का दायरा लाइट ऑटो टॉप-अप सुविधा चुनिंदा (प्राइस बैंड) 10 लाख से 10.5 उपयोगकर्ताओं के लिए यस बैंक लाख रुपये प्रति शेयर तय किया है। और एक्सिस बैंक उपयोगकर्ताओं के प्रॉपर्टी शेयर ट्रस्ट का शेयर 9 दिसंबर लिए उपलब्ध है। यूपीआई लाइट को एनएसई और बीएसई पर लिस्?ट बैलेंस के पूर्व निर्धारित सीमा से कम होंगे। कंपनी ने जारी बयान में कहा कि होने पर स्वचालित रूप से रिचार्ज हो प्रॉपशेयर प्लैटिना का आईपीओ जाता है। रिजर्व बैंक के जारी दिशा-सब्सक्रिप्शन के लिए 2 दिसंबर को निर्देश के अुनसार जल्द ही सभी खलेगा, जो चार दिसंबर, 2024 को उपयोगकर्ताओं और शेष भागीदार बंद होगा। रियल एस्टेट निवेश ट्रस्ट बैंकों तक इसका विस्तार किया प्रॉपशेयर प्लैटिना ने इसके लिए

पेटीएम ने यूपीआई लाइट के लिए रन्वचालित टॉप-अप सुविधा की शुरुआत की

और बिना पिन के 500 रुपये तक के ग्राहक ग्रॉसरी स्टोर पर भुगतान, छोटे अमाउंट वाले पेमेंट निर्बाध्य रूप ट्रांसपोर्ट के लिए पेमेंट और छोटे

नई दिल्ली देश में यूनिफाइड

पेमेंट इंटरफेस (यूपीआई) को बढ़ती

मांग और इस्तेमाल के बीच डिजिटल

भुगतान प्लेटफॉर्म पेटीएम ने यूपीआई

लाइट ऑटो टॉप-अप फीचर लॉन्च

किया है। इस नए फीचर्स के जरिए

यजर्स बिना पिन के भी यपीआई

पेंमेंट का लाभ उठा सकेंगे। पेटीएम

की पेरेंट कंपनी वन 97

कम्युनिकेशंस लिमिटेड (ओसिएल)

ने 'एक्स' पोस्ट पर दी जानकारी में

बताया कि नई सुविधा की मदद से

पेटीएम यूपीआई लाइट का इस्तेमाल

करने वाले ग्राहक अब पहले से तय

यूपीआई लाइट बैलेंस को ऑटो-

मैटिक रूप से रिचार्ज कर सकेंगे

नई दिल्ली। वित्त मंत्रालय ने

कहा कि आने वाले महीनों के लिए

भारत का आर्थिक परिदुश्य 'सतर्क

रूप से आशावादी' है। मंत्रालय ने

मानसून की अनुकूल स्थिति, बढ़े

हुए न्यूनतम समर्थन मूल्य

(एमएसपी) और खेती में इस्तेमाल

होने वाले माल की पर्याप्त आपूर्ति

की वजह से कृषि क्षेत्र को लाभ

मिलने की संभावना जताई है।

हालांकि, बाहरी मोर्चे पर विकसित

बाजारों में मांग में नरमी के कारण

भारत की निर्यात वसूली के

चुनौतियों का सामना करने की

अक्टूबर संस्करण के लिए जारी

मासिक आर्थिक समीक्षा रिपोर्ट में

कहा है कि बेहतर कृषि उपज की

संभावनाओं ने चुनिंदा खाद्य

वस्तुओं में मौजूदा मूल्य दबावों के

बावजूद मुद्रास्फीति के परिदुश्य को

नरम बना दिया है। रिपोर्ट में कहा

गया है कि नवंबर की शुरुआत के

रुझानों ने प्रमुख खाद्य कीमतों में

नरमी का संकेत दिया है। हालांकि,

नई दिल्ली। वाणिज्यिक कोयला

खदानों ने एक ऐतिहासिक उपलब्धि

हासिल करते हुए 24 नवंबर को एक दिन

में अबतक के सर्वोच्च 0.617 मिलियन

टन (एमटी) प्रेषण हासिल किया है। यह

पिछले वर्ष इसी दिन 0.453 एमटी के

प्रेषण की तुलना में 36 फीसदी की

उल्लेखनीय वृद्धि को दर्शाता है। कोयला

मंत्रालय ने जारी बयान में वाणिज्यिक

कोयला खटानों के 24 नवंबर को एक दिन

आर्थिक मामलों के विभाग ने

संभावना है।

एजेंसी

एजेंसी



इस रिपोर्ट में कहा गया है कि भू-

राजनीतिक कारक घरेलू महंगाई

MINISTRY OF RUN

GATE No.2

से कर सकेंगे जबकि पेटीएम बिल पेमेंट के लिए बिना पिन के भी युपीआई लाइट की डेली पेमेंट लिमिट टांजेक्शन कर सकते हैं। इसके 2000 रुपये है। कंपनी के मुताबिक अलावा नए फीचर के जरिए पेटीएम पेटीएम यूपीआई लाइट के जरिए अब यूपीआई लाइट यूजर्स अपने अकाउंट

जाएगा। मूल?य का दायरा 10 लाख से 10.5 के लिए किया जाएगा। अगामी महीनों के लिए भारत का आर्थिक परिदृश्य गोयल ने क्रेडाई से अपने 14000 सदस्यों को सतर्क रूप से आशावादी : वित्त मंत्रालय रिपोर्ट औपचारिक रूप से पंजीकृत करने का आग्रह किया

नई दिल्ली। केंद्रीय वाणिज्य एवं उद्योग मंत्री पीयूष गोयल ने भारतीय रियल एस्टेट डेवलपर्स संघों का परिसंघ (क्रेडाई) से अपने 14 हजार सदस्यों को औपचारिक रूप से पंजीकृत करने का आग्रह किया। उन्होंने कहा श्रमिकों की सामाजिक सुरक्षा रियल एस्टेट के विकास के लिए महत्वपूर्ण है, क्योंकि यह अर्थव्यवस्था और रोजगार में योगदान देता है। केंद्रीय वाणिज्य मंत्री ने राजधानी नई दिल्ली में क्रेडाई के 25वें स्थापना दिवस पर अपने संबोधन में यह बात कही। उन्होंने कहा कि रियल एस्टेट क्षेत्र को अधिक औपचारिकरण की ओर बढ़ना चाहिए जो उद्योग को तेजी से विकसित करने में मदद करेगा। पीयुष गोयल ने उद्योग से श्रमिकों को औपचारिक रोजगार में लगाने, उन्हें बीमा (ईएसआईसी) और भविष्य निधि (ईपीएफओ) के सामाजिक

तेजी लाने की भी अपील की। उन्होंने कहा कि यदि क्रेडाई के लिए काम करने वाला हर व्यक्ति डिजिटल भुगतान के जरिए वेतन प्राप्त करेगा

किए जाते हैं, तो कर्मचारी उद्योग के लक्ष्यों के मुताबिक अपने काम की गुणवत्ता में वृद्धि करेंगे, जिससे बेहतर उत्पादकता और अधिक लाभ



एस्सार

पंजाबः गन्ने के दाम में प्रति

क्रिटल १० रूपए की बढ़ोतरी

और यह सुनिश्चित किया जाता है कि ईकोसिस्टम में काम करने वाले कर्मचारी लोगों की जरूरतों को पूरा करने के राष्ट्रीय प्रयास का हिस्सा हैं, तो रोजगार सृजन में क्रेडाई के योगदान की पहचान और सम्मान होगा। गोयल ने कहा कि यदि सामाजिक सुरक्षा, स्वास्थ्य सेवा और सेवानिवृत्ति के बाद के लाभ प्रदान

ने चेन्नई बंदरगाह में एक आउटर

ब्रेकवाटर के निर्माण के साथ अपन

होगा। उन्होंने देश को एक पावरहाउस बनाने और विकसित भारत की यात्रा में क्रेडाई के योगदान की सराहना करते हुए कहा कि उद्योग ने न केवल ईंट और मोर्टार के साथ मिलकर राष्ट्र को भविष्य के लिए तैयार किया है, बल्कि राष्ट्र को अवसर और आकांक्षाएं प्रदान करने के लिए भी काम किया है।

टेलीहोल्डिंग्स, एस्सार कंस्ट्रक्शन

और एस्सार इन्वेस्टमेंटस जैसी

कंपनियां शामिल हैं। वर्ष 2010 में

एस्सार ने अमेरिका के ट्रिनिटी कोल

का अधिग्रहण किया था। समूह का

एक तिहाई हिस्सा हचिसन एस्सार में

और व्यापारिक दुष्टि ने एस्सार समुह

को भारतीय कॉर्पोरेट परिदूश्य में एक

महत्वपर्ण स्थान दिलाया। वह

वाणिज्य एवं उद्योग संगठन फिक्की

के प्रबंधन समिति में शामिल थे।

श्री शशि रुइया की नेतृत्व क्षमता

है, जो एक सेलुलर ऑपरेटर है।

एस्सार समूह के सह-संस्थापक शशि रुड़या का निधन

क्षमता ने उन्हें वास्तव में एक असाधारण लीडर बनाया। श्री शशिकांत रुइया की असाधारण काम शुरू किया था। वर्तमान में विरासत हम सभी के लिए एक एस?सार समह का कारोबार 25 देशों

रुदया हारम् में ग्रवा जागगा

निधन हो गया। अंतिम दर्शन के लिए उनके पार्थिव शरीर को मंगलवार दोपहर एक बजे से तीन बजे तक

और शहरी मांग के संकेतक और क्रय प्रबंधक सुचकांक और ई-वे बिल जैसे आपूर्ति पक्ष के संकेतक शामिल हैं। इसके साथ ही अनुकूल मजबूत प्रवाह है। वाणिज्यिक कोयला खदानों ने एक दिन में रिकॉर्ड 0.617 मिलियन टन प्रेषण किया

> और गैर-बिजली क्षेत्र को 0.081 मीलियन टन कोयला उपलब्ध कराना शामिल है. जो अर्थव्यवस्था के कई क्षेत्रों में सुदूढ़ प्रदर्शन दिखाता है। कोयला मंत्रालय ने बताया कि मासिक डिस्पैच प्रगति 12.810 मिलियन टन पहुंच गई है, जो साल-दर-साल 116.373 मीलियन टन का पर्याप्त डिस्पैच है। यह कोयला उत्पादन और वितरण में निरंतर बढोतरी दर्शाता है। कोयला मंत्रालय ने कहा है कि यह अभतपूर्व उपलब्धि आत्मनिर्भर भारत ਸ਼ੁਕਰ

বেঙ্গল সরকার পিছু হটেছে, ঝাড্খণ্ড থেকে বেঙ্গলে 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 সীমান্তে 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 প্রশংসা 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।

भोजपुरी

देश क बरक्कत

- श्याम कुंवर भारती (राजभर)

सीमा पर सटला त कटला बाब तोहके खबरदार करके बा। मिट जाई नाम आतंक भारत से नारा असरदार करे के बा ।

चुन चुन के मारेले जवान सेना के मांद आतंकी घुस घुस के । शेर ए हिन्द के दहाड़ से देश के दुश्मन के दु चार करके बा।

राजनीत ना ई दलदल ह जे भी आइल ऊ कीचड़ से सनाइल । कुर्सी खातिर मिलावे हाथ बैरी से उनके शर्मसार करके बा।

जब देश रही त सब कुछ रही आबाद रही देश से बड़ा कुछ ना। चाहे कुछ भी करे केहू बचावै खातिर देश पहरेदार बने के बा।

भ्रष्टाचार औरी बेइमानी दीमक बा चाट जाला बरक्कत के। मिटा के सब बुराई देश से हर गांव शहर खुशबूदार करे के बा।

नौकरियों में उल्लेखनीय वृद्धि सुरक्षा लाभ देने का भी आग्रह किया। और संगठित क्षेत्रों में युवाओं का वाणिज्य मंत्री ने क्रेडाई से अपने 14 हजार सदस्यों के औपचारिकरण में

नई दिल्ली।विभिन्न क्षेत्रों में कारोबार करने वाली बहराष्टीय कंपनी एस्सार समूह के सह-संस्थापक शशि रुइया का निधन हो गया। वह 80 वर्ष के थे।सूत्रों ने बताया कि वह लंबे समय से बीमार चल रहे थे। वह हाल ही में अमेरिका में इलाज के बाद भारत लौटे थे। सोमवार देर रात मुंबई में उनका

मानसून, पर्याप्त जलाशय स्तर और उच्च न्यनतम समन मल्य से रबी एजेंसी और आपूर्ति श्रृंखलाओं को की बुवाईं और उत्पादन को बढ़ावा प्रभावित करना जारी रख सकते हैं। मिलने की संभावना है।रिपोर्ट के

रिपोर्ट के मुताबिक धुंधली वैश्विक पृष्ठभूमि के बीच भारत में आर्थिक

गतिविधियों के कई उच्च आवृत्ति संकेतकों ने अक्टूबर माह में वापसी दिखाई है। इसमें ग्रामीण

मुताबिक आने वाले महीनों में खरीफ की बंपर फसल से खाद्य महंगाई कम होने की उम्मीद है। रोजगार के मोर्चे पर कहा गया है कि औपचारिक कार्यबल का विस्तार हो रहा है, विनिर्माण

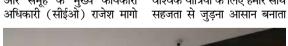
	में 0.617 मीलियन टन उत्पादन और प्रेषण	पहल के तहत वाणिज्यिक कोयला खनन	अंतिम संस्कार शाम चार बजे हिंदु	मार्गदर्शक बनी रहेगी। उल्लेखनीय है	में फैला है और सालाना करीब 40	इसके अलावा वह इंडो-युएस ज्वाइंट
		सुधारों के परिवर्तनकारी उपायों को भी				
		सामने लाती है। खानों में कोयला				
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					में भी विस्तार किया। एस्?सार समूह	
mail4daily@gmail.com	में बिजली क्षेत्र को 0.536 मीलियन टन	भी गति प्रदान करता है।	गर्मजोशी और हर किसी से जुड़ने की	समूह की स्थापना की। एस्सार समूह	में एस्सार ऑयल, एस्सार पावर,	कार्यकारी अधिकारी (सीईओ) रहे।
	U					

मेकमाईट्रिप ने पर्यटन को बढ़ावा देने के लिए बहु-मुद्रा भुगतान विकल्प पेश किया

एजेंर्स नई दिल्ली। ऑनलाइन यात्रा सेवा देने वाली कंपनी मेकमाईटिप (एमएमटी) ने बहु-मुद्रा भुगतान विकल्प की पेशकाश की है, जिससे उपयोगकर्ताओं के लिए अपनी पसंद की मुद्रा में उड़ानें और होटल बुक करना आसान हो जाएगा।

कंपनी ने बयान जारी कर बताया कि बहु-मुद्रा सुविधा के लॉन्च से अंतरराष्ट्रीय यात्रियों को कंपनी के व्यापक नेटवर्क से सीधे जुड़ने में मदद मिलेगी। एमएमटी ने हाल ही में जीडीपीआर के साथ अपने अनुपालन की भी घोषणा की, जिससे 150 से अधिक देशों से एमएमटी प्लेटफॉर्म तक पहुंच संभव हो गई।

और समूह के मुख्य कार्यकारी वैश्विक यात्रियों के लिए हमारे साथ

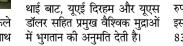




ने कहा, ÷यात्रा तेजी से सीमाहीन है। यह सुविधा दुनिया भर में फैले मेकमाईट्रिप के सह-संस्थापक होती जा रही है और यह कदम भारतीय प्रवासियों के साथ-साथ

हमारे अंतरराष्ट्रीय ग्राहकों के लिए उनकी पसंद की मुद्रा में भुगतान को आसान बनाती है। साथ ही इनबाउंड अंतरराष्ट्रीय यात्रियों के बीच मेकमाईट्रिप प्लेटफॉर्म को अधिक अपनाने की नींव भी रखती है।

कंपनी ने कहा कि नई बह-मुद्रा सुविधा बहरीनी दीनार, ब्रिटिश पाँउंड स्टर्लिंग, कनाडाई डॉलर, डेनिश क्रोन, ईयू यूरो, हांगकांग डॉलर, भारतीय रुपया, जापानी येन, कुवैती दीनार, न्यूजीलैंड डॉलर, कतरी रियाल, रूसी रूबल, सऊदी



रियाल, सिंगापुर डॉलर, दक्षिण अफ्रीकी रैंड, दक्षिण कोरियाई वोन,

रूपया ११ पैसे चढ़कर ढाई सप्ताह के उच्चतम स्तर पर



मुंबई। शेयर बाजार में पिछले लगातार दो दिनों से जारी उछाल के बीच आयातकों एवं बैंकरों की भारी बिकवाली से आज अंतरबैंकिंग मदा बाजार में रुपया 11 पैसे चढ़कर करीब ढाई सप्ताह के उच्चतम स्तर 84.30 रुपये प्रति डॉलर पर पहुंच गया।वहीं, इसके पिछले कारोबार दिवस रुपया 83.41 रुपये प्रति डॉलर पर रहा गया।

था।कारोबार की शुरूआत में रुपया तीन पैसे बढ़कर 84.38 रुपये प्रति डॉलर पर खुला और यही इसका दिवस का निचला स्तर भी रहा। वहीं, बिकवाली होने से यह 83.25 रुपये प्रति डॉलर के उच्चतम स्तर पर पहुंच गया। अंत में पिछले दिवस के 83.41 रुपये प्रति डॉलर की तुलना में 11 पैसे चढकर 84.30 रुपये प्रति डॉलर पर पहुंच

एजेंसी चंडीगढ़। पंजाब के मुख्यमंत्री भगवंत मान ने स्टेट एग्रीड प्राइस(एसएपी) में प्रति क्रिंटल 10 रुपए की बढोतरी की घोषणा की है इससे किसानों को गन्ने की फसल का प्रति क्विंटल 401 रुपए मूल्य मिलेगा।

श्री मान ने कहा कि राज्य सरकार गन्ना किसानों की भलाई के लिए प्रतिबद्ध है, और इसीलिए किसानों को 10 रुपए प्रति क्विंटल की बढ़ोतरी दी जा रही है। उन्होंने

कहा कि उनकी सरकार ने हमेशा ही गन्ना किसानों को सबसे अधिक कीमत दी है और अब भी इसी दिशा में यह फैसला लिया गया है। उन्होंने बताया कि राज्य सरकार गन्ने की अग्रणी किस्मों के लिए किसानों को 401 रुपए प्रति क्रिंटल और गन्ने की मध्यम-पिछडी किस्मों के लिए 391 रुपए प्रति क्विंटल मूल्य देगी। उन्होंने कहा कि गन्ने का (एसएपी.) देश में सबसे अधिक है, जिससे किसानों को आर्थिक रूप से बड़ा लाभ होगा।

कॉरपोरेट प्रशासन में खामियों कारण एडटेक फर्म बायजू के खिलाफ नई जांच, रिपोर्ट्स में किया गया दावा

एजेंसी नई दिल्ली। सरकार ने संकटग्रस्त एडटेक कंपनी बायजू की वित्तीय और लेखा प्रथाओं की नई जांच शुरू की है। ब्लुमबर्ग की रिपोर्ट के अनुसार, मामले से परिचित सूत्रों ने बताया है कि नई जांच कॉरपोरेट मामलों के मंत्रालय की ओर से पिछली समीक्षा के बाद की गई, जिसमें कंपनी में कॉरपोरेट प्रशासन में खामियों से जुड़ी जानकारी सामने आई। हैदराबाँद में रजिस्टार

को बायजु के वित्तीय रिकॉर्ड की जांच करने के लिए कहा गया है। जांच का उद्देश्य यह पता लगाना है कि क्या कंपनी ने अपने वित्तीय विवरण गलत तरीके से प्रस्तुत किए हैं या फिर फंड का गलत तरीके से इस्तेमाल किया गया है।

यह ताजा जांच कॉरपोरेट मामलों के मंत्रालय द्वारा एक साल पहले किए गए निरीक्षण के बाद की गई है। हालांकि उस समीक्षा में

ऑफ कंपनीज के क्षेत्रीय कार्यालय 🛛 बायजू में कॉरपोरेट गवर्नेंस संबंधी समस्याएं पाई गईं, लेकिन वित्तीय गड़बड़ियों का कोई निर्णायक सबूत सामने नहीं आया।

कभी 22 बिलियन डॉलर के मूल्यांकन के साथ भारत का सबसे मल्यवान स्टार्टअप रहा बायजू अब वित्तीय उथल-पुथल और कानूनी चुनौतियों से जूंझ रहा है। कंपनी भारत और संयुक्त राज्य अमेरिका दोनों में दिवालियापन की कार्यवाही में उलझी हुई है। अक्तूर में, भारत



एजेंसी

सर्वोच्च न्यायालय ने दिवालियापन न्यायाधिकरण के उस फैसले को पलट दिया, जिसने बायजू को एक प्रमुख लेनदार के साथ अपने ऋगों का निपटान करने की अनुमति दी थी। इस फैसले ने कंपना को दिवालियापन प्रक्रिया में वापस ला दिया है, और इसके संचालन का नियंत्रण एक दिवालियापन समाधान पेशेवर को सौंप दिया गया है। बायजू के शेयरों में हुई

गिरावट ने इसके निवेशकों को बरी तरह प्रभावित किया है। प्रोसस एनवी सहित प्रमुख निवेशकों ने अपने निवेश को राइट ऑफ कर दिया है।

कंपनी के संस्थापक बायजू रवींद्रन ने हाल ही में कंपनी के पतन को स्वीकार करते हुए कहा कि इसका मूल्यांकन शून्य हो गया है। भारत के कॉरपोरेट मामलों के मंत्रालय और बायजू की देखरेख करने वाले दिवालियापन समाधान पेशेवर की ओर से कोई टिप्पणी नहीं की गई है। कंपनी ने खुद नई जांच के बारे में कोई सार्वजनिक बयान जारी नहीं किया है। एक समय था जब बायजु को भारत के तेजी से बढ़ते एडटेक सेक्टर में सफलता की कहानी के रूप में मनाया जाता था। हालांकि, कंपनी को कर्ज चुकाने के मुद्दों से लेकर कुप्रबंधन के आरोपों तक, बढ़ती चुनौतियों का सामना करना पड़ा है।

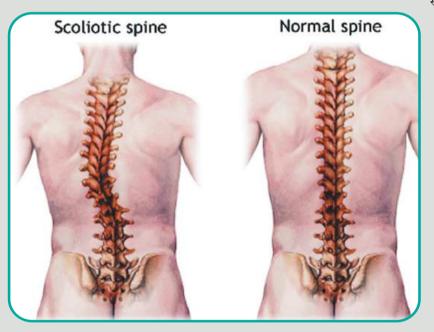
The Researchers'

रेलप डिरक ऑपरेशन टेबल पर ही दर्द से राहत

आधुनिक काल में जहां हर क्षेत्र में मानव ने विकास किया है और सफलता के झंडे गाड़े हैं वहीं बीमारियों का शिकार होने में भी शत प्रतिशत सहयोगी बना है। अगर आज के समय में बीमारियों या शरीर के विकारों की बात की जाए तो गिनती शायद कम पड़ जाएगी मगर शरीर के विकार खत्म नहीं हो पाएंगे और इस भागती दौड़ती जिंदगी में हमारा शरीर न जाने किन-किन विकारों की चपेट में आ जाता है। आज लगभग हर आदमी को अपने जीवन काल में कमर दर्द का अनुभव होता है। अब लोगों के लिए कमर दर्द भी एक बहुत बड़ी कष्टदायक समस्या बनी हुई है और अब ये दुनिया में एक महामारी का रूप लेता जा रहा है। आज हर उम्र के लोग इससे परेशान हैं और दुनिया भर में इसके सरल व सहज इलाज की खोज जारी है।

मनुष्य के शरीर में कमर को सबसे मजबूत भाग माना जाता है 🛛 दर्द से जुड़ी बीमारियों के प्राय-लक्षण हैं-पैरों का सुन्न व हमारी कमर की बनावट में हड्डियां, कार्टिलेज(डिस्क), जोड़, मांसपेशियां, लिगामेंट व नसें आदि सभी शामिल हैं। इनमें से किसी के भी विकारग्रस्त होने पर कमर दर्द उत्पन्न हो सकता है। मैकेनिकल कारणों के साथ टीबी से लेकर कैंसर तक कोई भी कारण दर्द पैदा कर सकता है। कमरदर्द का शिकार पुरूषों से अधिक महिलाएं होती हैं जिसका मुख्य कारण होता है कमर की मांसपेशियों की कमजोरी।

होना, भारी या कमजोरी का एहसास होना,पेशाब में परेशानी, चलने पर पैरों के दर्द का बढना, झुकने या खांसने पर परे पैर में करंट जैसा लगना आदि। कई बार रोगियों की चाल शराबियों जैसे लडखडाती चाल हो जाती है। कमर दर्द के कई मुख्य कारण है। ये सभी कारण कई रीढ़ संबंधी बीमारियों को जन्म देती है जैसे-स्पोंडिलाइटिस, सर्वाइकल, टी.बी, कमर में टयमर, समस्या बन गई है।



दरअसल स्लिप डिस्क ऐसी बीमारी है जिसे समझने के लिए रीढ़ के बनावट के बारे में जानना जरूरी है। हमारी रीढ़ की हड़ी प्राय- 33 हड्डियों के जोड़ से बनती है और प्रत्येक दो हड्डियां आगे की तरफ एक जोड़ों के द्वारा जुड़ी रहती है। यह डिस्क प्राय-रबड़ की तरह होती है जो इन हड्डियों को जोडने के साथ-साथ तो इन्हीं डिस्क में उत्पन्न हुए विकारों

कमर से पैर तक असहनीय दर्द होता रहता है। स्लिप डिस्क का रोग कमर के अलावा गर्दन में भी हो सकता है। अभी तक पुराने स्लिप डिस्क के ऑपरेशन से लोग काफी भयभीत थे, क्यों कि इसमें नसों के कट जाने व अपाहिज हो जाने का डर रहता था। इस बीमारी से इसका दूसरा कारण है कमर की हड्डियों के जोडों में विकार है। कमर स्पिलड डिस्क आदि। स्लिप डिस्क इसमें से एक बहुत ही गंभीर निजात पाने के लिए कई शोध किए जा रहे हैं तथा नई-नई आधुनिकताओं ने व कई प्रयोगों ने बहुत सी नवीन तकनीकों को जन्म दियाँ है मिनिमली इंवेसिव स्पाइन सर्जरी को %की होल सर्जरी' के नाम से भी जाना जाता है जिस में एक पतली दूरबीन जैसे एक यंत्र जिसे %एंडोस्कोप' कहा जाता है इस्तेमाल की जाती है जो कि एक छोटे से चीरे के द्वारा अंदर डाली जाती है। एंडोस्कोप एक छोटे वीडियो कैमरे से जुड़ा होता है जो कि मरीज के शरीर के अंदर की सभी गतिविधियों को ऑपरेशन के कमरे में रखे टीवी की स्क्रीन पर डिस्क के द्वारा और पीछे की तरफ दो प्रदर्शित क रता है। एक या अधिक अतिरिक्त आधा इंच के चीरे के द्वारा फिर से एक छोटी शल्यक्रिया यंत्र डाला जाता है। कुछ महीनों बाद इस के निशान स्वयं दूर हो जाते है। स्लिप डिस्क के मरीज जिन्हें चाहे गर्दन से दर्द से या कमर में अब इस आसान व सुरक्षित उनको लचीलापन प्रदान करती है। विधि से निजात पा सकते है। यह सर्जरी केवल एक छोटे से छिद्र के द्वारा संभव हो जाती है और इसमें मरीज को बेहोश करने की भी को कहते हैं स्लिप डिस्क और कमर आवश्यकता नहीं पड़ती। इस ऑपरेशन में टीवी पर देखते हुए एक दर्द से जुड़ी बीमारियों की पहचान है। चार मिलीमीटर का इंडोस्कोप सुन्न करके डिस्क में डाला जाता है और कमर से लेकर पैरों में जाता हुआ दर्द सी आर्म व टेलीविजन मॉनिटर पर 20 गुणा बड़ी तस्वीर को देखते जिसके साथ ही साथ पैरों का सुन्न या हुए सूक्ष्म व सफल तरीके से निकाला भी जा सकता है। इस भारी होना या चीटियां चलने जैसा ऑपरेशन में आधे से एक घंटे का समय लगता है और मरीज को दर्द एहसास भी हो सकता है। आगे का आभास न हो इस लिए पूरे ऑपरेशन के दौरान चिकित्सक मरीज चलकर दर्द के मारे चलने में से बातचीत करता रहता है तथा स्लिप डिस्क के हटते ही मरीज को असमर्थ और कई बार लेटे-लेटे भी ऑपरेशन टेबल पर ही दर्द से राहत मिलने लगती है।



RANCHI I 27 November 2024

सर्दियों में संक्रमण से बचाता है

लहसुन के कई फायदे है. सर्दियों में बहुत हद तक इससे राहत मिल सकती है. इसके सेवन से शरीर के प्रतिरोधी क्षमता बढती है, दांत दर्द आदि से राहत में इसका उपयोग किया जा सकता है. आइये जानते है इसकी कुछ खास विशेषताएं–



- लहसुन के सेवन से शरीर की प्रतिरोधी क्षमता बढ़ती है इससे किसी भी प्रकार के संक्र मण का प्रभाव शरीर पर तुरंत नहीं होता
- ठंड के दिनों में लहसुन के सेवन से सर्दी नहीं लगती. ठंड के दिनों में गाजर, अदरक और लहसुन का सूप बनाकर पीने से शरीर को एंटीबायोटिक्स मिलते हैं और ठंड कम लगती है.
- लहसुन के सेवन से दांतदर्द की समस्या में आराम मिलता है. लहसून को लौंग के साथ पीसकर दांतों के दर्दवाले हिस्से पर लगाने से दर्द से तुरंत राहत मिलती है.
- गर्भावस्था के दौरान लहसुन का नियमति सेवन मां और शिशु, दोनों के स्वास्थ्य के लिए बेहद फायदेमंद है. यह गर्भ के भीतर शिशू के वजन को बढ़ाने में सहायक है.
- गठिया और अन्य जोड़ों के रोग में भी लहसुन का सेवन बहुत ही लाभदायक है.
- यदि रोज नियमति रूप से लहसुन की पांच कलियां खायी जाएं तो हृदय संबंधी रोग होने की संभावना में कमी आती है.
- लहसन की पांच कलियों को थोडा पानी डाल कर पीस लें और इस पेस्ट में 10 ग्राम शहद मिला कर सुबह –शाम सेवन करें. इस उपाय को करने से सफेद बाल काले हो जायेंगे.
- लहसुन का तेल हथेली व पैरों के तलवों पर लगाने से मच्छर पास नहीं आते व स्किन सॉफ्ट हो जाती है.
- लहसून के सेवन से वजन को घटाया जा सकता है, क्योंकि इसमें हमारे शरीर में बननेवाली वसा कोशिकाओं को नियमित करने की क्षमता है, जिससे वजन आसानी से घट जाता है.



स्वास्थ्य रहने के लिए पौष्टिक भोजन को लेना बहुत जरुरी है. हर कोई चाहता है कि वह स्वस्थ्य रहे सुंदर दिखे. ऐसे में आप इन सब तरीकों को अपनाए तो आपकी सुंदरता निखरेगी और चेहरे में हमेशा चमक बनी

हाइड्रेट रहें – खूब पानी पीएं. हाइड्रेटेड फूड का सेवन अधिक करें. ताजी–हरीं सब्जियां और रसदार फलों का सेवन

बेहतर विकल्प है. प्रोटीन का करें प्रयोग – ठंड में ऐसे पदार्थो का सेवन अधिक करें, जिनमें जिनमें एमिनो एसिड, बी 12 और विटामिन डी अच्छी मात्र में हों. ये मांस-मछली से तो प्राप्त होते ही हैं, इसके अलावा ये बीन्स और अनेक प्रकार की दालों से



बादाम सर्वाधिक पोषक तत्वों से भरपूर मेवे हैं। ये विटामिन ई तथा फाइबर का बहुत बढिया स्रोत हैं साथ ही इनमें प्रोटीन, कॉपर, फासफोरस, मैग्रीशियम तथा रीबोफ्लेविन भी पाए जाते हैं। बादाम से भरपूर भोजन स्वास्थ्य के लिए फायदेमंद होता है ।

- बादामों में मैग्रीशियम उच्च मात्रा में पाया जाता है। ये नींद तथा मांसपेशियों के आराम को बढ़ाते हैं। इसके साथ ही ये उन प्रोटीन्स की आर्पूति भी करते हैं जो निद्रा के दौरान ब्लड शूगर के स्तर को स्थिर करने में सहायक होते हैं। यह 'अलर्ट एड्रेनालीन साइकिल' से 'रैस्ट एंड डाइजैस्ट साइकिल' की ओर ले जाकर आपकी नींद को बढिय़ा बनाते हैं।
- इससे हृदय की रक्त वाहिकाएं स्वस्थ रहती हैं। रक्त में एंटीऑक्सीडैंट की मात्रा में उल्लेखनीय रूप से बढ़ौतरी होती है जिस कारण रक्तचाप बढ़ता है और रक्त प्रवाह में सुधार होता है।
- 8 बादाम के तेल में मलाई और नींबू के रस की चंद बूंदें मिलाकर त्वचा पर हल्के हाथों से मसाज करें । इसके प्रयोग से त्वचा की रंगत में निखार आता है।
- भोजन के बाद सीने में जलन होने पर अजवायन और एक बादाम दांतों से चबाकर खाएं ।
- भूलने की आदत से छुटकारा पाने के लिए 9 बादाम रात को पानी में भिगो दें। सुबह छिलके उतारकर बारीक पीस कर पेस्ट बना लें और अब एक गिलास दूध गर्म करें । उसमें बादाम का पेस्ट घोल कर इसमें 3 चम्मच शहद भी डालें। दूध जब हल्का गर्म हो तब पिएं। यह मिश्रण पीने के बाद दो घंटे तक कुछ न खाएं।

माइल्ड हाइपोथर्मिया है. यदि 28-32 डिग्री सेल्सियस है, तो मॉडरेट और 28 डिग्री सेल्सियस से कम है, तो सीरियस हाइपोथर्मिया कहलाता है.

कैसे करता है प्रभावित

यह बीमारी बुज़ुर्गो को ज्यादा प्रभावित करती है. इसका कारण उम्र बढ़ने के साथ-साथ उनके बॉडी सिस्टम का कमजोर हो जाना है. हाइपोथर्मिया के लक्षण इसकी गंभीरता पर निर्भर करते हैं. माइल्ड हाइपोथर्मिया होने पर रोगी के हाथ सही तरीके से काम नहीं करते हैं. इसके अलावा पेट संबंधी समस्या भी देखने को मिलती है.

मॉडरेट हाइपोथर्मिया में पीडित व्यक्ति में कंपकंपाहट तेज होती है, ब्लड वेसेल्स सिकुड़ जाती हैं, मरीज का रंग पीला पड़ जाता है और उंगलियां, होठ नीले पड़ जाते हैं. सीरियस हाइपोथर्मिया में कंपकंपाहट नहीं होती. इसमें मरीज को बोलने में दिक्कत, सोचने में परेशानी आदि समस्या देखने को मिलती है. यह सबसे गंभीर अवस्था है, इसमें मरीज के कई अंग काम करना बंद भी कर सकते हैं.

कैसे करें बचाव

सर्दियों में अक्सर छोटी-सी लापरवाही भी परेशानी का कारण बन जाती है. हाइपोथर्मिया से बचने के लिए निम्न सावधानी जरूर बरतें-

- घर से बाहर निकलें तो शरीर का हर अंग ढक कर निकलें.
- सुबह–शाम की सर्द हवाओं से बचें.
- घर से निकलते समय खाना खाकर निकलें
- नशीले पदार्थों का सेवन न करें.

इन रोगों का भी होता है खतरा

जुकाम और खांसी

यह समस्या बदलते मौसम में किसी को भी हो सकती है. यह समस्या एलर्जी की वजह से होती है. जुकाम–खांसी के साथ सर्दी लगने की वजह भी एलर्जी को ही माना जाता है. चिकित्सक बताते हैं कि यदि आप हेल्दी डायट लेते हैं, तो खुद को एलर्जी से बचा सकते हैं. खाने में विटॉमिन, प्रोटीन और मिनरल्स की मात्र संतलित रखें

फ्लू भी हो सकता है हावी

फ्लू भी आपको अपनी चपेट में ले सकता है. वायरल इन्फेक्शन में बुखार, सिरदर्द, आंखों से पानी बहना आदि लक्षण दिखाई देते हैं. वायरल इन्फेक्शन से बचने के लिए शरीर की साफ-सफाई का ख्याल रखें. इसके अलावा बाहरी खाने से परहेज करें.

क्या है उपचार

यदि व्यक्ति में हाइपोथर्मिया के लक्षण दिखाई दें रहे हैं, तो शुरुआती उपचार के तौर पर मरीज को कंबल से ढक कर रखें. जिस कमरे में मरीज को रख रहे हैं, उसका तापमान 24 डिग्री

लापरवाही हाइपोथर्मिया का शिकार बना सकती है

सेल्सियस हो. हीटर के माध्यम से हाइपोथर्मिया के मरीजों को गरम हवा भी दे सकते हैं. मरीज को ठंड के संपर्क में आने से बचाएं. यदि मरीज को डायबिटीज या अन्य कोई बीमारी है या हाइपोथर्मिया मॉडरेट या सीरियस लेवल का है, इस मौसम में वायरल इन्फेक्शन के कारण तो चिकित्सक से संपर्क कर उचित ट्रीटमेंट कराना चाहिए.



भी प्राप्त होते हैं.

अच्छे फैट का करें सेवन – ओमेगा–3 से भरपूर खाद्य पदार्थ काफी लाभदायक होते हैं. इसे सालमन मछली, बादाम आदि से प्राप्त किया जा सकता है.

डैमेज त्वचा को ठीक करता है विटामिन ए - यह मछली के लिवर के तेल और सब्जियों, गाजर, मीठे आलू, लहसुन, अदरक आदि से प्राप्त होता है.

एलजिर्क स्किन रिएक्शन से बचाता है विटामिन सी - इसे सेब, लहसुन, प्याज और हरी सब्जियों से प्राप्त कर सकते हैं. स्किन रिएक्शन कम करता है क्वेरसेटिंस - इसे साइट्स फूड, जैसे–संतरे, नीबू आदि और ग्रीन टी से प्राप्त किया जा सकता है. ड्रायनेस से बचाते हैं विटामिन बी कॉम्पलैक्स - यह आमतौर पर मछली, बादाम, अंडे, हरी पत्तीदार सब्जियों में पाया जाता है. त्वचा को सुरक्षित रखता है विटामिन इ - यह विटामिन भी मांस, मछली, अंडे, हरी पत्तीदार सब्जियों और ब्रोकली में मिलता है.

त्वचा को रिपेयर करता है जिंक – जिंक हमें कद्द के बीज, लिवर, अंडे आदि से प्राप्त हो सकता है.

सर्दियों में तन की दुर्गध से निजात पाने के घरेलु नुस्खे

कई बार ऐसा होता है कि सामने वाले से ऐसी दुर्गंध आती है कि उसके पास बैठना मुश्किल हो जाता है। ऐसा नहीं है कि जो लोग नहीं नहाते, उन्हीं के शरीर से दुर्गंध आती हो। कई बार नियमित तौर पर नहाने के बाद भी शरीर से दुर्गंध आती है, जिसका एक कारण तो यह भी है कि आजकल ज्यादातर लोग फील्ड वर्क करते हैं।

साधारण या ब्रांडेड डियोडोरैंट कुछ समय से ज्यादा शरीर की दुर्गंध को दूर नहीं भगा सकता, परंतु आप अपनी रूटीन में कुछ तरीकों को शामिल कर आसानी से इस समस्या को दूर भगा सकती हैं।

खाने-पीने की आदतों पर ध्यान दें

अपने खाने में प्याज एवं लहसून का सेवन कम कर दें। यही नहीं, मेथी भी कम ही खाएं, क्योंकि इन खाद्य पदार्थों से शरीर के सुक्ष्म छिद्रों द्वारा उनकी गंध बाहर आने लगती है, जो दूसरों को दुर्गंध लगती है। ज्यादा मसालेदार खाने से भी परहेज करें।

प्रतिदिन स्नान करें – यदि आप हर रोज स्नान नहीं करते, तो शरीर से दुर्गंध आना स्वाभाविक है। हर दिन बढिया क्वालिटी के साबुन से स्नान करें। गर्मियों के दिनों में तो कम से कम दो बार स्नान अवश्य करें। सर्दियों में गुनगुने पानी से स्रान करें।

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SPORTS

'Sachin sir called Mumbai': Meme-fest after MI buy Arjun Tendulkar late in IPL auction

New Delhi. Arjun Tendulkar was sold to the Mumbai Indians in the IPL 2025 mega auction. The son of India's legendary cricketer, Arjun set his base price at Rs 30 lakh and went unsold in the 1st round. However, Mumbai lifted the paddle for the left-arm pacer to get him in the unsold list in their already strengthened team. A certain section of the fans said strengthened team. A certain section of the fans said that it has become quite predictable now. Some fans said that Sachin, who is mentor of Mumbai Indians must have had an influence in the bid.Arjun was selected in the franchise for the 4th straight year. His journey with Mumbai Indians began in 2021 when the franchise acquired him for the base price of Rs 20 lakh. However, he was ruled out of the tournament lakh. However, he was ruled out of the tournament due to an injury, which led MI to name Simranjeet as his replacement. Mumbai continued to show faith in Sachin Tendulkar's son by drafting him in the team in the IPL 2022 auction for Rs 30 lakh.

Arjun's IPL journey

His much anticipated debut came in 2023 against Kolkata Knight Riders. Arjun made headlines in the IPL by claiming his maiden wicket against Sunrisers Hyderabad, dismissing Bhuvneshwar Kumar. His crucial performance played a key role in MI's 14-run win. Finishing the 2023 season with three wickets, Arjun earned the franchise's trust and was retained for the 2024 season.

Marnus Labuschagne can turn it around: Australia coach backs batter to hit form

- NEW DELHI. Australian coach Andrew McDonald has offered a strong vote of confidence in Marnus Labuschagne, despite the struggling batter's alarming slump in form in a crushing 295-run defeat to India in the opening Test of the Border-Gavaskar Trophy in Perth. While McDonald didn't guarantee the same XI would feature in the second Test in Adelaide, the decline in Labuschagne's performances remains a primary concern.Labuschagne, once a cornerstone of Australia's batting lineup, has been in a significant rut, scoring just 123 runs in his last 10 Test innings at a poor average of 13.66. His latest performances in Perth were particularly troubling, with the Queenslander dismissed for just 2 and 3 in the two innings as India dominated the Australian top order.
- Despite the struggles, McDonald is resolute in his belief that Labuschagne can rediscover his best form. "When he's at his best, he's shown great intent at the crease," McDonald said. "It's an ongoing discussion, and that ebbs and flows within players' careers. At the moment, he's in one of those patches, but we're really confident that at his best, he's the player that we need."Labuschagne's woes are not limited to his numbers; his technique and footwork have been under the microscope. The batter's troubles at the crease were evident in Perth, where his fragile form saw him fall victim to Indian captain Jasprit Bumrah for a second time in the match. Despite the harsh critiques, McDonald remains confident that Labuschagne will be given every opportunity to turn his fortunes around."The mindset and technical aspects are always a combination of factors," McDonald explained. "We're confident that he can turn that around."The coach also addressed the prospect of changes to the squad, particularly if Labuschagne's slump continues. While McDonald acknowledged the impressive depth in domestic cricket, with players like Brendan Doggett making a mark in the Australia A series, he maintained that the squad is built on the confidence that Labuschagne can

Hope one day we can reunite: Parth Jindal's emotional goodbye to Rishabh Pant

Delhi Capitals co-owner Parth Jindal bid an emotional farewell to **Rishabh Pant after the** batter left for LSG. Jindal hoped that DC and Rishabh would reunite again in future.

New Delhi. Delhi Capitals' co-owner Parth Jindal bid an emotional goodbye to Rishabh Pant after the player was bought by Lucknow Super Giants in the IPL auction. Pant, who had spent 9 years at the Delhi Capitals, was bought by LSG for a record-shattering sum of Rs 27 crore. On Tuesday, 26 November, Parth Jindal

took to Twitter to post a heartfelt message for Rishabh Pant. Jindal called Pant his brother and said that he has always treated him as family. The co-owner then wished Pant the best for his future endeavours and hoped to be reunited with him once again in the near future."To Rishabh Pant, you are and will always remain my younger brother - from the bottom of my heart I love you and I have tried everything to make sure you are happy and have treated you like my family. I am very sad to see you go and I am very emotional about it. You will always

be in DC and I hope one day we can reunite. Thank you for everything Rishabh and remember that we will always love you - go well champ, the world is at your feet. Best wishes from all of us at Delhi Capials - other than when you play DC I will be cheering and hoping for the best for you!" Parth Jindal wrote on Twitter.



Pant was in high demand in the megaauction with SunRisers Hyderabad, Royal Challengers Bengaluru, LSG and DC vying for the signature of the player. While RCB dropped out for Pant at Rs 11 crore, LSG and SRH went through a bidding war till Rs 20.50 crore, after

which SRH dropped out. Delhi swooped in at the last minute, to exercise their Right

To Match, which was eventually beaten by LSG's record bid of Rs 27 crore.

IPL Auction 2025: Day 2 Highlights

The former Delhi Capitals captain also took to Twitter and bid goodbye to the franchise a day after he was sold in the IPL auction."Goodbyes are never easy. The journey with Delhi Capitals has been nothing short of amazing. From the thrills on the field to the moments off it, I've grown in ways I never imagined. I came here as a teenager and we grew together over the last nine years," Rishabh Pant wrote on

Instagram.

What made this journey all worthwhile is you, the fans. You've embraced me, cheered for me and stood by me in one of the toughest phases of my life. As I move on, I carry your love and support in my heart. I'll look forward to entertain you whenever I take the field. Thank you for being my family and making this journey so special," he further added.

AUS vs IND: Australia to retain 13-member squad for Adelaide **Test despite Perth loss**

AUS vs IND: Australia coach and selector confirmed that the hosts would not make any changes to their squad for the Adelaide Test against India despite the 295-run defeat at the Optus Stadium in Perth.

New Delhi. Australia retained their 13-member squad for their second Test against India, confirmed selector and coach Andrew McDonald. On Monday, the Aussies lost the Perth Test by 295 runs to go 0-1 down in the fivematch series against India. It was also the first time Australia lost at the Optus Stadium after winning four matches on the trot since 2018.McDonald, however, showed faith in their squad to make a turnaround in the Pink-Ball Test, starting December 6 at the Adelaide Oval."The same people in that changeroom are the same people that will be in Adelaide. It is always a consideration, wherever you go in the world in terms of the personnel you pick for conditions," Johnson said, as quoted by ICC. The ones who were a part of the Australian squad, but



did not play the Perth Test, were wicketkeepe

Seven all out! Ivory Coast record lowest ever men's T20 international score

New Delhi. Nigeria routed Ivory Coast by a staggering 264 runs in a T20 World Cup Sub-Regional Africa Qualifier Group C match on Sunday. The Ivory Coast's total of just seven runs shattered the record for the lowest-ever score in men's T20 international cricket, surpassing the previous mark of 10 runs, jointly held by Mongolia and the Isle of Man.Playing at Lagos' Tafawa Balewa Square Cricket Oval, Nigeria's Selim Salau lit up the stage with a blistering knock of 112 off just 53 balls, studded with 13 fours and two sixes. Supported

by half-centuries from Sulaimon Runsewe (50 off 29 balls) and Isaac Okpe (an unbeaten 65 off 23 balls), Nigeria posted an imposing 271 for 4 the highest score of the tournament so far.In response, Ivory Coast's batting unravelled spectacularly. Opener Ouattara Mohamed was the only batter to manage a meaningful contribution,



scoring four runs. The rest of the lineup folded in just 7.3 overs, with six batters falling for ducks. Left-arm spinner Isaac Danladi and pacer Prosper Useni claimed three wickets apiece, with Peter Aho and Sylvester Okpe chipping in to complete the rout. This historic capitulation marked the first singledigit total in men's T20Is. The 264-run defeat is now the third-largest margin in the format, trailing Zimbabwe's 290-run win over Gambia in October and Nepal's 273-run triumph over Mongolia at the 2023 Asian Games.

Ivory Coast's latest struggles followed a similarly lopsided loss to Sierra Leone, where they were bowled out for 21. The back-to-back defeats have left them anchored to the bottom of the six-team

standings. Nigeria, on the other hand, remain unbeaten and sit atop the table, buoyed by their strong performances. For Nigeria, the win further underscores their growing stature in African cricket. For Ivory Coast, this record-breaking defeat will demand serious introspection as they seek to recover from a nightmare start to their

RR can provide a good environment for Suryavanshi to grow: Rahul Dravid

NEW DELHI. Rajasthan Royals head coach Rahul Dravid believes the franchise can offer 13-year-old Vaibhay Suryavanshi the ideal environment to develop his talent during his upcoming stint in the Indian Premier League (IPL). The eighth-grade student from Samastipur, Bihar, made history by securing a Rs 1.10 crore contract with

achievements, Suryavanshi is still finding his footing in first-class cricket. Having debuted at just 12 years and 284 days in the Ranji Trophy last season, he averaged 10 across five matches, with a top score of 41. However, his stellar performance in the Vinoo Mankad Trophy, where he

strengthened their pace department with additions like Jofra Archer, Akash Madhwal, Tushar Deshpande, Fazalhaq Farooqi, Ashok Sharma, and Kwena Maphaka. For spin options, they secured Kumar Kartikeya Singh and Maheesh Theekshana, alongside all-rounders Wanindu Hasaranga and

Yudhvir Charak."We came into this

regain his best form.

Fearless' Yashasvi Jaiswal will inherit mantle of Kohli, Tendulkar: Greg Chappell

NEW DELHI. Former India coach Greg Chappell says Yashasvi Jaiswal appears to be in a good position to carry on the wonderful heritage of batting excellence created by Sachin Tendulkar and Virat Kohli. The Australian batting legend lauded Jaiswal's fearless approach and technical brilliance, which were on full display during his scintillating 161-run knock against Australia in Perth, contributing to India's commanding 295-run victory."The young opener is fearless and appears poised to inherit the mantle of Indian batting excellence, following the likes of Virat Kohli and Sachin Tendulkar," Chappell wrote for the Sydney Morning Herald. Chappell credited India's robust cricketing infrastructure and strategic planning for nurturing talents like Jaiswal. Highlighting Jaiswal's inspiring journey from a 10-year-old dreamer in Mumbai to a mainstay in India's batting lineup, Chappell said, "Jaiswal's journey encapsulates why India's planning and infrastructure give them a clear edge in world cricket."The contrast between India and Australia's approach to youth cricket development was a key focus of Chappell's column. He emphasized that India's extensive domestic structure and emphasis on long-form cricket at junior levels have cultivated a pipeline of highly skilled players. "A comparison with Australia's Nathan McSweeney is illuminating," Chappell observed. "At 22, Jaiswal has already played 14 Tests, 30 first-class matches, 32 List A games, and 53 IPL matches. In contrast, McSweeney, 25, has just debuted in Tests, with fewer domestic appearances across formats."Chappell praised the role of Rahul Dravid, who has been instrumental in shaping India's junior cricket programs. Under Dravid's leadership, India's focus on red-ball cricket at the grassroots level has paid dividends. "India's system prioritises longform cricket at the youth level. This ensures players are well-versed in the nuances of the game. When India's U-19 team plays other countries, it often feels like men playing against boys in terms of game awareness," Chappell noted. Chappell, a stalwart of Australian cricket, also warned Cricket Australia about the potential long-term consequences of their current development pathways. He criticised the limited competitive opportunities available to young Australian cricketers, which he believes stunts their growth.

the Royals, becoming the youngest cricketer ever to earn an IPL deal. "I think he's (Suryavanshi) got some really good skills, so we thought it might be a good environment for him to grow in. Vaibhav just came to our trials and we were really happy with what he saw," said Dravid in an IPL video.

Suryavanshi's meteoric rise has already made waves in Indian cricket. The

eighth-standard student from Samastipur, Bihar, recently became the youngest batter to score an international century, smashing a 62-ball 104 in a Youth Test for India U-19 against Australia U-19 in Chennai. He also debuted in the Syed Mushtaq Ali Trophy last Saturday, scoring 13 off six balls for Bihar.Despite these



scored nearly 400 runs in five matches. has cemented his reputation as a rising star on the junior circuit.While the acquisition of Suryavanshi has captured headlines, Dravid shed light on the team's broader strategy during the auction. "A big target for us in this auction really was bowlers," he revealed. Rajasthan Royals

auction having retained a lot of our core Indian batsmen. We wanted a strong bowling attack, and I think we achieved that," Dravid explained. "With players like Jofra and the unique skills he brings, backed by left-arm options like Farooqi and Maphaka, we've got the versatility we were looking for."Dravid also highlighted the challenges and

excitement of navigating the auction dynamics. "There are nine other teams, all well-prepared and planned. You have to think on your feet and have plans A, B, C, and D. It was challenging but incredibly rewarding." With a mix of promising young talent like Suryavanshi and seasoned bowlers, the Royals appear ready to make a mark in the upcoming IPL season.

batter Josh Inglis and fast bowler Scott Boland.

McDonald also backed the out-of-form Marnus Labuschage to find his feet after failing in the opening Test. In the first innings, Marnus scored 2 off 52 balls before Mohammed Siraj ended his painful vigil. In the second innings, Jasprit Bumrah trapped him plumb in front.

"That's an ongoing discussion and that ebbs and flows in players' careers, so at the moment he's in one of those patches and no doubt he'll be getting critiqued externally. But internally we're really confident that, at his best, he's the player that we need," McDonald added.In the Perth Test, Australia would have fancied their chances after bowling India out for 150 in the first innings. But India made a comeback through Jasprit Bumrah's five-wicket haul, after which Yashasvi Jaiswal and Virat Kohli scored hundreds.

From Brett Lee to Spencer Johnson: KKR's love for explosive Australian pacers in IPL

KKR bought Spencer Johnson for INR 2.80 crore in the

auction Johnson recently took a 5wicket haul against Pakistan KKR roped in Johnson after

releasing Mitchell Starc

NEW DELHI. After letting go off Mitchell Starc, who terrorised the Sunrisers Hyderabad in the Qualifier 1 and Final of the last season of the Indian Premier League (IPL), Kolkata Knight Riders (KKR) lacked a genuine pacer in their ranks. From Shoaib Akhtar, Umar Gul, Shane Bond, Trent Boult to Charl Langedveldt, a number of marquee fast bowlers have donned the KKR jersey over the years since the inception of the tournament back in 2008.

But the Knights have always had an

.



inclination towards quality Australian fast bowlers. Who could forget the lethal delivery, the opening ball of IPL 2013 that Unmukt Chand had no clue about? Unmukt Chand had no clue about? Interestingly, Lee, who made a move from Punjab Kings, was the first out-and-out fast bowler that played for the Knights. Lee played only three games that season, but it marked the beginning of KKR's love-affair with Australian speedsters.After Lee, the Knights had as many as six Aussie pagers in their team many as six Aussie pacers in their team, including Pat Cummins, John Hastings, Nathan Courter-Nile, Mitchell Johnson,

Starc and now Spencer Johnson. In the auction that took place in Jeddah on Auction that took place in Jeduan on November 24 and 25, the Knight Riders engaged in a mini-bidding-war for Spencer with the Kings before bagging the seamer for INR 2.80 crore from a base price of INR 2 crore.As far as the upcoming IPL is concerned, the Knights will be looking to make use of Johnson, who has come up the ranks. Now let's have a look at Johnson's short career. Impressive Spencer Johnson

Johnson has had a short career for Australia, having played only eight T20Is since his

debut last year against South Africa at the Kingsmead in Durban. But it was only recently that Johnson made a mark. The left-armer holds the record for the best figures by an Australian pacer in Men's T20Is.Johnson broke James Faulkner's record set back in 2016 against Pakistan during the T20 World Cup. His figures of 4-0-26-5 rattled the Pakistani batting lineup at the Sydney Cricket Ground. It wasn't a surprise that Johnson won the Player of the Match award after the Aussies won by 13 runs.Earlier this year, Johnson bagged the POTM award in the final as the Brisbane Heat won the Big Bash League (BBL) after beating multiple champions Sydney Sixers at the SCG. He finished with figures of 4-0-26-4, helping the Heat bowl the Sixers out for 112 in 17.3 overs while defending 166.Johnson also bagged the limelight after bowling 19 dot balls out of 20 on debut in the Hundred Men's competition. Playing for Oval Invincibles against Manchester Originals, Johnson had figures of 20-19-1-3.Given his past records in tournaments around the world, KKR will be keen to unleash the fast bowler. Being a left-arm pacer, Johnson can also be their 'X' factor in the championship.

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TheResearchers'

Off Track

Kanika Dhillon Calls Shaheer Sheikh The 'Hukum Ka Ikka' For Do Patti's Success



Shaheer Sheikh is widely recognized as one of the most popular actors in the television industry. He also starred in the film Do Patti, alongside Kriti Sanon and Kajol in pivotal roles. Now, the film's story, screenplay, and dialogue writer, Kanika Dhillon, has praised Shaheer for the film's tremendous success. In turn, Shaheer expressed his gratitude towards her.A video shared by Shaheer Sheikh's fan page on Instagram shows Kanika Dhillon appreciating the actor. In the clip, taken from her appearance at the In the clip, taken from her appearance at the Superwomaniya Awards, she highlights how Shaheer's acting skills and dedication have played a key role in the love the fim has played a key role in the love the fim has received since its release on Netflix.Kanika Dhillon even called Shaheer Sheikh the ace of spades and said, "Dekhiye film mein bhi ek line hai ki "Arreyy hukum ka ikka hai wo". Toh film ke release ke baad bhi jiss tarah se audience ne unko itna pyaar diya hai toh bakai mein humari film ke hukum ke ikke Shaheer Sheikh nikle hai. Aur bahut khush hai jo pyaar aur dular unko audience se mili hai. (Look, there is a line in the movie, too, that "Arrey he is the ace of spades. So the way the audience has given him so much love after the release of the movie Shaheer Sheikh has emerged as the ace of spades in our movie. And we are ace of spades in our movie. And we are delighted with the love and affection he has received from the audience.)" FYI: The ace of spades symbolises intellect. It is used as a redefining moment in the game of cards.

- The video soon went viral and even caught Sheikh's attention. He then reshared the video on his Instagram stories alongside a gratitude-filled note for Dhillion. His caption read, "This is so sweet, Kanika Dhillon. You are the one who conceived this character and balanced that who conceived this character and believed that I could pull it off! Thank you," followed by a heart and a folded hand emoji.
- heart and a folded hand emoji. Do Patti has been hugely loved by many, making it one of Netflix's top trending films. A day ago, Dhillon shared a post on her Instagram, revealing that the film is still on the global trending list. In the first snap of the post, she was seen posing with Kajol and Kriti, while the rest of the slides gave a close look at Dhillon's style game. "Entering 5th week with some amazing audience love.

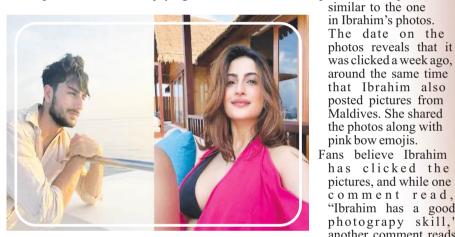
Shah Rukh Khan To Make A Cameo In Ranbir Kapoor, Alia Bhatt, Vicky Kaushal's Love And War? Here's What We Know



ITISMI I **Drops New Pics From Maldives Vacay; Fans Are Convinced Ibrahim Ali Khan Clicked Them**

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hweta Tiwari's daughter Palak Tiwari had a great time during her recent Maldives vacay, and her pictures are proof! The diva has been treating her 4.8 million followers on Instagram with some stunning photos of herself from the holiday. Her rumoured boyfriend Ibrahim Ali Khan recently dropped his pictures from the same location, sparking speculations about them enjoying their vacation together. Now, much to her fans' delight, Palak has shared a set of fresh pictures from Maldives, and fans believe Ibrahim has clicked them. On Friday, Palak Tiwari took to her Instagram account and shared yet another photo dump from the Maldives. In the pictures, she is seen rocking a body-hugging pink tube dress. While a few pictures are selfies of Palak, fans are convinced that the other pictures have been clicked by her rumoured boyfriend Ibrahim Ali Khan. The first picture is a selfie of Palak, with a beautiful beach in the backdrop. A few other pictures show her enjoying a boat ride, the backdrop of which is quite



similar to the one in Ibrahim's photos. The date on the photos reveals that it was clicked a week ago, around the same time that Ibrahim also posted pictures from Maldives. She shared the photos along with pink bow emojis. ans believe Ibrahim has clicked the pictures, and while one comment read,

"Ibrahim has a good

another comment reads,

"Clicked by @iakpataudi." Many others dropped similar comments. While they didn't feature in each other's Maldives pictures, the similar backdrops led fans to believe that they are together. A few days ago, Palak Tiwari also shared a video of her snorkelling adventure in the Maldives. She wrote that it was a soul touching experience for a beginner like her, and she never thought she was capable of doing something like this. In case you missed it,

Palak Tiwari and Ibrahim Ali Khan have been rumoured to be dating since last year. On the work front, Palak Tiwari made her Bollywood debut with Salman Khan's multi-starrer film Kisi Ka Bhai Kisi Ki Jaan. Meanwhile, Ibrahim Ali Khan assisted Karan Johar in the film Rocky Aur Rani Kii Prem Kahaani. His upcoming projects include Naadaniyaan alongside Khushi Kapoor and Sarzameen, co-starring Kajol and Prithviraj Sukumaran.

Varun Dhawan Keerthy Suresh Share Teaser Of Song Nain Matakka From Baby John, Fans Say 'Excited'

arun Dhawan and Keerthy Suresh have raised the excitement level for their upcoming movie Baby John by dropping the teaser of the song Nain Matakka. The peppy track promises to be a high-energy number, leaving fans eagerly waiting for the full release. The song will be released on November 25. Both have shared the poster too ahead of the teaser release. Taking to their Instagram handle, Varun and Keerthy shared the video in which we can only hear the music and their dance moves are visible. Fans are too excited for their

chemistry. Many dropped fire and heart emojis. One of the fans wrote, "This song gonna be chartbuster." Another wrote, "It's gonna be a blockbuster."

'Nain Matakka' track is a foot-tapping, peppy number that showcases the sizzling onscreen chemistry between Varun Dhawan and Keerthy Suresh. The magic of Diljit's voice combined with an electrifying beat, is sure to elevate this song to instant hit status. On the other hand, Dhee will also surely add her magic like no other – she is one of the most streamed Australian singers and composers. Baby John is a remake



of Atlee's 2016

Tamil film Theri. It stars Varun Dhawan, Jackie Shroff, Wamika Gabbi, and Rajpal Yadav. Reportedly, Salman Khan will also make a special appearance in the film. "Since Salman is known for his action roles and swag, Atlee and Kalees have added some fight sequences featuring the superstar. He will be seen as a swashbuckling cop with some tongue-in-cheek dialogues," a source quoted by Mid-Day claimed earlier this year. However, there is no official confirmation regarding this as of now.Presented by Jio Studios in association with Atlee and Cine1 Studios, Baby John is a production of A for Apple Studios and Cine1 Studios. Directed by Kalees, the film is set to hit theatres on December 25, 2024.

Love And War has been creating ripples of excitement since its announcement. Starring Ranbir Kapoor, Alia Bhatt, and Vicky Kaushal, the film promises an emotional love triangle with Bhansali's trademark grandeur. Now, a new update has emerged that could take the anticipation to an entirely new level: Shah Rukh Khan might make a cameo in the film.According to sources at Box Office Worldwide, Shah Rukh Khan recently met with Sanjay Leela Bhansali to discuss his role in a special sequence for the film. If finalized, SRK will reportedly shoot his scenes in January 2025. His role is expected to feature in the second half of the film, involving an intense and pivotal nteraction with Ranbir Kapoor's character. The production of Love And War is in full swing. Ranbir Kapoor kicked off filming, with Alia Bhatt and Vicky Kaushal joining shortly after. Bhansali, known for his opulent storytelling, is said to be leaving no stone unturned to make this film a cinematic spectacle. Adding Shah Rukh Khan to the mix only adds to the allure of this already star-studded project.

This cameo, if confirmed, could be a gamechanger. Bhansali's films are known for their larger-than-life moments, and Shah Rukh Khan's signature charisma could elevate the emotional and cinematic impact of the story.Interestingly, this wouldn't be the first time Shah Rukh Khan has made a cameo in a Ranbir Kapoor film. In Ae Dil Hai Mushkil (2016), SRK's portrayal of Tahir added emotional weight to Ranbir's character's love story. More recently, he appeared in Brahmastra (2022) as Mohan Bhargav, where his brief but memorable role stood out in the fantasy epic.Rumours suggest that Ranbir Kapoor and Vicky Kaushal will play Indian Armed Forces officers in Sanjay Leela Bhansali's Love And War.

This has further heightened the anticipation surrounding the high-profile release. According to a report in Pinkvilla, shooting for Love And War began with Ranbir Kapoor in November. A source informed the portal, "SLB is all ready to take the film on floors with Ranbir Kapoor.