

Air Surcharges if applicable  
Delivery Charges applicable

PAGE 03

Return Nehru's letters taken  
by Sonia Gandhi

Why a pandemic treaty is still hanging fire?

Sunil Gavaskar suggests Sachin Tendulkar  
lesson to struggling Virat Kohli

PRICE - Rs 2 /-

Ranchi | Tuesday | December 17, 2024 | Page 08 | Daily | Volume - 09, Issue - 302

RNI Regn No. JHAMUL/2016/75465

researchers.asia@gmail.com



# The Researchers'

## NEWS BOX

### Ukraine Slams FIFA For Map Omitting Crimea From Its Territory: "Are you OK"

**World.** Ukraine has lashed out at FIFA after the governing body of world football showed a map that seemingly omitted Crimea as part of the country. The incident took place last week when FIFA held a European qualifier draw for the 2026 World Cup that is being jointly hosted by the US, Mexico and Canada. The map was intended to show countries that cannot be drawn to play against each other for geopolitical reasons, such as Ukraine vs Belarus, Armenia vs Azerbaijan, Spain vs Gibraltar, Kosovo vs Serbia, and Kosovo vs Bosnia and Herzegovina.

In the middle of the presentation, FIFA excluded Crimea from the Ukrainian region, instantly leading to backlash from Kyiv. Notably, Crimea has been under Russian occupation since 2014 with only a handful of countries recognising the peninsula as Russian territory.

Ukraine Foreign Ministry spokesman Heorhiy Tykhyy took to X (formerly Twitter) and tagged FIFA while questioning it for "redrawing" the international map. "Are you OK, @FIFAcom? By redrawing international borders in yesterday's broadcast, you not only acted against international law, but also supported Russian propaganda, war crimes, and the crime of aggression against Ukraine," said Mr Tykhyy.

"We fixed the map for you and expect a public apology," Mr Tykhyy added while sharing the correct map. Ukraine FA writes letter

The Ukrainian Football Association also wrote a letter to FIFA expressing its concerns. "We write to express our deep concern regarding the infographics map of Europe displayed during the television broadcast of the European Qualifiers draw for the FIFA World Cup 2026 on December 13, 2024," read the letter.

Taking into account a number of official decisions and resolutions adopted by the Fifa Council and the UEFA executive committee since 2014...we emphasize that today's version of the cartographic image of Ukraine is completely unacceptable and looks like an inconsistent position of Fifa and UEFA," it added.

In response to the outrage expressed by the Ukrainian Football Association, FIFA also issued a statement acknowledging the issue. "FIFA is aware of an issue that affected one of the graphics shown during the draw and has addressed the situation with the Federation. The segment has been removed."

### Clothing Brand Founder Releases 'Most Wanted CEOs' Playing Cards

**World.** James Harr, founder of Comrade Workwear, a self-described "socialist apparel" brand, has courted controversy with his latest project -- a deck of cards featuring "most wanted CEOs" complete with names, faces, and illustrations of gun range targets.

Harr, known for his anti-capitalist rhetoric and controversial social media posts, introduced the project days after the killing of UnitedHealthcare CEO Brian Thompson in New York. On his Instagram and TikTok accounts, which collectively have over 109,000 followers, Harr shared his plans for the deck, adding the idea was inspired by the Iraq war-era card decks. He claimed the deck would help people identify the CEOs he believes are responsible for harming the public. The deck will be divided into suits representing various industries, according to Harr's posts. Clubs will feature pharmaceutical and chemical company CEOs, Hearts will represent retail and real estate, Diamonds will cover tech, finance, and media, and Spades mean oil and war company executives.

The cards' reverse sides will display the phrase "most-wanted CEOs" alongside a red human silhouette gun range target, and the front will show black-and-white close-ups of each CEO's face, name, affiliation, and QR codes labelled "why they're evil," leading to web pages outlining their alleged wrongdoings. Harr asked his followers to suggest more CEOs to feature in the deck, and many pledged to buy the deck as soon as it was available. One commentator even asked if the deck would include addresses. In response to criticism, Harr insisted the deck was not a call to violence. "I'm not suggesting anyone should cause any physical harm to anyone," he told The NY Post. "But I do want people to know who is making their life harder, who is stealing from them, who is deciding that a couple more percentage points of profit is worth more than the life of your loved ones."

### Taiwan receives 38 US-made Abrams tanks amid China threat

**World.** Taiwan's defense ministry announced Monday the arrival of 38 M1A2 Abrams tanks from the United States, a move aimed at strengthening the island's defenses against a potential attack from China. These tanks represent the first of 108 ordered in 2019.

The tanks arrived Sunday according to AFP and were transported to an army training base in Hsinchu, as confirmed by the defence ministry. Currently, Taiwan's tank arsenal comprises approximately 1,000 units, including locally manufactured CM 11 Brave Tiger and American M60A3 tanks, which are considered dated. The remaining tanks are scheduled for delivery in 2025 and 2026.

The US is Taiwan's main ally and arms supplier. China claims Taiwan as its territory and opposes such arms sales. Taiwan's government budgeted over \$1.2 billion for the Abrams tanks. China has not ruled out using force to take control of Taiwan. While Taiwan develops its own defense systems, it relies heavily on US arms sales for security. Delays in arms deliveries to Taiwan have occurred due to supply chain issues and US weapon shipments to Ukraine and Israel. Taiwan's 2024 defense budget is a record \$19 billion, and next year's is expected to be even higher, reflecting the island's focus on bolstering its defenses. China has intensified military activities around Taiwan, including recent large-scale maritime drills.

## 'Definitely several hundred' killed as Cyclone Chido devastates French territory of Mayotte

**SAINT-DENIS DE LA REUNION.** Local authorities said Sunday that the likely death toll from cyclone Chido's passage across Mayotte was "definitely several hundred" though the disruption means reaching an exact count will be difficult. Rescue workers and supplies are being rushed in by air and sea, but their efforts are likely to be hindered by damage to airports and electricity distribution in a territory where even clean drinking water was already subject to chronic shortages.

A previous toll shared with AFP by a security source had confirmed only 14 deaths. "I think there will definitely be several hundred, perhaps we will come close to a thousand or even several thousand" deaths, prefect Francois-Xavier Bieuville said on broadcaster Mayotte la Premiere.

He added that it would be "very difficult to reach a final count" given that most residents are Muslim, traditionally burying their dead within 24 hours. The mayor of Mayotte's capital Mamoudzou, Ambdilwahedou Soumaila, had earlier told AFP that nine people were gravely wounded and fighting for their lives in

hospital, while 246 more were seriously injured. "The hospital is hit, the schools are hit. Houses are totally devastated," he said, adding that the hurricane "spared nothing". Mayotte's 320,000 residents had been ordered into lockdown Saturday as cyclone Chido bore down on the islands around 500 kilometres (310 miles) east of Mozambique with gusts of at least 226 kilometres per hour. Electricity poles were hurled to the ground, trees uprooted and sheet-metal roofs and walls torn off improvised structures inhabited by at least one-third of the population. Information from the locked-down population, in shock and largely cut off from water and electricity supplies, is slow to filter out, a source familiar with the recovery effort told AFP. One local resident, Ibrahim, told AFP of "apocalyptic scenes" as he made his way through the main island, having to clear blocked roads for himself.

Scramble for supplies  
Interior Minister Retailleau will travel to Mayotte on Monday, his office said, alongside 160 soldiers and firefighters to reinforce the 110 already deployed to the



islands. Medical personnel and equipment were being delivered from Sunday by air and sea, said the prefecture in La Reunion, another French Indian Ocean territory some 1,400 kilometres away on the other side of Madagascar. A first aid plane landed in Mayotte at around 3:30 pm local time (12:30 GMT) with three tonnes of medical supplies, blood for transfusions and 17 medical staff, authorities in La Reunion said, with two military aircraft expected to follow. A navy patrol ship was also to depart La Reunion with personnel and equipment including for electricity supplier EDF. Pope Francis, visiting French Mediterranean

island Corsica on Sunday, urged people to pray for Mayotte's residents. Storm hits Mozambique Just northwest of Mayotte, the Comoros islands, some of which had been on red alert since Friday, were also hit, but suffered only minor damage. Cyclone Chido later slammed into Mozambique, bringing gale-force winds and heavy rain when it made landfall early Sunday around 40 kilometres (25 miles) south of the northern city of Pemba, weather services said. Buildings were damaged and power knocked out in some areas of Mozambique's northern coastal provinces of Nampula and Cabo Delgado early Saturday, authorities said. But by the afternoon Chido was travelling over the inland province of Niassa and had weakened, said the president of the National Institute for Risk and Disaster Management, Luisa Meque. UNICEF said it was on the ground to help the people impacted by the storm, which had already caused some damage. "Many homes, schools and health facilities have been partially or completely destroyed and

## Bangladesh to hold elections in late 2025 or early 2026: Yunus

**DHAKA.** Bangladesh's interim leader Muhammad Yunus, who heads the caretaker government installed after an August revolution, said Monday that general elections would be held late next year or in early 2026.

Pressure has been growing on Nobel Peace Prize winner Yunus -- appointed the country's "chief adviser" after the student-led uprising that toppled ex-premier Sheikh Hasina in August -- to set a date. The 84-year-old microfinance pioneer is leading a temporary administration to tackle what he has called the "extremely tough" challenge of restoring democratic institutions in the South Asian nation of some 170 million people. "Election dates could be fixed by the end of 2025 or the first half of 2026," he said in a broadcast on state television. Hasina, 77, fled by



helicopter to neighbouring India as thousands of protesters stormed the prime minister's palace in Dhaka. Her government was also accused of politicising courts and the civil service, as well as staging lopsided elections, to

dismantle democratic checks on its power.

Hasina's 15-year rule saw widespread human rights abuses, including the mass detention and extrajudicial killings of her political opponents.

Yunus has launched commissions to oversee a raft of reforms he says are needed, and setting an election date depends on what political parties agree.

"Throughout, I have emphasised that reforms should take place first before the arrangements for an election," he said. "If the political parties agree to hold the election on an earlier date with minimum reforms, such as having a flawless voter list, the election could be held by the end of November," he added. But including the full list of electoral reforms would delay polls by a few months, he said.

## New York Pet Stores Rush To Sell Pets At Discounted Rates Before Sales Ban

**World.** Pet shops across New York City can no longer sell dogs, cats, or rabbits. The Puppy Mill Pipeline Act, signed two years ago by Governor Kathy Hochul, came into effect on Sunday.

It aims to stop the flow of animals bred in inhumane puppy mills and promote adoption from overcrowded shelters.

The act to curb abusive breeding practices has turned New York into a buyer's market for prospective pet owners. Pet stores scrambled to clear their inventory, offering steep discounts on animals in a last-ditch attempt to sell before the ban. Many took advantage of price reductions over the weekend. Ingrid Rodriguez, 25, bought a 10-week-old Pomeranian for \$1,300 (Rs 110,084) down from \$1,450 (Rs 122,482) -- at Astoria Pets in Queens. "I was just walking by with my mom when we saw the sign. We went in, and you know, holding the dog up to her chest," she told The NY Post. Despite her mixed feelings about the law, Ms Rodriguez supports reducing illegal breeding. "I never thought I'd buy a dog,

but if they didn't get sold, they were going to the shelter," said Krisjan Polonia, 31, who purchased a black-and-white shih tzu-bichon mix for \$650 (Rs 55,082) -- down from \$2,800 (Rs



237,104). "Kids make you do crazy things," he added, explaining the dog was a gift for his son. On the other side of the debate, pet shop owners like Don D'Alessio of 'Astoria Pets' are frustrated with the law. A veteran of the industry for 42 years, Mr D'Alessio has always adhered to the city's regulations, ensuring that he only bought from licenced breeders. "We've never had a violation here, look at the paperwork. Fifteen years of paperwork, not one violation," he said. Despite following

the rules, he is now forced to close his doors. "I can't last selling supplies that are cheaper online... We're not going to survive. We're done," he said, pointing out that over 120 businesses like his are expected to shut down across the state, affecting around 2,500 employees.

Mr D'Alessio, 73, had no choice but to sell the 21 dogs in his store over the weekend, fearing that any unsold animals would be sent to shelters. He explained that many customers couldn't afford the dogs even at their discounted prices, which led him to give some of the animals to loyal clients.

Despite the challenges faced by pet shop owners, animal rights groups are celebrating the law as a victory for animal welfare. Rise Weinstock, president of the New York Animal Care Centers, praised the bill for ending a cruel supply chain. "For too long, pet stores have been the final stop in a system that treats living beings as commodities," she said. Activists argue that pet shops often source their animals from puppy mills, where dogs are bred under inhumane conditions.

## "Fascist Yunus": Sheikh Hasina's Fresh Attack On Bangladesh's Interim Leader On Bijoy Dibosh

**Dhaka.** On the eve of Bangladesh's Bijoy Dibosh, deposed premier Sheikh Hasina on Sunday launched a fierce attack on the interim administration, dubbing it Chief Adviser Muhammad Yunus a "fascist". She claimed Nobel laureate Yunus was leading an "undemocratic group" that was "secretly supporting anti-liberation extremist-communal forces" and the main aim of his dispensation was to suppress the spirit of the Liberation War and the pro-liberation forces. Ms Hasina's remarks were part of her statement to commemorate the defeat of Pakistani forces in Bangladesh's Liberation War of 1971. Bangladesh celebrates December 16 as 'Bijoy Dibosh' or Victory Day. On December 16, 1971, then Chief of Pakistani forces General Amir Abdullah Khan Niazi, along with 93,000 troops, surrendered to the joint forces of the Indian Army and 'Mukti Bahini' after the 13-day war following which East Pakistan became Bangladesh. In a statement posted on her party's official X account, Ms Hasina highlighted the role of her father, Sheikh

Mujibur Rahman, and the Awami League in the struggle that culminated in the emergence of Bangladesh. She also noted the developmental work done by the Awami League government and its vision for Bangladesh under her leadership. Talking about the events leading to her ouster, Ms Hasina said, "Anti-national groups illegally and unconstitutionally seized state power through domestic and foreign conspiracies." "This undemocratic group, led by fascist Yunus, has no responsibility towards the people. They are obstructing all public welfare-oriented work by seizing power. About 50 million people in the country were under the social security system. They were given various allowances. It has been alleged that most of the allowances have been stopped. The family cards of 4.3 million families under the TCB have been cancelled. The people of the country are suffering from the



hardships of rising commodity prices. Hungry people are picking food from dustbins," she said. Ms Hasina, who fled to India after resigning as the prime minister in August in the face of massive anti-government protests, claimed that since Mr Yunus-led interim government was not democratically elected, it has no responsibility towards the people. "Their main goal is to create resentment against

the spirit of the Liberation War and the forces supporting the Liberation War and to silence them. On the contrary, they are secretly supporting the anti-liberation extremist-communal forces. The lack of sensitivity of the officials of this government, including the fascist Yunus, towards the Liberation War and its history is proven by their every step," she stated.

Ms Hasina alleged that the Mr Yunus-led dispensation was following the "rituals of the responsible group" Pakistan in an attempt to erase "progressive ideals," the history and spirit of the Liberation War. "If they could, they would have presented a different narrative and erased the traces of the great Liberation War from every aspect of national life. They would have turned this great glorious event of the collective achievements of the Bengalis into a disgrace," she added.

## Prince Andrew And Alleged Chinese Spy "H6": All You Need To Know

**World.** Prince Andrew, the younger brother of King Charles III, has become the subject of yet another scandal after an alleged Chinese spy used him to get access to the heart of the British establishment. According to The Guardian, the businessman, identified only as "H6" for legal reasons, had gained unusual level of trust from the senior royal. However, in a rare statement, issued by Andrew's office, the royal insisted that he "ceased all contact" with the alleged spy after concerns were raised, and that "nothing of a sensitive nature was ever discussed".

The Guardian quoted court documents to report that the businessman was so close to the Duke of York, he was authorised to act on his behalf in an international financial initiative with potential partners and investors in China.

A March 2020 letter written to him by Dominic Hampshire, a senior adviser to Prince Andrew, was also found in the alleged spy's phone, which referred to him being invited to the duke's birthday party. "Outside of his closest internal confidants, you sit at



the very top of a tree that many, many people would like to be on," the letter said, as per the outlet. The BBC said that H6 formed an "unusual degree of trust" with the duke and has since been banned from the UK. The alleged spy even appealed against his ban in 2023, but the decision was upheld by the UK's national security court. Buckingham Palace declined to comment, saying they do not act for Prince Andrew, who is not a working royal.

What we know about H6?  
As per The Independent, the alleged Chinese spy called the UK his "second home" and had previously been granted indefinite leave to remain in Britain. He is said to have used his high profile connection to secure invitations to Buckingham Palace and other royal residences, with fresh reports now alleging he also met two former prime ministers, including David Cameron and Theresa May. He was finally expelled from Britain in 2023 when then-home secretary Suella Braverman's office said he reportedly engaged in "covert and deceptive activity" on behalf of the United Front Work Department (UFD), which is an arm of the Chinese Communist Party (CCP) state apparatus. Prince Andrew's controversial past The disgraced prince has been facing scrutiny since 2019 over his friendship with US financier and sex offender Jeffrey Epstein.

# Sri Lankan Territory Won't Be Used Against India, assures President Anura Kumara Dissanayake

by Ashis Sinha

**New Delhi:** India and Sri Lanka today exchanged key agreements aimed at enhancing bilateral relations during the official visit of Sri Lankan President Anura Kumara Dissanayake to New Delhi. The agreements include a protocol amending the existing Double Taxation Avoidance and Prevention of Fiscal Evasion pact, as well as a Memorandum of Understanding (MoU) on training and capacity-building initiatives for Sri Lankan civil servants. The exchanges followed bilateral talks between Prime Minister Narendra Modi and President Dissanayake. The two leaders discussed issues of mutual interest and explored avenues to further deepen cooperation. One of the significant announcements made during the visit was the grant assistance of \$14.9 million for a

signalling project on the Maho-Anuradhapura section of Sri Lanka's railway network. Additionally, a financial assistance scheme was unveiled to support 100 new students annually from the University of Jaffna and Eastern University, with aid extending until the completion of their academic courses. Both leaders highlighted the growing political interactions between the two nations, particularly in the last decade. They agreed on the need to continue and intensify political engagements at both leadership and ministerial levels. Regular parliamentary exchanges were also emphasized to promote democratic values and share institutional best practices. In his statement, Prime Minister Modi expressed his pleasure that President Dissanayake had chosen India as his first foreign visit after



assuming office. Modi stated that the visit would serve to create new momentum in India-Sri Lanka relations. He also reaffirmed India's continued support, mentioning that India has provided \$5 billion in Lines of Credit and grant assistance to Sri Lanka. Modi noted the historical and cultural ties between the two nations, citing the shared significance of the Pali language and its recognition as a Classical language in India, a move also celebrated in Sri Lanka. Addressing a key issue, both leaders discussed the livelihoods of fishermen from both countries, agreeing to adopt a humanitarian approach to resolving challenges faced by the fishing communities. In his remarks, President Dissanayake assured Prime Minister Modi that Sri Lanka would not allow its territory to be used in any way that could harm India's interests. He also spoke about the unprecedented economic crisis

Sri Lanka faced two years ago, emphasizing the vital support provided by India during that period and in the subsequent debt restructuring process. Dissanayake expressed his joy at visiting India on his first foreign trip as president, calling it an important step in furthering bilateral cooperation. The Sri Lankan President was given a ceremonial reception at the forecourts of Rashtrapati Bhavan, where he was welcomed by President Droupadi Murmu and Prime Minister Modi. Dissanayake also paid floral tributes to Mahatma Gandhi at Rajghat, honoring India's Father of the Nation. During his three-day visit, President Dissanayake will meet with President Murmu and Vice President Jagdeep Dhankhar. He is also scheduled to visit Bodh Gaya, Bihar. This marks the first bilateral

visit of President Dissanayake to India since assuming office. The Ministry of External Affairs indicated that the visit is expected to further strengthen multi-faceted cooperation between the two countries, particularly in the fields of trade, investment, and regional security. The trade between India and Sri Lanka reached \$5.5 billion in 2023-24, underscoring the growing economic ties. Sri Lanka remains India's closest maritime neighbor in the Indian Ocean Region and plays a key role in Prime Minister Modi's vision of a secure and stable region under the SAGAR (Security and Growth for All in the Region) and India's Neighbourhood First policy. President Dissanayake is also scheduled to participate in a business event in Delhi to promote stronger commercial and investment links between India and Sri Lanka.

## IIT-ISM Launches Nurturing Future Leadership Program for Educators



**Dhanbad:** The Indian Institute of Technology (Indian School of Mines), Dhanbad, successfully inaugurated the Nurturing Future Leadership Program under the esteemed Malaviya Mission Teacher Training Programme (MMTTP). The event was held at the FDC Conference Hall-1, 2nd Building, where educators and academic leaders from prestigious institutions gathered to celebrate this new initiative aimed at developing leadership skills among educators. The program was inaugurated by Professor Dheeraj Kumar, Deputy Director of IIT-ISM Dhanbad, who highlighted the crucial role of teacher training in shaping the future of education. In his address, Professor Kumar emphasized that leadership development programs like the Nurturing Future Leadership Program are essential for empowering educators to lead with excellence and vision in the ever-evolving educational landscape. Professor Mrinalini Pandey, the Coordinator of the NFL Program, expressed her gratitude to all the institutions and stakeholders involved in supporting the initiative. The program has brought together educators from esteemed institutions such as BHU Varanasi, EFLU Hyderabad, University of Kashmir, Central Sanskrit University, IIT-BHU Varanasi, IIT Jodhpur, Kazi Nazrul University, Sidho-Kanho Birs University, and Gujarat Technological University Ahmedabad, among others. The Nurturing Future Leadership Program is a significant step in IIT-ISM Dhanbad's commitment to enhancing educational standards and fostering future-ready leadership in the education sector. The Ministry of Education's support through the Malaviya Mission Teacher Training Programme has been instrumental in bringing this initiative to life. The program is set to inspire and develop the leadership potential of educators, contributing to the growth and innovation of India's educational landscape.

## ISM Dhanbad Hosts 44th Convocation Ceremony, Honoring Graduates



**Dhanbad:** The 44th Convocation of IIT (ISM) Dhanbad began today at the Penman Auditorium, with a special ceremony to honor the 183 graduates of the 2023-24 batch. The event was graced by Padma Bhushan Dr. V.K. Saraswat, Member of NITI Aayog, who delivered the convocation address as the chief guest. Dr. Saraswat also presented medals to the graduating students, marking a significant milestone in their academic journey. The inaugural ceremony, which began at 6:30 p.m., was further distinguished by the conferral of an honorary Doctor of Science (D.Sc.) degree upon Dr. Saraswat. The award recognized his outstanding contributions to science and technology. In his address, Dr. Saraswat commended IIT (ISM) Dhanbad for its evolution from a pioneering institution in mining education to one that now offers a wide array of disciplines. He expressed pride in the institute's global recognition, citing its inclusion in the BRICS 2024 Summit, which showcased its contributions to science and technology. "It gives me great pleasure to learn that IIT (ISM) Dhanbad has been showcased at the BRICS Summit, a testament to its global impact," Dr. Saraswat remarked. Dr. Saraswat also highlighted the fast-changing global landscape and stressed the importance of staying ahead in a data-driven, knowledge-centric world. "The 21st Century is a knowledge century, and this is surely the century for our nation," he said. "India has always played a central role in advancing knowledge, and now, as graduates, you are part of a community capable of making a positive impact worldwide." Prof. Prem Vrat, Chairman of the Board of Governors at IIT (ISM) Dhanbad, addressed the gathering, which included graduates, their families, and faculty members. He urged the students to view education as a lifelong pursuit. "True knowledge is not just confined to books or classrooms; it is about understanding life, human values, and the world around you," said Prof. Vrat. He encouraged the graduates to continue learning throughout their lives, emphasizing the importance of empathy, values, and resilience. "Obstacles, failures, and moments of doubt are not signs of defeat but stepping stones to success," he added. Prof. Sukumar Mishra, Director of IIT (ISM) Dhanbad, provided an overview of the institute's recent achievements, including advancements in research and development, international collaborations, and ongoing infrastructure projects. He also highlighted IIT (ISM) Dhanbad's rise in global rankings, particularly its impressive 7th position among IITs in the QS Sustainability Rankings 2024. The convocation ceremony, which continues through December 17, marks a significant chapter in the academic journeys of the graduates. It also reflects the continued growth and prominence of IIT (ISM) Dhanbad as a leading institution in higher education and research.

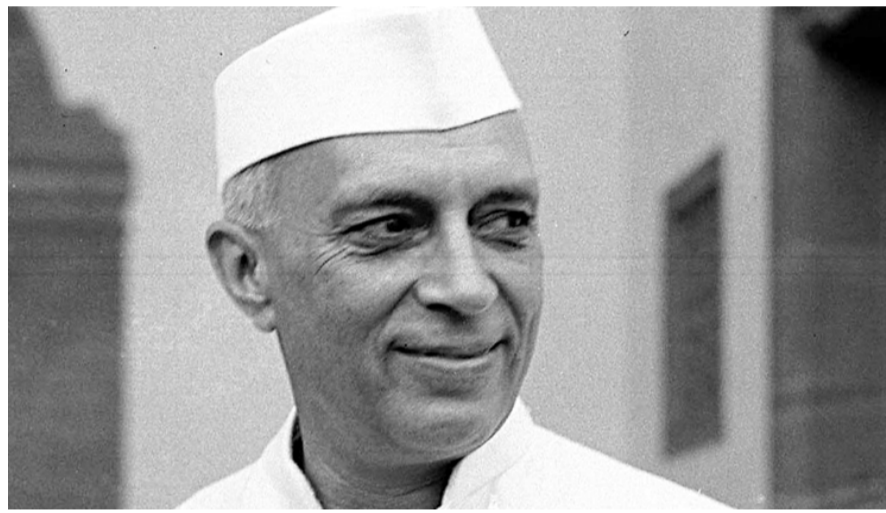
## DPS Chas Student secures 3rd rank in VVM in Jharkhand



**Bokaro:** Bijay Kumar Mahto, a Class IX B student of DPS Chas Bokaro, achieved remarkable success by securing the 3rd rank at the State Level Camp (Level-II) of Vidyarthi Vigyan Manthan (VVM) 2024-2025. VVM, India's largest digital science talent search exam, was held on 15 December, at CSIR-Central Institute of Mining and Fuel Research (CSIR-CIMFR) in Dhanbad. The event is organized by Vijnana Bharati (VIBHA) in collaboration with NCERT, NCSM, and the Ministry of Culture, Govt. of India. Bijay's exceptional performance earned him a cash prize of ₹2000 and secured his spot in the National Level of VVM 2024-25, highlighting his scientific brilliance and dedication. The Chief Mentor of DPS Chas, Dr. Hemlata S. Mohan, congratulated Bijay, praising his achievement as a testament to the school's commitment to academic excellence and scientific exploration. Director/Principal Dr. Manisha Tiwari also applauded his success, emphasizing the importance of hard work and the supportive learning environment at DPS Chas. She expressed confidence in his potential to excel at the national level and inspire others.

## PMML Asks Rahul Gandhi to "Return" Pt. Nehru's Letters Removed by Sonia in 2008

**New Delhi:** The Prime Minister's Museum and Library (PMML) has formally requested Congress MP Rahul Gandhi to return a collection of historical letters written by India's first Prime Minister, Pandit Jawaharlal Nehru, which were removed from public access by the UPA government in 2008. The letters, addressed to prominent 20th-century figures such as Albert Einstein, Lord Mountbatten, Padmaja Naidu, and Babu Jagjivan Ram, were taken out of the Nehru Memorial Museum and Library (NMML) upon the request of Sonia Gandhi, then UPA chairperson. The PMML, which succeeded the NMML and was renamed last year, acknowledged the personal significance these letters may hold for the Nehru family but emphasized their importance for scholars and researchers. In a letter to Rahul Gandhi, the PMML stated, "We believe that making these historical materials more widely accessible would greatly benefit scholars and researchers. We would be grateful for your collaboration



in exploring possible solutions." The collection comprises 51 boxes of Nehru's letters, which were removed from the public eye in 2008 under the instructions of Sonia Gandhi. Among these letters are those written by Nehru to Lady Edwina Mountbatten, wife of Lord Louis Mountbatten, the last Viceroy of India. Their complex and often speculated relationship has been the subject of much historical interest. Nehru's letters to Edwina, spanning from 1948 to her

death in 1961, reveal personal reflections and confidential discussions about state affairs. The BJP has since criticized the Congress over the issue, with spokesperson Sambit Patra accusing Sonia Gandhi of hastily removing these letters. He pointed out that, despite a 2010 decision to digitize all documents, the letters were taken away without explanation. "Why were 51 cartons of letters taken away in haste when there was already a plan for digitization?" Patra questioned.

In response, Congress has dismissed the BJP's claims as a political diversion. Party MP Imran Masood suggested that the ruling party was attempting to shift focus from ongoing bribery charges involving a prominent business group. The Nehru Memorial Museum and Library, established at Nehru's former residence in New Delhi, was renamed the PMML in August 2023. It remains a key institution for preserving the legacy of India's first Prime Minister.

## BIT Mesra Hosts Training on Diabetic Wound Healing

**Ranchi:** The Department of Pharmaceutical Sciences and Technology at Birla Institute of Technology (BIT), Mesra, successfully organized a one-day Research Facility Training Program on December 16, 2024. The event, conducted under the SERB Scientific Social Responsibility (SSR) policy, focused on "Mechanistic Insight of Healing Diabetic Wounds Using Honey." The program, inaugurated by Chief Guest Prof. Sandeep Singh Solanki, Dean of Post Graduate Studies at BIT Mesra, along with Dr.



Papiya Mitra Mazumder, Head of the Department, and Dr. Bapi Gorain, Principal Investigator of the project, saw participation from around 50 attendees, including 10 researchers from external institutions.

The focus was on exploring honey's therapeutic potential in diabetic wound healing through molecular pathways, particularly the regulation of AMPK, HIF-1α, and inflammatory cytokines. The event featured keynote addresses and interactive sessions, fostering knowledge exchange and collaboration on innovative healthcare solutions. The program highlighted the role of SSR initiatives in bridging scientific research and societal healthcare advancements.

## BIT Mesra to host International Conference on Advances in Materials and Chemical Sciences

**Ranchi:** The Department of Chemistry at Birla Institute of Technology (BIT), Mesra, in association with the Materials Research Society of India, is set to host the International Conference on Advances in Materials and Chemical Sciences (AMCS-24) from 18th to 20th December 2024. The event will take place on the BIT Mesra campus and will bring together researchers, academics, industry professionals, and students to delve into the latest advancements in the fields of materials and chemical sciences. The three-day conference will feature keynote addresses, plenary sessions, invited talks, and contributed lectures, providing a dynamic platform for knowledge sharing and fostering interdisciplinary collaborations. The discussions will cover a wide array of topics focusing on cutting-edge innovations in advanced materials and chemical sciences. Professor Dr. Susanta Banerjee, Institute Chair Professor and Chairperson of the Central Research Facility (MSD), Indian Institute of Technology Kharagpur, will serve as the Chief Guest at the conference. Dr. Indranil Manna, the Hon'ble Vice-Chancellor of BIT Mesra, is the patron of the event. The leadership team for AMCS-24 includes Dr. Ashoke Sharon, Dean of Faculty Affairs at BIT Mesra, as Chairman; Dr. Sumit Mishra, Head of the Department of Chemistry at BIT Mesra, as Convener; Prof. Pratim Chat-



taraj, Distinguished Visiting Professor at BIT Mesra, as Senior Advisor; and Dr. Pradip Kar and Dr. Barnali Dasgupta Ghosh, both from the Department of Chemistry at BIT Mesra, as Organizing Secretaries. The conference will address various topics including: Advanced Polymers, Advanced Glass and Composites, Advanced Biomaterials, Advanced Green Materials, Advanced Molecular Systems, Advances in Chemical Sciences, Energy and Functional Materials, Emerging and Hybrid Materials, Materials in Interdisciplinary Domains, and Engineering Materials. AMCS-24 aims to offer a unique opportunity for participants to engage with experts from diverse fields and gain insights into the latest trends and developments in materials and chemical sciences. Researchers, academicians, students, and professionals seeking to apply advanced materials in various sectors will find this conference an invaluable experience.

www.creativeinteriorsranchi.com

**Reimagine Your Heaven**  
 We turn dreams into reality.

+91 99391 09311 | 79039 57387  
 8th Lane, Netaji Nagar, Kantatoli, Ranchi

# Siddaramaiah suggests CBI probe into 'Waqf scam' as BJP denies allegations

**Karnataka Chief Minister Siddaramaiah accused BJP state chief BY Vijayendra of attempting to bribe ex-Minority Commission chairperson Anwar Maniappad to suppress a Waqf scam report.**

**Bengaluru.** Karnataka Chief Minister Siddaramaiah on Sunday said that his allegations 'Waqf scam' against the state BJP chief were based on evidence and urged the Central government to order a CBI probe into the matter if the saffron party's claims of innocence are true.

These remarks came after the Karnataka BJP president, BY Vijayendra, dismissed Siddaramaiah and ruling Congress leaders' charges that he attempted to "bribe" former state Minority Commission chairperson Anwar Maniappad to hush up his report on the Waqf encroachments. "I made the statement based on his video where he spoke about it, and I commented on that. Let them hand over the case to the CBI and let the central government investigate it," Siddaramaiah said.

"Have you seen his video statement? He mentioned that he had written a letter to the Prime Minister and the President. If he is now denying making the statement, that means he is lying. Let the Union Government hand over the case to the CBI. The Prime Minister



► **Siddaramaiah accuses Karnataka BJP chief of trying to suppress 'Waqf scam'**  
 ► **BY Vijayendra denies allegations, says Congress 'perturbed' by charges of corruption**  
 ► **Chief Minister urges a CBI probe to prove BJP's claims of innocence**

claims 'Na khaunga, na khane dunga', let him give the case to the CBI," he continued. Siddaramaiah, in a statement on Saturday, said that Maniappad had publicly claimed Vijayendra visited his house during Yediyurappa's tenure as Chief Minister and offered Rs 150 crore to remain silent about the Waqf property encroachment report. However, on Sunday, Maniappad denied that any such offer was made by Vijayendra. Siddaramaiah, meanwhile, stated that there was video footage of Maniappad making the allegation and demanded that the central government order a CBI probe into the matter.

Rejecting these allegations, Vijayendra questioned whether there was any logic in the claims. He said Congress and Siddaramaiah seem to be "perturbed" by the allegations of corruption and scam against them, especially by the MUDA site allotment case against the Chief Minister.

## Suspended member of key regional ally of Tamil Nadu's DMK quits party

**VCK general secretary Aadhav Arjuna, who was suspended over his comments on DMK following monarchy, resigned from the party. VCK, a key ally of the ruling DMK in Tamil Nadu, earlier suspended Arjun for his remarks against DMK at a book launch event.**

**Tamil Nadu.** Viduthalai Chiruthaigal Katchi (VCK) deputy general secretary Aadhav Arjuna, who previously commented that the ruling Dravida Munnetra Kazhagam (DMK) in Tamil Nadu, resigned from the party on Sunday evening. In a post on social media platform X, he wrote his resignation letter and added the picture of the document he sent to the party.

In the letter, addressed to VCK chairperson Thol Thirumavalan, Aadhav wrote that he joined the party to work for the oppressed. "I don't have any difference of opinion with the ideology of Viduthalai Chiruthaigal Katchi," he wrote, adding "The thoughts that stemmed out of me due to



valid anger over the welfare of the people have now turned into points of debates. I don't want this to create a rift between us."

He stated that because he didn't want any "unnecessary debates on open forum", he decided to resign from VCK.

Aadhav also stated that he would continue to question this and sought Thirumavalan's blessings. Aadhav Arjuna created a political storm when, at a book launch on December 6, he allegedly targeted DMK when he said that a party which claimed to be the champion of social justice was following monarchy. "Tamil Nadu will no longer allow monarchy to flourish. A Chief Minister should not be appointed based on birth," Aadhav had said. The comment was widely interpreted as a direct jibe at Chief Minister MK Stalin, who took over the state's top post after his father M Karunanidhi.

Following the remark, Aadhav also claimed responsibility for DMK's victory in the state elections. The party, however, distanced itself from Aadhav's comment, and led to his suspension from VCK for six months. Meanwhile, VCK chief reacted to Aadhav's resignation. "My blessings are always with him. In public life, patience and tolerance are essential. I expected him to get that opportunity in Viduthalai Chiruthaigal Katchi. This also seems to be (his) urgent decision," Thirumavalan said. Even before the monarchy comment, Aadhav courted controversy when he claimed that alliance parties couldn't be content with only seat sharing, they needed power sharing.

## Friend in social sense: Shashi Tharoor's clarification as old Soros post surfaces

**New Delhi.** Congress MP Shashi Tharoor firmly denied having any financial or political ties to US investor George Soros after social media users dug up a 15-year-old tweet of his in which he refers to the billionaire as an "old friend". In a post on X (earlier Twitter), Tharoor called the controversy over a 15-year-old tweet "absurd" and the product of "unhealthy curiosity." The Thiruvananthapuram MP and former UN diplomat described his relationship with Soros as purely social. "Since there is so much unhealthy curiosity about this tweet, I knew Mr Soros well in my UN days as an upstanding international-minded resident of New York. He was a friend in the social sense: I have never received or solicited a penny from him or any of his foundations for myself or any institution or cause I supported," Tharoor wrote on



Sunday. His remarks come at a time the BJP has accused top Congress leaders of colluding with Soros to destabilise India. The Congress has refuted the charge as baseless. Tharoor clarified the two had very limited interactions, and that he had only met Soros once since the tweet — at a dinner hosted

by Hardeep Singh Puri, then India's Ambassador to the United Nations and now a BJP Minister. "Amb Puri had invited a number of prominent Americans for a dinner discussion with me (and that was entirely appropriate). I have not been in touch with Mr Soros since," he added. The Congress leader hit back at detractors for sensationalising a 15-year-old "innocuous tweet" and ridiculed the "troll factory" amplifying the narrative. "I hope this clarifies matters to those misguided enough to make an absurd allegation out of a fifteen-year-old innocuous tweet. But knowing how the troll factory works, I have no doubt it won't!" Tharoor said. The controversy over Soros exploded in Parliament last week after BJP leaders accused former Congress president Sonia Gandhi of being aligned with the billionaire investor, whom they allege is attempting to undermine India's democratic institutions.

# Return Nehru's letters taken by Sonia Gandhi: PM Memorial writes to Rahul Gandhi

**In a letter to Congress leader Rahul Gandhi, the Prime Ministers' Museum and Library urged him to return Jawaharlal Nehru's personal letters, which were allegedly taken by Sonia Gandhi during the UPA regime.**

**New Delhi.** The Prime Ministers' Museum and Library (PMML) has formally requested the return of personal letters written by India's first Prime Minister, Jawaharlal Nehru, which were sent to Congress leader Sonia Gandhi in 2008 during the UPA regime.

In a letter dated December 10, PMML member Rizwan Kadri wrote to Congress MP Rahul Gandhi, urging him to retrieve the original letters from Sonia Gandhi or provide photocopies or digital copies. This follows a similar request made to Sonia Gandhi in September.

The letters, considered to be of immense historical importance, were initially entrusted to the Nehru Memorial Museum and Library (now PMML) by



the Jawaharlal Nehru Memorial in 1971. However, they were reportedly packed into 51 boxes and sent to Sonia Gandhi in 2008.

The collection includes correspondence between Nehru and prominent figures such as Edwina Mountbatten, Albert Einstein, Jayaprakash Narayan, Padmaja Naidu, Vijaya Lakshmi Pandit, Aruna Asaf Ali, Babu Jagjivan Ram, and Govind Ballabh Pant, among

others. In his letter to the Gandhi scion, Kadri mentioned that Nehru's private papers were given to the PMML by his daughter and former PM Indira Gandhi since 1971 "for safekeeping rather than an outright gift". He also cited the minutes of a 2008 meeting which mentioned that Sonia Gandhi took away 51 cartons of the donated papers.

As the letters "provide invaluable insights into a critical period of Indian history", the PMML sought their return to the institution's archives. "We understand that these documents may hold personal significance for the 'Nehru family.' However, the PMML believes that making these historical materials... more widely accessible would greatly benefit scholars and researchers," the letter stated.

# Manmohan Singh as PM doomed Congress's return to power: Mani Shankar Aiyar

**Mani Shankar Aiyar argued that Congress's decision to retain Manmohan Singh as Prime Minister despite his declining health led to governance paralysis and ultimately doomed the party's chances of forming UPA-III.**

**New Delhi.** Veteran Congress leader Mani Shankar Aiyar asserted that the decision to retain Manmohan Singh as Prime Minister, despite his declining health, hindered the party's prospects of returning to power for a third term.

In his new book, Aiyar proposed that Pranab Mukherjee should have been appointed as Prime Minister, while Manmohan Singh could have been elevated to the presidency when the Rashtrapati Bhawan became vacant in 2012.

Such a move could have prevented the "paralysis of governance" that plagued UPA-II, the 83-year-old Aiyar argues in *A Maverick in Politics*.

He claims that the decision to retain Manmohan Singh as Prime Minister and move Pranab Mukherjee to Rashtrapati Bhawan ultimately "doomed" the Congress's chances of securing a third consecutive term with UPA-III. "In 2012, the prime minister (Manmohan Singh) underwent operations for multiple coronary bypasses. He



never quite recovered physically. It slowed him down and this showed up in governance. As for the party, there was no official announcement about the Congress president's health when she took ill at about the same time as the PM," Aiyar says. The diplomat-turned-politician observed

that both the Prime Minister's Office and the party president's position soon slipped into a state of stasis, marked by a noticeable lack of governance. He notes that several crises, particularly Anna Hazare's 'India Against Corruption' movement, were either mishandled or left unaddressed altogether. "The choice of Rashtrapati: Manmohan Singh or Pranab Mukherjee. Personally, I was of the view that Pranab Mukherjee should have been given the reins of the government and Dr Manmohan Singh elevated to President of India when the office of Rashtrapati presented an opening in 2012," the book reads. "This was primarily because we needed a very active PM in good health and with the energy to lead the government (Pranab Da) and a person of high distinction who had served his country exceptionally well (Manmohan Singh) to preside over the nation. Pranab's memoirs indicate that this was in fact contemplated," Aiyar points out.

# 'Why this approach after being Chief Minister': Congress vs Omar Abdullah on EVMs

► **Congress MP Manickam Tagore asked the Jammu and Kashmir Chief Minister to check his facts after Omar Abdullah questioned the Congress's stance on EVMs.**

**New Delhi.** The Congress said it was the Samajwadi Party, NCP (SP), and the Shiv Sena (UBT) that had spoken against Electronic Voting Machines (EVMs) as it hit back at ally Omar Abdullah for questioning the party's



stance on the voting method. In a sharply worded post on Monday, Congress MP Manickam Tagore asked the Jammu and Kashmir Chief Minister to check his facts.

"It's the Samajwadi Party, NCP, and Shiv Sena UBT that have spoken against EVMs. Please check your facts. The Congress CWC

(Congress Working Committee) resolution clearly addresses the ECI only. Why this approach to our partners after being Chief Minister?" Manickam Tagore tweeted.

Omar Abdullah's National Conference is part of the INDIA bloc and the Congress is an alliance partner of the party in J&K. The development marks another point of friction between the Congress and another INDIA bloc ally.

Following significant electoral defeats in Haryana and Maharashtra, the Congress and other opposition parties have advocated a return to ballot paper voting, expressing concerns over the reliability of EVMs.

Abdullah, in an interview, dismissed the Congress's objection, saying the voting machines "cannot be a problem only when you lose elections." "When you get 100 plus MPs using the same EVMs, and you celebrate that as a sort of victory for your party, you can't

► **Congress says Samajwadi Party, NCP (SP), Sena (UBT) objected to EVMs**  
 ► **Omar Abdullah said EVMs can't be a problem only when one loses polls**  
 ► **After losses in Haryana, Maharashtra, Congress sought return to paper ballots**

then, a few months later turn around and say... we don't like these EVMs because now the election results aren't going the way we would like them to," Abdullah said in an interview with

Citing his own example, Abdullah said when he lost in the Lok Sabha elections earlier this year, he "never blamed the EVMs".

"How can you have problems with the EVMs and then continue to fight elections... If you don't trust the machines, then you shouldn't be

fighting elections... You can't say that if I win, I am going to keep quiet and if I lose, then something is wrong with the machines," he said.

Seizing the opportunity, the BJP used Abdullah's remarks to slam the Congress and Rahul Gandhi. "EVMs can't be good when Congress wins and bad when they lose. Rahul Gandhi is increasingly looking like a loser no one wants to stand with," BJP IT Cell chief Amit Malviya tweeted.

## How AI skills will drive economic growth in 2025

With artificial intelligence poised to reshape industries worldwide, a paradox is emerging. Despite a growing demand for people with the knowledge to leverage the technology's potential, AI-related skills remain in short supply. The scarcity of AI-related skills — from proficiency in machine learning, prompt engineering and data science to an understanding of AI's ethical implications — is becoming a major obstacle in deploying the technology effectively. In one recent report, 47 per cent of executives say their employees lack the necessary skills. This will affect companies' ability to move AI projects from conception to implementation. A 2023 report from the World Economic Forum finds that "six in 10 workers will require training before 2027, but only half of workers are seen to have access to adequate training opportunities today." This gap in skills bodes ill not only for individual career growth, but also for economic growth more broadly. Capitalising on the opportunities that AI presents will require updated approaches to education and training. In the coming year, educational and vocational institutions will likely place a much greater emphasis on teaching AI ethics skills, offer flexible lifelong learning and infuse AI into their offerings to be more competitive.

AI ethics skills will become a core concern — and for good reason. In the space of just a few years, generative AI has become available to anyone with a computer and an internet connection. For employers and their information technology (IT) departments, this raises the problem of "shadow AI," or unsanctioned use of generative AI by employees. It could expose companies to a wide range of security, compliance, and reputational risks. In addition, the workforce will need AI ethics skills to manage new AI agents: tools that can automate complex tasks that would otherwise require human resources.

Shadow and agentic AI both demand new guardrails to help users protect AI applications based on responsible AI practices. To this end, education providers will begin to emphasise training on the fundamentals of AI explainability, fairness, robustness, transparency and privacy. Without a basic understanding of how AI models generate their output, for example, those responsible for protecting data or controlling autonomous systems will be ill-equipped for the task.

With AI and other new technologies evolving rapidly, lifelong learning will become the new normal. The process can be divided into developing skills that meet immediate needs, anticipate future needs and furnish always-in-demand expertise. Many traditional roles within an organisation will soon change. For example, some employees who currently work independently (who don't manage other people) may join new types of teams in which humans manage AI agents. And to prepare them for this fundamental change, demand for online courses and digital credentials in AI-related fields like natural language processing and machine learning will likely increase. Moreover, the future use of quantum computing will continue to drive the need for new skills. And the steady rise in the number and variety of cyberattacks — such as "harvest now and decrypt later" (HNDL) hacks — underscores the importance of up-to-date cybersecurity skills. That is why our own organisation is working with community colleges across four US states to offer a new cybersecurity certificate that will prepare students for in-demand roles across the workforce. Similarly, our collaborations with Singapore Polytechnic and historically black colleges and universities (HBCUs) in the US provide free training in AI to young learners. And while this process may begin in the classroom, we can also expect to see more opportunities for upskilling as the relevant technologies evolve. For anyone who wants to stay competitive in the job market, lifelong learning has become indispensable.

## India learning to play it both ways

THE GREAT GAME: In Afghanistan and Bangladesh, India's hyper-realist foreign policy is the mantra for our times

FOREIGN Secretary Vikram Misri's measured remarks on his visit to Bangladesh with the Parliamentary Standing Committee on External Affairs in Delhi this week is a welcome return to the realistic middle ground for which India's foreign policy has been well known. Most interestingly, Misri addressed the Sheikh Hasina question with full forthrightness. He was speaking to his MPs, but, no doubt, the message was being read and heard in Dhaka equally carefully. The result was a fine balance, an adroit defence of a friend of whom you have not fully approved in the past nor in the present circumstances, but cannot fully wash your hands of.

Misri said Hasina was using "private communication devices" — sometimes called a phone or an iPad or a computer, via any number of service providers — to make the highly critical comments that she had recently done on the Bangladesh interim government and its chief adviser Mohammed Yunus as well as Dhaka's lack of protection of the minority Hindu community in Bangladesh. Misri never once said whether India approved of what Hasina was saying. He pointed out that India's ties with Dhaka were not dependent on a "single political party" but focused on the "people of Bangladesh."

So, let's read between the not-so-finely-drawn lines. India, Misri was clearly saying, was ready to move on from its old tie with Hasina and try to restore a measure of normalcy with Naya Bangladesh — after all, it's not as if Delhi has not dealt with not-so-friendly governments in its eastern neighbour before. Ask Ronen Sen, the old ambassador with a penchant for history, about the time when Mujibur Rahman, Hasina's father, was assassinated that late night or early morning, depending on your sleep cycle, back in 1975, and why such a brutal event, if not an assassination, was waiting to happen. Ask the other ageing diplomat with a razor-sharp mind, Deb Mukharji, about his interactions with Hasina and Khaleda Zia and why the two women who ran the country between them for decades detested each other with such full-blown certainty, and why the August 4 "uprising" or "debacle", depending on how you saw it, was inevitable.

Let's move on. Misri was telling Dhaka, even as he spoke to the Indian parliamentarians in Delhi. It's been an ugly episode, ugly for us, too. Misri will

never say this, nor will any serving Indian diplomat, but the fact remains that when India supported Hasina in her last victory this January as well as the last time she won, in January 2019, it had not-so-delicately held its diplomatic nose.

Involve the opposition parties, Delhi had told Hasina repeatedly, talk to Khaleda Zia and to the rest of the Bangladesh Nationalist Party, ask them to participate in the elections, this is not a one-party state. Delhi's advice to Mujib's daughter was as much for herself, for the people of Bangladesh, whose loyalties were divided down the middle

years ago; certainly, all sides are waiting for another round of the great game. Certainly, the Russians are obliging by removing the Islamic Emirate of Afghanistan from their list of banned entities.

You might wonder about Delhi's hyper-realism, and what exactly is going on. You might ask yourself: is it actually true that India wants to be friends with a regime that has banned women from singing, or girls from studying in schools beyond Class VI and kept most other human rights in abeyance? The fact is that India is taking a leaf out of the book the big powers have read and torn up, chapter by chapter, whenever they felt like it. The simple answer is that India may be finally learning to play it both ways. To support the ghoulish Taliban regime because it helps protect India's northern border once removed — it is Pakistan that has a border, not India, of course — and because India hopes that a friendly Taliban could sometime in the future come to its aid in allowing Indian operatives to put pressure on Pakistan on its northern frontier.

As the year comes to an end, the interesting change in the Modi government's foreign policy in its third term is that it has no special friends or enemies. (The one exception, of course, is Pakistan). The decision to end the fracas at the Line of Actual Control and strike a deal with the Chinese was taken with the full force of knowledge that a military standoff at high altitude was being undermined by a burgeoning imbalance in bilateral trade. Perhaps, the Russians helped — who knows.

Defence Minister Rajnath Singh's visit to Moscow this week is as much a part of this hyper-realism as is the decision to cut a deal with the incoming Trump administration, whatever it takes. The last time around when Trump was in power, some arguments — some as small as high tariffs around American chicken's legs, medical equipment and super-expensive Harley Davidson motorcycles — had threatened to overtake the relationship. This time around, Delhi is not about to strike the iron with things so small and silly. The moral of 2024 is also that power is not enough; it is the exercise of that power that is equally important. From Yunus' Bangladesh to the Raj Kapoor dynasts who recently met PM Modi, the message is simple. Only if you stand long enough can you be counted.



between the Awami League and the BNP, as for the safety and security of its own north-eastern states, several of which share the more than 4,000-km-long boundary between them. India's new tie with Bangladesh is as interesting as the one it is building with the Afghan Taliban. Only a few weeks ago, senior Indian diplomat JP Singh travelled again to Kabul to meet the Taliban Defence Minister, Mullah Yaqoob — who also happens to be Mullah Omar's son. The meeting set off alarm bells in several parts of the neighbourhood, notably Pakistan.

Some Americans wondered if Delhi was making nice with the bad guys — although it is more than likely that the Deep States in India as well as in the US were fully on board with the move. Remember that the Taliban have not touched one brick of the US embassy in Kabul since the Americans fled two

## Dishonourable

### Allahabad HC judge has done a big disservice

ONLY a strong institutional response will serve the cause of justice following the communally charged remarks by a judge of the Allahabad High Court. Demands have been put forth for an inquiry against Justice Shekhar Kumar Yadav, suspension of his judicial work and even impeachment. The Supreme Court has sought details of the controversial speech amid protests that this brazen violation of the code of conduct casts doubts on the judiciary's independence and neutrality. Addressing an event organised by the Vishwa Hindu Parishad on the Uniform Civil Code, Justice Yadav said the country would function as per the wishes of the majority. Replete with communal slurs, his speech also alluded to the media attention it would generate. A line has been crossed, and what's worse, all too knowingly. Impartiality is the cornerstone of the Constitution and the rule of law. An individual who has



taken oath to uphold these principles making an exhibition fair justice. Hear, hear, Justice Yadav.

of his prejudices does a huge disservice to both his constitutional role and the judicial system. The impact is not confined to communal unrest; it erodes public faith in the judiciary's integrity. A denial or a rebuttable will not suffice. There must be consequences. The top court, the expectation is, will send a firm message on what is not acceptable.

A Supreme Court Bench's observations after its suo motu cognisance of objectionable remarks by a Karnataka High Court judge need reiteration. The perception of justice to every segment of society, it said, was as important as the rendition of justice. It was intrinsic for judges to be aware of their own predispositions, it noted, because it was only on the basis of such awareness that they could remain truly faithful to deliver objective and

## Why a pandemic treaty is still hanging fire

National capacity for an early detection and comprehensive swift responses to novel diseases are the keys to minimising the impact of future pandemics.

THE havoc caused, the deaths and the social chaos witnessed during the Covid-19 pandemic are gradually fading from public memory. This ought not be. That pandemic was neither the first such health emergency nor will it be the last one that has the potential to engulf the entire world. Any extraordinary event which constitutes a public health risk through the international spread of disease and requires a coordinated international response, implies a situation that is serious, sudden, unusual or unexpected. Since 2007, WHO has officially declared seven such public health emergencies of international concern. These were the influenza pandemic (2009), Ebola (2013-2015, and 2018-2020), poliomyelitis (2014 to present), Zika (2016), Covid-19 pandemic (2020) and mpox (2022 and 2024). Given their frequency and regularity of occurrence, it can be logically surmised that the next pandemic is knocking at our doors. The question is when it will appear with a potential to repeat or exceed the magnitude of previous pandemics. What causes a pandemic? Most pandemics during the current millennium are caused by viruses of animal origin which have originated from wildlife where millions of viruses continue to circulate. Most of these viruses are transported by bats from wildlife into nearby animal and human habitation thus kicking an epidemiological cascade from local outbreak to massive epidemics and a possible pandemic. The degradation of the environment, especially deforestation, enhances the proximity of wildlife to domestic animals and human habitation thus enhancing the risk of emergence and transmission of novel viruses. Recognising that these emergencies cannot be prevented but, with appropriate preparedness, can result in low-risk events for communities, WHO coordinated the development and promulgation of an instrument-based framework. The International Health Regulation of 2005 is a legally

binding treaty between 193 member countries, and calls upon countries to share information on public health events in a transparent manner and build their national core capacity for the prevention, detection, and response to health emergencies. What progress has been made to strengthen national core capacities? According to self-assessment in 2022, India scored 85 per cent against the global average of 66 per cent. However, the Global Health Security Index puts India at No 66 amongst 195 countries with a score of 42.8 against a global average of 28.4. According to this Global Health Security Index all countries remain dangerously unprepared for future epidemic and pandemic threats, including threats potentially more devastating than Covid-19, and no country is fully prepared for future pandemic or epidemic threats. There is unquestionable need for an urgent and comprehensive enhancement of India's capacity in alignment with international health regulations. Learning from the Covid-19 pandemic, the need for a comprehensive national public health law has been acutely felt.

A recent NITI Aayog document on future pandemics has recommended the enactment of the Public Health Emergency Management Act to facilitate the response to any public health crisis including a holistic approach to health management, prevention, control and response. At the global level, a pandemic treaty is hanging fire and being negotiated for last two years among 194 WHO member countries, but consensus remains elusive. The idea is to increase collaboration before and during pandemics after acknowledged failures during Covid-19. Given the importance of multisectoral approach, the



establishment of One Health Mission at the highest technical level in India augurs well. Implementation of this ambitious Mission has the potential to bring together all sectors and catalyse convergence for meeting common national objectives. India has started strengthening its infrastructure. Major challenges include strengthening of microbiological laboratories which are critical for early diagnosis and surveillance. Progress has been made in surveillance through a web-based Integrated Disease Surveillance Programme that detects an average of 40-50 outbreaks every week. This is indicative of the national burden of infectious diseases. A strong and battle-ready epidemiological capacity

especially trained workforce through the India epidemic intelligence service and field epidemiology training programme need to be expanded to cater to the urgent need for conducting effective outbreak investigation and taking action locally. We also need to build capacity for national surveillance and detection of novel pathogens from animals and wildlife. The national surveillance programme should facilitate community and hospital data to flow seamlessly into a unified data portal for data access and sharing across all relevant sectors for mounting appropriate interventions. An efficient integrated surveillance at human-animal-wildlife interface is critical for early detection of such unusual events. There is a need to develop a country-specific forecasting and prediction modelling system by harnessing expertise available in non-health institutions of excellence. Vaccines are the most cost-effective public health interventions. It was incredible how Indian scientists, industry and regulators rose to the occasion and developed and manufactured efficacious Covid-19 vaccines in a short period. Administering 2.2 billion doses to more than 1 billion people is indeed commendable. For new vaccines, diagnostics and medicines to combat future health emergencies, a focused National Mission on therapeutics and novel drug development should be established with a 100-day target to develop, produce and make these fit for use in the communities through networking of pharmaceutical industry, research institutes and regulatory authorities



# पंचतत्वों पर आधारित खानपान रखे स्वस्थ

वायु - सांस के माध्यम से हर प्राणी वायु ग्रहण करता है। बाकी तत्वों को कुछ समय या कुछ दिन के लिए छोड़ा जा सकता है, पर वायु को नहीं। जो लोग अनशन या उपवास करते हैं, वे भी अन्न, फल, सब्जी या जल आदि छोड़ देते हैं, पर वायुसेवन नहीं। एक समय आहार लेने वाले सन्यासी भी वायुसेवन तो प्रतिक्षण करते ही हैं। अर्थात् पंचतत्व में से वायु प्राणियों के लिए सबसे महत्वपूर्ण आवश्यकता है।

यह वायु व्यक्ति को शुद्ध एवं प्राकृतिक रूप में पर्याप्त मात्रा में मिले, यह भी आवश्यक है। जो लोग बड़े शहरों में या उद्योगों के पास रहते हैं, उन्हें शुद्ध वायु नहीं मिल पाती। इसीलिए इन दिनों नये-नये रोग लगातार बढ़ रहे हैं। अब तो बड़े नगरों में शुद्ध ऑक्सीजन के बूथ खुलने लगे हैं, जहाँ ऐसे देकर व्यक्ति दस-पन्द्रह मिनट शुद्ध प्राणवायु ले सकता है। जैसे आजकल हर व्यक्ति अपने साथ साफ पानी की बोतल रखने लगा है, लगता है कुछ समय बाद लोग प्राणवायु के छोटे सिलेंडर भी साथ लेकर चला करेंगे। ताजी और शुद्ध प्राणवायु प्राप्त करने की निःशुल्क विधि प्रातःकालीन भ्रमण है। सूर्योदय होने पर पेड़ों द्वारा रात में उत्सर्जित कार्बन डायऑक्साइड वायुमंडल में चली जाती है। ऐसे शीतल और शांत वातावरण में अकेले या सपरिवार घूमना शुद्ध वायु ग्रहण करने का सबसे सरल उपाय है।

केवल घूमना ही नहीं, तो इस समय कुछ आसन, व्यायाम और प्राणायाम करना भी बहुत लाभदायक है। सुबह की ही तरह शाम का भ्रमण भी बहुत लाभकारी है। इन दोनों समय पर दिन और रात का मिलन होता है। इसके सदुपयोग से हम अपने शरीर तथा

मन को स्वस्थ रख सकते हैं। बच्चों और युवाओं को तो शाम के समय पढ़ने की बजाय खेलना ही चाहिए। चाहे कोई स्वयं वाहन न चलाता हो, पर प्रदूषित वायु सेवन करना तो उसकी भी मजबूरी ही है। इसलिए जहाँ सार्वजनिक यातायात व्यवस्था का बहुत अच्छा होना जरूरी है, वहाँ दस-बीस कदम जाने के लिए वाहन निकालने की आदत भी छोड़नी होगी। पेड़ों को कटने से बचाकर तथा परिवार के हर सदस्य के नाम पर एक पेड़ लगाकर हम प्रदूषण नियंत्रण में सहयोग दे सकते हैं।

जल- वायु की ही तरह जल भी व्यक्ति की प्राथमिक आवश्यकता है। किसी समय बहला पानी निर्मला कहकर नदियों का जल सर्वाधिक शुद्ध माना जाता था, पर अब नगरों के सीवर, कारखानों के अपशिष्ट, समय-समय उसमें विसर्जित की जाने वाली रासायनिक रंगों से पुती मृत्तियों तथा अन्य कूड़े करकट के कारण नदियाँ आचमन योग्य भी नहीं रह गयी हैं। अब तो सब जगह कुछ घंटों के लिए सरकारी पानी मिलता है। वह कितना शुद्ध होता है, कहना कठिन है। पानी साफ और भरपूर मिले, इसके लिए निजी बोरिंग कराने वालों की संख्या लगातार बढ़ रही है। जिनके लिए यह संभव नहीं है, उन्होंने भी घरों में फिल्टर लगा लिये हैं। इनसे एक लीटर पानी साफ होने के चक्र में चार लीटर पानी नाली में बह जाता है। शहरीकरण का अर्थ ही है, बिजली और पानी का अत्यधिक प्रयोग। अतः जल का स्तर लगातार नीचे जा रहा है। विद्वानों का मत है कि अगला विश्व युद्ध जल के कारण होगा। इसका सत्य तो भविष्य बताएगा पर नलों पर हर दिन डिब्बे और कनस्तर लिये लोगों को झगड़ते हुए कोई

भी देख सकता है। मंगल आदि ग्रहों पर जाने वाले यान भी वहाँ सबसे पहले पानी की ही तलाश कर रहे हैं। इसके बाद भी लोगों का ध्यान इस ओर नहीं है। जो कार दो बाल्टी पानी में धोई जा सकती है, उसे दो हजार लीटर साफ पानी से धोते हुए लोग प्रायः मिल जाते हैं। हम वर्षा जल का संरक्षण कर तथा पानी को व्यर्थ न जाने देकर भी इस दिशा में अपना व्यक्तिगत सहयोग दे सकते हैं। हम साफ पानी पिएँ, यह तो आवश्यक है ही पर कितना पिएँ, इस बारे में अलग-अलग मत हैं। फिर भी एक व्यक्ति को दिन भर में आठ-दस गिलास पानी तो पीना ही चाहिए। सुबह उठकर क्लृप्त-मंजन के बाद तांबे के साफ पात्र में रखा पानी भरपेट पीना बहुत लाभ देता है। तांबा जल की अधिकांश अशुद्धियाँ दूर कर देता है। सर्दियों में पानी को गुनगुना कर लें, तो और अच्छा रहेगा।

आकाश- आकाश की पहचान खालीपन या शून्यता है। घटाकाश और मटाकाश जैसी कल्पनाएँ इसी में से आई हैं। आकाश में कोई भी चीज फेंके, खाली होने के कारण वह मना नहीं करता। वायु और अंतरिक्ष यान इसीलिए आकाश में निर्द्वन्द्व उड़ते हैं। किसी पात्र के खाली होने का अर्थ है कि उसमें आकाश तत्व विद्यमान है पर जब उसमें कोई वस्तु डालते हैं, तो वह उड़ जाता

है। ऐसी शून्यता हम अपने पेट को बिल्कुल खाली रखकर प्राप्त कर सकते हैं। अतः प्रातः शौचदि से निवृत्त होने के बाद लगभग दो घंटे तक पेट को अवकाश दें। इससे जहाँ भोजन पचाने वाली इंद्रियों को आराम तथा अपनी टूट-फूट ठीक करने का समय मिलेगा, वहाँ हमें आकाश तत्व भी प्राप्त होगा। व्रत और उपवास आकाश तत्व की प्राप्ति का अवसर कुछ अधिक समय तक प्रदान करते हैं। इनका भरपूर उपयोग करना चाहिए पर इस नाम पर दिन में कई बार पेट में गरिष्ठ चीजें टूंसते रहना शुद्ध पाखंड है।

पृथ्वी- पृथ्वी हमें अन्न, दाल और सब्जियाँ आदि देती है। अतः इनके सेवन से हमें पृथ्वी तत्व की प्राप्ति होती है पर इन्हें कच्चा नहीं खा सकते। इन्हें आग पर पकाकर तथा आवश्यकतानुसार कुछ अन्य मिर्च-मसाले डालकर प्रयोग किया जाता है। इनका सेवन कितना और कितनी बार करें, इसका कोई मापदंड नहीं है। शारीरिक परिश्रम करने वाले किसान या मजदूर तथा कार्यालय में बैठकर काम करने वाले की आवश्यकता अलग-अलग होगी। उन्हें उसी अनुसार इनका सेवन करना चाहिए। ऐसा न होने पर जहाँ एक ओर तौल वाले, तो दूसरी ओर दुबले-पतले लोग सर्वत्र घूमते मिलते हैं।

अग्नि- अग्नि का स्रोत सूर्य है। सर्दियों में तो सीधे धूप में लेटना या बैठकर काम करना अच्छा लगता है। गर्मियों में भी अपने काम के सिलसिले में घूमते-फिरते धूप लगती रहती है। इससे अग्नि तत्व अपने आप ही मिल जाता है। जो लोग दिन भर वातानुकूलित वातावरण अर्थात् एसी वाले घर, कार्यालय और कार में रहते हैं, उनके शरीर की प्रतिरोधक क्षमता कम हो जाती है। इसलिए थोड़े से परिश्रम या मौसम बदलने मात्र से ही ये लोग बीमार होकर बिस्तर पकड़ लेते हैं। भीषण गर्मियों में जहाँ लू से बचना आवश्यक है, वहाँ धूप से डरना भी अनुचित है।

जहाँ तक खानपान की बात है, तो सूर्य की ऊर्जा से पैदा हुए फल और सलाद आदि के सेवन से अग्नि तत्व भरपूर मात्रा में प्राप्त होता है पर इनका सेवन सूर्यकाल में ही करना चाहिए। अर्थात् सूर्यास्त के बाद इन्हें खाना ठीक नहीं है। इसी तर्ज पर कुछ लोग यह भी कहते हैं कि पृथ्वी तत्व वाले जिन पदार्थों को खाने से पूर्व आग पर चढ़ाना पड़ता है, उन्हें सूर्य की उपस्थिति में नहीं खाना चाहिए। यद्यपि बहुत से लोग अपनी धार्मिक

आस्था या वृद्धावस्था के कारण सूर्यास्त के बाद अन्न नहीं खाते। उनका कहना है कि सूर्यास्त के बाद शरीर की पाचनक्रिया मंद हो जाती है। अतः उस समय भारी भोजन ठीक नहीं है। विचार भिन्नता के कारण इस विषय को स्वतंत्र छोड़ देना ही उचित है। ये कुछ ऐसी बातें हैं, जिन्हें समय-समय पर कुछ बुजुर्गों के मुँह से सुना है। इसमें से कुछ का प्रयोग करने से लाभ भी हुआ है। यद्यपि आज की भागदौड़ वाले जीवन में सब नियमों का पालन संभव नहीं होता। फिर भी जितना हो सके, उतना पालन करके देखें।

## आंखों पर दें ध्यान



आंखें अनमोल हैं, इसलिए इनकी सेहत का बदलते मौसम के अनुसार ध्यान रखना आवश्यक है

- आंखों में सूखापन की समस्या सर्दियों में बढ़ सकती है। सूखेपन से बचाव के लिए डॉक्टर के परामर्श से आर्टिफिशियल टीयर ड्रॉप का इस्तेमाल करें।
- इस मौसम में एलर्जी की शिकायत भी संभव है। इससे बचने के लिए दिन में दो बार आंखों को साफ पानी से धोएं। इन्हें मलें या रगड़ें नहीं।
- चेहरे के साथ आंख के आसपास व पलक की त्वचा को सूखेपन से बचाएं, लेकिन ध्यान रहे कि कोई भी मॉइश्चराइजर या कोल्ड क्रीम आंख के अंदर न जाए।
- काला चश्मा लगाकर ही धूप में बैठें।
- नेत्रों को चश्मे के जरिये ठंडी हवाओं से बचाएं।

## पेट दर्द के घरेलू उपचार

- पेट दर्द में हींग का प्रयोग लाभकारी होता है। 2 ग्राम हींग थोड़े पानी के साथ पीसकर पेस्ट बनाएं। नाभी पर और उसके आस-पास यह पेस्ट लगाएं।

-अजवाइन को तवे पर सेक लें और काले नमक के साथ पीसकर पाउडर बनाएं। 2-3 ग्राम गर्म पानी के साथ दिन में 3 बार लेने से पेट का दर्द दूर होता है।

-जीरे को तवे पर सेके और 2-3 ग्राम की मात्रा गर्म पानी के साथ दिन में 3 बार लें। इसे चबाकर खाने से भी लाभ होता है।

-पुदीने और नींबू का रस एक-एक चम्मच लें। अब इसमें आधा चम्मच अदरक का रस और थोड़ा सा काला नमक मिलाकर उपयोग करें। दिन में 3 बार इस्तेमाल करें, पेट दर्द में आराम मिलेगा।

-सूखी अदरक मुँह में रखकर चूसने से भी पेट दर्द में राहत मिलती है।

-बिना दूध की चाय पीने से भी कुछ लोग पेट दर्द में आराम महसूस करते हैं।

-अदरक का रस नाभी स्थल पर लगाने और हल्की मालिश करने से पेट दर्द में लाभ होता है।

-अगर पेट दर्द एसिडिटी से हो रहा हो तो पानी में थोड़ा सा मीठा सोडा डालकर पीने से फायदा होता है।

-पेट दर्द निवारक चूर्ण बनाएं। इसके लिए भुना हुआ जीरा, काली मिर्च, सौंठ, लहसुन, धनिया, हींग, सूखी पुदीना पत्ती सबकी बराबर मात्रा लेकर बारीक चूर्ण बनाएं। इसमें थोड़ा सा काला नमक भी मिलाएं। खाने के बाद एक चम्मच थोड़े से गर्म पानी के साथ लें। पेट दर्द में आशातीत लाभकारी है।

-एक चम्मच शुद्ध घी में हरे धनिये का रस मिलाकर लेने से पेट की व्याधि दूर होती है।

-अदरक का रस और अरंडी का तेल प्रत्येक एक-एक चम्मच मिलाकर दिन में 3 बार लेने से पेट दर्द दूर होता है।

-अदरक का रस एक चम्मच, नींबू का रस 2 चम्मच लेकर उसमें थोड़ी सी शक्कर मिलाकर प्रयोग करें। पेट दर्द में लाभ होगा। दिन में 2-3 बार ले सकते हैं।

-अनार पेट दर्द में फायदेमंद है। अनार के बीज निकालें। थोड़ी मात्रा में नमक और काली मिर्च का पाउडर डालें। और दिन में दो बार लेते रहें।

-मेथी के बीज पानी में भिगोएं। पीसकर पेस्ट बनाएं। और इस पेस्ट को 200 ग्राम दही में मिलाकर दिन में दो बार लेने से पेट के विकार नष्ट होते हैं।

-इसबगोल के बीज दूध में 4 घंटे भिगोएं। रात को सोते समय लेते रहने से पेट में मरोड़ का दर्द और पेटिश ठीक होती है।

-सौंफ में पेट का दर्द दूर करने के गुण होते हैं। 15 ग्राम सौंफ रात भर एक गिलास पानी में भिगोएं। छानकर सुबह खाली पेट पीयें। बहुत गुणकारी उपचार है।

-आयुर्वेद के अनुसार हींग दर्द निवारक और पित्तवर्द्धक होती है। छाती और पेट दर्द में हींग का सेवन बेहद लाभकारी होता है। छोटे बच्चों के पेट में दर्द होने पर एकदम थोड़ी सी हींग को एक चम्मच पानी में घोलकर पका लें। फिर बच्चे की नाभी के चारों लगे दें। कुछ देर बाद दर्द दूर हो जाता है।

-नींबू के रस में काला नमक, जीरा, अजवायन चूर्ण मिलाकर दिन में तीन बार पीने से पेट दर्द से आराम मिलता है।

मुझे नींद नहीं आती, आपने अक्सर लोगों को यह शिकायत करते सुना होगा। नींद एक जैविक प्रक्रिया है। हमारे शारीरिक और मानसिक स्वास्थ्य के लिए पर्याप्त नींद बहुत ही जरूरी है। पर्याप्त नींद नहीं लेने से हमारी कार्यक्षमता पर भी बुरा असर पड़ता है। अनिद्रा के शिकार लोगों को अक्सर दिन में इधर-उधर झपकियाँ लेते देखा जा सकता है।

## होम्योपैथी का सहारा ले सकते हैं अनिद्रा के रोगी

अनिद्रा आजकल एक महामारी की तरह फैलती जा रही है। एक अनुमान के मुताबिक आज विश्व में हर पांचवां व्यक्ति अनिद्रा का शिकार है। अनिद्रा का अर्थ है नींद में व्यवधान, नींद उठटना या कम नींद आना। यह दो प्रकार की होती है। पहले प्रकार की अनिद्रा का संबंध उन लोगों से जिन्होंने कभी अच्छी, चैन की नींद का आनंद नहीं लिया हो तथा ये लोग तनाव, घबराहट या अन्य किसी असहनीय पीड़ा से पीड़ित न हो। पहली प्रकार की अनिद्रा से पीड़ित लोगों की नाड़ी की गति तेज तथा शरीर का तापमान अधिक होता है। इनकी बाह्य धमनियाँ प्रायः संकुचित होती हैं। ये लोग प्रायः हिलते-डुलते रहते हैं। दूसरे प्रकार की अनिद्रा का संबंध उन लोगों की अनिद्रा से है जो किसी न किसी बीमारी से पीड़ित होते हैं जैसे पेट में दर्द, पैरों में बेचैनी, थकान, स्पाइनल कॉर्ड में दर्द आदि। इन बीमारियों से नींद की प्रारंभिक अवस्था में बाधा पहुंचती है।

दूसरे प्रकार की अनिद्रा साइकेट्रीक, साइकोसिस तथा साइकोन्यूरोसिस के मरीजों में आमतौर पर देखी जा सकती है। डर तथा चिंता भी अनिद्रा के कारण हो सकते हैं। डिप्रेशन तथा मेनियक डिप्रेशन से भी अनिद्रा की शिकायत हो सकती है इससे सोने पर एक बार तो नींद आ जाती है परन्तु सुबह जल्दी आँख खुल जाती है तथा बाद में रोगी सो

नहीं पाता। सन्निपत्त तथा कोई काल्पनिक डर भी अनिद्रा के कारण हो सकते हैं। चिकित्सा की होम्योपैथिक शाखा के अंतर्गत अनेक ऐसी दवाइयाँ हैं जिनका प्रयोग अनिद्रा के उपचार के लिए किया जाता है। मरीज के लक्षणों के आधार पर कोई भी दवा उसे दी जा सकती है। आर्सेनिक एलबम 30- यह दवा उन मरीजों को दी जाती है जो किसी मानसिक बेचैनी के कारण करवटें बदलते रहते हैं। वह शारीरिक रूप से इतना कमजोर होता है कि उसका चलना-फिरना भी मुश्किल होता है। मरीज को निरंतर मृत्यु का भय बना रहता है। वह इलाज के प्रति निराश हो चुका होता है। ऐसे रोगी को बार-बार थोड़े पानी की प्यास लगती रहती है। केनाबिस इडिका 30- यह उन रोगियों के लिए उपयुक्त होती है जो भय, भ्रांति तथा मानसिक दुर्बलता के शिकार होते हैं। ऐसे रोगी अक्सर मरे हुए लोगों को सपने में देखते हैं। उन्हें लगता है कि वह पागल हो जाएंगे। ऐसा रोगी लगातार बोला रहता है और सिर हिलाता रहता है। अक्सर बोलेते-बोलेते वह यह भी भूल जाता है कि उसे आगे क्या बोलना है। विनम्र स्वभाव का व्यक्ति यदि उड़ण्ड स्वभाव हो जाए तो उसे यह दवा दी जाती है। हायोसाइमस नाइगर 200- इसमें मरीज बहुत बान्ती और ईर्ष्यालु होता है। इस प्रकार का रोगी

बहुत डरता है। उसे हर बात में डर लगता है जैसे अकेले रहने का डर, विष खिलाने का डर, किसी षड़यंत्र का डर आदि। बच्चों में नींद न आना, नींद आते ही डर जाना, बिस्तर से निकलने या भागने की कोशिश करना जैसे लक्षण होने पर यह दवा दी जाती है। कैफिया कूडा 200- यह दवा उन रोगियों के लिए उचित है जिन्हें रात को नींद नहीं आती। वे अक्सर भविष्य के बारे में चिंता करते रहते हैं। ऐसे रोगी अचानक ही हंसने या रोने लगते हैं ऐसे रोगियों को बहुत अधिक चिंता, बातचीत या मानसिक परिश्रम करने में सिर में तेज दर्द होता है। एकोनाइटम नैपेलस 30- इसमें रोगी अक्सर बैचन रहता है जिससे उसे नींद नहीं आती। उसे इतना डर लगता है कि वह बेहोश भी हो जाता है। स्थिति गिभीर होने पर रोगी को मरने का डर लगने लगता है। रोगी अक्सर डर के कारण घर से नहीं निकलता, भीड़भाड़ वाली जगहों से भी बचता है। उसे बार-बार पानी की प्यास भी लगती है। इग्नेशिया अमारा 200- यह दवा उन रोगियों को दी जाती है जो शोक, भय या दुख की वजह से एकाएक बेहोश हो जाते हैं। उसे तम्बाकू या धुआँ सहन नहीं होता। उसके सिर में भी दर्द होता है। प्रेम या काम में निराशा से उत्पन्न अनिद्रा के लिए भी यही दवा कारगर होती है। पोर्स फ्लोरा इन्कॉर्नाटा (व्यू)- वृद्धों तथा बच्चों में अनिद्रा दूर करने के लिए यह दवा कारगर सिद्ध होती है। यह दवा उन रोगियों को दी जाती है। जिन्हें तनाव और अत्यधिक मानसिक कार्य के कारण नींद नहीं आ पाती या सिर दर्द और आंखों में दर्द के कारण नींद नहीं आती। किसी भी दवा के चुनाव से पहले रोगी के लक्षण पहचानना जरूरी होता है तथा किसी भी दवा के प्रयोग से पहले किसी विशेषज्ञ से सलाह लेना भी जरूरी होता है।



NEWS BOX

Sanjay Manjrekar questions role of batting coach after Brisbane collapse

Former India cricketer Sanjay Manjrekar has questioned the role of a batting coach in the Indian team after another collapse on Day 3 of the third Test against Australia at the Gabba, Brisbane. Notably, India were reduced to 48/4 by Australia as Yashasvi Jaiswal, Shubman Gill, Virat Kohli and Rishabh Pant departed cheaply.

Following India's debacle, Manjrekar has questioned BCCI (Board of Control for Cricket in India) about the role of the batting coach in the Indian staff. The former batter mentioned that major technical issues have remained unresolved in the Indian batting for too long and hence the management needs to be accountable. "I guess the time has come to scrutinise the role of a batting coach in the Indian team. Why major technical issues have remained unresolved for so long with certain Indian batters. @BCCI," wrote Manjrekar on his X account.

Indian batting has looked in shambles on the ongoing tour as, apart from the second innings in Perth they haven't been able to cross the 200-run mark. In the four innings, India have registered scores of 150, 487/6, 180 and 175 so far bringing their technical



deficiencies out in the open.

Mitchell Starc gets Yashasvi Jaiswal again  
Coming back to play on Day 3, Mitchell Starc once again got Australia off to a terrific start as he made Yashasvi Jaiswal hit straight to Mitchell Marsh at mid-wicket on just the second ball of the innings. Shubman Gill also departed cheaply as he chased a wide delivery from Starc which found his thick outside edge. The ball went flying towards the slips and Mitchell Marsh took a breathtaking catch diving to his left.

Zorder Gavaskar Trophy 2024-25: Full Coverage

Australia had another big breakthrough in the first session as Josh Hazlewood got the big scalp of Virat Kohli exposing his weakness outside off stump all over again. Pat Cummins further got rid of Rishabh Pant for the third time in the series as he found his outside edge. Earlier, Alex Carey's 70 guided Australia to 455 in their first innings while Jasprit Bumrah finished with figures of 6/76 in 28 overs.

NZ vs ENG: Ben Stokes faces fresh injury concern after limping off the field

New Delhi England Test skipper Ben Stokes faced a fresh injury scare after he limped off the field clutching his left hamstring on Day 3 of the third Test against New Zealand. The injury is particularly concerning as it involves the same hamstring he had torn earlier this year, which sidelined him from cricket for two months. England confirmed that the all-rounder had sustained a hamstring injury and his availability for the rest of the Test is still uncertain.

Stokes, bowling the 56th over of New Zealand's second innings, pulled up in visible pain after delivering just two balls, with the second delivery being hit for a boundary by Rachin Ravindra. After bowling the ball, Stokes immediately went



down clutching his left hamstring. The England skipper left the field limping, sparking immediate concern in the England camp. The painful expression on his face as medical staff treated him heightened fears about the severity of the injury. This incident marks another setback for Stokes, who only returned to international action in October during England's Test series against Pakistan. He had previously torn the same hamstring on August 11, 2024, while playing for Northern Superchargers in The Hundred. At the time, his injury had prompted widespread discussions about limiting his bowling workload to prevent further strain, especially given his importance as an all-rounder. England's situation in the third Test has compounded the concern surrounding Stokes' injury. Despite leading the series 2-0, the visitors found themselves under immense pressure in Hamilton. New Zealand scored a commanding 347 runs in their first innings, while England's batting collapsed for just 143. The Black Caps, led by Tom Latham, extended their lead to a massive 474 runs before Stokes left the field. Key contributions from Will Young and a century by Kane Williamson ensured that New Zealand dominated the proceedings, leaving England with a monumental task ahead. Stokes' absence will not only affect England's already struggling bowling attack but could also impact their chances of pulling off a miraculous comeback.

AUS vs IND: Sunil Gavaskar suggests Sachin Tendulkar lesson to struggling Virat Kohli

New Delhi. Legendary Sunil Gavaskar advised Virat Kohli to revisit Sachin Tendulkar's iconic knock in Sydney in 2004 to overcome his issues with the line outside the off-stump in the ongoing Border-Gavaskar Trophy. Gavaskar suggested that Kohli should resist the urge to drive at deliveries outside the off-stump to break the pattern of dismissals that have plagued his form and reputation in the five-Test series in Australia. On Monday, 16 December, Kohli was dismissed for just 3 runs in the first innings of the third Test at the Gabba in Brisbane. Kohli appeared intent on being disciplined at the start of his innings on an overcast morning. However, he was lured into playing at a wide delivery from Josh Hazlewood, resulting in a thick edge safely pounced by wicketkeeper Alex Carey. Australia have consistently trapped Kohli with the line outside the off-stump during the series, exploiting his tendency to push and poke at deliveries away from the body.

Speaking to the broadcasters, Gavaskar recommended that Kohli study how Tendulkar decided to eliminate the cover drive from his game during the Sydney Test in 2004, which helped him tackle a similar problem.

"Yes, I think practice is different, but what happens in the middle is different. The mindset is completely different. What happens in practice is, you know, if you play a bad shot, you can get away with it. But in the match, if you are out, you are out," Gavaskar said. "What I think Kohli can do is maybe have a look at what Sachin Tendulkar did way back in 2004. In the first three Test matches, he got out playing for the line outside the off-stump. He got caught at slips, short gully. When he came to Sydney, he decided he was not going to play anything in the cover region. He played only between the bowler's follow-through and to the right of the mid-off fielder, and everything else on the other side. That's the resolve. He hardly played a cover drive; I think only after getting to 200-220 did he play one. That is the kind of mind control you should be having," Gavaskar added.

HOW TENDULKAR DELETED THE COVERDRIVE

In the Sydney Test of the 2003-04 Border-Gavaskar Trophy, Tendulkar displayed exceptional adaptability and mental discipline. Under pressure from a rare slump in form, Tendulkar had been repeatedly dismissed while attempting the cover drive, one of his most elegant strokes but, in this



instance, a liability. Australian bowlers, particularly Brett Lee, Andy Bichel, and Jason Gillespie, devised a plan to exploit his off-side game, luring him into errors. Recognising this, Tendulkar made the unconventional decision to avoid playing the cover drive entirely throughout his innings. This required extraordinary mental strength, as it meant sidelining one of his signature shots. Tendulkar adjusted his technique and mindset, focusing on playing straight down the ground, working the ball off his pads, and prioritising leg-side scoring. By consciously eschewing the risky drive, he nullified Australia's primary tactic to dismiss him. The results were spectacular. Tendulkar scored an unbeaten 241, one of the finest innings of

his illustrious career. His knock was a testament to patience, technical precision, and determination, showcasing another dimension of his batting genius. Over the course of 436 deliveries, Tendulkar did not offer a single chance, systematically dismantling the Australian attack and anchoring India's mammoth first-innings total of 705/7 declared.

GAVASKAR BACKS KOHLI TO BOUNCE BACK

Virat Kohli began the current series in Australia with a century in Perth, ending a year-long drought without a three-figure score in Test cricket. However, he has failed to pass 15 in any of his other four innings so far. Gavaskar expressed confidence that Kohli still has time in the series to bounce back and prove his mental strength. "Kohli has also shown it. You can't score 9000 runs in Test cricket and hit 32 hundreds without having mind control. Over here, there is a second innings, and there are two more Tests to go. So there's plenty of opportunity to show your resolve. They are plotting my dismissals; they've got two slips and two gullies. Apart from the resolve that Tendulkar showed, Kohli should watch videos of himself scoring big runs," he added.

Pep Guardiola accepts blame after City's collapse in derby: I'm not good enough

- City lost to United 2-1 in the Manchester derby
- The City boss decided not to lean on excuses after the loss
- Guardiola admitted that he was still in the job because of his previous achievements at City



last 11 matches across all competitions—a crisis that has left fans, players, and pundits alike searching for answers. "I don't have a defence. I'm the boss, I'm the manager and I'm not good enough," Guardiola said, as quoted by Reuters. "I have to find a solution and I don't find a solution. It is as simple as that. I am not doing well, that is the truth."

Guardiola, who had previously cited the relentless fixture schedule as a factor behind his team's mounting injury list, chose not to lean on excuses in an emotional and introspective post-match press conference. Instead, he acknowledged the need for

solutions to address the ongoing issues.

"(We were leading) 3-0 against Feyenoord at 75 minutes and we draw that (Champions League) game. Is that the schedule, the injuries? No. We have to win that game," said Guardiola. "Today we have to win that game because apart from Bruno Fernandes (with a late chance that the United captain put wide) nothing happened. So, we give it away again." "If always it's the same problem, it can be fixed. You say 'Ah, it's that player!' It can be fixed; he doesn't play. But it's not that." Adding to City's woes, they failed to register a single shot on target in the second half of the match. The defeat also marked an unwanted milestone: it is the latest point in a Premier League game that a reigning champion has squandered a lead and lost. "I'm sitting here because of what I have done in the past," Guardiola admitted that he was still in the job because of his previous achievements at City and would have got the sack if he was at any other club. "I'm incredibly well paid to handle these situations, to handle the press conference."

AUS vs IND: Jasprit Bumrah completes double milestone with 6 for 76 at Gabba

- Jasprit Bumrah completed a double milestone as he got figures of 6 for 76 against Australia on Day 3 of the ongoing Gabba Test on Monday, December 16. Bumrah continued his fine form in the Border-Gavaskar Trophy with his performance in Brisbane.



New Delhi Jasprit Bumrah achieved a double milestone on Day 3 of the Gabba Test as he finished with figures of 6 for 76 against Australia on Monday, December 16. Bumrah has been India's best player in the ongoing Border-Gavaskar Trophy series as he has led from the front with the ball and guided them to a thrilling win at Perth as skipper of the side. Bumrah waged a lone battle on Day 2 as the rest of the Indian bowlers were ineffective as Travis Head and Steve Smith scored hundreds. The Indian

pacer would pick up his 2nd 5-wicket haul of the series to give India some respite after a tiring day's play. On Day 3, Bumrah would add another wicket to his tally early on.

The Indian pacer was able to make Mitchell Starc edge a ball to Rishabh Pant to complete a 6-wicket haul. Bumrah's ended with figures of 6 for 76 in 28 overs. This was incidentally the best figures by an Indian bowler at the iconic Gabba ground. Bumrah

surpassed the record previously held by Erapalli Prasanna as he had taken 6 wickets for 104 runs during the second innings of the 3rd Test between India and Australia at the ground in January 1968. AUS vs IND 3rd Test Day 3 Live Updates

Bumrah would also get to 50 wickets against Australia in Tests with his scalp of Starc on Day 3. The Indian pacer is steadily climbing up the rankings and now has Umesh Yadav in sights, who has 53 wickets to his name in 17 matches. Bumrah reached the landmark of 50 wickets against Australia in just 10 matches, with all of them happening down under. The Indian pacer has a stunning average of 17.62 and already has a chance to break Kapil Dev's record in Australia. Kapil Dev had 51 wickets in Australia during his career and Bumrah is just 2 away.

Bumrah's Border-Gavaskar Trophy 2024-25 so far Bumrah has a total of 18 wickets in the ongoing Border-Gavaskar Trophy and is leading the list so far. The Indian pacer has an average of 11.72 and has conceded just 211 runs in 82 overs across 5 innings.



Mitchell Marsh, leaving India's top order in tatters. Adding to their troubles, Virat Kohli fell for a mere 3 runs, continuing his troubling pattern of nicking deliveries outside off-stump—a trend increasingly exploited by Australian bowlers.

The setbacks didn't stop there for India. Rishabh Pant, the hero of previous Gabba heroics, managed just 9 runs before falling to Pat Cummins. This marked the third time out of five that Cummins had dismissed Pant in the ongoing Border Gavaskar Trophy, further amplifying India's struggles. The rain interruption following Pant's dismissal provided India with a brief respite to reassess their approach, though their position remained precarious. The repeated disruptions, however, broke the momentum for both sides, adding to the irritation visible on players' faces. The score heavily tilted in Australia's favor and conditions testing everyone's patience, the weather added an unwelcome challenge to an already intense Test match.

WI vs BAN: Mahedi, Mahmud star as Powell's heroics go in vain in 1st T20I

- Rovman Powell's heroic innings went in vain as Mahedi and Mahmud bowled Bangladesh to a 7-run win in St. Vincent on Sunday, December 9. Mahedi picked up 4 wickets and scored a vital 26 runs to help secure the win for his side.

New Delhi. Bangladesh edged out West Indies in a thrilling finish, holding on for a 7-run victory in the first T20I at the Arnos Vale Ground. Hasan Mahmud emerged as the hero, defending nine runs in the final over to secure the win in West Indies' first international match in St Vincent in a decade. Chasing 147, West Indies found themselves in trouble early on, reduced to 38 for 5 after a brilliant four-wicket spell from Mahedi

Hasan. Rovman Powell, however, kept the hosts in contention with a blistering 35-ball 60 that included four sixes and five fours, but his efforts fell just short. In the tense final over, West Indies needed 10 runs to win. Mahmud delivered under pressure, dismissing Powell and Alzarri Joseph to seal the game. Powell was caught behind off the first ball, handing Bangladesh captain Litton Das his fifth dismissal of the match. With eight runs required off the last two deliveries, Mahmud bowled Joseph to clinch Bangladesh's first T20I win against West Indies in six years, a victory that coincided with the celebration of Bangladesh's Victory Day back home. The game seemed to be slipping from Bangladesh's grasp midway through the chase. Powell, joined by Romario Shepherd at 61 for 7 in the 12th over, orchestrated a dramatic fightback. The duo hammered 15 runs off Rishad Hossain in



the 14th over before Powell exploded in the next over, taking Taskin Ahmed for three sixes in a 23-run assault. Powell's sixes showcased his range, with one over extra cover, another over point, and a third straight down the ground. With the asking rate reduced to eight runs per over, Tanzim Hasan conceded 12 runs in the 16th over, during which Powell reached his half-century off just 28 balls. Shepherd joined the act, hitting

a six off Rishad, but his dismissal in the 17th over, caught at deep midwicket off Taskin, put the pressure back on West Indies. Shepherd scored a quick 22 off 17 balls, but his departure left Powell with too much to do.

Bangladesh had earlier seized control of the match with a superb start. Taskin Ahmed struck with his first delivery, dismissing Brandon King for a duck. Mahedi Hasan then removed Nicholas Pooran, who was stumped for 1, before accounting for Johnson Charles, who had hit two sixes in a costly over from Tanzim Hasan. Mahedi's impact continued in his final over as he removed Andre Fletcher, caught behind, and Roston Chase, who inside-edged a reverse sweep. He finished with exceptional figures of 4 for 13, leaving West Indies reeling and setting the stage for a dramatic finish.

Thand Bahut Hai

# Shehnaaz

# Gill Welcomes Winter With Her Desi Bonfire



Actress and singer Shehnaaz Gill is one of the celebrated figures in the entertainment industry. The talented star, known for her infectious energy and irresistible charm, has been winning hearts since her debut. Besides stupefying fans with her acting chops and impeccable style, the actress has been an ardent social media user who keeps sharing updates with her Insta family.

Having said that, the Bigg Boss fame recently posted a picture on her social media, showing how she is embracing the winter season in style. On Wednesday, Shehnaaz took to her Instagram stories, giving fans a glimpse of her cosy nights, spending quality time around a warm bonfire. In the snippet, Shehnaaz was cosying up near a bonfire while sitting near a group of people.

For the bonfire night, the actress picked up comfy casuals. She was dressed in a cosy puffer jacket paired with a floral palazzo pant. To beat the winter chills, Shehnaaz covered her ears and mouth with a purple scarf and mask. She captioned the picture, "Thand Bahut Hai."

Meanwhile, Shehnaaz Gill paid tribute to Sidharth Shukla on his birth anniversary today. On a completely black background, she penned a simple yet heartfelt post on her Instagram story, saying, "12:12."

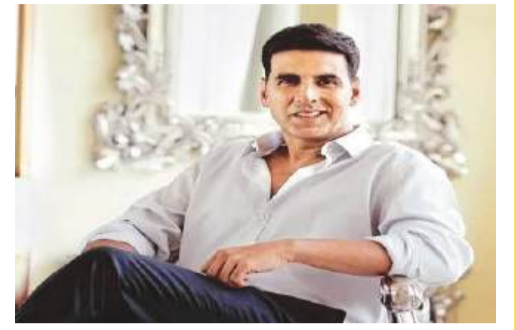
Sidharth Shukla and Shehnaaz Gill met on the controversial reality show Bigg Boss 13. Their friendship bloomed inside the confines of the house, and since then they remained one of the most talked-about aspects of the show. Their chemistry and playful banter won the hearts of fans worldwide. Even after the show ended, they were often spotted together at events and parties. The actor's sudden death in September 2021 left Shehnaaz and his fans devastated.

Speaking about Shehnaaz Gill's professional front, the actress was last seen in an item song, Sajna Ve Sajna, in the Rajkumar Rao starrer Vicky Vidya Ka Woh Wala Video. In the peppy track, she performed sizzling dance moves dressed in a drop-dead gorgeous, bold blue outfit. Before this, she starred in Thank You For Coming, alongside Bhumi Pednekar, Karan Kundrra, Anil Kapoor, Kusha Kapila, and Dolly Singh.

Now, she has announced her next project, tentatively titled Production No. 1, helmed by Amarjit Singh Saron. The actress also has Sab First Class in her lineup, opposite Varun Sharma.



## Akshay Kumar Injures Eye While Performing Stunt On Housefull 5 Sets: Report



Akshay Kumar reportedly injured his eye while performing a stunt on the sets of Housefull 5. The film, which is in its final stages of shooting, has only a few scenes left to wrap up.

According to HT City, the incident occurred during a stunt when an object accidentally struck Akshay's eye. A source revealed, "An ophthalmologist was called on the set immediately, who bandaged the eye and asked him to take some rest, while the shoot resumed with the other actors. However, even with the injury, Akshay is determined to join the shoot back soon because the film is in final stages of shoot, and he doesn't want it to get delayed."

The upcoming comedy marks the reunion of Akshay Kumar and Riteish Deshmukh, along with the return of Abhishek Bachchan, Shreyas Talpade, Chunky Panday, Jacqueline Fernandez, and Nargis Fakhri. The new additions to the ensemble include Fardeen Khan, Dino Morea, Johnny Lever, Sanjay Dutt, Nana Patekar, Sonam Bajwa, Chitrangada Singh, Soundarya Sharma, and veteran actor Jackie Shroff.

The film's production began earlier this year with an extensive 40-day schedule aboard a cruise ship. The ship sailed across picturesque locations, including Newcastle, Spain, Normandy, Honfleur, and Plymouth. Directed by Tarun Mansukhani, Housefull 5 is slated to release in theaters on June 6, 2025.

Apart from Housefull 5, Akshay has an exciting lineup of films in the pipeline. He will be seen reprising his iconic roles in Hera Pheri 3, Welcome To The Jungle, and Jolly LLB 3, promising a packed schedule of blockbuster releases in the coming years.

Besides this, there's a lot of excitement among fans about Akshay Kumar's upcoming horror-comedy film Bhooth Bangla, which reunites the actor with Priyadarshan after 14 years! The first captivating poster of the movie piqued fans' curiosity about the film. Now, taking the comedy and thrilling quotient a notch higher, the makers unveiled yet another intriguing poster of Bhooth Bangla earlier this week. Akshay Kumar announced that he has begun shooting for the film, while also revealing its release date- 2nd April, 2026!

## Shraddha Kapoor's LOL Post Features "Thoda Drama" And A "Sad Song"



Shraddha Kapoor is at it again. Yes, you guessed it right – she has shared another hilarious post that is sure to make her fans smile. Her latest Instagram Stories features a street vendor preparing sweet potato chaat – a favourite for all desi food lovers. But here is the fun twist: in the background, the iconic track Mera Piya Ghar Aaya by Nusrat Fateh Ali Khan, gives the video a dramatic, yet playful vibe.

Shraddha, being her usual witty self, added the caption: "Kuch nai vro...Sad songs sunne ka man kar raha tha, thoda drama kar diya." Too funny Shraddha, too funny.

Meanwhile, Shraddha Kapoor recently attended the Red Sea International Film Festival in Jeddah, Saudi Arabia. On the red carpet of the prestigious event, she posed alongside Spider-Man actor Andrew Garfield. Pictures and videos featuring Shraddha and Andrew quickly went viral on the internet.

Later, the Hollywood actor spoke about his "lovely" meeting with Shraddha. "We had a lovely, very brief meeting at the red carpet. She seems very, very lovely and kind and gentle," Andrew said in a conversation with Pinkvilla.

Shraddha Kapoor's last film Stree 2 made all the right noises at the box office. In the movie, Varun Dhawan made a cameo appearance as Bhaskar, a role he played in Bhediya.

Interestingly, both the Bhediya and Stree series fall under Maddock Films' horror-comedy universe. Recently, in an interview with Pinkvilla, Shraddha was asked if she would be a part of Varun Dhawan's Bhediya 2. To this, Shraddha replied, "Only time will tell if any more cameos of mine come up in any of the other Maddock films. I don't know yet." Talking about her upcoming projects, Shraddha Kapoor added, "Very soon, I will share the films that I will be doing, which I will be shooting for next year."

# Kriti Sanon

## Spotted At Anand L Rai's Office, Fans Can't Wait For The Announcement

Tere Ishk Mein was announced in June last year with a fiery promotional video that featured Dhanush with long hair and a heavy beard look.

Kriti Sanon, who was last seen in the thriller film Do Patti, has still not announced her next project yet. But reports suggest that she will be next paired opposite south actor Dhanush in director Anand L Rai's upcoming romantic drama Tere Ishk Mein. As fans await an official confirmation from the maker, on Wednesday, the National Film Award-winning actress was snapped with Anand L Rai at his office. Several pictures and videos of the actor-director duo went viral. In one such video, shared by popular paparazzo Manav Manglani, the Mimi actress could be seen leaving the

director's office. As she made her way out of the building, she exchanged a warm hug with the Zero director. She was also seen interacting with the team members. Joining the two was casting director Mukesh Chhabra.

Kriti kept it extremely casual as she opted for a blue sweatshirt paired with matching pants. She kept her mid-parted hair open in waves and let them cascade down to her shoulder. Previously, Pinkvilla reported that Kriti will be the female lead opposite Dhanush in Anand L Rai's Tere Ishk Mein. The film is going to be an AR Rahman musical. However, an official release date of the film is yet to be revealed. Tere Ishk Mein was announced in June last year with a fiery promotional video that featured Dhanush with long hair and a heavy beard look. Earlier actress Triptii Dimri's name also erupted to play the female lead in the film. Tere Ishk Mein marks Anand L Rai's third collaboration with Dhanush after the success of Raanjhanaa and Atrangi Re. Talking about Kriti, 2023 has been quite a blessing for the actress as she received audience appreciation for her performances in all her three films released this year including Teri Baaton Mein Aisa Uljha Jiya in which she played a robot, followed by Crew which featured the actress playing a cabin crew and lastly, Do Patti in which she played a double role of twin sisters for the first time. Do Patti also marked Kriti's debut as a producer.

