



# The Researchers'

## NEWS BOX

### How Social Media Restricted Palestinian News And Boosted Israel's

Facebook has been accused of severely restricting Palestinian news outlets' ability to reach their audience during the Israel-Gaza war. A BBC analysis of Facebook data revealed a steep drop in audience engagement for newstrooms in the Palestinian territories, including Gaza and the West Bank, since October 2023. This decline in engagement is surprising, given that social media has become a vital source of updates for those wanting to hear more voices from inside Gaza. Facebook pages for news outlets like Palestine TV, Wafa news agency, and Palestinian Al-Watan News have been crucial in providing updates to millions of followers worldwide. Since the war began, outside reporters have been allowed to enter Gaza if escorted by the Israeli army. Although during wars, audience engagement is expected to rise, the data analysis showed a 77% decline in engagement for Palestinian-based news organisations, while Israeli news organisations saw a 37% increase in engagement during the same period. Meta, Facebook's owner, denies deliberately suppressing particular voices, stating that any such implication is "unequivocally false". Palestine TV has 5.8 million followers on Facebook and journalists working there showed a 60% drop in the number of people seeing their posts. "Interaction was completely restricted, and our posts stopped reaching people," says Tariq Ziad, a journalist at the channel. Shadow-ban is when a social media platform bans a user's content without notifying the user, and Palestinian journalists fear the same has happened with their online content. BBC ran a data analysis on 20 Israeli news channels such as Yediot Ahranon, Israel Hayom and Channel 13, which also posted war-related content but their audience engagement increased by 37%. However, leaked documents and internal messages suggest that Instagram, another Meta-owned platform, increased its moderation of Palestinian user comments after October 2023. This change was made to respond to a "spike in hateful content" coming out of the Palestinian territories, according to Meta.

### New Russian Law Will Remove Taliban's "Terrorist" Label, HTS Could Be Next

Moscow. The Russian parliament has passed a law that would allow courts to suspend bans on groups designated as terrorist organisations by Moscow. The new law, passed by parliament's lower house, the State Duma, paved the way for Moscow to normalise ties with the Afghan Taliban and potentially with the new leadership of Syria. It outlines a legal mechanism for groups to be removed from the country's official banned list of outlawed "terrorist" organisations by order of a court if they cease terrorist-related activity. Under the law, Russia's Prosecutor General could file a request with a court outlining that a banned group has "ceased" its activities "in support of terrorism." A judge could then rule to remove the designation.

The Taliban was in the first batch of groups to be added to the banned list, in February 2003, and Syria's HTS was added in 2020. The Kremlin has been courting relations with the Taliban after the Islamist group seized power in August 2021 as US-led forces staged a chaotic withdrawal after 20 years of war. President Vladimir Putin said in July that the Taliban was now an ally in fighting terrorism.

However, the Taliban's expected removal from Russia's terrorist registry would not amount to a formal recognition of its government, or what it calls the "Islamic Emirate of Afghanistan" - a move no country in the world has yet made.

There are also calls in Moscow for the removal of Syrian group Hayat Tahrir al-Sham (HTS)-that spearheaded the toppling of President Bashar al-Assad this month-- from Moscow's list of banned terror groups. The leader of Russia's Muslim region of Chechnya, Ramzan Kadyrov, on Monday said Russia needed ties to the new Syrian authorities to ensure stability and prevent a humanitarian catastrophe. Kadyrov is seen as a close Putin ally.

### UK Pledges New \$286 Million Defence Package For Ukraine

London. Britain on Thursday unveiled a package of £163,225 million (\$286 million) in new military aid to Ukraine for next year, including drones, boats and air defence systems. The move came after the UK's Defence Secretary John Healey visited Kyiv on Wednesday, holding talks with his Ukrainian counterpart Rustem Umerov and vowing to step up British support to Ukraine in 2025. Three years since Russian President Vladimir Putin ordered the invasion of Ukraine "the depths of his miscalculation are clearer than ever, as the brave people of Ukraine continue to defy all expectations with their unbreakable spirit," Healey said.

"But they cannot go it alone," Healey added, vowing the UK's support for Kyiv was "ironclad" and Britain would always stand "shoulder to shoulder to ensure Putin cannot win".

In July, the new Labour government vowed to commit £163.3 billion a year in military aid to Ukraine until 2030-2031. The new package will include £163.92 million for equipment to bolster Ukraine's navy, including small boats, reconnaissance drones and uncrewed surface vessels, the defence ministry said in a statement.

A further £163.68 million will be used for air defence equipment including radars, and 1,000 counter-drone electronic warfare systems at a cost of £163.39 million would be supplied to the Ukrainian army. Healey said the UK would also boost a training programme for Ukrainian soldiers run with key allies on British soil known as Operation Interflex, under which 51,000 recruits have been trained since mid-2022. "With Putin resorting to sending as many as 2,000 Russian soldiers to their deaths on the battlefield each day, it is critical that Ukraine is supported with a supply of properly trained and equipped soldiers," the ministry statement said.

## Airstrikes hit Yemen's capital, port city after Houthi attack targets Israel

DUBAI. A series of intense airstrikes shook Yemen's rebel-held capital and a port city early Thursday, shortly after a Houthi missile targeted central Israel. It wasn't immediately clear who launched the strikes on Sanaa, which the Iranian-backed Houthis have held for over a decade.

The Houthis also reported strikes in Hodeida as well. But initial information on the targets of the attack and the timing suggested Israel may have conducted the assault. Houthi-controlled media reported the strikes, but offered no immediate information on casualties nor damage. The Houthi-controlled satellite channel al-Masirah said that some of the strikes targeted power stations in the capital, as well as the Ras Isa oil terminal on the Red Sea. Rebel-held Hodeida, some 145 kilometers (90 miles) southwest of Sanaa, has been key for food shipments into Yemen as its decadal war has gone on. There's also longstanding suspicion that weapons from Iran have been transferred through the port. The strikes happened just after the Israeli military said its air force



intercepted a missile launched from Yemen before it entered the country's territory. "Rocket and missile sirens were sounded following the possibility of falling debris from the interception," the Israeli military

said. Sirens sounded near Tel Aviv and the surrounding areas, and a large explosion was heard overhead at the time. The Houthis did not immediately claim the missile attack, but said an important

military statement would be issued in the coming hours, following a pattern of how they claim their assaults.

The Israeli military did not respond to a request for comment. Israel has struck the Houthis in the past over attacks targeting Israel and in recent weeks have threatened to again attack the rebels. Israel previously struck Hodeida and its oil infrastructure in July after a Houthi drone attack killed one person and wounded 10 in Tel Aviv.

American forces have also launched a series of strikes on the Houthis over nearly a year due to Houthi attacks on shipping in the Red Sea corridor. On Monday, the U.S. military's Central Command said it hit "a key command-and-control facility" operated by the Houthis in Sanaa, later identified as the al-Ardi complex once home to the government's Defense Ministry. But on Thursday, a U.S. military official said the attacks weren't carried out by the Americans, speaking on condition of anonymity to discuss the ongoing strikes.

## Indian-Origin Man Jailed For Life For Mother's Murder At UK Home

London. A 48-year-old Indian-origin man who attacked his 76-year-old mother in their family home in Leicester, eastern England, has been found guilty of murder and sentenced to life imprisonment. Sundeep Singh was arrested after Leicestershire Police discovered the deceased, Bhajan Kaur, with significant injuries to her head and face on May 13. Following a 16-day trial at Leicester Crown Court, Singh was found guilty of murder and sentenced this week to life in prison with a minimum term of 31 years behind bars before being considered for parole. "This was a deeply disturbing case which uncovered the lengths Singh went to, to cover his tracks," said Detective Chief Inspector Mark Sinski from the East Midlands Special Operations Unit Murder Investigation Team. "After killing his mother, Singh went out and bought a sack barrow and spade to dig up the garden. He intended burying Mrs Kaur's body but was disturbed before he could do that. The house had been cleaned and there was a very strong smell of disinfectant. There was clear evidence showing the planning after her death," he said.



The detective revealed that when Singh was approached by officers, he provided false details and initially claimed to have no knowledge of the incident. But during the police investigation, it was established that Singh acted following several arguments over the ownership of the family home, which he believed had been left to him by his late father. "This has been an extremely distressing and challenging time for Mrs Kaur's family, they have been left devastated at the loss of their dear mother. They have shown immense courage and dignity throughout the investigation

and subsequent legal proceedings," he said. "It is unfortunate that this case ended with a trial and the family had to sit through the proceedings and listen to the details of Mrs Kaur's final moments. This is in no way easy for them - they've lost a loved one and will now have to live with the fact that Mrs Kaur's life was taken by one of their own," he added. The court heard how previously Kaur had reported Singh for his behaviour and he was even arrested on suspicion of controlling and coercive behaviour and released on bail while those enquiries were ongoing. The investigation revealed that Singh had been living in his car on the driveway of the home, and on the day of the murder, Kaur had let him into the house. CCTV evidence showed Singh leaving the property later on the same day and going to purchase a sack and spade from a nearby shop. He then returned to the house on Bolsover Street and when relatives were unable to get hold of Kaur, they went to her home where they discovered her body. When police officers arrived at the scene, they also found that ground in the rear garden had been dug up creating a large hole.

## World Leaders On Speed-Dial: How Elon Musk Is Causing Geopolitical Tremors

Washington DC. It isn't unthinkable that the world's richest person can pull more than just a few strings with top politicians, but Elon Musk seems to be investing himself in the political world with such intensity that analysts now wonder if there is a larger plan. Last week Elon Musk created history by breaking his own previous record and becoming the first person to have a net worth of more than 400 billion dollars. In just six days, he has added nearly another 100 billion (\$86 billion) and is knocking on the 500-billion-dollar mark. In the last one year, Musk has added \$257 billion to his net worth - \$7 billion more than the entire net worth of Jeff Bezos - the second-most richest person globally. But Musk is not just riding the high wave when it comes to business, he is now doing the same in geopolitics. Having been included in the Trump Administration 2.0, Elon Musk finds himself immersed in the world of politics. Though he was deeply involved with Donald Trump's

campaign and is partially credited for the latter's win in the US elections, he now seems to be backing - or rather, influencing - leaders from beyond the United States. US DONE, MUSK SETS EYES ON UK

From supporting one firebrand leader to now backing another one - this time in the UK - Elon Musk has held extensive talks with anti-immigration hardliner Nigel Farage. The discussions between the two were largely focused on Musk funding Farage's hard-right party 'Reform UK'. Elon Musk, who now freely uses Donald Trump's Florida resort estate-cum-residence, Mar-a-Lago, as his political office, invited Nigel Farage for a meeting earlier this week. Writing about it in British daily The Telegraph, Mr Farage confirmed that "the issue of money was discussed", though the two could not agree on the amount in question by the end of that meeting. "There will be ongoing negotiations on that score," Mr Farage added. Sharing details about the

meeting, that will most certainly raise eyebrows in the UK's two main political party offices - The Labour Party, now in government and the Conservative Party, currently the opposition - Mr Farage mentioned about Elon Musk's disdain for both parties. He stated that Musk "described the Labour and Conservative parties as the uniparty, and left us (Reform Party) in no doubt that he is right behind us." In his article Mr Farage also mentioned that he aims to learn from Elon Musk's cash incentives for people to be encouraged to vote - a strategy that worked for Donald Trump's Republican party during the US elections. Mr Farage stated that "I have come home with copious notes on how they increased turnout, voter registration, and so much more, and all of this I intend to implement as part of the professionalisation of our party." Elon Musk is reportedly considering an initial donation of \$100 million to Nigel Farage's Reform Party.



overhead at the time. The Israeli military did not respond to a request for comment. Israel has struck the Houthis in the past over attacks targeting Israel and in recent weeks have threatened to again attack the rebels. The Houthis have targeted some 100 merchant vessels with missiles and drones since the Israel-Hamas war in the Gaza Strip started in October 2023 after Hamas' surprise attack on Israel. The Houthis have seized one vessel and sunk two in a campaign that has also killed four sailors. Other missiles and drones have either been intercepted by separate US- and European-led coalitions in the Red Sea or failed to reach their targets, which have also included Western military vessels. The rebels maintain that they target ships linked to Israel, the US or the United Kingdom to force an end to Israel's campaign against Hamas in Gaza. However, many of the ships attacked have little or no connection to the conflict, including some bound for Iran.

## Government funding plan collapses as Trump makes new demands days before shutdown

WASHINGTON. President-elect Donald Trump abruptly rejected a bipartisan plan Wednesday to prevent a Christmas-time government shutdown, instead telling House Speaker Mike Johnson and Republicans to essentially renegotiate - days before a deadline when federal funding runs out. Trump's sudden entrance into the debate and new demands sent Congress spiraling as lawmakers are trying to wrap up work and head home for the holidays. It leaves Johnson scrambling to engineer a new plan before Friday's deadline to keep government open. "Republicans must GET SMART and TOUGH," Trump and Vice President-elect JD Vance said in a statement. The president-elect made an almost unrealistic proposal that combined some continuation of government funds along with a much more controversial provision to raise the nation's debt limit - something his own party routinely rejects. "Anything else is a betrayal of our country," they wrote. Democrats decried the GOP revolt

over the stopgap measure, which would have also provided some \$100.4 billion in disaster aid to states hammered by Hurricanes Helene and Milton and other natural disasters. "House Republicans have been ordered to shut down the government and hurt everyday Americans all across this country," said House Democratic Leader Hakeem Jeffries. Jeffries said "an agreement is an agreement," and by backing out of it "the House Republicans "will now own any harm that is visited upon the American people." Already, the massive 1,500-page bill was on the verge of collapse, as hard right conservatives rejected the increased spending, egged on by Trump's billionaire ally Elon Musk who rejected the plan almost as soon as it was released late Tuesday night. Rank-and-file lawmakers complained about the extras, which included their first pay-raises in more than a decade - a shock after one of the most unproductive chaotic sessions in modern times. Even the addition of much-needed



disaster aid, some \$100.4 billion in the aftermath of hurricanes and other natural calamities that ravaged states this year, plus \$10 billion in economic assistance for farmers failed to win over the budget-slashing GOP. A number of Republicans had been waiting for Trump to signal whether they should vote yes or no. "This should not pass," Musk posted on his social media site X in the wee hours of Wednesday morning. One lawmaker said office phone lines were flooded with calls from constituents. "My phone was ringing off the

hook," said Rep. Andy Barr, R-Ky. "The people who elected us are listening to Elon Musk." The outcome comes as no surprise for Johnson, who like other Republican House speakers before him, has been unable to convince his majority to go along with the routine needs of federal government operations, which they would prefer to slash. It all shows just how hard it will be for Republicans next year, as they seize control of the House, Senate and White House, to unify and lead the nation. And it underscores how much Johnson and the GOP leaders must depend on Trump's blessing to see any legislative package over the finish line. Musk, who is heading Trump's new Department of Government Efficiency, warned that "Any member of the House or Senate who votes for this outrageous spending bill deserves to be voted out in 2 years!" It's not an idle threat coming from Musk, the world's richest man, who helped bankroll Trump's victory and can easily use his America PAC to make or break political careers.



## Avian flu reported in 108 countries across 5 continents, warns UN health agency

RNS: Avian influenza, also known as H5N1, has led to the deaths of over 300 million birds globally, with the virus now increasingly crossing species barriers, according to UN health officials.

Dr. Madhur Dhingra of the Food and Agriculture Organization (FAO) highlighted that the virus has spilled over into wildlife, infecting more than 500 bird species and at least 70 mammal species, including the endangered California condor and polar bears.

The FAO also warned that in regions heavily dependent on poultry for protein, avian influenza poses a significant threat to food and nutrition security. The virus is causing economic damage by severely impacting farmers' livelihoods, leaving them with fewer resources



to invest in proper biosafety measures.

Following reports of H5N1 outbreaks in dairy cattle, the World Health Organization (WHO) has joined calls for heightened surveillance and biosecurity on farms to protect both animals and humans. In 2024 alone, 76 human cases of H5N1 have been reported, mainly among farm workers, with over 60 of these cases originating in the United States. Other countries, including

Australia, Canada, China, Cambodia, and Vietnam, have also reported outbreaks in wildlife and poultry.

Despite these developments, Dr. Maria Van Kerkhove, Director of Epidemic and Pandemic Threat Management at WHO, emphasized that the current risk to the general public remains low. However, farm workers exposed to infected animals face a "low-to-moderate" risk, depending on the level

of personal protective measures taken.

While there is no evidence yet of human-to-human transmission of H5N1, Dr. Van Kerkhove cautioned that the situation could change rapidly as the virus continues to evolve. She stressed the need for thorough investigation of every human case and the importance of using a "One Health" approach to address the issue across all sectors globally.

In addition, Dr. Van Kerkhove recommended that the public consume only pasteurized milk or ensure milk is heated before drinking to reduce the risk of infection. The WHO and FAO have called for continued vigilance to prevent further spread of the virus and protect both animal and human populations.

## FIR Filed Against 4 Individuals for Attacking Mining Task Force

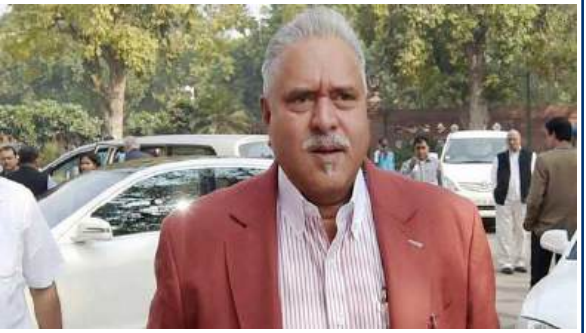
Dhanbad: Continuing the crackdown on illegal mining, the District Mining Officer, Ritesh Raj Tigga, led a joint operation with Mine Inspector Vijay Karmali and Sumit Prasad, supported by the police force, on the instructions of Deputy Commissioner Madhavi Mishra. The operation focused on identifying illegal mining, storage, and transportation of minerals in the district.

At 10:00 AM, the team intercepted two tractors loaded with sand near Balaji Petrol Pump on Baliapur Road, both lacking transport challans. However, as the team began to take action, they were suddenly attacked by a group of 8-10 individuals armed with sharp weapons, sticks, shovels, and stones. The attackers forcibly drove away the tractors.

In the aftermath, the mining team gathered information about the attackers, leading to the identification of Rajendra Singh from Kol Kusma (Saraidhela), Asim Mandal alias Chiku Mandal from Moraidih (Nirsa), Rakesh Mandal alias Prakash Mandal, and Rahul Singh from Govindpur, along with other unknown individuals. An FIR has been registered against them for the violent assault on the mining task force.

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## Vijay Mallya Claims Over Rs 14,000 Cr. Recovered, Seeks Relief from ED & Banks



New Delhi: Fugitive businessman Vijay Mallya has claimed that banks have recovered Rs 14,131.60 crore from him, despite the court-ordered debt being Rs 6,203 crore. Mallya, who remains labeled as an "economic offender," posted his statement on X (formerly Twitter) on Wednesday, questioning the legal justification behind the seizure of more than double the amount of the original debt.

In his post, Mallya referred to the ruling by the Debt Recovery Tribunal, which had set the debt owed by his now-defunct Kingfisher Airlines (KFA) at Rs 6,203 crore, including Rs 1,200 crore in interest. He highlighted Finance Minister Nirmala Sitharaman's recent announcement in Parliament, which confirmed that the Enforcement Directorate (ED) and banks had recovered Rs 14,131.60 crore from him.

Mallya argued that unless the ED and banks can provide a legal justification for recovering more than twice the debt amount, he is entitled to relief, which he intends to pursue. Notably, on Tuesday, during a discussion in the Lok Sabha, Finance Minister Nirmala Sitharaman detailed the ED's actions in recovering assets linked to economic offenses. She informed the House that the ED had restored assets worth Rs 22,280 crore, covering several significant cases.

Among these, Rs 14,131.6 crore worth of assets from Mallya were returned to public sector banks. Additionally, the ED also recovered Rs 1,052.58 crore from fugitive businessman Nirav Modi.

The Finance Minister also highlighted other notable recoveries, including assets from the National Spot Exchange Ltd (NSEL) scam, the SRS Group, Rose Valley Group, and various other economic offenders, totaling millions of rupees. Sitharaman reiterated the government's commitment to ensuring that those involved in economic crimes do not escape justice. "We are after them and will ensure the money goes back to the banks," she stated. She also addressed concerns over the economic growth, calling the slower second-quarter GDP growth a "temporary blip."

## Criminal Arrested After Three Years on the Run



by Ashok Kumar

Loyabadi: A convicted criminal, Dev Kumar Bhuiya, who had been absconding for nearly three years, was arrested on Wednesday night from Sendra Bhuiya Basti. The arrest was confirmed by Loyabadi police station in-charge Satyajit Kumar in a press conference on Thursday.

Bhuiya, convicted under the POCSO Act and sentenced to 20 years of rigorous imprisonment, escaped from Divisional Jail Dhanbad on July 30, 2021, to attend his girlfriend's birthday. During his time on the run, he committed multiple crimes, leading to several cases being filed against him. These include three cases in Loyabadi police station, two in Katras, and one each in Kenduadih, Rajganj, and Istbasuria police stations.

Acting on a tip-off, the Loyabadi police, led by Satyajit Kumar and sub-inspector Rahul Singh, tracked Bhuiya to Sendra, where he was apprehended. During interrogation, Bhuiya confessed to his involvement in several criminal activities. He was later sent to jail on Thursday.

## Rama Mohan Rao Amara new MD of SBI

Mumbai: Rama Mohan Rao Amara has been appointed as the new Managing Director (MD) of the State Bank of India (SBI) for a tenure of three years, according to a Reuters report, the state-owned lender informed the exchanges.

The Appointments Committee of the Cabinet (ACC), chaired by the Prime Minister, approved Amara's appointment following his recommendation by the Financial Services Institutions Bureau (FSIB) earlier in September.

## NSDC, PhysicsWallah Launch BIG Initiative to Bridge Education and Industry Gap



RNS: The National Skill Development Corporation International (NSDC International) and edtech company PhysicsWallah (PW) have launched the Bharat Innovation Global Private Limited (BIG) initiative, aimed at transforming India into a global education hub. BIG focuses on aligning education with industry demands, offering flexible, technology-driven learning pathways to bridge the gap between academics and employability.

Targeting a wide range of audiences, BIG begins with skill training for students in classes 11 and 12, preparing them for industry-relevant careers early on. The initiative extends to Industrial Training Institutes (ITIs), Polytechnic learners, university students, and working professionals, as well as government employees to upskill them for modern governance.

Aligned with UGC guidelines for online courses and the National Education Policy (NEP) 2020's focus on flexible education, BIG aims to enhance the employability of learners and provide essential skills for the future job market. Ved Mani Tiwari, CEO of NSDC and MD of NSDC International, stated, "Our partnership with PhysicsWallah is a transformative step towards bridging the gap between education and industry needs. This initiative will empower millions by equipping them with essential skills for the future job market."

Alok Pandey, Founder & CEO of PhysicsWallah, emphasized, "Education is dynamic, and this collaboration aims to make the educational landscape more inclusive, aligning learning at various stages of a learner's journey."

BIG utilizes digital education, integrating AI-driven career guidance, gamification, adaptive learning tools, and secure learning management platforms to provide scalable and personalized education, ensuring learners can access industry-relevant content.

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## Jharkhand to Establish 10 Seed Villages to Address Seed Shortage

Ranchi: In a significant move to tackle the ongoing seed shortage and ensure the availability of quality seeds across the state, the Jharkhand Agriculture Department has announced plans to establish 10 seed villages. The initiative aims to enhance local seed production and improve access to quality seeds for farmers. During a review meeting held today at Pashupalan Bhawan in Ranchi, Shilpi Neha Tirkey, the state's Agriculture, Animal Husbandry, and Cooperative Minister, revealed that Memorandums of Understanding (MOUs) had been signed with 10 villages from West Singhbhum, Chatra, and Latehar to kickstart the project.

Minister Tirkey acknowledged the persistent issue of seed scarcity in the state, noting that the seeds currently available often fail to meet the demands of local farmers. To combat



this, the Agriculture Department will transform these selected villages into seed hubs, where farmers will produce quality seeds. The government will then purchase these seeds and distribute them to farmers across the state at subsidized rates, ensuring a more reliable supply. In addition to the seed village initiative, Minister Tirkey announced that Rs 3,000 per acre had been

directly transferred to the accounts of 1,400 farmers growing Madua, through Direct Benefit Transfer (DBT). The department is also mapping Madua cultivation at the panchayat level to improve support for farmers involved in the crop.

Furthermore, the minister highlighted efforts to bolster Farmers Producer Organizations (FPOs), revealing that Rs 15 lakh has

been allocated to an FPO in Lohardaga. The meeting also focused on the implementation of various central and state government schemes, with Minister Tirkey providing guidelines to expedite their rollout.

The seed village initiative is expected to significantly improve seed availability and quality, while also supporting the livelihoods of farmers across Jharkhand.

## CM Nitish Kumar Launches 275 Playgrounds in Gaya Under MNREGA

by Rahul Kumar

Gaya: Chief Minister Nitish Kumar has inaugurated the construction of 275 playgrounds across 237 panchayats in 24 blocks of Gaya district under the MNREGA scheme. The ₹2738.26 lakh project is set to create 122,829 man-days of employment. The playgrounds will include facilities for basketball, volleyball, badminton, running tracks, and other sports, benefiting local youth and promoting physical activity.

The project features three types of fields: 85 larger grounds (4 acres), 115 medium-sized (1-1.5 acres), and 78



smaller fields (under 1 acre). CM Kumar praised the Mahatma Gandhi Sports Stadium model and expressed plans to replicate it statewide. He emphasized that the new

stadiums will support youths preparing for army and police recruitment and foster a sports culture in rural areas, while also creating employment opportunities. The

initiative is part of the Rural Development Department's effort to enhance sports infrastructure and provide job opportunities under MNREGA.

## BIT Mesra Hosts Two-Day Workshop on Pharmaceutical CocrySTALLIZATION

Ranchi: Birla Institute of Technology (BIT), Mesra, marked the beginning of its two-day workshop on "Pharmaceutical CocrySTALLIZATION for Tailoring Physicochemical Properties," organized by the Department of Pharmaceutical Sciences and Technology. The workshop, conducted under the SSR Policy of the SERB-CRG Project, saw strong participation from the academic community, with 15 researchers and 50 attendees taking part in the hands-on training initiative.

Sponsored by the SERB-CRG Project titled "Mitigation of Poor Physical and Chemical Properties of SGLT2 Inhibitor by Drug-Drug CocrySTALLIZATION with DPP4 Inhibitor and Comparative Pharmacoki-



netic Study with Their Respective Co-administered Drug Products," the event focused on advancing pharmaceutical research and innovation.

The inaugural session featured Dr. Ashoke Sharon, Dean of Faculty Affairs at BIT Mesra, as the Chief Guest. In his address, Dr. Sharon highlighted the significance of such workshops in empowering researchers and fostering innovation in pharmaceutical

sciences. He emphasized the long-term advantages for participants in furthering their scientific careers through exposure to cutting-edge methodologies. Dr. Papiya Mitra Mazumder, the Chairperson of the Workshop, delivered an inspiring welcome message, encouraging the attendees to actively engage in the sessions and absorb the knowledge shared over the course of the workshop. Dr. Animesh Ghosh, the

Principal Coordinator, provided an overview of the program's schedule and objectives, setting the tone for the sessions ahead.

The workshop aims to deepen participants' understanding of crystal engineering and its critical applications in the pharmaceutical industry. It features sessions on emerging trends, data acquisition, and advanced characterization techniques such as PXRD, DSC, and TGA. Day One included interactive discussions and practical demonstrations, offering a comprehensive learning experience for attendees. Day Two will feature more interactive sessions, culminating in a Valedictory ceremony and certificate distribution.

## 5 DPS Chas Students Shine in English Language Olympiad 2024-25

Bokaro: Five students from DPS Chas have made a remarkable achievement by securing top zonal ranks in the English Language Olympiad 2024-25, organized by the Silver Zone Foundation, New Delhi.

Ratan Singh, Adwit Singh, Anant Ashish, Vaibhav Kumar, and Pranav Trivedi secured zonal positions 1st to 4th in their respective class categories, showcasing their outstanding proficiency in the English language. Ratan Singh of Class I-A emerged as the top performer, securing the first position and a prize of Rs 5000. Adwit, also from Class I-A, bagged the second position, gets Rs 2500, Anant clinched the third position and was awarded Rs 1000, while Vaibhav Kumar and Pranav Trivedi scored the fourth position, each receiving Rs 500 for their excellent performance.

In addition to these remarkable achievements, 12 other students from DPS Chas have

qualified for the second level of the exam, further demonstrating the school's academic excellence.

The International English Olympiad, conducted by the Silver Zone Foundation, is a prestigious competition aimed at enhancing English language and grammar skills for students from classes I to XII. The exam focuses on communication and practical use of the English language, with participants ranked at school, district, state, and international levels. Dr. Hemlata S. Mohan, Chief Mentor of DPS Chas, congratulated the students, emphasizing that success is a reflection of progress toward personal goals. She praised their dedication and hard work, stating that those who give their best will always emerge victorious. Dr. Manisha Tiwari, Director and Principal of DPS Chas, also extended her heartfelt congratulations and encouraged the students to continue striving for excellence in their future endeavors.

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# PM Condoles Loss Of Lives In Mumbai Boat Accident; Announces 2 Lakh Aid

**New Delhi.** Prime Minister Narendra Modi on Wednesday expressed grief over the loss of 13 lives following a collision between two boats in Mumbai while announcing an ex-gratia of ₹ 2 lakh for the kin of the deceased and ₹ 50,000 assistance for the injured individuals. Taking to X, the Prime Minister's Office (PMO) wrote: "The Prime Minister has announced an ex-gratia of ₹ 2 lakh from PMNRF for the next of kin of each deceased in the boat mishap in Mumbai. The injured would be given ₹ 50,000." In another post, the PMO, quoting Prime Minister Modi, wrote: "The boat mishap in Mumbai is saddening. Condolences to the bereaved families. I pray that the injured recover soon. Those affected are being assisted by the authorities: PM @narendramodi."

In a horrific maritime disaster, at least 13 persons drowned, including three Indian Navy sailors plus another 99 were rescued from the Arabian Sea when a naval speedboat on engine trials lost control and abruptly rammed into a passenger ferry, near the Raigad Coast, off Gateway of India, here on Wednesday evening, officials said. The passenger boat, reported to be a private



catamaran named 'Neelkamal', was ferrying around 110 tourists plus five crew members to the world-famous UNESCO Heritage Elephanta Islands, and the disaster occurred around 5:15 p.m., said the BMC Disaster Control.

Official sources said that an Indian Navy's rigid inflatable boat undergoing engine trials crashed into the 'Neelkamal' at high speed, overturning it and throwing most of the tourists into the Arabian Sea near Uran, Karanja on the Raigad coast, around 10 km from Gateway of India.

The sources said that the ferry, 'Neelkamal', may have broken down with the sudden hit, overturned and started sinking with the passengers thrown into the sea. Videos of the tragedy, clicked by aghast passengers from

other ferries in the vicinity showed gruesome shots of people screaming for help, flailing their arms and legs to remain afloat or attempting to hold their near and dear ones from sinking in chilly sea waters.

On receiving the SOS from multiple sources on the disaster, a massive rescue operation was launched by the Indian Navy's four helicopters and 15 other vessels including the Marine Police, Indian Coast Guard, Jawaharlal Nehru Port Authority, along with local fishers and other ferry boats to save the victims. By 9 p.m., the authorities confirmed 13 deaths comprising three Indian Navy sailors and 10 civilians, several 'critical' in different hospitals, and over 100 other tourists whose condition is reported to be 'stable' in various hospitals, while the search continues for another five still suspected 'missing' as darkness fell. It was not immediately clear whether the ill-fated 'Neelkamal' was carrying passengers as per the stipulated norms for load and other safety measures. The owner of the vessel, Rajendra Padte, said that the 'Neelkamal' had departed on its regular tourism voyage to Elephanta Islands around 3.15 p.m. and barely a couple of hours later the tragedy was reported, "but it was not our fault".

# Siddaramaiah proposes judicial panel to resolve Waqf land issues in Karnataka

**Karnataka.** Chief Minister Siddaramaiah proposed forming a committee headed by a retired judge to address concerns over Waqf properties, reiterating that the issue should not be politicised.

During the assembly session on Wednesday, Siddaramaiah responded to the BJP's questions on the Waqf land issue, pointing out that the Revenue Minister Krishna Byre Gowda had already given a detailed explanation. "If the opposition is not satisfied, we are ready to form a committee headed by a retired judge," he said. The Chief Minister clarified that the central government enacted the Waqf Act in 1954, leaving the state unable to amend it. He alleged that the BJP, despite being in power both at the Centre since 2014 and in Karnataka from 2008-2013 and 2019-2023, failed to address the issue. He accused the BJP of creating unnecessary controversy, highlighting their 2014 election manifesto promise to protect Waqf properties.

Siddaramaiah claimed that out of the total 1.28 lakh acres, 47,263 acres fall under the Inam Cancellation Act, 23,623 acres under the Land Reforms Act, and 3,000 acres are used for public purposes. However, 17,969 acres have been encroached on by private individuals. "Once registered as Waqf property, it will

always be Waqf property," he said, adding that a Supreme Court order mandates its protection. Amid concerns raised by the BJP over eviction notices issued to temples, farmers, and others, Waqf and Minority Affairs Minister BZ Zameer Ahmed Khan assured that such notices would be withdrawn.



Siddaramaiah reiterated that no farmer would be evicted from the land they have been cultivating. BJP legislator Araga Jnanendra demanded the removal of properties listed as Waqf land in government records, arguing that withdrawing notices alone would not solve the problem. Leader of the Opposition R Ashoka pointed out that 110 Kuruba families in Mysuru's Krishna Raja constituency had repeatedly appealed to Siddaramaiah to revoke notices but to no avail.

# Udhayanidhi Stalin calls himself 'proud Christian' who also represents all faiths

**Tamil Nadu Deputy Chief Minister Udhayanidhi Stalin called himself a "proud Christian" and emphasised on religious unity. He also declared himself common to all faiths, and accused BJP-AIADMK of using religion to divide and undermine constitutional values.**

**Chennai.** Tamil Nadu Deputy Chief Minister Udhayanidhi Stalin reaffirmed his commitment to religious harmony, declaring himself a "proud Christian" while emphasising inclusivity across all faiths. Speaking at a Christmas event, Udhayanidhi reiterated his stance against those who use religion to sow division and spew hatred. "Last year, while participating in a Christmas event, I proudly said that I am a Christian, and it immediately irritated several Sanghis. But I am saying this again today: I am a proud Christian," Udhayanidhi said. "If you think I am a Christian, then I am a Christian. If you think I am a Muslim, then I am a Muslim. If you think I am a Hindu, I



am a Hindu. I am common to everyone. All religions only teach us to show love," he added, stressing unity and inclusivity. The Deputy Chief Minister took aim at those who use religion for political gain, accusing them of spreading hatred and divisiveness. Citing a recent instance involving a judge from

Allahabad, he said, "Recently, we even saw a judge speak with animosity towards a religion. An Allahabad judge, while speaking at a recent event, made hate comments against Muslims. We questioned whether such a person should hold the position of a judge. How can you expect justice in his court?" He highlighted the DMK's and Congress's efforts to address the matter, stating, "To remove him, a resolution was brought in the Lok Sabha. Congress and DMK MPs signed in support, but AIADMK MPs didn't sign. AIADMK couldn't support a resolution seeking the removal of a judge who went against the Constitution because they continue to be BJP's slaves."

# Karnataka MLA writes to DK Shivakumar over cabinet minister's BJP ties

**Karnataka.** Whispers of internal rift in Congress resurfaced after a Karnataka Congress MLA accused Davangere district in-charge minister of colluding with BJP to undermine the party. In a letter addressed to Deputy Chief Minister DK Shivakumar, Channagiri MLA Basavaraju V Shivaganga asked that Davangere district in-charge minister SS Mallikarjun be immediately replaced. Basavaraju, who is also the Davangere district Kisan Congress chief, in the letter alleged that Mallikarjun was closely aligned with the BJP, causing embarrassment to the ruling party in the district.

He cited a specific case of a transfer of a Public Works Department (PWD) personnel to support his accusation. According to Basavaraju, R Vijay Kumar from Shivamogga was supposed to replace IS Odenapur from Davangere due to family issues. The MLA claimed an order for this transfer was issued, but Mallikarjun allegedly exerted pressure to reverse or block the transfer, causing complications. Basavaraju said that Odenapur was elected as the district president in a government employee election, reportedly with substantial financial support from BJP supporters. He suggested that the Mallikarjun backed him, which may have led to the defeat of the party's preferred candidate. In his letter to Shivakumar who is also the Karnataka Pradesh Congress Committee president, Basavaraju called for the examination of the district in-charge minister's actions, specifically regarding his apparent contradictory approach, wherein he apparently issued one order while influencing the outcome differently, called the ibbangi policy. Basavaraju sought Shivakumar's intervention to address these issues, ensuring fair practices and political neutrality. He said that Mallikarjun's association was affecting the local legislators, leaders, and activists associated with the Congress, leading to discontent. The Channagiri MLA stated that with the upcoming panchayat elections, he feared further setbacks for Congress in the region if no action was taken.



# Knees injured, limping: Mallikarjun Kharge alleges BJP MPs pushed him during protest

**New Delhi.** Congress Chief Mallikarjun Kharge on Thursday alleged that BJP MPs pushed him to the ground, causing a knee injury during the simultaneous protests by Congress and BJP outside Parliament over Union Home Minister Amit Shah's remarks on Dr Ambedkar. Kharge raised these allegations in his letter to the Lok Sabha Speaker and sought an enquiry into the incident. The Congress President called it not just a personal attack on him but also an attack on the position of the Leader of the Opposition in Rajya Sabha and the Congress President, both of which he holds. "When I reached Makar Dwar along with the INDIA parties MPs, I was physically pushed by BJP MPs. Thereafter, I lost my balance and was forced to sit down on the ground in front of Makar Dwar. This inflicted injury on my knees which have already undergone surgery," Kharge said in his letter. "Subsequently, Congress MPs



brought a chair and I was made to sit on it. With great difficulty and with the support of my colleagues, I limped to the House at 11 am," his letter to the Speaker further reads. He urged the speaker to "order an enquiry into this incident which is an assault not just on me personally but on the Leader of the Opposition, Rajya Sabha and the Congress

President". Kharge, in a tweet, also accused BJP MPs of carrying placards mounted on thick sticks. "BJP MPs were armed with placards with thick sticks and were made to push and shove to stop the peaceful protest of INDIA alliance MPs so that their animosity towards Babasaheb, Parliament, Constitution and democracy is not exposed," he alleged. The Parliament premises saw a high-voltage political drama today as the BJP and Congress held simultaneous protests, where MPs from both camps came face to face. A BJP MP, Pratap Chandra Sarangi, sustained injuries during the protest, with the saffron party claiming that it occurred when Rahul Gandhi pushed another MP into him. Rahul Gandhi denied the allegations, claiming instead that the BJP had pushed Congress chief Mallikarjun Kharge and blocked his own entry at the Parliament gate. The BJP is planning to file an FIR against Rahul Gandhi over the incident.

# BJP, INDIA bloc protest showdown in Parliament amid Ambedkar row

**While the BJP accused Congress of misleading the public over Amit Shah's remarks on BR Ambedkar, Congress demanded the Union Home Minister's resignation.**

**New Delhi.** The Parliament premises on Thursday turned into a stage for high-voltage political drama as the BJP and Congress held simultaneous protests, targeting each other over Union Home Minister Amit Shah's remarks on BR Ambedkar in Parliament. The MPs from both camps came face to face, all holding placards bearing images of Ambedkar and accusing the other side of disrespecting him. A BJP MP sustained injuries during the protest, with the party claiming that it occurred when Rahul Gandhi pushed another MP into him. Rahul Gandhi denied the allegations, claiming instead that the BJP had pushed Congress chief Mallikarjun Kharge and blocked his own entry at the Parliament gate. Leaders of the INDIA bloc, including Priyanka Gandhi and Mallikarjun

Kharge, scaled the walls of Makar Dwar, the main gate of Parliament, holding placards demanding an apology and the resignation of Amit Shah. They were dressed in blue clothes and wore blue caps, a colour associated with the Dalit movements. Meanwhile, the BJP accused Congress of misleading the public. They raised slogans such as, "Insult to Babasaheb Ambedkar will not be tolerated," while holding banners that read, "Ambedkar showed us the path, Congress misled". The BJP claimed that party MP Pratap Chandra Sarangi was injured after Congress leader Rahul Gandhi pushed another MP onto him. He was shifted to the hospital following the injury to his face. "Rahul Gandhi pushed an MP who fell on me, after which I fell down...I was standing



near the stairs when Rahul Gandhi came and pushed an MP who then fell on me," Sarangi claimed. Rahul Gandhi rejected the claim, saying that the BJP MPs blocked him at the Parliament gate and also pushed the Congress leader. "This might be on your camera. I was trying to go inside through the Parliament entrance, BJP MPs were trying to stop me, push me and threaten me. So this happened...Yes, this has happened (Mallikarjun Kharge being pushed)," he said. A huge

→ **INDIA bloc MPs climb the walls of Parliament gate**  
 → **BJP claims MP injured after 'Rahul Gandhi pushed another MP' onto him**  
 → **Congress demands Amit Shah's resignation, BJP says Congress misleads people**

political controversy erupted after the Congress shared a video of Amit Shah's speech, accusing him of insulting BR Ambedkar inside Parliament. The party accused Amit Shah of insulting the architect of the Indian Constitution by stating, "It has become a fashion to say Ambedkar, Ambedkar, Ambedkar, Ambedkar, Ambedkar, Ambedkar. If they had taken God's name so many times, they would have secured a place in heaven across all seven lives". The BJP, meanwhile, hit back, accusing Congress of amending the Constitution and disrespecting Ambedkar over the years for political gains. They also claimed that the video of Amit Shah's speech shared by Congress was manipulated and warned Congress of legal action.



## Crossing the line on the judicial front

AN impeachment motion has been moved against Justice Shekhar Kumar Yadav of the Allahabad High Court over his remarks at a recent event of the Vishva Hindu Parishad (VHP). There is no chance that the move will succeed because the ruling dispensation is against it. Indeed, Uttar Pradesh Chief Minister Yogi Adityanath has strongly supported Justice Yadav. There are reports that Justice Yadav has been asked by the Supreme Court Collegium to meet it. The latter has no legal authority to do so. Hence, he will be within the law to skip the meeting. However, if he does meet the Collegium, it can draw his attention to the Restatement of Values of Judicial Life, adopted by the Supreme Court in May 1997. It can advise him to observe them, but if he chooses to ignore them, it can really do nothing except recommend his transfer from the Allahabad HC. It is possible, though, that the government may not act on the recommendation. Thus, as matters stand, Justice Yadav virtually enjoys immunity for his remarks at the VHP function. Yes, there is one step the HC Chief Justice can take. He can decide not to allot judicial work to the judge on the ground that the comments have made him unfit to adjudicate cases. But that will require a very courageous Chief Justice in our contentious times.

Paragraphs 8 and 9 of Restatement of Values of Judicial Life read: "A Judge shall not enter into public debate or express his views in public on political matters or on matters that are pending or are likely to arise for judicial determination. A Judge is expected to let his judgments speak for themselves. He shall not give interview to the media." In the past, judges did not seek to attract attention either to themselves or their personal views on national affairs. They seldom gave lectures or participated in public functions. This was based on the sound principle that the public should have confidence that their decisions were based on the facts and the law and no other consideration. The cardinal and eternal essence of the dispensation of justice is that it must not only be done but also be manifestly done. Today, too, many judges of superior courts follow this principle and avoid the temptation of airing their views in public. However, if the feeling gains currency in the judiciary that there is nothing objectionable for judges to comment on issues such as the Uniform Civil Code (UCC) — a matter which may come up for adjudication — the present restraint exercised by most of the judges may get eroded to the detriment of the administration of justice in India. That will damage the national good. Justice Yadav not only spoke on the UCC but also did so in terms of rank communalism. All through his address, he spoke as a Hindu and addressed Muslims as a separate community. This violates the basic tenet of a judge: she/he will not distinguish between citizens on the grounds of religion either as individuals or as a group. It is particularly sad that Justice Yadav gave the go-by to the proud traditions of the Allahabad High Court, whose judges, even during the days of colonialism, strove to pursue the path of rectitude and reticence as well as fierce independence.

Justice Yadav may be suited for public life. He would have full freedom there to express his opinions, and if he is elected to a legislature, he can strive to ensure that these are converted into law. There is little doubt that political forces in the country that are supporting him may welcome him into their fold. They may find him an asset, for his VHP speech shows that he is a fluent public speaker who will be able to convey their beliefs succinctly to the public. I hope readers will forgive me for striking a personal note. My family members had a century-long association with the Allahabad HC as lawyers and judges. I moved away to the field of diplomacy, but have vivid recollections of the principles followed by my father, who retired as Chief Justice of this court. He told me that a judge should not only speak through his judgments but also confine those judgments to the law and facts of the case. He should not make obiter dicta, let alone use judgments to lecture society or point to national infirmities. That was the duty of other organs of the state.

## The Politics of 'Bangladeshi Infiltrators'..

THE term 'Bangladeshi' in India has infiltrated our lexicon as "illegal" human beings. They have also become the most acceptable alibis for the political class to extract political mileage and distract unfavourable attention. The recent case in point is Delhi's Lieutenant-Governor VK Saxena, who announced a two-month special drive to identify and act against illegal Bangladeshi immigrants residing in the national capital. The Delhi police has started raids in slums across Kalindi Kunj, Shaheen Bagh and Jamia Nagar, where Rohingya refugees were provided land to set up camps.

Many in India like to believe that Rohingyas are Bangladeshis despite sufficient knowledge that the ethnicity is among the most persecuted groups of Myanmar. It may not be a coincidence that this development came hours after the BJP demanded a CBI investigation into the alleged illegal settlement of Rohingyas in Jammu and Kashmir. Chief Minister of the state Omar Abdullah has said the refugees should be deported, if at all, but they could not be made to starve and he would not let them die in the cold. Yet, I will not be surprised if this campaign to identify Bangladeshi "infiltrators" picks steam across other states. Let us not forget that we are upon another season of elections and, this time, for the national capital. Many would have forgotten that in mid-1992, Delhi had launched Operation Pushback to deport Bangladeshis. That was under the Congress government, which was responding to a belligerent Sangh Parivar dramatically heightening its pitch around unauthorised immigration. Assam had already scripted the threat of a silent demographic invasion by these impoverished, desperate, pitiable neighbours who were being pushed into India to seize Hindu territory. The template of Bangladeshi-phobia was a well-established eastern propaganda that the Sangh appropriated in its entirety. It was, however, willing to exclude the Hindu Bangladeshis as refugees who were escaping persecution. The same lens wouldn't apply to Rohingyas at a later stage. Around the same time, the Sangh launched the slogan, 'Infiltrators Quit India', and forced the Congress to act against whom it considered infiltrators, setting the stage for an event that would change the political landscape of the country forever. By December, the crescendo had reached



Ayodhya, resulting in the demolition of the Babri Masjid. The presence of illegal migrants from the neighbouring countries is not an unfamiliar piece of data. It is also well known that during the Congress regime, politicians have reportedly used these settlers as "vote banks". But there is no evidence yet or corroboration of the claim that millions of infiltrators have arrived to take over parts of this country. Instigated by the Sangh's growing voice against the infiltrators, the then Prime Minister Narasimha Rao rolled out an action plan against the Bangladeshis to counter the jingoism. It only added fuel to the propaganda. In September 1992, a group of 132 persons was identified as infiltrators and removed from the Seemapuri area of east Delhi. It is well known that all efforts by the government to arrest infiltration through the porous borders have proven ineffective. However, the build-up of such a campaign has been highly beneficial politically. The 1992 campaign, finally, provided the Sangh political legitimacy and made xenophobia and anti-Muslim rhetoric acceptable in public life. The current campaign launched by the bureaucratic arm of the BJP in Delhi has raised the suspicion of the beginning of a nationwide 'identification' drive that could serve as a precursor of another round of the National Register of Citizens (NRC). Though Assam provides the case study that the NRC is a wasteful exercise in detection, it has proven to be a

worthwhile weapon to intimidate and harass Muslims. Manipulated by political parties, the acute fear of being rendered into a non-citizen has repeatedly triggered ethnonational projects across decades. In the politics of the Hindu right, the framing of migrants threatening the security of Hindu-India has become synonymous with Muslims in general.

The ongoing exercise is already on the lines of the NRC verification, something that Uttar Pradesh had initiated in 2019. The chorus then had gained momentum, with other states chiming in and Karnataka even constructing a detention centre.

Assam Chief Minister Himanta Biswa Sarma, known for his anti-Muslim vocabulary, has floated the idea of a nationwide NRC in his recent election campaign in Jharkhand. Given India's poor neighbourhood policy that stood exposed after the fall of Dhaka this year, such rhetoric is bound to further deteriorate relations between the two countries, which are always on the edge with the NRC.

It will be interesting to see how this is going to play out with another Islamophobic campaign gaining ground: the claim of temples under mosques. The Places of Worship (Special Provisions) Act, 1991 mandates that the nature of all places of worship, except the one in Ayodhya that was then under litigation, shall be maintained as it was on August 15, 1947. While one hoped the Ayodhya judgement would have closed this matter, more such suits have been filed in Varanasi and, more recently in Sambhal, where trial courts hastily ordered surveys of the mosques, resulting in a clash that killed four people.

This could well be a convergence of two distinctive sets of xenophobic projects that will set off a chain of low-intensity anti-Muslim campaigns working simultaneously, while stepping up the ante wherever political machinations are due.

While the detection and detention mechanism fits the concept of "the process is the punishment", the mosque surveys claiming buried temples aim to set right "historical wrongs", thus perpetrating the narrative of revenge against invaders who have looted the glorious past.

## Perilous fast track

### Dallewal's extreme stand eclipsing big picture

THE life of farmer leader Jagjit Singh Dallewal, who is on a fast-unto-death, is precious — as rightly observed by the Supreme Court. So too are the lives of all protesters who are staying put at Shambhu and Khanauri borders in the bitter cold. And Dallewal himself has said that the lives of farmers pushed to the brink by flawed government policies are more valuable than his own. If every kisan's life really matters, why have things come to such a pass? And why has the time-tested path of dialogue been abandoned?

Unfortunately, it was only after the apex court's intervention that senior representatives of the Punjab and Central governments reached out to Dallewal. But it is unlikely that his extreme stand will force the Centre to accept farmers' key demands, including a legal guarantee of MSP for various crops. After all, over 700 of them had died during a year-long agitation before the Modi government finally



repealed the three farm laws. Ironically, Dallewal's hunger strike and the efforts to dissuade him are eclipsing the big picture — the widespread agrarian distress fuelled

by factors such as the debt burden, rising costs of farming and inadequate support for crop diversification.

The SC has urged farmers to adopt the Gandhian way of staging protests. The Mahatma considered fasting as a potent weapon in the Satyagrahi armoury, but he made it clear that a Satyagrahi should do it only as the last resort — "when all other avenues of redress have been explored and have failed". Leaders of farm unions still have the option of pressing the Centre to return to the negotiating table. The marathon talks between Union ministers and farmers' representatives in February might not have produced a breakthrough, but that is no reason to snap lines of communication. A mutual climbdown is a must to save farmers' lives as well as livelihood.

## What porn has to do with the post-Nirbhaya world

**Pornography can foster unhealthy attitudes that can escalate into sexual frustration and violence. Addressing this requires urgent government action.**

ON December 16, 2012, the brutal gang-rape of a young physiotherapy student on a moving bus in Delhi became the turning point for India. The girl died, and the tragedy sparked protests and demands for justice, pushing for better legal protection for women. Named 'Nirbhaya', her death shook the country's conscience. The tragedy forced policymakers to confront the inadequacies in laws addressing sexual violence. Long-debated reforms were, finally, prioritised as the case became the catalyst for overhauling legal frameworks to ensure better protection, justice and accountability for crimes against women. Following the Nirbhaya tragedy, the Indian government passed the Criminal Law (Amendment) Act of 2013, expanding the definition of sexual violence to include stalking, voyeurism and acid attacks. It also increased the penalty for rape, including life imprisonment and death penalty for repeat offenders. Fast-track courts were introduced and an amendment in the 2015 Juvenile Justice Act allowed minors aged 16-18 committing heinous crimes to be tried as adults. A Nirbhaya Fund was created for the implementation of initiatives aimed at enhancing the safety and security of women, such as installing CCTVs at public places.

The 2017 Unnao rape case and the 2018 Kathua rape and murder case demonstrated the potential of fast-track courts to lead to convictions. But the 2020 Hathras gang-rape revealed that challenges still persisted in achieving impartial justice. Today, 12 years after the Nirbhaya case, despite various legal reforms, women face persistent sexual violence. In August this year, a doctor was raped and killed at a hospital in Kolkata, while a seven-month-old girl was brutally raped earlier this month, again in Kolkata. This tragic reality signals a profound societal failure. It is not easy to pinpoint any particular reason behind the continued sexual crimes against women and even babies. A complex interplay of social, cultural, economic and systemic factors is behind it — from the deep-rooted patriarchy perpetuating harmful gender

norms to devaluing women as subordinates to men; from the lack of open conversations about healthy sexual relationships to the absence of comprehensive sex education; from delayed investigations, low conviction rates and insensitive handling of cases to under-reporting of such cases due to social stigma; from substance abuse to rapid urbanisation, migration and weakening of community ties; from social isolation and anonymity in urban settings to unemployment and economic inequalities. All these factors can create frustration and aggression, sometimes leading to acts of sexual violence. Another contributing factor is the rapid digitisation and low-cost or free accessibility of pornographic material. A study published in the 'Indian Journal of Public Health' points out that India, with 12 per cent of the websites devoted to pornography, ranks third in porn consumption globally. Excessive consumption of porn has become a pressing public health concern, with research pointing to its correlation with sexual crimes.

A study by the UK Government's Equality Office in 2020 found that though harmful attitudes toward women are influenced by multiple factors, a key reason was pornography. Many researchers consider it to be a significant contributor to harmful sexual beliefs and behaviours in high-risk individuals. Understanding this relationship requires the examination of pornography consumption. Viewing too much pornographic content leads to desensitisation. It makes the content mundane and commonplace, leading to increased exposure time and a quest for more hard-core content. It also leads to a detachment from reality and lack of differentiation between the real and the virtual.

Whether pornographic content affects sexual aggression has been debated for decades. Since complex multiple

factors contribute to deviant behaviour, blaming pornography alone oversimplifies the issue and diverts attention from the systemic causes. However, one certainly cannot ignore pornography as a key factor. Research on rape culture has focused on understanding the acquisition of attitudes, behaviours and norms associated with violence against women. While many of

pornography can act as a trigger, reinforcing these tendencies. Exposure to pornography that objectifies women can increase the acceptance of rape myths and play a significant role in shaping attitudes linked to the perpetuation of 'rape culture'.

The myths associated with rape promote the idea that rape is usually avoidable if certain precautions are taken. The onus of "don't get raped" is thrust upon women (as opposed to "don't rape" upon men). And, this self-protective ideal lends itself comfortably to blaming the victim and absolving the perpetrator.

Urgent government action is needed to address this menace. The steps required to be taken include the regulation of free pornographic websites and issuance of trigger warnings as also seeking proof of age for access to such sites and holding awareness campaigns and supervised discussions on consent and respectful relationships. Introducing media and digital literacy in educational institutions, adult education classes, institutions of open and lifelong learning and community and vocational education can further equip students to evaluate harmful content critically. As we honour Nirbhaya's memory, her legacy demands more than symbolic gestures. Strong laws must be enforced and efforts to inculcate gender sensitivity amongst all stakeholders must continue. Justice-focused narratives should dominate the media, countering misinformation and fostering accountability. The government should commission research studies to find reasons behind the persistence of rape cases. The transformation journey requires a collective effort towards creating a society where every citizen feels safe and no girl has to pay with her life and be named 'Nirbhaya' again.



these factors are more influential than pornography, it is often pornography's interaction with these factors and their exacerbation that heightens its impact. Certain types of pornography, particularly those depicting violence or non-consensual acts, may normalise aggression and perpetuate misogynistic views. Frequent consumption of such material can desensitise viewers to violence and blur the understanding of consent in a relationship. For individuals with a predisposition towards violent or harmful behaviour,



## बेङ्गल सरकार पिछू हटेछे, बाड़खणु थेके बेङ्गले यानवाहन प्रवेश शुरू

प्राय २८ घंटा पर, बेङ्गल सरकार पिछू हटेछे एबं बाड़खणु थेके बेङ्गले याग्या समस्त पण्यवाही यानवाहन प्रवेश शुरू हय्येछे। गत सक्ता १८टां पर बेङ्गल सरकार आदेश बाड़खणु-बेङ्गल मथन सीमाछे पण्यवाही यानवाहन प्रवेश निषिद्ध करा हय्येछि। एर फले रात थेके दूपुर पर्यंत प्राय २० किमी दीर्घ यानजट सृष्टि हय। चालकदेर समस्यार कथा विवेचना करे, MASS बेङ्गल सरकारके चाप देय बाड़खणु सीमाछे थेके बेङ्गले प्रवेश करा समस्त यानवाहन बन्द करार जन्य। एर फले, बेङ्गल सरकार पिछू हटेते बाध्य हय एबं अबशेषे भारी यानवाहन प्रवेश आवार स्वाभाविक हय।

बेङ्गल सरकारे एह अनुमति पर, ट्राक चालकरा शक्तिर निश्चय फेलेन। प्राखन निरसा विधायक अरूप चाटार्जि बाड़खणु मुख्यामत्री हेमच सोरेनेर एह उद्देश्ये प्रशंसा करेन। तिन बलेन, मुख्यामत्री हेमच सोरेने एह विशये क्रमागत शुरुतु दियेछेन। बेङ्गल सरकारे साथे इतिवाचक आलोचना करार पर बेङ्गल सरकार निषेधाज्ञा तुले नय। एर पर, सारिते देाड़िये थाका समस्त पण्यवाही यानवाहन बीरे बीरे बेङ्गले प्रवेश करते शुरू करेछे। NH-९ दीर्घ यानजट एखन सीमित ह्ये एबं यानजट ७ भाङ्गते शुरू करेछे।

## भोजपुरी

### देश क बरवकत

- श्याम कुंवर भारती (राजभर)

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

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

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

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

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

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## देश में 10 वंदे भारत स्लीपर ट्रेनें निर्माणाधीन, 200 वंदे भारत स्लीपर रेक का काम भी भागीदारों को सौंपा: वैष्णव

**एजेंसी नई दिल्ली।** रेल मंत्री अश्विनी वैष्णव ने लोकसभा को बताया कि वर्तमान में देश में लंबी और मध्यम दूरी की यात्रा के लिए 10 वंदे भारत स्लीपर ट्रेनों का निर्माण कार्य चल रहा है। उन्होंने कहा कि पहला प्रोटोटाइप निर्मित हो चुका है और इसका फील्ड ट्रायल किया जाएगा। रेल मंत्री ने लोकसभा में एक वक्तव्य में कहा कि इसके अलावा 200 वंदे भारत स्लीपर रेक के निर्माण का काम भी प्रौद्योगिकी भागीदारों को सौंपा गया है। ट्रेन के रोलआउट की समय-सीमा परीक्षणों के सफल समापन पर निर्भर है। 2 दिसंबर तक, देश भर में छेटी और मध्यम दूरी की यात्रा के लिए भारतीय रेलवे के ब्रॉड



गेज विद्युतीकृत नेटवर्क पर 136 वंदे भारत ट्रेन सेवाएं चालू हैं। वैष्णव ने एक अन्य प्रश्न के उत्तर में कहा कि

## बंगाल में निवेश करें, हर संभव मदद करेगी सरकार : ममता बनर्जी

**एजेंसी कोलकाता।** मुख्यमंत्री ममता बनर्जी ने इफोसिस के नए कैम्पस के उद्घाटन के दौरान बंगाल को उद्योग और आईटी क्षेत्र के लिए एक आदर्श स्थान बताया। उन्होंने कहा कि राज्य में निवेश करने वालों को सरकार हर संभव मदद प्रदान करेगी। यह कैम्पस कोलकाता के न्यू टाउन के हाथीशाला इलाके में लगभग 17 एकड़ जमीन पर बनाया गया है और इससे चार हजार से अधिक लोगों को रोजगार मिलेगा। मुख्यमंत्री ने कहा कि आज का दिन केवल इफोसिस के लिए नहीं, बल्कि पूरे बंगाल के लिए ऐतिहासिक है। हमारा राज्य अब भारत के प्रमुख आईटी केंद्रों में से एक बन चुका है। हमने अमेरिका की तर्ज पर यहां दो हजार एकड़ जमीन पर सिलिकॉन वैली का निर्माण किया है, जिसमें 27 हजार करोड़ रुपये का निवेश हुआ है और इससे भविष्य में 75 हजार नौकरियां सृजित होंगी। इसके अलावा, राज्य में 22 आईटी पार्क भी बनाए जा रहे हैं। उन्होंने आगे कहा कि जब हमने सत्ता

संभाली थी, तब बंगाल में उद्योग और आईटी के लिए अवसर सीमित थे। लेकिन आज स्थिति पूरी तरह बदल चुकी है। बंगाल के युवा न केवल



भारत में, बल्कि पूरी दुनिया में विभिन्न क्षेत्रों में अपनी प्रतिभा का प्रदर्शन कर रहे हैं। इस साल राज्य के 45 हजार से अधिक इंजीनियरों ने आईटी कंपनियों में नौकरी हासिल की है। मुख्यमंत्री ने दावा किया कि बंगाल में लगातार बढ़ती मांग, निबंधि बिजली आपूर्ति, उल्कृत कार्य वातावरण और कम उत्पादन लागत जैसे कई लाभ हैं। इसके अलावा, तेज गति वाले इंटरनेट की भी व्यवस्था की जा रही है। उन्होंने

(2,337) संख्या से 16 गुना (36,933) अधिक है। भारतीय रेलवे (आईआर) ने एलएचबी कोचों की भरमार कर दी है जो तकनीकी रूप से बेहतर हैं और इनमें एंटी क्लाइम्बिंग व्यवस्था, विफलता संकेत प्रणाली के साथ एयर सस्पेंशन और कम संश्लेषण शोल जैसी विशेषताएं हैं। उन्होंने कहा कि सुगम्य भारत मिशन (सुलभ भारत अभियान) के हिस्से के रूप में, भारतीय रेलवे दिव्यांगजनों और कम गतिशीलता वाले यात्रियों के लिए सुगमता सुनिश्चित करने में महत्वपूर्ण प्रगति कर रहा है। दिव्यांगजन अधिकार अधिनियम, 2016 के दिशा-निर्देशों के तहत, रैंप, सुलभ पार्किंग, बेल और

स्पर्शनीय संकेत, कम ऊंचाई वाले काउंटर और लिफ्ट व एस्केलेटर जैसी व्यापक सुविधाएं प्रदान की गई हैं। नवंबर 2024 तक, भारतीय रेलवे ने 399 स्टेशनों पर 1,512 एस्केलेटर और 609 स्टेशनों पर 1,607 लिफ्ट स्थापित की थीं, जो पिछले दशक की तुलना में क्रमशः 9 और 14 गुना की उल्लेखनीय वृद्धि को दर्शाता है। इसके अलावा, अधिकांश मेल व एक्सप्रेस ट्रेनों में चौड़े प्रवेश द्वार, सुलभ शौचालय और व्हीलचेयर पार्किंग वाले समर्पित कोच उपलब्ध हैं, जबकि वंदे भारत ट्रेनें दिव्यांगजनों के लिए स्वचालित दरवाजे, निर्धारित स्थान और ब्रेल साइनेज जैसी सुविधाओं के साथ बेहतर सुगमता प्रदान करती हैं।

## घरेलू सर्राफा बाजार में सस्ता हुआ सोना, चांदी के भाव में बदलाव नहीं

**एजेंसी नई दिल्ली।** घरेलू सर्राफा बाजार में आज मामूली गिरावट का रुख है। आज कारोबार की शुरुआत के समय सोने के भाव में तेजी का रुख बना था और ज्यादातर सर्राफा बाजारों में सोने के भाव में 110 रुपये से 150 रुपये प्रति 10 ग्राम तक की तेजी आ गई थी। हालांकि दोपहर बारह बजे के बाद सोने के भाव में कमजोरी आ गई। सोने की कीमत में गिरावट से देश के ज्यादातर सर्राफा बाजारों में 24 कैरेट सोना आज 77,990 रुपये से लेकर 77,840 रुपये प्रति 10 ग्राम के दायरे में कारोबार कर रहा है। इसी तरह 22 कैरेट सोना 71,500 रुपये से लेकर 71,350 रुपये प्रति 10 ग्राम के बीच बिक रहा है। चांदी के भाव में आज कोई बदलाव नहीं हुआ है। इसलिए दिल्ली सर्राफा बाजार में इसकी कीमत आज भी 92,500 रुपये

प्रति किलोग्राम के स्तर पर बनी हुई है। देश की राजधानी दिल्ली में 24 कैरेट सोना आज 77,990 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है, जबकि 22 कैरेट सोने की कीमत 71,500 रुपये प्रति 10 ग्राम दर्ज की गई है। वहीं, देश की आर्थिक राजधानी मुंबई में 24 कैरेट सोना 77,840 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 71,400 रुपये प्रति 10 ग्राम दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24 कैरेट सोना आज 77,840 रुपये प्रति 10 ग्राम की कीमत पर और 22 कैरेट सोना 71,350 रुपये प्रति 10 ग्राम की कीमत पर बिक रहा है।

## नेशनल क्रिटिकल मिनरल मिशन की जल्द हो सकती है लॉन्चिंग, ईवी सेगमेंट को मिलेगा बूस्ट

**एजेंसी नई दिल्ली।** केंद्र सरकार जल्दी ही नेशनल क्रिटिकल मिनरल मिशन को लॉन्च करने का ऐलान कर सकती है। देश की एनर्जी सिक्योरिटी और स्टोरेज को लेकर केंद्र सरकार ने इस स्ट्रेटेजिक मिशन को लॉन्च करने की तैयारी की है। बताया जा रहा है कि इस मिशन का ड्राफ्ट तैयार कर लिया गया है और अब इसे मंजूरी के लिए कैबिनेट के सामने पेश किया जाना है। कैबिनेट की मंजूरी मिलने के बाद नेशनल क्रिटिकल मिनरल मिशन को लॉन्च कर दिया जाएगा। ये मिशन 6 साल की अवधि के लिए शुरू किया जाएगा। इस मिशन की शुरुआत होने से इलेक्ट्रिक व्हेकिल सेगमेंट को जबरदस्त बूस्ट मिलने की उम्मीद की जा रही है। केंद्र सरकार की ओर से लॉन्च किए जाने वाले नेशनल क्रिटिकल मिनरल मिशन के लिए प्राथमिक तौर पर 30 हजार करोड़ रुपये का बजट तय किया गया है। इस मिशन के तहत केंद्र सरकार लिथियम, कोबाल्ट और निकेल जैसे क्रिटिकल मिनरल्स के

लिए इंसेंटिव दे सकती है। इसके साथ ही इसमें बैट्री रीसाइक्लिंग के लिए भी इंसेंटिव देने का प्रावधान किया जा सकता है। नेशनल मिशन को लॉन्च करने का ऐलान कर सकती है। देश की एनर्जी सिक्योरिटी और स्टोरेज को लेकर केंद्र सरकार ने इस स्ट्रेटेजिक मिशन को लॉन्च करने की तैयारी की है। बताया जा रहा है कि इस मिशन का ड्राफ्ट तैयार कर लिया गया है और अब इसे मंजूरी के लिए कैबिनेट के सामने पेश किया जाना है। कैबिनेट की मंजूरी मिलने के बाद नेशनल क्रिटिकल मिनरल मिशन को लॉन्च कर दिया जाएगा। ये मिशन 6 साल की अवधि के लिए शुरू किया जाएगा। इस मिशन की शुरुआत होने से इलेक्ट्रिक व्हेकिल सेगमेंट को जबरदस्त बूस्ट मिलने की उम्मीद की जा रही है। केंद्र सरकार की ओर से लॉन्च किए जाने वाले नेशनल क्रिटिकल मिनरल मिशन के लिए प्राथमिक तौर पर 30 हजार करोड़ रुपये का बजट तय किया गया है। इस मिशन के तहत केंद्र सरकार लिथियम, कोबाल्ट और निकेल जैसे क्रिटिकल मिनरल्स के

लिए इंसेंटिव दे सकती है। इसके साथ ही इसमें बैट्री रीसाइक्लिंग के लिए भी इंसेंटिव देने का प्रावधान किया जा सकता है। नेशनल मिशन को लॉन्च करने का ऐलान कर सकती है। देश की एनर्जी सिक्योरिटी और स्टोरेज को लेकर केंद्र सरकार ने इस स्ट्रेटेजिक मिशन को लॉन्च करने की तैयारी की है। बताया जा रहा है कि इस मिशन का ड्राफ्ट तैयार कर लिया गया है और अब इसे मंजूरी के लिए कैबिनेट के सामने पेश किया जाना है। कैबिनेट की मंजूरी मिलने के बाद नेशनल क्रिटिकल मिनरल मिशन को लॉन्च कर दिया जाएगा। ये मिशन 6 साल की अवधि के लिए शुरू किया जाएगा। इस मिशन की शुरुआत होने से इलेक्ट्रिक व्हेकिल सेगमेंट को जबरदस्त बूस्ट मिलने की उम्मीद की जा रही है। केंद्र सरकार की ओर से लॉन्च किए जाने वाले नेशनल क्रिटिकल मिनरल मिशन के लिए प्राथमिक तौर पर 30 हजार करोड़ रुपये का बजट तय किया गया है। इस मिशन के तहत केंद्र सरकार लिथियम, कोबाल्ट और निकेल जैसे क्रिटिकल मिनरल्स के



क्रिटिकल मिनरल मिशन का ऐलान इसी साल बजट में किया गया था। दावा किया जा रहा है कि इस मिशन में भारत के क्रिटिकल मिनरल्स इकोसिस्टम को चौतरफा समाधान (360 डिग्री सॉल्यूशन) उपलब्ध करने की कोशिश की गई है। बताया जा रहा है कि नेशनल क्रिटिकल मिनरल मिशन के तहत देश में और दूसरे सहयोगी देशों में लिथियम, कोबाल्ट और निकेल जैसे क्रिटिकल

## शुद्ध प्रत्यक्ष कर संग्रह 16.45 फीसदी बढ़कर 15.82 लाख करोड़ के पार

**एजेंसी नई दिल्ली।** चालू वित्त वर्ष 2024-25 में अबतक 17 दिसंबर, 2024 तक शुद्ध प्रत्यक्ष कर संग्रह सालाना आधार पर 16.45 फीसदी बढ़कर 15.82 लाख करोड़ रुपये से अधिक रहा है। केंद्रीय प्रत्यक्ष कर बोर्ड (सीबीडीटी) ने जारी आंकड़ों में बताया कि चालू वित्त वर्ष 2024-25 में एक अप्रैल से लेकर 17 दिसंबर, 2024 तक प्रत्यक्ष कर का कुल संग्रह 15,82,584 करोड़ रुपये (15.82 लाख करोड़ रुपये) रहा है। इस दौरान सकल प्रत्यक्ष कर संग्रह 19,21,508 करोड़ रुपये (19.21 लाख करोड़ रुपये) रहा, जो पिछले साल की समान अवधि के संग्रह की तुलना में 20.32 फीसदी अधिक है। आंकड़ों के मुताबिक इस दौरान अग्रिम कर संग्रह में सालाना आधार पर 21 फीसदी की बढ़ोतरी दर्ज की गई, यह 7.56 लाख करोड़ रुपये हो गया है। सीबीडीटी के अनुसार कुल कर संग्रह में 7.42 लाख करोड़ रुपये से अधिक का कॉर्पोरेट कर और 7.97 लाख करोड़ रुपये का गैर-कॉर्पोरेट कर संग्रह भी शामिल है। आंकड़ों के मुताबिक इस अवधि में 40,114 करोड़ रुपये का प्रतिभूति लेन-देन कर (एसटीटी) भी एकत्र किया गया। इस अवधि के दौरान 3.39 लाख करोड़ रुपये के कर रिफंड जारी किए गए हैं, जो सालाना आधार पर 42.49 फीसदी अधिक है। गौरतलब है कि प्रत्यक्ष कर संग्रह में कॉर्पोरेट कर, व्यक्तिगत आयकर और एसटीटी शामिल होते हैं।



मुताबिक इस अवधि में 40,114 करोड़ रुपये का प्रतिभूति लेन-देन कर (एसटीटी) भी एकत्र किया गया। इस अवधि के दौरान 3.39 लाख करोड़ रुपये के कर रिफंड जारी किए गए हैं, जो सालाना आधार पर 42.49 फीसदी अधिक है। गौरतलब है कि प्रत्यक्ष कर संग्रह में कॉर्पोरेट कर, व्यक्तिगत आयकर और एसटीटी शामिल होते हैं।

## सेनोरेस फार्मा का आईपीओ 20 दिसंबर को खुलेगा, प्राइस बैंड 372-391 रुपये प्रति शेयर

**एजेंसी मुंबई/नई दिल्ली।** औषधि कंपनी सेनोरेस फार्मास्युटिकल्स लिमिटेड का आरंभिक सार्वजनिक निगम (आईपीओ) निवेशकों के लिए 20 दिसंबर को खुलेगा और 24 दिसंबर को बंद होगा। सेनोरेस फार्मास्युटिकल्स ने इसके लिए मूल्य का दायरा (प्राइस बैंड) 372-391 रुपये प्रति शेयर तय किया है। कंपनी की योजना इस आईपीओ के जरिए 582 करोड़ रुपये जुटाने की है। अहमदाबाद स्थित कंपनी ने जारी एक बयान में बताया कि निवेशक न्यूनतम 38 इक्विटी शेयरों और उसके बाद 38 इक्विटी शेयरों के गुणकों में बोली लगा सकते हैं। कंपनी का ये आईपीओ 500 करोड़ रुपये के नए शेयरों और 82.11 करोड़ रुपये के 21 लाख शेयर की

बिक्री पेशकश (ओएफएस) का संयोजन है। इस निगम में कर्मचारियों 'स्टेराइल इंजेक्शन' के उत्पादन के लिए विनिर्माण सुविधा स्थापित करने

के लिए 75,000 शेयर आरक्षित हैं। कंपनी इस आईपीओ से हासिल राशि का इस्तेमाल अटलांटा सुविधा में

जरूरतों को पूरा करने के लिए किया जाएगा। इसके अलावा एक हिस्सा सामान्य कंपनी कामकाज पर खर्च किया जाएगा। अहमदाबाद स्थित सेनोरेस फार्मास्युटिकल्स लिमिटेड एक वैश्विक शोध संचालित फार्मास्युटिकल कंपनी है। यह कंपनी विभिन्न जटिल फार्मास्युटिकल उत्पादों के विकास और निर्माण में लगी हुई है। इसके अलावा कंपनी अमेरिका, कनाडा और यूनाइटेड किंगडम के विनियमित बाजारों और विभिन्न चिकित्सीय क्षेत्रों और खुरकत रूपों में उभरते बाजारों के लिए ड्रग्स सेगमेंट में जेनेरिक फार्मास्युटिकल उत्पादों की एक विस्तृत श्रृंखला के विकास और निर्माण करती है। कंपनी में प्रमोटर्स की हिस्सेदारी 66.67 फीसदी है, जबकि शेष शेयर सार्वजनिक शेयरधारकों के पास हैं।



के लिए 75,000 शेयर आरक्षित हैं। कंपनी इस आईपीओ से हासिल राशि का इस्तेमाल अटलांटा सुविधा में

## सीएम योगी के नेतृत्व में सौर ऊर्जा से जगमग हो रहा उत्तर प्रदेश

**एजेंसी लखनऊ।** मुख्यमंत्री योगी आदित्यनाथ की अगुवाई में पीएम सूर्य घर योजना को उत्तर प्रदेश में नए आयाम मिल रहे हैं। केंद्र की योजनाओं को प्रदेश के विकास से जोड़ते हुए योगी सरकार ने यूपी को सौर ऊर्जा उत्पादन के क्षेत्र में शीर्ष राज्यों में ला खड़ा किया है। बिजली बचत, आय वृद्धि और हरित ऊर्जा के लक्ष्य को पूरा करने वाली इस योजना से प्रदेश के लाखों घर लाभान्वित हो रहे हैं। प्रदेश सरकार की सक्रियता का ही परिणाम है कि उत्तर प्रदेश, सोलर रूफटॉप इंस्टालेशन के मामले में गुजरात और महाराष्ट्र के बाद देशभर में तीसरे स्थान पर है। अब तक प्रदेश में 53 हजार से अधिक सोलर रूफ टॉप पैनल



लागाए जा चुके हैं। सरकार का लक्ष्य अगले तीन वर्षों में 25 लाख सोलर रूफटॉप पैनल लगाने का है। योजना को जनता तक पहुंचाने में मिली सफलता का अंदाजा इस बात से लगाया जा सकता है कि अब तक 18 लाख से अधिक पंजीकरण हो चुके हैं, जिनमें से 32 हजार से अधिक घरों में पैनल का इंस्टालेशन भी पूरा कर लिया गया

है। पीएम सूर्य घर योजना के तहत सरकार सोलर रूफटॉप लगाने के लिए आकर्षक सब्सिडी प्रदान कर रही है। 1 किलोवाट क्षमता के पैनल के लिए केंद्र सरकार 30 हजार रुपए और प्रदेश सरकार 15 हजार रुपए की सहायता देती है, यानी कुल 45 हजार रुपए की सब्सिडी। इसी तरह, 2 किलोवाट के पैनल के लिए केंद्र सरकार द्वारा 60 हजार और योगी सरकार द्वारा 30 हजार, कुल 90 हजार रुपए की सहायता लाभार्थियों को दी जा रही है। वहीं, 3 किलोवाट या उससे ऊपर के पैनल के लिए केंद्र की ओर से 78 हजार रुपए और राज्य सरकार की ओर से 30 हजार रुपए की सब्सिडी मिलाकर 1 लाख 8 हजार रुपए तक की सहायता दी जा रही है। इस योजना का सीधा फायदा उन घरों को मिल रहा

## पिछले 7 वर्षों में भारतमाला परियोजना के तहत 18,714 किलोमीटर राजमार्गों का निर्माण किया गया: गडकरी

**एजेंसी नई दिल्ली।** भारतमाला परियोजना के तहत 31 अक्टूबर तक कुल 26,425 किलोमीटर की लंबाई वाली राजमार्ग परियोजनाओं को मंजूरी दी गई है और 18,714 किलोमीटर का निर्माण किया जा चुका है। यह जानकारी केंद्रीय सड़क परिवहन एवं राजमार्ग मंत्री नितिन गडकरी ने राज्यसभा में एक लिखित उत्तर में दी। गडकरी ने कहा कि केंद्र सरकार ने 2017 में भारतमाला परियोजना को मंजूरी दी थी, जिसके अंतर्गत देश में कनेक्टिविटी को बेहतर बनाने और लॉजिस्टिक लागत को कम करने के लिए 34,800 किलोमीटर की लंबाई शामिल है। उन्होंने कहा कि भारतमाला परियोजना के लिए भारतीय राष्ट्रीय राजमार्ग प्राधिकरण (एनएचआई) को राज्यवार निधि

का आवंटन नहीं किया जा रहा है। इसके अलावा, भारतमाला परियोजना के तहत एनएचआई द्वारा किया गया

किलोमीटर का निर्माण किया जा चुका है। भारतमाला योजना के अंतर्गत परिकल्पित विभिन्न

पी आई बी PIB

कुल व्यय 30.11.2024 तक 4.72 लाख करोड़ रुपये है। अब तक 424 किलोमीटर लंबाई वाली 18 परियोजनाओं को मंजूरी दी जा चुकी है और बंदराह एवं तटीय संपर्क सड़क श्रेणी के अंतर्गत 189

परियोजनाएं गुजरात, महाराष्ट्र, कर्नाटक, केरल, तमिलनाडु, आंध्र प्रदेश, ओडिशा और पश्चिम बंगाल सहित विभिन्न तटीय राज्यों में विभिन्न प्रमुख व छोटे बंदराहों को संपर्क प्रदान कर रही हैं।

## लगातार तीसरे दिन गिरावट के साथ बंद हुआ शेयर बाजार, सैसेक्स और निफ्टी लुढ़के

**एजेंसी नई दिल्ली।** घरेलू शेयर बाजार लगातार तीसरे दिन गिरावट के साथ बंद हुआ। आज के कारोबार की शुरुआत भी कमजोरी के साथ हुई थी। शुरुआती कारोबार में खरीदारी के सपोर्ट से शेयर बाजार कुछ देर के लिए हरे निशान में भी पहुंचा, लेकिन पहले आधे घंटे के कारोबार के बाद ही बिकवाली का दबाव बढ़ जाने के कारण शेयर बाजार ने दोबारा लाल निशान में गोता लगा दिया। इसके बाद पूरे दिन सैसेक्स और निफ्टी दोनों

और ऑयल एंड गैस इंडेक्स भी कमजोरी के साथ बंद हुए। ब्रॉड मार्केट में भी आज लगातार बिकवाली का दबाव बना रहा, जिसके कारण बीएसई का मिडकेप इंडेक्स 0.61 प्रतिशत की कमजोरी के साथ बंद हुआ। इसी तरह स्मॉलकैप इंडेक्स ने 0.76 प्रतिशत की गिरावट के साथ आज के कारोबार का अंत किया। आज शेयर बाजार में आई कमजोरी के कारण स्टॉक मार्केट के निवेशकों की संपत्ति में 2 लाख करोड़ रुपये से अधिक की कमी हो गई। बीएसई में लिस्टेड

कंपनियों का मार्केट कैपिटलाइजेशन आज के कारोबार के बाद घट कर 452.75 लाख करोड़ रुपये (अस्थायी) हो गया। पिछले कारोबारी दिन यानी मंगलवार को इनका मार्केट कैपिटलाइजेशन 455.13 लाख करोड़ रुपये था। इस तरह निवेशकों को आज के कारोबार से करीब 2.38 लाख करोड़ रुपये का नुकसान हो गया। आज दिन भर के कारोबार में बीएसई में 4,099 शेयरों में एक्टिव ट्रेडिंग हुई। इनमें 1,449 शेयर बढ़ने के साथ बंद हुए, जबकि 2,554

शेयरों में गिरावट का रुख रहा और 96 शेयर बिना किसी उतार चढ़ाव के बंद हुए। एनएसई में आज 2,520 शेयरों में एक्टिव ट्रेडिंग हुई। इनमें से 719 शेयर मुनाफा कमा कर हरे निशान में और 1801 शेयर नुकसान उठा कर लाल निशान में बंद हुए। इसी तरह सैसेक्स में शामिल 30 शेयरों में से 8 शेयर बढ़ने के साथ और 22 शेयर गिरावट के साथ बंद हुए। निफ्टी में शामिल 50 शेयरों में से 17 शेयर हरे निशान में और 33 शेयर लाल निशान में बंद हुए। बीएसई का

सैसेक्स आज 18.19 अंक की मामूली गिरावट के साथ 80,666.26 अंक के स्तर पर खुला। बाजार खुलने के बाद खरीदारी के सपोर्ट से ये सूचकांक 183.57 अंक की मजबूती के साथ 80,868.02 अंक के स्तर तक पहुंचा। सैसेक्स की ये मजबूती अधिक देर तक टिक नहीं सकी। पहले आधे घंटे के कारोबार के बाद ही बिकवाली का दबाव बन गया। इस बिकवाली के कारण सैसेक्स ने दोबारा लाल निशान में गोता लगा दिया। हालांकि, बीच-बीच में खरीदारी ने लिवाली

करके बाजार को सहारा देने की कोशिश भी की। इसके बावजूद बिकवाली का दबाव इतना अधिक था कि ये सूचकांक लगातार लाल निशान में ही कारोबार करता रहा। लगातार ही रहे बिकवाली के दबाव में ये सूचकांक 634.38 अंक टूट कर 80,050.07 अंक तक गिर गया। हालांकि, आधे घंटे के कारोबार में हुई मामूली लिवाली के सपोर्ट से ये सूचकांक निचले स्तर से करीब 130 अंक की रिकवरी करके 502.25 अंक की कमजोरी के साथ 80,182.20 अंक के स्तर पर बंद हुआ।





शिक्षकों को यह बात दिमाग में रखकर काम करना चाहिए कि बच्चों के पास कौन से संसाधन उपलब्ध होंगे। उसके हिसाब से ही बच्चों को काम दें। साथ ही शिक्षकों की प्राथमिकता ऐसी रचनात्मक गतिविधियां कराना होना चाहिए कि बच्चों का स्क्रीन टाइम घट सके।

## ऐसे बने घर में अपने बच्चों के टीचर

ग्लोबल टीचर प्राइज जीतने वाली ब्रिटेन की शिक्षिका एड्रिया जाफिरकाऊ कहती हैं कि आभासी तरीके से बच्चों को पढ़ाना कठिन है क्योंकि कक्षा का माहौल बच्चों को एकाग्र बनाता है। वह कहती हैं कि इस वक्त शिक्षकों को यह बात दिमाग में रखकर काम करना चाहिए कि बच्चों के पास कौन से संसाधन उपलब्ध होंगे। उसके हिसाब से ही बच्चों को काम दें। साथ ही शिक्षकों की प्राथमिकता ऐसी रचनात्मक गतिविधियां कराना होना चाहिए कि बच्चों का स्क्रीन टाइम घट सके। वे घर में रंग, कागज, कलम और रोचक खेल खेलते हुए समय बिताएं।

कोरोना वायरस की इस लड़ाई ने मासूम बच्चों को उनके स्कूल, टीचर और दोस्तों से दूर कर दिया है। पर बच्चों के लिए सबसे जरूरी उनकी पढ़ाई है इसलिए कोविड-19 से लड़ रहे देशों में ई-लर्निंग को वैकल्पिक माध्यम बनाया जा रहा है। इस तकनीक के बावजूद अभिभावकों के लिए यह समय चुनौतीभरा है क्योंकि बच्चों को पढ़ाने का दारोमदार पूरी तरह उन पर आ गया है। आइए आज जानते हैं कि अभिभावक घर में रहकर अपने बच्चों को ई-माध्यमों से पढ़ाई के लिए किस तरह प्रोत्साहित कर सकते हैं और

शिक्षक की भूमिका निभा सकते हैं।  
अरब दुनिया के बच्चे स्कूल से हैं दूर- विश्व आर्थिक मंदन के संस्कृति व शिक्षा से जुड़े प्रतिनिधियों के साथ कोरोना वायरस के दौर की चुनौतियों पर चर्चा की। इस दौरान वहां मौजूद शिक्षकों ने माना कि अपने बच्चों को पढ़ाना दुनिया में सबसे ज्यादा कठिन काम है क्योंकि वह अभिभावक की जगह शिक्षक से पढ़ने का आदी होता है। ऐसे में अभिभावकों की चुनौतियां बहुत अधिक हैं, इन विशेषज्ञों ने अभिभावकों के लिए ये सुझाव दिए हैं।  
सवाल पूछने दें - रचनात्मकता सवालों से पैदा होती है, बच्चों के हर सवाल को धैर्य से सुनें और उसका हल खोजने में उनकी मदद करें। लक्ष्य तय करें - हर दिन के लिए एक लक्ष्य या चुनौती तय करें, जिससे बच्चों के साथ मिलकर पूरा करने में लग जाएं। उन्हें पूरा समय दें।  
री-डू सिखाएं - घर में पड़े इस्तेमाल न होने वाले सामान को निकालकर बच्चों संग उससे

कुछ रचनात्मक बनाएं इससे बच्चों में पुरानी चीजों के दोबारा इस्तेमाल की आदत बनेगी।  
ऑनलाइन मदद - पढ़ाई या कुछ रचनात्मक बनाते समय ऑनलाइन माध्यमों की मदद लेने से न झिझकें, हर वक्त बच्चों के सामने परफेक्ट दिखने सही नहीं। अलग सोचे - बच्चों की आर्ट, क्राफ्ट से बाहर की रचनात्मक दुनिया से पहचान करवाएं। कपड़े कैसे तय करें, कमरे की सफाई, किचन आदि काम सिखाएं।  
स्कूल वापसी - इस बात को सुनिश्चित करें कि बच्चे अपने शिक्षक और दोस्तों के संपर्क में बने रहे क्योंकि तब ही उनके मन में स्कूल वापस लौटने का ख्याल बना रहेगा।  
तकनीक सीखें - ई-लर्निंग के जरिए अगर बच्चा पढ़ रहा है तो इस दौरान उसे तकनीक संबंधी समस्या आ सकती है इसलिए बच्चे के साथ मिलकर इन तकनीकों को सीखें।



नमक, स्वाद के साथ-साथ सेहत के लिए भी उपयोगी है। मगर, हर चीज की एक तय सीमा होती है। इसी तरह नमक से ज्यादा प्यार भी आपकी सेहत के लिए हजारी खतरे पैदा कर सकता है। बेशक आपको नमक इतना पसंद है कि आप सब्जी में ऊपर से नमक डालने को मजबूर हो जाती हैं, लेकिन इस आदत के जरिए आप अनजाने ही कई बीमारियों को न्योता दे रही होती हैं।

खाने में ज्यादा नमक का सेवन करने लगते हैं। यह मात्रा कई बार रोजाना नो से दस ग्राम नमक के सेवन तक पहुंच जाती है। रोजाना की डाइट में नमक की मात्रा पांच ग्राम तक ही सीमित रखें। हमेशा याद रखें कि बिना डॉक्टरों की सलाह के कभी भी नमक का सेवन पूरी तरह से बंद नहीं करना चाहिए। ऐसा करने से भी आपको सेहत से जुड़ी परेशानियां हो सकती हैं।

विकल्प हैं बेहतर

अगर आपको ज्यादा नमक खाने की आदत है, तो इससे निजात पाने के लिए नमक के अन्य विकल्पों पर अपना ध्यान केंद्रित करें। इसके लिए आप नींबू और सिरका की मदद ले सकते हैं। स्वाद के लिहाज से नमक की कमी को यह काफी हद तक पूरा करते हैं। अदरक, लहसुन और कुछ सूखे मसाले भी इसमें मददगार साबित हो सकते हैं। बेशक ये नमक का विकल्प नहीं बन सकते हैं, लेकिन नमक की ज्यादा खाने की जो लत है, उसे कम करने में ये चीजें काफी मददगार साबित हो सकती हैं। बदलें खाना पकाने का तरीका

कुछ सब्जियां और व्यंजन ऐसे होते हैं, जो लोगों को कम ही पसंद आते हैं। कई बार उनका स्वाद बढ़ाने के लिए हम उसमें नमक ज्यादा मात्रा में डालने लगते हैं। सलाद में ज्यादा मात्रा में नमक डालना, खाने के साथ सब्जी की तरह ढेर सारा अचार खाना आदि पहली नजर में बेहद सहज लगता है, पर धीरे-धीरे खानपान से जुड़ी ये आदतें हमारे शरीर में प्रतिदिन पांच ग्राम से ज्यादा नमक पहुंचाने लगती हैं। इसका असर सेहत पर देर-सबेर

नजर आने लगता है। ऐसे में जरूरत है खाना पकाने का तरीका बदलने की। आपके परिवार के सदस्य जिन सब्जियों का नाम सुनकर ही मुंह बनाने लगते हैं, उन्हें अब दूसरे तरीके से पकाकर देखिए। सादा तरीके से उन सब्जियों को बनाने की जगह उन्हें रोस्ट या ग्रिल करके पकाएं। इससे खाना स्वादिष्ट भी लगेगा और नमक पर भी नियंत्रण बना रहेगा।

प्रोसेस्ड फूड से बनाएं दूरी

रेडी-टू-ईट फूड और तरह-तरह के प्रोसेस्ड फूड को अपनी डाइट में कम-से-कम मात्रा में शामिल करें। इनमें नमक और चीनी दोनों की मात्रा बहुत ज्यादा होती है। इसकी जगह घर में बने ताजा खाने को तरजीह दें। सही मात्रा में नमक के सेवन का यह सबसे अच्छा तरीका है। आप अपनी डाइट में सेहतमंद खाद्य पदार्थों को जितनी ज्यादा मात्रा में शामिल करेंगी, नमक की मात्रा उसी अनुपात में संतुलित होती जाएगी।

न करें यह गलती

फल खा रहे हों या सलाद या फिर सामान्य तौर पर खाना। नमक कम लगने पर हम ऊपर से नमक डालने लगते हैं। यह सेहत के लिए ठीक नहीं है। एक तो नमक ज्यादा मात्रा में शरीर में पहुंचता है, वहीं सलाद और फल के पोषक तत्व भी कम होने लगते हैं। सीमित मात्रा में नमक का सेवन ही काफी नहीं है, उसे किस तरीके से खाया जाना चाहिए, यह तरीका जानना भी उतना ही जरूरी है।



## सुकून चाहती हैं तो वर्क-लाइफ बैलेंस स्थापित करें

अपने प्रोफेशनल जीवन में आप आगे बढ़ना चाहती हैं, नए मुकाम हासिल करना चाहती हैं। लेकिन इस बात पर भी ध्यान देना जरूरी है कि आपकी महत्वाकांक्षाएं कहीं आपके जीवन को प्रभावित तो नहीं कर रही। प्रोफेशनल लाइफ में आगे बढ़ने के साथ जिंदगी खुशगवार बनाए रखना बेहद जरूरी है, तभी आप वर्क-लाइफ बैलेंस स्थापित कर सकती हैं। कुछ बातें इस काम में आपकी मदद करेंगी

स्मार्ट तरीके से काम करें

अगर आप अपनी नींद के घंटे घटाकर काम कर रही हैं तो कोई उसकी हिमायत नहीं करेगा। अमेरिकी अकादमी से संबद्ध मेट माइट अपने ब्लॉग वर्कलाइफ बैलेंस में कहते हैं, 'आजकल लोग अपने दिमाग को ज्यादा काम करने और कम सोने के लिए अडप्ट कर रहे हैं, लेकिन यह चलन सही नहीं है। आपके लिए काम के घंटे जितने महत्वपूर्ण हैं, काम के बाद का समय उतना ही मूल्यवान है।' मेटल हेल्थ फाउंडेशन का सुझाव है कि काम ज्यादा नहीं, स्मार्ट होना चाहिए। इसके लिए वरीयता स्पष्ट होनी चाहिए और हर काम के लिए समय तय होना चाहिए। गैर जरूरी चीजों में नहीं उलझना चाहिए।

काम को घर न लाएं

ऑफिस से बाहर निकलने से पहले उन कामों की सूची बना लें, जो पूरे नहीं हो पाए। लेकिन काम की लिस्ट बनाने के बाद खुद को पूरी तरह ऑफिस के काम से आजाद कर लें। यही सोचें कि आप शाम को घर पर परिवार के साथ क्या करने जा रही हैं। अगर आप मानसिक तौर पर ऑफिस में ही फंसी हुई हैं तो एक गहरी सांस लें और इस बात का अहसास करें कि आप ऑफिस से बाहर आ गई हैं। इससे आपका मन शांत और स्थिर रहेगा।

ना कहना सीखें

अगर आप काम के लिए चौबीसों घंटे उपलब्ध रहेंगी, तो स्वाभाविक रूप से आप पर काम का बोझ बढ़ जाएगा। अगर आप आदतन काम के लिए हां कह देती हैं तो कुछ अतिरिक्त काम मिलने



पर तुरंत हां कहने से पहले थोड़ा ठहर जाएं। आप कुछ देर बाद उस पर जवाब देने के लिए कह सकती हैं और इस दौरान इस बात पर विचार कर सकती हैं कि आपको हां कहना चाहिए या नहीं। अगर हां कहना चाहती हैं, तो अच्छी बात है लेकिन अगर ना कहने की इच्छा है, तो ना ही कहें और अपनी प्रतिक्रिया देने से पहले स्वयं कई बार ना बोलने का अड्टयास करें।

काम के लिए 'शहीद' होने की जरूरत नहीं

कुछ महिलाओं में यह प्रवृत्ति होती है कि वे सब काम खुद ही कर लेना चाहती हैं। उन्हें इस भाव में जीना अच्छा लगता है कि वे व्यस्त हैं और उनके बारे में ज्यादा चर्चा होती है। इस बात को गंभीरता से सोचने की जरूरत है कि इससे दूसरे लोगों पर क्या प्रभाव पड़ रहा होगा। ज्यादातर लोग अत्यधिक काम यह सोचकर ले लेते हैं कि इससे दूसरों की नजर में उनका सम्मान बढ़ जाएगा। इस प्रवृत्ति के साथ आपके सिर कितना बोझ बढ़ जाएगा, अगर आप इस बात पर विचार करें तो शायद आप ऐसा व्यवहार नहीं करेंगी।

हर वक्त आपाधापी अच्छी नहीं

चाहे ऑफिस हो, जिम हो या कोई पार्टी हो, क्या आप हर जगह दौड़ते-डटागते पहुंचती हैं आपको इस बात पर निगरानी रखने की जरूरत है। आपको खुद से यह पूछने की जरूरत है कि आपकी जिंदगी कैसी चल रही है। असल में जल्दबाजी करने वाले लोग एक चीज खत्म होने पर दूसरी चीज के लिए हड़बड़ी करने लगते हैं। लेकिन ऐसी स्थिति में आप अपने दोस्तों और अपने परिवार वालों के लिए समय कैसे निकालेंगी आपाधापी में थकान होना डट्टी स्वादटाविक है, इसीलिए हर वक्त भागमभाग से बचें।

रिटायरमेंट के बारे में सोचें

कुछ महिलाएं काम में इस कदर डूब जाती हैं कि उन्हें उसी में आनंद मिलता है। अगर आप पूरा वक्त काम में ही दे देंगी तो किसी बुरे हालात में फंस जाने मसलन, जॉब न कर पाने की स्थिति खड़ी हो जाने, जॉब छूटने या व्यवसाय नहीं चल पाने पर आप खुद को कैसे संभालेंगी और इनसे इतर रिटायरमेंट के बाद आप समय किस तरह बिताएंगी, क्या आपने इस बारे में सोचा है अगर रिटायरमेंट के बाद भी आप थोड़ा-बहुत काम करें तो आपके लिए अच्छा है, लेकिन आपको अपने कुछ और शौकों को पूरा करने के बारे में भी सोचना चाहिए ताकि रिटायरमेंट के बाद भी आप सक्रिय रह सकें।



## सब्जी में ऊपर से नमक डालना हो सकता है खतरनाक

खाना बनाते वक्त नमक सबसे पहले याद आता है। आप चाहे जितने भी अच्छे और खुशबूदार मसाले डाल लें, लेकिन अगर खाने में नमक नहीं है, तो सारा खाना बेस्वाद हो जाता है। बेशक आप सब्जी में ऊपर से नमक डालने को मजबूर हो जाती हैं, लेकिन इस आदत के जरिए आप अनजाने ही कई बीमारियों को न्योता दे रही होती हैं।

नमक और आपकी सेहत

नई दिल्ली के सफदरजंग हॉस्पिटल में प्रोफेसर और विभागाध्यक्ष डॉ. जुगल किशोर कहते हैं, 'नमक हमारे शरीर की इलेक्ट्रोलाइट संबंधी जरूरतों को पूरा करता है यानी इससे हमें सोडियम, पोटेशियम और कैल्शियम मिलता है। इसके अलावा इससे आयोडीन भी मिलता है। लेकिन, खाने में नमक ज्यादा हो जाए तो भी दिक्कत है और कम हो तो भी दिक्कत है। रोजाना की खुराक में नमक यानी सोडियम क्लोराइड की मात्रा पांच ग्राम से कम होनी चाहिए। अध्ययनों में यह बात सामने आई है कि नमक ज्यादा खाने की आदत के साथ रक्तचाप संबंधी समस्या भी बढ़ने लगती है। जितनी भी दिल से जुड़ी बीमारियां हैं, वे रक्तचाप के कारण ही होती हैं। इसके अलावा नमक के ज्यादा सेवन से किडनी पर भी दबाव पड़ता है। उच्च रक्तचाप का मस्तिष्क पर भी असर पड़ता है। यानी शरीर के जो मुख्य अंग हैं, वे ज्यादा नमक के सेवन से प्रभावित होने लगते हैं। यही वजह है कि नमक का सेवन संतुलित मात्रा में करने की सलाह दी जाती है। एक और बात की

ध्यान में रखने की जरूरत है, रोटी, चावल, दलिया आदि खाद्य पदार्थों में प्राकृतिक तौर पर सोडियम मौजूद होता है। ऐसे में इनमें नमक न भी डाला जाए तो भी सोडियम की पूर्ति हो जाती है। उच्च रक्तचाप के मरीज को भी चार से पांच ग्राम नमक ही दिन भर में खाना चाहिए। सेहतमंद रहने के लिए किसी भी डिश में ऊपर से नमक डालकर खाने की आदत को भी बदलना जरूरी है।

मात्रा तय करें

खाना बनाते वक्त आप उसमें कितना नमक डाल रही हैं, उसकी मात्रा को देखना एक अच्छा आइडिया है। कितने लोगों के लिए सब्जी पकाई जा रही है, उसे किस तरह से पकाया जा रहा है, नमक डालते वक्त इन सब बातों को जरूर ध्यान में रखें। अगर आपके परिवार के सदस्यों को ज्यादा नमक खाने की आदत है तो धीरे-धीरे खाने में नमक की मात्रा कम करती जाएं। संभव है कि शुरुआत में उन्हें परेशानी हो, पर जल्द ही उन्हें कम नमक वाला खाना भी पसंद आने लगेगा। मसाले, टमाटर और धनिया व पुदीना आदि भी खाने में नमक की कम मात्रा को संतुलित करने में आपकी मदद करेंगे। इंडियन स्पाइन्ल इंजरीज सेंटर में सीनियर डाइटीशियन डॉ. हिमांशी शर्मा के मुताबिक, 'इसमें कोई दोराय नहीं है कि आयोडीन युक्त नमक हमारी सेहत के लिए जरूरी है। गर्भवती महिलाओं के साथ-साथ होने वाले शिशु की सेहत पर भी इसका सकारात्मक प्रभाव पड़ता है। इससे दिमाग चुरस्त-दुरुस्त रहता है और याददाश्त मजबूत बनी रहती है। लेकिन कुछ लोग रोजाना के



NEWS BOX

I have zero regrets, want to play for CSK as long as possible: R Ashwin

New Delhi R Ashwin received a hero's welcome at his residence in Chennai on Thursday, 19 December, after returning home from Australia. The off-spinner, who recently announced his retirement from international cricket, appeared in high spirits as he was greeted by emotional parents and cheering fans. Initially, Ashwin declined to address the media at Chennai airport. One reporter asked why he chose not to complete the five-Test series in Australia before announcing his retirement. While Ashwin remained tight-lipped at the airport, he later spoke to a select group of reporters outside his residence. When asked if he regretted not captaining the senior national team during his illustrious career, Ashwin responded with characteristic humour and candour: "I can't any more. It's done," he quipped when asked about the captaincy.

"No, I have zero regrets. I have seen so many people with regrets from afar, but I don't want to live my life like that," he added.

Ashwin made the surprise announcement on Wednesday, revealing his decision at the Gabba press room shortly after the third Test



ended in a draw. His mid-series retirement sparked mixed reactions, with some speculating he was disappointed by limited overseas Test opportunities. However, Ashwin dismissed such rumours, emphasising his happiness and contentment with his career. "I am laughing; you can see I am happy," he said, expressing excitement about playing for the Chennai Super Kings (CSK) in the 2025 Indian Premier League (IPL).

WILL TRY AND PLAY FOR CSK AS LONG AS LONG AS I CAN: ASHWIN

When asked about his immediate plans, Ashwin's characteristic wit shone through. "I want to be idle-no immediate plans. Being idle is difficult for me," he joked.

He added: "I am going to play for CSK, and don't be surprised if I try and aspire to play for as long as I can. I don't think Ashwin the cricketer is done. I think Ashwin the Indian cricketer has probably called it time. That's it." Ashwin grew emotional as he addressed the crowd gathered at his residence, reminiscing about a similar reception after India's 2011 World Cup victory.

"Thanks to all of you. I didn't expect so many of you to come. I thought I would quietly reach home, but you've all made my day."

Formula 1: Sergio Perez and Red Bull part ways months after contract extension

New Delhi Mexican driver Sergio Perez has officially parted ways with Red Bull Racing following a mutual agreement, announced on Wednesday, December 18. The decision comes as a surprise to many, particularly after Perez signed a contract extension earlier this year in May, which was expected to keep him with the team until 2026.

The sudden departure has sparked speculation, with many attributing the move to Red Bull's disappointment in Perez's recent performances. Despite his significant contributions in previous seasons, including aiding the team to claim Constructors' Championship titles in 2022 and 2023, his form this year fell under scrutiny. Perez finished eighth in the Drivers' Championship, a staggering 285 points behind teammate Max Verstappen, who claimed his fourth consecutive title. Additionally, Perez failed to secure a single



race win this season, marking him as the only driver from a top-four team without a victory. "I'm incredibly grateful for the past four years with Oracle Red Bull Racing and for the opportunity to race with such an amazing team," Perez said. "Driving for Red Bull has been an unforgettable experience and I'll always cherish the successes we achieved together. We broke records, reached remarkable milestones, and I've had the privilege of meeting so many incredible people along the way," he added.

Red Bull is expected to announce Liam Lawson as Perez's replacement in the coming days. Lawson, a rising star in Formula One, has impressed in his appearances so far and is seen as a promising addition to the team. In his parting statement, Perez expressed gratitude towards Red Bull, acknowledging the team's support and the opportunities he was given. The 34-year-old joined Red Bull in 2021 and was instrumental in their championship successes, finishing as runner-up in the Drivers' Championship in 2022.

PSG's Donnarumma leaves field bloodied after boot to the face tackle vs Monaco

Gianluigi Donnarumma endured a frightening injury in PSG's 4-2 victory over Monaco after Wilfried Singo's high boot struck his face. Despite the setback, PSG extended their Ligue 1 lead, though their Champions League struggles remain concerning.



New Delhi Paris Saint-Germain goalkeeper Gianluigi Donnarumma suffered a concerning injury during PSG's Ligue 1 clash against AS Monaco on December 19, after being struck in the face by Wilfried Singo's cleats during a goal-scoring attempt. The incident occurred in the 17th minute when Singo, whose initial shot was blocked, attempted to jump over the sliding Donnarumma but inadvertently made contact with the Italian's face. The high boot

left Donnarumma lying on the pitch in visible discomfort, prompting immediate medical attention. After a few tense moments, the PSG shot-stopper was able to stand and walk off the field but was replaced by Matvei Safonov for the remainder of the match. The challenge sparked debate as Singo was not shown a red card, which is typically the penalty for a high boot

challenge. Despite this, PSG manager Luis Enrique refrained from criticising the referee's decision post-match. "The refereeing decisions? I can't do anything, I couldn't see the action, but when you see an action like that it's always difficult," Luis Enrique said in a post-match interview. "The players don't intend to hurt. It's difficult to referee this kind of match, I'm not talking

about the refereeing work," he added. PSG ultimately won the match 4-2 over Monaco. Ousmane Dembélé delivered an electrifying performance, netting a brace, while Gonçalo Ramos and Desire Doué each added a goal to seal the win. The victory extended PSG's lead at the top of the Ligue 1 table to 10 points, showcasing their domestic dominance under Luis Enrique.

However, despite their strong league performance, PSG continues to face challenges in the newly formatted Champions League. The Parisian side currently sits outside the qualification spots for the knockout stages with only two group-stage games left to play, raising concerns about their European campaign. Monaco, on the other hand, remains in third place in Ligue 1, level on points with second-place Marseille, which has a game in hand. The loss was a setback for Monaco, but they remain firmly in the race for a Champions League spot.

The injury to Donnarumma adds to PSG's growing list of concerns as they balance their Ligue 1 dominance with the pressure of advancing in Europe. The club will now await updates on Donnarumma's condition as they prepare for a crucial phase in their season.

Underestimated intensity of world championship, was not at my 100 percent: D Gukesh

New Delhi Chess world champion D Gukesh explained why he was not at his best in the Chess World Championship tournament against DGM Liren. The 14-game final had copped criticism from legendary Magnus Carlsen Vladimir Kramnik for being poor in quality. Speaking to India Today in an exclusive interview, Gukesh responded to the criticism and accepted that he was not at his best during the finals. Gukesh stated that he underestimated the intensity of the tournament and the stress that he was going to face over the 2-week period.

In the tournament, a blunder from Liren in the final game saw Gukesh capitalise and secure the win and become the youngest chess World Champion in history. However, the quality of the final did come under scrutiny. Former world champions Carlsen and Vladimir Kramnik were vocal in expressing their displeasure at the Gukesh vs Liren match. Kramnik called it "the end of chess as we



know it," while Carlsen would comment that it felt like a second or third round clash in an open tournament. Gukesh spoke about the criticism and said that he had reached his best level in the Candidates tournament, which helped him qualify for the Chess World Championship Final and during the Chess Olympiad - where he won the individual gold medal on Board 1. "I would have preferred to play better than I have, but I also understand that this was my first experience of this kind. To be honest I underestimated the kind of intensity the tournament has. I thought it would be similar to the candidates but it was not at all that. The kind of work that we did in the openings, the kind of emotional stress I had to face was different, something that I had never experienced," Gukesh spoke about the quality of the chess in the tournament.

"So, it's understandable that I was not at hundred per cent but it is also something to realise that even though I was not at hundred per cent I could beat one of the best players in the world in a stressful environment. And you know, I have shown my best at candidates and in the Olympiad level and I am confident that I can achieve those heights again in future," he further added.

Emotional father kisses R Ashwin during hero's welcome at Chennai residence

New Delhi Ravichandran Ashwin received a rousing welcome at his Chennai residence following his retirement from international cricket. Fans, family, and well-wishers gathered to celebrate the iconic career of the former India spinner. His father greeted him with a warm hug and a kiss, while fans cheered, showered him with flowers, and celebrated with the sound of drums echoing outside his home. Ashwin announced his retirement during the post-match press conference following India's hard-fought draw against Australia in Brisbane. Returning home on December 19, the veteran reflected on his career and decision. Speaking to reporters, Ashwin revealed he plans to continue his IPL career with Chennai Super Kings (CSK) for as long as he feels capable. "It's emotional for a lot of people. It will be emotional, maybe it will sink in. But for me, it's a great sense of relief and satisfaction," Ashwin said. "I am going to play for CSK and don't be surprised if I try and aspire to play for as long as I can. I don't think Ashwin the cricketer is done, I think Ashwin the Indian cricketer has probably called it time. That's it," he added.



At the 2025 IPL mega auction, Ashwin secured a heartwarming return to his hometown franchise, CSK, for a whopping Rs 9.25 crore. This move marked a reunion with the team he represented for eight seasons until 2015. Joining forces with the likes of MS Dhoni, Ravindra Jadeja, and coach Stephen Fleming, Ashwin is poised to play a key role for the five-time IPL champions in the upcoming season.

Ashwin's Legendary Career

Ashwin's international career began in 2011 against the West Indies, where he quickly

established himself as a vital cog in India's Test setup. Over 106 Tests, Ashwin took 537 wickets at an impressive average of 24.00 and an economy rate of 2.83, etching his name as one of cricket's greatest spinners. A tactical genius, Ashwin thrived in home conditions, orchestrating numerous match-winning performances. His stellar year in 2016 saw him win both ICC Cricketer of the Year and ICC Test Cricketer of the Year awards, making him only the third Indian to claim the prestigious Sir Garfield Sobers Trophy. Ashwin's contributions were not limited to his bowling; he was a handy lower-order batter with 3503 Test runs. His ability to adapt and innovate made him a formidable opponent. Having held the ICC Test No. 1 bowler ranking multiple times, Ashwin leaves behind an unmatched legacy in Indian cricket, and his fans will continue to celebrate his achievements, both past and those yet to come in the IPL.

Anna for a reason: Ravindra Jadeja pays tribute to R Ashwin after spin twin retires

Border-Gavaskar Trophy: Ravindra Jadeja came up with an emotional tribute to his spin-bowling partner R Ashwin, a day after the veteran retired from international cricket.

New Delhi Ravindra Jadeja penned a heartfelt tribute to his spin twin Ravichandran Ashwin after the off-spinner retired from international cricket on Wednesday, December 18. Jadeja shared a photo of their on-field partnership in his message to Ashwin on social media on Thursday. "It's been a privilege to share the dressing room with you for many years," Jadeja wrote. He used the hashtag 'Anna for a reason', which could become a trend when the off-spinner rejoins the Chennai Super

Kings in IPL 2025. Jadeja appears to have let his emotions sink in before wishing his spin-bowling partner with the post on social media. Ashwin made an unforeseen announcement on Thursday, minutes after



the third Test between India and Australia at the Gabba in Brisbane ended in a draw. Ashwin and Jadeja forged one of the most successful spin-bowling partnerships in Test cricket. They played 58 Tests matches together and took 587 wickets between them, becoming the most successful

bowling pair for India, going past the pair of Anil Kumble and Harbhajan Singh - 501 wickets. Ashwin and Jadeja helped India dominate home Tests as the Asian giants went on to build a fortress. The two spinners were a nightmare to the opposition batters as they relentlessly asked tough questions. Ashwin and Jadeja will reunite at the Chennai Super Kings in IPL 2025. While Jadeja was retained by the five-time champions for Rs 18 crore, Ashwin was bought at the auction in November for Rs 9.75 crore by CSK, who won a bidding war for the off-spinner. A day after shocking the cricket world with his retirement call, Ashwin returned to Chennai. The off-spinner will not be part of the remainder of the Border-Gavaskar Trophy -- Boxing Day Test in Melbourne and the New Year's Test in Sydney. "I am going to play for CSK, and don't be surprised if I try and aspire to play for as long as I can. I don't think Ashwin the cricketer is done. I think Ashwin the Indian cricketer has probably called it time."

Vinicius, Mbappe, Rodrygo score as Real Madrid lift Intercontinental Cup

Real Madrid defeated Pachuca 3-0 in the 2024 Intercontinental Cup final, with Mbappe, Rodrygo, and Vinicius Jr delivering stellar performances to secure their second trophy of the season after a dominant display against the Liga MX side.

New Delhi Real Madrid clinched the 2024 Intercontinental Cup with a commanding 3-0 victory over Mexican Liga MX club Pachuca, showcasing their attacking prowess with goals from Kylian Mbappe, Vinicius Jr, and Rodrygo Goes. The win marked their second trophy this season, following their

UEFA Super Cup triumph.

Pachuca started the match with intent, pressing forward aggressively and creating early chances. However, despite several attempts, they failed to truly test Thibaut Courtois, who remained untroubled in goal. Real Madrid, patient in their build-up, took control of the game in the 37th minute when Kylian Mbappe broke the deadlock. The French forward expertly converted a precise pass from Jude Bellingham, whose midfield dynamism stood out throughout the game.

In the second half, Pachuca nearly found an equaliser in the 52nd minute through Nelson Deossa. The midfielder's brilliant solo run into the Real Madrid box ended with a shot that narrowly deflected past the post, offering a glimpse of hope for the Mexican



side. However, their momentum was short-lived, as Los Blancos capitalized immediately afterward. In the 53rd minute, Rodrygo unleashed a stunning long-range strike to double Madrid's lead. Receiving the ball on the left edge of the penalty area, the Brazilian shifted to his right foot and curled a

magnificent effort beyond Pachuca goalkeeper "scar Ustari, leaving the crowd in awe. Real Madrid sealed the victory in the 84th minute with a penalty from Vinicius Jr., the reigning FIFA Best 2024 award winner. The penalty was awarded after Lucas Vázquez was brought down in the box, and Vinicius confidently slotted the ball into the net, putting the result beyond doubt.

Despite Pachuca's spirited performance, they could not match the clinical finishing and tactical dominance of the Spanish giants. With this win, Real Madrid added another prestigious title to their illustrious history and showcased why they remain a force to be reckoned with in world football. Their attacking trio of Mbappé, Vinicius, and Rodrygo proved instrumental once again, reinforcing their status as one of the most formidable units in football.



# Alia Bhatt

## Looks Stressed, Kareena Kapoor Attempts To Calm Her Down In

Alia Bhatt and Kareena Kapoor appeared to be engaging in an intense chat during the opening night of the Raj Kapoor Film Festival in Mumbai. Alia and Kareena joined their fellow Kapoor family members — Neetu Kapoor, Riddhima Kapoor Sahni, Karisma Kapoor, Saif Ali Khan, Ranbir Kapoor and others — to celebrate Raj Kapoor's 100th birth anniversary. The family hosted a special red carpet event and posed for the cameras. Amid the photo ops, a video has now revealed that Alia appeared to be stressed while Kareena seemingly tried to help ease her tension. However, it seems like her worries were soon sorted as she posed with Ranbir, Karisma, Kareena, Saif, Randhir Kapoor and Babita. Check out the video below:

The RK Film Festival, organised by PVR INOX Limited and the Film Heritage Foundation, pays homage to Raj Kapoor's timeless cinematic legacy. The three-day event kicked off with a grand opening night, featuring screenings of Kapoor's iconic films, such as Awaara, Shree 420, and Mera Naam Joker, in select theatres across 40 cities. Several stars, including Mahesh Bhatt, Rekha, Kartik Aaryan, Sharvari, Sanjay Leela Bhansali, Farhan Akhtar, Rekha, Padmini Kolhapure, Vicky Kaushal, Boney Kapoor, Soni Razdan, Shaheen Bhatt, and Vicky Kaushal, among others were present at the event.

The Raj Kapoor Film Festival is playing 10 of his biggest films. The festival will feature Raj Kapoor's most celebrated works, spanning almost four decades including including – Aag (1948), Barsaat (1949), Awaara (1951), Shree 420 (1955), Jagte Raho (1956), Jis Desh Mein Ganga Behti Hai (1960), Sangam (1964), Mera Naam Joker (1970), Bobby (1973) and Ram Teri Ganga Maili (1985). Meanwhile, on the work front, Alia has two movies in the making. She is currently filming for Alpha, with Sharvari. The film is a part of YRF's spy universe. She also has Love & War, which is helmed by Sanjay Leela Bhansali. The film also stars Ranbir Kapoor and Vicky Kaushal.



## Jackie Shroff Turns Protective For Shah Rukh Khan's Daughter Suhana, Asks Paps 'Light Mat Marana'



Jackie Shroff and Suhana Khan were recently spotted at an event in the city. But what grabbed our attention was Jackie showing his fatherly instincts when he came to the rescue of Shah Rukh Khan's daughter. A video of the incident has been making rounds on social media, earning Jackie praise for his sweet gesture. In the video, shared by Snehzalal, we can see Suhana Khan leaving the event and Jackie is making sure she is safely rescued to her car. The actor even asked Paps not to focus light more. "Zyada light mat marana," the actor was heard saying. Suhana was also smiling and later thanked him for the sweet gesture. One of the fans wrote, "Wowow so beautiful."

Suhana Khan will be seen with her father Shah Rukh Khan in King. As reported by Mid Day, Anirudh Ravichander has been roped in to compose the music for King. Reports reveal that the music composer has started working on the tunes for the film. The report also mentioned that the movie will kickstart the shoot in January. The makers have zeroed in on Budapest which will provide the perfect atmosphere which is needed for the film due to its cold weather. The pre-production will start from October onwards. The dialogues have been crafted by Abbas Tyrewala who recently worked on War 2. The report stated that the first draft of the dialogues had been prepared. Additionally, Shah Rukh, Suhana, Abhishek Bachchan, and Abhay Verma will start the shoot in January.

King will explore the story of a complex don who turns to be a mentor to a girl. Shah Rukh will play the role of a don while Suhana will be seen as his mentee. The report mentioned that Bachchan will be seen in a negative role. On the work front, Jackie Shroff will be next seen in Baby John co starring Varun Dhawa, Keerthy Suresh. The film is releasing on Christmas this year. Jointly written by Atlee, Kales and Sumit Arora, Baby John is the adaptation of Atlee's 2016 release Tamil film Theri. While Varun Dhawan stars in the lead role, Keerthy Suresh is making her Bollywood debut with this Kales directorial. The film is produced under Jio Studios, Cinel Studios and A for Apple Productions. The film will release on December 25, 2024.

## Madhu Chopra Reveals How Nick Jonas Asked For Priyanka Chopra's Hand In



Priyanka Chopra and Nick Jonas are among the most loved couples globally. They have often impressed fans with their chemistry. Well, recently a video of Madhu Chopra sharing how Nick Jonas asked for Priyanka Chopra's hand has gone viral. She praised him while revealing the information. Reddit has shared the video on its thread. Madhu Chopra was quoted saying, "Ek din Nick mujhe bola tha aapko lunch pe leke jana hai. Leke gaya lunch pe. Aur puchne lage kaisa ladka aap chahte hai Priyanka ke liye. Maine bataya Falana Falana boxes hone chahiye tick. Mera hath pakkad ke kaha hai Can I be that person'. Main aapko promise karta hu ek bhi aapka box untick nai hoga. I was so like amazed and unprepared. But I was very happy because he's such a great guy. He's like kaise batau describe karna bahot difficult hai as I barely knew him that time. Toh ek impression aata hai ki solid hai. This person is solid and so yeah I was happy very happy."

On December 1, Priyanka Chopra and Nick Jonas celebrated another year of love, marking their anniversary. They got married in 2018 at a grand wedding at Umaid Bhawan Palace in Jodhpur. To commemorate this special milestone, Priyanka's mother, Madhu Chopra, shared a throwback video collage on Instagram, showcasing some of the couple's magical wedding moments. The touching footage showcased unforgettable moments from their wedding, capturing everything from the joyful haldi ceremony to the sacred pheras. Priyanka radiated elegance in a deep rose lehenga by the renowned designer Sabyasachi, while Nick looked equally dashing in a cream sherwani. As the video played, an overlay text appeared which read, "A love story rooted in tradition and filled with magic."

Priyanka and Nick celebrated their wedding anniversary with a cosy dinner date in New York City, looking effortlessly stylish as they stepped out together. The couple turned heads as they coordinated in sleek black ensembles. Priyanka dazzled in a chic black mini dress paired with a black leather jacket and knee-high boots. On the other hand, Nick sported a sharp black shacket layered over a polo shirt, finished off with straight-leg pants for a polished look. As they walked hand in hand through midtown Manhattan, Priyanka playfully flashed a victory sign to the paparazzi before heading to their car.

# Taapsee Pannu

## Shocks Fans About Her Marriage; Reveals She Married Mathias Boe In 2023 Not 2024

Taapsee Pannu left everyone shocked when she got married to her boyfriend Mathias Boe in March 2024. However, to add more, the actress recently surprised by revealing that she tied the knot with her long-time beau in December 2023 and not in March 2024. Yes, you are reading right. Taapsee made this claim during an interaction with Agenda Aaj Tak. Speaking at her session about her intimate wedding held in Udaipur, Taapsee said, "People were unaware of my wedding this year as we didn't make a formal announcement. In fact, we got married last year in December. Our wedding anniversary is coming soon. We simply signed the papers then. If I hadn't mentioned it today, no one would have known."

She added, "We wanted to maintain a clear distinction between our personal and professional lives. I've observed that excessive exposure of personal life in professional life can negatively impact both spheres. The

successes and failures of one's career often spill over into personal life, causing unnecessary stress. I've always strived to maintain a balance between the two." The actor and the former Olympic medallist tied the knot on March 23. Their families and closest friends attended the ceremony. A source revealed, "The wedding took place in Udaipur and was an extremely intimate affair. The pre-wedding festivities kick-started on March 20. The couple was very sure that they didn't want any media attention on their big day. Both of them are known to be very private and reserved people and they wouldn't have had it any other way."

Taapsee Pannu and Danish badminton coach Mathias Boe met at the inaugural Indian Badminton League in 2013. Love blossomed between the two and soon the families met. While Taapsee largely managed

to keep details about her love life under wraps, she once stated in an interview that they began chatting on X (formerly Twitter) and then proceeded to meet one another. A report recently stated that they are all set to get married in March after dating each other for over a decade. On the work front, Taapsee was last seen in Phir Aayi Haseen Dillruba, Woh Ladki Hai Kahaan, and Khel Khel Mein.

