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"Praying For Long Life": PM Modi Wishes
Mamata "Didi" On Her 70th Birthday

Death penalty merits a rethink

Messi misses Presidential
Medal ceremony with Biden

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The Researchers'

NEWS BOX

Edward Pettifer: Man With Royal Family Link Killed In New Orleans Attack

World A 42-year-old US Army veteran rammed a pickup truck into a crowd of people celebrating the New Year on January 1, killing 14 people. The accused, Shamsud-Din Jabbar, who had pledged allegiance to Islamic State (ISIS), was killed in a shootout with police shortly after the attack. Among the victims, was Edward Pettifer, a 31-year-old from Chelsea who shared strong ties with the Royal Family. "The entire family are devastated at the tragic news of Ed's death in New Orleans. He was a wonderful son, brother, grandson, nephew, and a friend to so many. We will all miss him terribly," the Pettifer family said in a statement.

What was Edward Pettifer?
Edward Pettifer was the stepson of Prince William and Prince Harry's former nanny Tiggy Pettifer.

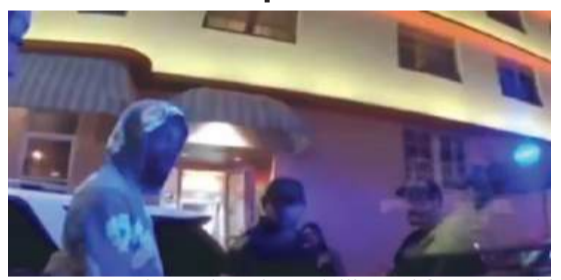
In 1993, King Charles employed Tiggy Legge-Bourke, now Pettifer, whose family had longstanding links to the royals. Edward's half-brother Tom is one of William's godsons and was a page boy at his wedding to Catherine, the Princess of Wales, in 2011.

King Charles expressed grief over Edward's death on Saturday. It was "understood the King was deeply saddened, and had been in touch with the family to share personal condolences", local media reported.

Prince William and Princess Catherine said they were "shocked and saddened" by the tragic death of Edward. "Our thoughts and prayers remain with the Pettifer family and all those innocent people who have been tragically impacted by this horrific attack," a post on the couple's Kensington Palace social media account read.

New Orleans attack
14 people died and over 30 were injured after Jabbar, a former US Army veteran, drove his pickup truck into a crowd on Bourbon Street in New Orleans on Wednesday. The Pentagon said Jabbar had served in the army as a human resource specialist and an IT specialist from 2007 to 2015, and then in the Army Reserve until 2020.

US Olympic Medallist Fred Kerley Tased, Arrested After Clash With Cops In Miami



Miami. American Olympic medallist and former world champion sprinter Fred Kerley was tased and then arrested in Miami Beach following a clash on Thursday, the police department said. Kerley, bronze medallist in the 100m at the Paris Olympics last year and silver medallist in Tokyo, was involved in a scuffle with police and was tased by them after trying to force his way into an active investigation scene.

The 29-year-old had approached the scene in South Beach to ask about his car which was parked nearby the scene and police said he showed an "aggressive demeanor" and ignored orders to back away before a scuffle involving several officers. A police arrest affidavit said four officers had tried to restrain Kerley and said they had hit him in the head, rib cage and back before using the taser. The statement said that after being incapacitated by the taser he "continued to resist officers." Kerley, 100m world champion in 2022, was charged with resisting arrest without violence, battery against an officer and disorderly conduct.

Police said Kerley was transported to Mount Sinai Medical Center for evaluation and was booked at Turner Guilford Knight Correctional Center. South Florida television station Local 10 WPLG reported that Kerley appeared in court on Friday afternoon. His attorney, who was not named, criticized the police's behavior and said there had been a "total misunderstanding" and that Kerley was a "model citizen in our community. This is nothing more than an overreaction by the police." The station said that Miami-Dade judge Mindy Glazer said the incident "could have been handled another way." I have a gentleman who's never been arrested, there's no prior arrests, who his attorney's saying has competed in the Olympics, who is obviously a professional athlete and it's unfortunate that he got to this position," she said.

Gaza: Hamas Accuses Israel Of 'Horror Crimes' After 94 Airstrikes Kill 184 In 3 Days

World The Hamas-run Gaza media office said that the Israeli army carried out 94 airstrikes and shelling on the Gaza Strip over the past 72 hours, killing 184 people. In its statement, the office on Saturday described the escalation as "dangerous and brutal," targeting unarmed civilians and residential areas, particularly in Gaza City. It added that many of the victims, either killed or injured, remained trapped under rubble, with damaged infrastructure obstructing their recovery and access to hospitals, Xinhua news agency reported.

Palestinian Civil Defence officials in Gaza confirmed that Israeli airstrikes had intensified violently over the past three days, which local residents have described as an extraordinarily difficult period. The statement held the Israeli army fully responsible for these "horrific crimes" and also criticised the US administration for providing Israel with weapons and political support. It called on the international community and the UN Security Council to uphold their legal and moral obligations by dispatching independent investigative teams to document these "heinous crimes" and ensure accountability for the perpetrators.

Trump's second term foreign policy to focus on China challenge and strengthening ties with India, says Lisa Curtis

WASHINGTON. A major focus of President-elect Donald Trump's foreign policy will likely be on the China challenge, and it will likely involve building stronger strategic ties with India, an influential American expert has said. She added that the Quad will also likely remain an important forum for engagement for the incoming administration. Trump, 78, will be sworn in as the 47th President of the United States on January 20, making him the second president in American history after Grover Cleveland in 1892 to be elected to a non-consecutive second term. Trump previously served as the 45th President of the United States from 2017 to 2021.

"A major focus of the Trump II foreign policy will likely be on the China challenge, whether in the form of economic and military competition, the technology race, or countering China's strategy to dominate the Indo-Pacific," Lisa Curtis, who was deputy assistant to the president and senior director for South and Central Asia at the National Security Council (NSC) from 2017 to 2021, told PTI in an interview. "We can expect the incoming Trump team to

continue multiple lines of effort aimed at competing effectively with China. This will likely include investments in U.S. defense capabilities that enhance deterrence in the Indo-Pacific, as well as a greater focus on positioning U.S. defense assets in the region," she said.

Curtis further noted that Trump is likely to continue and may even strengthen the Biden-era restrictions on U.S. high technology to China through export controls but may also focus more on reaching bilateral trade deals that protect U.S. consumers. Trump's advisors, such as incoming National Security Advisor Michael Waltz and Secretary of State-designate Marco Rubio, will likely focus on strategic competition with China and working with allies and partners to circumscribe China's growing power and influence in the region, as well as to counter Chinese aggression and bullying of other Indo-Pacific nations, Curtis said.

"Trump's economic team, on the other hand, will likely want to maintain a steady economic relationship with Beijing, accounting for the interests of U.S. businesses that have major investments in



China. The way these differing areas of focus on U.S.-China relations play out inside the Trump administration could mirror the situation we saw in the first Trump term, when Trump reached a trade deal with China in January 2020, only to see U.S.-China relations plummet a few months later during the outbreak of COVID-19," she said. According to Curtis, a major aspect of the second Trump administration's strategy toward the Indo-Pacific will likely involve building stronger strategic ties with India.

"While friction over trade issues will certainly be a factor in relations, these differences are unlikely to define the overall strategic partnership or get in the

way of their joint goal to check China's influence," she said.

"For example, even though the Trump administration revoked India's GSP privileges in 2019, we saw tremendous goodwill between President Trump and Prime Minister Modi, as evidenced during the 'Howdy, Modi' event in Houston in late 2019 and the 'Namaste, Trump' event in Ahmedabad in February 2020. The first Trump administration also pulled out all stops to support India during its border crisis with China in the spring and summer of 2020, which contributed to the overall elevation of the U.S.-India relationship by the time Trump left office in January 2021," said the former White House official.

Curtis, who is currently a senior fellow and director of the Indo-Pacific Security Program at the Center for a New American Security think tank, said the Quad will also likely remain an important forum for engagement. "The Quad was originally revived under Trump I and has since become an effective multilateral mechanism to support concepts like sovereignty and independence of nations, free and open seaways.

Powerful Winter Storm To Hit Half Of US With Snow, Ice And Strong Winds

Washington. A powerful winter storm began hammering the central United States on Saturday, with meteorologists warning that millions in the east of the country would face blizzard conditions, treacherous ice, frigid temperatures and severe travel disruptions. More than 60 million people are in the path of the dangerous storm, which is set to plunge the eastern half of the United States into a deep freeze of Arctic air through Monday. The National Weather Service (NWS) warned of ferocious weather and severe travel delays, with ice, snow and gale-force winds in states from the central plains to the Mid-Atlantic. Winter storm warnings have been issued from western Kansas clear across to the coastal states of Maryland, Delaware and Virginia, an unusually broad 1,500-mile (2,400-kilometer) swath under immediate threat.

"Disruptive winter storm to impact the Central Plains to the Mid-Atlantic through Monday with widespread heavy snow and damaging ice accumulations," the NWS said in its latest report. The agency warned that areas from northeastern Kansas to north-central Missouri would see "the heaviest snowfall in a decade." Scientists say extreme weather is becoming more common and more severe as a result of manmade climate

change. - Travel disruptions -
The first major storm of 2025 was already wreaking havoc on travel, with Kansas City International Airport announcing closure of its flight operations Saturday "due to rapid ice accumulation." Parts of the eastern states of New York and Pennsylvania are facing "heavy lake-effect snow" coming off the Great Lakes that could dump as much as two feet (61 centimeters) there, according to the NWS. Forecast company AccuWeather said Saturday that the lake-effect snow total in the region, already blanketed in snow this week, could top four feet.

A blizzard will rage across the Central Plains by early Sunday, and "whiteout conditions will make travel extremely hazardous, with impassable roads and a high risk of motorists becoming stranded," the NWS said.

The US capital Washington could be blanketed in five inches or more of snow, with up to 10 inches possible in nearby areas.

With the jet stream diving southward, temperatures are expected to plunge, in some places to below zero degrees Fahrenheit (-18 Celsius), while strong wind gusts will compound the dangers.

The mercury could sink tens of degrees below seasonal norms down to the US Gulf Coast. Before then, severe

thunderstorms are expected across the lower Mississippi Valley, the NWS forecast. Another major concern is freezing rain and sleet expected from Kansas eastward to Kentucky and Virginia, setting the stage for thick ice to coat roads, making travel hazardous, bringing down trees and electricity lines, and potentially leaving millions of customers without power during a cold snap. The NWS warned that it expected widespread tree damage and "long-lasting power outages" from Kansas to the central Appalachian Mountains. Conditions could prove especially perilous in the Appalachians, where a deadly hurricane in late September devastated communities and ravaged multiple southeastern states including Kentucky. Many of those communities are still recovering from the effects of that hurricane.

The new storm "will likely cause significant disruption and dangerous conditions on our roads and could cause significant power outages just 24 hours or so before it's going to get really cold in Kentucky," Governor Andy Beshear told an emergency meeting.

The governors of Missouri and Virginia have declared a state of emergency in their states, and they took to social media to warn residents to expect hazardous weather this weekend.

Pakistan: Six dead, 25 injured after BLA militants bomb bus in Balochistan

At least six people, including paramilitary troops, were killed, and more than 25 others injured in a bombing on Saturday in Pakistan's Balochistan province. The attack targeted a bus carrying paramilitary troops of the Frontier Corps (FC) as it traveled from Karachi to Turbat, about seven kilometers west of the city.

"At least six people, including FC soldiers and civilians, were killed in a bomb attack on a bus," Rashid-ur-Rehman, a senior local police official, was quoted as saying by news agency AFP. The Balochistan Liberation Army (BLA) claimed responsibility for the bombing. Jeeyand Baloch, the group's spokesperson, said the attack targeted a convoy of Pakistani army personnel. "Exact details of the blast are being investigated but a police official said high-ranking



police officer SSP Zohaib Mohsin was in the bus along with his family and could have been the target." A senior police official was quoted as saying by news agency PTI. The senior police official and his family were part of a wedding party on the bus.

The BLA often claims responsibility for attacks on security forces and non-local Pakistanis, particularly those from Punjab, in Balochistan province. Pakistan has experienced an increase in attacks in recent months, especially in Balochistan and Khyber Pakhtunkhwa province. The military reported that in 2024 alone, 383 soldiers and 925 militants have been killed in various clashes. Balochistan, which borders Afghanistan and Iran, has faced decades of sectarian, ethnic, and separatist violence. Militants in the region have also targeted foreign-funded energy projects, accusing external groups of exploiting the area's natural resources while neglecting local residents.

In November, separatists claimed responsibility for a bombing at Quetta's railway station that killed at least 26 people, including 14 soldiers. In August, the BLA carried out coordinated attacks involving dozens of assaults, killing at least 39 people, one of the highest tolls in recent years.

Austria's chancellor says will step down in 'coming days'

VIENNA. Austria's conservative chancellor Karl Nehammer said Saturday he would step down in the 'coming days' after breaking off coalition talks with the Social Democrats over disagreements on key issues. Nehammer made the announcements in a video message and accompanying statement posted on the X platform. "After the break-off of the coalition talks I am going to do the following: I will step down both as chancellor and party chairman of the People's Party in the coming days and enable an orderly transition," he said. The surprise move comes just one day after Austria's liberal party withdrew from three-party coalition talks to form a centrist government. The aim had been to



sideline the far-right Freedom Party (FPÖ), which won the September 29 national elections. The FPÖ won 28.8 per cent of the vote but has been unable to find partners to form a national government. The conservative People's Party (ÖVP) came second with 26.3 per cent, while the centre-left Social Democrats (SPÖ) won 21.1 per

cent. That led Nehammer to pursue talks with the SPÖ and the liberal party NEOS to form a government to shut out the far right, but those three-way talks collapsed on Friday. The remaining two centrist parties had vowed to continue their work. But a day later, on Saturday, Nehammer announced on X that "agreement with the SPÖ is not possible on key issues." "We are therefore ending negotiations with the SPÖ," Nehammer added.

On Friday, President Alexander Van der Bellen had called on the two parties to form a government "without delay." A three-party governing coalition would have been a first since 1949 in Austria, which faces a flagging economy as and a ballooning budget deficit.

Biden Honors Hillary Clinton, George Soros, Lionel Messi with Presidential Medal of Freedom

WASHINGTON. Outgoing President Joe Biden has presented the U.S.'s highest civilian award to 19 people, including former Secretary of State Hillary Clinton, football superstar Lionel Messi, controversial philanthropist George Soros, and actor Denzel Washington, for their contributions to America and the world.

The Presidential Medal of Freedom is awarded to individuals who have made exemplary contributions to the prosperity, values, or security of the United States, world peace, or other significant societal, public, or private endeavors. Due to a scheduling conflict, Argentine football star Messi could not be present in person at the White House to receive the award from the U.S. President. "For the final time as President, I have the honor of bestowing the Medal of Freedom, our nation's highest civilian honor, on a group of extraordinary, truly extraordinary people who gave their sacred effort, their sacred effort, to shape the culture and the cause of America," Biden said at a glittering function in the East Room of the White House. Former President Bill Clinton, several of his Cabinet members, including Defense

Secretary Lloyd Austin, along with numerous celebrities, were present in the East Room during the awards ceremony on Saturday afternoon. "This group of people leaves an incredible mark on our country with insight and influence that can be felt around the globe in major cities and remote areas of life, finding us closer as people and showing us that what's possible as a nation is nothing beyond our capacity," Biden said.

"As cultural icons, humanitarians, rock stars, sports stars, you feed the hungry, you give hope to those who are hurting, and you craft the signs and sounds of our movements and our memories. It's amazing. You inspire, and you bring healing and joy to so many lives that otherwise wouldn't be touched," the President continued. "You answer the call to serve and lead others to do the same. You defend the values of America, even when they're under attack, which they have been," Biden added, before presenting the Presidential Medal of Freedom. Fannie Lou Hamer, who transformed the struggle for racial justice in America, Ashton Carter, who served as the 25th Secretary of



Defense, Robert Francis Kennedy, remembered as an Attorney General who fiercely combated racial segregation, and George W. Romney, a businessman who served as the chairman and president of American Motors Corporation, were awarded posthumously. Their medals were received by their family members.

Hillary Clinton was the only recipient to receive a standing ovation. "As a lawyer, she defended the rights of children. As First Lady, she fought for universal healthcare and declared women's rights are human rights," a military aide read the citation as she was presented with the medal by the president. "As Senator,

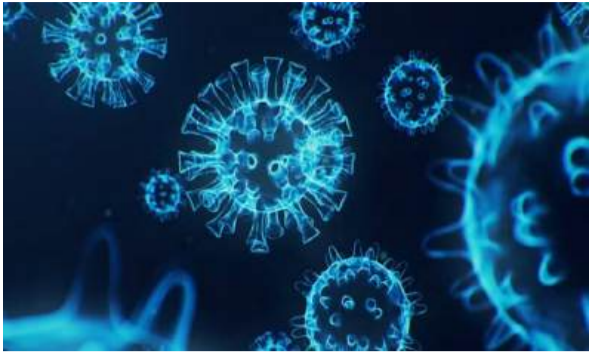
she helped New York rebuild after September 11, 2001. As Secretary of State, she championed democracy worldwide. Her nomination for president broke barriers and inspired generations. Through it all, her career has been dedicated to an eternal truth: America's ideals are sacred, and we must always defend and live by them," the citation said. Alex Soros accepted the award on behalf of his father, George Soros, an investor, philanthropist, and founder of the Open Society Foundations.

"Born into a Jewish family in Hungary, George Soros escaped Nazi occupation to build a life of freedom for himself and countless others around the world," said the citation, as read by the military aide. "Educated in England, he settled in America and became an investor and philanthropist, supporting key pillars of open societies, rights and justice, equity and equality, freedom now and in the future," it continued. "As an immigrant who found freedom and prosperity in America, I am deeply moved by this honor," George Soros said in a statement.

India Urges WHO for Timely Updates on HMPV Outbreak in China

by Ashis Sinha

New Delhi: The Indian government has requested the World Health Organization (WHO) to provide regular updates on the ongoing situation in China, where an increase in respiratory illnesses, primarily caused by the Human Metapneumovirus (HMPV), has prompted heightened vigilance in the neighboring country. According to the Indian Health Ministry, a Joint Monitoring Group (JMG) meeting was convened in New Delhi on Saturday, chaired by the Director General of Health Services (DGHS), Ministry of Health and Family Welfare. The meeting saw participation from experts from WHO, the Disaster Management Cell (DM Cell), Integrated Disease Surveillance Programme



(IDSP), National Centre for Disease Control (NCDC), Indian Council of Medical Research (ICMR), Emergency Medical Relief (EMR) Division, and leading hospitals, including AIIMS, Delhi. In a statement, the Health Ministry noted that the rising cases in China are not unusual given the flu season. "Reports suggest that the current surge is driven by Influenza virus, RSV, and HMPV - typi-

cal pathogens during this time of year," the Ministry explained. The government is closely monitoring the situation using all available resources and has requested WHO to share timely updates on the developments in China. "These viruses are already circulating globally, including in India," the Ministry added. In India, the surveillance systems for Influenza Like Illness (ILI) and Severe Acute Respiratory Illness

(SARI) are robust, with both ICMR and IDSP networks actively monitoring trends. The Ministry stated that the data from these networks shows no unusual surge in ILI and SARI cases. Regarding concerns of a potential spike in India, the Ministry reassured that healthcare providers have reported no unusual increase in respiratory illnesses in recent weeks, other than typical seasonal variations. The rise of respiratory infections in China has sparked fears of another global health crisis similar to the COVID-19 pandemic. However, China has emphasized that it has been transparent in sharing information on COVID-19, despite WHO's requests for more data and access to better understand the virus's origins.

ICMR to Enhance HMPV Testing Labs & Monitor Year-Round Trends

New Delhi: The Union Health Ministry announced that it is closely monitoring the spread of the Human Metapneumovirus (HMPV) in China, which has seen a rise in cases in recent weeks. In response, the Ministry confirmed that the Indian Council of Medical Research (ICMR) will enhance the number of laboratories testing for HMPV and will continue to monitor the virus throughout the year.

To discuss the ongoing situation, the Ministry convened a Joint Monitoring Group (JMG) meeting, chaired by Dr. Atul Goel, the Director General of Health Services. Dr. Goel reassured the public, stating there is no cause for alarm, and emphasized the importance of following general precautions.

The Joint Monitoring Group highlighted that respiratory viruses, including HMPV, are already circulating globally, with cases reported in India. The group also noted that a strong surveillance system for Influenza-like Illness (ILI) and Severe Acute Respiratory Illness (SARI) is already in place in India through both ICMR and the Integrated Disease Surveillance Programme (IDSP). Data from these networks shows no unusual surge in ILI or SARI cases. Additionally, the ICMR network conducts testing for various respiratory viruses, including adenovirus, Respiratory Syncytial Virus (RSV), and HMPV. According to the Ministry, the testing has not revealed any significant increase in these pathogens across the samples collected.

Audit UnCOVERS Lavish Spending at Kejriwal's Residence, Ignites 'Sheesh Mahal' Row



New Delhi: A recent audit of the official residence of former Delhi Chief Minister Arvind Kejriwal has uncovered costly renovations, sparking controversy just ahead of the 2025 Delhi elections.

The audit found that Rs 96 lakh was spent on curtains, Rs 39 lakh on kitchen equipment, Rs 4.80 lakh on a minibar, and Rs 16.27 lakh on silk carpets.

These findings have led to the "Sheesh Mahal" controversy, named after the luxurious spending on the residence. Kejriwal left the property after stepping down as chief minister following his involvement in the liquor policy scam case.

Originally, renovation costs were estimated at Rs 7.91 crore in 2020, but the final amount rose to Rs 33.66 crore by 2022. The Comptroller and Auditor General (CAG) report, led by Girish Chandra Murmu, also highlighted discrepancies, including Rs 14 lakh spent on floor tiles, which were initially priced at Rs 5.5 lakh, and a TV console costing Rs 20.34 lakh.

Other costly items included Rs 18.52 lakh for gym equipment and a treadmill, Rs 4.80 lakh for a dining table, and luxurious furniture, such as a Rs 6.40 lakh L-shaped sofa. Rs 18.88 crore of the total spending went towards "artistic and ornamental items." Additional expenses included a lift and sliding doors worth Rs 61 lakh, premium marble, and high-end bathtubs and showers.

Prime Minister Narendra Modi criticized Kejriwal during a Delhi event on January 3, saying that Kejriwal could have used the money for a "Sheesh Mahal" but chose to focus on public housing instead.

Kejriwal responded by defending his record, saying, "The talk of Sheesh Mahal does not behove a person who built a Rs 2,700-crore house for himself, travels in an Rs 8,400-crore plane, and wears a Rs 10-lakh suit."

Dr. Ramchandra Kumar Honored with Shiksha Gaurav Samman 2024



Dhanbad: Dr. Ramchandra Kumar, Assistant Professor in the Education Department at R.S.P. College, Jharia, was recently awarded the Shiksha Gaurav Samman 2024 by Pragya Bharti Education and Welfare Trust, Siwan, Bihar.

The award recognizes Dr. Kumar's exceptional and commendable contributions to the field of education.

Upon receiving the honour, Dr. Kumar was warmly congratulated by R.S.P. College Principal Dr. Nilesh Kumar Singh, Professor Etwa Tuti, and his fellow teachers, who acknowledged his dedication and impact in the educational sector.

Maiyaan Samman Yojana: CM Hemant Soren to Transfer Rs 5,000 to 56 Lakh Beneficiaries Today

Ranchi: In line with his election promises, Jharkhand Chief Minister Hemant Soren will transfer Rs 5,000 each to the accounts of over 56 lakh beneficiaries under the Maiyaan Samman Yojana on January 6, 2024.

Supriyo Bhattacharya, the National General Secretary and Chief Spokesperson of the Jharkhand Mukti Morcha (JMM), emphasized that social security remains a top priority for the Hemant Soren-led government.

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Kashmiri Youth 'Know Your Country' Program Inaugurated



Patna: A five-day program titled "Kashmiri Youth, Know Your Country" was launched at Dr. Bhimrao Ambedkar University, Patna, organized jointly by the Ministry of Home Affairs and the Ministry of Youth Affairs and Sports, Government of India, in collaboration with MyBharat Bihar. The inauguration ceremony was held at the University's Senate Auditorium, where Vice Chancellor Prof. Dr. Dinesh Chandra Rai lit the ceremonial lamp.

A total of 132 young participants from six regions of Kashmir—Pulwama, Badgona, Srinagar, Barmuda, Kupwara, and Anantnag—are attending the program. The event was graced by several distinguished guests, including Dr. Vasudev Prasad, National Convener of All India Sahitya Parishad, Dr. Om Prakash Rai, Principal of LS College, and Dr. Aparajita Krishna, Registrar of the University, among others. The guests were warmly welcomed by Dr. Sarvendra Pratap Singh, State Director of MyBharat Nehru Yuva Kendra, who honored them with shawls and mementos. In his address, Chief Guest Prof. Dr. Dinesh Chandra Rai emphasized the importance of exploring and understanding the cultural, historical, and revolutionary heritage of Bihar, particularly Muzaffarpur. He urged the Kashmiri youth to learn about the region's literature, historical sites, and great figures. Dr. Rai described Kashmir as "the jewel of our country" and expressed pride in the shared goal of preserving and celebrating India's rich diversity. The event concluded with the national anthem.

Program coordinator Rashmi Singh and Randhir Chaudhary played key roles in the successful organization of the event.

Dr. Asha Lakra Holds Meeting with Tribal Organizations in Dhanbad

Dhanbad: Dr. Asha Lakra, member of the National Tribal Commission, Government of India, met with representatives from various tribal social organizations at the Circuit House on Sunday to address their concerns and ensure their issues are resolved.

After the meeting, Dr. Lakra shared that the Commission has issued directives to ensure the safety and protection of tribal communities. She emphasized that today's meeting with tribal representatives from Dhanbad focused on safeguarding these communities' welfare.

Dr. Lakra further highlighted the importance of integrating tribal societies with economic development while preserving their cultural heritage. During the meeting, she gathered insights from local officials on various matters concerning the welfare of tribal organizations and reiterated the Commission's commitment to addressing their challenges.

Air India becomes first Indian airline to introduce in-flight wi-fi internet on domestic flights

New Delhi: Air India, owned by the Tata Group, announced on Wednesday that it has introduced in-flight Wi-Fi connectivity on both domestic and international flights operated by Airbus A350, Boeing 787-9, and select Airbus A321neo aircraft. This makes Air India the first Indian airline to provide Wi-Fi services on domestic flights, allowing passengers to stay connected throughout their journey.

Whether traveling for business or leisure, passengers can now browse the internet, access social media, work, or text friends and family while in the air. Rajesh Dogra, Air India's Chief Customer Experience Officer, emphasized the growing importance of connectivity in modern travel. "For some, it's about real-time sharing, while for others, it's about productivity. We are confident



our guests will enjoy the option to stay connected and experience the enhanced Air India service onboard," he said. The Wi-Fi service is available on devices like laptops, tablets, and smartphones with iOS or Android operating systems. Passengers can connect multiple devices simultaneously once the aircraft reaches an altitude of 10,000 feet. The rollout of Wi-Fi on

domestic flights follows a successful pilot program on international routes, including those to New York, London, Paris, and Singapore, using the Airbus A350, select Airbus A321neo, and Boeing B787-9 aircraft. As part of an introductory offer, Wi-Fi will be complimentary for passengers, with the service expected to expand across Air India's fleet in the future.

How to Access Wi-Fi on Air India Flights:

Enable Wi-Fi and go to Wi-Fi settings;

Select the 'Air India Wi-Fi' network;

Once redirected to the Air India portal, enter your PNR and

last name and Enjoy complimentary internet access.

Mithlesh Das Bags 'Young Social Scientist Award - 2024'

Dhanbad: Mithlesh Das, Director of Navjeevan Academy in Nunudih, was recently conferred with the prestigious Young Social Scientist Award - 2024 by Pragya Bharti Education and Welfare Trust, Siwan, Bihar.

The award recognizes Das' outstanding contributions to the field of education.

With a decade of dedication to education, Mithlesh Das has been instrumental in promoting both academic and social upliftment for students.

In addition to his role at Navjeevan Academy, he serves as the Secretary of Navjeevan Research and Development



Society in Dhanbad, an organization committed to advancing education and social welfare. Under his leadership, the Society has organized nu-

merous workshops, seminars, and discussions focused on educational development and awareness. Upon receiving the award, Das

was warmly welcomed by the faculty and students of Navjeevan Academy.

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Roads like Priyanka Gandhi's cheeks: BJP leader's sexist jibe, Congress hits back

Calling BJP an "anti-woman party," Congress said that the remarks made by Bidhuri are "shameful" and reflect his "ugly" mindset when it comes to women.



Will make Kalkaji's roads as smooth as Priyanka Gandhi's cheeks, says Bidhuri

Congress hits back, saying such words reflect Bidhuri's 'sick mentality'

Comment sparks backlash and debate

NEW DELHI. Ramesh Bidhuri, the BJP MLA candidate from Delhi's Kalkaji, on Sunday got embroiled in a controversy after he said that he will make the roads of the constituency as smooth as Priyanka Gandhi's cheeks if he wins his seat. Calling BJP an "anti-woman party," Congress said that the remarks made by Bidhuri are "shameful" and reflect his "ugly" mindset when it comes to women. "This is BJP's real face," Congress spokesperson Supriya Shrinete said. Bidhuri's remarks also drew sharp criticism from the Aam

Admi Party with Rajya Sabha MP Sanjay Singh tweeting, "This is BJP's candidate, listen to his language. This is BJP's respect for women. Is the respect of Delhi's women safe in the hands of such leaders?" Speaking to India Today TV, Bidhuri confirmed that he had made these remarks. He further pointed out that Lalu Prasad Yadav once said that he would turn Bihar's roads as smooth as Hema Malini's cheeks. "If today they (Congress) feel pained by the statement, then what about Hema ji? She has

been a renowned heroine and has brought glory to India through films...If Lalu's statements are wrong, then his statement will also be wrong," Bidhuri further told. Replying to Congress' 'sexist' charge, Bidhuri told India Today, "Isn't Hema Malini a woman? Hema Malini is far superior to Priyanka Gandhi, when it comes to achievements in life." Bidhuri is BJP's candidate for the upcoming Delhi Assembly elections, where he is pitted against Delhi Chief Minister Atishi and Congress' Alka Lamba in a three-way battle.

Delhi police cancel CM Atishi's poll campaign event for not seeking 'prior permission'

An AAP spokesperson told TMS that the programme was halted on directions of BJP candidate from constituency Ramesh Bidhuri.



NEW DELHI. The Delhi Police on Saturday disallowed Chief Minister Atishi to hold a musical event in her constituency for allegedly not taking requisite permission from them. "Casual performance licence is required for any public performance or amusement function. They did not apply and took any permission from Licensing," police sources said. They further said two hours prior to the function, the AAP gave intimation to police to put in a law and order arrangement without specifying the gathering details/traffic requirement. An AAP spokesperson told TMS that the programme was halted on directions of BJP candidate from constituency Ramesh Bidhuri.

Rijju offers PM's chadar at Ajmer, Kharge sends one too

New Delhi. Calling it a "message of India's unity and brotherhood", Congress chief Mallikarjun Kharge on Saturday sent a 'chadar' on his and the party's behalf to Ajmer Dargah, where the six-day Urs of Sufi saint Khwaja Moinuddin Chishti began on January 2. Meanwhile, Union Minority Affairs Minister Kiren Rijiju arrived in Ajmer and offered a ceremonial 'chadar' sent by Prime Minister Narendra Modi at the dargah. He also read out the Prime Minister's message calling on people from across religions to work together in harmony. Rijiju also launched a web portal of the dargah, the 'Garib Nawaz' app for pilgrims and an operations manual, which is a comprehensive guide designed to ensure the effective conduct of the Urs, with detailed protocols for crowd management, security,



healthcare, and sustainability. Kharge, in a post in Hindi on X, referred to the country's "Ganga-Jamuni culture" and said his sending the 'chadar' was a "message... to the entire world that the roots of national unity and brotherhood in India are so deep that they cannot be shaken by a few people with distorted mindset." "The symbol of our country's Ganga-Jamuni culture, national unity, mutual brotherhood, love and affection, etiquette and hospitality is behind the offering of the 'chadar'," he wrote. Recalling that 2025 was the centenary year of Mahatma Gandhi becoming the Congress president, he wrote: "We should always remember that the 'merchants of hatred' have snatched the Father of the Nation from us, but his ideas are alive and the Congress party is constantly fighting for this by keeping the concerns of the people at the forefront. Therefore, the message of peace and brotherhood should spread from Khwaja's shrine to the entire world."

"Praying For Long Life": PM Modi Wishes Mamata "Didi" On Her 70th Birthday

Kolkata. Prime Minister Narendra Modi, on Sunday, greeted West Bengal Chief Minister Mamata Banerjee on her 70th birthday. "On her birthday, I convey my greetings to West Bengal CM Mamata Didi. Praying for her long and healthy life," read a message from the Prime Minister posted on his X handle. A similar birthday wish was extended by Congress national president Mallikarjun Kharge, who chose to extend the greetings in Bengali considering that it is the mother tongue of Mamata Banerjee. "Warm birthday wishes to the founding chairperson TMC, Mamata didi. Wishing you a long and healthy life," Mr Kharge's post read. For the last few years, the Prime Minister has not missed a single opportunity to wish Mamata Banerjee on this day. Almost every year, the Prime Minister wishes Mamata Banerjee on this



day. According to official records, Ms Banerjee was born on January 5, 1955, which, however, is not her "actual" birth date. Ms Banerjee, in her 1995 memoir 'Ekante', has written about her birth, which took place during Durga Puja. The puja is usually held at the end of September or the beginning of October as per the Hindu calendar.

Mamata Banerjee became the Chief Minister of West Bengal in 2011 ending the 34-year Left Front rule and subsequently, her party won in two consecutive state Assembly elections first in 2016 and then in 2021. She is the first woman Chief Minister of West Bengal. As the then-opposition leader in West Bengal, she had organised several protest movements against the then-Left Front government. She was initially associated with Congress, but later broke off to form her party -- Trinamool Congress. However, in the 2009 Lok Sabha election and 2011 state Assembly elections, Trinamool Congress had an alliance with Congress. But, in the 2016 West Bengal Assembly polls, Congress parted ways with Trinamool and formed an alliance with the Left Front which continued till general elections in 2024.

PM launches key Delhi section of Namoo Bharat Rapid Rail in mega infra push

New Delhi. Prime Minister Narendra Modi on Sunday inaugurated an additional 13-kilometre Delhi section of the Namoo Bharat RRTS corridor between Sahibabad in Ghaziabad and New Ashok Nagar in Delhi. With this inauguration, the operational stretch of the Namoo Bharat corridor has expanded to 55 km, with a total of 11 stations. The inauguration took place around 11 am when PM Modi boarded a Namoo Bharat train from Sahibabad and travelled towards New Ashok Nagar. He booked a QR ticket through UPI and interacted with a group of school children on the train. Passenger operations will commence from 5 pm today and trains will be available at a frequency of 15 minutes. The fare from New Ashok Nagar station to Meerut South is Rs 150 for a standard



coach and Rs 225 for a premium coach. Of the newly inaugurated 13 km section, six km is underground and includes a prominent station on the corridor, Anand Vihar, a major transit hub, which comprises interchanges with the Blue and

Pink Lines of the Delhi Metro, a railway station and a bus terminal. This marks the first time that Namoo Bharat trains will operate on an underground section and will ply in Delhi. The New Ashok Nagar RRTS station will also have an interchange with the Blue Line of the Delhi Metro. PM Modi inaugurated the 17 km priority section between Sahibabad and Duhai Depot on October 20 last year. Prior to the inauguration of the Delhi section, a 42-km stretch of the corridor between Sahibabad and Meerut South, featuring nine stations, was operational. With the commencement of operations on the new section, Delhi is now connected with Meerut. The new stretch will reduce travel time by one-third, enabling commuters to travel from New Ashok Nagar to Meerut South in just under 40 minutes.

How are Congress and BJP different? Rahul Gandhi responds

In a conversation with IIT Madras students, Rahul Gandhi said the Congress believed in equitable distribution of resources and inclusive growth, while the BJP focused aggressively on growth.

New Delhi. Giving a differentiation between the Congress and the BJP, Congress MP Rahul Gandhi asserted that his party believed that the distribution of resources should be done more fairly, and growth should be wider and inclusive. In a freewheeling conversation with IIT Madras students on Saturday, Rahul Gandhi said the BJP was more aggressive on "triple-down" growth. "They believe in what in economic terms is 'triple-down'. On the social front, we feel that the more harmonious society is, the less people are fighting, the better it is for the country," he said. "On the international relations front, there are probably some differences with regards to the way we relate to other countries, but they will be similar," the Congress leader added. The Leader of Opposition in Lok Sabha underlined that governments should spend more on ensuring quality education, which he



said could not be achieved through privatisation and financial incentives. Asked on how higher education should be promoted, Rahul Gandhi said a country should guarantee quality education to its people. "I don't think that the best way to guarantee quality education to our people is to privatise everything. Frankly, when you bring some sort of financial incentive into the game, you don't

actually give quality education," he told the IIT Madras students. "I have said this many a times that the best institutions in our country are government institutions, yours being one of them. I argue for much more money being spent in education by governments," he said. Rahul Gandhi said he had "serious problems" with the country's education system, saying it had a "very narrow, restrictive and a top-down" approach. "You might not agree with me. I think it is a very restrictive and a top-down system. It is very narrow. I don't think our education system allows the imagination of our children to thrive," he said. He strongly batted for innovation by children, saying it could only come if they started production and their skill was respected, and investment was made in it. "One of the things that I want to push is moving more into the physical production space. To me, real innovation comes from that space. Put as much

money you want in research and development, if you are not actually producing the thing, it will just be a budget," he said. Recalling his 2022-23 Bharat Jodo Yatra, Rahul Gandhi said he spoke to thousands of children about their aspirations and they told him that they wanted to become a doctor, lawyer, engineer or an army soldier. "It can't be that there are only five things to do in this country. But that's what our system is pushing," he said, noting that the country's education system measures success only if one becomes an engineer or a doctor, or join the IAS/IPS or get into the forces, "which is just one percent or two percent of our population and 90 percent of our population is never going to do this". The Congress leader said the education system should allow children to do what they want and allow them to experience, and do multiple things. "Our education system disregards many things, it undervalues many professions and overvalues these four or five professions. So those are the types of things that I would like to change," he further said.

Quiet confidence & lasting impact of MMS

THE passing of Manmohan Singh, India's Prime Minister from 2004 to 2014, has led to an unexpected eruption of nostalgia and appreciation. Singh's modesty and low-key style made it easy for many to overlook his achievements in boosting India's economic growth and elevating its global standing. His death, at 92, has thrown a spotlight on an impressive record. Singh will be remembered as one of the world's most important — and most unlikely — political leaders.

first met him in the late 1980s in the East Delhi housing complex where my family lived at the time. Singh had finished his term as Governor of the Reserve Bank of India and was looking to buy a simple apartment in our locality. A friend of mine called to ask if he could bring Singh to see ours.

Singh came and met us and chatted with my mother. But he never moved to the area because soon thereafter, he was appointed Secretary-General of the South Commission in Geneva; and, after that, in 1991, he became India's Finance Minister. In 2004, my mother called me, excitedly informing me that the soft-spoken, unassuming Singh had just become India's Prime Minister. In 2009, when I was Chair of the Economics Department at Cornell, Singh invited me — quite out of the blue — to join his government as Chief Economic Adviser. I agreed, but only if he assured me regular, direct access to him. He said he would, and he did. I met with him about once a month and got to know him well during the nearly three years in his government.

By that point, Singh had already laid the groundwork of India's economic liberalisation, with the most important reforms carried out between 1991 and 1993, when he was Finance Minister. The transformative effect was evident from the subsequent acceleration in India's economic growth. India's early investment in the sciences and engineering during this period nurtured talent not only in research and development but also in corporate leadership and policymaking. Singh's sharp intellect was guided by a sure moral compass. Former US President Barack Obama rightly described him as a person of "uncommon wisdom and decency."

While the electorate often took this to be a sign of weakness, his modesty was rooted in self-confidence. He felt no need to proclaim his talents from the rooftop. He was unruffled by criticism and saw no sense in attacking his critics.

In 2005, when he visited Delhi's Jawaharlal Nehru University, well-known for left-wing activism, students with black flags turned out to protest. The university authorities were embarrassed and furious, and offered to take strong action against the students. Show-cause orders were sent to some students and the Delhi police also detained some.

It was Singh who intervened on the students' behalf, arguing that they were exercising their "democratic rights." Later, in a speech at the university, he quoted the famous aphorism attributed to Voltaire: "Every member of a university community, if he or she wishes to aspire to be worthy of the university, must accept the truth of Voltaire's classic statement: 'I disapprove of what you say, but I will defend to the death your right to say it.'" That idea must be the cornerstone of a liberal institution. It was also a cornerstone of Singh's own political career. Because he took ethics seriously, he insisted on the highest standard of honesty. When, in 2010, inflation was raging, some bureaucrats suggested that it might be best not to hurt his political standing by releasing so much price data. But he put his foot down, insisting there should be no compromise on statistical transparency, even if it dented his poll numbers. This raises a puzzling question. In a world where political success seems to depend so much on intrigue, dissimulation and subterfuge, how did such a person make it to the top? My belief is that he would not have made it on his own. It was the political leadership of the time that recognised the need for a person of his talents to have the space to craft and implement seemingly unpopular economic policies.

TB doesn't have an adult vaccine yet. Why not

What is urgently needed is a vaccine that is effective before and after TB exposure, and in all age groups.

Tuberculosis (TB) remains the leading infectious cause of death in the world, including India. According to the Global TB Report 2024, an estimated 10.8 million people fell ill with TB in 2023 and 1.25 million died. India accounted for 26 per cent of the world's cases and an equal percentage of global TB deaths in 2023 — the highest for any country. In 2015, 194 countries adopted the WHO End TB Strategy, committing themselves to end the disease by 2030 as part of the United Nations Sustainable Development Goals (SDGs). India set 2025 as the target year for TB elimination — five years ahead of the global target of 2030. The End TB strategy aims to achieve the targets of 80 per cent reduction in TB incidence rate and 90 per cent reduction in the number of TB deaths vis a vis 2015.

Despite a very high level of political commitment and increased financial resources over the past few years, the progress in TB control has globally remained rather slow. With only a year to go, India, too, will surely miss its 2025 target of TB elimination. There are several possible reasons for this slow progress. Most important among them is the advent of the Covid-19 pandemic, which led to widespread disruptions in healthcare, including TB drug supplies and redirection of human resources to address the pandemic. This severely hampered active TB case detection, diagnosis and treatment, thereby reversing the gains made in the recent past. The global deaths due to TB in 2021 increased for the first time after experiencing a decline for many years. The treatment of TB takes six months. But adherence to regular intake of medicine over such a long duration often becomes challenging for many patients. Also, TB comes in different forms — latent infection (which may remain dormant for years), subclinical and clinical TB. Each of these forms requires different tests to diagnose. Many patients latently infected with TB are, in fact, unaware that they have the disease as they may not exhibit the TB symptoms. Drug resistance, too, is an alarming obstacle to TB prevention and cure, making the treatment harder, expensive and longer to complete. Treatment of multidrug-resistant TB (MDR-TB) is complicated and takes up to two years. Plus, interaction between TB and HIV is a challenge to public health as HIV infection can complicate the management of TB in many ways. HIV-associated

TB often presents as extra-pulmonary disease and sputum-negative. Thus, diagnosis by sputum examination becomes difficult. The TB-HIV interaction increases the rate of drug resistance and enhances the risk of complications. These factors make the fight against TB more challenging.

The most critical issue, however, is the lack of an effective adult vaccine. It has for long been a critical hindrance in the fight against TB. The only licensed vaccine presently available is the Bacille Calmette Guerin (BCG) vaccine. It does prevent severe infection among children, but its efficacy against pulmonary TB in adults is limited.

As of January 2024, there were only 17 TB vaccine candidates listed in the active clinical trial pipeline. This is in stark contrast to the rapid and extensive development of vaccines seen during the Covid-19

resistance simultaneously. Addressing the important and substantial problem of "missing" cases or the patients hidden in the community requires innovative approaches to reaching them with diagnosis and treatment. Such cases have the potential to infect others in the community. Besides active case-finding, population-based mass screening to detect those suffering from TB must be actively explored. Screening should be targeted at high-risk groups, such as the elderly, prison inmates and those with HIV infection, to get a higher yield. Early detection of TB and swift initiation of treatment can greatly reduce the burden of the disease, risk of poor treatment outcome and adverse socio-economic consequences.

The development of shorter and safer treatment regimens for treating TB infection and TB disease, especially drug-resistant TB, is an important clinical research priority. India has recently approved a new shorter and more efficacious treatment regimen for MDR-TB. It can cure TB in six months as compared to the traditional methods, which take up to two years and have severe side effects.

New TB vaccines could accelerate disease elimination by breaking the cycle of its transmission, improving health equity and reducing the cost of treatment. What is urgently needed is a vaccine that is effective before and after TB exposure, and in all age groups. With many candidate vaccines presently in the pipeline, the possibility of a new vaccine in the near future looks brighter. This endeavour must be supported, encouraged and suitably financed. Greater emphasis needs to be placed on more effective infection prevention and control activities; stronger surveillance to detect new cases, especially those with drug-resistant TB; community engagement in case detection and compliance with treatment and nutrition; and, finally, greater programmatic outreach for vulnerable populations as part of the universal health coverage.

There is real hope that development and wider application of these tools and innovative mechanisms can accelerate TB elimination in developing countries like India, which carries the highest TB burden in the world.



pandemic, which took less than a year to develop and be used as an effective public health intervention.

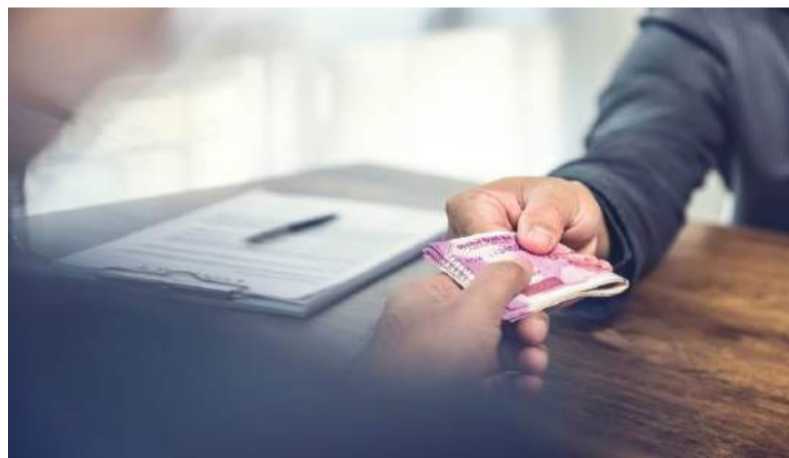
Thus, the target of TB elimination cannot be achieved without substantial technological breakthroughs and their wide application in government programmes.

Top priorities for research and innovation include the development of rapid point-of-care tests for diagnosing TB. Among them are rapid molecular tests which are highly accurate and faster than traditional/conventional microbiological tests. These improved tests can be performed near the patient or in the community-based health centres. They provide quick results, thereby helping in timely treatment. These tests should detect TB and

Haryana's graft taint

Bribery cases against cops reveal the rot

HARYANA has had a 'double-engine' government since 2014. It's no mean feat that the BJP has won three Assembly elections on the trot in this state adjoining the Capital. No wonder voters continue to have great expectations in terms of good & clean governance. Even as the euphoria over the party's stunning victory in the October 2024 state polls is waning, a sobering fact has come to light — of the 104 trap cases in which officials were caught red-handed by Haryana's Anti-Corruption Bureau last year, 34 involved members of the police force. It is a good sign that the ACB is cracking down on corrupt officials, but what about deterrence and fear of the law? The functioning of the government and the police comes under a cloud when those tasked with law enforcement themselves demand and accept illegal gratification. Other departments have a better record, but



there is no room for complacency as they also have their black sheep who need to be weeded out. It was the anti-corruption plank that had helped the BJP

decimate the scam-tainted UPA a decade ago, with Prime Minister Narendra Modi emphasising his zero-tolerance approach with the slogan, "Na khaunga na khane dunga". However, the rot in Haryana shows that the initiative to cleanse the system remains a work in progress.

Speaking at a 'Good Governance Day' event last week, the Haryana Governor rightly stated that information technology was the most effective means of curbing corruption. Indeed, e-governance has made a difference, but unscrupulous people are adept at finding new ways to bypass rules and procedures. The Union Government, which is often accused by the Opposition of misusing Central agencies to settle political scores, must pay greater attention to Haryana, which is at risk of becoming a bad advertisement for the much-touted anti-corruption campaign.

Death penalty merits a rethink

Yemen case should prompt India to reflect on this mode of punishment

THE efforts to save an Indian woman on death row in Yemen should make us rethink whether we ourselves ought to continue with the severest of punishments. Nimisha Priya, a nurse, has been found guilty of murder. She allegedly injected the victim (who was known to her) with sedatives while visiting him in jail. So far, attempts to prevent her execution have failed. One last attempt is being made, and that is to offer blood money to the family of the deceased and seek forgiveness. The blood money is said to be \$40,000 (around Rs 34 lakh). A substantial sum, if not the entire amount, has been raised and deposited by the family with a lawyer. The financial part seems to have been taken care of, and only forgiveness is anxiously awaited. Our government is doing all it can to assist the family. We always say "let the law take its course", and so it is in the case of this woman. So why is the government extending a helping hand to avert her execution? Is it because the government believes she is not guilty or was not given a fair trial? Is it because she is an Indian and the government will do what it can to save the life of an Indian? Is it because the government feels the punishment is too harsh? Whatever be the reason, the government must be commended for rendering assistance.

This case should prompt the government to reflect on the need to have the death penalty on the statute books. After all, when we execute a person, we are taking the life of an Indian citizen. It hardly matters whether the Indian is executed in our country or on foreign soil. True, our courts are circumspect and extremely careful in awarding the death penalty — they do so in the rarest of the rare cases. But would it not be proper for the prosecution to refrain from demanding the death penalty?



What purpose is served by executing a person? The usual answer, when the death penalty is discussed, is that it is a deterrent against heinous crimes. Unfortunately, there is no evidence to support that argument. The US has a high number of persons on death row; it also executes a rather large number of them. Has this deterred individuals from committing murders or mass shootings in schools or most recently the carnage in New Orleans?

On the other hand, it appears that despite the abolition of the death penalty, cases of heinous crimes have not increased. France did it in 1981; over four decades later, there is no evidence that the count of heinous crimes has risen. Zimbabwe, which abstained from

voting on the UN resolution for a moratorium on the death penalty in December last year, has now abolished capital punishment. Let's wait for the impact of this decision.

Tens of thousands of rape and murder cases are registered in our country every year. We also have several instances of terror attacks. I believe that in all these cases involving heinous crimes, justice will be served to a great extent if investigations are concluded expeditiously and the trial is completed within a year. For this, our police need to be highly trained to investigate crimes; our prosecuting authorities and prosecutors should also be fully equipped with solid and scientific evidence.

In a recent case reported by a newspaper, 48 out of 49 witnesses turned hostile. What does this tell us about our criminal justice system? Only that a massive overhaul is needed. But, instead of improving our system, there is a demand for the imposition of the severest possible punishment — death sentence. That won't help us improve the system.

Courts across the country need to expedite trials and disposal of appeals in criminal cases so that a conclusion is reached quickly. Perpetrators of crimes, heinous or otherwise, will get the message that they will be hauled up sooner rather than later and will have to serve time in prison. Some courts have begun to take the view that sending a person to the gallows may not necessarily be the best solution. In the recent past, there have been cases in which courts have awarded 20-25 years' rigorous imprisonment to a convict instead of the death sentence. Sometimes, such long terms of incarceration are awarded without any provision for remission. There have been a few cases in which the convict was sentenced to imprisonment for the rest of his or her life. Is this as bad or as good as the death penalty? Many countries seem to think so. Don't forget that Abu Salem was extradited from Portugal on the condition that he would not be given the death penalty. There is no doubt that the abolition of the death penalty is a very controversial and tricky subject, particularly in cases of rape, murder, sexual abuse of children and terror attacks. Nevertheless, we need to discuss this subject threadbare and have some sort of a policy or consensus; otherwise, the death penalty may get reduced to a game of chance. Meanwhile, let's pray for the woman in Yemen.

बेङ्गल सरकार पिछू हटेछे, बाड़खण्डा थैके बेङ्गले यानवाहनेर प्रवेश शुरू

प्राय २८ घण्टा पुर, बेङ्गल सरकार पिछू हटेछे एबं बाड़खण्डा थैके बेङ्गले याओया समस्त पण्यवाही यानवाहनेर प्रवेश शुरू हय्नेछे। गत सञ्जा १८ टार पुर बेङ्गल सरकारेर आदेशे बाड़खण्डा-बेङ्गल मथन सीमासुते पण्यवाही यानवाहनेर प्रवेश निषिद्ध करी हय्नेछिल। एर फले रात थैके दूपुर पर्यंत प्राय २० किमि दीर्घ यानजट सृष्टि हय। चालकदेर समस्यार कथा विवेचना करे, MASS बेङ्गल सरकारके चाप देय बाड़खण्डा सीमासुते थैके बेङ्गले प्रवेश करी समस्त यानवाहन बरू करार जन्य। एर फले, बेङ्गल सरकार पिछू हटेछे बाध्य हय एबं अवशेषे भारी यानवाहनेर प्रवेश आवार स्वाभाविक हय।

बेङ्गल सरकारेर एहि अनुमतिर पर, द्रोक चालकरा शक्तिर निश्चय फेलेन। प्राञ्जल निरस्य विधायक अरुण च्याटर्जि बाड़खण्डा मुख्यामित्री हेमन्त सोरेनेर एहि उद्योगेर प्रशंसा करेन। तिन बलेन, मुख्यामित्री हेमन्त सोरेन एहि विषये क्रमागत शुरुतु दियेछेन। बेङ्गल सरकारेर साथे इतिबाचक आलोचना करार पुर बेङ्गल सरकार निषेधाञ्जा तुले नेय। एर पुर, सारित्ते दाड़िये थका समस्त पण्यवाही यानवाहन बीरे बीरे बेङ्गले प्रवेश करार शुरू करेछे। NH-६ दीर्घ यानजट एखन सीमित ह्छे एबं यानजट ७ भाङ्गते शुरू करेछे।

भोजपुरी

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कृषि एवं उससे जुड़े क्षेत्र की विकास दर इस साल 3.5-4 प्रतिशत के बीच रहने की संभावना: शिवराज सिंह

एजेंसी नई दिल्ली। केंद्रीय कृषि एवं किसान कल्याण मंत्री शिवराज सिंह चौहान ने कहा कि इस साल कृषि एवं संबद्ध क्षेत्र की विकास दर 3.5 से 4 प्रतिशत के बीच रहने की संभावना है। केंद्र सरकार ने फैसला किया है कि सैटेलाइट बेस्ड यानी रिमोट सेंसिंग के माध्यम से अब फसल के नुकसान का सही व सटीक आकलन होगा। शिवराज सिंह नई दिल्ली में राज्यों के कृषि मंत्रियों के साथ मंत्रालय की विभिन्न योजनाओं की वृत्तुअल माध्यम से समीक्षा बैठक को संबोधित कर रहे थे। इस बैठक में कृषि एवं किसान कल्याण विभाग के सचिव डॉ. देवेश चतुर्वेदी और मंत्रालय के अन्य वरिष्ठ अधिकारी उपस्थित थे। शिवराज सिंह ने कहा

कि नए वर्ष में नए संकल्पों के साथ कृषि विकास एवं किसान कल्याण के



कामों को हम तेज गति से आगे बढ़ाएंगे। प्रधानमंत्री नरेन्द्र मोदी ने पीएम किसान सम्मान निधि प्रारंभ की है। अब तक 11 करोड़ किसानों को 18 किशतों में 3.46 लाख करोड़ रुपये की राशि वितरित की गई है। मोदी के तीसरे कार्यकाल के प्रथम

100 दिनों में 25 लाख से ज्यादा पात्र किसानों को जोड़ा गया। 18वीं किशत का लाभ लेने वालों की संख्या बढ़कर 9.58 करोड़ हुई। पीएम फसल बीमा योजना विश्व की सबसे बड़ी फसल बीमा योजना है। इसमें ऋणी आवेदन 876 लाख हैं और गैर-ऋणी आवेदन 552 लाख हैं। कुल 14.28 करोड़ किसानों ने आवेदन किया है, 602 लाख हेक्टेयर क्षेत्र बीमित है और सकल बीमित राशि 2,73,049 करोड़ रुपये है। चार करोड़ किसानों को योजना से लाभ मिला है। योजना के प्रारंभ से अब तक 17 हजार करोड़ रुपए क्लेम के रूप में किसान भाइयों को दिया जा चुका है। केंद्रीय मंत्री शिवराज सिंह ने कहा कि प्रधानमंत्री ने लाल किले की प्राचीर से कहा था

कि वे तीसरे कार्यकाल में तीन गुना ताकत से काम करेंगे। हम भी संकल्प लें कि अपनी पूरी क्षमता से काम में जुटेंगे। प्रधानमंत्री के नेतृत्व में किसान कल्याण और कृषि क्षेत्र में विकास के लिए 6 सूत्री रणनीति तैयार है। सबसे पहली प्राथमिकता है उत्पादन बढ़ाना। प्रति हेक्टेयर या प्रति एकड़ उत्पादन कैसे बढ़ सकता है यह सरकार की रणनीति है, उसके लिए आईसीएआर लगातार रिसर्च करके उन्नत बीजों की किस्म को जारी करता है। सूक्ष्म सिंचाई योजना, मैकेनाइजेशन, तकनीक का प्रयोग, नई कृषि पद्धतियां आदि अनेक दिशा में हम काम कर रहे हैं। उत्पादन बढ़ाने के साथ-साथ उत्पादन की लागत कैसे घटे समेत कई बिंदुओं पर काम कर रहे हैं।

गन्ना क्रय केंद्र परिवर्तन की मांग को लेकर किसानों का धरना जारी



एजेंसी बिजनौर। हल्दीर थाणा क्षेत्र के ग्राम बाटपुरा में गन्ना क्रय केंद्र परिवर्तन की मांग को लेकर 9 दिसंबर से चल रहे अनिश्चितकालीन धरना आज 4 जनवरी को भी जारी है। किसानों का कहना है कि ठंड के मौसम में किसान धरने पर बैठे हुए हैं। लेकिन उनकी मांग को अनुमना किया जा रहा है। बाटपुरा के किसान बजाज ग्रुप की बिलाई मिल को

गन्ना देने के लिए तैयार नहीं है। किसानों का कहना है कि जब तक किसानों की समस्याओं का समाधान नहीं हो जाता है धरना जारी रहेगा। किसानों में जनप्रतिनिधियों के प्रति काफी नाराजगी है जो आज तक किसानों की समस्या को जानने तक की आवश्यकता नहीं समझ रहे हैं 7 धरने पर रोहित कुमार, सुधीर कुमार, जयदेव, मनोज कुमार, रघुनाथ सिंह, अंकुल आदि किसान उपस्थित रहे।

एआई के क्षेत्र में आगे रहना चाहता है भारत : मोदी

एजेंसी नई दिल्ली। प्रधानमंत्री नरेन्द्र मोदी ने कहा कि भारत एआई (यांत्रिक मेधा) के क्षेत्र में अपनी अग्रणी भूमिका स्थापित करने को प्रतिबद्ध है और इस क्षेत्र में नवाचार तथा युवाओं के लिए नए-नए अवसरों पर ध्यान केंद्रित कर रहा है। श्री मोदी ने सूचना प्रौद्योगिकी क्षेत्र के भारत नामी उद्यमी विशाला सिक्का के सोशल मीडिया मंच-एक्स के एक पोस्ट के जवाब में यह बात कही। श्री सिक्का आज प्रधानमंत्री से उनके आवास पर मिले थे। उन्होंने कहा है कि एआई के क्षेत्र में भारत का ध्यान नवाचार करना और युवाओं के लिए नए अवसर पैदा करना है।

प्रधानमंत्री ने श्री सिक्का के पोस्ट पर उनके साथ हुई बातचीत के बारे में लिखा, यह वास्तव में एक जानकारीयों से भरी बातचीत थी। भारत एआई में अग्रणी बनने के लिए प्रतिबद्ध है, जिसमें नवाचार और युवाओं के लिए अवसर पैदा करने



तथा आने वाले समय पर इसके प्रभावों पर व्यापक चर्चा हुई। इस बातचीत में मैं प्रौद्योगिकी के प्रभाव और मानवीय मूल्यों के साथ इसके प्रयोग से हर व्यक्ति के उत्थान की इसकी क्षमता के बारे में उनकी

दाल-अनाज की खपत पांच फीसदी घटी

एजेंसी नई दिल्ली। पिछले 12 वर्षों में भारतीय परिवारों की खर्च प्राथमिकता में काफी बदलाव आया है। नतीजतन, ग्रामीण और शहरी दोनों क्षेत्रों में दालों और अनाज की खपत पांच फीसदी से अधिक घटी है। एस्बीआई रिसर्च की रिपोर्ट बताती है कि लोग खाद्य के बजाय गैर-खाद्य पदार्थों पर ज्यादा खर्च कर रहे हैं। रिपोर्ट में सामने आए रूझान दर्शाते हैं कि भारतीय परिवारों को पोषक खानपान के बजाय साफ-सफाई और खुबसूरत दिखने के सौंदर्य प्रसाधनों पर खर्च करना ज्यादा पसंद आ रहा है। कपड़ों, जूतों जैसी चीजों पर खर्च करने में भी कमी आई है। रिपोर्ट के मुताबिक, यह रूझान आर्थिक विकास और जीवनशैली में बदलाव के कारण प्राथमिकताओं में आए बदलाव को दर्शाता है। शहरों के मुकाबले गांव ज्यादा तेजी से बदलते शहरी क्षेत्रों के मुकाबले ग्रामीण क्षेत्रों में खाद्य पदार्थों पर व्यय ज्यादा तेजी से घटा है। पिछले

12 वर्षों के दौरान ग्रामीण क्षेत्रों में 5.86 फीसदी अंकों की गिरावट दर्ज की गई, जबकि शहरी क्षेत्र में यह आंकड़ा 2.94 फीसदी रहा। वहीं,

शहरी क्षेत्र : 42.62 फीसदी था 2011-12 में और 2023-24 में 39.68 फीसदी रह गया। गैर-खाद्य पदार्थों पर व्यय



गैर-खाद्य पदार्थों की बात करें तो ग्रामीण क्षेत्र में इस पर खर्च 5.86 फीसदी बढ़ा है, जबकि शहरी क्षेत्रों में यह वृद्धि 2.94 फीसदी रही। खाद्य पदार्थों पर व्यय ग्रामीण क्षेत्र : 52.9 फीसदी था 2011-12 में, जो 47.04 फीसदी रह गया 2023-24 में।

ग्रामीण क्षेत्र : 47.1 फीसदी (2011-12) की तुलना में 2023-24 में 52.96 पर पहुंच गया। शहरी क्षेत्र : 57.38 फीसदी (2011-12) की तुलना में 2023-24 में 60.32 फीसदी हो गया।

एअर इंडिया को अक्ल दर्ज की एयरलाइन बनाने के लिए प्रतिबद्ध : चंद्रशेखरन

एजेंसी चेन्नई/नई दिल्ली। टाटा संस के चेयरमैन एन. चंद्रशेखरन ने शनिवार को कहा कि उनकी कंपनी एअर इंडिया

रवि विश्वनाथन के साथ चर्चा के दौरान कही। चंद्रशेखरन ने पूछे गए एक सवाल के जवाब टाटा समूह के अधिग्रहण के बाद लोग एअर इंडिया से क्या उमीद कर



को शीघ्र श्रेणी की एयरलाइन बनाने के लिए पूरी तरह प्रतिबद्ध है, जो वैश्विक स्तर पर असाधारण सेवा और प्रदर्शन प्रदान करेगी। टाटा समूह ने 2022 में एअर इंडिया का अधिग्रहण किया था। एन. चंद्रशेखरन ने यहां एनआईटी त्रिचि के एक कार्यक्रम में टीवीएस सपलाई चेन सॉल्यूशंस लिमिटेड के प्रबंध निदेशक

सकते हैं। उन्होंने कहा कि मेरी प्रतिबद्धता एअर इंडिया को दुनिया की शीर्ष श्रेणी की एयरलाइन कंपनी बनाने के लिए हर संभव प्रयास करने की है। उल्लेखनीय है कि टाटा समूह की एयरलाइन एअर इंडिया ने कुल 470 विमानों का ऑर्डर दिया है, जिसमें 250 एयरबस को दी है, जबकि 220 बोइंग कंपनी को दिया है।

तीन दिन की तेजी के बाद सर्पाफा बाजार में गिरावट, सोना और चांदी की घटी चमक

एजेंसी नई दिल्ली। तीन दिन की तेजी के बाद घरेलू सर्पाफा बाजार में आज गिरावट का रुख नजर आ रहा है। सोने की कीमत में आज 450 रुपये से लेकर 490 रुपये प्रति 10 ग्राम की कमजोरी दर्ज की गई है। सोने के भाव में आई गिरावट की वजह से देश के ज्यादातर सर्पाफा बाजारों में 24 कैरेट सोना आज 78,860 रुपये से लेकर 78,710 रुपये प्रति 10 ग्राम के दायरे में कारोबार कर रहा है। इसी तरह 22 कैरेट सोना 72,300 रुपये से लेकर 72,150 रुपये प्रति 10 ग्राम के बीच बिक रहा है। चांदी की कीमत में भी आज 1,000 रुपये प्रति किलोग्राम की गिरावट आई है, जिसके कारण दिल्ली सर्पाफा बाजार में इसकी कीमत 91,500 रुपये प्रति

किलोग्राम के स्तर पर पहुंच गई है। देश की राजधानी दिल्ली में 24 कैरेट सोना आज 78,860 रुपये प्रति 10

22 कैरेट सोना 72,150 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह अहमदाबाद में 24 कैरेट



ग्राम के स्तर पर कारोबार कर रहा है, जबकि 22 कैरेट सोने की कीमत 72,300 रुपये प्रति 10 ग्राम दर्ज की गई है। वहीं देश की अधिक राजधानी मुंबई में 24 कैरेट सोना 78,710 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 78,760 रुपये प्रति 10 ग्राम के स्तर पर है, जबकि 22 कैरेट सोना 72,200 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह जयपुर में 24 कैरेट सोना 78,860 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 72,300 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है।

सोने की रिटेल कीमत 78,760 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 72,200 रुपये प्रति 10 ग्राम दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24 कैरेट सोना आज 78,710 रुपये प्रति 10

एफपीआई ने 2025 के पहले तीन दिन में ही भारतीय बाजार से 4285 करोड़ रुपये निकाले

एजेंसी नई दिल्ली। विदेशी पोर्टफोलियो निवेशकों यानी एफपीआई ने भारतीय इंडिटी बाजार में 2025 की शुरुआत सावधान रवैये के साथ की। नए साल के पहले तीन कारोबारी सत्रों में ही एफपीआई की ओर से 4,285 करोड़ रुपये की शुद्ध बिकवाली हो चुकी है। नेशनल सेक्यूरिटी डिपॉजिटरी लिमिटेड (एनएसडीएल) के आंकड़ों से इसके पुष्टि होती है। आंकड़ों से पता चलता है कि 2025 के पहले ही दिन एफपीआई ने इंडिटी में सबसे बड़ी बिकवाली की। उस दिन एफपीआई ने 5,351 रुपये भारतीय इंडिटी बाजार से निकाले।



एफपीआई ने शुद्ध रूप से 15,446 करोड़ रुपये की खरीदारी की थी। ऐसे तो 2024 का समापन हेर निशान पर हुआ, पर भारतीय इंडिटी बाजार में एफपीआई का शुद्ध खरीद मूल्य, इस

दौरान 427 करोड़ रुपये कम हो गया। पिछले साल की तुलना में भारतीय बाजार में विदेशी पोर्टफोलियो निवेशकों की खरीदारी में 99 प्रतिशत की भारी गिरावट आई। अमेरिकी अर्थव्यवस्था में मजबूती लौटने से भारतीय बाजार में नरमी अमेरिकी अर्थव्यवस्था के मजबूत प्रदर्शन, शेयर बाजार में लचीलापन और ब्याज दरों के लंबे समय तक उच्च रहने के कारण अमेरिकी बॉन्ड्स, मुद्रा व इंडिटी बाजार में निवेशकों का पर्याप्त झुकाव बढ़ा। इस बदलाव की कीमत भारत जैसे उभरते बाजारों को चुकानी पड़ी। इसके अलावे, भारतीय शेयरों के उच्च मूल्यंकन, जीडीपी के अनुपात में मार्केट कैप अधिक रहने, वृद्धि दर

में सुस्ती, कमजोर आद्योगिक उत्पादन और कंपनियों की आय में कमी से शेयर बाजार में नरमी आई। विदेशी निवेशकों का भरोसा लौटे, इसके लिए क्या जरूरी? साल की शुरुआत में हुई बिकवाली विदेशी पोर्टफोलियो निवेशकों के सर्वक रूख का संकेत देते हैं। वे वैश्विक आर्थिक अनिश्चितताओं और घरेलू कारकों के बीच पुनर्मूल्यांकन कर रहे हैं। इससे साल की शुरुआत में बाजार में संभावित उतारपटक दिख सकती है। एफपीआई निवेश में कमी संकेत देते हैं कि देश को बिना समय गंवाए वैश्विक और घरेलू चुनौतियों का समाधान निकालना होगा, जिससे विदेशी निवेश बरकरार रहे और भारतीय अर्थव्यवस्था की तेजी को बढ़ावा मिले।

खाद्य तेल सस्ता; दालों में मिलाजुला रुख

एजेंसी नई दिल्ली।विदेशी बाजारों की गिरावट के साथ ही स्थानीय स्तर पर उठाव सुस्त रहने से बीते सप्ताह दिल्ली थोक जिनस बाजार में खाद्य तेल 1099 रुपये प्रति किंटल तक सस्ते हो गए जबकि दालों में मिलाजुला रुख रहा वहीं अन्य जिनसों के भाव स्थिर रहे। तेल-तिलहन: वैश्विक स्तर पर मलेशिया के बुरसा मलेशिया डेरिवेटिव एक्सचेंज में पाम ऑयल का जनवरी वायदा समाहांत पर 175 रिगिट लुद्धककर 4725 रिगिट प्रति टन पर आ गया। इसी तरह जनवरी का अमेरिकी सोया तेल वायदा 0.43 सेंट की गिरावट के साथ 40.25 सेंट प्रति पौंड बोला गया। इस दौरान खाद्य तेलों में गिरावट रुख रहा। सरसों तेल 402 रुपये, मूंगफली तेल 1099 रुपये, सूरजमुखी तेल 219

रुपये, सोया रिफाईंड 853 रुपये और वनस्पति तेल 294 रुपये

किंटल, सूरजमुखी तेल 15897 रुपये प्रति किंटल, सोया रिफाईंड



प्रति किंटल गिर गया जबकि पाम ऑयल में 146 रुपये प्रति किंटल की तेजी रही। समाहांत पर सरसों तेल 16813 रुपये प्रति किंटल, मूंगफली तेल 18314 रुपये प्रति

14798 रुपये प्रति किंटल, पाम ऑयल 13919 रुपये प्रति किंटल और वनस्पति तेल 15970 रुपये प्रति किंटल पर रहा।

आरबीआई ने एचडीएफसी बैंक को एयू स्मॉल फाइनेंस बैंक में 9.5फीसदी हिस्सेदारी हासिल करने की मंजूरी दी

नई दिल्ली। भारतीय रिजर्व बैंक ने एचडीएफसी बैंक को एयू स्मॉल फाइनेंस बैंक में अधिकतम 9.50फीसदी हिस्सेदारी हासिल करने की मंजूरी दे दी है। हालांकि, केंद्रीय बैंक ने खत रखा है कि यदि अनुमोदन पत्र की तारीख से सालभर के भीतर यह सौदा नहीं किया जाता तो, तो मंजूरी रह कर दी जाएगी। एयू स्मॉल फाइनेंस बैंक (एएसएफबी) को 3 जनवरी, 2025 के आरबीआई के की ओर से एक पत्र मिला, जो एचडीएफसी बैंक लिमिटेड को संबोधित है। पत्र में एचडीएफसी बैंक और उसकी समूह संस्थाओं (एचडीएफसी म्यूचुअल फंड, एचडीएफसी लाइफ इश्योरेंस, एचडीएफसी पेंशन मैनेजमेंट, एचडीएफसी एगो जनरल इश्योरेंस और एचडीएफसी सिक्योरिटीज सहित) को एक वर्ष के भीतर एयू एएसएफबी की चुकता शेयर पूंजी या वोटिंग अधिकारों का 9.50तक अधिग्रहण करने की मंजूरी दी गई है। एचडीएफसी बैंक ने भी एक्सचेंज को बताया है कि उसे कोटक महिंद्रा बैंक और एयू स्मॉल फाइनेंस बैंक में मंजूरी आरबीआई मिल गई है। यह मंजूरी आरबीआई के अनुमोदन पत्र जारी होने के बाद एक वर्ष तक के लिए वैध है। इसकी वैधता 02 जनवरी 2026 को समाप्त हो जाएगी।

बिहार के लोक शिकायत निवारण तंत्र के कामकाज की सराहना की उच्चस्तरीय प्रतिनिधिमंडल ने

एजेंसी नई दिल्ली। केंद्र सरकार के उच्चस्तरीय प्रतिनिधिमंडल ने बिहार लोक शिकायत निवारण अधिकार अधिनियम (बिहार आरपीजी अधिनियम) और बिहार लोक सेवा अधिकार अधिनियम (बिहार आरटीएस अधिनियम) के माध्यम से जनता की शिकायतों के निराकरण के काम की सराहना की है। प्रतिनिधिमंडल ने राज्य में उपरोक्त दोनों अधिनियमों के कार्यान्वयन को समझने के लिए शुक्रवार को बिहार

का दौरा किया है। कार्मिक, लोक शिकायत एवं पेंशन मंत्रालय की ओर से शनिवार को यहां जारी एक विज्ञप्ति के अनुसार प्रशासनिक सुधार और लोक शिकायतों के निवारण की सराहना की है। बिहार के लोक शिकायत निवारण अधिकार अधिनियम 2015 में लोक शिकायतों के प्रभावी निवारण के लिए शिकायत निवारण अधिकारियों को अर्ध-न्यायिक शक्तियां मिली हैं। लोक शिकायत अधिकार अधिनियम, सेवा अधिकार अधिनियम, शिकायत अपीलालय

भट्ट शामिल थे। विज्ञप्ति में कहा गया है, डीएआरपीजी प्रतिनिधिमंडल ने लोक शिकायत निवारण अधिकार अधिनियम 2015 के माध्यम से किए गए लोक शिकायतों के निवारण की सराहना की है। बिहार के लोक शिकायत निवारण अधिकार अधिनियम 2015 में लोक शिकायतों के प्रभावी निवारण के लिए शिकायत निवारण अधिकारियों को अर्ध-न्यायिक शक्तियां मिली हैं। लोक शिकायत अधिकार अधिनियम, सेवा अधिकार अधिनियम, शिकायत अपीलालय



अधिकारी प्रक्रिया और बेहतर अभिलेख प्रबंधन प्रथाओं के कार्यान्वयन पर बिहार के मुख्य सचिव अमृत लाल मोना, अपर

मुख्य सचिव बी. राजेंद्र और बिहार प्रशासनिक सुधार मिशन की अपर मिशन निदेशक डॉ. प्रतिमा के साथ

प्रतिनिधिमंडल स्तर की आधिकारिक बैठकें हुईं। डीएआरपीजी प्रतिनिधिमंडल ने समाधान और जिज्ञासा कॉल सेंटरों का दौरा किया। टीम के समक्ष बिहार लोक शिकायत निवारण अधिकार अधिनियम और बिहार लोक सेवा अधिकार अधिनियम के कार्यान्वयन एवं प्रभाव पर केंद्रित एक प्रस्तुति दी गई। इस प्रतिनिधिमंडल ने राज्य लोक शिकायत प्राप्ति केंद्र का दौरा किया और बाद में जिला शिकायत निवारण अधिकारी, पटना के कार्यालय का भी

दौरा किया, जहां उन्होंने व्यक्तिगत रूप से सुनवाई प्रक्रिया और शिकायतों के निवारण का अवलोकन किया। डीएआरपीजी प्रतिनिधिमंडल ने पटना में उपमुख्यमंत्री सम्राट चौधरी और विजय कुमार सिन्हा से मुलाकात की लोक शिकायतों के प्रभावी निवारण, सीपीजीआरएएमएस पोर्टल, स्वच्छता को संस्थापित बनाने और लॉबत मामलों को कम करने के लिए विशेष अभियान और पेंशनभोगियों के डिजिटल सशक्तिकरण पर चर्चा की।



बेर के सेवन से पाएं कई सेहत समस्याओं से निजात

'बेर' खास और खट्टा-मीठा फल है। यह फल खाने में जितना अच्छा लगता है, इसके फायदे भी उतने ही होते हैं। यदि आप टंड में बेर का सेवन करते हैं तो इस मौसम में होने वाली सेहत समस्या और अन्य कई समस्याओं से निजात भी पा सकते हैं। आइए, जानते हैं बेर फल को खाने से मिलने वाले फायदे -

- यदि आपकी त्वचा पर कट लगा हो या घाव हो जाए तो आप बेर का गुदा घिसकर घाव पर लगा लें। ऐसा करने से घाव जल्दी भरता है।
- बेर का सेवन खुश्की और थकान को दूरने में मदद करता है।
- बेर की पत्तियों में कैल्शियम, फास्फोरस, मैग्नीशियम, पोटेशियम, सोडियम, क्लोरीन, प्रचुर मात्रा में होता है। यदि आप बेर और नीम के पत्ते पीसकर सिर में लगाएं तो इससे सिर के बाल गिरने कम होते हैं।
- बेर का जूस पीने से बुखार और फेफड़े संबंधी रोग ठीक होते हैं।
- बेर पर नमक और काली मिर्च लगाकर खाने से अपच की समस्या दूर होती है।
- सूखे हुए बेर खाने से कब्ज और पेट संबंधित परेशानियां दूर होती हैं।
- अगर आप बेर को छाछ के साथ लेंगे तो इससे घबराहट, उलटी आना और पेट दर्द से राहत मिलती है।
- नियमित बेर खाने से अस्थमा के रोगियों को भी आराम मिलता है साथ ही अगर किसी को मसूड़ों में घाव हो गया हो तो वह भी जल्दी भर जाता है।



टमाटर सूप है बेहद फायदेमंद

लाल लाल स्वादिष्ट टमाटर कई सख्तियों व डिश का अहम हिस्सा होते हैं। कच्चे टमाटर के अलावा उनका सूप भी बहुत ही स्वादिष्ट और पौष्टिक होता है। आमतौर पर खाने से पहले स्टार्टर के तौर पर लिए जाने वाले टमाटर सूप में विटामिन A, E, C, K और एंटी-ऑक्सीडेंट्स होते हैं। जो आपको हेल्दी और फिट रखने में मदद करते हैं। टमाटर सूप पीने से सेहत को मिलने वाले गजब के फायदे -

हड्डियों के लिए फायदेमंद

टमाटर सूप में विटामिन K और कैल्शियम होता है जो हड्डियों को मजबूत रखता है। इसके अलावा शरीर में लाइकोपीन की कमी होने से भी हड्डियों पर तनाव बढ़ता है और टमाटर में काफी मात्रा में लाइकोपीन होता है, जो हड्डियों के लिए अच्छा होता है।

दिमाग को रखें दुरुस्त

टमाटर सूप में भरपूर मात्रा में कॉपर और पोटेशियम पाया जाता है, जिससे नर्वस सिस्टम ठीक रहता है और दिमाग को मजबूती मिलती है।

विटामिन की कमी करे पूरी

टमाटर सूप में विटामिन A और C अच्छी मात्रा में होता है। विटामिन ड, टिश् के विकास के लिए जरूरी होता है। कहते हैं कि शरीर में रोजाना 16% विटामिन A और 20% विटामिन C की जरूरत होती है और टमाटर सूप इसकी जरूरत को पूरा करता है।

वजन करे कम

टमाटर सूप को अगर ऑलिव ऑयल से बनाया जाए तो यह वजन घटाने में सहायक होता है, क्योंकि इसमें पानी और फाइबर की मात्रा ज्यादा होती है, जिससे आपको काफी समय तक भूख नहीं लगती।

कैंसर का खतरा करे कम

टमाटर सूप में लाइकोपीन और कैरोटोनिन जैसे एंटी-ऑक्सीडेंट होते हैं, जिससे कैंसर की आशंका कम हो जाती है।

ब्लड शुगर को करे नियंत्रण

डायबिटीज के मरीजों को डाइट में टमाटर सूप जरूर लेना चाहिए। इसमें क्रोमियम होता है, जो ब्लड शुगर को नियंत्रण में रखने में सहायक होता है।

रक्त प्रवाह को बढ़ाए

टमाटर में सेलेनियम होता है, जो रक्त प्रवाह को बढ़ाता है जिससे एनिमिया का खतरा कम हो जाता है।



गुड़ एक ऐसा खाद्य पदार्थ है जो आपको घर की रसोई में ही बड़ी आसानी से मिल जाएगा। इसका सेवन अगर अलग-अलग रूपों से किया जाए तो यह हमारी सेहत को नीचे बताई जा रही बीमारियों की चपेट में आने से बचाए रख सकता है।

गुड़ के फायदे

रात में सोने से पहले गर्म पानी के साथ करे गुड़ का सेवन, इन जानलेवा बीमारियों का खतरा हो जाएगा कम सेहतमंद बने रहने के लिए हमें कई प्रकार के खाद्य पदार्थों का सेवन नियमित रूप से भी करना चाहिए। खाने के बाद हमें अक्सर किसी मीठे पदार्थ को खाने की सलाह दी जाती है ताकि पाचन क्रिया में आसानी हो। इन खाद्य पदार्थों में गुड़ का भी नाम शामिल है जो आमतौर पर सभी घरों में बड़ी आसानी से मिल जाता है। विभिन्न प्रकार के पकवानों को बनाने में भी गुड़ का इस्तेमाल किया जाता है। इसका अलग-अलग रूप से सेवन करे तो यह हमारी सेहत के लिए काफी फायदेमंद होता है। इस लेख में आपको गुड़ का सेवन करने से होने वाले विशेष फायदों के बारे में बताया जाएगा ताकि आप भी अपनी दिनचर्या में इसको शामिल करके सेहतमंद बने रहें।

वजन घटाने में

वजन घटाने के लिए मुख्य रूप से गुड़ के पानी का सेवन करने की सलाह दी जाती है। कई मशहूर डायटिशियन भी सुझाव देते हैं कि जिन लोगों को मोटापे की समस्या है, उन्हें नियमित रूप से गुड़ के पानी का सेवन करना चाहिए। इससे वजन को कम करने में प्रभावी रूप से असर दिखाई पड़ने लगता है।

पाचन क्रिया को ठीक करने के लिए

पाचन क्रिया को अगर थोड़ी भी समस्या का सामना करना पड़ता है तो यह में कई प्रकार



दाल के पोषक तत्व

- दालों में सबसे पौष्टिक दाल, मूंग की होती है, इसमें विटामिन ए, बी, सी और ई की भरपूर मात्रा होती है। साथ ही पोटेशियम, आयरन, कैल्शियम की मात्रा भी मूंग में बहुत होती है। इसके सेवन से शरीर में कैलोरी भी बहुत नहीं बढ़ती है। अगर अंकुरित मूंग दाल खाएं तो शरीर में कुल 30 कैलोरी और 1 ग्राम फैट ही पहुंचता है।
- अंकुरित मूंग दाल में मैग्नीशियम, कॉपर, फोलेट, राइबोफ्लेविन, विटामिन, विटामिन सी, फाइबर, पोटेशियम, फास्फोरस, मैग्नीशियम, आयरन, विटामिन बी -6, नियासिन, थायमिन और प्रोटीन होता है।
- मूंग की दाल के स्प्राउट में ग्लूकोज लेवल बहुत कम होता है इस वजह से मधुमेह रोगी इसे खा सकते हैं।
- मूंग की दाल के स्प्राउट में ओलियोसाच्याराइडस होता है जो पॉलीफिनॉल्स से आता है। ये दोनों की घटक, गंभीर रोगों से लड़ने की क्षमता को प्रबल करते हैं। कैंसर के रोगी भी इसका सेवन आराम से कर सकते हैं।
- मूंग की दाल में ऐसे गुण होते हैं, जो शरीर की

रात में सोने से पहले गर्म पानी के साथ करे गुड़ का सेवन

की बीमारियों की चपेट में ला सकता है। एक अध्ययन के अनुसार इसमें फाइबर की अच्छी मात्रा पाई जाती है। फाइबर एक ऐसा पोषक तत्व है जो मुख्य रूप से पाचन क्रिया को सुचारु रूप से चलाए रखने के लिए शरीर के लिए बहुत आवश्यक होता है। गुड़ के जरिए इस पोषक तत्वों की पूर्ति करके पाचन क्रिया को मॉटेन रखा जा सकता है।

खून की कमी होने से बचाए

खून की कमी सबसे ज्यादा गर्भवस्था में महिलाओं को परेशान कर सकती है और यह समस्या गर्भस्थ शिशु के लिए मुसीबत बन सकती है। चूंकि गुड़ में आयरन की काफी मात्रा होती है इसलिए महिलाओं के लिए इसका सेवन खून की कमी होने से रोकेंगे और जच्चा-बच्चा दोनों को स्वस्थ रखने में भी मददगार साबित होगा। हालांकि, पहली और दूसरी तिमाही में गुड़ का सेवन न करने की सलाह दी जाती है क्योंकि गुड़ की तासीर गर्म होती है और यह बच्चे के लिए नुकसानदायक हो सकता है।

रोग प्रतिरोधक क्षमता को सुधारने के लिए

रोग प्रतिरोधक क्षमता (इम्यून सिस्टम) को मजबूत बनाकर आप कई प्रकार की संक्रामक बीमारियों और कुछ जानलेवा बीमारियों के खतरे से भी बचे रह सकते हैं। एक वैज्ञानिक अध्ययन के अनुसार, गुड़ में मौजूद जिक और विटामिन-सी की मात्रा रोग प्रतिरोधक क्षमता को मजबूत बनाने के लिए प्रभावी रूप से मददगार साबित होती है। इसलिए जिन लोगों की इम्युनिटी कमजोर है, वे गुड़ का सेवन कर सकते हैं।

ब्लड प्रेशर को कम करे

हाई ब्लड प्रेशर की समस्या से हर साल पूरी दुनिया में लाखों लोगों की मौत होती है। इसे

हाइपरटेंशन के नाम से भी जाना जाता है। जबकि गुड़ में मौजूद पोटेशियम की मात्रा आपको हाइपरटेंशन की समस्या से बचा सकती है। इतना ही नहीं, गुड़ में मौजूद पोटेशियम की मात्रा आपके ब्लड प्रेशर को संतुलित बनाए रखने के साथ-साथ स्ट्रोक, ऑस्टियोपोरोसिस और किडनी स्टोन की समस्या से भी शरीर को सुरक्षा प्रदान करती है।

लिवर को साफ रखने के लिए

लिवर की क्लीनिंग करना बहुत जरूरी है, नहीं तो यहां अल्सर और इंफेक्शन की भी समस्या हो सकती है। लिवर में अगर लंबे समय तक संक्रमण बना रहता है तो यह कैंसर का रूप ले सकता है। जबकि गुड़ में मौजूद डिऑक्सिक गुण टॉक्सिक पदार्थों को लिवर से बाहर निकालने का कार्य कर सकता है। इसके लिए आप चाहे तो गुड़ को गर्म पानी में उबालकर भी इसका सेवन कर सकते हैं।

गुड़ खाने के नुकसान क्या हैं?

गुड़ खाने के फायदे के साथ-साथ आपको इससे होने वाले संभावित नुकसान के बारे में भी बताया जा रहा है ताकि आप अपनी सेहत का खास खयाल रख सकें। अधिक मात्रा में किसी भी खाद्य पदार्थ का सेवन करना नुकसानदायक होता है और गुड़ के साथ भी यही बात लागू होती है। अधिक मात्रा में यदि आप गुड़ का सेवन करते हैं तो यह शुगर, मोटापा और टाइप टू डायबिटीज का खतरा भी बढ़ा सकता है।

दालों प्रोटीन से भरपूर होती है। वैसे तो हर दाल पोषक तत्वों से भरपूर होती है लेकिन फिर भी अगर आपको प्रोटीन की मात्रा से के साथ कुछ परेशानियों को जड़ से खत्म करना है, तो आप अपनी डाइट में मूंग दाल जरूर जोड़ें। किसी भी रूप में मूंग दाल के सेवन के कई फायदे हैं।

पोषण के मामले में सभी दालों पर भारी है मूंग दाल

प्रतिरोधक क्षमता को बढ़ा देते हैं और उसे बीमारियों से लड़ने की ताकत देते हैं। इसमें एंटी-माइक्रोबियल और एंटी-इंफ्लामेट्री गुण होते हैं, जो शरीर की इम्युनिटी बढ़ाते हैं। मूंग की दाल के स्प्राउट में शरीर के टॉक्सिक को निकालने के गुण होते हैं। इसके सेवन से शरीर में विषाक्त तत्वों में कमी आती है।

ऐसे बनाएं हेल्दी मूंग दाल का चीला

रात को मूंग दाल को एक पैन में पानी डालकर रख दें। इसके बाद सुबह इसे छान कर ग्राइंडर में पीस लें। इसके बाद इसमें नमक डालकर अच्छी तरह से मिला लें। अब तवा को गर्म करें। गर्म हो जाने में थोड़ा सा तेल डालकर मूंग दाल के पेस्ट को डालकर अच्छी तरह से फैला लें। इसके बाद इसमें सभी सज्जियां और पनीर डाल दें। इसके बाद इसमें थोड़ा सा घी डालकर दूसरी तरफ भी सेंक लें। इसके बाद इसे प्लेट में निकाल लें। आपका मूंग दाल का चीला बनकर तैयार है। इसे हरी या लाल चटनी के साथ गर्मागर्म सर्व करें।



नारियल पानी के सेवन से मिलते हैं बेहतरीन सेहत लाभ

नारियल पानी अधिकतर लोगों को पसंद आता है। लेकिन ये सिर्फ स्वादिष्ट ही नहीं बल्कि सेहत के लिहाज से भी काफी फायदेमंद है। दरअसल, इसमें शरीर के लिए फायदेमंद कई तरह के विटामिन्स, मिनेरल्स और इलेक्ट्रोलाइट पाए जाते हैं। जो आपको कई सेहत लाभ देते हैं। तो आइए जानते हैं नारियल पानी से क्या-क्या फायदे मिलते हैं।

- नारियल पानी का सेवन लिवर के लिए काफी फायदेमंद माना जाता है। नारियल पानी में एंटी-ऑक्सीडेंट गुण पाए जाते हैं। जो लिवर में कई तरह के विषाक्त पदार्थों की गतिविधि को कम करते हैं। इसका सेवन करना लिवर के लिए काफी लाभकारी होता है।
- पेट के लिए नारियल पानी बेहद फायदेमंद है। इसके सेवन से पेट दर्द, एसिडिटी, अल्सर में थोड़ा-थोड़ा नारियल पानी पीने से आराम मिलता है।
- ऊर्जावान रहने के लिए नारियल पानी काफी अच्छा होता है। इसके सेवन से कमजोरी, थकान, चक्कर आने जैसी समस्याओं में इसको पीने से तत्काल लाभ प्राप्त होता है।
- नारियल पानी हृदय रोग का जोखिम कम करने का काम करता है। इसके सेवन से खराब कोलेस्ट्रॉल कम होता है।
- वजन कम करना चाहते हैं, तो नारियल पानी आपकी बहुत मदद करेगा। यह कैलोरी में कम और पचाने में आसान होता है। इसमें कई ऐसे तत्व पाए जाते हैं, जो वजन और मोटापा कम करने में मददगार हैं।
- त्वचा में ग्लो और स्किन बिलकुल विलन रखना चाहते हैं तो नारियल पानी आपको नियमित रूप से पीना चाहिए। यदि चेहरे पर मुहांसे और दाग धब्बों की समस्या बढ़ गई है, तो नारियल पानी का सेवन आपकी सारी समस्या को दूर करेगा।



इस आयुर्वेदिक चाय से मजबूत होगा इम्यून सिस्टम

अगर आपकी प्रतिरोधक क्षमता में कमी आ गई है और आप बार-बार सर्दी, खांसी, जुकाम या बुखार से पीड़ित हो रहे हैं तो आपको जरूरत है इस खास आयुर्वेदिक चाय की। तुलसी और अन्य मसालों से बनी ये चाय तेजी से आपकी प्रतिरोधक क्षमता बढ़ाएगी।

चाय बनाने की सही विधि

सामग्री : तुलसी के सुखाए हुए पत्ते (जिन्हें छाया में रखकर सुखाया गया हो) 500 ग्राम, दालचीनी 50 ग्राम, तेजपान 100 ग्राम, ब्राह्मी बूटी 100 ग्राम, बनफशा 25 ग्राम, सौंफ 250 ग्राम, छोटी इलायची के दाने 150 ग्राम, लाल चन्दन 250 ग्राम और काली मिर्च 25 ग्राम।
विधि : सब पदार्थों को एक-एक करके इमाम दस्ते (खल बते) में डालें और मोटा-मोटा कूटकर सबको मिलाकर किसी बरनी में भरकर रख लें। बस, तुलसी की चाय तैयार है। दो कप चाय के लिए यह 'तुलसी चाय' का मिश्रण (चूर्ण) आधा छोटा चम्मच भर लेना काफी है।
दो कप पानी एक तपेली में डालकर गरम होने के लिए आग पर रख दें। जब पानी उबलने लगे तब तपेली नीचे उतार कर आधा छोटा चम्मच मिश्रण डालकर फौरन ढक्कन से ढक दें। थोड़ी देर तक उबलने दें फिर छानकर कप में डाल लें। इस चाय में दूध नहीं डाला जाता। मीठा करना चाहें तो उबलने के लिए आग पर तपेली रखते समय ही उचित मात्रा में शकर डाल दें और गरम होने के लिए रख दें।

NEWS BOX

Gautam Gambhir reiterates importance of domestic cricket after Australia series loss

India head coach Gautam Gambhir has once again highlighted the importance of playing domestic cricket after India's series loss against Australia. Notably, India lost the fifth and final Test against Australia in Sydney by six wickets and lost the series by 1-3. It was their first series loss against Australia since 2015 and their second consecutive Test series loss following a recent 0-3 whitewash against New Zealand at home.

Following India's another dismal show in Tests, Gambhir highlighted the importance of playing domestic cricket for Indian players. The India head coach also pointed out that everyone who has the commitment to playing Test cricket should play domestic cricket as it helps one get the desired results in the longest format. "I would always like everyone to play domestic cricket. Not only one game, if they're available and they have the commitment to play red-ball cricket, everyone should play domestic cricket. As simple as it can get, if you don't give importance to domestic cricket, you will never get desired results that you want in Test cricket," said Gambhir in the post-match press conference.

There have been widespread discussions about the compulsion of Indian players to play



domestic cricket since 2024 as players like Hardik Pandya, Ishan Kishan and Shreyas Iyer have been reprimanded in the past for missing domestic games. Ahead of the ongoing Test season, players like Shubman Gill, KL Rahul, Sarfaraz Khan and Kuldeep Yadav amongst others, participated in Duleep Trophy but senior players Virat Kohli and Rohit Sharma continued to be missing. India don't play Tests until July 2025

Their lack of preparation came out in the open as both batters had to endure poor form across 10 Tests played since September 2024. Rohit scored 164 runs from eight matches (15 innings) at an average of 10.93 while Kohli scored 382 runs (19 innings) from ten matches at an average of 22.47.

Meanwhile, with the next round of the Ranji Trophy 2024-25 beginning from January 23, it remains to be seen whether the senior players will return to play domestic cricket as the ICC Champions Trophy 2025 is also on the horizon. India don't play any more Test cricket till their tour to England in July. Hence, the senior players will have to find a way to regain their form if they are to elongate their Test career.

India can't be Jasprit Bumrah dependent always: Gautam Gambhir after series loss

New Delhi. India coach Gautam Gambhir has claimed that India can't always be dependent on Jasprit Bumrah to get their results after their Sydney Test loss on Sunday, January 5. Bumrah wasn't in action with the ball on Day 3 of the crucial match due to a back spasm that limited his overs to just 10 in the game across both innings.

This meant that India went into defending the total of 162 without their main weapon in the ranks and Prasad Krishna and Mohammed Siraj were forced to take up the main workload. Australia were able to nullify the threat from the Bumrah-less attack effectively and ended up winning the match by 6 wickets and claimed the Border-Gavaskar Trophy 3-1. Speaking at the post-match press conference, Gambhir claimed that it wasn't due to Bumrah's absence the team was unable to get the win. The India coach said that they still had a good side and weren't able to get the result.



"First of all, I don't want to say that, since Jasprit Bumrah wasn't there, we couldn't get the result. We had our moments, and it would have been nice if he had been there. We still had 5 bowlers and a good team that shouldn't be dependent on one individual. We didn't get the result, as simple as it gets," said Gambhir. Bumrah ended up picking 32 wickets in the series at a stunning average of 13.06. Gambhir said it was an outstanding performance from the pacer and did everything possible from his side during the series. Gambhir also claimed that Bumrah got support from the other side from Mohammed Siraj and some of the young bowlers.

Messi misses Presidential Medal ceremony with Biden

← Messi is the first Argentine to receive the honor and the first male soccer player.

WASHINGTON. Lionel Messi was awarded the Presidential Medal of Freedom, the highest civilian honor in the United States, by President Joe Biden on Saturday but did not attend the ceremony at the White House.

The Argentine World Cup winner and eight times Ballon d'Or winner, now plays in the United States for Major League Soccer's Inter Miami. Messi is the first Argentine to receive the honor and the first male soccer player. But while other recipients of the award, including U2 singer and activist Bono, former basketball star Earvin "Magic" Johnson and former Secretary of



State Hillary Clinton, attended the ceremony at the White House, Messi was absent. Messi's representatives said in a statement distributed by Inter Miami that Messi had a prior commitment. "The White House informed FIFA, who

informed the club at the end of December that Leo was going to be awarded with this recognition," the statement read.

"Leo, through the club, sent a letter to the White House saying that he is deeply honored and that it is a profound privilege

to receive this recognition but that due to scheduling conflicts and prior commitments he was going to be unable to attend.

"He appreciated the gesture and noted that he hopes to have the opportunity to meet in the near future," the statement added. The award is given to individuals who have made "exemplary contributions to the prosperity, values or security of the United States, world peace or other significant societal, public or private endeavors," according to the White House. The White House statement said that Messi had been given the award as "the most decorated player in the history of professional soccer. He supports healthcare and education programs for children around the world through the Leo Messi Foundation and serves as a UNICEF Goodwill Ambassador. Biden handed USA women's soccer star Megan Rapinoe the medal in 2022, the first time a soccer player has been given the honor.

Sunil Gavaskar upset he wasn't invited for Border-Gavaskar Trophy presentation

Sydney. Legendary Indian cricketer Sunil Gavaskar was not invited to present the Border-Gavaskar Trophy to the winners of the series. The India vs Australia Test series - named after the legendary duo of Sunil Gavaskar and Allan Border was won by Australia after a gruelling 5-match Test series. The presentation ceremony saw Allan Border get up on the stage and hand the trophy to Pat Cummins' team. An upset Gavaskar let his thoughts known after the conclusion of the series, alleging that he was not called to present the trophy because he was Indian. Gavaskar added that it would have been nice to hand over the trophy alongside his good friend Allan Border.

"I certainly would have loved to have been there for the presentation. After all, it is the Border-Gavaskar Trophy and it is about Australia and India," Gavaskar was quoted



by Code Sports. I mean, I am here on the ground. To me, it should not matter that Australia won when it comes to the presentation. They played better cricket so

they won. That's fine. Just because I am an Indian (I did not present the trophy). I would have been happy to present the trophy with my good friend Allan Border," he added. Gavaskar however mentioned himself that the organisers told him that he was not needed for the presentation if Australia won the series and took back the BGT. Gavaskar said that he was perplexed at the decision given the series was named after him and Border.

"I was told just before the Test started that was going to be the situation. If India didn't win or draw the series I wouldn't be required... I'm not feeling sad, but I'm just feeling a little perplexed. It's the Border-Gavaskar Trophy, both of us should have been there," Gavaskar concluded.

Jasprit Bumrah rues missing out on spiciest pitch of series: Cannot fight my body

Sydney. Stand-in India captain Jasprit Bumrah updated on his injury after the conclusion of the final Test match of the Border-Gavaskar Trophy. Speaking at the post-match presentation ceremony, Bumrah rued missing out on the spiciest pitch of the series but said that he had to listen to his body and could not keep fighting it. The Indian fast bowler was the standout performer in the series, picking up 32 wickets at a ridiculous average of 13.02. Bumrah said that he felt some discomfort just after Lunch on Day 2 of the Sydney Test and had to stop bowling and get things checked. It was reported that Bumrah had a back spasm, and the pacer did not bowl a single ball since.

"Little frustrating, sometimes you have to respect your body, you can't fight your body. So they're a little disappointing at the end that, you know, probably missed out on the spiciest wicket in the series, but yeah, that's the way it is. Sometimes you have to accept what it is and, you know, move forward," Jasprit Bumrah said after the conclusion of the series. AUS vs IND, 5th Test: Day 3 Highlights "There was a little bit of discomfort so I wanted to check it out after the first over of my second spell (Day 2)," he added. He was devastating at times, so it's no surprise to see Jasprit Bumrah named the NRMA Insurance Player of the Series. #AUSvIND pic.twitter.com/7qF1Ycjd2d — cricket.com.au (@cricketcomau) January 5, 2025 In the absence of Jasprit Bumrah, India were rolled over by Australia on Day 3 of the Test match. Chasing 162 runs, the side came out with attacking intent and chased down the total in just 27 overs. With the loss in Sydney, India's decade-long domination of the Border-Gavaskar Trophy came to a grinding halt as Australia hammered the Jasprit Bumrah side.

IND vs AUS, 5th Test: Match Report Bumrah spoke about the series and said that it was a well-fought one. The captain said that India would return home with a lot of learnings, that would help them in the future.

"So the chat was about belief. We picked up wickets in the first innings as well with a bowler short. The chat was that we have to believe we are good enough and if we create enough pressure, we'll be able to do some damage," said Bumrah. "Lots of ifs and buts. The whole series was well-fought. We were in the game today also. It was not totally one-sided... I think yeah it was a well fought series. A lot of good learning for us and experience that our players have gained, who have come here for the first time... So I think these learnings will help us in the future," the India captain concluded.

AUS vs IND: Gautam Gambhir slams Australia's Sam Konstas 'intimidation' remark



New Delhi. India coach Gautam Gambhir has slammed Australia's remark that his side was trying to intimidate young opener Sam Konstas during the Sydney Test. Konstas, since making his debut in Melbourne, has been involved in a couple of run-ins with the visitors. The most heated moment came in Day 1 of the match at the SCG when he had an altercation with Jasprit Bumrah. Bumrah would then proceed to celebrate in front of Konstas after dismissing Usman Khawaja off the very next ball as the rest of his teammates joined in. Australia coach Andrew McDonald would comment on the matter after Day 2 and claimed that the Indian side were looking to intimidate the

youngster, which Gambhir denied. During the post-match press conference, the India coach said it is a tough sport played by tough men, and they can't be soft. Gambhir claimed that Konstas had no right to be talking to Bumrah at the moment.

"It's a tough sport played by tough men. You can't be that soft. As simple as it can get," said Gambhir.

"I don't think there was anything intimidating about it. He had no right to be talking to Jasprit Bumrah when Usman Khawaja was taking time. He had no right." "He had no business to be involved with Jasprit Bumrah, that was a job for the umpire." Australian players have done it in the past

← India coach Gautam Gambhir has slammed suggestions from the Australia camp that his side were trying to intimidate Sam Konstas during the Sydney Test. Konstas was involved in a confrontation with Jasprit Bumrah during the match.

Gambhir would also brush aside the confrontation between Virat Kohli and Konstas in the Melbourne Test and claimed there was no need to make an issue out of it. The India coach said that the Aussie players have done the same in the past.

"I think whatever has happened is history. Whatever happened happened. It is a tough sport played by tough men and these things happen," said Gambhir.

"I don't think we need to make a big issue out of it." "It is not just incidents that have happened in this series. It has happened in the past as well. A lot of Australian players in the past have done it as well. We keep making a big deal out of these things."

NZ vs SL: Young, Henry star as New Zealand thump Sri Lanka in 1st ODI

← Will Young and Matt Henry were the stars of the show as New Zealand thumped Sri Lanka by 9 wickets in the first ODI played in Wellington on Sunday, January 5. Sri Lanka were bundled out for 178 and Young's unbeaten 90 set up the chase perfectly for the hosts.

New Delhi New Zealand dominated Sri Lanka in a commanding nine-wicket victory at the Basin Reserve, with their fast bowlers dismantling Sri Lanka's top order before a clinical batting display sealed the chase. Will Young's unbeaten 90 off 86 balls capped a comprehensive performance on a chilly, wind-swept Wellington day.

On a green-tinged pitch, New Zealand's pacers exploited the conditions to devastating effect, reducing Sri Lanka to 23 for 4 inside the powerplay. Matt Henry led the charge with a sensational spell, finishing with 4 for 19 from 10 overs. He removed Pathum Nissanka with a full, seaming delivery that induced a leading edge, while conceding just six runs in his first five overs. At the other end, Jacob Duffy added to the carnage, unsettling Kusal Mendis with a sharp bouncer that the batter inside-edged onto his stumps. Kamindu Mendis compounded Sri Lanka's woes with a reckless run-out, as Mitchell Santner's pinpoint underarm throw hit the stumps. Captain Charith Asalanka fell for a duck after being undone by Nathan Smith's short-pitched delivery, confirmed on review to have brushed his bat. By the time Janith Liyanage joined Avishka Fernando, Sri Lanka was reeling, struggling to mount a recovery. Avishka Fernando led a valiant



fightback, crafting an enterprising 50 while adding 87 for the fifth wicket with Liyanage. The pair capitalized on the reduced lateral movement, finding boundaries square of the wicket and handling the short ball effectively. However, Liyanage's dismissal for 36, mistiming a Santner delivery to deep midwicket, signaled the beginning of the end. Wanindu Hasaranga contributed a brisk 35, and Chamindu Wickramasinghe chipped in with 22, but New Zealand never relinquished control. Exceptional fielding,

led by Mark Chapman's agility at point, compounded Sri Lanka's struggles as they were bowled out for 178 in the 44th over.

The target of 179 was made to look trivial by New Zealand's top three. Rachin Ravindra set the tone with a flurry of boundaries through the off-side during the powerplay, while Will Young punished anything short with authoritative pulls and hooks. The hosts raced to 70 without loss after 10 overs, capitalising on Sri Lanka's inconsistent lines. Ravindra departed for 39, trying to flick a leg-side delivery but falling to a simple catch. However, Young remained imperious, driving and pulling with confidence as he brought up his tenth ODI fifty. Mark Chapman supported him with a steady 32*, and the duo's unbroken partnership of 87 ensured a smooth finish.

New Zealand reached the target with 23.4 overs to spare, underscoring their dominance with both bat and ball.



Sonakshi Sinha

Calls Husband Zaheer Iqbal 'Very Irritating'; He Says, 'I Need Help. My Wife Wants...'

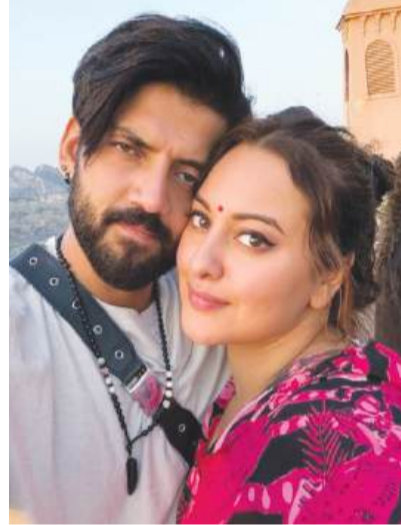
Bollywood actress Sonakshi Sinha, last seen in *Kakuda*, jokingly shared her annoyance with husband Zaheer Iqbal's antics. On Wednesday, she posted an Instagram Story with a video of Zaheer playfully teasing her for her love of long camera shots. The actress wrote on the video, "You are a VVIP, very very irritating person".

Sonakshi Sinha recently attended the Boxing Day Test between India and Australia at the Melbourne Cricket Ground. She shared Instagram Stories showing her cheering for Team India amidst the massive crowd. One video even captured her husband, Zaheer Iqbal, playing cricket with kids during the break.

Sonakshi and Zaheer, who tied the knot on June 23 in Mumbai after seven years of dating, first met at a party hosted by Salman Khan.

Interestingly, both began their Bollywood journeys under Salman's mentorship.

Sonakshi Sinha made her debut opposite Salman Khan in the blockbuster hit *Dabangg*, while Zaheer Iqbal stepped into Bollywood with Salman's production *Notebook*. The couple reportedly dated for seven years and lived together for a year



before tying the knot. Their wedding was followed by a star-studded reception attended by Bollywood A-listers like Salman Khan, Sanjay Leela Bhansali, Kajol, Tabu, and Yo Yo Honey Singh, among others.

On the professional front, Sonakshi is gearing up to share the screen with her husband in *Tu Hai Meri Kiran*. The duo has previously worked together in the film *Double XL* alongside Huma Qureshi and a music video titled *Blockbuster*.

Sonakshi Sinha and Zaheer Iqbal tied the knot on June 23 in a private ceremony in Mumbai after dating for almost seven years. The couple had also lived together for a year before tying the knot. Their wedding was followed by a grand reception attended by top Bollywood stars like Salman Khan, Sanjay Leela Bhansali, Kajol, Tabu, and Yo Yo Honey Singh.

Ananya Panday

Reveals Similarity With Deepika Padukone: 'Showing Our Human Side Is Beautiful'

Ananya Panday, who starred alongside Deepika Padukone in *Gehraiyaan*, recently reflected on a unique similarity she shares with her co-star. The young actress opened up about showing their "human" side, especially on tough days, and how both she and Deepika embrace their emotions rather than suppress them. In an interview with *Filmfare*, Ananya was asked about dealing with angst and emotional baggage from the past. She candidly replied, "No," explaining that she tends to release her emotions in the moment. "I'm the kind of person who has to let it all out," she said, describing her approach to processing feelings.

Ananya elaborated on how she openly displays her emotions on set, even on bad days, allowing those around her to see her vulnerable, human side. She mentioned noticing the same trait in Deepika Padukone while working with her. "Because at the end of the day, people forget that... when you're an actor, they think, 'Oh, you don't feel anything,'" Ananya shared, adding that she found it beautiful how Deepika also embraced her humanity.

Highlighting the importance of vulnerability, Ananya revealed her own methods of coping. "I don't hold onto baggage," she said, adding that crying, venting, or therapy help her move on quickly. "I get over it at the end," she

concluded. The two actresses shared screen space in Shashu Batra's 2022 romantic drama *Gehraiyaan*, where they played sisters navigating complex relationships. The film, which premiered on Amazon Prime Video, also featured Siddhant Chaturvedi, Dhairya Karwa, Rajat Kapoor, and Naseeruddin Shah.

Ananya has an exciting slate of projects lined up for 2025. Among them is an untitled film based on the life of C. Sankaran Nair, where she stars alongside Akshay Kumar and R. Madhavan. Additionally, the romantic drama *Chand Mera Dil* with Lakshya, produced by Dharma Productions, is

highly anticipated. Fans can also look forward to sequels like *Kho Gaye Hum Kahan 2* and *Call Me Bae 2*, as well as her action-drama *Shankara*. Meanwhile, Deepika Padukone, currently enjoying her motherhood phase, was last seen in the *Cop Universe* film *Singham Again*. While fans eagerly await her next Bollywood announcement, her role in Rohit Shetty's blockbuster has left audiences excited for more.



Natasa Stankovic Hopes For 'Peace' And 'Love' In 2025 After Separation From Hardik Pandya



Natasa Stankovic is hoping for peace, joy and love in 2025. On Tuesday night, the actress took to her Instagram handle and shared a series of pictures expressing gratitude for 2024 and hoping for a better 2025. In multiple of these pictures, Natasa was seen spending some quality time with her son, Agastya. However, it was the caption of Natasa's post that caught everyone's attention. "2024 I really liked you ?? you taught me a lot and for that I am grateful ? I pray that 2025 brings peace, joy and love ??," she wrote. Check it out here:

It should be noted that 2024 wasn't easy for Natasa.

The actress parted ways from her cricketer husband Hardik Pandya. The two, who tied the knot in May 2020 and renewed their wedding vows according to the Hindu and Christian rituals in February 2023, confirmed their separation in July 2024. Following their separation, Natasa was brutally trolled by many on social media. In November, Natasa spoke about her life after her split from Hardik and shared how she is still 'family' with Pandya because of their son. "We (Hardik and I) are still a family. We have a child, and the child will always make us a family at the end of the day. I haven't done that anyway because Agastya needs to stay with both parents. It's been 10 years and I go every year at the same time back in Serbia," she told ETimes.

Natasa also talked about how she had to remain strong and learn to love herself for Agastya. "I've learned to love myself with Agastya, by being with him. I understood that for the child to be happy, he needs me - as a mother - to be happy and mentally healthy. So, there was no way for me to fall down. I just had to stand and be like - Nobody can touch me, nobody can touch him. No matter what someone says, the moment, you know your worth, you know who you are, and you know that your heart is clean, nobody can shake you. I've reached that point," she added.

Sutapa Sikdar Reflects On Life Without Irrfan Khan: 'Babil And Ayan Have Their Struggles'



Writer and actor Sutapa Sikdar recently opened up about the immense challenges she has faced since the passing of her husband, the late actor Irrfan Khan. Speaking in an interview with *Times Entertainment*, Sutapa candidly shared how her life has changed and how her sons, Babil and Ayan, are also navigating their own struggles in the absence of their father. Reflecting on life without Irrfan, Sutapa said, "It's a task to deal with life after Irrfan. I used to think that I wouldn't be able to share this emotion with anyone, but lately I feel more comfortable talking about him. It's been a long time since he has been gone, but I am not the same person as I was before. I have also struggled to give time to writing and come up with something I am passionate about."

Sutapa, who has made her mark as a dialogue writer with films like *Kahaani*, *Shabd*, and *Khamoshi*, and produced the 2016 film *Madaari*, starring Irrfan, revealed how her creative process has been affected by his loss. "I am the most passionate about writing, but since Irrfan, I have not been able to get in touch with my emotions and put the pen to the paper in an effective manner. I am trying to write a book and film, where the former is about my husband. While I have been in an artistic rut, I want to share heartfelt stories of our journey together."

Beyond her own struggles, Sutapa highlighted how their sons are coping with life without Irrfan. "Both of my sons have struggles of their own and often find themselves lost without their father. Irrfan was the composed character of our household, while I was the one who would panic quite easily," she shared, adding that revisiting her life for the sake of her children has become an important part of her journey.

The Life and Legacy of Irrfan Khan: Irrfan Khan, one of Indian cinema's finest actors, left an indelible mark on both Bollywood and Hollywood with his unparalleled talent and versatility. Born on January 7, 1967, in Jaipur, Rajasthan, Irrfan pursued acting at the National School of Drama before making his breakthrough in films like *The Warrior* and *Maqbool*. Known for his nuanced performances, he starred in critically acclaimed films such as *Paan Singh Tomar*, *The Lunchbox*, *Piku*, and *Hindi Medium*. Internationally, he was celebrated for his roles in films like *Slumdog Millionaire*, *Life of Pi*, *The Namesake*, and *Jurassic World*.