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# researchers.asia@gmail.com The Researchers

**NEWS BOX** 

### All hell will break out if hostages in Gaza are not freed': Trump warns Hamas

WASHINGTON: US President-elect Donald Trump has warned that all hell will break out in the Middle East if the hostages being held by Hamas are not released by Inauguration Day, repeating the threat four times. Trump did not elaborate on what actions he might take if the captives are not released by the time he takes office. Officials say about 100 hostages, including some Americans, who were seized on October 7, 2023, remain captive in Gaza, though they believe many of them may have died in captivity. All hell will break out.

If those hostages aren't back, I don't want to hurt your negotiation, if they're not back by the time I get into office, all hell will break out in the Middle East, Trump told reporters at a news conference in Mar-a-Lago, Florida. Trump will be sworn in on January 20 as the 47th President of the United States.

He was responding to a question on the status of negotiations with Hamas on the release of American hostages. His Special Envoy to the Middle East Steven Charles Witkoff, who has just returned from the region, told reporters that they are on the verge of it.

believe we've been on the verge of it. I don't want to discuss sort of what's delayed it, no point in being negative in any way. But I think it's the president, his stature, what he's said he expects, the red lines he's put out there, that's driving this negotiation, Witkoff said.

Noting that they are making a lot of progress, he said: I don't want to say too much because I think they're doing a really good job back in Doha.

I'm leaving tomorrow to go back to Doha. But I think that we've had some really great progress and I'm really hopeful that by the inauguration we'll have some good things to announce on behalf of the president. I actually believe that we're working in tandem in a really good way, but it's the president, his reputation, the things that he has said that are driving this negotiation. So hopefully it'll all work out and we'll save some lives, Witkoff said.Negotiations between Hamas and Israel are ongoing in Qatar, with Hamas this week naming 34 hostages in Gaza including two dual US citizens it would be willing to release in a ceasefire deal, the National Public Radio reported. Trump, in response to a question, warned Hamas to release all the hostages by January 20.

### A seaplane crashes off an Australian tourist island, killing 3 and injuring 3 others

MELBOURNE, Australia: A seaplane crashed during takeoff from an Australian tourist island, killing three people including Swiss and Danish tourists and injuring three others. Only one of the seven people aboard the Cessna 208 Caravan was rescued without injury after the crash Tuesday afternoon on Rottnest Island, police said. The plane owned by Swan River Seaplanes was returning to its base in Perth, the Western Australia state capital 30 kilometers (19 miles) east of Rottnest Island, which is also known by its Indigenous name Wadjemup.

The dead were a 65-year-old Swiss woman, a 60-yearold man from Denmark and the 34-year-old male pilot from Perth, Western Australian Premier Roger Cook said.The dead tourists' partners, a 63-year-old Swiss man and a 58-year-old Danish woman, survived. A Western Australian couple, a woman aged 65 and a 63-year-old man, also survived.

It is not clear which passenger was uninjured. Western Australian Police Commissioner Col Blanch said no survivor sustained life-threatening injuries. The three injured people were flown to a Perth hospital.

Cook said the cause of the crash was not yet known. Reports that the plane had struck a rock at the entrance of a bay on the west side of the island could not be confirmed from video viewed so far, Cook said.

Rottnest Island is renowned for its sandy beaches and cat-sized hopping marsupials called quokkas which are rare on the Australian mainland. The island's tourist accommodation is fully booked during the current Southern Hemisphere summer months. "Every Western Australian knows that Rottnest is our premier tourism destination," Cook told reporters."For something so tragic to happen in front of so many people, at a place that provides so much joy, especially at this time of the year, is deeply upsetting," Cook added.Blanch said police divers had recovered the bodies on Tuesday night from a depth of 8 meters (26 feet). Wreckage of the plane was still

### Man who exploded Tesla Cybertruck outside Trump hotel in Las Vegas used generative AI, police say

World The highly decorated soldier who exploded a Tesla Cybertruck outside the Trump hotel in Las Vegas used generative AI including ChatGPT to help plan the attack, Las Vegas police said Tuesday.

Nearly a week after 37-year-old Matthew Livelsberger fatally shot himself, officials said according to writings, he didn't intend to kill anvone else.An investigation of Livelsberger's searches through ChatGPT indicate he was looking for information on explosive targets, the speed at which certain rounds of ammunition would travel and whether fireworks were legal in Arizona.

Kevin McMahill, sheriff of the Las Vegas Metropolitan Police Department, called the use of generative AI a "game-changer" and said the department was sharing information with other law enforcement agencies. "This is the first incident that I'm aware of on U.S. soil where ChatGPT is utilized to help an individual build a particular device," he said. "It's a concerning moment." In an emailed statement, OpenAI said it was committed to seeing its tools used "responsibly" and that they're designed to refuse harmful instructions."In this case, ChatGPT responded with information already publicly available on the internet and provided warnings against harmful or illegal activities. We're working with law enforcement to support their investigation," the emailed statement said.

### Fast-moving wildfires rage across Los Angeles, destroying homes and prompting widespread evacuations

LOS ANGELES. A fast-moving wildfire broke out Tuesday in the inland foothills northeast of Los Angeles, just hours after another blaze tore through the city's Pacific Palisades neighborhood along the coast, destroying many homes and prompting evacuation orders for tens of thousands.

The Eaton fire in Altadena started near a nature preserve just before 6:30 p.m. The flames spread so rapidly that staff at a senior care center had to push dozens of residents in wheelchairs and hospital beds down the street to a parking lot, where they waited in their bedclothes for ambulances and other vehicles to take them to safety.

To the west, the Pacific Palisades fire that started Tuesday morning burned out of control into the night. The Los Angeles Fire Department issued a plea for off-duty firefighters to help fight the flames, which were being pushed by winds topping 60 mph (97 kph) in some places and creating chaotic scenes as residents fled. It was too windy for firefighting aircraft to fly, hampering the efforts. The Pacific Palisades fire swept through a Los Angeles hillside dotted with celebrity residences

Tuesday, burning homes and prompting evacuation orders. In the frantic rush to get to safety, roadways became clogged, and many people abandoned their vehicles and fled on foot, some toting suitcases.A resident of a senior center is evacuated as the Eaton Fire approaches Tuesday, Jan. 7, 2025 in Altadena, Calif.The traffic jam on Palisades Drive prevented emergency vehicles from getting through. A bulldozer was brought in to push abandoned cars to the side and create a path, according to the LA Fire Department. California Gov. Gavin Newso, who was in Southern California to attend the naming of a national monument by President Joe Biden, made a detour to the canyon to see "firsthand the impact of these swirling winds and embers." He said he found "not a few many structures already destroyed." Officials did not give an exact number of structures damaged or destroyed in the Pacific Palisades wildfire, but they said about 30,000 residents were under evacuation orders, and more than 13,000 structures were at risk. The worst could still be ahead. The blaze began around 10:30 a.m., shortly after the start of



a Santa Ana windstorm that the National Weather Service warned could be "life-threatening" and the strongest to hit Southern California in more than a decade. The exact cause of the fire was unknown, and no injuries had been reported, officials said. Firefighters hose down flames as the Palisades Fire destroys a residence in the Pacific Palisades neighborhood of Los Angeles, Tuesday, Jan. 7, 2025Firefighters hose down flames as the Palisades Fire destroys a residence in the Pacific Palisades neighborhood of Los Angeles, Tuesday, Jan. 7, 2025Photo | APAdvertisementOnly about 25 miles (about 40 kilometers) northeast in Altadena, the Eaton fire was

burning. The winds were expected to increase overnight and continue for days, producing isolated gusts that could top 100 mph (160 kph) in mountains and foothills including areas that haven't seen substantial rain in months. "By no stretch of the imagination are we out of the woods," Newsom warned residents, saying the worst of the winds were expected between 10 p.m. Tuesday and 5 a.m. Wednesday. He declared a state of emergency on Tuesday. As of Tuesday evening, 28,300 households were without power due to the strong winds according to the mover?

winds, according to the mayor's office. About 15,000 utility customers in Southern California had their power shut off to reduce the risk of equipment sparking a blaze. A half a million customers were at risk of losing power preemptively.he Pacific Palisades fire quickly consumed about 4.6 square miles (11.6 square kilometers) of land in the Pacific Palisades neighborhood in western Los Angeles, sending up a dramatic plume of smoke visible across the city. Residents in Venice Beach, some 6 miles (10 kilometers) away, reported seeing the flames.

**US Congressman** 

challenges Biden

administration's decision

to investigate Adani

WASHINGTON. Challenging the Biden

administration's decision to investigate the activities

of Indian billionaire Gautam Adani, an influential

Republican lawmaker has said that such selective

actions risk damaging critical alliances with key partners.In a strongly worded letter to US Attorney General Merrick B. Garland, Congressman Lance

Gooden, a member of the House Judiciary Committee, also asked, "What will the US do if India

refuses to comply with an extradition

request?"Gooden also demanded answers regarding

the Justice Department's selective prosecution of

foreign entities and the potential harm such actions

### Grief and nostalgia in India's 'Jimmy Carter village'

in the shadow of India's capital, the late US president Jimmy Carter's name is etched for posterity.

Carterpuri, or the "village of Carter" was abruptly renamed from Daulatpur Nasirabad after an hour-long visit by the Nobel laureate in 1978.

The renaming was suggested by India's then-prime minister Morarji Desai who accompanied Carter on the visit to the small ĥamlet, some 30 kilometres (20 miles) from New Delhi."When the proposal was mooted, all the village elders immediately said yes," recalled 71-year-old resident Attar Singh, who vividly remembers the January afternoon from nearly half a century ago. One of the last surviving members from the generation old enough to remember the occasion, Singh said he was "distressed" by Carter's death last month, and played a key role in staging a small tribute ceremony.

A picture of the former president was quickly downloaded from the internet, framed, garlanded and placed at a local war memorial where a group of village elders made offerings of salty porridge



and a newly stitched traditional turban. Singh said the porridge and the turban, along with a condolence message, were then shipped to the US Embassy

The entire village grieved because we considered him as one of our own," said Rajiv Kumar, a younger resident who was a toddler when Carter visited.

The body of Carter, who died at the age of 100 last month, is currently lying in state in Washington and will be buried Thursday in his home state of Georgia. · 'Such a big man' -

Carter's visit to the village, then home to less than 500 people, was not by chance.He was driven by a deeply personal mission: his mother Lillian

had worked in the village as a Peace Corps volunteer in the late 1960s.

The dilapidated mansion where Lillian stayed during her time there no longer exists. It was torn down around 15 years ago to make way for a concrete wo-storey structure with a line of tiny shops on its ground floor.Little else from that era survives in Carterpuri, which now has a population of roughly 5,000.The village council office where Carter and his wife Eleanor Rosalynn Carter were feted while bedeeled in traditional bedeeled. while bedecked in traditional headgear,

is now a community health centre. onetheless, Carter's visit remains firmly imprinted in the memory of Carterpuri's old-timers."I was a little boy then but I remember everything," said 62-year-old Motiram, who goes by one name. His recollections include Carter smoking tobacco from a hookah and waving at the eager children who looked from the rooftops as he took a tour of the village.But Motiram's nostalgia is tinted with disillusionment. Despite such a lofty name, our village has seen no progress in all these years," he said.

pose to the US's global alliances and economic growth. He further inquired if there was any connection to George Soros.

'The Department of Justice's selective actions risk damaging critical alliances with key partners like India, one of America's strongest allies in the Asia-Pacific region," Gooden said in his letter dated January 7. "Instead of pursuing cases with tenuous jurisdiction and limited relevance to US interests, the DOJ should focus on punishing bad actors at home, rather than chasing rumors abroad," he added.

The five-term Republican lawmaker said that targeting entities that invest tens of billions of dollars and create true goal here is disruption for President Trump, could compromise America's geopolitical eminence," alliances," he wrote.

### Biden administration asks court to block plea deal for alleged mastermind of 9/11 attacks

WASHINGTON. The Biden administration asked a federal appeals court on Tuesday to block a plea agreement for accused 9/11 mastermind Khalid Sheikh Mohammed that would spare him the risk of the death penalty in one of the deadliest attacks ever on the United States.

The Justice Department argued in a brief filed with a federal appeals court in the District of Columbia that the government would be irreparably harmed if the guilty pleas were accepted for Mohammed and two codefendants in the Sept. 11, 2001, attacks. It said the government would be denied a chance for a public trial and the opportunity to "seek capital punishment against three men charged with a heinous act of mass murder that caused the death of thousands of people and shocked the nation and the world.

The Defense Department negotiated and approved the plea deal but later repudiated it. Attorneys for the defendants argue the deal is already legally in effect and that Defense Secretary Lloyd Austin, who began the administration's efforts to throw it out, acted too late. When the appeal was filed Tuesday, family members of some the nearly 3,000 people killed in the al-



Oaida attacks already were gathered at the U.S. naval base in Guantanamo Bay, Cuba, to hear Mohammed's scheduled guilty plea Friday. The other two men, accused of lesser roles in 9/11, were due to enter them next week. Family members have been split on the deal, with some calling it the best resolution possible for a prosecution mired for more than a decade in pretrial hearings and legal and logistical difficulties.

Others demanded a trial and — they hoped — execution. Some legal experts have warned that the legal challenges posed by the case, including the men's

torture under CIA custody after their capture, could keep the aging detainees from ever facing verdicts and any possible sentences. Military prosecutors this summer notified families of the victims that the senior Pentagon official overseeing Guantanamo had approved a plea deal after more than two years of negotiations. The deal was "the best path to finality

justice," military prosecutors said.But some family members and Republican lawmakers condemned the deal and the Biden administration for reaching it. Austin has fought unsuccessfully since August to throw out the agreement, saying that a decision on death penalties in an attack as grave as the Sept. 11 plot should only be made by the defense secretary.

tens of thousands of jobs for Americans only harms the US in the long run."When we forego real threats from violent crime, economic espionage, and CCP influence and go after those who contribute to our economic growth, it discourages valuable new investors who are hopeful of investing in our country," he said."An unwelcome and politically charged atmosphere for investors will only stall efforts to revitalize America's industrial base and economic growth, directly undermining President Trump's commitment to reviving the economy with increased investments," he continued. "Given the timing of these decisions coinciding with the end of the Biden administration, concerns arise that the only Gooden said. "Instead of expending valuable taxpayer resources on opening lengthy and perhaps politically motivated pursuits in foreign countries thousands of miles away, the Department should cooperate with the incoming administration on better serving the American people," he added. As a cog in the outgoing administration, it is your duty to the public to be mindful of not creating further complications that Gooden said in the letter, two weeks ahead of the inauguration of Donald Trump as the 47th president of the United States on January 20."I am writing to inquire about the Department of Justice's (DOJ) recent selective pursuits of cases against foreign entities that could irreparably strain America's global

# Israeli TV reporter regains his ability to speak with the help of Al

JERUSALEM. When renowned Israeli TV journalist Moshe Nussbaum lost his ability to speak clearly due to ALS, he thought his career might be over. However, with the help of artificial-intelligence software that recreates his iconic gravelly voice, Nussbaum known to generations of viewers simply as "Nussi" is making a comeback.Nussbaum, 71, was diagnosed two years ago with amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, a progressive condition that attacks nerve cells controlling muscles throughout the body. At the time, he vowed to Channel 12 News viewers that he would continue working as long as he was physically able. But as time passed, it became increasingly difficult.

It was a devastating blow for the leading reporter, who had spent more than 40 years covering many of Israel's most important stories. Nussbaum had reported from the scenes of suicide bombings, the front lines of wars in Gaza and Lebanon, and covered high-profile scandals and court cases in Israel's parliament.After Hamas' October

. .

7, 2023, attack, which triggered the war in Gaza, Nussbaum was unable to report from the field. It was the first war of his career that he had ever missed. Despite his difficulties with speaking and moving, he launched a segment interviewing injured soldiers in Israeli hospitals. His questions were slow and halting, but he continued for the first half of the war. However, as it became harder to be understood, his interviews became less frequent.

On Monday, Channel 12 announced that Nussbaum would return to the air in the coming weeks, with the help of AI. "It took me a few moments to absorb it and

understand that it is me speaking now, Nussbaum told The Associated Press via text message. "Slowly, I'm understanding the incredible meaning of this device for everyone with disabilities, including me." Nussbaum will write his stories, and an AI programme trained on his voice will allow

him to deliver them. He will be filmed as if presenting, with his lips "technologically adjusted" to match the words. Unlike his decades of reporting.



which sounds robotic, the AI software mimics Nussbaum's intonations and phrasing by using recordings from his lengthy career in TV and radio.

Nussbaum is excited by the possibilities of the technology but also concerned about its potential misuse to spread fake news. In its current form, the technology doesn't work for live broadcasts, so Nussbaum will focus on commentary and analysis on crime and national security, areas of expertise from

Ahead of the broadcasts, Channel 12 released a preview featuring snippets of Nussbaum 

speaking naturally garbled and difficult to understand followed by the new "Nussi AI," which sounds strikingly like the original Nussbaum, speaking quickly and emphatically. Honestly, this is my first time sitting here in the studio after more than a year," AI Nussbaum says in the preview. "It feels a bit strange, and mostly, it tugs my heart."AI-powered voice cloning has rapidly advanced in recent years. Experts warn that the technology could enable phone scams, disrupt elections, and violate the dignity of individuals who did not consent to having their voices recreated. However, it also holds great promise for people who have lost their ability to speak clearly. Similar AI programmes have enabled a U.S. congresswoman with Parkinson's disease to deliver a speech and helped a woman who lost her voice due to a tumour. Channel 12 declined to disclose which Al programme it is using. Nussbaum had feared that ALS would rob him of the career he loved. In an interview with Channel 12, he recalled telling his managers.

these equipment. The exten-

sive search operation, which

took place from 9:00 PM to

12:00 PM on Tuesday night

in the Tarchuaan area of Cha-

karbandha in Dumriya block,

resulted in the discovery of

the largest cache of explosive-

making materials found in a

single location to date.

### Maoist IED-Making Unit Busted in Bihar's Chakarbandha Forest Cave

by Rahul Kumar

Gaya: In a significant breakthrough, the Gaya police and the Central Reserve Police Force (CRPF) have uncovered an Improvised Explosive Device (IED) manufacturing unit in a cave located within the Chakarbandha forest area under the Madanpur police station limits in Bihar. The discovery was made during an ongoing operation against Maoist groups, City SP Anand Kumar Kaushal confirmed on Wednesday.

The security forces, while conducting a search operation, unearthed what appeared to be a mini factory built inside the cave, where Maoists had been producing landmines, pressure IEDs, and other explosives.

A large quantity of materials used in bomb-making, including equipment for creating tiffin bombs and pressure cookers, was recovered. City SP Kaushal stated that the operation marked a significant



success in the fight against Naxalites in Gaya, which had been targeted for a potential attack similar to the recent attack in Bijapur, Chhattisgarh. Among the recovered items were four cylinders of 5 kg, four cylinders of 2 kg, four pressure cookers of 12 kg, five pressure cookers of 10 kg, steel container of 10 kg, aluminium pan, weighing scale, 44 pieces of tiffin bomb making equipment, 20 pieces of tin cutter, 20 pieces of bit drill, chisel hammer, said City SP. Apart from this, security forces have been recovered 60 pieces of aluminium foil, 84 pieces of steel container, hand drill machine, 3 kg plaster of Paris, wire, silk thread 110 pieces, 5 pieces of disposable syringe, soldering wrench, 132 pieces of iron pipe, methyl parathion polytox, hexa blade etc.

Authorities are continuing It is believed that there was a their efforts to dismantle the plan to make deadly explo-Naxalite network in the region sives like landmines, pressure and ensure further security. IEDs on a large scale using

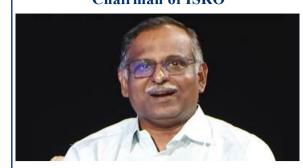
### TMC backs AAP for Delhi Assembly polls



Party (AAP) leader Arvind Kejriwal confirmed on Wednesday that Mamata Banerjee, the West Bengal Chief Minister and head of the Trinamool Congress (TMC), has pledged her party's support to AAP for the upcoming Delhi Assembly elections. Kejriwal, who is seeking a third consecutive term in office, expressed his heartfelt thanks to Mamata Banerjee through a post on X (formerly Twitter), saying, "TMC has announced support to AAP in Delhi elections. I am personally grateful to Mamata Didi. Thank vou, Didi, for your constant support and blessings during both our good and challenging times.

The Delhi Assembly elections, set for February 5, 2025, will feature a threeway contest between AAP, the Congress, and the Bharatiya Janata Party (BJP). The Election Commission of India (ECI) has confirmed that the results will be declared on February 8, 2025. Over 1.55 crore voters across the capital are expected to participate in the polls. The term of the current Delhi Assembly is due to expire on February 23, 2025.

### Dr. V. Narayanan Appointed New **Chairman of ISRO**



New Delhi: Dr. V. Narayanan, a distinguished aerospace engineer and expert in rocket propulsion, has been appointed as the next chairman of the Indian Space Research Organisation (ISRO). The Indian government made the announcement on Tuesday, confirming that Dr. Narayanan will take on the role, succeeding S. Somanath, on January

The Appointments Committee of the Cabinet issued a notification stating that Dr. Narayanan will also serve as the Secretary of the Department of Space. His tenure is set for

Currently, Dr. Narayanan serves as the head of the Liquid Propulsion Systems Centre (LPSC) in Valiamala. In this capacity, he has led significant advancements in liquid, semi-cryogenic, and cryogenic propulsion systems for launch vehicles, as well as propulsion technologies for satellites. His expertise extends to control systems for launch vehicles and health monitoring technologies for space systems. Under his leadership, LPSC has become a pivotal institution in space propulsion development.

Dr. Narayanan is also the chairman of the Project Management Council for the Space Transportation System (PMC-STS), which oversees ISRO's launch vehicle projects. Furthermore, he heads the National Level Human Rated Certification Board (HRCB) for the Gaganyaan mission, India's ambitious human spaceflight initiative.

Born in Melakattu village, near Nagercoil in Tamil Nadu's Kanyakumari District, Dr. Narayanan's educational journey has been marked by excellence. He earned the First Rank in his Diploma in Mechanical Engineering and went on to achieve Associate Membership in Mechanical Engineering from the Institution of Engineers (AMIE).

Dr. Narayanan pursued a Master of Technology in Cryogenic Engineering at IIT Kharagpur, where he graduated with a Silver Medal and First Rank. He further solidified his expertise with a Ph.D. in Aerospace Engineering.

### "Rose at Road" Initiative Launched in **Dhanbad for Road Safety Awareness**



Dhanbad: The "Rose at Road" program aimed at promoting road safety was launched at City Center Chowk under the leadership of District Transport Officer Diwakar C Dwivedi and Deputy Superintendent of Police (Traffic) Arvind Kumar. During the program, drivers who violated traffic rules were approached in a unique manner—by being garlanded and presented with roses. The initiative was designed to raise awareness about road safety, urging drivers to follow traffic rules and to spread the message among their acquaintances.

The participants were also advised to maintain a proper distance from vehicles ahead of them while driving. The awareness campaign saw the participation of MVI Abhay Kumar MVI Shubham Kumar, MVI Harish Kumar, District Road Safety Manager Sunil Kumar, Road Engineering Analyst Amresh Kumar, and IT Assistant Devendra Kumar.

### India extends ex-Bangladesh PM Sheikh Hasina's visa

New Delhi: The Indian government has extended the visa of ousted Bangladesh Prime Minister Sheikh Hasina, a day after the interim government in Bangladesh revoked her passport. The extension comes amid growing demands in Bangladesh for her extradition.

Sources clarified that Hasina, who fled Dhaka on August 5 following violent student protests, has not been granted asylum in India, as the country lacks specific asylum legislation. They emphasized that the visa extension is a technical measure to allow her continued stay in India, not an offer of refuge. Hasina is reportedly residing under tight security at a safehouse in Delhi.

### **Yogesh Prasad's Birth Anniversary** Celebrated in Loyabad



by Ashok Kumar

Loyabad: The 89th birth anniversary of the late Yogesh Prasad, fondly remembered as Yogesh Babu, was celebrated with great enthusiasm on Wednesday by the Yogesh Smriti Manch Kanakni. The event was presided over by Rajiv Ranjan Yogesh and conducted by Gopal Prasad Bhu-

Former Jharkhand Congress state working president and ex-minister, Jaleshwar Mahato, graced the occasion as the chief guest. The program commenced with floral tributes and the lighting of lamps at Yogesh Babu's statue, as guests and intellectuals gathered to honor his legacy.

The event saw a gathering of admirers who reminisced about Yogesh Babu's significant contributions to society and his commitment to the Gandhian philosophy.

### **GTTC Trainee Teachers Plan Educational** Tour to McCluskieganj

Ranchi: As part of the Vikshitbharat@2047 initiative, trainee teachers from the Government Teacher Training College, Kanke Ranchi, have decided to undertake an educational tour to McCluskieganj, famously known as Jharkhand's Mini London. The decision was made during a meeting chaired by Acting Principal Prof. Dulal Chandra Mahato, where the trainees also planned several major events for 2026, including an educational picnic, knowledge exchange program, Republic Day celebrations, and the annual sports week. The primary goal of the tour is to explore the natural and cultural heritage of McClusk ieganj, with a focus on locations like the Dega Degi River, Jagriti Vihar, and Don Bosco Academy. The trainees will gather insights and prepare reports on the educational and behavioral aspects of the children in these areas.

Dr. Om Prakash Tiwari, coordinator of literary events, highlighted that such activities play a crucial role in developing the management and behavioral skills of trainee teachers, ultimately helping them become more effective

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### HMPV Cases in India Rise to Seven, Two New Cases Reported in Nagpur

by Arun Pathak

Bokaro: The Ispatanchal Swadeshi Mela, organized by the Swadeshi Jagran Manch at Mazdoor Maidan in Sector 4, has witnessed a surge in interest for handicrafts, with people of all ages flocking to stalls offering unique items from Saharanpur (UP) and Gaya. Wooden toys, in particular, are a hit among children and adults alike, with many purchasing these traditional items for their families.

One of the highlights of the fair is the Ethnic Mithila Haat at stall number 23, which features stunning handmade Mithila art sarees, bags, and purses, alongside exquisite Mithila paintings. Ruchi Prerna, the operator of the stall and a Madhubani painting artist, mentioned that products adorned with Madhubani (Mithila) artwork, including sarees and suits, have been receiv-



ing immense appreciation from visitors.

In addition to the handicrafts, the fair also hosted a special cultural evening titled "Gyan, Dhyan, and Gaan Sandhya" on Wednesday.

The event featured an inspiring performance by the Art of Living, which captivated the audience. DDC Ram Narayan from Art of Living spoke about the organization's mission to foster a stress-free, violencefree society, highlighting the positive impact of their principles in over 180 countries worldwide.

He emphasized that the techniques promoted by Art of Living are recognized by renowned institutions such as AIIMS, the World Psychiatric Organization, and the World Scientists Organization for their transformative power in improving both individual and social lives. The Swadeshi Mela continues to offer a variety of colorful events and entertainment ensuring that visitors have a memorable experience while enjoying the vibrant shopping opportunities at the fair. The event kicked off with a ceremonial lamp lighting by Art of Living teachers Deepak Kumar and Sandhya Devi, setting the tone for an enriching

and Research (IISER), Pune

also discussed the growth of

atomic physics, emphasizing

its expansion into quantum

The program includes 20 in-

vited talks, 6-8 presentations

from young scientists, and nu-

merous oral and poster pres-

entations. Today's session con-

cluded with a vote of thanks

### ISM Hosts NCAMP 2025 with Over 200 Delegates

**Dhanbad:** The 24th National Conference on Atomic and Molecular Physics (NCAMP 2025) kicked off today at IIT-ISM Dhanbad with over 200 delegates from over 100 institutes globally.

The four-day event focuses on atomic, molecular, and optical physics, providing a platform for researchers and scientists to share their work and explore the latest advancements. The conference is being organised by the Indian Society of Atomic and Molecular Physics (ISAMP) and IIT-ISM.

This year's conference marks



the 50th anniversary of ISAMP, founded in 1976. A special session celebrated this milestone and elected a new society com-

The event was inaugurated by Professor Sukumar Mishra, Director of IIT-ISM. Speaking on the occasion he highlighted the importance of combining science, technology, and policy for meaningful outcomes.

Bhas Bhapat from the Indian Institute of Science Education

from Professor P.M. Sarun, acknowledging all contributors to the event's success. NCAMP 2025 is set to foster important discussions in atomic and molecular physics

research.

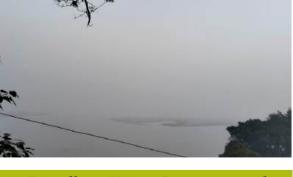
technologies.

### Engineers' forum expresses concern over Tibet dam

Guwahati: Expressing anxiety over the recent earthquake that hit the Tibetan plateau killing over 125 residents and injuring several others, a forum of graduate engineers in northeast India apprehended probable damages in the Brahmaputra valley if the China-made massive hydropower project on Yarlung Zangbo collapses some day because of a high intensity

All Assam Engineer's Association (AAEA), in a media statement, also urges the Union government in New Delhi to strongly deal with the Beijing administration for safeguarding the entire Brahmaputra river basin comprising eastern Bharat localities along with the north Bangladesh.

International news agencies reported that the powerful earthquake and aftershocks



### AAEA calls on Union Govt. to strongly deal with Beijing for safeguard of entire Brahmaputra Basin

on 7 January 2025 hit the Tibetan region (now under the Communist Chinese occupation) along with some areas in Nepal, Bhutan and eastern India. The quae with the intensity of 7.1 (in Richter's magnitude scale) also destroyed more than 3,500 houses in the thinly populated high altitude Himalayan areas. Over 400 people were rescued and nearly 30,000 people have been relocated after the tremor, where the epicentre is located which is around 80 kilometers away from the base of Mount Everest. As the internet service is heavily restricted in Tibet by

the Beijing administration, the actual picture may surface a little later.

"As China is constructing a large dam on the upstream of Brahmaputra, which may be the world's largest hydropower project with the capacity of annual 300 billion kilowatt-hours electricity generation, New Delhi must pursue the matter with serious concern, even though the Chinese officials continue arguing that it would not have a major impact on the downstream areas," said AAEA president Er Kailash Sarma, working president Er Nava J Thakuria and secretary Er Inamul Hye, adding that a major earthquake with the epicentre near to the Chinese project at any time may wreak havoc in lower riparian places covering the eastern localities



### Won't deny accused is DMK sympathiser: MK Stalin on Anna university assault case

Tamil Nadu chief minister MK Stalin admitted in Tamil Nadu assembly that the accused in the Anna University sexual assault case was a DMK sympathiser, but not a member. He assured that the state government is committed to ensuring justice for the victim through swift legal action.

New Delhi. Tamil Nadu chief minister MK Stalin, on Wednesday, admitted in Tamil Nadu assembly that the accused in the Anna University sexual assault case was a DMK sympathiser. However, the Chief Minister clarified that he was not a party member. "I assure you that the one arrested in the Chennai student case is not a member of DMK. He is a DMK sympathiser we don't deny," Stalin said. Stalin also defended the accused's images with DMK dignitaries. "He could have taken pictures with ministers and politicians, nothing wrong in it. But he is not a DMK member but a sympathiser. That is the truth," he said.



Nevertheless, Stalin also clarified that even if the accused "had been from DMK", "I would have taken action," the chief minister said.

We did not save the accused, immediately under the Goondas Act," Stalin stated in the Assembly. While speaking in the assembly, the Chief Minister admitted to the severity of the issue. "The sexual assault case is a very serious issue. Nobody can deny that. The Tamil Nadu government has no other aim but to ensure that justice is given to the victim in this case," Stalin assured.He also stated that the Tamil Nadu government will ensure the CM chargesheet in this case is filed within 60 days. "And there is a speedy trial in a special court to ensure the perpetrator gets the maximum punishment," he

Assault accused confirmed as DMK sympathiser, not a party member **Stalin** stated accused swiftly arrested, charged under **Goondas Act** The pledged justice through speedy trial and maximum punishment

arrested and imprisoned him and charged him Meanwhile, the Opposition party AIADMK walked out of the Assembly and staged a protest outside the House. AIADMK leader chanted "We condemn the CM" and "Don't tell lies" after Stalin's speech on the Anna University sexual assault case. The case, where a 19-year-old Anna University student was sexually assaulted inside the campus, rocked the state and made national news. In the aftermath, Tamil Nadu police even asked the public to refrain from spreading misinformation about the case. Since the crime was reported, the AIADMK and the BJP held the ruling DMK responsible for the rising incidents of crimes against women.

### **Cashless Treatment For Road Accident Victims Under Modified Scheme: Nitin Gadkari**

New Delhi. The government will come up with a modified scheme by March to provide cashless treatment for road accident victims nationwide, under which they will be entitled to a maximum amount of Rs 1.5 lakh per accident per person, Union Minister Nitin Gadkari said on Tuesday. According to Mr Gadkari, the scheme will be applicable to all road accidents caused by the use of motor vehicles on any category of road. The National Health Authority (NHA) shall be the implementing agency for the programme, in coordination with police, hospitals, and State Health Agency etc. The programme will be implemented through an IT platform, combining the functionalities of the e-Detailed Accident Report (eDAR) application of the Ministry of Road Transport and Highways and the Transaction Management System of NHA."The broad contours of the pilot programme are -victims entitled to cashless treatment up to a



maximum of Rs 1.5 lakh per accident per person for a maximum period of 7 days from date of the accident," Mr Gadkari said while addressing a press conference.

The government will come up with a modified scheme by March this year. On March 14, 2024, the ministry of road transport and highways (MoRTH) had launched a pilot programme to provide cashless treatment to road accident victims. The pilot programme -- initiated in Chandigarh -- was aimed at establishing an ecosystem for providing timely medical care to the victims of road accidents, including during the golden hour.

The road transport and highways minister also said the government is studying labour laws to frame a policy for fixing working hours for commercial drivers, on the lines of pilots, as driver fatigue is resulting in fatal road crashes, Mr Gadkari said, adding that India is facing a shortage of 22 lakh drivers.MoRTH organised a two-day workshop on January 6, and 7, 2025 to holistically deliberate issues, solutions and next steps to be taken to help drive transformation in India's road transport sector. During the two-day workshop, accelerating implementation of Vehicle Scrapping Policy, pan-India adoption of PUCC 2.0, timelines for introduction of BS-VII norms were discussed, along with expected reduction in pollution with the norms.

# Kangana Ranaut Invites Priyanka Gandhi To Watch Emergency. Her Reply

Mumbai. Actress Kangana Ranaut, who is gearing up for her upcoming movie 'Emergency', has shared that she extended an invitation to politician Priyanka Gandhi Vadra. The film is based on the 21-month period from 1975 to 1977 when former Prime Minister Indira Gandhi declared a state of emergency across the country by citing internal and external threats to the country. The actress, who portrays the role of Indira Gandhi in the film, spoke with IANS in the run up to the film's release on January 17.

She told IANS, "I actually met Priyanka Gandhi in the parliament. And the first thing I told her was, 'You should watch the emergency'. She was very gracious'. She said, 'Yeah may be'. So let's see if they would want to watch the film. I think it's a very sensitive and sensible portrayal of one



episode and one personality also. And I have taken great care to portray Mrs. Gandhi with great dignity. Because I see when I started to do a lot of research, there was so much focus and so much material about her personal life, whether it was her relationship with her husband or many friends or controversial equations".

She continued, "I thought to myself that there is so much more to every person. When it comes to women, especially, they're always reduced to their equation with men around them. And of course, sensational encounters. In fact, most of the controversial material was about all that. But I have portrayed her with so much dignity and sensibility. And I think that everybody should see this film".Kangana said that Indira Gandhi was also a very loved leader also."Apart from some very crazy things that happened during the emergency and other few things, I think she was very loved and celebrated. Being a three-time Prime Minister is not a joke. She was loved and

### "Politically Motivated": KT Rama Rao On Charges In Formula-E Race Case

Telangana High Court on Tuesday dismissed the quash petition filed by him in the Formula-E race case.

New Delhi. BRS working president KT Rama Rao asserted that he has "done nothing wrong" and termed the charges of corruption in the Formula-E race case as "politically motivated". Telangana High Court on Tuesday dismissed the quash petition filed by him in the Formula-E race case."I am hoping that I will get a positive result in the Supreme Court. This case that has been foisted in me is a frivolous case which has no substance...I do hope the Supreme Court will hear my plea and will deliver justice...I have asked the anti-corruption bureau officers as to what their objection is to taking my lawyers along with me...," KTR told ANI a day earlier."I will make a request in High Court about it...It is a politically motivated case...I have nothing to hide and I have done nothing wrong...," he

Notably, the court also revoked the prior order that prevented his arrest.

Telangana's Anti-Corruption Bureau (ACB) is investigating KTR's alleged

involvement in a money laundering case over alleged financial irregularities linked to the Formula E race held in Hyderabad in February 2023.On Monday, the ACB summoned KTR to its office in Hyderabad for questioning in connection with the case.

On December 19, Telangana ACB registered a case against the KTR over alleged payments, some of it in foreign currency without approvals, to conduct a Formula E race in Hyderabad during the previous regime. The Enforcement Directorate (ED) has also registered an enforcement case information report (ECIR) under the Prevention of Money Laundering Act (PMLA) against KTR and others in the case.

### Karnataka home minister's cancelled SC/ST leaders' dinner meet hints at dissent?

New Delhi. A much-anticipated dinner meeting of Congress SC/ST leaders, including ministers, MLAs, and MPs, scheduled for January 8 at Bengaluru's Radisson Blu Hotel, was abruptly cancelled, sparking speculation about discord within the party. Home Minister G Parameshwara, who had organised the event, issued a statement citing directions from Randeep Surjewala, AICC in-charge of Karnataka, as the reason for the cancellation. However, party insiders suggest the move might have been influenced by objections raised by Karnataka Pradesh Congress Committee (KPCC) President DK Shivakumar.

Sources indicate that Shivakumar, currently in Delhi, took exception to the event being planned without his involvement. A similar dinner event was organised at another state minister Satish Jarkiholi's home; Shivakumar missed that one, too, as he was in Delhi campaigning for the Congress for the upcoming elections.

Shivakumar reportedly argued to the party high command that such gatherings could project internal divisions within the government and the party, potentially undermining morale a m o n g party meeting and its cancellation, which came just days after Jarkiholi hosted a similar



meeting, led to rumours about potential rejig within the Congress party in the state. However, Chief Minister Siddaramaiah dismissed the rumours saying these were routine gatherings, and there was no politics behind it.In his announcement, Parameshwara subtly acknowledged the impact of these internal dynamics. While attributing the decision to Surjewala's directive, his remarks hinted at the role Shivakumar's intervention may have played in the abrupt cancellation. The cancellation has drawn attention to simmering tensions within the KPCC, with the incident being viewed as a reflection of power struggles and differing strategies among the party's top leaders.

Parameshwara assured that the meeting would be rescheduled, but the episode has left many questioning the state of unity within the Congress ranks in Karnataka. In his formal note, he requested media outlets to highlight the reasons behind the cancellation, subtly targeting Shivakumar for derailing the meeting.

# Air Force chief raises concerns over 'increased militarisation' by China, Pak

Indian Air Force (IAF) chief, Air Chief Marshal AP Singh has expressed concerns over "increased militarisation by China and Pakistan", saying that "our northern and western adversaries are increasing their

**New Delhi.** Indian Air Force (IAF) chief, Air Chief Marshal AP Singh has expressed concerns over "increased militarisation by China and Pakistan", saying that forces were growing at a rapid pace at India's northern and western border. His remarks on Tuesday at the 21st Subroto Mukherjee Seminar came in the wake of China unveiling its two new sixthgeneration stealth fighter jets, a development that has intensified global concerns over Beijing's growing military modernisation.

"The world today is in a precarious position dominated by conflicts and contests. We have our own security concerns on the western and northern borders, with increased militarisation by China and Pakistan," the Air Chief said.

Referring to China's unveiling of its latest stealth aircraft and its heavy investments in the air force, he added, "China is investing



heavily in its air force.. The recent unveiling of its new stealth aircraft is a case in point." As far as China is concerned, it is not just the numbers, even the technology is growing at a very rapid pace."The IAF chief also expressed concerns over delays in India's indigenous Mark-1A project, which is currently hindered by the slow supply of GE-F404 jet engines from the US.

### **COMPARISON WITH CHINA**

China has made significant strides in aerospace technology, with its Chengdu J-20 jets already deployed at airfields like Hotan and Shigatse, near India's borders. The Asian giant also recently conducted the maiden flights of its new contrast, India is still far from producing even a fifth-generation fighter, with the development of the Advanced Medium Combat Aircraft (AMCA) only beginning last year.

The AMCA prototype is expected to take another four to five years for its maiden THE COST OF LAGGING BEHIND flight, with production slated for after As China advances rapidly in air power, India 2035.iterating Prime Minister Narendra Modi's vision of Atmanirbhar Bharat, the IAF chief highlighted the Air Force's efforts to drive self-reliance.

fighter programmes, especially the Tejas He outlined key initiatives, including indigenisation with IAF's Base Repair Depots having indigenized nearly 50,000 components in collaboration with MSMEs. Numerous Baba-I, iDEX, and ADITI schemes to encourage innovation while a dedicated Directorate of Aerospace Design has been set up to collaborate with private industries on futuristic technologies, with airbases being opened for industry outreach programs.

contracts have been awarded under the Mehar

sixth-generation stealth fighters. In The Air Force chief emphasised the need to embrace risks in research and development (R&D)."Technology delayed is technology denied," he remarked, adding that selfreliance might come at a higher initial cost but would ultimately ensure the country's strategic independence.

risks falling behind if delays in indigenous programs persist

"Amortising R&D costs and limited production numbers will push the costs up, but this will give us the much-needed self-reliance," the Air Force chief said, calling for greater acceptance of risks and failures in defence R&D.

### Two museums and a visitor

THE best new year gift you could give to yourself is to keep company with Bhupen Khakhar,

Swaminathan and KG Subramanyan. The absolutely fantastic part is you don't have to share them with anyone. A Ramachandran loiters somewhere in the back. The brilliant Nalini Malani is immersed in her own world, so you don't have to wonder about an invasion of privacy watch where she's hung, take a step back, gaze at her from all angles, including from the back.

You'll find that all the oils on canvas are stuck on a piece of cardboard hung with twine on the wall. You feel the temptation slithering across the back of your spine, of wanting to do what you shouldn't but you know you can. You must push it away.

It's time to move on to the next modern master in the next gallery at the Museum of Fine Arts at Panjab University in Chandigarh. "How to steal a painting and get away with it" could easily be the subject of this column — except not. It's all too precious. Also, perhaps, there's something charming in the fact that most of the world has forgotten that these works even exist — they are certainly on no website — so when you come upon them in this serendipitous way, the thought crosses your mind. Yes, this could be your very own, private space where on special occasions like the new year you could break open a samosa or two. After all, Bhupen Khakhar's work that's hanging on the front wall is called 'Breakfast in Kasauli'. Foodies would certainly applaud. There's more. This building was designed by BP Mathur, an architect who worked with Pierre Jeanneret, the main architect-planner of the university. The collection of contemporary masters in the museum, about 1,200 artworks, was curated by none other than Chandigarh's beloved son and internationally acclaimed art historian, BN Goswamy, who wrote a much-read column for The Tribune until he passed away a year ago. Moreover, I am now a card-carrying member of the City Beautiful. I realise I am in the presence of both History and Culture, both H & C capitalised.

Kulwinder strides in. His angry movements disturb the cold air of the gallery — so far it's been just me and the masters. Ramachandran's brooding painting of monks in a church seems like it's part of the Andrei Rublyev school. The attendant, who prefers warming her hands on the heater in the reception area, tells me, "Bahut log aate hain museum main", at least 10-12 every day. I ask Kulwinder if there is a guide. I don't know, he replies sternly, "main technical se hoon".

If Chandigarh is what Delhi was 40 years ago, then you can well imagine its museums — hidden jewels encrusted by sarkari indifference. The Government Museum and Art Gallery in Sector 10, designed by Le Corbusier himself, has that gorgeous wooden door that turns on a single pivot — you also see this large door in the conjoined Haryana-Punjab Legislative Assembly space that Corbu designed at one end of the Capitol Complex, itself a magnificent plaza that should have been teeming with happy people and moongphali-wallahs in the winter but has, instead, been turned into an exclusive zone in the name of security, which means only VVIPs and registered visitors have access — but the real experience begins when you go through the Corbu door into the Government Museum.The only available brochures are in French. (Corbusier was Swiss-French, so those folks come, it seems.) The English ones "are finished". The guide — her name is Geetanjali — walks up the ramp with me. On one wall hangs a gorgeous rope installation by Mrinal Mukherjee, except the bottom is frayed. You reach the first floor and are immediately stunned by the bronzes, the Sanghol excavations, the Gandhara sculptures and the Pahari paintings in the rooms beyond. Seems MS Randhawa, widely acknowledged as Chandigarh's First Citizen, scoured the estates of the small princelings soon after Independence and requested them to part with their treasures so they could become the heart of the Art Museum. And that's how BNG — as all of North India lovingly called BN Goswamy — revolutionised our understanding of our own heritage.

### Echoes of the Shikra, the tiny bird with a lion's heart

Shikras are found everywhere — from gardens in urban centres like Delhi and Bengaluru to rural countryside, and even open forests.

I heard them for the first time on the day lockdowns began. As the world around me went silent, I had the time and the mindspace to listen to bird notes. The call of the Shikra can be quite dramatic if you hear it in silent woods. The loud 'Kekey keee' almost echoes off the tree stumps and shakes the dew off the leaves. The Shikra is a small bird of prey, one of the smallest, but with a big heart and a lot of courage, as I was to discover through the six months I spent on our farm during the lockdowns. A female Shikra is a little smaller than a house crow, but built like a warrior. Her back is rusty grey, and her belly is barred in rufous bands. Her eyes are golden yellow, the same colour as her legs. Among raptors, the females are larger than the males. A male Shikra is smaller and has a steel-grey back and barring similar to the female, but his eyes are blood red, almost demonic.Lockdowns were hard, even on a farm. My family and I were fortunate to be on a farm and hence able to wander outside the house a little. The real stress was not about being locked inside, but the anxiety of not knowing what would happen. I spent the first day thinking about it and wondering how to keep myself occupied. And just then, the Shikra answered my question. I heard their call coming from a Dalbergia tree that stood not far from our balcony. I had seen lots of Shikras over the years, but this call felt different. When I peered closely, I realised why: a female was sitting in a nest built with a ragtag bunch of sticks where two branches stuck out of the main trunk. The moment I saw her, I knew she was sitting on eggs. The call I heard was the male calling from a nearby tree. He had brought a freshly killed garden lizard. The female responded to his call and left the nest to eat the food he had brought. He passed the bloodied carcass to her on the nearby Neem tree and flew to the nest. At first, I thought he would take a turn incubating the eggs, but no - he just peeped in, made sure all was okay, and flew away. The female tore the flesh from the lizard's carcass until nothing was left — not even claws, skin, or scales. That was when I knew I wanted to know everything about the Shikra pair.

Shikras are very successful birds across the Indian subcontinent. They are found everywhere — from gardens in urban centres like Delhi and Bengaluru to rural countryside, and even open forests. They don't occur in the very deep rainforests, the high mountains, or the driest deserts, but other than that, they can be found everywhere. Still, I could hardly

CORRUPTION and negligence in law enforcement

have long eroded public trust and the rule of law.

Recent actions by Punjab and Haryana to hold errant

officers accountable mark a pivotal step towards

restoring faith in police institutions. Punjab's

dismissal of DSP Gursher Singh Sandhu for

facilitating an in-custody interview with gangster Lawrence Bishnoi underscores a zero-tolerance

stance. By providing a "studio-like facility" for a

criminal, Sandhu not only glorified crime but also

risked enabling further illegal activity. The Punjab

and Haryana High Court had rightly condemned the

incident, prompting the state government to act

decisively. Similarly, Haryana's termination of nine

case highlights an equally resolute approach. The

Yamunanagar Superintendent of Police has sent a

strong message that complacency in law

These dismissals, however, point to a larger issue: systemic

enforcement will not be tolerated.



find anything to read about a nesting pair of Shikras. started watching the nest for a few hours every day. Covid-19 spread across the country, and my thoughts went deeper into the life of the Shikra. I believed it was not healthy to delve too much into something as grim as a global influenza pandemic. The first 'discovery' I made was that the female spent over 95 per cent of her time incubating the eggs in the nest. The rest she spent eating the food the male

uncomfortable. I did not want to talk about it with my others on the farm. It would only reinforce the stereotypes about the place of females in society. he male was a good hunter. He brought a lizard, a squirrel, or a little bird every waking hour of the day. I named him Sheru. I thought that was a good name for a proficient hunter like him. Just when I thought

brought for her. It was a finding that made me

the Shikras were settling into a domestic life, where the female looked after the little nestlings and the male provided for them, my perception of their life changed. A large eagle — a crested serpent eagle made an appearance against the bright blue sky on the horizon. It was mid-morning, and the summer sun was creating upward drafts of hot air rising from the black cotton soil of the ploughed farms. This is the eagle's forte. Like a fighter jet, this sky belonged to the eagle. Sheru saw the eagle first. He flew to the top of a banyan tree and called his trademark 'Kekey keee', but this one had a different ring to it. In a split second, there was a response — a loud response from the nest. The female, a good 20 per cent larger than Sheru, rose out of the Dalbergia tree, gave a war cry of a call, flapped her wings, and blocked the sun in my eyes for a moment. Sheru followed her. The female did not wait for him; she was directly in between the eagle and the nest. Sheru joined her, and they were a team. Pound for pound, the eagle was bigger than the two of them together, and yet it chose to steer clear. She, the Shikra, flew around for a couple of minutes and then returned to her nest to incubate the eggs while Sheru went on patrolling for longer and then headed to a wooded grove to hunt again.An image of Shikra domesticity had taken form in my mind, and now it was broken. I felt free.

### **Policing integrity**

Punjab, Haryana act against corrupt cops



corruption within the police force. In Punjab, over 30 police officers have been arrested for graft in the past two

vears. Haryana's record is equally troubling nearly one-third of the 104 trap cases initiated by the state Anti-Corruption Bureau last year involved police personnel. Such widespread misconduct tarnishes the credibility of the entire institution.

A systemic overhaul is vital to prevent further breaches of ethics and responsibility. Strengthening accountability mechanisms, ensuring transparent internal investigations and instituting independent oversight are critical. The emphasis on zero tolerance must extend to higher ranks, leaving no room for impunity. Public perception of the police hinges on integrity and discipline. While the recent actions in Punjab and Haryana are commendable, they must evolve into sustained reforms. Only then can law enforcement

reclaim its role as a pillar of its image in the eyes of the publ

### Supreme Court must review its order on credit cards

Setting aside the 30 per cent cap on interest rates has severely hurt the interests of millions of credit card users in the country

The recent verdict of the Supreme Court, setting aside the 30 per cent cap on credit card interest rates imposed by the apex consumer court in 2008. has severely hurt the interests of millions of credit card users in the country, in more ways than one.

First of all, the clear message from the top court was that credit card companies were at liberty to charge any rate of interest on card dues. It said, "The mere inflation in the rates of interest cannot be construed as a practice intended to cause loss or injury." The credit card companies are at present charging a whopping 42-53 per cent per annum on dues, besides penalties on late payment.

Second, it gave a clean chit to credit card companies on their contracts and disclosures, by observing that "the banks have in no manner made any misrepresentation to deceive the credit card holders" and, therefore, cannot be accused of unfair trade practices. Third, in one stroke, it curtailed the power of the highest consumer commission vis-a-vis banking services. "A policy decision pertaining to the rate of interest and trade practices carried out by the banks across the country is a regulatory function within the specific statutory domain of the Reserve Bank of India (RBI) and cannot come under the purview of judicial scrutiny by the National Commission," the Supreme Court said (HSBC vs Awaz, December 20, 2024).

Not just consumer justice, but also the Directive Principles of State Policy enshrined in the Constitution required that the court take into consideration the ground realities, including the usurious rates of interest being charged by banks on credit card dues, and the harm caused to consumers as a result. It was also important to take into account



how credit card companies and online marketplaces are together pushing consumers into buying more and spending more, with a number of incentives such as 'buy now, pay later' offers and instalment schemes, resulting in consumers spending beyond their means. Today, with cards 'saved' on ecommerce sites, it is so easy to buy goods anytime and anywhere that consumers are becoming habituated to spending via cards; rather, they are becoming compulsive shoppers. In the absence of consumer education and financial literacy, it is easy in these circumstances for the consumers to fall into a

debt trap. Unable to cope with such a situation, many youngsters are today suffering from depression, at times leading to suicides. The result can be seen in the increasing rates of defaults. As of June 2024, credit card outstanding dues amounted to about Rs 2.7 lakh crore, up from Rs 2.6 lakh crore in March 2024 and more than Rs 2 lakh crore in March 2023. Similarly, credit card NPAs (non-performing assets) grew by 136 per cent in June 2024 when compared with March 2020. A poignant letter written by a consumer on a website describes this situation best — he says he has a debt of Rs 10 lakh on his credit card, half of

which is interest and charges. He has been paying 90 per cent of his salary towards repayment but is unable to wipe out the debt. "Unable to cope, thoughts of suicide are constantly running in my mind," he says. Such cases are many and are increasing. In February last year, a couple in Hyderabad committed suicide, unable to pay their credit card dues. As of October 2024, the number of active credit cards in the country stood at more than 100 million. The situation vis-a-vis credit cards today is very different from what it was when the National Commission gave its judgment 16 years ago — and there is an urgent need to take a fresh look at all these factors and prevent a whole generation of Indians from becoming compulsive shoppers, incurring huge debts. Given this scenario, the Supreme Court had a responsibility to nudge the regulator to take immediate steps to reverse these trends before it was too late. It was an opportunity lost.

Certainly, fixing a maximum limit requires detailed inputs from all stakeholders and experts and the apex court could well have asked the regulator to constitute a committee and examine the issue in depth, and come up with adequate measures to protect consumers, without adversely affecting the credit card business. That would have also brought about transparency in the way the banks calculate the rate of interest. Unfortunately, this was not done.

However, it is not too late — the apex court must review its order and the Union Ministry of Consumer Affairs should file a curative petition. Consumers, in turn, should remind the RBI that it has to take their interest too into consideration while formulating policies vis-a-vis credit cards.

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### বেঙ্গল সরকার পিছু হটেছে, ঝাড়খণ্ড যানবাহনের প্রবেশ শুরু

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

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

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

### भोजपुरी कृषि लोक गीत

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सास ससुर केवनो जोरओ ना लागता। लहुरा देवरवा हमरो बतियों ना मानता। पडल पडल सड़ता धान खरीहनवा। हाली घरे अईहा सईयां.....।

नवहर बदन हमरो कइसे खेतवा जोताई। जाड़ा के महीनवा हमसे गेहूं ना बोआई। खेतिया ना होई पिया का खाइब अनवा। हाली घरे अईहा सईयां.....।

किसान के बेटा पिया आके करा तू किसानी। करबा जे किसानी पिया देषवा मिली अन्न पानी। अन्न धन भरल रही हमरे हिंदुस्तनवा। हाली घरे अईहा सईयां.....।

सासु जी के स्वेटर ससुर जी के साल लेअईहा। लइकन के टोपी हमके ले अईहा रजइया । तरसे तोहरे खातिर नैना मोर बांका सजनवा। हाली घरे अईहा सईयां दवाई कइसे धनवा।

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### केंद्रीय मंत्री मंडाविया ने ई-श्रम पोर्टल पर बहुभाषी कार्यक्षमता का शुभारंभ किया

नई दिल्ली। केंद्रीय श्रम एवं रोजगार मंत्री डॉ. मनसुख मंडाविया ने नई दिल्ली में आयोजित एक कार्यक्रम के दौरान ई-श्रम पोर्टल पर बहुभाषी कार्यक्षमता का शुभारंभ किया। ई-श्रम पोर्टल अब सभी 22 अनुसूचित भाषाओं में उपलब्ध होगा।

केंद्रीय मंत्री ने इस अवसर पर अपने संबोधन में सभी असंगठित श्रमिकों से उनके कल्याण, आजीविका और खुशहाली के लिए बनाई गई विभिन्न सरकारी योजनाओं का लाभ उठाने के लिए ई-श्रम पोर्टल पर पंजीकरण करने का आग्रह किया। मंडाविया ने ई-श्रम प्लेटफॉर्म में बढ़ते भरोसे पर प्रकाश डालते हुए बताया कि पोर्टल पर असंगठित श्रमिकों द्वारा प्रतिदिन औसतन 30 हजार से

अधिक पंजीकरण दर्ज किए जाते हैं। को तोड़ती है और असंगठित श्रमिकों उन्होंने कहा कि ई-श्रम को भाषिनी के को आसानी से पंजीकरण करने.



सोना 78,710 रुपये प्रति 10 ग्राम 🛮 22 कैरेट सोना 72,150 रुपये प्रति

है। इसी तरह अहमदाबाद में 24 24 कैरेट सोना आज 78,860 रुपये

साथ एकीकृत करने की शुरुआत से 22 भारतीय भाषाओं में ई-श्रम सेवाओं तक निर्बाध पहुंच सुनिश्चित हुई है। ये पहल भाषा संबंधी बाधाओं

जानकारी अपडेट करने और अपनी पसंदीदा भाषा में विभिन्न सामाजिक सुरक्षा योजनाओं तक पहुंचने में

10 ग्राम के स्तर पर कारोबार कर

रहा है।लखनऊ के सर्राफा बाजार में

मोदी के नेतृत्व में सभी के लिए समावेशी और सलभ डिजिटल प्लेटफ़ॉर्म बनाने की दिशा में हमारी यात्रा में एक महत्वपूर्ण मील का पत्थर है। मंत्रालय के मुताबिक ई-श्रम को 'वन-स्टॉप-सॉल्यूशन' बनाने के दृष्टिकोण के अनुरूप ये पोर्टल अब सभी 22 अनुसूचित भाषाओं में उपलब्ध होगा। पिछला संस्करण केवल अंग्रेजी, हिंदी, कन्नड़ और मराठी में उपलब्ध था। इस कार्यक्रम में श्रम एवं रोजगार मंत्रालय के सचिव तथा कई वरिष्ठ अधिकारियों ने भाग लिया। मंत्रालय ने कहा कि देश में असंगठित श्रमिकों को व्यापक सामाजिक सुरक्षा प्रदान करने के सरकार के प्रयासों में यह एक और मील का पत्थर साबित हुआ है।

### चिराग पासवान इंडसफूड 2025 के 8वें संस्करण का करेंगे उद्घाटन



नई दिल्ली। केंद्रीय खाद्य प्रसंस्करण उद्योग मंत्री चिराग पासवान गौतमबुद्ध नगर जिला के ग्रेटर नोएडा में स्थित इंडिया एक्सपोजिशन मार्ट लिमिटेड (आईईएमएल) में इंडसफड 2025 के 8वें संस्करण का उद्घाटन करेंगे। खाद्य प्रसंस्करण उद्योग मंत्रालय के मुताबिक इस बार इंडसफड 2025 में 30 से अधिक देशों के 2300 प्रदर्शक भाग लेंगे। इस बार 120 हजार वर्ग मीटर से अधिक प्रदर्शनी स्थल होगा। इस बार एकीकृत व्यापार मेले में 7,500 से

अधिक अंतरराष्ट्रीय खरीदार तथा 15 हजार भारतीय खरीदार यानी व्यापार आगंतुक भाग लेंगे, जिनके शो के दौरान उपस्थित रहने की उम्मीद है। इंडसफड एशिया की प्रमख वार्षिक एफ एंड बी व्यापार प्रदर्शनी है, जिसे भारत सरकार के वाणिज्य विभाग के सहयोग से भारतीय व्यापार संवर्धन परिषद की ओर से आयोजित किया जाता है। यह प्रदर्शनी 2025 में एक और मील का पत्थर स्थापित करने के लिए तैयार है। एक एकीकृत फार्म-ट्र-फोर्क व्यापार शो के रूप में अपनी

### इस्पात मंत्रालय ने उद्योग में एआई की परिवर्तनकारी भूमिका प्रदर्शित करने वाला कार्यक्रम किया आयोजित

नई दिल्ली। इस्पात मंत्रालय ने सोमवार को नई दिल्ली में इस्पात उद्योग में कृत्रिम बुद्धिमत्ता और मशीन लर्निंग नामक एक प्रमुख कार्यक्रम का आयोजन किया। इस कार्यक्रम का उद्देश्य इस्पात क्षेत्र में कत्रिम बद्धिमत्ता (एआई) की परिवर्तनकारी क्षमता का पता लगाना था, जिसमें दक्षता, स्थिरता और वैश्विक प्रतिस्पर्धा को बढ़ावा देने के लिए मूल्य श्रृंखला में इसके अनुप्रयोग पर ध्यान केंद्रित किया गया। इस्पात मंत्रालय ने जारी एक बयान में बताया कि इस कार्यक्रम में उद्योग जगत के नेता, एआई विशेषज्ञ और नीति निर्माता विचारों का आदान-प्रदान करने, अंतर्दृष्टि साझा करने और इस्पात उद्योग में आर्टिफिशियल इंटेलिजेंस अनुप्रयोग में प्रगति का पता लगाने के लिए एक साथ आए। एमडी के वरिष्ठ उपाध्यक्ष और मुख्य सूचना अधिकारी हसमुख रंजन ने इस्पात निर्माण में एआई की क्रांतिकारी क्षमताओं और

उन्होंने कहा, एआई हमारी नवाचार यात्रा के मूल में है, जो परिचालन दक्षता को बढाने और प्रभावशाली परिणाम देने वाले

बुद्धिमत्ता कोई दूर की भविष्य की अवधारणा नहीं है, बल्कि एक वर्तमान वास्तविकता है जो इस्पात उत्पादन की नींव को नए सिरे से परिभाषित कर रही है। गौरतलब है कि यह कार्यक्रम इस्पात



परिवर्तनकारी समाधानों को आगे बढ़ाता है। इस अवसर पर इस्पात मंत्रालय के सचिव संदीप पौंडिक ने उपस्थित लोगों को संबोधित करते हुए उद्योग में एआई के उपयोग के दायरे इस बात पर जोर दिया कि, कृत्रिम

मंत्रालय की तकनीकी प्रगति को अपनाने तथा सेल जैसी कंपनियों को एक लचीला और टिकाऊ भविष्य बनाने में सहायता करने की प्रतिबद्धता

### सर्राफा बाजार में महंगी हुई चांदी, सोने में सपाट स्तर पर कारोबार

और 22 कैरेट सोना 72.150 रुपये

प्रति 10 ग्राम के स्तर पर बिक रहा

नई दिल्ली। घरेलू सर्राफा बाजार में सोना आज बिना किसी बदलाव के सपाट स्तर पर कारोबार कर रहा है। हालांकि चांदी के भाव में आज 1 हजार रुपये प्रति किलोग्राम की तेजी आई है। सोने के भाव में बदलाव नहीं होने के कारण देश के ज्यादातर सर्राफा 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 आज तेजी आने के कारण दिल्ली सर्राफा बाजार में इसकी कीमत 92,500 रुपये प्रति किलोग्राम के स्तर पर पहुंच गई है।

देश की राजधानी दिल्ली में 24 कैरेट सोना आज भी 78,860 रुपये प्रति 10 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 आर्थिक राजधानी मुंबई में 24 कैरेट

प्रति 10 ग्राम के स्तर पर और 22 कैरेट सोने की रिटेल कीमत 78,760 रुपये प्रति 10 ग्राम और कैरेट सोना 72,300 रुपये प्रति 10 22 कैरेट सोने की कीमत ग्राम के स्तर पर बिक रहा है। वहीं, 72,200 रुपये प्रति 10 ग्राम दर्ज पटना में 24 कैरेट सोने की कीमत की गई है। इन प्रमुख शहरों के 78,760 रुपये प्रति 10 ग्राम के स्तर अलावा चेन्नई में 24 कैरेट सोना पर है, जबिक 22 कैरेट सोना आज 78,710 रुपये प्रति 10 ग्राम 72,200 रुपये प्रति 10 ग्राम के स्तर की कीमत पर और 22 कैरेट सोना पर बिक रहा है। इसी तरह जयपुर में 72,150 रुपये प्रति 10 ग्राम की 24 कैरेट सोना 78,860 रुपये प्रति

### कोलकाता में भी 24 कैरेट सोना 78,710 रुपये प्रति 10 ग्राम और देश की अर्थव्यवस्था मौजूदा वित्त वर्ष में

कीमत पर बिक रहा है। इसी तरह

नई दिल्ली। चालू वित्त वर्ष 2024-25 में देश की सकल घरेलू उत्पाद (जीडीपी) की वृद्धि दर 6.4 फीसदी रहने का अनुमान है। पिछले वित्त वर्ष 2023-24 में देश की अर्थव्यवस्था 8.2 फीसदी की दर से बढी थी। सांख्यिकी और कार्यक्रम कार्यान्वयन मंत्रालय ने एक बयान में बताया कि राष्ट्रीय सांख्यिकी कार्यालय (एनएसओ) ने चालू वित्त वर्ष 2024-25 के लिए राष्ट्रीय आय का पहला अग्रिम अनुमान जारी किया। इसमें बताया गया है कि वास्तविक जीडीपी इस वित्त वर्ष में 6.4 फीसदी की दर से बढ़ने का अनमान है। वित्त वर्ष 2023-24 के लिए जीडीपी वृद्धि दर का अस्थायी अनुमान 8.2 फीसदी रहने की बात कहीं गई है। ऐसे में जीडीपी ग्रोथ बीते चार साल मे पहली बार 7 फीसदी से नीचे आ सकती है। एनएसओ का चालू वित्त वर्ष 2024-25 के लिए जीडीपी वृद्धि दर का अनुमान रिजर्व बैंक ऑफ इंडिया के

अनुमान से कम है। रिजर्व बैंक ने वित्त वर्ष 2024-25 में देश की जीडीपी 6.6 फीसदी की दर से बढ़ने का अनुमान जताया है। हालांकि, वित्त वर्ष 2022-23 से सालाना ग्रोथ रेट 7



फीसदी से ऊपर ही बनी हुई है। एनएसओ की वृद्धि दर का यह अनुमान पिछले वित्त वर्ष की विकास दर की तुलना में काफी कम है। उल्लेखनीय है कि चाल वित्त वर्ष 2024-25 की पहली तिमाही (अप्रैल-जून) में देश की जीडीपी 6.7 फीसदी की दर से बढ़ने के बाद दूसरी तिमाही (जुलाई-सितंबर) में अर्थव्यवस्था 5.4 फीसदी की दर से बढ़ी है, जो अपेक्षा से कम है। एनएसओ ने वित्त वर्ष 2024-25 के लिए जीडीपी के पहले अग्रिम अनुमान को स्थिर (2011-12) और वर्तमान मूल्यों पर जारी किया है।

### भारत में कलाउड-एआई बिजनेस में तीन अरब 6.4 फीसदी की दर से बढ़ेगी: एनएसओ

बेंगलुरु/नई दिल्ली। अमेरिका की दिग्गज सूचना प्रौद्योगिकी कंपनी

10 ग्राम और 22 कैरेट सोना

72,300 रुपये प्रति 10 ग्राम के स्तर

माइक्रोसॉफ्ट भारत में क्लाउड और कृत्रिम मेधा (एआई) बुनियादी ढांचे के विस्तार के लिए तीन अरब डॉलर (25,722 करोड़ रुपये) का निवेश करेगी।

माइक्रोसॉफ्ट के कार्यकारी अधिकारी सीईओ सत्य गडेला ने इसकी घोषणा की है। नडेला ने कहा कि देश के एआई परिवर्तन में तेजी लाने में मदद करने के लिए भारत में एआई बुनियादी ढांचे और कौशल में हमारे नए निवेश की घोषणा करते हुए रोमांचित हैं। सीईओ सत्य नडेला ने बेंगलुरु में माइक्रोसॉफ्ट एआई टुर के मंच से कहा कि माइक्रोसॉफ्ट

अगले दो साल में भारत में क्लाउड इनोवेशन को गति देना शामिल और एआई इंफ्रास्ट्रक्चर के लिए 3 होगा। माइक्रोसॉफ्ट ने 2030 तक अरब अमेरिकी डॉलर का निवेश 10 मिलियन लोगों को प्रशिक्षित



डॉलर का निवेश करेगी माइक्रोसॉफ्ट

करेगा। इसमें नए डेटा सेंटर की और कुशल बनाने के लिए एक स्थापना और भारत में एआई

व्यापक योजना साझा की. जिससे

प्रौद्योगिकी पर भारत के साथ साझेदारी करने की उसकी प्रतिबद्धता मजबूत हुई।

माइक्रोसॉफ्ट के सीईओ सत?य नडेला ने एक दिन पहले प्रधानमंत्री नरेन्द्र मोदी से मुलाकात की थी। इस मुलाकात का जिक्र उन्होंने अपने 'एक्स' पोस्ट पर भी किया है। नडेला ने प्रधानमंत्री को धन्यवाद देते हुए लिखा, भारत को एआईप्रथम बनाने की हमारी प्रतिबद्धता को आगे बढ़ाने और देश में अपने निरंतर विस्तार पर मिलकर काम करने के लिए उत्पाहित हूं, ताकि यह सुनिश्चित हो सके कि इस एआई प्रेलेटफॉर्म बदलाव से हर भारतीय को लाभ

### क्राड्रेंट फ्यूचर टेक का आईपीओ खुला, निवेशक ९ जनवरी तक लगा सकेंगे बोली

नई दिल्ली। रेलवे सुरक्षा कवच बनाने वाली कंपनी क्राइेंट फ्यूचर टेक लिमिटेड का आरंभिक सार्वजनिक निर्गम (आईपीओ) निवेशकों के लिए खल गया। कंपनी ने इसके लिए मूल?य दायरा (प्राइस बैंड) 275-290 रुपये प्रति शेयर तय किया है। इस इश्?यू के जरिए कंपनी की योजना 290 करोड़ जुटाने की है। कंपनी के शेयर 14 जनवरी को बीएसई और नेशनल स्टॉक एक्सचेंज (एनएसई) पर लिस्ट

क्वाड्रेंट फ्यूचर टेक लिमिटेड के मृताबिक इस इंश्?यू में निवेशक 9 जनवरी तक मिनिमम 50 इक्विटी शेयर या उसके मल्टीपल गुणक में बोलियां लगा सकते हैं। खुदरा निवेशक के लिए न्युनतम निवेश राशि 14 हजार 500 रुपये है। ये लॉन्ग टर्म विकंग कैपिटल जरूरतों आंशिक हिस्से का पूर्व भगतान

आईपीओ पूरी तरह से 290 करोड़ की फंडिंग के लिए करेगी। इसके



रुपये का एक फ्रेश इश्यू है, जिसमें ऑफर फॉर सेल (ओएफएस) जैसी कोई पेशकश नहीं है। कंपनी इश्यू से मिलने वाले फंड में से 149.72 करोड़ रुपये का इस्तेमाल अलावा इलेक्ट्रॉनिक इंटरलॉकिंग सिस्टम के विकास लिए 24.37 करोड रुपये खर्च किए जाएंगे। कंपनी 23.61 करोड़ रुपये वर्किंग

कैपिटल अवधि ऋण के सभी या

और सामान्य कॉर्पोरेट उद्देश्य को परा करने के लिए करेगी। क्वाडेंट फ्यूचर टेक लिमिटेड रिसर्च बेस्ड कंपेनी है। यह भारतीय रेलवे के लिए न्यू जनरेशन के ट्रेन नियंत्रण और सिंग्नलिंग सिस्टम तैयार करती है।

ये सिस्टम रेल यात्रियों को हाईएस्ट लेवल की सुरक्षा और विश्वसनीयता प्रदान करता है। इसके साथ ही इलेक्ट्रॉन बीम विकिरण केंद्र के साथ एक विशेष केबल विनिर्माण सुविधा भी प्रोवाइड करता है। कंपनी के प्रमोटर मोहित वोहरा, अमित धवन, अमृत सिंह रंधावा, रूपिंदर सिंह, विशेष अबरोल और विवेक अबरोल, एक जोत सिंह और राजबीर सिंह रंधावा हैं।

### लिस्टिंग के जरिए 2 कंपनियों ने स्टॉक मार्केट में की एंट्री, फीकी शुरुआत के बाद आई तेजी

नई दिल्ली। घरेलू शेयर बाजार में आज दो कंपनियां ने अपने शेयरों की लिस्टिंग के जरिए दस्तक दी। इनमें एक कंपनी मेनबोर्ड सेगमेंट की है, जबिक दूसरी ओर कंपनी एसएमई सेगमेंट की है। दोनों शेयर आज मामुली प्रीमियम के साथ लिस्ट हुए लेकिन बाद में खरीदारी के सपोर्ट से दोनों में तेजी आ गई। ट्रैक्टर और क्रेन बनाने वाली कंपनी इंडो फार्म इक्रिपमेंट लिमिटेड के शेयर आज बीएसई में 20 प्रतिशत प्रीमियम के साथ 258.40 रुपये के स्तर पर और एनएसई में 19 प्रतिशत प्रीमियम के साथ 256 रुपये के स्तर पर लिस्ट हुए। आईपीओ के तहत कंपनी ने 215 रुपये के भाव पर शेयर जारी किए थे। लिस्टिंग के बाद खरीदारी के सपोर्ट से थोड़ी ही देर में ये शेयर

उछल कर 287 रुपये के स्तर पर पहंच गया। हालांकि इसके बाद मुनाफा वसूली शुरू हो जाने के कारण इस शेयर की चाल में मामूली गिरावट भी आई। सुबह 11 बजे तक के कारोबार के बाद कंपनी के शेयर 282.52 रुपये के स्तर पर कारोबार कर रहे थे। इस तरह आईपीओ निवेशकों को अभी तक के कारोबार में ही 31.08 प्रतिशत का फायदा हो चुका है।इंडो फार्म इक्रिपमेंट लिमिटेड का 260.15 करोड़ रुपये का पब्लिक इश्यू 31 दिसंबर से 2 जनवरी के बीच सब्सक्रिप्शन के लिए खुला था। ये इश्यू कुल 227.67 गुना सब्सक्राइब हुआ था। इसमें क्वालिफाइड इंस्टीट्यूशनल बायर्स (क्यूआईबी) के लिए रिजर्व पोर्शन 242.40 गुना सब्सक्राइब हुआ था। इसी तरह नॉन इंस्टीट्यूशनल

(एनआईआई) के लिए रिजर्व पोर्शन में 501.75 गुना सब्सक्रिप्शन आया था। इसके अलावा रिटेल इन्वेस्टर्स के लिए रिजर्व पोर्शन 101.79 गुना सब्सक्राइब हुआ था। आज ही कई तरह के केमिकल पिगमेंट और डाई इंटरमीडिएट्स का उत्पादन करने वाली कंपनी टेक्निकेम ऑर्गेनिक्स लिमिटेड के शेयर बीएसई के एसएमई प्लेटफॉर्म पर 4 प्रतिशत के मामली प्रीमियम के साथ लिस्ट हुए। आईपीओ के तहत कंपनी के शेयर 55 रुपये के भाव पर जारी किए गए थे, लेकिन आज इसकी लिस्टिंग 57.25 रुपये के स्तर पर हुई। निराशाजनक लिस्टिंग के बावजूद खरीदारों ने इस शेयर को हाथों हाथ लिया, जिसकी वजह से थोडी ही देर में इस शेयर की चाल में तेजी आ

### महाराष्ट्र में चार पहिया वाहनों के लिए फास्टैग होगा अनिवार्य

मुंबई। महाराष्ट्र मंत्रिमंडल ने राज्य में एक अप्रैल से सभी चार पहिया वाहनों के लिए फास्टैग अनिवार्य करने का फैसला किया। उपमुख्यमंत्री एकनाथ शिंदे ने यहाँ इसकी घोषणा की।बैठक की अध्यक्षता मुख्यमंत्री देवेन्द्र फड़नवीस



ने की। श्री शिंदे ने कहा कि इस फैसले से ट्रैफिक जाम से होने वाले समय और ईंधन की बचत होगी।

यदि फास्टैग काम नहीं कर रहा है. तो वाहन मालिक को रोड टैक्स की दोगुनी राशि का भुगतान करना होगा। इसी तरह सड़क टोल का भगतान नकद, स्मार्ट कार्ड, क्रेडिट डेबिट कार्ड या कोड या किसी अन्य माध्यम से करने पर भी दोगुना टोल देना पड़ेगा। उन्होंने कहा कि राज्य में महाराष्ट्र राज्य सड़क विकास निगम (एमएसआरडीसी) के 50 टोल बुथ और लोक निर्माण विभाग के 23

### शुरुआती उतार-चढ़ाव के बाद मजबूती के साथ बंद हुआ बाजार, सेंसेक्स और निफ्टी उछले बढोतरी हो गई। बीएसई में लिस्टेड में एक्टिव ट्रेडिंग हुई। इनमें 2,626 हावी बने रहे। पूरे दिन के कारोबार के के साथ बंद हुए। जबकि निफ्टी में

नई दिल्ली। जोरदार गिरावट का सामना करने के बाद घरेलू शेयर बाजार वापसी करने में सफल रहा। आज के कारोबार की शुरुआत भी मामूली बढ़त के साथ हुई थी। शुरुआती 1 घंटे के कारोबार में लिवालों और बिकवालों के बीच

खींचतान होने की बाजार वजह से

बाजार में तेज उतार-चढाव भी होता

रहा। हालांकि, पहले घंटे के बाद

ज्यादातर समय खरीदार ही बाजार पर

बाद सेंसेक्स 0.30 प्रतिशत और निफ्टी 0.39 प्रतिशत की मजबूती के साथ बंद हुए। आज दिन भर के कारोबार के दौरान मेटल, ऑयल एंड गैस और एनर्जी सेक्टर के शेयरों में लगातार खरीदारी होती रही। इसी तरह रियल्टी, फार्मास्युटिकल, बैंकिंग, ऑटोमोबाइल, कैपिटल गुड्स, कंज्यूमर ड्यूरेबल, एफएमसीजी और पीएसई इंडेक्स भी मजबूती के साथ बंद हुए। दूसरी ओर, टेक और आईटी सेक्टर के शेयरों में आज बिकवाली का दबाव बना रहा। ब्रॉडर मार्केट में भी आज लगातार खरीदारी होती रही, जिसके कारण बीएसई का मिडकैप इंडेक्स 0.77 प्रतिशत की मजबूती के साथ बंद हुआ। इसी तरह स्मॉलकैप इंडेक्स ने 1.74 प्रतिशत उछल कर आज के कारोबार का अंत किया। आज शेयर बाजार में आई मजबती के कारण स्टॉक मार्केट के निवेशकों की संपत्ति में पौने तीन लाख करोड़ रुपये से अधिक की

कंपनियों का मार्केट कैपिटलाइजेशन आज के कारोबार के बाद बढ़ कर 441.59 लाख करोड रुपये (अस्थाई) हो गया, जबकि पिछले कारोबारी दिन यानी सोमवार को इनका मार्केट कैपिटलाइजेशन 438.79 लाख करोड़ रुपये था। इस तरह निवेशकों को आज के कारोबार से करीब 2.80 लाख करोड रुपये का मुनाफा हो गया। आज दिन भर के कारोबार में बीएसई में 4,090 शेयरों

शेयर बढ़त के साथ बंद हुए, जबकि 1,357 शेयरों में गिरावट का रुख रहा, वहीं 107 शेयर बिना किसी उतार चढ़ाव के बंद हुए। एनएसई में आज 2,511 शेयरों में एक्टिव ट्रेंडिंग हुई। इनमें से 1,895 शेयर मुनाफा कमा कर हरे निशान में और 616 शेयर नुकसान उठा कर लाल निशान में बंद हए। इसी तरह सेंसेक्स में शामिल 30 शेयरों में से 20 शेयर बढ़त के साथ और 10 शेयर गिरावट

शामिल 50 शेयरों में से 34 शेयर हरे निशान में और 16 शेयर लाल निशान में बंद हुए। बीएसई का सेंसेक्स आज 54.81 अंक की मजबूती के साथ 78,019.80 अंक के स्तर पर खुला। कारोबार की शुरुआत होते ही खरीदारी के सपोर्ट से पहले आधे घंटे के कारोबार में ही ये सूचकांक 487.75 अंक उछल कर 78,452.74 अंक तक पहुंच गया। इसके बाद बाजार में बिकवाली

का दबाव बन गया. जिसकी वजह से अगले 1 घंटे के कारोबार में ही ये सुचकांक ऊपरी स्तर से 500 अंक से ज्यादा टट कर 39.90 अंक की कमजोरी के साथ 77,925.09 अंक के स्तर तक गिर गया। हालांकि, पहले घंटे के कारोबार के बाद खरीदारों ने एक बार फिर लिवाली का जोर बना दिया, जिसकी वजह से थोडी ही देर में ये सूचकांक रिकवरी करके हरे निशान में पहुंच कर कारोबार करने लगा





# अव्वल आ सकते हैं बच्चे

कई पेरेंट्स को लगता है कि बच्चे को ट्यूशन की जरुरत नहीं है और इस चक्कर में स्कूल में बच्चे का परफॉर्मेंस खराब होता चला जाता है।

ब पढ़ाई पहले से ज्यादा मुश्किल हो गई है और बड़ी क्लास में जाने पर बच्चों की परेशानियां भी बढ़ रही हैं। काम के बोझ, असाइनमेंट और बडे सिलेबस की वजह से बच्चों पर बोझ बढ रहा है। पेरेंट्स भले ही बच्चों की पढाई में मदद करते हों लेकिन कई सवाल ऐसे आ जाते हैं, जहां उन्हें एक्सपर्ट की सलाह की जरूरत होती है। यहां काम आता है होम ट्यूशन।ट्यूशन से बच्चों को अपने सवालों के जवाब मिलते हैं और वो नए लर्निंग स्किल्स सीखते हैं। अगर आपके बच्चे में ये 5 संकेत दिख रहे हैं, तो समझ लें कि उसे ट्यूशन की जरूरत है।

### परफॉर्मेंस में गिरावट

अगर बच्चे की परफॉर्मेंस खराब हो रही है तो इसका मतलब है कि बच्चे को पढ़ाई में बहुत मेहनत करनी पड़ रही है। वहीं अगर बच्चा पहले अच्छा परफॉर्म करता था लेकिन अब कुछ ठीक नहीं चल रहा है, तो यह वाकई में चिंता की बात है। बच्चे से बात करें कि उसे पढ़ाई में क्या परेशानी आ रही है और उसे ट्यूशन की जरूरत है या नहीं।

### आत्मविश्वास में कमी

अगर बच्चे को स्कूल में काम खत्म करने में दिक्कत आ रही है तो इसका उनके कॉन्फिडेंस पर असर पड़ेगा। उन्हें अपना होमवर्क खत्म करने की टेंशन होगी और स्कूल न जाने का मन करेगा और परीक्षा में भी परफॉर्मेंस खराब हो जाएगी।ऐसा संकेत मिलने पर आपको अपने बच्चे के लिए ट्यूशन रख लेना चाहिए। इससे उसका कॉन्फिडेंस

### टाइम को मैनेज न करना

टाइम को मैनेज करने में दिक्कत आना या किसी एक सबजेक्ट को याद करने में परेशानी आना भी इस बात का संकेत है कि बच्चे को मदद की जरूरत है। हो सकता है कि बच्चा बाकी सभी सबजेक्ट में अच्छा हो लेकिन गणित और साइंस में उसे परेशानी आती हो । ऐसे में सिर्फ स्कूल जाकर उसकी परेशानी का हल नहीं निकल सकता है। उसे घर

फर्नीचर पर लगी

सनमाइका को चमकाने

में काम आएगे ये टिप्स

मगर इसे बेदाग और चमकदार बनाएं रखने के

लिए खास रख-रखाव की जरूरत होती है। नहीं

तो दाग लगा फर्नीचर गंदा लगता है। इसके साथ

लंबे समय तक इसकी सफाई करने पर इसके

जिद्दी दाग छुड़वाने में भी परेशानी हो सकती है।

ऐसे में आज हम आपको कुछ खास व आसान से

फर्नीचर की सनमाइका चमकदार रख सकती है।

आप सनमाइका की चमक बरकरार रखने के लिए

सोडा और डिश वॉश को इस्तेमाल कर सकती है।

इसके लिए एक गिलास पानी में 1–1 बड़ा चम्मच

सोडा और डिश वॉश मिलाएं । इस मिश्रण को स्प्रे

बोतल में भरकर अच्छे से मिलाएं । इसके बाद अपने

फर्नीचर पर मिश्रण को स्प्रे करें। बाद में सूखे और

कॉटन के कपड़े से सनमाइका को हल्के सें साफ

टिप्स बताते हैं। इसकी मदद से आप अपने

चलिए जानते हैं इन उपायों के बारे में...

सोडा और डिश वॉश

ग घरों पर सनमाइका लगा फर्नीचर रखना

पसंद करते हैं। यह देखने में सुंदर होने से

घर की खूबसूरती पर चार – चोंद लगते हैं।

पर भी इन विषयों की एक्स्ट्रा क्लास की जरूरत

### होमवर्क करने में दिक्कत आना

अगर बच्चा होमवर्क करने में बहाने बनाता है या स्कूल से मिले काम को छिपा रहा है, तो आप समझ लें कि उसे मदद की जरूरत है । बच्चे अक्सर ऐसा तब करते हैं जब उन्हें कोई टॉपिक समझ न आ रहा हो या काम खत्म करने में दिक्कत हो रही हो। प्राइवेट ट्यूटर बच्चे को उसका काम खत्म करने और टॉपिक को समझने में मदद कर सकते हैं।

### खुद के पास नहीं है समय

आप चाहते हैं कि आपका बच्चा पढाई में अच्छा करे तो आपको भी इसके लिए मेहनत करनी होगी। स्कूल की पढ़ाई पर आप ज्यादा भरोसा नहीं कर सकते हैं। अगर आप बच्चे पर ध्यान नहीं दे सकते हैं या उसकी पढ़ाई में मदद नहीं कर सकते हैं तो उसके लिए होम ट्यूशन रख लें। कई लोग सोचते हैं कि ट्यूशन कमजोर बच्चे लेते हैं लेकिन ऐसा नहीं है। ट्यूशन से बच्चों को पढ़ाई में काफी मदद मिल



सनमाइका लगा

फर्नीचर देखने में संदर

होने से घर की खूबसूरती

पर चार-चांद लेगते हैं। मगर इसे बेदाग और

चमकदार बनाएं रखने

की जरूरत होती है।

के लिए खास रख-रखाव

करें । इससे आपका फर्नीचर एक साफ होकर नए

व्हाइट विनेगर और पानी

इसके लिए 1 गिलास सफेद सिरका और पानी

बराबर मात्रा में मिलाएं । तैयार मिश्रण को स्प्रे बोतल

में भरें । फिर इसे सनमाइका पर छिडकें । इसके बाद

सूखे व कॉटन के कपड़े लेकर हल्के हाथों से इसे

साफ करें । इससे आपके सनमाइका पर लगी धूल-

फर्नीचर एकदम नए जैसा चमकता हुआ नजर आएगा।

मिट्टी व दाग–धब्बे साफ हो जाएंगे।ऐसे में आपका

जैसा चमकने लगेगा ।



सेहतमंद रहने के लिए डाइट का हैल्दी होना बेहद जरूरी है। मगर बात बच्चों की करें तो वे खाने-पीने में थोड़ी मूडी होते हैं। ऐसे में आप उन्हें खास मैक्सिकन सैंडविच बनाकर खिला सकती है। सब्जियों व पनीर से तैयार यह सैंडविच खाने में टेस्टी होने के साथ सेहत के लिए फायदेमंद होता है। जानते हैं इसे बनाने की रेसिपी...

### सामग्री

ब्रेड- ४ स्लाइस बटर- ४ चम्मच बेक बीन्स- 1/2 बाउल टमाटर- 1 (कटा हुआ) प्याज- 1/4 बाउल (कटे हुए) ग्रेटिड पनीर- 2 बड़े चम्मच स्प्रिंग ऑनियन-१ बड़ा चम्मच (कटा हुआ) नमक-स्वाद अनुसार रेड चिली सॉस- 1 छोटा चम्मच टोमैटो सॉस- १ बड़ा चम्मच सालसा सॉस- 2 बडे चम्मच

### विधि

- ट्राएंगल शेप में काटकर बटर
- सब्जियां व सॉस
- अब ब्रेड पर दोनों तरफ बटर लगाकर तवे पर शैलो फाई करें।
- आप चाहें तो इसे तैयार मैक्सिकन व टोमैटो सॉस के साथ सर्व करें।

- 🕨 सबसे पहले ब्रेड को लगाएं।
- एक बाउल में सभी मिलाएं।
- तैयार स्टिफिंग को ब्रेड पर लगाकर दूसरे ब्रेड स्लाइस से ढंक दें।
- बेक कर सकती है। सैंडविच को सालसा

### नाश्ते में बनाएं इंदौरी पोहा

नाश्ते में खासतौर पर लोग पोहा खाना पसंद करते हैं। वहीं लोग इसमें अलग–अलग सब्जियां डालकर खिलाते हैं। मगर आज हम आपके लिए खास इंदौरी पोहा की रेसिपी लेकर आते हैं। यह चिड़वा, सब्जी, भुजिया और मूंगफली से तैयार किया जाता है। इसे बनाने का तरीका.

### सामग्री

पोहा–२ कप हरी मिर्च-2 (बारीक कटी) सौंफ- 1 छोटा चम्मच राई- 1/2 छोटा चम्मच हल्दी पाउडर- 1/4 शक्कर- 2-3 बड़े चम्मच नमक– स्वाद अनुसार हरा धनिया-1 बडा चम्मच (बारीक कटा)

प्याज- 1/2 कप (बारीक कटा) चटपटी इंदौरी सेव-जरूरत अनुसार तेल- 2 बड़े चम्मच मसाला बूंदी-जरूरत अनुसार जीरावन मसाला-जरूरत अनुसार नींबू – 1 बड़ा चम्मच



### विधि

- 🕨 सबसे पहले पोहा धोएं और इसका पानी निकाल कर अलग रखें।
- अब इसमें हल्दी, नमक और शक्कर
- पैन में तेल गर्म करके राई का तड़का
- इसमें हरी मिर्च, सौंफ पकाएं। 🕨 इसमें पोहा मिलाकर धीमी आंच पर
- अब एक पतीले में पानी उबालें । 🕨 उस पानी में पोहा का पैन रखकर इसे भाप में पकाएं।
- पोहा पकने पर इसे प्लेट में निकालें । 🕨 इसे सेंव, प्याज, जीरावन मसाला, बूंदी



- मिलाएं।
- लगाएं।
- पकाएं।
- और नींबू से गार्निश करके सर्व करें।



# अपने बच्चे को सिखाएं मनी भैनेज करना

बच्चे जब बड़े होने लगते हैं तो उन्हें वित्तीय शिक्षा देना आवश्यक हो जाता है। वे आपका अनुकरण करके भी सीख जाएंगे, पर समय-समॅय पर उन्हें छोटी-छोटी बातें बताकर आप उन्हें अपने जिम्मेदार बनाने में मदद कर सकते हैं। अपने बच्चों से आप कीमतों और उत्पादों की तुलना पर चर्चा करें। उन्हें भी किराने की दुकान पर अपने साथ ले जाएं, फिर धीरे-धीरे छोटे-मोटे सामान लाने के लिए उन्हें अकेले भेजें। इससे उनमें बाजार और पैसे की समझ पैदा होगी। बच्चे जितनी जल्दी पैसों का प्रबंधन सीख जाएं, उतना अच्छा है। इस तरह वे जीवन का एक् महत्वपूर्ण सबक सीखेंगे। जब वे वयस्क हो जाएंगे तौ अपने आप स्मार्ट वित्तीय विकल्प बनाने लग जाएंगे। बचपन से ही उन्हें पैसे के प्रबंधन के लिए इन ३ तरीकों को जानना बेहद जरूरी है-

### सहेजना/ बचत करना

इस तरीके को आसानी से समझाने के लिए आप अपने बच्चे को गुलक लाकर दीजिए। जब भी बच्चे को उपहार के रूप में पैसे मिलें तो उसे वे गुलक में डालने के लिए कहें, फिर उसे पैसे गिनने के लिए कहें और ये समझाएं कि पैसे जमा हो रहे हैं और बढ़ रहे हैं।ऐसा करने के लिए अपने बच्चे को प्रोत्साहित करें।

### खर्च करना

अपने बच्चे को बुद्धिमानी से खर्च करना सिखाएं । जब वे एक नए पेंसिल बॉक्स पर खर्च करना चाहें तो उनसे पूछें कि क्या वे वास्तव में इसे खरीदना चाहते हैं? उनके लिए यह समझना बहुत जरूरी है कि उनके लिए क्या जरूरी है और क्या नहीं । इससे बच्चा अपनी असली जरूरतों को समझेगा और फिजूलखर्ची नहीं करेगा।

### दान

उन्हें साझा करना सिखाएं । उसे सिखाएं कि उदारता से बड़ा कोई पुण्य नहीं है । इसी के साथ उन्हें पैसे की कद्र करना सिखाएं, पैसे की बचत करना सिखाएं फिजूलखर्ची होने पर उन्हें चेताएं और सबसे जरूरी यह है कि आप खुद उनके लिए एक आदर्श उदाहरण बनें। बच्चे आपका अनुकरण अवश्य करेंगे।

### ड्रैसिंग रूम को दें अलग अंदाज

अपने आशियाने को करीने से सजाना प्रत्येक महिला की चाहत होती है। ड्रैसिंग रूम में ज्यादा स्थान के कुछ ईजी टिप्स, रोशनी लगाने का एक अलग अंदाज और सोफे में ही टेबल के एक लेटेस्ट डिजाइन के बारे में जानना भी जरूरी है। तो आइए जानें डैसिंग रूम में ज्यादा स्पेस कैसे बनाएं

- आप जिन चीजों को रख रही हैं उनकी लेबलिंग करें । बास्केट पर लिख दें कि यह किस चीज के लिए है।
- तौलिए, कपड़ों को टांगने वाले हुक कुछ ऐसे हों कि आसानी से दीवार में टांगे जा सके और सही तरह से उनमें ज्यादा सामान आ सके।
- दरवाजे के ऊपर पोर्शन रखें, बशर्ते आपके ड्रैसिंग रूम की छत ऊंची हो। इसके ऊपर का स्थान सबसे अहम है क्योंकि उसे आप स्टोरेज के लिए इस्तेमाल कर सकती हैं।
- कॉर्ड कंट्रोल या वायर को घुमा कर रखने से ड्रायर, इलैक्ट्रिक शेवर्स और प्रैस रख सकती हैं।
- डे्सिंग टेबल के करीब अपने सभी छोटे मोटे सामान रखें।जिसकी आपको रोजाना जरूरत पड़ती है। सामान को धूल से बचाने के लिए सुंदर शोपीस का इस्तेमाल करें जिसमें अपनी पसंदीदा चीजें प्रदर्शित कर सकती हैं।
- गद्देदार कोट हैंगर पर नाजुक कपड़ों को लटकाएं। इससे वो लंबे समय तक खराब
- कभी आपको अचानक यात्रा के लिए जाना पड जाए तो इसके लिए एक वानिटी – कैस हमेशा तैयार रखें।
- अच्छी तरह से संगठित अलमारी आपके कपड़ों को टिप टॉप हालत में रखती है।
- सुंदर लटके हुए कपास भंडारण बैग में अपने पसंदीदा अधोवस्त्र स्टोर किए जा सकते हैं।





# चाय के साथ बनाएं चटपटे आलू ब्रेड रोल

मानसून में चाय के साथ अक्सर लोग कुछ चटपटा खाना पसंद करते हैं।ऐसे में आप आलू से चटपटे ब्रेड रोल बना सकती है। यह टेस्टी होने के साथ बनाने में भी आसान है। चलिए जानते हैं चटपटे आल ब्रेड रोल बनाने का तरीका...

### सामग्री

ब्रेड- 11 आलू – ६ ( उबले और मैश्ड) हरा धनिया- २ बड़े चम्मच (बारीक कटा) धनिया पाउडर- १ छोटा चम्मच अमचूर पाउडर- 1/4 छोटा चम्मच

लाल मिर्च पाउडर- 1/4 छोटा

क्लीनिंग सॉल्यूशन ਹ਼ੁਸ਼ਮਹ आप ड्रेसिंग टेबल, सेंटर टेबल और खिड़की के गरम मसाला- 1/4 छोटा चम्मच शीशों आदि को साफ करने के लिए किसी भी नमक- स्वाद अनुसार क्लीनिंग सॉल्यूशन को यूज कर संकती है। आप तेल- तलने के लिए बाजार से किसी भी अच्छे ब्रांड का क्लीनिंग सॉल्यूशन खरीद सकती है। इसके बाद इसे फर्नीचर पर स्प्रें करें और सूखें कपड़े से साफ करें। इससे

### अगर स्प्रे बोतल ना हो तो...

नजर आएगा।

फर्नीचर पर लगे दाँग-धब्बें मिनटों में दूर हो जाएंगे

और आपका सनमाइका भी शीशे के जैंसे चमकता

अगर आपके पास स्प्रे बोतल नहीं है तो इसकी जगह पर आप किसी भी मिश्रण बाउल में लें। फिर कॉटन के कपड़े को हल्का सा मिश्रण डुबोकर फर्नीचर को साफ करें।बाद में सूखे कपड़े से इसे साफ कर लें। आपका फर्नीचर चमक उठेगा।

### विधि

- पैन में तेल गर्म करके आलू व सभी मसाले डालकर भून लें। मिश्रण को हल्का ठंडा करके
- छोटे–छोटे बॉल्स बना लें । अब ब्रेड को किनारों से काटकर पानी में डुबोकर तुरंत निकाल
- 🕨 इसे हथेली से दबाकर ब्रेड से एक्सटा पानी निकाल लें।
- 🕨 अब इसमें आलू की एक बॉल रखकर रोल बना लें। 🕨 इसी तरह बाकी के ब्रेड रोल
- अलग पैन में तेल गर्म करके ब्रेड रोल सुनहरा बुरा होने तक

तल लें।

🕨 इसे प्लेट में रखकर नैपकिन से एक्सट्रा तेल निकाल लें । अब टोमैटो सॉस या धनिया की चटनी से इसे सर्व करें।



# स्किनको ग्लोइंग रखते हैं करेले से बनें ये तीन फेस पैक

करेला जितना स्वाद में कडवा लगता है यह सेंहत के लिए उतना ही फायदेमंद होता है केवल खाने में नहीं बल्कि इसे लगाने से भी रिकन से संबंधित कई समस्याएं दूर होती है। बता दें कि करेला यह रिकन पर होने वाले पिंपल्स और एवने से हमें बचाता है और चेहरे पर नेचुरल ग्लो लेकर आता है। इसके अलावा करेले को सुपरफूड भी कहा जाता हैं। आईए जानते हैं करेला हमारी स्किन कैसे फायदेमंद है।

### करेले के गुण

करेले में विटामिन–सी, आयरन, बीटा-केराटिन, पोटेशियम, कैल्शियम जैसे कई पोषक तत्व मौजूद होते हैं जो स्किन पर मौजूद बैक्टीरिया और कीटाणुओं हटाकर स्किन को ग्लोइंग लुक देते हैं। इसमें एंटीऑक्सीडेंट गुण पाएं जाते हैं जो एजिंग की प्रक्रिया को स्लो करने में मदद करता है। इसी के साथ आज हम आपको करेले के कुछ फेस पैक्स बताएंगे जो आप आसानी से घर पर बना सकते हैं।आईए जानते हैं करेले से बने फैस पैक के बारे में

### खीरे से ऐसे बनाएं करेला फेस पैक

डल स्किन को रिमूव करने के लिए खीरे और करेंले का फेस पैक बहुत ही बढ़िया है। खीरे में मौजूद पानी स्किन को साफ करने में मदद करता है। वहीं इस फेस पैक को बनाने के लिए सबसे पहले आप करेले और खीरे के कुछ टुकड़े लें और उसे मिक्सर में पीस लें । इस पेस्ट को चेहरे और गर्दन पर लगाकर 15 मिनट के लिए छोड़ दें, बाद में चेहरा ठंडे पानी से धो लें । इस फेस पैक को

लगाने से आपकी डल स्किन रिमूव होगी और चेहरा ग्लो

### अंडे-दही से बनाएं करेला फेस पैक

अंडा और दही स्किन को हाइडेट करने में बहुत ही मददगार है। दही में मौजूद लैक्टिक एसिड स्किन पोर्स को टाइट करता है और चेहरे की झुर्रियां कम होती है। इस फेस पैंक को बनाने के लिए सबसे पहले आप करेले का रस लें और दही और अंडे में अच्छे से मिक्स कर लें। इसके बाद इसे चेहरे और गर्दन पर लगाएं और 25 मिनट के लिए छोड़ दें, बाद में इसे गर्म पानी से धो लें। िससे आपकी स्कीन टाइट और ग्लोंइंग लगेगी।

### नीम हल्दी से बनाएं करेला फेस पैक नीम में एंटीऑक्सीडेंट गुण

भरपर पाएं जाते हैं जो स्किन को पिंपल्स और एक्ने से बचाने में मदद करता है। वहीं इसमें मौजूद हल्दी स्किन पर निखार लाने का काम करती है। इस फेस पैक को बनाने के लिए सबसे पहले आप ब्लेंडर में करेले, नीम और हल्दी को डाले और एक पेस्ट तैयार कर लें, इसके बाद में इसे चेहरे पर लगाएं और 10 मिनट के छोड दें, बाद में गुनगुने पानी से इसे धो लें। कुछ ही दिनों में आपको पिंपल्स और एक्ने की समस्या दूर हो जाएगी।

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### **NEWS BOX**

### Neymar says 2026 World Cup will be his last; hints at reunion with Messi, Suarez

Brazilian football star Neymar has announced that the FIFA 2026 World Cup will be his last opportunity to compete on football's biggest stage. While injuries have limited his impact at Al-Hilal in Saudi Arabia, Neymar remains determined to represent Brazil and is optimistic about earning a spot in the squad for the tournament, which will be jointly hosted by Canada, the United States, and Mexico.Brazil currently sit fifth in the South American World Cup qualifiers, with six matches left to secure a top-six spot for automatic qualification. Neymar, sidelined since October 2023 due to a ruptured ACL and meniscus, remains hopeful about contributing to his national team's campaign. The 32-year-old forward, who recently became Brazil's all-time top scorer with 79 goals, described the upcoming World Cup as his "last shot" at glory. Speaking to CNN, Neymar said, "I will try, I want to be there. I will do everything I can to be part of the national team. This will be my last World Cup, my last shot, my last chance, and I will do everything I can to play in it."

### **REUNION WITH MESSI?**



Neymar's time at Al-Hilal has been marred by injuries, limiting him to just seven appearances since his move from Paris Saint-Germain (PSG) for a reported fee of €90 million in 2023. His contract with the Saudi Pro League club runs until June 2024, but Neymar hinted at future possibilities, including a move to Major League Soccer (MLS) and a reunion with former Barcelona teammates Lionel Messi and Luis Suarez at Inter Miami.Neymar, Messi, and Suarez famously formed one of football's most celebrated attacking trios, leading Barcelona to a historic treble in 2015 before Neymar's record-breaking transfer to Paris Saint-Germain for €222 million (\$230.39 million)

Reflecting on the prospect of reuniting with his friends, Neymar said, "Obviously, playing again with Messi and Suarez would be incredible. They are my friends, we still speak to each other. It would be interesting to revive this trio. I'm happy at Al-Hilal, I'm happy in Saudi Arabia, but who knows. Football is full of surprises.'

### Sam Konstas admits provoking Jasprit Bumrah in Sydney Test: It was my fault

New Delhi. Australia's Sam Konstas admitted to provoking Jasprit Bumrah on Day 1 of the fifth Test in Sydney, a move that ultimately backfired when the Indian pacer dismissed Usman Khawaja on the last delivery of the day. With 15 minutes left in the day's play, Australian openers Usman Khawaja and Konstas faced the daunting task of surviving against Bumrah and Mohammed Siraj on a lively SCG track. A minor interruption from Khawaja, who stepped away to slow things down, seemingly irked Bumrah. However, it was Konstas at the non-striker's end who escalated the tension by engaging in a verbal exchange with the Indian stand-in captain. The heated moment ended with the umpire's intervention. On the very next delivery,



Bumrah dismissed Khawaja with a sharp delivery that caught the edge, sending the Indian team into wild celebrations. Bumrah then stepped toward Konstas in celebration but refrained from further escalation.

Reflecting on the incident, Konstas admitted his role in the sequence of events. Speaking to Triple M, he said, "I didn't get too fazed. Unfortunately, Uzi got out. He was trying to buy some time. It was probably my fault, but it happens. It's cricket. Credit to Bumrah for the wicket, but overall, it was a great team performance."

Konstas was a polarising figure in his debut series. From riling up Bumrah to theatrically egging on a crowd of 90,000 after a maiden half-century, the teenager has left his mark. His audacity was further highlighted in Melbourne, where he reverse-ramped Bumrah for four, setting the tone for a memorable debut series. However, his antics haven't always been welcomed. Virat Kohli's shoulder charge in the previous Test-aimed at Konstas-sparked widespread criticism and earned Kohli a fine.

"No, I was very calm. I was talking to my parents and teammates. Uzi (Khawaja) mentioned my adrenaline was pumped when batting, but I didn't feel it. Still, it was a great debut, and I'm happy with two wins."

## Two-tier Test cricket system proposal fair South Africa great Graeme Smith reacts

Former South Africa captain Graeme Smith said teams like South Africa, West Indies and Sri Lanka need to be strong to ensure Test cricket remains competitive. The legendary cricketer expressed concerns about the reportedly proposed idea of a two-tier system for the traditional format.

New Delhi. Legendary South African cricketer Graeme Smith has expressed concerns about the idea of a two-tier system for Test cricket—an idea reportedly under discussion by cricket powerhouses India, Australia, and England, alongside newly elected International Cricket Council (ICC) chairman Jay Shah. Smith pointed out that no other sport limits competition to just the top three teams, while also stressing the importance of ensuring well-matched

contests in Test cricket.Legendary South African cricketer Graeme Smith has expressed concerns about the idea of a two-tier system for Test cricket—an idea reportedly under discussion by cricket powerhouses India, Australia, and England, alongside newly elected International Cricket Council (ICC) chairman Jay Shah. Smith pointed out that no other sport limits competition to just the top three teams, while

also stressing the importance of ensuring well-matched contests in Test cricket."I also do feel for the ICC. I was just looking at a note this morning about how much England and India are playing each other over the next period, and Australia and vice versa. It gets extremely hard for the other nations... India are probably the best because they are commercially so reliable for the other nations. But where do you find the top three nations playing each other all the time? And you can only imagine in the next FTP cycle how that's been tied up in the background," Smith said during an appearance on Sky Cricket.



"How does the ICC create a structure that's fair in the top three's eyes? I think what world cricket needs is South Africa to be strong, the West Indies to be strong, and Sri Lanka to improve. Otherwise, can you see a world where there are only three nations playing cricket in the future?" he

### DO WHAT YOU HAVE GOT TO DO: **SMITH**

Former cricketers like Ravi Shastri and Michael Vaughan have endorsed the idea, saying Test cricket needs more competitive contests for its survival. The recent blockbuster between India and

Australia, which drew record crowds in Australia, was a great advertisement for the longest format of the game. The former South African captain, who played a pivotal role in the team's dominance in Test cricket during the last decade, emphasised the need for all teams to prioritise the format. He also highlighted South Africa's success in the current World Test Championship (WTC) cycle as an example."My answer to that

would be, we [South Africa] are in the World Test Championship (WTC) final; we've got a chance to win the mace. I think that's the key," he stated. "You've got to do what you've got to do, and South Africa have done that. I think over the last couple of years, their win percentages are actually pretty decent if you go and look over a period of time."

For the first time in history, South Africa reached the WTC final, finishing the 2023-25 cycle at the top of the points table. They are set to face Australia in the final at Lord's in London this June.

### Premier League: 7 potential January transfer deals to watch out for

long been a source of excitement and intrigue for Premier League fans, known for delivering unexpected twists and marquee signings. While the 2024 window unfolded with little fanfare globally, 2025 promises to reignite the buzz, especially in England's top flight, where key clubs look poised to make strategic moves. Manchester United, eager to rectify their early-season struggles, is expected to be active, with rumors swirling about high-profile arrivals. Liverpool, in the midst of a title race, may seek to fortify their midfield further, ensuring they remain in contention. Meanwhile, Manchester City, grappling with injuries and a packed fixture list, could dive into the market to bolster their squad depth for a grueling campaign. The stakes couldn't be higher, with the second half of the season likely to determine the fortunes of many. From potential big-money arrivals to surprise exits, the Premier League's January dealings seem destined to deliver



drama, leaving fans glued to the headlines as their clubs plot crucial reinforcements. Marcus Rashford's uncertain future at Manchester United has become a hot topic this transfer window. The England star, sidelined by manager Ruben Amorim since December, recently returned for a surprise appearance against Newcastle United but remains on the fringes. With three years left on his £325,000-a-week contract, few clubs can afford Rashford outright. Borussia Dortmund and AC Milan are exploring loan options with a purchase

destination. A move could offer Rashford the chance to revive his form and escape Old Trafford's recent turbulence.

ictor Osimhen - Manchester United/Chelsea

rictor Osimhen has emerged as a potential target for Manchester United in the upcoming January transfer window. The Nigerian forward, on loan at Galatasaray, has been in remarkable form, netting nine goals and assisting three in just 11 Super Lig appearances. While Napoli retain control over the 22-year-old's future, they could recall him next month to facilitate a permanent transfer. Manchester United reportedly view Osimhen as a prime candidate to strengthen their attack and are optimistic about agreeing to personal terms. However, Napoli's €75 million asking price could prove to be a stumbling block in sealing the deal. United's interest underscores their determination to secure dynamic young talent as they aim to enhance their offensive options.

### Didier Deschamps to step down as France manager after 2026 FIFA World Cup

Didier Deschamps, France's longest serving national team coach, will not seek to renew his contract which expires in 2026, the French soccer federation (FFF) told Reuters on Tuesday.Deschamps' deal runs until after the next World Cup, for which Les Bleus have yet to qualify. The 56-year-old took over from fellow 1998 World Cup winner Laurent Blanc in 2012 and led Les Bleus to the World Cup title in 2018, two years after reaching the European Championship final on home soil.Didier Deschamps, France's longest serving national team coach, will not seek to renew his contract which expires in 2026, the French soccer federation (FFF) told Reuters on Tuesday.Deschamps' deal runs until after the next World Cup, for which Les Bleus have yet to qualify. The 56-year-old took over from fellow 1998 World Cup winner Laurent Blanc in 2012 and led Les Bleus to the World Cup title in 2018, two years after reaching the European Championship final on home soil.A defensive midfielder nicknamed 'the water carrier' by Eric Cantona, Deschamps was a

### Sam Konstas reveals surprise chat with 'legend' Virat Kohli after MCG drama

New Delhi. Young Australian opener Sam lovely person, just wishing me all the best. sought a reliable partner for Usman Khawaja Konstas has revealed his surprise postmatch exchange with Indian batting great Virat Kohli following their fiery encounter during the high-octane Boxing Day Test.

Despite the heated moments on the field, Konstas revealed a heartwarming post-match exchange with Kohli and reflected on the lessons from his fiery showdown with India's ace pacer Jasprit Bumrah. The Boxing Day Test was a spectacle from the outset, with 19-year-old Konstas standing his ground against Bumrah, who was in scintillating form. Konstas stunned the crowd with audacious ramp shots, scoring 34 of his 60 runs off Bumrah and proving his mettle on cricket's grand stage. The confrontation escalated when an on-field collision between Konstas and Kohli led to a heated verbal exchange, intensifying the already charged atmosphere."I

had a little chat after the game telling him that I idolise him, and it's obviously a huge honour playing against him," Konstas told News Corp. "He just had that presence about him...[and] he was very down to earth. A After David Warner's retirement, Australia

I've idolised him from a young age and he's a legend of the game."Konstas described Kohli as "down to earth" and revealed that the Indian stalwart wished him well for the



and wished me all the best. He even said he hoped I did well if I got selected for the Sri Lanka series. My whole family loves Virat, and he has been my idol from a young age. He's truly a legend of the game."

at the top of the order, turning to young Sam Konstas for the final two matches of the Border-Gavaskar Trophy. Konstas rewarded their faith with a scintillating debut, scoring a stroke-filled 60 off just 65 balls. His

audacious knock included stunning ramp shots that saw him dispatch Jasprit Bumrah for a six and a four, leaving the Indian pacer visibly surprised. Konstas' aggressive approach not only rattled the Indian bowling attack but also sparked heated exchanges with Indian players, particularly Virat Kohli and Bumrah.

Konstas's performance in the Border-Gavaskar Trophy showcased his potential, with 113 runs in four innings at a strike rate knock against Bumrah's fiery spells highlighted his fearless

approach. Konstas also made significant contributions during Australia's ICC U19 World Cup 2024 triumph and the preceding Australia A series, underlining his rise as a promising talent in Australian cricket.



winning machine and under his guidance as coach, France were at times boringly efficient and at others brilliant, beating Argentina 4-3 in the 2018 World Cup round of 16 and Croatia 4-2 in the final.

While Deschamps' side has boasted the thrilling attacking talent of Kylian Mbappe, his teams have also shown grit and unmatched defensive ability when it mattered most.

of over 81. His standout 60-run It is uncertain who will succeed him but Zinedine Zidane is the heavy favourite for the job."It's a wise decision. I didn't send anything and I won't send anything (to Zidane). But of course we all hope it will be him after 2026," Christophe Dugarry, a former teammate of both Zidane and Deschamps and one of the latter's most vocal critics, told RMC Radio.

# Mikel Arteta blames Carabao Cup ball for Arsenal's 0-2 loss to Newcastle United

Mikel Arteta believes Arsenal's inability to adjust to the Carabao Cup ball played a role in Tuesday's 2-0 semifinal, first-leg loss against Newcastle United.

New Delhi. Arsenal manager Mikel Arteta made surprising remarks about the match ball following his team's 2-0 defeat to Newcastle United in the Carabao Cup semi-final first leg. The competition uses a Puma ball, unlike the Nike ball used in the Premier League, and Arteta hinted that this difference may have impacted his players performance. Alexander Isak was pivotal for Newcastle, scoring his 50th goal for the club just before halftime and playing a key role in Anthony Gordon's second-half goal. Despite



Arsenal's dominance in chances—registering 23 shots with only three on target—they failed to capitalise, hitting the woodwork and squandering opportunities, including a glaring miss by

Kai Havertz.Arteta, addressing the missed chances, said, "We also kicked a lot of balls over the bar, and it's tricky that these balls fly a lot, so there are details we can do better.' When pressed, he elaborated on the ball's

differences: "It's very different to the Premier League ball. It flies differently, the grip is different as well, so you have to adapt to that."In every other aspect we were the better team but it's about scoring goals," Arsenal manager Mikel Arteta said. "Credit to them, they defended their box very well. We had the chances but at this stage, a semi-final, you have to be clinical.

Isak has been in sensational form recently, netting 10 goals in his last nine appearances for the club. Newcastle United manager Eddie Howe praised the Swedish striker's "electric" first-half display but revealed concerns over a hamstring issue that limited his second-half involvement. Howe expressed hope that Isak would recover in time for the second leg at St James' Park on February 5."First half he was electric, I thought he played really well. He scored but I just thought his general game was in a really good place," Newcastle manager Eddie Howe said.

# Janhyi Kapoor

Reacts To 'Laddooo' Khushi Kapoor, Junaid Khan's Loveyapa's First Song; Calls It 'Fresh'

hushi Kapoor and Junaid Khan starrer Loveyapa's first song has finally been released today. The song has been getting love from all corners. Janhvi Kapoor also reacted to the song and called it fun, fresh and young. The rom-com, directed by Laal Singh Chaddha filmmaker Advait Chandan, is releasing on February 7, 2025. Taking to her Instagram stories, Janhvi Kapoor shared the poster of the song and wrote, 'This looks so fun, fresh and young!!! Can't wait!!! And my laddooo Khushu looking so cute!!! @khushikapoor." Produced by Phantom Studios and AGS Entertainment, Advait Chandan's Junaid's first foray into the romantic comedy genre has fans eager to see the chemistry between this fresh and exciting pair.

The title track is a burst of energy, with lively beats and lyrics that perfectly resonate with youth and Gen-Z audiences. The song's relatable vibe hints at the film's mass appeal, making it clear that Loveyapa will be a hit among younger viewers, raising anticipation and excitement for its release.

Junaid Khan, son of Aamir Khan, made his acting debut last year in Siddharth P. Malhotra's Maharaj alongside Sharvari and Shalini Pandey. His portrayal of Karsandas Mulji earned positive reviews. Meanwhile, Khushi Kapoor, daughter of the late Sridevi, stepped into the industry with Zoya Akhtar's The Archies, which premiered on Netflix in 2023. Earlier, Hindustan Times reported, "The first leg of the shoot wrapped up in Mumbai, and



now the duo is filming in the Capital. The team started shooting here three-four days ago, and the schedule will go on for another 10-12 days. While the supporting cast has been joining the shoot as and when needed, Junaid and Khushi are going to be here for the entire schedule."

The film is reported to be a remake of the 2022 Tamil hit Love Today, which starred and was directed by Pradeep Ranganathan. On the other hand, Janhvi Kapoor had quite a few releases in 2024. She made a cameo in Shahid Kapoor and Kriti Sanon's Teri Baaton Mein Aisa Uljha Jiya, which was followed by the release of the Mr & Mrs Mahi.

Sidharth Malhotra and Janhvi Kapoor are all set to share screen space for the first time in a romantic comedy-drama Param Sundari. The makers have shared the motion poster which has left all fans in awe. The release date has also been announced. It will be hitting the theatres on July 25, 2025. Fans have also reacted. Taking to their Instagram handles, Sidharth and Janhvi shared the motion poster and wrote, "North ka swag, South ki grace – two worlds collide and sparks fly. Dinesh Vijan presents #ParamSundari, a love story directed by Tushar Jalota, coming to cinemas on 25th July 2025. Meet the suave Sidharth Malhotra as Param and the vivacious Janhvi Kapoor as Sundari."Apart from Param Sundari, Janhvi will also be seen next year in Sunny Sanskari Ki Tulsi Kumari.

Rasha Thadani's

Antics With Her Bodyguard As She Poses For Paps Is All Things Cute

asha Thadani's cute antics as she sweetly interacts with the paparazzi is our favourite thing on Instagram today. Here we bring you a video from her latest casual appearance wherein she is seen teasing her bodyguard, showcasing his unique hairstyle to the shutterbugs. The lighthearted moment between paps and the soon-to-be actress captured fans' hearts, prompting them to share the clip among Internet users. The video



opens with Rasha Thadani pointing fingers towards her bodyguard as he cutely smiles looking away from the camera. It appears she wanted to highlight his hairstyle while candidly speaking with the photographers. The cute expressions and child-like joy on Rasha's face are too adorable to miss. Later, we can see her making her way to the building after bidding adieu to the photographers, waving hands at them. For her casual day out,

Rasha was dressed in a co-ord set which comprised a grey strapless corset top and relaxed-fit pants.

Set to make her Bollywood debut, Rasha Thadani has been out and about in the city for the promotional endeavours of her upcoming film Azaad. Helmed by Abhishek Kapoor and backed by Ronnie Screwvala and Pragya Kapoor, the film also stars Ajay Devgn, Amaan Devgn and Diana Penty in key roles. As for the storyline, it is set against the backdrop of pre-independence India and explores an intriguing journey of love and loyalty. Ajay Devgn takes on the role of a master horse rider in the film. His character sneaks away from the brutal English army but not without his horse.

However, his life takes an unexpected turn after his horse goes missing. Later, he seeks help from the young boy, played by Aaman as they both set out on a mission to find the horse.On the other hand, Raveena Tandon's daughter Rasha will essay the role of a royal family member and Aaman's character's love interest. Diana Penty will be seen playing Ajay's lady love. With the film's release scheduled for January 17, fans are buzzing with excitement whereas makers are leaving no stone unturned to keep the hype intact. Earlier, they dropped the trailer of the film followed by releasing songs that have garnered



### Sandeep Reddy Vanga And Navdeep Praise Upendra, Compare Him To Ranbir Kapoor's Character In Animal



andeep Reddy Vanga and Navdeep praised Upendra, calling him a visionary and comparing him to Ranbir Kapoor's character in Animal, during an episode of The Rana Daggubati Show on Prime Video. The latest episode of the show featured filmmaker-actor Upendra, along with Navdeep, Faria Abdullah, and Sharmiela Mandre. Upendra shared stories about his early days, his views on love and marriage, and his unique approach to filmmaking. The episode kicked off with Sandeep Reddy Vanga and Navdeep hailing Upendra's fearless approach to cinema in an introductory video. Navdeep compared Upendra to Ranbir Kapoor's character in Animal and dubbed him as "the OG real wild animal." Sandeep Reddy Vanga also heaped praise on him, adding, "He made Om when he was just 22. He was the youngest director in the country at that time. His screenplay felt like a film within a film."

Upendra recalled, "I lived in a very tiny house. To earn some money, I made paper covers and sold them to fruit vendors. That's when I started writing. I approached a director as a writer, and he made me his AD. From there, I moved to becoming a codirector, then director, and finally acting in my own films."

Reflecting on his personal journey and experiences with love and marriage, Upendra admitted, "Marriage is a great institution. It is so good. I deceived you all by delivering lines like: 'There is no love. Love is trash.' Many of you followed it, but very quietly, I got married. I wanted to find out whether there was any truth to what I said. After experiencing it, I am fixed now." One of the most fascinating moments of the episode unfolds when Upendra reminisces about adding an unexpected twist to a love scene in his 2002 film Super Star. He recounts, "During my trip to Thailand, I saw a tiger and wrote a love scene around it."Created, hosted, and executive produced by Rana Daggubati under the banner of Spirit Media, the unscripted Telugu Original eight-episode series boasts an exciting line-up of guests, including Dulquer Salmaan, Naga Chaitanya Akkineni, Siddhu Jonnalagadda, Sreeleela, Nani, S.S. Rajamouli, Ram Gopal Varma, and many more.

### Bandish Bandits Star Shreya Chaudhry Calls Hrithik Roshan Her Fitness Inspiration: 'My Forever Crush'



most talked-about shows since its release.

And all eyes are on the leading lady of the show – Shreya Chaudhry. She has been soaking in all the love and appreciation coming her way. Recently the actress shared her inspiring fitness transformation story. As a young teen, Shreya struggled being overweight, often facing selfdoubt. But the turning point in her life came in when she watched her idol Hrithik Roshan openly talk about his journey from struggling with injuries and weight gain to reclaiming his fitness. Shreva says, "I was always the chubby kid in the room. It felt like no matter what I did, I couldn't lose my weight enough. Maybe I wasn't motivated enough. Then came Hrithik Roshan and as a fan girl, his fitness journey has been truly inspiring. He spoke openly about his struggles and how he overcame them and I couldn't be more inspired to win one day at a time. I also wanted to take control of my own fitness."Shreya also shared some inspiring photos of her transformation on her social media and captioned it as, "Story time – I love every version of me, every single one reflects what I was going through mentally. No regrets. No looking back. I have wisened up and toughened up too. I did want to be fit though. Not for any other reason to begin with but just health. I was going through some stress and I was constantly advised to be active, and take care of my fitness and health.. I remember reading an article of @hrithikroshan ( my forever crush) about being fit and how me handled his ups and downs. I have been one of Hrithik's biggest fans since I was a child and that article changed my life. In hindsight I think I owe my fitness journey to him. So, here it is ... an appreciation post for my

millions including me. She added, "Taking care of my health helped me pursue a passion that I always had ... acting.. so, here I'm .. punching through the good days and the bad days and keeping my eyes on the prize.. Thank you everyone for the love and the motivation..?? Here's to fitter 2025.""

cinematic idol who inspired me to take care of

myself, to make my health a priority. You inspire