



# The Researchers'

## NEWS BOX

### South Korea's Yoon becomes 1st sitting President to be arrested

**World.** South Korean authorities arrested impeached President Yoon Suk Yeol on Wednesday over insurrection accusations related to his December 3 martial law declaration, investigators said. A motorcade was seen leaving the gates of his hillside residence where Yoon has been holed up for weeks behind barbed wire barriers and a small army of personal security. Earlier more than 3,000 police officers and anti-corruption investigators had gathered there before dawn, pushing through throngs of Yoon supporters and members of his ruling People Power Party protesting attempts to detain him. Yoon's lawyers have argued attempts to detain him are illegal and are designed to publicly humiliate him. The warrant investigators secured for his arrest is the first ever issued against an incumbent South Korean president.

As local news broadcasters reported that Yoon's detention may come soon, some minor scuffles broke out between tearful pro-Yoon protesters and police near the residence, according to a Reuters witness at the scene. Yoon's declaration of martial law stunned South Koreans and plunged one of Asia's most vibrant democracies into an unprecedented period of political turmoil. Lawmakers voted to impeach him and remove him from duties on December 14. Separately, the Constitutional Court is deliberating over to uphold that impeachment and permanently remove him from office.

### Impeached South Korean President Yoon Arrested Over Failed Martial Law Bid

**Seoul.** South Korean authorities on Wednesday arrested impeached President Yoon Suk Yeol over insurrection accusations related to his brief declaration of martial law on December 3, investigators said. He is the first sitting president in South Korea's history to be arrested. According to reports, the suspended President was seen leaving his heavily fortified residence in central Seoul in a convoy to the offices of the Corruption Investigation Office (CIO) after a joint team of investigators and police said they had executed the arrest warrant.

Mr Yoon had been holed up at his hillside residence for weeks, behind a small army of personal security to avoid arrest. His lawyers have argued attempts to detain the impeached President were illegal and were designed to publicly humiliate him. On Wednesday morning, his lawyer announced that the president had agreed to speak to investigators and that he had decided to leave the residence to prevent a "serious incident".

President Yoon has decided to personally appear at the Corruption Investigation Office today," Seok Dong-hyeon said on Facebook, adding that Yoon would also deliver a speech. More than 3,000 police officers and anti-corruption investigators gathered at his residence before dawn, pushing through throngs of Yoon supporters and members of his ruling People Power Party protesting attempts to detain him. Shortly after, investigators announced that Mr Yoon had been arrested. "The Joint Investigation Headquarters executed an arrest warrant for President Yoon Suk Yeol today (January 15) at 10:33 am (0130 GMT)," they said in a statement. Following his arrest, Yoon can be held for up to 48 hours on the existing warrant. Investigators would need to apply for another arrest warrant to keep him in custody.

It was their second effort to arrest Yoon. A first attempt on January 3 failed after a tense hours-long standoff with members of Yoon's official Presidential Security Service (PSS), who refused to budge when investigators tried to execute their warrant.

Mr Yoon's declaration of martial law last month stunned South Koreans and plunged one of Asia's most vibrant democracies into an unprecedented period of political turmoil. Lawmakers voted to impeach him and remove him from duties on December 14. Separately, the Constitutional Court is deliberating over whether to uphold that impeachment and permanently remove him from office. Mr Yoon's impeachment trial began Tuesday with a brief hearing after he declined to attend.

### Sheikh Hasina's niece Tulip Siddiq resigns from UK government over Bangladesh graft probe

**LONDON.** UK's anti-corruption minister and niece of ousted Bangladesh prime minister Sheikh Hasina, Tulip Siddiq, resigned on Tuesday after being named in an investigation into the graft accusations against her aunt. The resignation came days after Dr Muhammed Yunus, the caretaker head of Bangladesh government made serious allegations of corruption against her. UK Prime Minister Keir Starmer has accepted her resignation. In a letter to Starmer, Siddiq wrote: "Sir Laurie has confirmed that I have not breached the ministerial code. As he notes, there is no evidence to suggest that I have acted improperly regarding the properties I have owned or lived in, nor any evidence to suggest that my assets derive from anything other than legitimate sources."

She further stated, "My family connections are a matter of public record. When I became a minister, I provided full details of my relationships and private interests to the government." Siddiq acknowledged that continuing in her role as Economic Secretary could distract from the government's work. She emphasized, "My loyalty is and always will be to this Labour Government in the UK and its program for national renewal and transformation. Therefore, I have decided to resign from my ministerial position."

Siddiq had previously voluntarily referred herself to an independent watchdog. Following consultations with officials, she was advised to declare her aunt's position as the former prime minister of Bangladesh and to recuse herself from matters related to Bangladesh to avoid any perception of a conflict of interest.

## Trump would've been convicted in 2020 poll case had he not been reelected: Report

**World.** US Special Counsel Jack Smith said that evidence from the 2020 election interference case was enough for President-elect Donald Trump's conviction, but his victory in last year's presidential polls made it impossible to do so. In an over 130-page report published on Tuesday, Smith concluded that Trump engaged in an "unprecedented criminal effort" to retain power after he lost to Joe Biden five years ago. The Special Counsel also detailed how Trump tried to overturn the election results and accused him of plotting to obstruct the collection and certification of votes. "As set forth in the original and superseding indictments, when it became clear that Trump had lost the election and that lawful means of challenging the election results had failed, he resorted to a series of criminal efforts to retain power," CNN quoted the report as saying. The report, that came less than a week before the President-elect's inauguration on January 20, also said the



"throughline of all of Trump's criminal efforts was deceit, knowingly false claims of election fraud, and the evidence shows that he used these lies as a weapon to defeat a federal government function foundational to the United States' democratic process". In August 2023, Trump was charged with working to overturn the election, but the case was delayed by appeals and ultimately significantly narrowed by the Supreme Court, which held for the first time that former Presidents enjoy sweeping

immunity from criminal prosecution for official acts. "The Justice Department's view that the Constitution prohibits the continued indictment and prosecution of a President is categorical and does not turn on the gravity of the crimes charged, the strength of the government's proof, or the merits of the prosecution, which the Office stands fully behind," the report said. "But for Trump's election and imminent return to the Presidency, the Office assessed that the admissible evidence was sufficient to obtain and sustain a conviction at trial." The President-elect had pleaded not guilty to the charges. Although much of the evidence cited in Smith's report was already made public before, it also includes some new details like prosecutors considering charging Trump with inciting the January 6, 2021 attack on the Capitol under a US law known as the Insurrection Act. But prosecutors ultimately concluded that such a charge

posed legal risks and there was insufficient evidence that Trump intended for the "full scope" of violence during the riot, a failed attempt by a mob of his supporters to stop Congress from certifying the 2020 election. The indictment charged Trump with conspiring to obstruct the election certification, defraud the US of accurate election results and deprive American voters of their voting rights. Smith's office determined that charges may have been justified against some co-conspirators accused of helping Trump carry out the plan, but the report said prosecutors reached no final conclusions. Meanwhile, a second section of the report details Smith's case accusing Trump of illegally retaining sensitive national security documents after leaving the White House in 2021. But the Justice Department said that it would not make that section public as legal proceedings continue against two Trump associates charged in the case.

## North Korean Troops "Blowing Themselves Up" To Avoid Capture In Ukraine

**Kyiv.** After an intense battle with Russian forces this week, Ukrainian special forces were scouring dead bodies from the snowy western terrain of the Kursk region, where they discovered corpses of over a dozen North Korean enemy troops. Among them, they found one soldier was still alive. But as Ukrainian soldiers approached him, the lone North Korean detonated his own grenade, blowing himself up to avoid being captured, Ukraine's Special Operations Forces said in a post on X, describing the intense fighting in the occupied Kursk region.

According to Kyiv officials, their soldiers escaped the blast uninjured, but the suicide incident added to mounting evidence from the battlefield, intelligence reports and



testimonies of defectors that some North Korean soldiers are resorting to extreme measures as they support Russia's three-year war with Ukraine. "Soldiers Being Brainwashed" The incident is the latest documentation of the lengths the North Korean troops are willing to go to avoid capture and become prisoners of war to be presented as proof of Pyongyang and Moscow's blatant military alliance. The "brainwashed" Hermit Kingdom

troops, who are being told it is treason to be taken prisoner, are posing a new challenge for Ukraine, officials said. "Self-detonation and suicides: that's the reality about North Korea," Kim, a 32-year-old former North Korean soldier who defected to the South in 2022, told Reuters. "These soldiers who left home for a fight there have been brainwashed and are truly ready to sacrifice themselves for Kim Jong Un," he added, referring to the reclusive North Korean leader. Kim had reportedly worked for North Korea's military in Russia for about seven years up until 2021 on construction projects to earn foreign currency for the regime. According to him, for some North Korean soldiers, being captured and sent back to Pyongyang would be seen as a fate worse than death.

## Federal Probe Begins Into Deadly Los Angeles Fires

**Los Angeles.** A huge federal probe was under way Tuesday into what caused the deadly Los Angeles wildfires, with millions in the city clamoring for answers. Social media has exploded with theories about what started blazes that tore through the city of Altadena and the upmarket neighborhood of Pacific Palisades, killing at least 24 people and leaving whole communities in ruins. Suggestions include downed power lines, deliberate arson, a stray firework and the reignition of an earlier fire.

But Jose Medina of the federal Bureau of Alcohol Tobacco and Firearms (ATF), which is leading the inquiry, said it was too early to say. "We know everyone wants answers, and the community deserves answers. ATF will give you those answers, but it will be once we complete a thorough investigation," he told reporters. The ATF is working with local law enforcement, as well as the Forest Service and the US Attorney's office, in an operation that will involve around 75 people. Fire investigators, chemists, electrical engineers and sniffer dogs trained



to detect accelerant will be doing painstaking fieldwork to find the seats of the two fires, he said. A team will also be deployed to gather clues from the local community and online, conducting interviews with possible witnesses. "We are following all the leads and processing all the physical evidence," Medina said. "ATF is determined to leverage every available resource to deliver a thorough and transparent investigation. Internet users have leapt on a video posted by trail runners that shows them running away from smoke in hills above Pacific Palisades. But one of the men, Beni Oren, told the Los Angeles Times they had nothing to do with the fire, and had actually been fleeing for their lives in the video. "It's definitely kind of infuriating that people are blaming us," he told the paper. "Just knowing as a matter of fact... that we didn't do it but then seeing the amount of people that have different theories is overwhelming." Local media reported that a number of homeowners in the Altadena area have launched a lawsuit against power company Southern California Edison after a video appeared to show flames at the base of an electrical transmission tower.

## Qatar Says Gaza Truce Deal In "Final Stages": What We Know So Far

**Doha.** Key mediator Qatar said negotiations for a Gaza truce and hostage release deal were in their "final stages" on Tuesday, expressing hope an agreement could be reached "very soon". Qatar, Egypt and the United States have intensified efforts to broker a ceasefire to enable the release of hostages taken during Hamas's October 7, 2023 attack on Israel. Late on Tuesday, Israeli Prime Minister Benjamin Netanyahu went into a meeting with top security officials to discuss the deal, his office said. "The ball is now in Hamas's court," US Secretary of State Antony Blinken said earlier. "If Hamas accepts, the deal is ready to be concluded and implemented." US President Joe Biden and his Egyptian counterpart Abdel Fattah el-Sisi said in a phone call on Tuesday that both sides needed to show "flexibility" to get a deal over the line, according to a statement from Sisi's office.

Biden had said the day before that an



agreement was "on the brink" of being finalised, just ahead of the inauguration of his successor, Donald Trump. Qatar foreign ministry spokesman Majed al-Ansari on Tuesday said the negotiations were in their "final stages". "Certainly we are hopeful that this would lead very soon to an agreement," Ansari said, while adding that "until there is an announcement... we shouldn't be over-excited". Israeli Foreign Minister Gideon Saar, meanwhile, said during a visit to Rome that there was a "true willingness from our side to reach an agreement". Hamas's October 7 attack, the deadliest in

Israel's history, resulted in the deaths of 1,210 people, mostly civilians, according to an AFP tally of official Israeli figures. On that day, militants also took 251 people hostage, 94 of whom are still being held in Gaza, including 34 the Israeli military says are dead. Israel's retaliatory campaign in Gaza has killed 46,645 people, a majority of them civilians, according to the health ministry in the Hamas-run territory, whose figures the UN considers reliable. "Act Now/Relatives of Israeli hostages and war-battered Palestinians in Gaza waited anxiously for the deal to be finalised. "Time is of the essence," said Gil Dickmann, cousin of former hostage Carmel Gat, whose body was recovered from a Gaza tunnel in September. "Hostages who are alive will end up dead. Hostages who are dead might be lost," Dickmann told AFP at a rally in Jerusalem. "We have to act now." Umm Ibrahim Abu Sultan said from Khan Yunis in southern Gaza that she had "lost everything" in the war.

## US to lift Cuba's terrorism tag in exchange for release of political prisoners

**World.** The Biden administration said on Tuesday it would remove Cuba from its terrorism blacklist, while Cuba said separately it would release upward of 500 prisoners from its jails, dual announcements poised to reshape US-Cuba relations just days before Donald Trump takes office. President Joe Biden's announcements effectively roll back many of the sanctions put in place by President-elect Trump during his previous term ending in 2021. If they endure, they would represent the most significant advance in US-Cuba relations since the Obama-era detente. Trump, a harsh Cuba critic who designated the island a state sponsor of terrorism - has not yet commented on the measures but has promised a hard line on the communist-run country. He also nominated US Senator Marco Rubio, the son of immigrants from Cuba and an outspoken critic of the island's government, as Secretary of State. Biden's announced

plans - subject to the review of Congress and the incoming Trump administration - would lift Trump's 2021 designation of Cuba as a state sponsor of terrorism, easing sanctions on an island already suffering a deep economic crisis. They would also revoke a 2017 Trump order that restricted financial transactions with some military- and government-linked Cuban entities, according to a senior administration official. Biden also seeks to prevent individuals from filing lawsuits against both Cuban entities and foreign companies under the Helms-Burton Act over property seized following Fidel Castro's 1959 revolution, the official said. Just one hour after the US announcement, Cuban President Miguel Diaz-Canel announced his government planned to "gradually" release 553 prisoners following talks with Pope Francis. Cuba faced sharp criticism from rights groups, the United States and the European Union



following the imprisonment of hundreds of protesters after riots on July 11, 2021, the largest since Castro's revolution. It was not immediately clear whether the prisoners to be released had been detained following those protests. A Cuban foreign ministry statement said the decision reflected the "humanitarian nature of the Cuban justice system" but did not tie the prisoner release to the Biden announcement. Cuba's government called

the breakthrough a step in the "right direction," but accused the US of continued "economic warfare" against the island, warning that the measures could be quickly rolled back and that the Cold War-era US trade embargo against Cuba remained. Trump, who takes office on Jan. 20, may seek to revive the sanctions overturned by Biden once in office. His transition team and Rubio's Senate office did not immediately respond to a request for comment. An official said Biden and Trump's teams had "been in communication" on the topic. In a brief letter to Congress, Biden said the actions announced on Tuesday were "necessary to the national interests of the United States and will expedite a transition to democracy in Cuba." **PRISONER RELEASE** Cuba has been discussing the possibility of a prisoner amnesty with Vatican officials since at least 2023.

## India's Metro Network Ranks Third Globally with 1,000 km Expansion

New Delhi: India's metro network has now become the third-largest globally, with a total length exceeding 1,000 km across 11 states and 23 cities. This significant achievement was highlighted during a series of major transportation project launches by Indian Prime Minister Narendra Modi on 5 January. Among the key developments, the PM inaugurated a 13 km stretch of the Delhi-Ghaziabad-Meerut Namu Bharat corridor, designed to ease travel between Delhi and Meerut. He also launched a 2.8 km extension of Delhi Metro Phase-IV, benefiting West Delhi, and laid the foundation for the 26.5 km Rithala-Kundli metro section, enhancing connectivity between Delhi and Haryana. These advancements mark



a new milestone in India's public transportation system, as metro services now cover more ground and serve over 10 million passengers daily. With this expansion, India has surpassed Japan in metro rail projects and is on track to

become the second-largest metro network globally. The Delhi Metro Rail Corporation (DMRC), which is overseeing metro projects in Bangladesh and offering consultancy in Jakarta, is also in discussions with countries like Israel, Saudi

Arabia, Kenya, and El Salvador to support their metro development plans. According to a statement from the Indian government, India's metro network is poised for further growth in the coming years.

## Free Heart Camp at CCL Gandhinagar Hospital on 24 Jan.



Ranchi: CCL's Central Hospital, Gandhinagar, Kanke Road, will host a free medical camp focused on heart disease on Thursday, January 24, 2025, starting at 9 am. The camp will feature renowned cardiologist Dr. Pramod Kuchlanti, a senior specialist from Yashoda Hospital, Hyderabad, who will examine patients suffering from heart-related issues and provide medical advice. This initiative is open to all individuals with heart conditions, and those attending are encouraged to bring any

previous treatment reports or test results for a more comprehensive examination. Under the leadership of CCL CMD Nilendu Kumar Singh, the company continues its commitment to providing essential healthcare services to its employees and the broader community. Regular health camps with expert doctors are organized to offer accessible, modern treatment options for serious health issues, ensuring that needy families can receive care close to home.

## Dr. Gangwar honoured with Atal Samrasta Ratna Samman in Kathmandu



**Bokaro:** Dr. A.S. Gangwar, Principal of DPS Bokaro, has added another prestigious global accolade to his name with the Atal Samrasta Ratna Samman, awarded in Kathmandu, Nepal. The award was presented during the Global Peace Harmony Conference, organized by the International Harmony Forum under the Indo-Nepal Harmony Organisation. The event saw the participation of representatives from 192 countries. Dr. Gangwar was honoured by Nepal's First Vice President, Justice Parmanand Jha, along with former Union Minister Abdul Khan, MP Ganesh Shah, and MPs Rekha Yadav and Narottam Ved. The award recognizes his significant contributions to national development through education, his efforts to enhance India's global prestige, and his unwavering support for the principles of India's Panchasheel. The recognition ceremony in Kathmandu was attended by individuals who have played key roles in strengthening India-Nepal relations, promoting human love, unity, and global brotherhood. Dr. Gangwar was among the select honorees, further cementing his reputation on the international stage.

The announcement of this achievement was made during a special assembly at DPS Bokaro, where Dr. Gangwar shared his joy with the school family. He expressed that this honor is a reflection of the collective efforts of the entire school community and encouraged everyone to continue working with renewed dedication and enthusiasm in the new year. Dr. Gangwar's exemplary work has earned him recognition in several countries, including Paris, Norway, Mauritius, and Sri Lanka. His latest achievement has brought immense pride to the DPS Bokaro family.

## Arpita Mahila Mandal Visits JSSPS Cadets, Celebrates Achievements



**Ranchi:** Members of Arpita Mahila Mandal, led by President Preeti Singh, Vice President Indu Mishra, and Shashi Duhan, recently visited the JSSPS Khelgaon campus to meet cadets undergoing training. The delegation toured various stadiums and engaged with the cadets about their sports performance, hostel facilities, and training quality. Highlighting the achievements of women cadets, Preeti Singh expressed pride in the success of Jharkhand's daughters, who are gaining national and international recognition. She praised the dedication of the players, especially the women, who continue to bring honor to both the state and the country.

The visit, aimed at boosting morale, was well-received by the cadets. The Mahila Mandal members wished the players a bright future and commended the efforts of JSSPS coaches and staff. They also acknowledged the joint efforts of CCL and the state government in promoting sports in Jharkhand, with JSSPS setting a new benchmark for sports development in the region.

## DAV-6 Students Explore Botanical Garden on Educational Tour

**Bokaro:** The students of DAV Public School Sector 6 recently visited the botanical garden as part of their educational tour. Children from Bal Vatika and classes 1, 2, and 3 had the opportunity to learn about various vegetables and their nutritional benefits. The excited kids were thrilled to see vegetables like spinach, tomato, ladyfinger, pumpkin, and more growing in the organic garden. Teachers Bhavna Ghale, Aradhana, and Shyam Bhushan Srivastava provided detailed insights into the importance of green vegetables and the nutrients they offer. Principal Anuradha Singh praised the educational tour, highlighting its value in providing hands-on learning experiences that help students retain information.

## BIT Mesra's 6th Cricket Tournament: A Resounding Success



**Ranchi:** The 6th edition of the BIT Mesra Cricket Tournament recently concluded at the Cricket Oval, showcasing impressive displays of sportsmanship and unity. The tournament, a cherished annual event, brings together participants of all ages and backgrounds, promoting fitness, community spirit, and a shared love for cricket. This year's tournament saw a diverse range of teams, including children from nearby villages, ladies' teams made up of working professionals and homemakers, and staff teams from both junior and senior categories. The event also supported the "Fit India Movement," with a focus on encouraging women's health and fitness. Team Orange Chittahs emerged as champions, winning the P K Mishra Memorial Trophy, sponsored by Swarnima Payal. In the junior and senior categories of the JV Sagar Memorial Children Trophy, the Doremons and Royals claimed top honors, respectively. Snigdha Manna, First Lady of BIT Mesra, presented the awards to the victorious teams, accompanied by faculty members Dr. Gautam, Dr. Dhiman, Dr. S. Mishra, and Dr. Ghose, alongside enthusiastic staff and children.

## DAV Sector 6 Celebrates Makar Sankranti, Bihu, Lohri, & Pongal with Enthusiasm



**Bokaro:** DAV Public School Sector 6 celebrated the festivals of Makar Sankranti, Bihu, Lohri, and Pongal today with vibrant performances and spirited competitions. The event was inaugurated by the school's Principal, Anuradha Singh, and saw active participation from students across classes 1 to 12. The program featured various group dance performances, showcasing the students' talents. Competitions such as kite making, kite flying, and dance were also organized. Principal Anuradha Singh highlighted the significance of these festivals as symbols of unity and Indian culture, celebrated across the nation under different names.

## Uyghur Woman Sentenced to 17 Years for Teaching Islamic Lessons to Sons and Neighbor in China

**RNS:** A 49-year-old Uyghur woman from Xinjiang, China, has been sentenced to 17 years in prison for allegedly conducting illegal religious lessons. Seylihan Rozi was accused of providing religious education to her two sons and a neighbor, teaching them Quranic verses used in daily prayers (namaz), according to the media reports.

The charges against Rozi stem from her involvement in what authorities describe as "illegal underground religious activity." According to a local policeman from Saybagh village, Rozi's teachings centered on 10 Quranic verses, which she shared with her family and one neighbor. Rozi's sentencing was confirmed by a staff member of the Bulaqsu Township Party Committee in Kashgar's Konasheher county. The official stated that she was imprisoned for her "illegal religious activities," a charge that aligns with reports of increasing restrictions on religious freedoms in the Xinjiang region.



In addition to Rozi's prison sentence, her two sons have also been given lengthy prison terms. One received a seven-year sentence, while the other was sentenced to 10 years for participating in what authorities labeled as "illegal religious education." The case has sparked condemnation from international human rights groups, including the Council on American-Islamic Relations (CAIR), a Muslim ad-

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## Sarvadharm Mass Marriage Committee Organizes Dowry-Free Weddings for 95 Couples

**Dhanbad:** The Sarvadharm Mass Marriage Committee successfully organized a dowry-free marriage ceremony for 95 couples, marking its 11th year of service. Committee president Pradeep Singh shared that the initial target was to marry 101 couples, with 95 couples registering for the event. Of the 95, 88 Hindu, 6 Christian, and 1 Muslim couple were married according to their respective religious customs. In a unique environmental initiative, all the grooms' barats were taken out on to-



tos, accompanied by drums and fireworks, to reduce environmental impact. The weddings were held on a single stage at the Golf Ground, where the couples were garlanded together.

Since its inception in 2014, the Sarvadharm Mass Marriage Committee has facilitated the marriages of 994 couples, with this being the largest such event in Jharkhand. On this occasion,

several social workers were honored, and Cham Cham Devi, president of the Kinnar Samaj, donated Rs. 51,000 to the committee. The event saw significant contributions from local organizations, including the Dhanbad District Decorated Organization, Dhanbad Press Club, Bank More Chamber of Commerce, Shakti Mandir Seva Trust, and others, who played key roles in organizing the wedding program. After the ceremony, the newlywed couples were given a grand farewell.

## IIT-ISM Dhanbad to Host Uttarakhand Delegation for Cultural Exchange

**Dhanbad:** IIT-ISM Dhanbad will host a delegation of 50 young participants from Uttarakhand as part of the Yuva Sangam initiative. The program, organized by the Ministry of Education under the Ek Bharat Shreshtha Bharat mission, aims to foster cultural exchange between the youth of different states. The event will start on January 16, 2025, and will last for five days, giving the participants a chance to explore Jharkhand's culture, landscapes, and industrial achievements. The delegation consists of 25 male and 25 female participants, who will be accompanied by a five-member team from IIT Roorkee, led by Professor Sunil Krishna, along with four coordinators. The official welcome ceremony will take place at 4 PM on January 16 at the Golden Jubilee Lecture



Theatre in IIT-ISM Dhanbad. The ceremony will be attended by prominent figures such as Professor Sukumar Mishra, Director of IIT-ISM, Professor MK Singh, Dean of Academics, SK Gupta, Dean of Students Welfare, and Professor Sanjeev Anand Sahu, Jharkhand's State Nodal Officer for Yuva Sangam. The program will include several visits and activities. On January 17 and 18, the delegation will explore Ranchi, visiting key sites

21, the delegation will visit the Hydro Power Project of the Damodar Valley Corporation (DVC). The cultural exchange will conclude with a valedictory session at IIT-ISM Dhanbad before the group returns to Roorkee. This cultural exchange is a part of an ongoing effort by IIT-ISM Dhanbad and IIT Roorkee to strengthen ties between the youth of Jharkhand and Uttarakhand. Previously, a group of 43 youth from Jharkhand visited Uttarakhand from November 30 to December 4, 2024, promoting unity and mutual understanding. Professor Sanjeev Anand Sahu emphasized that the Yuva Sangam initiative reflects the vision of fostering national integration and showcasing India's cultural and industrial diversity to the younger generation.

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# Navy gets 'hunter-killer' submarine, warships; PM says emerging as maritime power

**In a ceremony held at the Naval Dockyard in Mumbai, PM Modi dedicated the three combatants -- INS Surat, INS Nilgiri and INS Vaghsheer -- to the nation.**



As per Navy officials, INS Vaghsheer, the sixth and final submarine of the P75 Scorpene Project, was constructed in collaboration with the Naval Group of France. INS Vaghsheer, also known as the 'hunter-killer' submarine, is equipped with torpedoes and anti-ship missiles and is capable of both anti-surface and anti-submarine warfare apart from intelligence gathering and mine-laying capabilities. As per defence experts, it is poised to strengthen India's maritime dominance and act as a deterrent to adversaries like China and Pakistan.

**Mumbai.** Prime Minister Narendra Modi on Wednesday dedicated three frontline naval combatants, INS Surat, INS Nilgiri and INS Vaghsheer, to the nation in a ceremony in Mumbai. With the arrival of INS Vaghsheer (a 'hunter-killer' submarine), INS Surat (a guided missile destroyer) and INS Nilgiri (a stealth frigate), the Indian Navy is poised to strengthen its maritime presence, acting as a deterrent to adversaries like China and Pakistan.

Speaking at the ceremony, PM Modi said that India is emerging as a "major maritime power in the world" and the expanding ship-building

industry will help in the Atmanirbhar Bharat Abhiyan.

"Chhatrapati Shivaji Maharaj had given new strength and a new vision to the Indian Navy. Today, on his holy land, we are taking a very big step towards strengthening the Navy of the 21st century. This is the first time that a destroyer, a frigate and a submarine, all three are being commissioned together," PM Modi said. "Today, India is recognised as a reliable and responsible partner globally, especially in the Global South. India works in the spirit of development, not expansionism. India has always supported an open, secure, inclusive and prosperous Indo-Pacific region," PM Modi added.

INS Surat, a guided missile destroyer, is one of the largest and most sophisticated destroyers in the world with an indigenous content of 75 per cent and is equipped with state-of-the-art weapon-sensor packages and advanced network-centric capabilities, as per Navy officials.

Similarly, INS Nilgiri, the first ship of the P17A Stealth Frigate Project, has been designed by the Indian Navy's Warship Design Bureau and incorporates advanced features for enhanced survivability, seakeeping, and stealth, reflecting the next generation of indigenous frigates, they said. Later in the day, in another function during his visit to Maharashtra, the Prime Minister will also inaugurate an Iskcon Temple in Kharghar in Navi Mumbai.

# Rahul Gandhi's 'treason' jab at RSS chief's 'true independence' remark

**NEW DELHI.** Leader of the Opposition (LoP) Rahul Gandhi hit out at RSS chief Mohan Bhagwat for his remark that India got "true independence" after the Ram temple was built, calling it "treason". Addressing party workers after the inauguration of the new Congress headquarters, Indira Bhawan, Gandhi said that Bhagwat's remarks were an insult to freedom fighters and an attack on the Constitution.

"Mohan Bhagwat has the audacity to inform the nation every 2-3 days what he thinks about the independence movement and the Constitution. What he said yesterday is treason because he stated that the Constitution is invalid, fight against the British was invalid."



He has the audacity to say this publicly. In any other country, he would be arrested and tried," the Raebareilly MP said.

Earlier this week, Bhagwat sparked a row after he claimed that India achieved "true independence" on the consecration day of the Ram temple in Ayodhya. He also suggested that the day be celebrated as "Pratishtha Dwadashi".

Calling the RSS chief's remarks an "insult to every single Indian citizen", Gandhi said, "It's about time we stop listening to this nonsense that these people think they can just keep parroting out and shouting and screaming."

# ED gets nod to prosecute Arvind Kejriwal, Manish Sisodia in liquor policy case

**NEW DELHI.** The Union Home Ministry has granted approval to the Enforcement Directorate (ED) to prosecute Aam Aadmi Party (AAP) chief Arvind Kejriwal and former minister Manish Sisodia in a money laundering case connected to the Delhi liquor policy scam. The Ministry's decision comes after Delhi Lt. Governor VK Saxena, saying that granting of a sanction should be given since Kejriwal was the "kingpin and key conspirator" of the scam. On his part, the AAP chief approached the Delhi High Court, saying the probe agency's chargesheet against him and others in the case was illegal because no prior sanction of authorities was taken before filing the prosecution complaint. The case against Kejriwal centres on

accusations of irregularities in the formulation of the now-defunct Delhi excise policy for 2021-22. It is alleged that the former Chief Minister along with other AAP leaders, including Sisodia, intentionally created loopholes in the policy to receive kickbacks from liquor lobbyists.



He was first arrested by the ED on March 21, 2024, in connection to the money laundering case. Later, the Central Bureau of Investigation (CBI) arrested Kejriwal on June 26, 2024 in a corruption case. In September 2024, the Supreme Court granted bail to the AAP chief. Just days after he secured bail, Kejriwal resigned as the Chief Minister of Delhi, paving the way for senior AAP leader Atishi to occupy the top post. Meanwhile, Sisodia walked out of jail in August 2024, 17 months after he was arrested by the ED and CBI in connection with the liquor policy case. The AAP has fielded the senior party leader from the Jangpura seat for the February 5 Delhi Assembly elections.

# Grateful Nation Pays Tribute To Bravehearts: President Murmu On Army Day

**New Delhi.** President Droupadi Murmu lauded the Indian Army for its pivotal role in ensuring national security and fostering peace in the country during the 77th Army Day celebrations.

The President highlighted the Army's invaluable contribution to the nation's progress and prosperity, stating that their efforts have created a secure and peaceful environment.

Army Day, observed annually on January 15, marks the foundation of the Indian Army and symbolises India's military independence. It commemorates the historic moment in 1949 when General Sir Francis Butcher, the last British Army Chief of India, handed over command to Field Marshal Kodandera Madappa Cariappa, who became the first Indian Chief Commander of the Legion of Merit. The theme for the 77th Army Day celebrations is "Samarth Bharat, Saksham Sena." In a



statement, the President conveyed her warm greetings to the Army, acknowledging its courage and professionalism in defending India's borders.

"The courageous army personnel have

consistently displayed extraordinary courage and high standards of professionalism in defending our borders. The Indian Army has been instrumental in containing terrorism," the statement read. "A grateful nation pays tribute to the bravehearts who sacrificed their lives in service of the nation. The nation is indebted to them and their families. I wish the Indian Army continued success in all its endeavours and convey my best wishes to its gallant soldiers, veterans and their families," it added. Union Defence Minister Rajnath Singh also expressed his admiration for the Indian Army's "indomitable courage, valour, and selfless service" on the occasion.

He extended his heartfelt greetings to all soldiers, officers, and their families, stating that Army Day provides an opportunity to honour their invaluable contributions to national security and integrity.

# Indian Army Has Brought Glory To India On Global Stage: Rajnath Singh

**New Delhi.** Union Defence Minister Rajnath Singh lauded the Indian Army on the occasion of the 77th Army Day, highlighting its "indomitable courage, valour, and selfless service" in safeguarding the nation's security and integrity. He stressed that the armed forces have brought "glory to India on the global stage" through their exceptional commitment and professionalism. Army Day, celebrated every year on January 15, marks the establishment of the Indian Army and symbolises India's military independence. The day commemorates the historic moment in 1949 when General Sir Francis Butcher, the last British Army Chief of India, handed over command to Field Marshal Kodandera Madappa Cariappa, who became the first Indian Chief Commander of the Legion of Merit. This year's celebration is themed "Samarth Bharat, Saksham Sena." In his message, Mr Singh extended his greetings to the soldiers, officers, and their families, noting that the day offers an opportunity to honour their bravery and dedication. On this auspicious



occasion of Army Day, I extend my heartfelt greetings to all the brave soldiers, officers of the Indian Army, and their families. This day provides us an opportunity to salute their indomitable courage, valour, and selfless service for our security and national integrity," he stated. He underlined the Army's vital role not only in guarding India's borders but also in contributing to disaster management, peacekeeping, and humanitarian assistance. "The Indian Army is not only at the forefront in guarding the borders of the country but is also

making unparalleled contributions in the field of disaster management, peacekeeping, and humanitarian assistance. It is a symbol of pride and confidence of every Indian," the statement read. Acknowledging the Army's contributions to nation-building, the Defence Minister said it remains one of the most important pillars of India's security. "The Indian Army is one of the most important pillars of national security, and its role in nation-building is incomparable. I am happy that the Indian Army is not only always ready to deal with all types of threats, traditional and indirect, but is also playing a vital role in the country's emergence as a Viksit Bharat," he noted. Mr Singh also praised the Army's rapid strides in adopting modern technology and promoting self-reliance in defence production.

"The Indian Army is also moving at a rapid pace in the process of change and adoption of modern technology and is promoting indigenisation by adopting the path of self-reliance. The efficiency, discipline, and patriotism of our Army have brought glory to India on the global stage."

# Ignored Manmohan Singh: BJP attacks Congress for naming new office Indira Bhawan

**Ahead of the inauguration of the building, posters were seen outside the new Congress headquarters demanding that it be named 'Sardar Manmohan Singh Bhavan'.**

**NEW DELHI.** The BJP hit out at the Congress for ignoring former Prime Minister Manmohan Singh and naming its new headquarters after Indira Gandhi. The political slugfest erupted as the Congress moved to its new headquarters on Kotla Road from 24, Akbar Road - which had been its home for nearly five decades and has witnessed the party's political and electoral ups and downs.

Ahead of the inauguration of the new building, posters were seen outside the new headquarters demanding that it be named 'Sardar Manmohan Singh Bhavan'. Accusing Congress of "insulting" its stalwarts like PV Narsimha Rao and Pranab Mukherjee, BJP spokesperson Shehzad Poonawalla castigated the party over its "Family First" mindset. "The Congress did dirty politics on samman of Dr Manmohan Singh, but now, despite a huge



demand to name their new headquarters after Dr Singh - they ignored him and named it after Indira Gandhi. Shameful mindset to abuse and insult the Sikh community and always do Family First. Narsimha Rao ji, Ambedkar ji, Pranab da and all stalwarts insulted by Congress," Shehzad Poonawalla tweeted. Reacting to the remark, Congress

MP Rajeev Shukla said the name 'Indira Bhawan' was accepted by all party leaders. "Indira Bhawan is accepted by all. No one from Manmohan Singh's family has any objection to it," he said.

Veteran Congress leader Pawan Bansal said the name of the new Congress headquarters was decided 10 years ago. "Now there should be no controversy regarding the name," he said.

## WHAT IS THE CONTROVERSY ALL ABOUT?

After Manmohan Singh passed away on December 26 last year, the Congress wrote to Prime Minister Narendra Modi, urging the government to hold the former Prime Minister's cremation at a site suitable for constructing a memorial. However, Singh was cremated at Nigambodhi Ghat, prompting the Congress to accuse the BJP of "disrespecting" the noted economist. The government has, however, agreed to build a memorial for Manmohan Singh. It has also earmarked a designated site

## New Congress headquarters named Indira Bhawan

Posters seen demanding it be named 'Sardar Manmohan Singh Bhavan'

BJP accuses Congress of insulting PV Narsimha Rao, Pranab Mukherjee

within the Rashtriya Smriti complex for former President Pranab Mukherjee. The new headquarters, which took 15 years to construct, was inaugurated by Sonia Gandhi in the presence of party president Mallikarjun Kharge, MP Rahul Gandhi and other prominent leaders. The foundation stone for the new building was laid by then Prime Minister Manmohan Singh and Sonia Gandhi way back in December 2009.

## Buck buckled, and Shimla got its book

A hundred years ago, in 1925, perhaps one of the finest town chronicles to have been written about any part of the world was published. This was the second edition of 'Simla Past and Present', where 340 pages were packed with details and anecdotes. The first edition was considerably slimmer and had been written in 1904 — at the express command of the British Governor-General and Viceroy of the time, Lord Curzon. The author, Edward John Buck (1862-1948), was the Agent — as the Correspondent was called — attached to the colonial Government of India for the news agency, Reuters. One of his tasks, at the outset of the First World War in 1914, was to distribute telegraphic messages to other parts of the British Empire about how India was helping in Britain's war effort and '...to contradict the baseless reports circulated from German and other anti-British sources!' In turn, for around a century, Reuters was the primary news agency of the British Empire. Despite being mainly dependent on British sources, Buck's book, however, remains largely — and pleasantly — free of political commentary or prejudice.

As Buck recounted, the writing of 'Simla Past and Present' began, as it often does, with no intentions of becoming a book — and even now, a century later, this remains a standard and valued text. This started with a conversation he had with his friend, Sir Arthur Milford Ker, manager of the Alliance Bank of Simla. Ker had taken one of Shimla's iconic homes, Chapslee, as his residence. He told Buck that he had come across some papers that pertained to the Auckland House estate and its adjoining property, Chapslee. Auckland House had served as the residence of the Governor-General, Lord Auckland, between 1836 and 1842. It went on to become a boarding house and then, a girls' school — which it still is. Partly based on these papers, Buck wrote a couple of articles for the popular, and now defunct, newspaper, The Civil and Military Gazette. The Viceroy, Curzon, learnt about these articles and invited Buck and his wife to lunch at Naldehra — where he would camp for weeks on end as he disliked the opulent and often overpowering architecture of the Viceregal Lodge in Shimla. After lunch, the Viceroy took Buck for a stroll and told him in no uncertain words: "Mr Buck, I've asked you here to tell that you are to write a book on Simla."

Buck tried to get out of the situation, but Curzon would have none of it. And, Buck, buckled. For that, we, of later generations, may well be grateful to Curzon, whom we do not remember kindly as he was responsible for the partition of Bengal in 1905 and the invasion of Tibet in 1903. As a side note, it may be added that Curzon established the Archaeological Survey of India and undertook the restoration of the Taj Mahal — as well as set up the country's first wildlife sanctuary, which is now the Kaziranga National Park. Curzon was influenced by his stay in India and impressed by Hindu thought and noted: "India has left a deeper mark upon the history, the philosophy, and the religion of mankind than any other terrestrial unit in the universe." Gandhiji was to note that he was the first Viceroy who was sympathetic to the fate of indentured labourers. Three days after obtaining a formal consent, Curzon agreed to allow Buck to dedicate the book to him. He asked to see the chapter titled 'Residences of the Governors-General and Viceroys' and made several corrections and observations in a red or blue pencil — and even added a few pages. Twenty-one years later, the far more comprehensive second edition came along. Outstanding in scope and detail, the 1925 edition had 21 chapters that ranged from the origins of the town, to what was perceived to be its future. In its substantial scope, it covered history, society, theatre, nature, buildings and swept in the suburbs and local customs. This, again, with permission, was dedicated to the Viceroy of the time, Lord Reading. But, of course, there is a downside. There is but little mention of Indians and those too are mostly of the princely families that took residence in the town or were visitors. That course correction would come only after Independence and with other writings.

In Shimla, Buck's residence was Northbank.

## We aren't masters of our private universe

THE GREAT GAME: The law of the land and courts have little business in areas occupied by consenting adults

TWO stories in The Tribune on Friday, on the worsening sex ratio in Punjab as well as the Supreme Court's refusal to allow same-sex couples to get married anywhere in the country, may on the face of it seem both disparate as well as disconnected from the other. But look closely, dear Reader. There's a skein of something that links the two together — a something that militates against the idea of choice. What you wear, who you go out with, who you vote for, what you eat, who and how and when and why you marry who you want to marry... Perhaps it all begins with whether you will allow your girl's foetus to complete a full-term and become a full-blown baby.

The fact is, both these pieces of news in The Tribune are joined by the idea of control. Someone doesn't like the fact that you're a girl, so get rid of her. Someone else doesn't like the fact that you're marrying someone of the same sex, even though you may love this person, because it militates against the idea of "holy matrimony". Marriage is a social contract and society cannot be disturbed by images that I don't approve of. I must have control. I am judge, jury and executioner and I know better than you. The odd thing is that it is none other than the Supreme Court, the upholder of the Constitution — the 75th anniversary of which we so joyfully celebrated only a few weeks ago — which is leading the main charge. So, when the Court dismissed a review petition on Thursday challenging a 2023 ruling refusing marriage for same-sex couples — several of whom had challenged this as a denial of their fundamental rights under the Constitution — it was effectively telling millions of same-sex partners that it knew better. Now, let's think about this for a second. The five-judge Bench of the Supreme Court — one of them an upstanding son from our own Punjab & Haryana High Court, Justice Surya Kant — has basically announced that it is the final arbiter on who you can marry. That it's okay to do what you want behind the closed doors of your bedroom, but once outside in the public glare, you must follow certain societal norms.

There is a message for us hapless folk here — ordinary folk who happen to love and want to live with people

of our same-sex choice and have children with them, via adoption or surrogacy, and take out life insurance policies and go for holidays together and on school application forms proudly say that we are both the parents of this child. The message is that we are not masters of our own private universes. That the 'lakshman rekha' between homosexual and heterosexual couples is very much alive and well, and if we dare to cross it, then we will have to face



the consequences.

Of course, the Hon'ble Bench has gotten around the anticipated accusation of discrimination by saying that there is "no unqualified right" to marriage. Try telling a heterosexual couple that, though. (Nor is this article going to point towards the Court's persistent refusal to criminalise marital rape or why single, unmarried women cannot carry a surrogate child — no point veering off into other contentious matters.) So here's the thing. Back in 2018, the brave and courageous Supreme Court read down Section 377, basically knocked it off our history books because the 1861-era law criminalised sex between two people of the same sex. It was absolutely the right thing to do and the country cheered on the Court, because it was taking a step in favour of equal rights. It was standing up for the Constitution.

The current petitions were a natural follow-through of the Court's withering dismissal of Section 377. Now that you let us come out of the closet, same-sex couples were saying, allow us to be just like you.

Fast-forward to Thursday, 2025. By refusing marriage, the Hon'ble Court was basically saying that it's simply not okay to formalise this relationship between two same-sex consenting adults. Of course, the question is why. Why do five — or eight judges, if you include those on the 2023 judgment in which three persons on the Bench tilted in favour of keeping marriage out of bounds — feel that they know more about love and marriage than those who are actually living it? Why do they feel they know better? Do they really know better?

Actually, this attempt at control begins at the beginning, right from the time you're a foetus, even before you become a child, leave alone a man/woman. Back in 1994, India passed a law, the Pre-Conception and Pre-Natal Diagnostic Techniques Act, that prohibited you from medically seeking information on the sex of an unborn child. The Tribune story by Deepkamal Kochhar, citing civil registration data across Punjab, says that the sex ratio in 2023 has actually worsened in parts of Punjab — in Pathankot and Gurdaspur, the worst districts, only 864 and 888 girls were born, respectively, compared to 1,000 male children — because female foeticides, all illegal

abortions, are still being carried out in defiance of the law. Perhaps the Court is attempting to paint a picture of the ideal couple — the 'hum do, hamaare do' husband-wife with two ideal children. Perhaps it is subconsciously emulating the sanskari ideal that the RSS promotes, of the male head of the household and the protective, caring mother by his side. Perhaps it genuinely believes that such matters are not its business, that Parliament or state legislatures must know better. Perhaps the Supreme Court doesn't realise that this One Nation, One Happy Family construct is exactly that — a man-made construct that is far removed from reality. One glance at the teeming courts in our country where petitioners from all walks of life are seeking justice or one quick, second-hand look at the seamy side of life via Netflix serials like Mirzapur — or the first chapter of Anna Karenina, or the Mahabharata — is enough to give you some idea of the constant chaos that thrums beneath the palimpsest of society.

## INDIA wilting

Onus on Congress to keep the bloc intact

JAMMU & Kashmir Chief Minister Omar Abdullah has ruffled quite a few feathers, particularly in the Congress camp, by raising doubts about the INDIA bloc's future and suggesting that it should be wound up if it was meant only for the parliamentary elections. His obvious targets are two alliance partners — AAP and the Congress — which are working at cross purposes in the Delhi Assembly elections. Omar's outburst comes in the wake of RJD leader Tejashwi Yadav's remark that the bloc was formed only for the 2024 Lok Sabha polls. Putting on a brave face, senior INDIA leader and Omar's father Farooq Abdullah has claimed that the alliance is about "strengthening India and eliminating hatred", but he didn't sound very convincing when he vouched for the bloc's longevity. The cracks are undoubtedly widening. The alliance is becoming a rudderless ship, if not a sinking one, merely



seven months after its credible performance in the Lok Sabha elections. Who is at the helm? The Congress took

its leadership of INDIA for granted, only to be rudely jolted by successive poll setbacks — first in Haryana and then in Maharashtra. The grand old party is playing second fiddle to regional parties in both Jharkhand and J&K, where INDIA triumphed last year. The Congress has lost not only bragging rights but also the ability to spearhead a pan-India coalition that can challenge the BJP. The onus, however, is still on the Congress to keep the bloc intact, as pointed out by Uddhav Thackeray's Shiv Sena faction. It continues to be the largest party in the Opposition alliance. The Gandhis — all three of them are in Parliament now — and Congress president Mallikarjun Kharge need to reach out to disgruntled allies. The least they can do is to set INDIA's agenda for this year in consultation with other stakeholders. Letting things drift will be a win-win situation for the BJP.

## Warming up to feeding backyard birds in the Kashmir snow

The conundrum of whether to feed or not to feed birds has bothered ornithologists as, for them, supplementary feeding could change the wild bird's natural behaviour

My oldest and one of the most cherished childhood bird memories is my mother spreading rice grains on the windowsill in early winter mornings and the bulbuls, sparrows and mynas dashing in to pick them. This was a routine she would follow religiously till the ground outside remained blanketed with snow. The birds would become so confiding that if there was a slight delay in the daily offerings, they would peck at the windowpanes to remind her to feed them. Wild birds are well-adapted to their habitats and presumably know how to fend for themselves even during weather extremities. We humans feed birds as we consider this to be a noble act that does good to us and to the birds as well. We enjoy the sights and sounds of birds in our vicinity and providing some feed brings them to our backyard. The conundrum of whether to feed or not to feed birds has bothered ornithologists as, for them, supplementary feeding could change the wild bird's natural behaviour, including foraging, migration and even breeding. But the latest studies suggest that birds with access to a feeder survive better during severe winters because they have more fat and spend less time and energy than otherwise required to forage for the natural food in the wild. Severe temperate winters like the ones we have in Kashmir affect birds as much as humans. With shorter days, freezing temperatures and no greens and insects around, it is hard for the birds to find forage. After a heavy snowfall, finding food becomes even more challenging. During summer, which is the breeding season for most birds in Kashmir, the latter consume protein-rich insects, which are in abundance and easily captured. As the fall approaches, the avians take to fruits and seeds to survive, which, in harsher snowy winter remain in



short supply in the wild. This is the time when the birds won't mind supplements from humans and when the bird-feeding enthusiasts should restock their feeders. Bird-feeding by humans, however, has its own risks for the birds. It can attract individuals from different bird species and bring them together closer, and more frequently than normal in nature. This can create ideal conditions for the transmission of parasitic contaminations and diseases. If the bird feeding point is not properly secured or the right type of bird feeder is not installed, predation by wild and stray predators like dogs, cats and mongooses can

take a toll on the feeding birds. Over the past decade, birdwatching in Kashmir has picked up like never before and so has the enthusiasm to feed birds. Bird lovers often ask me for tips to attract birds of their choice through feeding. It is not difficult to bring birds to your backyard if you employ the correct bird-feeding method. However, for the welfare of birds, you need to follow some basic guidelines. It is always advised to create a bird-feeding station at a suitable place in your backyard (or front lawn, as we usually have in Kashmir) and use proper bird feeders that best suit the birds in need. Scattering the feed on the

ground should be avoided as it can attract unwanted species like rats and feral pigeons. Bird feeders can be designed and built at home or purchased from the market. The prerequisite for a good bird feeder is that it should be easily accessible to the birds with a sort of ledge for them to perch on; it should be inaccessible to the predators, preferably a suspensible one and it should have sufficient roof and/or drainage to prevent water from ruining the feed. It is best to place the bird feeder in the vicinity of trees or even hang it from the branch of one in your garden. Traditionally, in Kashmir, we feed rice, both un-cooked and cooked (leftover), and corn to the birds. Apart from rice (kernels), whole (un-hulled) paddy seeds can also be used, and it is better to have cracked corn, which suits the smaller birds. Sunflower seeds, which are highly nutritious and high in fat and widely used as bird feed worldwide, should also be tried. Suet, the hard animal fat used in cooking and readily available in butcher shops in Kashmir, can be an effective attractant for bird species like tits, nuthatches and woodpeckers.

Maintenance of the bird feeders is also a must. The feeders and feeding areas must be kept clean and to avoid overcrowding, feeders should be placed sufficiently apart. You also need to check your feeders for sharp edges, which can cause injuries to the birds. Paul Baicich, co-author of 'Feeding Wild Birds in America: Culture, Commerce & Conservation', writes about bird-feeding: "It's wonderful. It introduces people to nature — in their backyard. It's the intermediate step between sitting around the house and actually going out to a national wildlife refuge. The birds don't need the feeders. We do."





**अगर आप भी उन पेरेंट्स में से हैं, जो यह मान कर बैठे हैं कि बच्चों को सब कुछ सिखाने की जिम्मेदारी स्कूल की है, तो अपने को थोड़ा दुरुस्त कर लें। अगर बच्चों को सुनहरे कल के लिए तैयार करना है, तो कुछ बातें आपको भी उन्हें सिखानी होंगी...**

किसी भी समस्या को लेकर आत्मविश्वास पैदा हो जाएगा और फिर शायद ऐसा कुछ नहीं बचेगा, जिसे वह हल नहीं कर सकता हो और आपकी समस्या भी बड़ी आसानी से हल हो जाएगी।

#### अपने आप में खुश रहना

सभी पेरेंट्स अपने बच्चों को बहुत लाड़ करते हैं और यह मानकर चलते हैं कि बच्चों की खुशी के लिए उनका बच्चों के साथ होना बहुत जरूरी है। जब बच्चे बड़े हो जाते हैं तो उन्हें पता ही नहीं होता कि खुश कैसे रहा जाए और वे दोस्तों, शॉपिंग, वीडियो गेम्स, इंटरनेट जैसी बाहरी चीजों में अपनी खुशी ढूँढते हैं। जबकि एक बच्चे को आसानी से अपने-आप में खुश रहना सिखाया जा सकता है। वह खुद खेल सकता है, पढ़ सकता है, अपनी कल्पनाओं में खो सकता है। अपने बच्चे को शुरू से थोड़ी निजता की आदत डालें। उसे अकेले थोड़ा वक्त बिताने दें, वह खुद-ब-खुद खुश रहना सीख जाएगा।

#### सहनशील

घर में बच्चों के चारों ओर सुरक्षित वातावरण होता है, लेकिन जब वे बाहरी दुनिया के संपर्क में आते हैं तो कई बार यह अनुभव उनके लिए डराने वाला, तकलीफदेह हो सकता है। इसलिए अपने बच्चों को शुरू से ही हर तरह के लोगों से मिलने की आदत डालें। उन्हें बताएं कि दुनिया में अलग-अलग तरह के लोग होते हैं और अलग होना कोई बुरी बात नहीं है।

#### बदलाव स्वीकार करना

दुनिया हर क्षण बदलती रहती है और जो इस बदलाव को स्वीकार करके उसके साथ-साथ चलता है, वह हमेशा सुखी रहता है। जो लोग बदलाव नहीं चाहते या उससे डरते हैं, वे जिंदगी में बहुत ज्यादा आगे नहीं बढ़ पाते। चार्ल्स डार्विन का सिद्धांत भी यही कहता है। किसी चीज पर अडिग होना अच्छा है, लेकिन उस पर अड़ जाना खराब है, जिंदगी में चीजों को लेकर थोड़ी नरमाई या लोच होना चाहिए। यदि आप बदलाव के अनुकूल बन जाते हैं तो आपको नए-नए अवसर मिलते हैं। ये नए अवसर आपकी प्रार्थना बन जाते हैं, जबकि ये पहले आपके आस-पास भी नहीं थे। तो बच्चों को सिखाएं कि यदि वे किसी भी तरह के बदलाव को स्वीकार करेंगे तो जिंदगी रोमांच से भरपूर बनी रहेगी।

## ..बहुत जरूरी है बच्चों को यह सिखाना

**आप किसी चीज को लेकर इतने उत्साहित रहते हैं, कि हर वक्त उसी के बारे में सोचते रहते हैं। आपको कोई भी चीज करने में मजा आता है और जब वह चीज आकार लेती है तो आपको भीतर से खुशी होती है...**



## चेहरे की झाड़ियों का कैसे होता है उपचार

झाड़ियाँ एक ऐसी अवस्था है जिसमें चेहरे पर भूरे व काले रंग के धब्बे पड़ जाते हैं। यह दोनों गालों से शुरू होकर, बाद में बटर फ्लॉय शोप में होने लगते हैं। कभी-कभी यह नाक और आँख के ऊपरी हिस्से (भ्रूहि) में भी होते हैं। पिग्मेंटेशन कितनी गहराई तक है, उसके अनुसार झाड़ियों को चार भागों में विभाजित किया गया है, पढ़ें अगले पेज पर ...

#### एपीडर्मल झाड़ियाँ

इस अवस्था में केवल ऊपरी सतह ही प्रभावित होती है। इस तरह की झाड़ियों को ठीक करना आसान होता है।

#### उर्मल झाड़ियाँ

इसमें पिग्मेंटेशन त्वचा की गहराई तक होता है। इसका ट्रीटमेंट कठिन होता है। मिश्रित - इस तरह की झाड़ियों का ट्रीटमेंट काफी कठिन होता है। इसमें लेजर और पील उपचार आदि को संयुक्त रूप में दिया जाता है।

#### अस्पष्ट झाड़ियाँ

इस तरह की झाड़ियाँ बहुत गहरे रंग की त्वचा में पाई जाती हैं। ऐसी अवस्था में त्वचा की स्थिति के बारे में जानना आसान नहीं होता।

#### हार्मोनल असंतुलन

यह झाड़ियों का मुख्य कारण होता है। गर्भधारण करने की स्थिति में हो सकता है या गर्भ निरोधक गोलियों लंबे समय तक लेने से हो सकता है।

#### अनुवांशिक कारण

अनुवांशिक कारणों से। धूप की किरणों से बचाव न करने की वजह से। एलर्जी - कुछ कॉस्मेटिक उत्पाद जिनसे एलर्जी होने के बाद भी उपयोग करने के कारण। थायरॉइड - झाड़ियाँ थायरॉइड बीमारी के मरीजों में भी देखी जा सकती हैं। रजोनिवृत्ति - रजोनिवृत्ति के समय बढ़ जाती है। हार्मोनल असंतुलन होने की वजह से झाड़ियों का उपचार करना कठिन होता है। सही ढंग से उपचार कराने पर यह ठीक हो जाती है।

#### गोरेपन की क्रीम

झाड़ियाँ दूर करने के लिए हायड्रोक्विनोन, ट्रेटिनोइन,

रेटिनॉइड्स, कोजिक एसिड और विटामिन-सी आदि कई तरह की क्रीम का त्वचा की प्रकार व पिग्मेंटेशन के अनुसार उपयोग किया जाता है।

#### लेजर उपचार-

लेजर उपचार से भी काफी मदद मिलती है। लेसर में क्यू-स्विचड लेजर का उपयोग करते हैं जिससे मिलेनोसाइट कम हो जाते हैं। यह उपचार लेने के लिए कई बार क्लिनिक पर जाना पड़ता है यानी यह कई सेशन में किया जाता है। यह सेशन महीने में एक बार होती हैं।

#### केमिकल पील उपचार-

इसमें ग्लाइकोपील, टीसीए पील, मंडेलिक एसिड पील आदि विभिन्न पील का उपयोग होता है। पील उपचार के लिए कई सेशन होती हैं, इनमें 10 दिनों का अंतराल होता है।



#### सवाल पूछना

हम बच्चों से क्या चाहते हैं? यही न कि वे चीजों को खुद ब खुद सीखना और समझना जानें। इसके बाद हमें उन्हें हर चीज सिखाने की जरूरत नहीं होगी। जो कुछ उन्हें भविष्य में जानना-सीखना होगा, वे अपने आप उन चीजों को कर पाएंगे। बच्चे ऐसा कर सकें, इसका सबसे बेहतर तरीका यही है कि आप उन्हें सवाल पूछना सिखाएं। हालांकि ज्यादातर बच्चे ऐसा करते भी हैं, ऐसे में पेरेंट्स होने के नाते आपकी यह जिम्मेदारी है कि आप बच्चों के हर सवाल का जवाब यथा-संभव देने की कोशिश करें। वैसे भी बच्चों की आदत होती है कि वे जब भी कुछ नया देखते हैं, उसके बारे में सवाल पूछना शुरू कर देते हैं। लिहाजा जब बच्चे सवाल पूछें तो उन्हें डाँटें या दुल्कारें नहीं, बल्कि इनाम दें।

#### पैशन खोजना

आपको क्या चीज आगे बढ़ती है? आपका लक्ष्य, अनुशासन, बाहरी प्रेरणा, इनाम? नहीं, इनमें से एक भी चीज आपको आगे नहीं बढ़ती। आपको आगे बढ़ना है आपका पैशन। आप किसी चीज को लेकर इतने उत्साहित रहते हैं, कि हर वक्त उसी के बारे में सोचते रहते हैं। आपको कोई भी चीज करने में मजा आता है और जब वह चीज आकार लेती है तो आपको भीतर से खुशी होती है, यह है आपका किसी भी काम को करने का पैशन। अपने बच्चे की मदद उसका पैशन खोजने में कीजिए। किस काम को करने में उसे बहुत मजा आता

है। उसकी रुचियों, उसके काम को हतोत्साहित मत कीजिए और न ही किसी चीज का मजाक उड़ाए।

#### प्रोजेक्ट संभालना

एक किताब लिखना, उसे बेचना, घर का कोई भी काम करना एक प्रोजेक्ट जैसा ही है। आप किसी भी एक प्रोजेक्ट पर अपने बच्चे के साथ काम कीजिए और उसे देखने दीजिए कि कोई भी चीज कैसे पूरी की जाती है। इसके बाद कोई भी काम उसे अपने-आप ज्यादा से ज्यादा करने दीजिए। उसमें आत्मविश्वास बढ़ेगा। उसके बाद उसके सीखने की प्रक्रिया एक प्रोजेक्ट के समान ही होगी।

#### समस्याएं सुलझाना

यदि एक बच्चा कोई समस्या सुलझा सकता है तो वह दुनिया का कोई भी काम कर सकता है। कोई भी काम हमें डराने वाला हो सकता है, लेकिन देखा जाए तो वह महज एक समस्या है, जिसका हल होना है। एक नई स्कूल, नया वातावरण, एक नई जरूरत किसी भी समस्या की वजह बन सकती है। इसलिए अपने बच्चे को समस्याएं सुलझाना सिखाइए। आप बच्चे के सामने साधारण समस्याएं रखिए और उसे कहिए कि वह इन्हें अपने हिसाब से सुलझाए। अगर वह उस समस्या को सुलझा नहीं पा रहा है तो आप तुरंत उसका हल मत बताइए, उसे थोड़ा जूझने दीजिए, उसे उस समस्या के सभी संभावित हल निकालने दीजिए और उसके प्रयासों के लिए उसे पुरस्कृत भी कीजिए। धीरे-धीरे बच्चे में

# कैसे सजाएं आशियाना

**अपने घर को ज्यादा सजाने के चक्कर में हम कभी-कभी इतना मशगूल हो जाते हैं कि वह बनावटी लगने लगता है। हमें लगता है कि हम हर तरह के सामान से अपने घर को सजाएं, परंतु वह सही नहीं है। कोई एक थीम लें और उसी पर कायम रह कर अपने घर को सवारें। हम आपको बता रहे हैं कुछ सामान्य गलतियाँ जो हम अपने नए घर को सजाने के वक्त कर बैठते हैं।**



#### कमरे को हद से ज्यादा ना सजाएं

एक कमरे को फर्नीचर और दूसरे सामानों से भरने में वक्त नहीं लगता, वक्त लगता है उसके सही प्लेसमेंट में। कमरे को खचाखच ना भरें। उसमें आराम से आने-जाने की और कुछ खाली जगह हो। साज-सज्जा सोबर रखें और सफाई पर ध्यान दें, क्योंकि कमरा भरा-भरा होगा तो साफ सफाई नहीं हो पाएगी।

#### जगह ना होने पर जबरदस्ती सामान जमाना

इसके लिए सबसे पहले अपनी बेकार की खरीददारी पर रोक लगाएं। बाजार में जो अच्छा दिख गया खरीद लीए, यह आदत गलत है। अगर कोई सामान कमरे के लिए फिट नहीं है तो उसे जमाने की कोशिश में समय ना बरबाद करें। एक व्यवस्थित और साफ कमरा ही दिखने में सुन्दर लगता है।

#### अव्यवस्था फैलाना

घर में अधिक अव्यवस्था की जरूरत नहीं है। अव्यवस्था से आसानी से बचा जा सकता है, इसके लिए तीन बातें याद रखें -  
- चीजें जो महत्वपूर्ण हैं  
- चीजें जिनके बिना काम नहीं चल सकता

- अनावश्यक चीजों को बाहर निकाल दें

#### ये तीन बातें अव्यवस्था को रोक देंगी

##### कमरों में रोशनी के स्रोत कम होना

प्रकाश एक जरूरत है। यह सजावट के सबसे महत्वपूर्ण तत्वों में से एक है। सबसे पहले तो घर में प्राकृतिक प्रकाश आना चाहिए। पर्दे और सामान के गलत प्लेसमेंट से प्राकृतिक प्रकाश स्रोतों को ब्लॉक मत होने दें। अपने कमरे में एक से अधिक प्रकाश के स्रोत लगाएं।

##### वेराइटी पर ध्यान ना देना

एक ही दुकान से अपना सारा सामान ना खरीदें। अलग-अलग दुकानों पर जाएं, इससे आपको भाव भी समझ आएगा और सामान की वेराइटी भी मिलेगी।

##### बजट के महत्व को कम समझना

बहुत उत्सुक ना बनें और बहुत ज्यादा खरीदी ना करें। थोड़ा-थोड़ा कर के खरीददारी करें। सबकुछ एक बार में खरीदने की जल्दबाजी सही नहीं है। वही खरीदें जिसकी हाल-फिलहाल में जरूरत हो। एक बजट बनाएं और उस पर कायम रहें।



# Triptii Dimri

Hints That A Hero Has Become 'Bitchy' Towards Her: Heroines Never..'

Triptii Dimri became an overnight sensation after she starred in Ranbir Kapoor starrer Animal. In a recent interview with Filmfare, Triptii Dimri hinted that a male actor became 'bitchy' towards her after her newfound fame. This interaction has gone viral across social media platforms and fans took to the comments to guess whom she spoke about. When asked if Triptii's fellow actresses have become 'bitchy' towards her after her success, she denied it and said that it's a myth that actresses get bitchy. However, when asked if an actor had turned 'bitchy',

Triptii pretended to zip her lips and did not answer. One person wrote, "It is also interesting that in the entire interview, she talks about all her co-stars from Babil to Awinash to Rajkumar Rao, except Kartik!" Another person wrote, "Her reaction told everything also she praised her all co-actors (male) but didn't mention 1 co-actor she recently worked with." However, some fans defended Kartik and wrote, "She didn't hint anything. She basically said no comments lol." Another comment read, "Oh God! Triptii-Kartik rumours have now become very boring. Ho gaya year ab bas. The same thing is getting stretched without any new tea." This comes in light of reports that Triptii Dimri has been removed from Kartik Aaryan's Aashiqui 3. Aashiqui 3 has



reportedly been delayed. At the same time, director Anurag Basu is said to be working on a new love story with Kartik in the lead. The delay came after Triptii Dimri joined the project. Reports say that Triptii, who was initially excited, has now left the film.

A Zoom report mentioned that Triptii Dimri's bold image in Animal made it hard for her to fit into the Aashiqui world, so the makers are now looking for a new face. Official confirmation is still awaited. The filmmakers want someone who can capture the innocence and charm of the Aashiqui franchise.

# Mrunal Thakur

Flirts With Singer Bruno Mars: 'I'd Wanna Be Next To You'

Mrunal Thakur's online flirtation with singer Bruno Mars has caught everyone's attention. Bruno Mars took to Instagram recently to drop a dapper photo in a white ganji



and matching hat. Looks like Bruno Mars' charm worked on Mrunal Thakur who couldn't resist commenting on the photo. Bruno Mars shared his image with the caption, "So this your new man? Where'd you meet him, at an all-girls school? - a short story by Bruno Mars." Mrunal Thakur commented, "Well ..... If the world was ending, I'd wanna be next to you!?" Check out the post here:

This is not the first time that Mrunal's online activity has caught everyone's attention this month. Recently, Mrunal faced a rather amusing social media faux pas moment. She responded to a compliment that she believed was shared by popular Pakistani actress Hania Aamir. The 31-year-old actress replied to an X post shared on January 8, which read: "I may be emotional, but for me, @mrunal0801 is the best actor of this generation. She is unparalleled. I don't see any other actress so versatile like her in India." Mrunal, who mistook it for the Kabhi Main Kabhi Tum actress as it had a verified blue tick, replied to the compliment, saying, "Hania, you made my day. Thank you so much, my dear." While Mrunal failed to realise that it was a fan account of the Pakistani actress, people on the internet quickly recognised that it didn't belong to Hania. In fact, it was a fan account.

They immediately pointed it out to the Super 30 actress and asked her to delete her comment.

Meanwhile, on the work front, Mrunal Thakur is set to enter the action genre with her new film in making. A pivotal part of the film Dacoit starring Adivi Sesh, Mrunal is currently busy shooting for the action drama.

Dacoit, an intense and gritty action drama, marks Shaneil Deo's directorial debut. The film will be shot simultaneously in Hindi and Telugu. The storyline follows an angry convict seeking revenge against his former girlfriend after a betrayal. With a gripping narrative and adrenaline-pumping action sequences, the film promises to showcase a never-before-seen avatar of Mrunal.



Shah Rukh Khan, Salman Khan's Bodyguards Earn Rs 2 Crore Yearly? Alia Bhatt's Security Head Reveals Truth



Yusuf Ibrahim has handled security for stars like Shah Rukh Khan, Alia Bhatt, Varun Dhawan and Ranbir Kapoor among others. In a recent chat with Siddharth Kannan, he addressed the rumours about the exorbitant salaries of Bollywood's bodyguards. Does Shah Rukh Khan's bodyguard Ravi Singh earn Rs 2.7 crore per year? Does Salman Khan's bodyguard Shera make Rs 2 per annually? When asked if Ravi Singh takes an annual salary of Rs 2.7 crore, Yusuf said, "See, I told you, we don't come to know how much someone is earning." He added, "Itna possible nahi hai (It's not possible)." Yusuf said that Ravi used to work in his company earlier and since Yusuf couldn't give all his time to Shah Rukh Khan, they put Ravi in charge of the star's security. Ravi then left the company and took over SRK's security. Interestingly, Yusuf started his company by taking charge of SRK's safety.

In the same conversation, when asked about Salman Khan's bodyguard Shera's reported salary of Rs 2 crore per year, Yusuf said, "See, Salman Khan's Shera has his own business, he has his own security company. I think he has multiple businesses. So it is possible that he must be earning it." It was also rumoured that Akshay Kumar's bodyguard, Shreysay Thele, gets paid Rs 1.2 crore every year. Yusuf said, "I don't have his personal information. Calculate monthly — Rs 10 to Rs 12 lakh — it is possible, not possible too. Depends on what billing is going for your shoot, events or promotions. How much is your salary? All these things factor in. How many days a month your star is working, the billing depends on that. All these figures, I feel, just chaap diya hai kisine (someone has just randomly printed these figures)." Yusuf then mentioned that most star bodyguards get paid around Rs 25,00 to Rs 1 Lakh but the celebrities offer to take care of their necessary expenses like medical bills and children's school fees.

Bigg Boss 18: Manas Shah Refutes Dating Chahat Pandey, Says 'No Romantic Connection'



The buzz surrounding Bigg Boss 18 reached new heights recently, with controversies spilling over into the personal lives of the contestants. Amid all this, Salman Khan hinted at a mystery boyfriend in Chahat Pandey's life, sparking a flurry of speculation that the actor vehemently denies. Adding fuel to the fire, self-proclaimed critic Kamaal R Khan (KRR) posted a photo of Chahat with TV actor Manas Shah, implying they were in a relationship. However, Manas Shah has now stepped forward to clear the air in an interview with ETimes. Manas refuted the claims, saying, "Just because a picture of Chahat and me posing together has gone viral, it does not mean I am her mystery man. Chahat is a co-actor and a friend, but we hardly keep in touch. I have no romantic connection with her at all, and these rumours have started without anyone checking the facts."

He also emphasized that he is currently single, adding, "I am single and hoping to settle down in an arranged marriage. I do not have a girlfriend. It's sad how people have assumed I am the boyfriend. The last time I was in the news was during Hamari Bahu Silk, when I raised concerns about revising the 90-day payment structure for TV actors. I am surprised that I am now suddenly being linked with Chahat." Chahat Pandey's mother also weighed in on the matter during her appearance on Bigg Boss 18's family week. She strongly defended her daughter, accusing Avinash Mishra of "character-assassinating" Chahat. She stated that Chahat has never had a boyfriend and declared her daughter would marry as per her own wishes. In a bold move, she challenged the show's makers, offering ₹21 lakh if they could prove Chahat's alleged boyfriend exists by revealing his name and photo.

Meanwhile, as Bigg Boss 18 races toward its finale on January 19, the "Ticket to Finale" task has further heated up the competition. Vivian Dsena emerged victorious after facing off against Chum Darang, though he later requested Bigg Boss to transfer the win to Chum as an apology for his aggressive behavior. Other housemates, including Chahat Pandey, Avinash Mishra, Eisha Singh, and others, have been rallying behind their favorites, adding to the intense drama of this season.