



The Researchers'

NEWS BOX

Unable To Move Forward Until...': Netanyahu's BIG Remark On Israel-Gaza Hostage Deal

Israel-Hamas Hostage Deal. Israeli Prime Minister Benjamin Netanyahu has said that Israel will not be able to move forward with an agreed framework in connection to the implementation of the ceasefire deal in Gaza until Hamas provides the list of hostages to be released. He asserted that any violations of the agreement will not be tolerated. In a post on social media platform X, the Office of the Israeli PM quoted Netanyahu and said, "We will be unable to move forward with the framework until we receive the list of the hostages who will be released, as was agreed. Israel will not tolerate violations of the agreement. Hamas is solely responsible."

This comes after the Israeli government on Saturday gave its approval to the ceasefire and hostage release deal with Hamas by a vote of 24-8, according to a report by Times of Israel.

TRENDING NOW

Earlier on Friday, the Israeli security cabinet had approved the hostage release-ceasefire deal with Hamas and recommended the government to adopt it. The Israel government's hostages and missing persons coordination unit on Friday notified the families of the 33 Israeli hostages expected to be set free in the first phase of the Gaza ceasefire deal. Israel has not been told how many of the 33 are alive, though it expects the majority are. Israel will receive a full status report on all those on the list seven days into the ceasefire. The order of release is not yet known. The identities of those set to return are expected to be provided 24 hours before each release, as reported by the Times of Israel.

Beyond the 33 hostages set for release in phase one, Israel says 65 more hostages are currently held in Gaza, including the bodies of at least 36 confirmed dead. As the first phase progresses, talks will focus on the release of remaining hostages, ending the war, and Gaza's future reconstruction.

Gasoline Tanker Explosion In Nigeria Kills At Least 70 People

World At least 70 people were killed after a gasoline tanker exploded in north-central Nigeria, AP reported citing the country's emergency response agency.

The blast happened in the early hours of Saturday near the Suleja area of Niger state after individuals attempted to transfer gasoline from one tanker into another truck using a generator. The tragic incident of tanker explosion took place in the early hours of Saturday near the Suleja area of Niger state after individuals attempted to transfer gasoline from one tanker into another truck using a generator.

TRENDING NOW

The explosion, triggered during the fuel transfer, resulted in the deaths of both those handling the gasoline and nearby bystanders, Hussaini Isah of the National Emergency Management Agency told the Associated Press, as reported by AP. Due to the lack of an efficient railway system for cargo transport, fatal truck accidents are frequent on major roads in Nigeria, Africa's most populous nation.

Thousands Protest In Washington DC Against Trump Ahead Of Inauguration

World Thousands of people from across the country gathered in the American Capital two days before the inauguration of Donald Trump as the 47th President of the United States on January 20.

Trump, 78, succeeds Joe Biden, 82, on Tuesday as the new occupant of the White House. A coalition of nonprofit bodies, including Sakhi for South Asian Survivors, under the banner of People's March, held the demonstration here to protest against the policies of Trump. Displaying anti-Trump posters and banner, the protestors raised slogans against the next



President and also against some of his close supporters including Tesla owner Elon Musk. The same group had also held a similar protest on January 2017, when Trump was inaugurated for the first time.

TRENDING NOW

There were a series of three protests which started from three different parks and culminated near the Lincoln Memorial. "Mass protest is one of the most effective ways to demonstrate to our communities that we are not obeying in advance or bowing to fascism, and invites them to do the same," People's March said.

Amongst the coalition members are Abortion Action Now, Time to Act, SisterSong, Women's March, Popular Democracy In Action, Harriet's Wildest Dreams, The Feminist Front, NOW, Planned Parenthood, National Women's Law Center Action Fund, Sierra Club, and the Frontline. Women's March is anchoring the logistics of the mobilization. Similar marches, though at a smaller scale, were also held in various other cities including New York, Seattle and Chicago. "We really wanted to come to support women, equality, immigration, everything that really feels like we don't have much of a say in right now," Brittany Martinez, one of the protesters, told USA TODAY.

Thousands rally in Washington for rights, abortion access before Trump's inauguration

WASHINGTON. Thousands of people from around the United States were rallying in the nation's capital Saturday for women's reproductive rights and other causes they believe are under threat from the incoming Trump administration, reprising the original Women's March days before President-elect Donald Trump's second inauguration. Eight years after the first historic Women's March at the start of Trump's first term, marchers said they were caught off guard by Trump's victory and are determined now to show that support remains strong for women's access to abortion, for transgender people, for combating climate change and other issues. The march is just one of several protests, rallies and vigils focused on abortion, rights, immigration rights and the Israel-Hamas war planned in advance of inauguration Monday. Around the country, over 350 similar marches are taking place in every state.

Jill Parrish of Austin, Texas, said she initially



bought a plane ticket to Washington for what she expected to be Democratic Vice President Kamala Harris's inauguration. She wound up changing the dates to march in protest ahead of Trump's swearing-in instead, saying the world should know that half of U.S. voters didn't support Trump.

"Most importantly, I'm here to demonstrate my fear, about the state of our democracy," Parrish said. Demonstrators staged in squares around Washington ahead of the march, pounding drums and yelling chants under a slate-gray sky and in a chilly wind. Protesters then marched to the Lincoln Memorial for larger rally and fair, where

organizations at the local, state and national level will host information tables.

They held signs with slogans including, "Save America" and "Against abortions? Then don't have one" and "Hate won't win."

There were brief moments of tension between protesters and Trump supporters. The march paused briefly when a man in a red Make America Great Again hat and a green camo backpack walked into a line of demonstrators at the front. Police intervened and separated him from the group peacefully as marchers chanted "We won't take the bait."

As the protesters approached the Washington Monument, a small group of men in MAGA hats walking in the opposite direction appeared to draw the attention of a protest leader with a megaphone. The leader veered closer to the group and began chanting "No Trump, no KKK" through the megaphone. The groups were separated by high black fencing and police officers

eventually gathered around. Rick Glatz, of Manchester, New Hampshire, said he came to Washington for the sake of his four granddaughters: "I'm a grandpa. And that's why I'm marching."

Minnesota high school teacher Anna Bergman wore her original pink pussy hat from her time in the 2017 Women's March, a moment that captured the shock and anger of progressives and moderates at Trump's first win. With Trump coming back now, "I just wanted to be surrounded by like-minded people on a day like today," Bergman said. Rebranded and reorganized, the rally has a new name — the People's March — as a means to broaden support, especially during a reflective moment for progressive organizing after Trump's decisive win in November. The Republican takes the oath of office Monday. Women outraged over Trump's 2016 presidential win flocked to Washington in 2017 and organized large rallies in cities throughout the country, building the base of a grassroots movement that became known as the Women's March.

Trump lands in Washington ahead of inauguration, fireworks kickstart celebrations

World. US President-elect Donald Trump arrived in Washington with his family, supporters and political allies ahead of his inauguration as the 47th President on Monday. On Saturday evening, he landed at the Dulles International Airport in Virginia, and was accompanied by his wife, Melania, daughter Ivanka and her husband, Jared Kushner. Trump will host a reception for about 500 guests and a fireworks display later on Saturday evening, news agency Reuters said.

Notably, Trump's swearing-in ceremony will be held inside the US Capitol instead of outdoors due to the forecast for "dangerous" cold conditions in the capital.

TOP DEVELOPMENTS

Trump flew to Washington on an Air Force plane sent by outgoing President Joe Biden to Trump's resort on Palm Beach in Florida, where Trump was

preparing for his transition after defeating Kamala Harris in the November 5 election. The flight was dubbed "Special Air Mission 47", a nod to Trump taking charge as the 47th US

president.

After arriving at the Dulles Airport in suburban Virginia, Donald Trump traveled to his golf club in Sterling, Virginia, on the outskirts of Washington, news agency Reuters reported. Elvis Presley impersonator



Leo Days entertained Trump and Melania ahead of the reception and fireworks display. A video on social media shows Days singing as Trump and Melania watched.

Trump is scheduled to participate in a wreath-laying ceremony at Arlington National Cemetery on Sunday, the eve of his inauguration.

Trump is scheduled to hold a rally with his supporters inside the Capital One Arena in Washington on Sunday, the eve of his inauguration, as well as a post-inauguration event on Monday afternoon. Trump's rally on Sunday will be followed by a private dinner. Trump will start with the traditional prayer service at St John's Episcopal Church on Monday, before heading to the White House for a customary tea with the outgoing President Joe Biden and first lady Jill Biden.

What Happens After Gaza Ceasefire, How Many Hostages Will Be Released

Jerusalem/Cairo. A ceasefire in Gaza between Israel and Hamas is set to come into effect on Sunday morning with a hostage release to follow hours later, opening the way to a possible end to a 15-month war that has upended the Middle East. The agreement followed months of on-off negotiations brokered by Egypt, Qatar and the United States, and came just ahead of the Jan. 20 inauguration of U.S. President-elect Donald Trump.

The three-stage ceasefire will come into effect at 0630 GMT on Sunday. Its first stage will last six weeks, during which 33 of the remaining 98 hostages - women, children, men over 50, the ill and wounded - will be released in return for almost 2,000 Palestinian prisoners and detainees. They include 737 male, female and teen-aged prisoners, some of whom are members of militant groups convicted of attacks that killed dozens of Israelis, as well as hundreds of Palestinians from Gaza in detention since the start of the war.

Three female hostages are expected to be



released on Sunday afternoon through the Red Cross, in return for 30 prisoners each. After Sunday's hostage release, lead U.S. negotiator Brett McGurk said, the accord calls for four more female hostages to be freed after seven days, followed by the release of three further hostages every seven days thereafter.

U.S. President Joe Biden's team worked closely with Trump's Middle East envoy Steve Witkoff to push the deal over the line. As his inauguration approached, Trump had repeated his demand that a deal be done swiftly, warning repeatedly that there would be "hell to pay" if the hostages were not

Post-War Gaza?

But what will come next in Gaza remains unclear in the absence of a comprehensive agreement on the postwar future of the enclave, which will require billions of dollars and years of work to rebuild. And although the stated aim of the ceasefire is to end the war entirely, it could easily unravel. Hamas, which has controlled Gaza for almost two decades, has survived despite losing its top leadership and thousands of fighters.

Israel has vowed it will not allow Hamas to return to power and has cleared large stretches of ground inside Gaza, in a step widely seen as a move towards creating a buffer zone that will allow its troops to act freely against threats in the enclave. In Israel, the return of the hostages may ease some of the public anger against Prime Minister Benjamin Netanyahu and his right-wing government over the Oct. 7 security failure that led to the deadliest single day in the country's history.

an Israeli air strike, but the Israeli military has not confirmed their deaths. Coming together to protest barely 12 hours before the first three hostages are due to be released, many couldn't bring themselves to believe after so much false hope that the ordeal of the hostages might finally be over.

"Once they cross the (Gaza) border and they will be rejoined with their families then maybe we can breathe again," said Shahar Mor Zahiro, the nephew of slain hostage Avraham Munder.

'Hell'

Anxiety was the overwhelming mood. "This past week was hell," said Kirsch, who had been every week to the gatherings at Hostage Square, across the road from Israeli military headquarters. "On Tuesday we were sure that the deal would be signed... and it took until last night. So we're very, very anxious," she said.

The deal agreed between Israel and Palestinian militant group Hamas, via mediators, is broken into three phases. But, with Prime Minister Benjamin Netanyahu under pressure from far-right elements of his government opposed to a ceasefire, protesters and families of the hostages expressed fears that the deal would collapse.

"In one sense (the mood) is a little more hopeful, and in another sense, it's very sad. Because for the people who aren't in the first phase, I can't imagine how their hearts bleed at this point," said Neil Trubowitz, 75, from Tel Aviv, in Hostage Square.



South Korean court extends President Yoon's detention, protests erupt

Seoul. A South Korean court on Sunday extended President Yoon Suk Yeol's detention for up to 20 days, leading to violent protests by hundreds of angry supporters who stormed the court building, smashed windows and broke inside. Yoon last week became the first sitting South Korean President to be arrested as he faces allegations of insurrection related to his stunning, short-lived December 3 declaration of martial law that has plunged the country into political turmoil. Shortly after the court's decision was announced around 3 am on Sunday, his supporters swarmed the building, overwhelming riot police trying to keep them at bay. Footage showed protesters blasting fire extinguishers at lines of police guarding the front entrance, before they flooded inside, destroying office equipment and furniture. Police, who



restored order a few hours later, said they had so far arrested 4 protesters. "We will track down till the end more of those who committed illegal acts or instigated and assisted," the Seoul Metropolitan Police said in a statement. There were around 40 minor injuries sustained during the chaos but no serious injuries reported, an emergency responder near the court said.

With a requirement either to petition to extend Yoon's detention or free the impeached president within 48 hours, South Korean investigators asked a Seoul court on Friday to hold him for longer after he refused to be questioned. After a 5-hour hearing on Saturday, which Yoon attended, the Seoul Western District Court opted to grant the investigators' request due to "concern that the suspect may destroy evidence", the court said in a statement.

Under the new warrant, Yoon can be detained for up to 20 days. South Korean regulations require a suspect detained under a warrant to undergo a physical exam, have a mugshot taken and wear a prison uniform. The leader is expected to continue to be held in a solitary cell at the Seoul Detention Centre. "President Yoon Suk Yeol and our legal team will never give up," lawyers representing Yoon, who have called the criminal probe invalid, said in a statement. "We will do our best in all future

judicial procedures to correct the wrong," the lawyers said, adding that the violence at the court was an "unfortunate" incident.

Yoon's conservative People Power Party called the court's decision a "great pity". "There's a question whether repercussions of detaining a sitting president were sufficiently considered," the party said in a statement.

But the main opposition Democratic Party called the court's approval on the warrant a "cornerstone" for rebuilding order and said that "riots" by "far-right" groups would only deepen the national crisis. Support for the PPP collapsed after his martial law declaration, which he rescinded hours later in the face of a unanimous vote in parliament rejecting it. Lawmakers impeached Yoon on December 14, suspending his presidential powers. But in the turmoil since - in which the opposition-majority parliament also impeached his first replacement and investigators botched an initial attempt to arrest Yoon - the PPP's support has sharply rebounded.

Fire breaks out at Maha Kumbh in Prayagraj after gas cylinder explosion

Prayagraj: A fire broke out this evening at Sector 19 of the Mahakumbh Mela area in Prayagraj, Uttar Pradesh, following the explosion of two gas cylinders inside a tent. The fire quickly spread to 18 nearby tents, causing significant damage. Fortunately, no casualties or injuries were reported. Upon receiving news of the incident, fire services, along with teams from the NDRF and SDRF, rushed to the site and successfully brought the blaze under control.



Fire trucks stationed at the venue as part of pre-emptive safety measures responded swiftly to the emergency. Prime Minister Narendra Modi immediately spoke to Uttar Pradesh Chief Minister Yogi Adityanath

to discuss the situation. The Chief Minister was briefed on the incident's details and visited the site for an inspection. He directed officials to carry out relief and rescue operations without delay. In response to the fire, the administration evacuated

nearby tents to ensure the safety of pilgrims. The official X handle of the Maha Kumbh expressed condolences over the incident and assured that relief efforts were underway, while praying for the safety of all devotees.

The 45-day Maha Kumbh Mela, which began on January 13, has already attracted over 7.72 crore devotees. On Sunday alone, more than 46.95 lakh pilgrims took part in the holy dip, officials reported.

Desperate Heist in Kanpur: College Student Injures Three for Girlfriend's Needs

by Sunil Bajpai

Kanpur: In a dramatic incident, Ravi, a third-year BSc student from Hardevi Smriti College, was apprehended while attempting to rob the State Bank of India in Ghatampur to fulfill his girlfriend's needs. The 21-year-old son of a farmer from Sanchitpur village, Ravi injured three people, including the bank manager and the guard, during the failed robbery attempt.

The incident occurred on Saturday when Ravi armed with a knife and a pistol, entered the SBI branch in Pata, Ghatampur. Security guard Sunil Kumar spotted the weapon and a scuffle ensued, prompting bank manager Virendra and cashier Prannath Shukla to intervene.



Ravi managed to stab both the bank manager and the cashier, but ultimately, they subdued him along with the help of the guard. The injured individuals were quickly referred to Kanpur for medical treatment, where doctors have declared them out of danger.

During interrogation, Ravi revealed that his actions were driven by a desire to meet his girlfriend's demands. The police are investigating further to determine if others were involved in the robbery attempt.

Uttarakhand Youth Discover Dhanbad's Culture in Yuva Sangam Program



Dhanbad: A youth contingent from Uttarakhand, participating in the Yuva Sangam cultural exchange program, visited Dhanbad as part of their educational and cultural tour. The group, composed of 17 boys and 14 girls, explored notable areas such as Belgarhia township to gain insight into the region's socio-economic development and cultural heritage. During their tour of Belgarhia, the youth engaged with residents displaced due to underground fires in Jharia. They observed the township's amenities, including residential quarters, market complexes, and parks, developed under the Jharia Master Plan by the Jharia Rehabilitation Development Authority (JRDA), which houses 2,352 families. The contingent also visited the IIT-ISM campus in Dhanbad, where they toured the Longwall Gallery to witness underground mining operations. This visit forms part of a broader initiative to foster mutual understanding and cultural exchange among India's youth.

The Yuva Sangam journey commenced on January 16 with a welcome ceremony at IIT (ISM), followed by visits to Ranchi's key cultural sites on January 17 and 18, includes Raj Bhavan and Pahadi Mandir.

Professor Sanjeev Anand Sahu, Yuva Sangam's state nodal officer from IIT-ISM, mentioned that the group will next visit the Kusunda mining areas on January 20, and Maithon Dam and DVC hydroelectric power plant on January 21.

Yuva Sangam, now in its fifth phase, is a collaborative effort between IIT-ISM and IIT Roorkee, aimed at fostering cultural integration and knowledge exchange. The program initially saw Jharkhand's youth visiting Uttarakhand in late 2024, and now Uttarakhand's youth are reciprocating by experiencing Jharkhand's culture, industries, and environment.

Kartavya's Annual Fest "Prakash '25" Celebrates 26 Years of Empowering Lives



Dhanbad: IIT-ISM Dhanbad hosted its annual fest, Prakash '25, marking the 26th year of its flagship social initiative, Kartavya. The event, held at the Penman Auditorium, celebrated the transformative impact of Kartavya in empowering students from underprivileged backgrounds through education, mentorship, and financial aid.

The fest featured cultural performances by children mentored by IIT-ISM students, including drama, dances, poetry, and demonstrations of Karate and Yoga. Additionally, competitions like Poster Making, Science Exhibitions, and "Best Out of Waste" highlighted creativity and sustainability.

The inauguration was graced by Hrudeep P. Janardhanan, Senior Superintendent of Police, Dhanbad, who praised Kartavya as "the best service to society." Reflecting on his student days, he emphasized the importance of such initiatives in nation-building.

Professor Dheeraj Kumar, Deputy Director of IIT-ISM, applauded Kartavya for its role in providing educational support and fostering holistic development for underprivileged students.

Professor Sanjeev Anand Sahu, Head of the Centre for Societal Mission (CSM), elaborated on the wide-reaching community programs under CSM, including Kartavya. YK Paswan, General Manager of CCSO, SAIL, highlighted the partnership between corporate social responsibility and student-driven initiatives like Kartavya, reaffirming SAIL's support.

Kartavya has been instrumental in providing mentorship, academic guidance, and life skills to underprivileged children, creating a ripple effect of positive change. The event concluded on a high note, showcasing the power of education and community engagement in transforming lives.

Adil and Anand Clinch Titles at Media Cup Badminton Tournament



Ranchi: The two-day Media Cup Badminton Tournament, held at the Rackets Campus of JSCI Stadium, concluded with exciting matches and strong performances from journalists. The event showcased the enthusiasm of Press Club members, who competed fiercely on the court.

The tournament began with an inaugural ceremony on the first day, where social worker Swami Devendra Prakash, Vinay Kumar, and former Ranchi Press Club president Rajesh Singh introduced the players. The closing ceremony and final match on the second day were attended by social worker Ajay Nath Shahdev as the chief guest, while senior journalist Vinay Kumar introduced the players.

In the singles final, Adil Hasan triumphed over Abhishek Sinha in a thrilling match, winning two consecutive games to claim the trophy. The doubles final saw Adil Hasan and Anand Mohan defeat the pair of Abhishek Sinha and Monu Kumar 2-1 to capture the championship.

During the prize distribution, Ajay Nath Shahdev presented trophies to the winners, and Vinay Verma awarded ear buds to both the champions and the runners-up. In his address, Shahdev emphasized the importance of sports for physical and mental well-being, encouraging everyone to incorporate sports into their lives. Vinay Kumar also praised the initiative by the Ranchi Press Club, encouraging the continuation of such events.

Press Club President Surendra Lal Soren thanked the organizing committee and members for their efforts in making the tournament a success. He also extended his best wishes to all participants. The tournament was supported by key members of the Press Club, including secretary Amarkant, Treasurer Kuber Singh, Joint Secretary Ratanlal, sports committee Conventor Monu Kumar, and several other active members.

Man arrested for stabbing Saif Ali Khan is Bangladeshi national, entered illegally

RNS: The man arrested for allegedly stabbing actor Saif Ali Khan at his Bandra home is a Bangladeshi national who entered India illegally and had been living in Mumbai for the past few months, Mumbai Police said Sunday.

Speaking to the media this morning, Deputy Commissioner of Police Dixit Gedam said they have arrested the accused in connection with the burglary attempt at the actor's Bandra home in the wee hours of Thursday as well as stabbing him. The accused has been identified as Mohammad Sariful Islam Shehzad.

"The investigation has revealed that this accused could be from Bangladesh. He does not have any Indian document. We suspect he is from Bangladesh, we are investigating and have added Passport Act charges to the case against him," the senior officer said.

Cambodian First Lady Leads High-Level Delegation on Spiritual Visit to Mahabodhi Temple

by Rahul Kumar

Gaya: A high-profile Cambodian delegation, headed by Her Excellency Dr. Pich Chanmoy Hun Manet, the First Lady of Cambodia, visited the Mahabodhi Temple in Bodhi Gaya on Sunday, January 19, 2025. Accompanied by senior officials, spouses of top leaders, and other dignitaries, the delegation received a warm welcome from the temple authorities.

Upon arrival, the delegation was greeted by the Head Monk, Ven. Bhikkhu Chhalinda, along with Caretaker Monk Ven. Dinanand and Ven. Buddharatna (Manoj Bhante). Dr. Mahashweta Maharathi, Secretary of the Bodhgaya Temple Management Committee (BTMC), along with other committee members, also welcomed the visitors. The Most Reverend Sangharaja of Cambodia, along with other monks and the delegation, proceeded to the main shrine of the Mahabodhi Temple. In a serene and reverent atmosphere, Her



Excellency and the delegation offered flowers, fruits, and lit lamps and incense as a mark of devotion. The monks chanted sacred Sutras, invoking the Buddha's blessings for the delegation. The group was then guided through the temple complex, visiting the sacred Bodhi Tree, where Her Excellency offered prayers and meditated, reflecting on the site's profound spiritual significance. The delegation also visited other important

locations within the temple, including Mucalinda Sarovar, Ratna Griha, Chankraman (Jewel Walk), Ajapala Nigrodha Tree, and Rajyatana Tree, offering prayers at each spot.

As a gesture of appreciation, Dr. Mahashweta Maharathi and BTMC members presented mementos to Her Excellency and the delegation. Before concluding the visit, the First Lady signed the Visitors' Book, expressing her deep gratitude for the opportunity to visit Bodhi

Gaya and highlighting the meaningful experience of offering prayers at the Main Sanctum and under the Bodhi Tree.

This visit reinforces the strong spiritual and cultural bond between Cambodia and the Buddhist heritage of Bodhi Gaya. The delegation is scheduled to return to the Mahabodhi Temple on Monday, January 20, 2025, for special prayers under the Bodhi Tree, conducted by the Sangharaja of Cambodia and other monks.

"Everyone must unite for Urdu's Rights," urges Amin Ahmed

Ranchi: The state-level Teachers' Meet and Milan Ceremony of the Jharkhand Rajya Urdu Shikshak Sangh concluded successfully at Dimna Lake, with representatives from various districts, including Ranchi, Gumla, Bokaro, and East Singhbhum, in attendance.

The event, organized jointly by East Singhbhum and Seraikela-Kharsawan districts, was presided over by Central President Abdul Majid Khan, with Central General Secretary Amin Ahmed serving as the chief guest. Besides others union officials and teachers from across the state, includ-



ing leaders from Lohardaga, Seraikela-Kharsawan, Bokaro, and East Singhbhum districts were present there.

In his address, Amin Ahmed emphasized the urgent need for Urdu teachers to unite

and advocate for their rights. He stressed that social media platforms like WhatsApp and Facebook are ineffective in solving the issues faced by Urdu educators. Instead, he called for strengthening the

Urdu Shikshak Sangh in every district to address fundamental issues such as teacher recruitment, the restoration of Urdu-specific resources, and the betterment of Urdu schools.

Ahmed also expressed regret over the longstanding neglect of Urdu teachers' issues by previous unions, which resulted in the improper deployment of non-Urdu teachers in Urdu schools, further exacerbating the challenges faced by these institutions. He urged society's intellectuals to speak out for Urdu's rights, warning that failing to act would leave the next generation disappointed.

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Oscar-Shortlisted Film Anuja to Stream on Netflix

ANUJA
अनुजा

RNS: The Oscar-shortlisted short film Anuja will soon make its streaming debut on Netflix, reaching audiences in over 190 countries. Directed by Adam J. Graves and produced by Suchitra Mattai, the film tells the poignant story of two sisters navigating a world filled with exploitation and exclusion as they search for joy and opportunity.

Anuja is shortlisted for Best Live Action Short Film at the 97th Academy Awards and highlights the universal struggles of young girls globally. The film is backed by an impressive team, including producers Mindy Kaling, Guneet Monga Kapoor, and Priyanka Chopra Jonas, with executive producers Anita Bhatia and others. It was made in collaboration with the Salaam Baalak Trust, with lead actor Sajda Pathan a beneficiary of the organization.

Graves emphasized that the film captures the resilience and hope of working children, made possible through partnerships with NGOs like the Kailash Satyarthi Children's Foundation. Kaling and Monga also expressed their excitement about the film's message and Netflix's global platform, ensuring its far-reaching impact.

With its heartfelt story and real-life inspiration, Anuja aims to inspire and amplify the voices of those often overlooked, sparking change for the future of children worldwide.

Sona SPEED Joins Forces with Sarla Aviation to design-critical components for eVTOL air taxi

RNS: In a landmark development for urban air mobility, Sona SPEED, a leading precision manufacturing firm, has entered into a strategic partnership with Sarla Aviation, a frontrunner in electric flying taxi technology.

The two companies signed a Memorandum of Understanding (MoU) to collaboratively design and manufacture key components for electric vertical take-off and landing (eVTOL) aircraft. The MoU was officially signed by Chocko Valliappa, CEO of Sona SPEED, and Rakesh Gaonkar, Co-founder of Sarla Aviation, during the Bharat Mobility Global Expo 2025 in New Delhi. The event also saw the attendance of Sarla Aviation's co-founders Adrian Schmidt and Shivam Chauhan, alongside Sona SPEED's design and development team.

Sona SPEED, recognized for its significant contributions to space missions through its production of motors for



ISRO, will now apply its advanced manufacturing capabilities at its state-of-the-art facilities in Karnataka to produce critical components, such as motors and landing gear, for Sarla Aviation's eVTOL aircraft.

The partnership has garnered significant attention, particularly from Union Minister for Heavy Industries and Steel H.D. Kumaraswamy, who expressed keen interest in Shunya, India's first flying taxi prototype, unveiled at the expo.

Rakesh Gaonkar highlighted the natural synergy between the two companies, noting

that Sona SPEED's precision engineering aligns seamlessly with Sarla Aviation's ambition to revolutionize urban air mobility. Chocko Valliappa emphasized that while Sona SPEED has long been associated with ISRO's space missions, this partnership represents a pivotal step in the company's evolution into aerospace innovation. This collaboration aims to set new standards for reliability, efficiency, and sustainability in urban air transport, positioning India as a leader in the development of next-generation mobility solutions.

Praise for poll body, Maha Kumbh mention: What PM Modi said in 2025's first Mann Ki Baat

PM Modi, while addressing the first 'Mann ki Baat' of 2025, heaped praise on the Election Commission and termed Maha Kumbh as a matter of pride for India.

New Delhi. Prime Minister Narendra Modi lauded the Election Commission on Sunday, saying it has used the power of technology to strengthen people's power and also shown commitment to a fair polling process. PM Modi's praise for the poll body in his monthly Mann Ki Baat broadcast came ahead of its foundation day on January 25, observed as the National Voters' Day, and amid frequent criticism from the opposition for its alleged pro-BJP bias.

The EC has modernised and strengthened the election process from time to time, PM Modi asserted. "It has used power of technology to strengthen people's power," he said, asking people to participate in the polling process in large numbers to be part of democratic process and empowering it.

Opposition parties have increasingly raised questions on the integrity of Electronic Voting Machines (EVMs), and PM Modi's remarks can be seen as an endorsement of the EVMs. The prime minister said doubts were cast on India's



viability as a democracy after it became independent, but the country proved them wrong. After all, India is mother of democracy, he said. The programme was held on the third Sunday this month as against the last, which is usually the case, as next Sunday is Republic Day, PM Modi noted. The prime minister played short audio clips of some of the members of India's

constituent assembly, including its chairman Rajendra Prasad, Bhim Rao Ambedkar and Syama Prasad Mookerjee, to highlight the values they promoted.

Ambedkar called for everyone to work together in everyone's interest, while Prasad highlighted India's commitment to humanistic values, he noted. "We should take inspiration from them to build an India of which our Constitution makers would have been proud," PM Modi said.

The Republic Day will mark the 75th anniversary of the implementation of the Constitution, he said.

Speaking of the ongoing Maha Kumbh in Prayagraj, the prime minister said people of various castes and regions have come together. There is no discrimination of any kind, he added. PM Modi said extensive participation of the youth is visible in the gigantic get-together of devouts, saying it will strengthen civilisational roots and assure a gold future.

Rahul Gandhi's visit to Lalu Yadav, family in Patna ft goats and cows

New Delhi. Congress MP Rahul Gandhi on Saturday took some time off from his day-long whirlwind visit to Patna and met RJD chief Lalu Yadav and his family. He also visited a cowshed located in Lalu Yadav's residence and patted the cows and goats.

The former Congress president also visited a temple with the Yadav family and sought blessings. RJD leader Tejashwi Yadav called Rahul Gandhi his "elder brother" and shared photos of the latter's visit to the temple and the cowshed at his home at 10, Circular Road. The Gandhi scion had a "cordial meeting" with Lalu Yadav and his family members at their residence. He was presented with a portrait of Dalit icon BR Ambedkar during the meeting. Chants by Congress workers in praise of Rahul Gandhi filled the air as Lalu Yadav sprang to his feet and rushed to the gate, warmly greeting the Congress MP on his first tour of Bihar since the Lok Sabha polls last year when both had shared the stage at several rallies. After a brief exchange of pleasantries, the two leaders bade goodbye to each other, with shutterbugs trying to capture the moment.



During his day-long visit to Patna, Rahul Gandhi addressed a symposium on the Constitution and a function at the state Congress headquarters. He also spent some time with students protesting against alleged irregularities in a recent BPSC exam. The meeting between Lalu Yadav and Rahul Gandhi is expected to result in a much-needed thaw, ahead of Assembly polls due later this year, in relations between RJD and Congress which had of late been under strain despite Lalu Yadav having been one of the staunchest supporters of Sonia Gandhi.

Last month, Congress secretary in-charge of Bihar Shah Nawaz Alam had stirred a hornet's nest by asserting that for the Assembly elections, "strike rates in Lok Sabha polls" must be taken into account to arrive at a seat-sharing formula. This was seen as an obvious provocation for the RJD, which had contested 23 seats in the general elections but won only four, as against the Congress, which fought nine and bagged three. Soon afterwards, Prasad ticked off the Congress by stating that he was in favour of West Bengal Chief Minister and Trinamool Congress chief Mamata Banerjee heading the INDIA bloc.

Upcoming mega Congress session aimed at honouring Gandhi, Ambedkar: DK Shivakumar

Hubballi. Karnataka Deputy Chief Minister DK Shivakumar on Saturday said the Jai Babu-Jai Bhim-Jai Samvidhan convention, which will be in Belagavi on January 21, was aimed at honouring Mahatma Gandhi and Dr BR Ambedkar. Speaking after a preparatory meeting in Hubballi, Shivakumar said the event will send a strong message about the importance of preserving constitutional values. "Gandhiji's history is Congress's history and Congress's history is the nation's history. We are following in Mahatma Gandhi's footsteps," he said.

He said the convention would be organised by the Congress under Mallikarjun Kharge's leadership. The event was originally slated for December 27 last year, but was rescheduled due to the death of former Prime Minister Manmohan Singh. "It has been 100 years since Gandhiji led the Congress as its president, paving the way for India's independence and the drafting of the Constitution. The Constitution is sacred, and this event underscores its importance," he added.



Over 75,000 attendees from the Kitturu Karnataka region are expected to attend the event. Shivakumar said the Congress will distribute 50,000 Gandhi caps and one lakh badges for the event.

The programme at Suvarna Soudha will be limited to invitees, with a public party gathering later in the day. "This is not a political event," Shivakumar clarified, urging people across party lines to participate. "We must protect the legacy of Gandhiji and uphold the Constitution for younger generations," he said.

Asked about BJP's allegations that the event was politically motivated and funded publicly, Shivakumar retorted, "We belong to the Gandhi family while they belong to the Godse family. The Suvarna Soudha programme is government-organised, while the party event is separate." The Congress plans to open 100 new party offices across Karnataka. Shivakumar called the convention a foreword to the party's campaign for the 2028 Assembly polls.

Centre withdraws on-site probe into Tirupati stampede, fire after opposition

Tirupati Stampede: On January 8, six people died, and several others were injured after a stampede broke out near the Vaikuntha Dwara Darshan ticketing centers in Tirupati.

Tirupati. The Centre has withdrawn its decision to conduct a field investigation into the recent incidents in Andhra Pradesh's Tirumala after facing widespread opposition. These incidents include the stampede-like situation in Tirupati on January 8 and the fire accident at the Tirumala laddu counter on January 13. Initially, the Home Ministry had appointed Additional Secretary Sanjeev Kumar Jindal to conduct an on-site investigation. Jindal was scheduled to visit Tirumala today and tomorrow.

However, reports about the Centre's intervention being unprecedented in TTD (Tirumala Tirupati Devasthanams) matters went viral on social media, sparking widespread opposition.



In response to the backlash, the Centre decided to cancel Jindal's visit. The Ministry of Home Affairs informed the TTD Executive Officer about the cancellation of Jindal's tour. On

January 8, six people died and several others were injured after a stampede broke out near the Vaikuntha Dwara Darshan ticketing centers in Tirupati. The stampede occurred amidst a crowd of over 4,000 devotees who had gathered to obtain tokens for the 10-day special darshan.

Another incident involved a fire at the Tirumala laddu counter, which caused panic among devotees collecting the sacred prasadam. The fire, which broke out at Counter No. 47, was believed to have been caused by a short circuit in the Uninterruptible Power Supply (UPS) system connected to the computer setup.

A CCTV clip from 7 days before Saif Ali Khan's stabbing helped cops catch attacker

Mumbai. A CCTV clip from January 9, a week before the brutal stabbing attack on Bollywood actor Saif Ali Khan at his Mumbai home, helped the police trace and catch the accused, Mohammad Shariful Islam Shehzad.

The footage, accessed by India Today TV, showed the accused, a Bangladeshi national, roaming the Dadar and Prabhadevi areas, providing key leads that ultimately led to his arrest. Saif Ali Khan was stabbed by an intruder at the 'Satguru Sharan' building in Bandra at around 2:30 am on January 16. The 54-year-old actor rushed to Lilavati Hospital for emergency surgery and is currently recovering.

The video evidence showed Shehzad roaming around the Dadar railway station, an area in Prabhadevi and Worli Koliwada in the week preceding the attack. Police said the accused used several aliases, including Bijoy Das, Vijay Das,



Mohammad Ilyas, and BJ, which further complicated the probe.

Before he was caught, posters with images of the suspect, extracted from CCTV footage showing him descending the stairs of Saif Ali Khan's home, were circulated across Mumbai and surrounding areas. Shehzad reportedly entered the home with the intent to commit theft but ended up stabbing the actor in the process.

In court, the Mumbai Police sought 14-day custody of Shehzad to investigate potential links to an

international conspiracy, given that he is a Bangladeshi citizen. "The suspicion of international conspiracy cannot be ruled out," the court observed while granting five-day police custody for further interrogation.

However, the lawyer representing Shehzad in court, argued that he was not a Bangladeshi but an Indian citizen living in Mumbai. "The matter is being unnecessarily hyped because it involves Saif Ali Khan. Otherwise, it would have been treated as a normal case. The reasons for custody were not clearly stated in the remand application. The accused is a young boy with no prior criminal record and is being made a scapegoat," the lawyer said.

Saif Ali Khan is currently recovering after he underwent successful surgery to stop spinal fluid leakage. His doctors have stated that he is stable and may be discharged soon.

Tejashwi Yadav gets key role in RJD ahead of Bihar Assembly polls

Ahead of the upcoming Bihar Assembly polls, RJD leader Tejashwi Yadav has got unprecedented decision-making powers that will see him taking calls related to the party's strategy.

Patna. The RJD on Saturday authorised Tejashwi Yadav to take calls related to the party's strategy ahead of the Bihar Assembly polls slated to be held later this year. While Lalu Yadav remains the party chief for the time being, Tejashwi Yadav will now have decision-making powers at par with him. The decision was made during the national executive committee meeting of the party in Patna. Tejashwi Yadav can take decisions related to the party's internal matters, party tickets, among other issues. During the meeting, Tejashwi Yadav said the RJD will not make sacrifices in the alliance so that the BJP does not benefit in the future. The subtle message was seen as a response to Congress and its allies.

He also said that the party would contest elections on as many seats as possible. It was also decided in the meeting that the RJD will not contest the upcoming Delhi



Assembly polls but will contest the municipal corporation elections in the national capital in the future.

The meeting was attended by the party's senior leaders including MPs, MLAs and MLCs, along with Lalu Yadav, his wife Rabri Devi and eldest daughter Misa Bharti.

Speaking to reporters after the meeting, Tejashwi Yadav said, "The trust that everyone

Tejashwi Yadav to have unprecedented decision-making powers in RJD

► In message to Congress, he vowed no sacrifices in alliance against BJP

► RJD won't contest Delhi Assembly polls on February 5

has shown in me and the responsibilities that have been given to me are big. I will perform as per the expectations of the party leaders."

"It is only when the party organisation is strong, accountable, lives up to the expectations of the people, we will be able to win elections and serve the people of the state.

We will win the coming Assembly polls in Bihar. We have to make a new Bihar, a developed state. We have to take everyone along. We will soon intensify our membership drive," he added.

He said the party had a vision and a blueprint for progress and overall development of the state.

"All sections will be taken care of when we form the government. The work that we did in 17 months could not be done in the last 18 years," he asserted. A resolution in this regard was put forth by RJD MLA Alok Kumar Mehta during the meeting, which was unanimously passed. However, Tejashwi Yadav's elevation as the party chief is still pending.

India-Afghan relations beyond Pakistan's shadow

The upscaling of India's relations with Afghanistan is not sudden and Pakistan-centric. The 90-minute warm exchanges between Indian Foreign Secretary Vikram Misri and Afghan Acting Foreign Minister Amir Khan Muttaqi last week in Dubai in the aftermath of the deteriorating Afghanistan-Pakistan relations were a coincidence. The Afghan Foreign Office stated that the meeting conformed to its determination to strengthen political and economic ties with India "as a significant regional and economic partner." India is equally determined to continue to connect with Afghans and prevent the hiatus that existed from the mid-1990s to 2001 (during the factional warfare within the Mujahideen government and the rule of the Taliban) when the Indian embassy and consulates remained shut. The Indian decision to step up India-Afghanistan relations is in line with India's progressive engagement with the Taliban. JP Singh, Indian government's point person for Afghanistan, pursued this periodically through contacts with the relevant Afghan authorities. Over time, both sides felt the need to expand their relations beyond humanitarian assistance from India in foodgrains, pesticides, vaccines, medicines and de-addiction and relief materials. Although the Taliban regime is non-inclusive and mistreats minorities and women, the law-and-order situation has improved and opium cultivation has almost gone. Isolating the Taliban is unlikely to moderate them.

The conspiracy-obsessed Pakistani social media is viewing the Dubai meeting as a plot hatched against it. Its commentators invariably see any growing closeness between India and Afghanistan as two sides of a nutcracker trying to crush Pakistan. They disregard India's stake in Afghanistan's stability, the traditional connection between Indians and Afghans and the Indian security consideration (to assure itself that Afghan territory is not used by terrorist groups against India). India meets its strategic objective if Afghanistan can stand on its feet and make its own decisions. The establishment of the Islamic Emirate of Afghanistan led to triumphalism in Pakistan. The Taliban bristles at the suggestion that it is a Pakistani puppet. The Pakistani euphoria has since turned to disquiet because of the refusal of the Taliban leadership to accept its tutelage. To pressure the Taliban, Pakistan has pushed back Afghan refugees at a time when the authorities in Kabul cannot handle the numbers. Pakistani actions have resulted in unfriendly relations with three of its five neighbours — Afghanistan, India and Iran. Prime Minister Shehbaz Sharif described the recent Pakistani cross-border military strikes as a "teeth-breaking response" to the Taliban's perceived non-cooperation in curbing the activities of the Tehrik-e-Taliban Pakistan. Besides, Pakistan has a grudge against the Afghan refusal to acknowledge the Durand Line as the frontier between Afghanistan and Pakistan. Following border skirmishes between the two, Pakistani aerial bombardment of 83 locations in Afghanistan led to many civilian deaths, including women and children. The Pakistani punitive strikes have been "unequivocally" condemned by the Indian External Affairs Ministry spokesperson. The former army chief of Pakistan, General Ashfaq Parvez Kayani, altered the erstwhile Pakistani idea of establishing 'strategic depth' in Afghanistan — propounded by one of his distant predecessors, General Mirza Aslam Beg — by qualifying that Pakistan should do so without control over Afghanistan. The Pakistani establishment has done the opposite — not just eschewing the quest for control but also engaging in aggression against Afghanistan. No wonder, the Afghan reaction is fierce. Acting Deputy Foreign Minister Sher Mohammad Abbas Stanikzai reminded Pakistan that though Pakistan had named its missiles Ghaznavi, Abdali and Babur, it should remember that Afghanistan had.

Political lessons of AAP's Delhi school model

India's education system is in urgent need for reform, yet in the rough and tumble of electoral promises, education rarely makes an appearance.

One of the biggest puzzles about Indian politics is the near absence of political competition around public goods like education (and health) in the electoral battlefield. It simply does not get as much public debate as it deserves. This is particularly puzzling because Indians care deeply about education and recognise it as the path to better jobs and mobility.

India achieved near-universal enrolment in elementary education in the mid-2000s and it has stayed steady since; enrolment in secondary schools has been growing, as has the market for private schools and private tuitions. Between 2000 and 2022, the number of people with secondary education or higher levels doubled. However, most students are receiving an education of shoddy quality. At the elementary level, as ASER reports repeatedly remind us, just about 50 per cent (pre-Covid) of students in Class V can read a Class II textbook. This figure increases at the secondary level. The intense competition and scandals around competitive exams for higher education and the increasing unemployment rates amongst educated youth in India are testimony to this. India's education system is in urgent need for reform. Yet, in the rough and tumble of electoral promises, education rarely makes an appearance. While parties compete over subsidies and cash transfers, their silence on public goods like education is conspicuous. This is where the Aam Aadmi Party (AAP) in Delhi stood out. Soon after coming to power in 2015, the government announced its mission to 'revolutionise' education in Delhi. Despite the ups and downs through its decade in power, the party repeatedly deployed education as its key differentiator, the lynchpin of its "Delhi model". The party stood out because it made education an electoral issue. Today, a lot of this is being lost in the ugliness that has become the norm in election campaigns. The AAP, too, is shifting focus. It is looking more like its peers, doling out direct benefit cash transfers to women and playing the Hindutva game. Elections are a time to reflect on the big shifts that parties have engendered. The AAP's work on education was not without critique, but it was substantive. It offers a site to engage with the challenges of our education system. For several years, I had the opportunity, along with a team of researchers, to observe AAP's education reforms as they unfolded in Delhi's elementary schools (classes VI-VIII). In a recently published book, 'Lessons in State Capacity from Delhi's Schools', we reflect on what we had learnt. Most discussions on Delhi's education revolution focus on enhanced budgetary provisions and improvements in school infrastructure. But to me, what really stood out was the willingness to acknowledge and open a political dialogue on the fundamental challenge confronting the Indian education system: the obsession with mastering examinations through rote-learning. This is a system



obsessed with syllabus-completion rather than subject-mastery, with the goal of ensuring that the best students are made exam-ready. For teachers, pass percentages are the key metric to which they are held accountable by both the school system and parents. Rote-learning is the primary means to this end. I refer to this as the classroom consensus. It works for the best students, but for those left behind, the tyranny of syllabus completion and pass percentages has meant that the classroom simply does not cater to them. As Manish Sisodia, the architect of Delhi's school reforms, has said, the classroom is a victim of the curriculum, syllabus and textbooks. Much of what the Delhi education revolution did was aimed at disrupting the classroom consensus by experimenting with ways to ensure that basic, foundational literacy and numeracy skills were imparted to all students. It included infrastructure upgradation, building a cadre of mentor teachers, improving in-service training and exposure visits around the world, infusing campaigns to build foundational literacy and numeracy skills, along with aligning classrooms within a grade according to student learning levels (how close students were to curriculum level expectations). None of this was unchallenged. In schools, amongst teachers and educationists, questions were asked, debates held and ideas critiqued. Moreover, versions of these reform ideas have been tried out in some other states and in different ways, but rarely as a political project and never for long enough to disrupt the classroom consensus. Change was hard. There was confusion, resistance and active pushback at the school level. The spectre of syllabus-completion and examinations loomed, causing confusion in the messaging. Over time, a subtle but important shift took place. Consistent engagement

was held with schools on the dynamics of the classroom. Teachers were exposed to different ways students could acquire basic skills outside the framework of the syllabus-examination nexus. Regular "missions" that focussed on improving basic literacy and numeracy were infused. All this shifted the conversation. Teachers still spoke about students in terms of their exam-readiness, but now the gaps in student learning levels and the distance between curriculum expectations and the student in the last row of the classroom had entered the conversation, preparing the ground for a deeper change. There are lessons in this package of reform efforts for other states on how to improve foundational literacy and numeracy in primary schools, which is a key goal of the Union government's New Education Policy, 2021. Throughout the early years, a consistent attempt was made to make parent-teacher dialogue on student learning a routine through widely publicised mega parent-teacher meetings. Such engagement in government schools is rare. The quality of the mega parent teacher meetings was variable, but the political support they received and the stated goal of shifting the societal dialogue on education was important and a first for India. With the AAP's political battles in Delhi, the momentum for reforms in the government's second term slowed down. But it is important to recognise that in a political culture where welfare obligations of the state have been reduced to cash handouts, where bigotry, hate and the worst forms of identity politics are the primary offerings that politicians take to the hustings, for the first time, education was brought into the political discourse. This was significant and deserves attention in the cacophony of ugly, coarse political rhetoric that is now the norm in our electoral discourse.

Ace in space

Docking of satellites a new high for India

Getting off to a flying start in the new year under a new chief, the Indian Space Research Organisation (ISRO) has achieved yet another milestone by successfully performing the docking of satellites as a part of the Space Docking Experiment (SpaDeX). This exercise is expected to make the country better equipped for more ambitious and complex missions such as the Bharatiya Antriksha Station, Chandrayaan-4 and Gaganyaan. India's stature in space has gone up a few notches as it has become the fourth country — after the US, Russia and China — to accomplish the feat. It is remarkable that ISRO has bounced back from the Chandrayaan-2 heartbreak of 2019 to make rapid strides in the past couple of years, especially the Chandrayaan-3 soft-landing in 2023.

The strategic importance of the space sector cannot be overemphasised. The SpaDeX success comes amid a



fierce race between the US and China, which are both going all out to send a crew to the moon — the first since NASA's Apollo programme conducted its final mission in 1972. Just a few weeks ago, China accused

America of initiating "dangerous actions" to jeopardise global strategic stability after the US Space Force stationed a unit in Japan. Beijing itself has been speedily expanding its military capabilities in space. President Xi Jinping's "eternal dream" of building China into a space power has an ominous ring to it. This is worrisome not only for the US but also for its ally India, whose relations with China continue to be uneasy despite recent signs of a thaw.

The Chinese challenge makes it imperative for India to develop cutting-edge capabilities to protect its space assets such as satellites and indigenous launch vehicles. This should go hand in hand with greater stress on research and innovation to ensure that the country's space programme remains on course for human spaceflight and other key missions.

Producing biochar a profitable alternative to stubble burning

The pyrolyser, a portable and automated machine, is transforming crop waste management by converting it into biochar directly in the field.

Agriculture, the backbone of global food security and economies, sustains billions of lives. However, the excessive use of fertilisers and pesticides since the Green Revolution has significantly degraded soil, depleting its carbon levels, a key indicator of soil health. Simultaneously, agriculture is a major contributor to climate change, with intensive farming practices releasing greenhouse gases (GHGs), such as carbon dioxide, methane and nitrous oxide into the atmosphere. The challenges facing agriculture in India are multifaceted: demand for fair crop prices and assured procurement, effective stubble management, deteriorating soil health, lack of crop diversification, depleting water levels and rising food demand, driven by a growing population.

Addressing these challenges requires innovative solutions that safeguard farmers' livelihoods, boost incomes and reduce environmental harm. Recognising their role in shaping a sustainable future, farmers are willing to adopt eco-friendly practices like carbon-negative farming, provided their profits remain intact. Carbon-negative farming involves practices that remove more GHGs from the atmosphere than they emit. It surpasses carbon neutrality, which merely balances emissions with removals. This approach uses natural methods to capture carbon dioxide and store it in the soil, which is the best place for carbon. Practices like agroforestry, cover cropping and biochar enable this transformation, with biochar emerging as particularly effective. Biochar is a carbon-rich material produced by heating crop residues through pyrolysis, a high-temperature, low-oxygen process that sequesters carbon in the soil for centuries.

Globally, Bhutan, Suriname and Panama are recognised as carbon-negative, with Sikkim leading as India's first carbon-negative state. These examples highlight the feasibility and impact of sustainable practices at both global and local levels.

Carbon credits, a key driver of carbon-negative farming, offer farmers an opportunity to earn additional income. Each carbon credit certifies the removal of one metric tonne of carbon dioxide. These credits, calculated by using remote-sensing and AI-driven satellite data, enable farmers to monetise the carbon sequestered in their fields. As corporations strive for carbon neutrality, the demand for carbon credits is increasing rapidly. Private players are enrolling farmers in programmes that reward sustainable practices with carbon credits, positioning carbon-negative farming as both an environmental solution and a profitable venture. Crop residue management is one of agriculture's most pressing challenges. In Punjab and Haryana, stubble burning has escalated into a crisis, releasing massive GHGs and causing hazardous air pollution. This practice harms public health, degrades soil and pollutes the environment. A sustainable solution lies in producing biochar from stubble, unlike burning, which releases carbon into the atmosphere. Biochar locks carbon in the soil, transforming waste into a valuable resource.

The concept of biochar is not new. It dates back to ancient Amazonian agriculture, where it was used to create fertile "Terra Preta" soils that remain productive even today. Modern science has revived this practice, demonstrating its ability to improve soil health, enhance water retention, boost nutrient availability and reduce reliance on fertilisers. Farmers who adopt biochar often report increased yields and greater resilience to climate stresses within a single growing season.

However, scaling biochar production and adoption remain a significant challenge. In this context, the pyrolyser, a portable and automated machine developed by Applied Carbon, is transforming crop waste management by converting it into biochar directly in the field. The pyrolyser employs a high-temperature, low-oxygen

process powered by syngas, a byproduct of pyrolysis, making it self-sustaining. Designed for ease of use, it integrates seamlessly with tractors and harvesters. Once biochar is produced, it is quenched with water, enriched with nutrients or microbes tailored to farmers' needs, and immediately applied to the fields. This process not only enhances soil fertility but also allows farmers to earn carbon credits, turning sustainable practices into a source of additional income. India, with its vast agricultural landscape, stands to benefit immensely from carbon-



negative farming. Punjab, a cornerstone of the nation's food security, contributes 40-45 per cent of India's wheat and 28-30 per cent of its rice. However, this productivity comes with challenges like stubble management, soil degradation and declining soil fertility. A promising solution offered by the pyrolyser involves converting stubble into biochar. This approach enables farmers to improve soil health, reduce air pollution and earn additional income through carbon credits. It addresses

India's twin challenges of feeding a growing population and meeting international climate commitments. Applied Carbon's pyrolyser has gained global recognition, with five prototypes developed and \$21.5 million raised for large-scale production. Microsoft, committed to becoming carbon-negative by 2030 and offsetting all historical emissions by 2050, has shown a keen interest in this technology. This collaboration underscores the growing synergy between corporate sustainability goals and transformative agricultural practices and offers a blueprint for scaling such innovations.

However, scaling the pyrolyser technology requires policy support, adequate funding and active public-private partnerships. Governments should provide subsidies, promote localised manufacturing and facilitate collaboration with agricultural engineers, technologists and AI experts to tailor solutions for local farming needs. These measures can ensure the widespread adoption of carbon-negative farming practices. Carbon-negative farming represents a transformative shift in agriculture, evolving it from a contributor to climate change into a part of the solution. By addressing challenges like GHG emissions, soil degradation and farmer livelihoods, it aligns agriculture with the broader goals of sustainability and environmental health. Pyrolyser-based sustainable farming practices can be both environmentally and economically viable, allowing farmers to boost their incomes while contributing to a carbon-neutral and sustainable future. The benefits of carbon-negative farming extend far beyond individual farms. By improving soil health, strengthening food security and addressing stubble burning and climate change, it tackles critical global challenges. Adopting sustainable agriculture reflects a collective commitment to securing a healthier planet and a better future for generations to come.

बेजल सरकार पिछू हटेछे, बाङ्खणु थेके बेजले यानवाहन प्रवेश शुरु

प्राय २४ घंटा पर, बेजल सरकार पिछू हटेछे एवं बाङ्खणु थेके बेजले याओया समस्त पण्पावही यानवाहन प्रवेश शुरु होइयेछे। गत सन् १९८९ पर बेजल सरकारने आदेशे बाङ्खणु-बेजल मथन सीमास्थे पण्पावही यानवाहन प्रवेश निषिद्ध करा होइयेछि।

एर फले रात थेके दुपूर पर्यन्त प्राय २० किमि दीर्घ यानजट सृष्टि होइ। चालकदेर समस्यार कथा बिबेचना करे, MASS बेजल सरकारके चाप देय बाङ्खणु सीमास्थे थेके बेजले प्रवेश करा समस्त यानवाहन बद्ध करार ज्ञप। एर फले, बेजल सरकार पिछू हटेछे बाध्य होइ एवं अवशेषे भारी यानवाहन प्रवेश आवार स्वाभाविक होइ।

बेजल सरकारने एह अनुमतिर पर, ट्राक चालकरा शक्तिर निशुशास फेलेन। प्राञ्जन् निरसा विधायक अरुण च्याटाङ्गि बाङ्खणु मुख्यामन्त्री हेमन्त सोरनेने एह उद्योगे प्रशंसा करेन। तिन बलेन, मुख्यामन्त्री हेमन्त सोरनेने एह बिषये क्रमागत शुरुहु दिसेछेन। बेजल सरकारने साथे इतिबाचक आलोचना करार पर बेजल सरकार निषेधाञ्जा तुले नेय। एर पर, सारिजे दौड़िये थाका समस्त पण्पावही यानवाहन धीरे धीरे बेजले प्रवेश करते शुरु करेछे। NH-९ दीर्घ यानजट एखन सीमित ह्छे एवं यानजटो डाङ्गते शुरु करेछे।

भोजपुरी कृषि लोक गीत (कहरवा धुन)

गेहुआ के दिनवा

श्याम कुंवर भारती (राजभर)

धनवा कटाइल सईयां गेहुआ के दिनवा।
हाली घरे अईहा सईयां दवाई कइसे धनवा।

सास ससुर केवनो जोरओ ना लागता।
लहुरा देवरवा हमरो बतियो ना मानता।

पडल पडल सइता धान खरीहनवा।
हाली घरे अईहा सईयां.....।

नवहर बदन हमरो कइसे खेतवा जोताई।
जाड के महीनवा हमसे गेहु 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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ग्रामीण क्षेत्रों में बिजली आपूर्ति 10 साल में बढ़कर अब 22.4 घंटे हो गई: खट्टर

एजेंसी नई दिल्ली। केंद्रीय ऊर्जा मंत्री मनोहर लाल खट्टर ने कहा कि पिछले एक दशक में शहरी क्षेत्रों में बिजली की उपलब्धता 22 घंटे से बढ़कर 23.4 घंटे हो गई है, जबकि ग्रामीण क्षेत्रों में यह 12.5 घंटे से बढ़कर 22.4 घंटे हो गई है। केंद्रीय ऊर्जा मंत्री मनोहर लाल खट्टर ने विद्युत मंत्रालय के संसद सदस्यों की परामर्शदात्री समिति की बैठक के बाद यह जानकारी दी। पुनर्निर्मित वितरण क्षेत्र योजना (आरडीएसएस) के कार्यान्वयन पर चर्चा के लिए यह बैठक बुलाई गई थी। ऊर्जा मंत्री ने स्मार्ट मीटर स्थापना के कार्यान्वयन पर जोर देते हुए कहा कि स्मार्ट मीटर

बिलिंग त्रुटियों को कम कर ऊर्जा दक्षता को बढ़ाने और उपयोगकर्ताओं बिजली खरीद लागत के अनुकूलन और नवीकरणीय ऊर्जा के एकीकरण में 16 जनवरी को राजधानी नई दिल्ली में पुनर्निर्मित वितरण क्षेत्र योजना (आरडीएसएस) के कार्यान्वयन विषय पर चर्चा हेतु विद्युत मंत्रालय के लिए संसदों की परामर्शदात्री समिति की बैठक आयोजित की गई। बैठक के दौरान विद्युत और नवीन एवं नवीकरणीय ऊर्जा राज्य मंत्री श्रीपद येसी नाइक भी उपस्थित थे। इसके अलावा विद्युत मंत्रालय की परामर्शदात्री समिति के सदस्य, सचिव (विद्युत) पंकज अग्रवाल और विद्युत मंत्रालय के अन्य अधिकारी, सीईए के अध्यक्ष और आरडीसी लिमिटेड और पावर फाइनेंस कॉर्पोरेशन लिमिटेड के सीएमडी ने बैठक में भाग लिया।



केंद्र के ज्येष्ठ सुविधा प्रदान करने के उपयोगकर्ता और वितरण कंपनी, दोनों को लाभान्वित करते हैं। वहीं, डिस्कॉम को घाटे को कम करने, आदि में मदद करते हैं विद्युत मंत्रालय ने जारी बयान में कहा कि केंद्रीय विद्युत और आवास एवं शहरी कार्य मंत्री मनोहर लाल की अध्यक्षता

अगले पांच साल में भारत का वाहन उद्योग दुनिया में होगा नंबर वन: गडकरी

एजेंसी नई दिल्ली। केंद्रीय सड़क परिवहन एवं राजमार्ग मंत्री नितिन गडकरी ने कहा कि भारत का ऑटोमोबाइल उद्योग अगले पांच साल में दुनिया में पहले स्थान पर होगा। उन्होंने कहा कि उद्योग ने अब तक 4.5 करोड़ नौकरियां पैदा की हैं, जो देश में सबसे अधिक है। नितिन गडकरी ने फेडरेशन ऑफ ऑटोमोबाइल डीलर्स एसोसिएशन (फाडा) के एक कार्यक्रम को संबोधित करते हुए यह बात कही।

दूसरे नंबर पर चीन 47 लाख करोड़ रुपये और भारत 22 लाख करोड़ रुपये का स्थान तीसरे नंबर पर आता है। उन्होंने कहा कि जब 2014 में



परिवहन मंत्रालय का कार्यभार संभाला था, तब वाहन उद्योग का आकार 7.5 लाख करोड़ रुपये था, जो अब बढ़कर 22 लाख करोड़ रुपये हो चुका है। फाडा के कार्यक्रम को संबोधित करते हुए उन्होंने कहा सरकार और भारत सरकार को जीएसटी के हिस्से के रूप में अधिकतम राजस्व दे रहा है। मंत्री ने बताया कि भारत में निर्मित सभी दोपहिया मोटरसाइकिलों में से 50 प्रतिशत का निर्यात किया जाता है।

गोयल ने ब्रुसेल्स में मारोस सेफकोविक से की मुलाकात, कई मुद्दों पर हुई बातचीत

एजेंसी ब्रुसेल्स/नई दिल्ली। केंद्रीय वाणिज्य एवं उद्योग मंत्री पीयूष गोयल ने यहां यूरोपीय संघ के व्यापार एवं आर्थिक सुरक्षा आयुक्त मारोस सेफकोविक के साथ मुलाकात की। इस दौरान भारत-यूरोपीय संघ मुक्त व्यापार समझौते सहित द्विपक्षीय मुद्दों पर विचार-विमर्श किया गया। केंद्रीय वाणिज्य मंत्री ने एक्स पोस्ट में कहा कि ब्रुसेल्स यात्रा की शुरुआत यूरोपीय संघ के व्यापार एवं आर्थिक सुरक्षा आयुक्त सेफकोविक के साथ गर्मजोशी भरी पहली मुलाकात से हुई। हमने व्यापार संबंधों और भारत-यूरोपीय संघ मुक्त व्यापार समझौते सहित द्विपक्षीय मुद्दों पर विचारों का आदान-प्रदान किया। वहीं, सेफकोविक ने कहा कि उच्चस्तरीय व्यापार और निवेश वार्ता के लिए मंत्री पीयूष गोयल की मेजबानी करके प्रसन्नता हुई, जिसका साझेदारी को अगले स्तर पर ले जाना है। हमारे संयुक्त प्रयासों को गति देने के लिए हमारी 2-दिवसीय सहभागिता की प्रतीक्षा है। दोनों पक्षों

भारत मोबिलिटी एक्सपोजे में है ई वाहनों पर जोर

एजेंसी नई दिल्ली। एशिया के सबसे बड़े ऑटो शो भारत मोबिलिटी ग्लोबल एक्सपोजे के दूसरे संस्करण में देश विदेश की सभी ऑटोमोबाइल कंपनियों को जोर इलेक्ट्रिक वाहनों पर है। देश की सबसे बड़ी यात्री वाहन निर्माता कंपनी मासति सुजुकी इंडिया से लेकर लक्जरी कार निर्माता कंपनी पोर्श तक सबसे अपने इलेक्ट्रिक वाहनों को यहां लॉन्च किया है। मासति सुजुकी ने अपनी पहली इलेक्ट्रिक एसयूवी, ई विटारा लॉन्च की है। ई विटारा लेवल 2 एडिएसएस सुजुकी कनेक्ट के साथ अगली पीढ़ी की कनेक्टिविटी जैसे अत्याधुनिक सुविधाओं से लैस है। यह कार 500 किलोमीटर तक की रेंज दे सकती है। सुजुकी मोटरसाइकिल इंडिया ने तीन नए उत्पादों का अनावरण किया है, जिसमें ई-एक्ससेस, सुजुकी का पहला इलेक्ट्रिक स्कूटर; नया एक्ससेस125, और जिक्सर एसएफ 250 प्लेक्स फ्यूल, भारत की

पहली ई85 स्पोर्ट्स बाइक शामिल है, जो इथेनॉल-आधारित गतिशीलता को बढ़ावा देती है। होंडा मोटोकॉर्प ने कई नए वाहनों का अनावरण किया, जिसमें एक्सट्रीम 250आर के साथ 250 सीसी मोटरसाइकिल सेगमेंट में प्रवेश करना और एक्सपलस 210 के साथ अपने एडवेंचर लाइनअप को बढ़ाना शामिल है। स्कूटर श्रेणी में, कंपनी ने जूज 125 और जूज 160 पेश किए। इसके अतिरिक्त, होंडा ने अपनी पहली प्लेक्स-फ्यूल मोटरसाइकिल, इथेनॉल-आधारित होंडा एचएफ डीलक्स का प्रदर्शन किया और वीड वी2 ई-स्कूटर पेश किया।बीएमडब्ल्यू इंडिया ने बीएमडब्ल्यू एक्स1 लॉन्ग व्हीलबेस

ऑल इलेक्ट्रिक को लॉन्च किया जिसकी कीमत 49 लाख रुपये है। इस एक्सपोजे में ई ड्राइव ड्राइवटेन है और 531 किलोमीटर रेंज देता है।

ग्लोबल एक्सपोजे में मर्सिडीज-बेंज ने अपनी बेहतरीन लक्जरी बीईवी ईन्यूएस मेबैक एसयूवी 680 'नाइट सीरीज' को 2.63 करोड़ रुपये की कीमत पर लॉन्च किया, जबकि मेबैक जीएलएस 600 को 3.71 करोड़ रुपये में लॉन्च किया गया। हुंडई मोटर इंडिया ने भारत मोबिलिटी ग्लोबल एक्सपोजे 2025 में बहुमतीशुभ हुंडई क्रेटा इलेक्ट्रिक को 17.99 लाख की शुरुआती कीमत पर लॉन्च किया। एक्सपोजे में एमजी मोटर्स ने एमजी साइबेस्टर और एमजी एम 9 के साथ

अपने एनईवी पोर्टफोलियो का विस्तार किया। नए लॉन्च किए गए लक्जरी बांड चैनल एमजी सेलेक्ट के तहत पेश किए गए ए मॉडल कंपनी के इंटेलिजेंट, स्टैटेबल और ग्राहक-केंद्रित मोबिलिटी के एक्सपोजे 2025 में ऑल-न्यू टाटा सिएरा लॉन्च की है। इस वाहन के आधुनिक संस्करण में डिजाइन और अत्याधुनिक तकनीक का संयोजन किया गया है, जो स्टाइल, कार्यक्षमता और स्थिरता का बेहतरीन संतुलन दर्शाता है। इसके साथ ही कंपनी हैरियर डैट ईवी का भी प्रदर्शन किया है। कंपनी ने एक कॉन्सेप्ट कार अविन्या भी प्रदर्शन किया है। वॉर्ड कमर्शियल व्हीकल्स ने 2 से 3.5 टन स्पॉल कमर्शियल व्हीकल सेगमेंट में अपनी एंटी के साथ आयर प्रो एक्स रेंज का अनावरण किया। लॉजिस्टिक्स कंपनियों को ध्यान में रखकर बनाई गई यह इलेक्ट्रिक-फर्ट रेंज मिड और लास्ट-माइल लॉजिस्टिक्स के लिए है।

ट्रंप के राष्ट्रपति बनने से पहले ही बिटकॉइन में जोरदार तेजी, एक बार फिर 1 लाख डॉलर के पार पहुंची क्रिप्टो करेंसी

एजेंसी नई दिल्ली। अमेरिका में डोनाल्ड ट्रंप के सत्ता संभालने के पहले ही दुनिया की सबसे बड़ी क्रिप्टोकरेंसी बिटकॉइन ने एक बार फिर जोरदार तेजी दिखाते हुए 1 लाख डॉलर के स्तर को पार कर लिया। शुक्रवार देर रात बिटकॉइन 1,05,782.40 डॉलर के स्तर पर पहुंच गया था। हालांकि उसके बाद इस क्रिप्टोकरेंसी की कीमत में गिरावट आई। आप भारतीय समय के मुताबिक दोपहर 11:30 बजे बिटकॉइन 1,03,403.60 डॉलर के स्तर पर कारोबार कर रहा था।

उल्लेखनीय है कि डोनाल्ड ट्रंप की जीत के कारण क्रिप्टोकरेंसी मार्केट में लगातार उल्हास का माहौल बना हुआ है। अपने चुनाव प्रचार के दौरान डोनाल्ड ट्रंप ने अमेरिका को

दुनिया का क्रिप्टो कैपिटल बनाने का एलान किया था। ट्रंप के वायदे में क्रिप्टो इंस्ट्रुटी के लिए फेबरेबल सेने की तरह ही बिटकॉइन का भी स्ट्रेटिजिक रिजर्व बनाए। इसके साथ ही राष्ट्रपति पद संभालने के बाद पहले ही क्रिप्टोकरेंसी मार्केट में तेजी आ गई थी। खासकर, बिटकॉइन ने जबरदस्त तेजी दिखाई थी। ट्रंप के चुनाव जीतने के 1 महीने बाद 5 दिसंबर को बिटकॉइन पहली बार एक लाख डॉलर के स्तर को पार करके 1,03,242.70 डॉलर के स्तर पर पहुंचा था। इसी महीने 17 दिसंबर को बिटकॉइन ने अपने सर्वोच्च स्तर 1,06,490.10 डॉलर के स्तर तक पहुंचने में सफलता हासिल की थी। हालांकि इसके बाद बिटकॉइन की कीमत में गिरावट आई, जिसकी वजह से ये क्रिप्टोकरेंसी 90 हजार डॉलर के स्तर तक गिर गई। लेकिन अब ट्रंप की शपथ लेने का समय पास आते ही एक बार फिर इस क्रिप्टोकरेंसी में तेजी आ गई है और ये 1 लाख डॉलर के स्तर को पार करके कारोबार करने लगी है।

जीत का एलान होने के साथ ही क्रिप्टोकरेंसी मार्केट में तेजी आ गई थी। खासकर, बिटकॉइन ने जबरदस्त तेजी दिखाई थी। ट्रंप के चुनाव जीतने के 1 महीने बाद 5 दिसंबर को बिटकॉइन पहली बार एक लाख डॉलर के स्तर को पार करके 1,03,242.70 डॉलर के स्तर पर पहुंचा था। इसी महीने 17 दिसंबर को बिटकॉइन ने अपने सर्वोच्च स्तर 1,06,490.10 डॉलर के स्तर तक पहुंचने में सफलता हासिल की थी। हालांकि इसके बाद बिटकॉइन की कीमत में गिरावट आई, जिसकी वजह से ये क्रिप्टोकरेंसी 90 हजार डॉलर के स्तर तक गिर गई। लेकिन अब ट्रंप की शपथ लेने का समय पास आते ही एक बार फिर इस क्रिप्टोकरेंसी में तेजी आ गई है और ये 1 लाख डॉलर के स्तर को पार करके कारोबार करने लगी है।

100 दिन के अंदर ही क्रिप्टो करेंसी के संबंध में स्पष्ट और सरल नियम बनाने के लिए एक विशेष सलाहकार परिषद बनाने का भी ट्रंप ने एलान किया था। अपने वायदे में डोनाल्ड ट्रंप ने कहा था कि राष्ट्रपति के रूप में वे इस बात को सुनिश्चित करेंगे कि अमेरिकी सरकार

सरकार बजट सत्र में पेश कर सकती है नया आयकर विधेयक

एजेंसी नई दिल्ली। सरकार संसद के आगामी बजट सत्र में एक नया आयकर विधेयक पेश कर सकती है। इसका उद्देश्य वर्तमान आयकर कानून को सरल बनाना, उसे समझने योग्य बनाना तथा पुष्पों की संख्या में करीब 60 फीसदी की कमी करना है। विरट मंत्री निर्मला सीतारमण ने जुलाई के बजट में इसकी घोषणा की थी। आधिकारिक सूत्रों ने बताया कि नया आयकर कानून संसद के बजट सत्र में पेश किया जाएगा। यह एक नया कानून होगा, न कि मौजूदा अधिनियम में संशोधन। फिलहाल, कानून के मसौदे पर विधि मंत्रालय विचार कर रहा है, जिसे बजट सत्र के दूसरे हिस्से में संसद में पेश किए जाने की संभावना है। आयकर अधिनियम, 1961 की व्यापक समीक्षा के लिए जुलाई बजट में वित्त

मंत्री की घोषणा के अनुसरण में सीबीडीटी ने समीक्षा और अधिनियम को संक्षिप्त, स्पष्ट और सजने में मंत्री की घोषणा के अनुसरण में सीबीडीटी ने समीक्षा और अधिनियम को संक्षिप्त, स्पष्ट और सजने में

फरवरी तक राष्ट्रपति द्रौपदी मुर्मू के संसद के दोनों सदनों के संयुक्त अधिवेशन को संबोधित करने के साथ शुरू होगा। इसके बाद विरट वर्ष 2024-25 के लिए आर्थिक सर्वेक्षण पेश किया जाएगा। केंद्रीय बजट 01 फरवरी को पेश किया जाएगा। संसद का बजट सत्र 10 मार्च को पुनः आरंभ होगा, जो 4 अप्रैल तक चलेगा।

गरावारे हाई-टेक फिल्मस ने पेश किए नए उत्पाद

मुंबई/नई दिल्ली। पेंट प्रोटेक्शन और सन कंट्रोल फिल्मस में अग्रणी, गरावारे हाई-टेक फिल्मस (जीएचएफएल) ने भारत में ऑटोमोटिव सुरक्षा को नया रूप देने के उद्देश्य से भारत मोबिलिटी ग्लोबल एक्सपोजे में गतिशील पहल शुरू की है। कंपनी ने दो उन्नत उत्पाद- सीन पेंट प्रोटेक्शन फिल्म (पीपीएफ) और हेड एंड टेललाइट ग्लॉस प्रोटेक्शन फिल्म प्रस्तुत किए हैं, साथ ही बेजोड पहुंच और मालिकों में आसानी के लिए रणनीतिक गठबंधन भी किए हैं। जीएचएफएल के सीन पेंट प्रोटेक्शन फिल्म में रंगीन शैली और स्थायी कार्यक्षमता का एक प्रीमियम कॉम्बिनेशन है। वाहन की खूबसूरती को बढ़ाने के लिए डिजाइन की गई, यह फिल्म विज्युअल अपील से समझौता किए बिना खरोंच, दाग और यूवी से होने वाले नुकसान के खिलाफ मजबूत सुरक्षा प्रदान करती है। उन्नत सामग्रियों के साथ हेड एंड टेललाइट ग्लॉस प्रोटेक्शन फिल्म प्रोटेक्शन फिल्म में खरोंच, दाग और धिसाव से बचाते हुए ऑटोमोटिव लाइटिंग परफॉरमेंस सुनिश्चित करती है। दोनों उत्पाद अब भारत भर में 170 से अधिक गरावारे एप्लीकेशन स्टूडियो (जीएसएस) में उपलब्ध हैं, जो प्रीमियम ऑटोमोटिव देखभाल के लिए जीएचएफएल की प्रतिबद्धता को मजबूत करते हैं।

सर्राफा बाजार में लगातार तीसरे दिन तेजी जारी, 81 हजार के पार पहुंचा सोना

एजेंसी नई दिल्ली। घरेलू सर्राफा बाजार में आज लगातार तीसरे दिन तेजी का रुख बना हुआ है। आज के कारोबार में सोना 610 रुपये से लेकर 660 रुपये प्रति 10 ग्राम तक महंगा हो गया है। इसी तरह चांदी की कीमत में भी आज 1,100 रुपये प्रति किलोग्राम की तेजी आई है। सोने की कीमत में आई तेजी के कारण देश के ज्यादातर सर्राफा बाजारों में 24 कैरेट सोना आज 81 हजार रुपये के स्तर

को पार करके 81,430 रुपये से लेकर 81,280 रुपये प्रति 10 ग्राम के दायरे में कारोबार कर रहा है। इसी तरह 22 कैरेट सोना 74,660 रुपये से लेकर 74,510 रुपये प्रति 10 ग्राम के बीच बिक रहा है। चांदी की कीमत में 1,100 रुपये प्रति किलोग्राम के स्तर पर कारोबार कर रही है। देश की राजधानी दिल्ली में 24 कैरेट सोना आज 81,430 रुपये प्रति 10

ग्राम के स्तर पर कारोबार कर रहा है, जबकि 22 कैरेट सोने की कीमत 74,660 रुपये प्रति 10 ग्राम दर्ज की गई है। वहीं देश की आर्थिक राजधानी मुंबई में 24 कैरेट सोना 81,280 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 74,510 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह अहमदाबाद में 24 कैरेट सोने की रिटेल कीमत 81,330 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 74,560



रुपये प्रति 10 ग्राम दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24 कैरेट सोना आज 81,280 रुपये प्रति 10 ग्राम की कीमत पर और 22 कैरेट सोना 74,510 रुपये प्रति 10 ग्राम की कीमत पर बिक रहा है। इसी तरह कोलकाता में भी 24 कैरेट सोना 81,280 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 74,510 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह जयपुर में 24 कैरेट सोना 81,430 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 74,510 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है। हैललखण्ड के सर्राफा बाजार में 24 कैरेट सोना

आज 81,430 रुपये प्रति 10 ग्राम के स्तर पर और 22 कैरेट सोना 74,660 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। वहीं पटना में 24 कैरेट सोने की कीमत 81,330 रुपये प्रति 10 ग्राम के स्तर पर है, जबकि 22 कैरेट सोना 74,560 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह जयपुर में 24 कैरेट सोना 81,430 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 74,510 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है। हैललखण्ड के सर्राफा बाजार में 24 कैरेट सोना

देश के अन्य राज्यों की तरह कर्नाटक, तेलंगाना और ओडिशा के सर्राफा बाजार में भी आज सोने के खरोंच, दाग और धिसाव से बचाव के लिए ऑटोमोटिव लाइटिंग परफॉरमेंस सुनिश्चित करती है। दोनों उत्पाद अब भारत भर में 170 से अधिक गरावारे एप्लीकेशन स्टूडियो (जीएसएस) में उपलब्ध हैं, जो प्रीमियम ऑटोमोटिव देखभाल के लिए जीएचएफएल की प्रतिबद्धता को मजबूत करते हैं।



डायबिटीज के मामलों में तेजी देखी जा रही है। भारत में डायबिटीज के आंकड़े चिंताजनक हैं। जी हाँ, करीब 77 करोड़ लोग इस बीमारी की चपेट में हैं। वहीं अनुमान जताया जा रहा है कि साल 2045 तक यह संख्या बढ़कर 13.4 करोड़ तक पहुँच जाएगी। अचानक से शरीर में ब्लड के रक्तस्त्राव के बढ़ जाने को हाइपरग्लेसेमिया कहा जाता है। इससे शरीर के कई अंगों को क्षति पहुँचती है।

हाई ब्लड शुगर होने पर शरीर के इन अंगों पर पड़ सकता है बुरा असर

अगर टीक नहीं होता है तो कई बार इन्फेक्शन नहीं फैले इसलिए अंग को ही निकालना पड़ता है। जिसका कारण होता है रोग प्रतिरोधक क्षमता का कम होना।

संक्रमण का खतरा

रोग प्रतिरोधक क्षमता कमजोर होने के कारण संक्रमण का खतरा अधिक होता है। डायबिटीज मरीज को यूरिन के संक्रमण का खतरा बहुत अधिक होता है। इसका प्रभाव किडनी पर भी पड़ता है।

पैरों की समस्या

मधुमेह होने के कारण पैर अधिक दर्द करते हैं। कई बार अल्सर भी दर्द रहता है। पैरों में घाव हो जाना, उंगलियों का कालापान होना। श्वार कंट्रोल नहीं होने पर पूरे पैर में भी समस्या हो सकती है। इसलिए बेहतर है मीठा जरा भी नहीं खाएँ और शुगर फ्री चीजों का ही सेवन करें।

आंखों की समस्या

डायबिटीज होने के बाद एक अच्छी लाइफस्टाइल से ही अच्छे से लॉन्ग लाइफ जी सकते हैं। ब्लड शुगर असामान्य रूप से बढ़ने से आंखों पर प्रभाव पड़ता है। इससे धुंधलापान होना, मोतियाबिंद होना, ग्लूकोमा जैसी समस्या घेरने लगती है। इसके लिए पोषिक आहार बहुत जरूरी है।

घाव के ठीक होने में वकत लगना

दरअसल, हाइपरग्लेसेमिया की वजह से घाव ठीक होने में वकत लगता है। कई बार महीने भी लग जाते हैं। इतना ही नहीं घाव



शरीर में कैल्शियम की कमी को पूरा करने के लिए दूध और दूध से बने उत्पादों का सेवन बहुत जरूरी होता है। लेकिन यदि आपको दूध पीना पसंद नहीं है या आपको दूध से एलर्जी है तब आप क्या करेंगे? नहीं आपको परेशान होने की जरूरत नहीं है। प्रकृति ने हमें ऐसे बहुत से खाद्य पदार्थ दिए हैं, जिनमें उच्च मात्रा में कैल्शियम होता है। इसलिए आज बात करने हैं उन फूड्स की जो दूध के बिना भी आपके शरीर में कैल्शियम की कमी नहीं होने देंगे।

आहार में शामिल करें ये नॉन डेयरी कैल्शियम रिच फूड नहीं होगी कैल्शियम की कमी

हरी सब्जियां

गहरे रंग वाली सब्जियां जैसे बथुआ, पालक, चोलाई, मेथी आदि में आयरन और फोलेट के साथ-साथ कैल्शियम की भी अच्छी मात्रा होती है। आप इन्हें अपनी डाइट में शामिल कर कैल्शियम की प्राप्ति कर सकते हैं।

बादाम और अंजीर

बादाम को पावर बैक कहा जाता है, क्योंकि इसमें सभी आवश्यक आयरन और विटामिन होते हैं। यह कैल्शियम में भी काफी समृद्ध होता है। इसी के साथ-साथ अंजीर में भी आयरन और कैल्शियम की समृद्ध मात्रा होती है। नाश्ते, लंच या हल्की स्नैकिंग के रूप में आप बादाम और अंजीर का एक साथ सेवन कर सकती हैं।

डाइट में शामिल करें सोया

यदि आप अपनी डाइट में सोया या उससे बने फूड्स जैसे टोफू का प्रयोग करती हैं तो आपको लगभग 220 मिलीग्राम से

250 मिलीग्राम कैल्शियम की आपूर्ति होती है। जो आपकी दैनिक जरूरत के बराबर है।

भुने हुए तिल

यदि आप कैल्शियम रिच नॉन डेरी प्रोडक्ट की तलाश में हैं, तो भुने हुए तिल आप के लिए सबसे अच्छा विकल्प है। एकस्पर्ट के मुताबिक लगभग 25 ग्राम तिल आपको 270 मिलीग्राम कैल्शियम, दैनिक जरूरत के बराबर आपूर्ति करता है।

मछली भी है कैल्शियम रिच

साइडिन या साल्मन यह दो बेहतरीन मछलियां हैं। जिनसे दैनिक जरूरत की कैल्शियम की आपूर्ति होती है। यह दोनों ही कैल्शियम, ओमेगा 3 फैटी एसिड और प्रोटीन के बेहतरीन स्रोत हैं। आपको इनको बस जरूरत के मुताबिक ही खाना है। यानी कि हफ्ते में लगभग दो टुकड़े।

साबुत अनाज एवं दालें

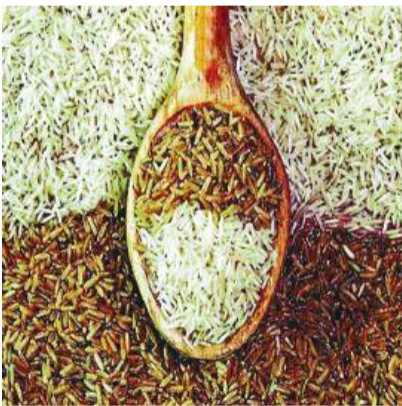
आप अपनी डाइट में ऐसे कुछ अनाज या दालों का प्रयोग कर सकती हैं, जो कैल्शियम का बेहतरीन स्रोत हैं। जैसे कि मोट, राजमा, कुलथी, बाजरा, चना, सोयाबीन, रागी आदि।

क्यों जरूरी है कैल्शियम

हमारे शरीर में हड्डियों के विकास के लिए कैल्शियम बेहद आवश्यक है। यह हड्डियों के साथ ही मांसपेशियों, कोशिकाओं और हृदय व नसों के सुचारू रूप से काम करने के लिए भी बहुत जरूरी है। हमारे शरीर में कैल्शियम की मात्रा सबसे अधिक पायी जाती है। इनमें से लगभग 98% हिस्सा हमारे दांतों और हमारे शरीर की हड्डियों में प्रयोग होता है। जबकि इसका 1% रक्त और मांसपेशियों में प्रयोग होता है। इसलिए कैल्शियम सभी के लिए आवश्यक है। पुरुषों की तुलना में महिलाओं को अधिक कैल्शियम की जरूरत होती है। इसी वजह से कैल्शियम की आपूर्ति के लिए दूध और दूध से बने पदार्थों का सेवन किया जाता है। अगर यदि आपको दूध से एलर्जी है या आपको दूध पीना पसंद नहीं है, तो आपको नॉन डेयरी प्रोडक्ट से यह जरूरत पूरी करनी होगी।

हेल्दी डाइट के लिए खाइए ब्राउन राइस

जो लोग हेल्दी डाइट और वजन कम करने में दिलचस्पी रखते हैं और चावल से परहेज करते हैं, उनके लिए ब्राउन राइस एक बेहतरीन विकल्प है। कैलोरी कम होने के साथ-साथ इसके और भी कुछ फायदे हैं। जानिए इसके 5 फायदे.



कोलेस्ट्रॉल

ब्राउन राइस खाने का सबसे बड़ा फायदा यही है कि यह कोलेस्ट्रॉल को कम करता है और अनचाहे फैट को शरीर के आंतरिक भागों में जमने से रोकता है।

डाइबिटीज

सामान्यतः चावल में शर्करा की मात्रा अधिक होती है, जिसके कारण डाइबिटीज के रोगी इससे दूरी बनाए रखते हैं। लेकिन ब्राउन राइस के सेवन से रक्त में शर्करा का स्तर नहीं बढ़ता। इसलिए यह आपके लिए बेहतर विकल्प है।

हृदय रोग

हार्टअटैक या हृदय के अन्य रोग, ज्यादातर हृदय की धमनियों में कोलेस्ट्रॉल के जमाव के कारण होते हैं। ऐसे में ब्राउन राइस का सेवन इससे बचाकर आपके हृदय की भी रक्षा करता है।

हड्डियां

मैनीशियम व कैल्शियम से भरपूर होने के कारण ब्राउन राइस, हड्डियों को मजबूत करने के लिए बेहद फायदेमंद है। सफेद चावल की अपेक्षा यह सेहत के कई फायदे देता है।

वजन कम

वजन कम करना चाहते हैं, और चावल से दूर नहीं रह सकते, तो सफेद चावल की जगह ब्राउन राइस को शामिल करें। कुछ ही समय में आप वजन में कमी महसूस करेंगे।



आयुर्वेद ने भी माना खाली पेट इन चीजों का सेवन करने से घटता है मोटापा

वजन घटाने के लिए लोग न जानें कि कौन सा प्रकार की डायट फॉलो करते हैं। लेकिन अपने आपको भूखा रखकर लंबे समय तक बिना सोचे-समझे किसी भी प्रकार की डायट का पालन करना मुश्किल हो जाता है। वजन घटाना कोई आसान काम नहीं है। शरीर की एकस्ट्रा चर्बी को निकालने के लिए नियमित व्यायाम के साथ कैलोरीज भी बर्न करनी पड़ती है। इसके लिए आयुर्वेद के पास ऐसे कई तरीके हैं, जिससे शरीर की गंदगी बाहर निकलेगी और आपको वजन कम करने में आसानी होगी। ये तरीके बेहद आसान हैं, लेकिन आपको इन्हें अपनी लाइफस्टाइल का हिस्सा बनाना होगा। आइए जानते हैं क्या हैं वो तरीके जिसे मोटापा घटाने के लिए आयुर्वेद में अहम माना गया है।

गर्म पानी के साथ घी और नींबू

200 मिलीलीटर पानी के साथ थोड़ा सा नींबू या घी का सेवन करने से पेरिस्टैलिसिस में सुधार होता है, जो कि वेस्ट और खाने की गति को नीचे की ओर ढकेलता है। यदि आपका शरीर वात या पित्त प्रकार का है, तो आप इससे आपका पाचन तंत्र चिकना होगा जिससे कब्ज की समस्या दूर होगी।

डायजेस्टिव चाय

आजकल, बाजार में आयुर्वेदिक चाय की ढेर सारी पैराडाइटिज उपलब्ध हैं। लेकिन अच्छा होगा कि आप घर पर अपनी चाय खुद ही बना लें। इसके लिए 1 चम्मच जीरा, 1 चम्मच सौंफ, 1 चम्मच धनिया के बीज, 1 इलायची और थोड़ी सी अजवाइन को लेकर 500 मिलीलीटर पानी में तब तक उबालें, जब तक पानी की मात्रा आधी न हो जाए। इस चाय को खाली पेट पीने से अपच, ब्लोटिंग और वजन कम करने में मदद मिलेगी।

अपने मेटाबोलिज्म को तेज बनाने के लिए

आप दालचीनी, इलायची, लौंग, कड़कूस की हुई अदरक, काली मिर्च, हल्दी और स्टार ऐनीज को 500 मिली पानी में उबालें। यह पानी आधा हो जाए

तब इसमें आधा नींबू और कोकोनट शुगर मिलाएँ। चाय शरीर की गर्मी बढ़ाकर चयापचय में सुधार करके वजन कम करने में मदद करेंगे।

कच्चे फल

सुबह खाली पेट हर्बल चाय पीने के बाद, कच्चे फलों का सेवन करें जो प्रकृति में थोड़े से कसेले हो सकते हैं। ग्रीन और रेड एपल, क्रेनबेरी, ब्लूबेरी, चेरी, स्ट्रॉबेरी, ब्लैकबेरी, अनानास, आंवला और अनार जैसे फलों को ही चुनें। यह फल शरीर में वॉटर रिटेंशन को कम करते हैं और आपकी त्वचा में कोलेजन को बढ़ाते हैं, जिससे वजन कम करने में मदद मिलती है।

सिलेरी जूस

तनाव से बचने के लिए आयुर्वेद कच्चे फल और पकी या उबली हुई सब्जियां खाने की सलाह देता है। ऐसी स्मूदी लेने से बचे जिसमें फल, सब्जियां, दूध और दही का मिश्रण शामिल हो। यह शरीर में विषाक्त पदार्थों के संचय का कारण बन सकता है। ब्लिंक पेट की ब्लोटिंग और अतिरिक्त चर्बी को कम करने के लिए एक चूटकी संधा नमक और नारियल तेल के साथ सिलेरी का जूस लें।

वजन घटाने के बुनियादी नियम

- जब आपको भूख लगे तब ही खाएं।
- सूर्यास्त के बाद न खाएं।
- इंटरमिटेंट फास्टिंग करें जिसमें 16 घंटे के तक कुछ भी न खाएं। इससे आपकी ऊर्जा तो बढ़ती है साथ में दिमाग पर कंट्रोल रहता है।
- कच्चे फल खाने के बाद पका हुआ भोजन करें।
- आपका पेट केवल आपके मुट्ठी के आकार का है। अपनी भूख से 80 प्रतिशत भोजन कम खाएं, ताकि खाना पचाने वाले रस अपना काम आसानी से कर सकें।



डायबिटीज कंट्रोल करने के लिए डाइट में शामिल करें अनार के फूल

खून बढ़ाने से लेकर ग्लोइंग स्किन पाने के लिए अनार खाने के फायदों के बारे में आपने सुना ही होगा। लेकिन क्या आपने अनार के फूल के फायदों के बारे में सुना है। प्राकृति ने मनुष्य को बहुत कुछ दिया है, जो स्वस्थ रहने और किसी बीमारी से लड़ने के लिए काफी है। ऐसा ही एक प्राकृति का तोहफा है अनार का फूल। आइए जानते हैं अनार के फूल के फायदों के बारे में।

- शुगर की परेशानी इन दिनों आम हो गई है। दुनियाभर में कई लोग इस जानलेवा बीमारी से जूझ रहे हैं। हालांकि इसे कंट्रोल करने के कई तरीके हैं, लेकिन बावजूद इसके इसे ठीक नहीं किया जा सकता। ऐसे में एक स्वस्थ जीवन शैली पर स्विच करना महत्वपूर्ण है। शुगर के मरीजों को कम चीनी और फाइबर चीजों को अवॉइड करना चाहिए। ऐसे में डाइट में अनार के फूल शामिल करना अच्छा हो सकता है। हेल्थ रिपोर्ट्स के मुताबिक अनार के फूल में फोटेकेमिकल होता है, जो शुगर के मरीजों के लिए अच्छा होता है।
- बेदाग स्किन और स्वस्थ चमक इन दिनों खो सी गई है। पर्यावरण प्रदूषण और गलती जीवनशैली के चलते ऐसी त्वचा पाना बेहद ही मुश्किल हो गया है। वहीं बीजी रुटीन में नियमित त्वचा की देखभाल रहना भी मुश्किल होता है। ऐसे में आप अनार के फूल पर विश्वास कर सकते हैं, इसकी मदद से झुर्रियां और समय से पहले बुढ़ा होने से बचा जा सकता है।
- कोरोना काल में हर किसी ने एक चीज अच्छे से सिखी है और वो है स्वस्थ रहना। लोग इन दिनों स्वस्थ और इम्यूनिटी को बढ़ावा देने वाली हर एक चीज का पूर्ण रूप से ख्याल रख रहे हैं। ऐसे में अनार के फूल भी स्वस्थ रहने में आपकी मदद कर सकते हैं। इसमें भरपूर मात्रा में एंटीऑक्सीडेंट होते हैं। जो बैक्टीरिया और वायरस से लड़ने में मदद करते हैं।
- अनार के फूल को डाइट में शामिल करने से अपने कार्डियोवैस्कुलर हेल्थ का ख्याल रख सकते हैं। शरीर में सबसे महत्वपूर्ण अंगों में से एक होता है हृदय, जो पूरे शरीर में ब्लड पंप करता है। इससे न केवल ऑक्सीजन बल्कि शरीर के विभिन्न कार्यों को करने के लिए पोषक तत्व भी पहुँचाता है। अगर दिल की सेहत का ध्यान न रखा जाए तो आप आलसी, सुस्त और लो एनर्जी महसूस करेंगे।
- अनार का फूल में मौजूद एंटीऑक्सीडेंट आपके इम्यून सिस्टम को बूस्ट करने के साथ शरीर में जमा फैट को खत्म कर आपके हेल्दी रखता है। हालांकि इसके परिणाम के लिए आपको कसरत करनी होगी।

कैसे करें अनार के फूल का इस्तेमाल

आप अनार के फूलों के सपलीमेंट ले सकते हैं, या फिर अगर आपको अनार के फूल मिल जाते हैं तो आप इसकी चाय बनाकर पी सकते हैं। हालांकि किसी भी तरह की जलन महसूस होने पर तुरंत डॉक्टर से संपर्क करें।



दूध, दही, पनीर के सेवन से कम होता है डायबिटीज और हाई बीपी का खतरा

वैज्ञानिकों के अनुसार दही, दूध या पनीर का रोजाना सेवन डायबिटीज और हाई ब्लड प्रेशर का खतरा कम करता है। हाल ही में एक शोध ने डेयरी रिच डाइट (यानी दही, दूध या पनीर युक्त खाद्य पदार्थ) को रक्त शर्करा के स्तर, ब्लड प्रेशर में सुधार और हृदय रोग संबंधी जोखिमों को कम करने से जोड़ा गया। शोध के मुताबिक, रोजाना इन डेयरी उत्पादों का दो बार सेवन इन बीमारियों से राहत दिलाने में फायदा करता है।

इस अध्ययन को डायबिटीज रिसर्वर्नल में प्रकाशित किया गया। इसका उद्देश्य स्वास्थ्य पर डेयरी उत्पादों के प्रभाव का विश्लेषण करना था। उन्होंने भारत सहित दुनियाभर के 21 देशों के 35 से 70 वर्ष के लोगों में डेयरी रिच डाइट के प्रभाव का गहराई से अध्ययन किया। इस शोध में डेयरी उत्पादों जैसे दूध, दही, दही से बने पेय, पनीर से बनी डिशें शामिल थीं। इन्हें फुल या लो फैट के रूप में बांटा गया था। बटर और क्रीम का अलग से मूल्यांकन किया गया था, क्योंकि वे आमतौर पर उन देशों में नहीं खाए जाते थे जो अध्ययन का हिस्सा थे।

मेटाबॉलिक सिंड्रोम के पांच घटकों पर डेयरी उत्पादों के प्रभाव का अध्ययन किया गया था। यह अध्ययन लगभग 1,13,000 लोगों में किया गया। मेटाबॉलिक सिंड्रोम एक तरह से समस्याओं का झुंड होता है। मुख्य रूप से इसमें ब्लड प्रेशर बढ़ना, ब्लड शुगर बढ़ जाना, कमरे के आसपास चर्बी बढ़ जाना और कोलेस्ट्रॉल व ट्राइग्लिसराइड का स्तर असामान्य हो जाना जैसी समस्याएं शामिल होती हैं। मेटाबॉलिक सिंड्रोम में ये समस्याएं एक साथ होती हैं जिससे स्ट्रोक, डायबिटीज व हृदय संबंधी बीमारियां होने का जोखिम बढ़ जाता है। शोधकर्ताओं ने हाई ब्लड प्रेशर, बढ़ी हुई कमर, गुड कोलेस्ट्रॉल का निम्न स्तर, हाई ब्लड फेट्स और बढ़े हुए फास्टिंग ब्लड ग्लूकोज की 12 महीनों की स्थिति को ट्रैक किया। अध्ययन से पहले लगभग 46,667 लोगों को मेटाबॉलिक सिंड्रोम था, यानी उनमें पांच में से कम से कम तीन स्थितियां थीं। शोधकर्ताओं ने पाया कि फुल फैट वाले डेयरी का सेवन करने से मेटाबॉलिक सिंड्रोम का जोखिम कम था। इससे पता चलता है कि डेयरी प्रोडक्ट शरीर की कार्यप्रणाली में कैसे सुधार करते हैं। शोध में कहा गया है कि यदि इन निष्कर्षों के आधार पर बड़े और दीर्घकालिक परीक्षणों में पृष्ठ की जाती है, तो बढ़ती डेयरी खपत मेटाबॉलिक सिंड्रोम, डायबिटीज और हृदय रोग के मामलों को कम करने के लिए बड़े काम की हो सकती है।

NEWS BOX

Seeking old touch, hoping net gains

New Delhi. A decade ago, Kidambi Srikanth and Saina Nehwal had delighted the home fans with titles in their respective categories at the India Open. The times were different then. Indian shuttlers boasted a vibrant energy. There were several talents in singles capable of rubbing shoulders with the creme de la creme of badminton. Fast-forward to 2025, the energy seems different. Singles results have not been envious at all.

PV Sindhu (in 2017) and Lakshya Sen (in 2022) did follow the duo's footsteps but with the gradual decline of Srikanth and Saina, and Sindhu growing older, India has been starving for potential talents capable of repeating that feat. Especially in the last two years or so. Given that the ongoing edition of the India Open is a BWF Super 750-level meet (it was Super 500 in 2015), it is much more challenging to get the wins. In the ongoing edition, Sindhu and surprise entrant Kiran George were the two shuttlers who went the furthest (quarterfinals). The results have been no different in other BWF World Tour events with Satwiksairaj Rankireddy and Chirag Shetty being India's saving grace. Missing out on an Olympic medal in the 2024 Paris Games was the wake-up call.

The Badminton Association of India is



cognizant of this recent slump and is looking to reboot. The 2028 Summer Olympics in Los Angeles is 1273 days away. It might seem a long way away but every hour in the lead-up to the Games is critical for athletes with serious aspirations to challenge for medals. With the future in their mind, the BAI is looking to lay the groundwork so that shuttlers can return to the podium in LA and Games thereafter. For that the BAI is trying to look within rather than without. The focus would be more on Indian coaches. It's still early days as necessary approvals from the sports ministry and the Sports Authority of India need to be sought. But BAI does have something concrete in mind. The federation is drifting away from the personal coaches system. Indonesia's Irwansyah was recently roped in as coach and he will help India's women's singles players. Irwansyah was guiding Sindhu here but BAI is planning to form a group which will include five or six junior girls with Sindhu in the mix.

The system will be ditto in other categories. Tan Kim Her will be passing on lessons to all the doubles players including Satwik and Chirag.

Bumrah's fitness to be tested by India against England before Champions Trophy

MUMBAI. Fast bowler Jasprit Bumrah was picked for India's Champions Trophy squad on Saturday despite doubts about his fitness.

Bumrah suffered back spasms and didn't bowl on the last day of the fifth and final test against Australia in Sydney two weeks ago. He was the leading wicket-taker in the series.

India chairman of selectors Ajit Agarkar suggested Bumrah may play the third one-day international against England on Feb. 12 in Ahmedabad to test his fitness for the Champions Trophy, which starts for India eight days later in the United Arab Emirates.

"Bumrah has been advised to off load from bowling for five weeks and he won't be available for the first two ODIs against England. We are awaiting news on his fitness and will know in early February from the medical team," Agarkar said. Captain Rohit Sharma added, "We were not sure about his fitness at the moment, and thus picked Arshdeep Singh to perform his roles with the



new and old ball." Opening batter Yashasvi Jaiswal was included even though he has yet to play an ODI. Jaiswal takes Suryakumar Yadav's spot and will be the third opener choice after skipper Sharma and Shubman Gill. Virat Kohli and Shreyas Iyer complete the top-four options. Jaiswal averages 54 in List A cricket and he will compete for the second opener's slot with Gill, who averages 58.20 in ODIs. There will also be a keen spotlight on the batting form of Sharma and Kohli who both struggled in the five tests against Australia. Missing the cut from the squad which reached the final of the 2023 ODI World Cup were Yadav, Mohammed Siraj, Ishan Kishan, Prasad Krishna, Shardul Thakur, and Ravichandran Ashwin.

Ashwin has retired, and Yadav and Kishan have been dropped. Rishabh Pant and Lokesh Rahul are the wicketkeeper-batter options.

Darwin Nunez late double rescues win for Liverpool in Premier League

← Liverpool has still lost only one league game all season, at home to Forest in September. The Reds had 37 shots against Brentford and scored with their final two.

New Delhi. Darwin Nunez scored twice in stoppage time as Liverpool beat Brentford 2-0 to strengthen its spot in first place in the Premier League on Saturday. Second-placed Arsenal will look to restore the four-point gap to Liverpool by defeating Aston Villa later. Brentford's fans derided Nunez after going on as a substitute in the 65th minute, but the Uruguayan striker responded by turning home a cross from Trent Alexander-Arnold in the first minute of added-on time. Nunez then finished off a counterattack two minutes later and secured a first victory in three league games for Liverpool, which drew with Manchester United and Nottingham Forest either side of a loss to Tottenham in the first leg of the

English League Cup semifinals. Liverpool has still lost only one league game all season, at home to Forest in September. The Reds had 37 shots against Brentford and scored with their final two. "We were close to not getting what we deserved," Liverpool manager Arne Slot said. Nunez, who is sometimes criticized for wasteful finishing, doubled his tally of league goals for the season. "Darwin did really well, not only with the goals but with his attitude and the way he fights for every ball," Liverpool goalkeeper Alisson Becker said. "You can say he doesn't score too much this season, but he is working hard every day."

Kluivert's second hat trick Justin Kluivert scored his second hat trick of the season in the league to inspire Bournemouth to 4-1 at Newcastle, whose nine-match winning run in all competitions came to an end emphatically. The Dutch midfielder netted in the sixth, 44th and second-half stoppage time at St. James' Park. Milos Kerkez added the fourth goal in the sixth minute of added-on time. Bruno Guimaraes equalized for fourth-placed



Newcastle. Kluivert, whose father is former Netherlands striker Patrick Kluivert, also scored three goals against Wolverhampton in November. In that match, all of Kluivert's goals were penalties, but he scored from open play each time against Newcastle. Six of Newcastle's nine straight victories came in the league, helping to lift the Saudi-controlled team into the top four in its bid to return to the Champions League. Newcastle striker Alexander Isak failed to score, having previously netted in eight league games in a row. That left him three games short of Leicester striker Jamie Vardy's

record for the longest scoring run in Premier League history.

Bournemouth dominated Newcastle despite being hampered by a long list of injuries. The south coast team extended its unbeaten run to 11 games and climbed to sixth place, tied for points with fifth-placed Chelsea. A fifth-place finish could earn a place in the Champions League next season for the first time. "Why not dream big?" Kluivert posed. "We never know where we can end up."

Van Nistelrooy under pressure Next-to-last Leicester lost a seventh straight game in the league, 2-0 to

Fulham, to pile the pressure on recently hired manager Ruud van Nistelrooy. The former Manchester United and Real Madrid striker, who is in only his second senior coaching role, has won just one of his nine league games in charge — the first against West Ham on Dec. 3. "We weren't good enough in all aspects," Van Nistelrooy said. "This is the first game I've felt like this." Emile Smith Rowe and Adama Traore scored for Fulham. Crystal Palace won at West Ham 2-0 thanks to two second-half goals by Jean-Philippe Mateta, the second from the penalty spot.

Mohammad Rizwan sledges Kevin Sinclair during Multan Test: Come to the graveyard

New Delhi. Pakistan wicketkeeper batter Mohammad Rizwan sledged West Indies batter Kevin Sinclair during Day 2 of the first Test between the two teams at Multan Cricket Stadium, Multan on Saturday, January 18. Pakistan completely dominated West Indies as they finished day leading by 202 runs in the second innings. They were earlier bundled out for 230 in the first innings but stormed their way back into the game courtesy of sensational spells from their spin-twins Noman Ali and Sajid Khan. West Indies batters had no answer to their vicious spin as they were reduced to 42/6 in 11.2 overs. As Noman Ali dismissed Kevin Imlach to claim the sixth wicket of the innings, Sinclair walked to the crease and was sledged by Rizwan. In a video going viral on social media, Rizwan can be heard saying, "Yeah brother, come to the graveyard. You enjoying the bowling brother," as he welcomed Sinclair to the



crease. Watch the video here: Coming back to the action on Day 2, Pakistan resumed their first innings on 143/4 with Saud Shakeel (56*) and Rizwan (51*) at the crease. The duo extended their partnership to 141 before Sinclair got rid of Shakeel for 84. Following his dismissal, the Pakistan lower order perished against the spin duo of Sinclair

(2/61) and Jomel Warrican (3/69) and were bundled out for 230. Rizwan also departed for 71 as he got trapped in front of the stumps by Sinclair. Noman Ali picks up 7th five wicket haul. However, despite being bowled out cheaply, Pakistan managed to take a significant first innings lead of 93 runs as Noman Ali picked up his seventh wicket haul in Tests. The left-arm spinner registered figures of 5/39 and was well-supported by Sajid Khan who also picked up 4/65. As a result, the duo ran through the West Indies' batting order and bundled them out for just 137. Having taken a massive 93-run lead, Pakistan got off to a good start in the second innings with their captain Shan Masood scoring a half century (52 off 70). They finished the day on 109/3 leading West Indies by 202 runs with Kamran Ghulam (9*) and Saud Shakeel (2*) at the crease.

Coldplay's Chris Martin mentions Jasprit Bumrah during Mumbai concert

New Delhi. Coldplay's Chris Martin decided to surprise his fans during the concert in Navi Mumbai as he gave a shoutout to India's pace spearhead Jasprit Bumrah on Saturday, January 18. Martin was on stage performing one of his famous songs 'A Sky Full of Stars' on Saturday as the fans in attendance joined in to create a wonderful experience.

As the song was going on, Martin quickly took to the mic and told the fans that they would have to end the show quickly as Bumrah wanted to come backstage and play cricket with him. The Coldplay frontman would also joke that the Indian pacer wants to bowl at him. "Hold on, we have to finish the show because Jasprit Bumrah wants to come and play backstage," said Martin.

"He (Bumrah) says he needs to bowl at me now."

The fans got excited hearing the mention of Bumrah as they felt that Indian pacer could make surprise appearance on stage during the concert. However, that didn't happen in the end. You can see the full video below:



The Coldplay concert in Mumbai certainly turned into 'paradise' for the fans in Mumbai as Chris Martin captivated the crowd and even addressed them in Hindi. The Bumrah shoutout certainly added to the excitement on the night. Bumrah set for Champions Trophy assignment while he may not have appeared during the Coldplay concert, Bumrah has been named in India's Champions Trophy squad. The India pacer, who picked up 32 wickets during the Border-Gavaskar Trophy in Australia, is expected to lead India's attack during the tournament. However, Bumrah is carrying a knock he picked up at the end of the Australia tour and is recovering at the moment. The India pacer will be monitored by the medical staff, according to chief selector Ajit Agarkar, as they're expecting him to be fully fit for the entire duration of the tournament. India's squad for the Champions Trophy: Rohit Sharma (C), Shubman Gill (VC), Virat Kohli, Shreyas Iyer, KL Rahul, Hardik Pandya, Axar Patel, Washington Sundar, Kuldeep Yadav, Jasprit Bumrah, Mohammed Shami, Arshdeep Singh, Yashasvi Jaiswal, Rishabh Pant and Ravindra Jadeja.

Australian Open: Aryna Sabalenka reaches quarters by dominating Mirra Andreeva

← Aryna Sabalenka swept aside the challenge from Mirra Andreeva with ease as she progressed to the quarterfinals of the Australian Open 2025 with a straight sets win on Sunday, January 19. Sabalenka defeated the Russian teenager in just 1 hour and 2 minutes.

New Delhi. Aryna Sabalenka continued her dominant run at the Australian Open 2025 as she breezed past Mirra Andreeva to reach the quarterfinals in Melbourne. In what was a dominant display, Sabalenka defeated Andreeva in straight sets and with a scoreline of 6-1, 6-2 to reach the quarters for the third consecutive year. The World No. 1 and defending champion also extended her winning streak at the Australian Open to 18



matches, a run that has seen her as a favourite to complete a hat-trick of titles in Melbourne. Andreeva had defeated Sabalenka in the French Open quarterfinals in a big upset, but failed to just get going in the match against the World No. 1. The Belarussian star set the tone with her serve in the first game and didn't allow the teenage star to get any offence going. While

Andreeva returned the favour by winning the next game off her own serve, that was the best for the Russian in the first set. Sabalenka went on to break Andreeva twice to take a 5-1 lead and sealed the first set in just 24 minutes. The Russian star committed 18 unforced errors during the match and it came back to haunt her in the end. The second set started much like the first one as both women were able to win off their own serves before Sabalenka was able to break the Russian in the 3rd game. Game 5 saw some good spirit from Andreeva as she won 5 points on the trot to hold and had Sabalenka having to dig deep to avoid a break in the next one. Unfortunately, the Russian's effort wasn't enough in the end as Sabalenka wrapped the game in one hour and 2 minutes to secure her passage into the quarterfinals. Sabalenka said that she was thrilled to get the win in straight sets against Andreeva. "Always tough matches against Andreeva, she's so young but playing such great tennis," the 26-year-old said on court, as quoted by Reuters

Premier League: Liverpool extend lead with late win over Brentford, Arsenal held

← Nunez' brace helped Liverpool secure the win
← Villa came back to hold Arsenal 2-2 at the Emirates
← Liverpool have a 6-point lead at the top with a game in hand

New Delhi. Liverpool extended their lead at the top of the Premier League table to 6 points as Darwin Nunez was the hero for the Reds in stoppage time during the match against Brentford on Saturday, January 18. Arsenal, on the other hand, squandered a 2-goal lead to be held 2-2 by Aston Villa at the Emirates. Liverpool, who were coming into the game against Brentford on the back of 2 straight draws, seemed to be destined for

another one as Thomas Frank's men were able to weather the storm from the Reds throughout the game. Brentford did have a chance early on to take the lead through Mikkel Damsgaard in the 5th minute, but the Denmark international ended up squandering the golden chance. Luis Diaz would also spoil his chance to give Liverpool the lead as he got his header completely wrong in the 15th minute. But the chances kept on coming for Arne Slot's men with Ryan Gravenberch testing Mark Flekken and Virgil van Dijk having his header go wide. Slot would make substitutions which almost had an immediate impact as Nunez' header went wide and Alexis MacAllister hitting the side netting with his effort. Brentford would almost take the lead against the run of play with Alisson coming in clutch to produce



saves to deny Mbuemo, Kevin Schade and Yoane Wissa. Then Nunez decided to flip the script in the 91st minute as he converted from Trent Alexander-Arnold's cross from close range before adding a second with an emphatic finish to give Liverpool all 3 points.

Arsenal squander 3 points Arsenal thought they were on course for a much-needed win to keep the pressure on Liverpool, before Ollie Watkins turned out to be the villain for them once again. Gabriel Martinelli and Kai Havertz had given the Gunners a 2-0 lead with efforts from either side of half-time. However, Villa would come back to life as Youri Tielemans pulled one back with a header. Watkins would then volley home a fine effort at 68 minutes to level the scores and set up a thrilling finale. Arsenal thought they had won when Mikel Merino's effort would bounce off Havertz into the net. However, VAR intervened and ruled that the ball had hit the German's hand. The draw means that Arsenal trail Liverpool by 6 points, having played an extra game.

Jacqueliene Fernandez

Shines Bright In Pink Salwar Suit

Bollywood diva Jacqueliene Fernandez never fails to turn heads with her on-trend fashion, efficiently delivering a mix of bold and imaginative styling. From rocking chic dresses to confidently carrying her elegant sarees, the actress is a total style icon, inspiring millions of youth with her wardrobe choices. Apart from her glamorous and stylish side, Jacqueliene also loves to flaunt her ethnic side, looking beautiful as ever even in simple traditional. Keeping it all simple and casual, Jacqueliene stepped out in comfy ethnic wear for a cafe outing in Bandra,



Mumbai. As soon as she came out of the cafe, she waved towards the paparazzi. But she did not stop to pose for pictures, and immediately headed towards her car. Jacqueliene was dressed in a light pink coloured kurta paired with matching trousers and a white dupatta. Keeping her make-up minimal, the actress kept her tresses partially tied in a

ponytail while her face was covered with a mask. The major highlight was a red 'tikka' on her forehead, which seemingly suggested her early visit to a temple.

Jacqueliene, who continues to remain in the news over her alleged connection with notorious conman Sukesh Chandrasekhar, has made her much-awaited return to the big screen with Fateh. Portraying the character of Khushi, Jacqueliene shares the screen with actor Sonu Sood, who makes his directorial debut with the film. Speaking about her character and the praises that she had received about her performance, the actress said, "Playing Khushi was a really happy space for me. The role was essayed to portray a refreshing character that has intellect and quirk. Her simplicity resonated with me. The overwhelming response from the audience is heartwarming," as per Mid-Day. Stating that the year 2025 started on a good note for her, Jacqueliene looks forward to more exciting projects lined up for this year. Made under the banner of Shakti Sagar Productions, Fateh is set against the backdrop of cybercrime. Sonu Sood is featured as a former special ops officer set on a mission to dismantle a sprawling network of digital terror. Apart from Fateh, Jacqueliene has Welcome to the Jungle and Housefull 5 in the pipeline.



Jennifer Mistry SLAMS Tarak Mehta Ka Ooltah Chashmah Actors For Not Helping Gurucharan Singh: 'Voh Log...'

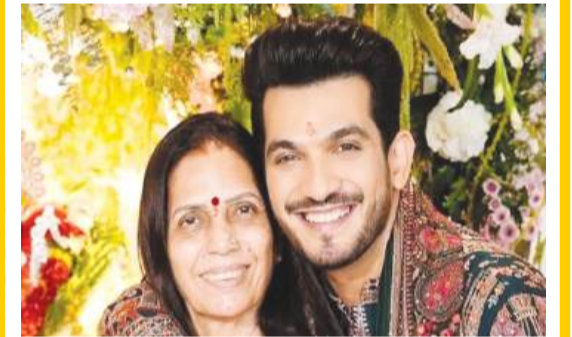


Jennifer Mistry has lashed out at the Tarak Mehta Ka Ooltah Chashmah actors for allegedly not helping Gurucharan Singh during his difficult time. Mistry used to play the role of Singh's wife in the popular sitcom. However, she left the show in 2023 after accusing Asit Kumarr Modi, Project Head Sohail Ramani, and executive producer Jatin Bajaj of harassment. In a recent interview, Mistry talked about Gurucharan's Rs 1.2 crore debt and recalled what happened when he asked her for help once. "Gurucharan Singh had once asked me to help him with Rs 1 lakh to clear his credit card dues. I agreed to give it to him, but he later told me that he didn't want it right now. He told me, 'I will let you know once I need it.' Later, he didn't call me. After a few days, he asked me for Rs 17 lakh. Unfortunately, I had to use that Rs 1 lakh for my personal due to some financial crunch. I had also told him that I didn't have this much amount. I couldn't help him," she told Zoom.

Jennifer further questioned TMKOC actors for not helping Gurucharan and added, "Woh log kisike nahi hai. Mere case mein unhone mere liye stand nahi liya toh uske liye kya lenge. Jab meri behen ki death hui thi last year, tabhi kisine mujhe call bhi nahi kiya. They will never help him." This comes days after Gurucharan Singh's close friend, Bhakti Soni, revealed that he needs to repay a loan of Rs 1.5 crore. She also claimed that nobody, including Singh's family, was helping him during this difficult time. "He had a debt of about Rs 1.2 crore. However, his father owns a property worth ?55 crore. Unfortunately, there is an ongoing dispute as the tenants are not vacating the property. If the matter gets resolved and the property is sold, he should be able to clear his loan," Bhakti told Etimes.

Currently, Gurucharan Singh is also hospitalized. Details about his health updates are awaited.

Arjun Bijlani's Mother Critical, Shifted To ICU In A Mumbai Hospital



Things are not well for the popular television actor Arjun Bijlani as his mother's health has taken a serious turn. Hospitalized a couple of days back, she has now been admitted to the ICU at Kokilaben Dhirubhai Ambani Hospital, Mumbai. She has been shifted to the ICU after her oxygen levels dropped. Her health update has left the family deeply concerned. When Arjun Bijlani was questioned regarding his mother's condition, the actor was quoted saying, "My mom is in the ICU as her oxygen levels have dropped. I just want her to get better soon." He even took to his official Instagram stories and dropped a video of her mother from the hospital. The video shows him



holding her mother's hand during her road to recovery.

Adding to the trouble, Arjun Bijlani's wife, Neha Swami, and son, Ayaan were also reported to be under the weather recently. The family has been facing health issues ever since returning from their recent vacation to celebrate New Year. Going by the reports, the actor has been spending as much time as possible at the hospital to be with his mother. He is also making sure that she gets the best possible medical care. Ever since the news of Arjun Bijlani's mother's ailment surfaced on social media, fans and his friends from the industry have been sharing their prayers for her speedy recovery on social media. In the meantime, Arjun Bijlani last graced the screen in the television show "Pyaar Ka Pehla Adhyaya: Shiv Shakti", co-starring Parineeta Borthakur. Furthermore, he was also a part of the primary season of the reality show "Laughter Chef". He was partnered with fellow actor Karan Kundra. The makers are all set to return with the second season of his popular show, however, Arjun Bijlani will not be participating this time as a contestant.

Dhanashree

Makes First Appearance Amid Yuzvendra Chahal Divorce Rumours, Requests Paps To Stop

Dhanashree Verma and Yuzvendra Chahal have been making headlines amidst swirling rumours about their marriage hitting a rocky patch. The couple, who tied the knot in December 2020, have been the subject of speculation after cryptic social media posts hinted at issues in their relationship. While neither party has confirmed or denied the rumours, reports of an impending divorce have continued to surface. Amid the speculation, Dhanashree Verma was spotted in Mumbai for the first time since the



rumours began. Earlier today, the choreographer and social media sensation was photographed by the paparazzi. Dressed in a chic black bodycon skirt paired with a white shirt and black sunglasses, Dhanashree caught the attention of photographers while stepping out. During the interaction, she requested the shutterbugs to stop filming her by saying, "Bas na (Stop)." The photographers

promptly respected her request and stopped recording. While Dhanashree remained low-key, Yuzvendra Chahal recently appeared on the sets of Bigg Boss 18. The cricketer, along with Shreyas Iyer and Shashank Singh, made a special appearance on the show. The trio, representing Punjab Kings, enjoyed a fun-filled interaction with host Salman Khan and the housemates. During the episode, Shreyas Iyer was officially announced as the captain of the Punjab Kings. Dhanashree Verma, known for her vibrant dance videos, has gained immense popularity over the years.

A former contestant on Jhalak Dikhla Jaa 11, she transitioned from dentistry to become a beloved choreographer and social media influencer. With over 2.79 million subscribers on YouTube and 6.2 million followers on Instagram, she continues to captivate audiences with her dance content. Rumours surrounding the couple's troubled marriage escalated when reports claimed Yuzvendra met a mystery woman at a hotel.

Photos of the cricketer with RJ Mahvash also went viral, adding fuel to the speculation. However, Mahvash later clarified that she and Yuzvendra were just friends, dismissing the rumours.

