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Post-Pulwama lessons for India, Pak

Why Champions Trophy 2025 could

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Delhi stampede: Opposition's 'negligence' jab, BJP calls out 'political vultures'

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**NEWS BOX** 

#### 'We Are Preparing For What Comes Next, In Every Sense': Israeli PM Netanyahu



world. In a statement, Prime Minister Benjamin Netanyahu welcomed the three former hostages "with a big embrace". The PM assured that Israel has been preparing for their return and "along with their families, will assist in their rehabilitation after a long and excruciating period of captivity"

Noting that "this week, again, Hamas attempted to violate the agreement and create a false crisis under false claims", Benjamin Netanyahu emphasized that the release of the hostages was made possible due to the concentration of IDF forces inside the Strip and around it, and President Trump's clear and unequivocal statement which both forced Hamas to back down.Israel, said the PM is working in full coordination with the United States in order to free all of its hostages - living and deceased - as soon as possible. He also warned that Israel is "preparing with full intensity for what comes next, in every

#### Meghan Markle, Prince Harry's Charity Donated Over \$600,000 To **Democratic-Linked Causes**

WORLD. British royal couple Meghan Markle and Prince Harry, who are currently living in the United States, have donated hundreds of thousands of dollars from their Archewell Foundation to Democratic Party-linked causes, according to a report, raising speculation over their involvement in US politics. The Duke and Duchess of Sussex were found to have spent big bucks on high-level Democrat-aligned sources, the New York Post reported citing public records, including hiring a 'disinformation expert' who worked at a company involved in every high-profile US election since the 1990s.Markle and Harry's California-based Archewell Foundation started in 2020, donated \$146,000 in 2023 to Jiore Craig, an independent media strategist who has been called the Democrats' 'go-to" for "countering disinformation"

Furthermore, the group also donated \$25,000 to the Marcy Lab School in Brooklyn, where Craig joined the board in 2024 and an additional \$120,000 was further donated to Craig in 2022, as per public

'It's Actually Outrageous'

Craig, 33, previously worked at Washington DC research firm Greenberg, Quinlan and Rosner. Considered an expert on elections, Craig worked her way up to being Senior Director of Digital Strategy by 2016 and then became Vice President of the company between 2018 and 2021. The firm's website boasts of helping Bill Clinton become President in 1992 and then "helped our clients campaign, win, govern and win again". The company also helped counter narratives about Joe Biden's advanced age and negative remarks about his family. Moreover, Archewell also donated \$90,000 to Markup News Inc., a New York-based non-profit also funded by Craigslist founder Craig Newmark and controversial billionaire and Democratic mega-donor George Soros' Open Society Foundations.

#### **US Military Aircraft Carrying** Second Batch Of Indian **Immigrants Lands In** Amritsar

world. A United States military aircraft with a second batch of 119 illegal Indian immigrants landed in Amritsar, Puniab on Saturday. This is the second such aircraft to arrive at Amritsar airport in the span of 10 days as part of the deportation of illegal immigrants by the Donald Trump regime.

The first batch was deported on February 5 when 104 Indians were deported and sent back to Amritsar in a US military plane. Another plane with 157 deportees is set to land in India on Sunday. The C-17 military aircraft with deportees landed at the Amritsar International Airport at 11:40 pm on Saturday.

Among the deportees, 67 were from Punjab, 33 from Haryana, eight from Gujarat, three from Uttar Pradesh, two each from Goa, Maharashtra and Rajasthan, and one each from Himachal Pradesh and Jammu & Kashmir.The aircraft landed a day after Prime Minister Narendra Modi met United States President Donald Trump and both the leaders promised to address this issue.PM Modi had also underlined the need to end the ecosystem which has exploited Indian citizens and "fooled (them) with big dreams" to travel to the US illegally.

Punjab CM Mann Slams Centre Over Deportation

In the wake of the return of deportees to Amritsar, Punjab Chief Minister Bhagwant Mann criticised the central government and said that this is an effort to "defame Punjab and Punjabis" by turning the city into "a deportation centre". "This is a deliberate attempt to send out the message that only Punjabis travel illegally," said Mann and added that the Central government should "divert the aircraft to Delhi or Ahmedabad. The Punjab government will bring back Punjabis with honour. But we maintain that illegal immigration is not just Punjab's problem, but a national one."

# US treasury watchdog audits Elon Muskled DOGE's access to key payment system

Department's Office of Inspector General on Friday said it was launching an audit of the security controls for the federal government's payment system, as Democratic lawmakers raised red flags about the access provided to Trump aide Elon Musk's Department of Government Efficiency team. The audit will also review the past two years of the system's transactions as it relates to Musk's assertion of "alleged fraudulent payments," according to a letter from Loren J Sciurba, Treasury's deputy inspector general, that was obtained by The Associated Press.The audit marks part of the broader effort led by Democratic lawmakers and federal employee unions to provide transparency and accountability about DOGE's activities under President Donald Trump's Republican administration. The Musk team has pushed for access to the government's computer systems and sought to remove tens of thousands of federal workers

We expect to begin our fieldwork

immediately," Sciurba wrote. "Given the breadth of this effort, the audit will likely not be completed until August; however, we recognize the danger that improper access or inadequate controls can pose to the integrity of sensitive payment systems. As such, if critical issues come to light before that time, we will issue interim updates and reports."Treasury's inspector general began the audit before Democratic lawmakers asked for it. A J Altemus, acting counsel to the inspector general, said "our work is independently initiated" and standards dictate that the audit "must be non-partisan and objective. These standards remain unchanged.'

Tech billionaire Musk, who continues to control Tesla, X and SpaceX among other companies, claims to be finding waste, fraud and abuse while providing savings to taxpayers.

Many of his claims are so far unsubstantiated. But there is a risk that his team's aggressive efforts could lead to the failure of government computer systems and enable



information maintained by the government

The audit would overlap with increased pressure that the Trump administration is placing on inspectors general, presidential appointees who are supposed to serve as an independent check against mismanagement and abuse of government

In January, the administration fired several independent inspectors general at government agencies, a move that some members of Congress said violated federal

lawsuit filed on Wednesday in federal court in Washington that seeks to return the inspectors general to their jobs.

Democratic Sens. Elizabeth Warren of Massachusetts and Ron Wyden of Oregon led the push in the Senate for the inspector general office's inquiry at the Treasury.On Wednesday, Warren, Wyden and Sen. Jack Reed, D-Rhode Island, sent a letter to Treasury Secretary Scott Bessent noting the inconsistencies in the accounts provided by his department about DOGE.

Your lack of candor about these events is deeply troubling given the threats to the economy and the public from DOGE's meddling, and you need to provide a clear, complete, and public accounting of who accessed the systems, what they were doing, and why they were doing it," the Democratic lawmakers wrote in their letter.

Democrats on the House Committee on Oversight and Government Reform also called on inspectors general to investigate DOGE and welcomed the Treasury audit.

## US cuts 21 million grant for voter turnout in India, 29 million for Bangladesh

WORLD. The United States has cancelled millions of dollars in funding for several countries, including India and Bangladesh as the new administration led by President Donald Trump makes budget cut. Elon Musk's Department of Government Efficiency (DOGE) on Sunday announced that the US has decided to slash a \$21 million program designed to increase voter turnout in India and a \$29 million initiative aimed at strengthening Bangladesh's political landscape.

The decision, part of broader cuts to international aid, will impact key initiatives aimed at improving electoral processes and political stability in both countries. The cuts reflect a reassessment of US foreign aid priorities and a broader push to curtail spending on international development projects. Elon Musk has



time and again asserted that "America would go bankrupt" without budget cuts and the initiative seems to be in line with the budget overhaul that the administration has been planning. FUNDING FOR INDIA

**BANGLADESH CANCELLED** 

The \$21 million earmarked for India was specifically targeted to boost voter participation in the country's elections.

However, this funding will no longer be available, as announced by DOGE on social media platform X.Notably, the announcement comes just days after Donald Trump met Indian Prime Minister Narendra Modi and the two leaders made significant announcements to strength US-India ties. However, this did not find a mention in the joint statements or the press conference,

n Bangladesh, the \$29 million program was designed to foster political stability and enhance democratic governance. The country has been grappling with a political crisis with Army ousting Sheikh Hasina-led government amid violent protests. Even though Hasina fled to India and an interim government led by Mohammad Yunus is now ruling the country, political stability has not been

#### Legislative immunity under scrutiny in Arizona after speeding ticket dispute

PHOENIX. When a police officer cited Arizona state Sen. Mark Finchem for speeding, he had little to worry about. That's because the Arizona Constitution shields lawmakers from civil processes and arrests for anything but treason, felonies, or breaches of peace during legislative sessions and the 15 days prior. Legislative immunity exists in most states, allowing lawmakers to avoid lawsuits and minor infractions, including traffic tickets.Legal experts say this privilege, rooted in the English Bill of Rights, was originally intended to prevent monarchs from intimidating legislators. Over the years, it has been invoked in various scenarios—some more controversial than others.

In 2019, a West Virginia politician cited immunity after a violent outburst. In 2022, a Wisconsin lawmaker attempted to avoid a subpoena regarding a conversation with former President Donald Trump about overturning the 2020 election. Last year, legislative immunity shielded Kansas lawmakers who falsely accused a man on social media of being involved in the Kansas City Chiefs' Super Bowl victory shooting. However, not all Arizona legislators support the immunity perk. Republican Rep. Quang Nguyen has introduced a resolution to eliminate it for traffic violations. If passed, the measure will appear on the 2026 ballot for voters.

"The people we serve are expected to follow traffic laws, and legislators should be no different," Nguyen said. "If a lawmaker is caught speeding or running a red everyone else."Nguyen represents a district two hours north of Phoenix, which includes Prescott-the same district where Finchem was cited. The senator was pulled over for driving 48 mph (77 kph) in a 30 mph 48 kph) zone. Two days later, Finchem wrote to Prescott's police chief, requesting the citation be "voided and stricken from the record." The ticket was dismissed on Feb. 4, without prejudice—meaning it could still be refiled. Finchem declined to comment through a spokesperson.

Legislative immunity generally falls into two categories: protection for speech and debate, and protection from arrest related to legislative service, according to the nonpartisan National Conference of State Legislatures. Across the U.S., 43 states provide immunity for legislative speech and debate, while 45 states offer protection from arrest. However, specific provisions vary. For example, New Mexico limits immunity to travel to and from the Legislature, whereas Arizona has no such restriction.

Members of Congress also have legislative immunity, though courts have interpreted it narrowly. Former U.S. Sen. Bob Menendez attempted to use it in his bribery case last year but was ultimately sentenced to 11 years in prison.More recently, U.S. Rep. Nancy Mace of South Carolina cited the "speech and debate" clause to shield herself from potential civil lawsuits after accusing her ex-fiancé of assault and other crimes on the House floor. Arizona's history with legislative immunity isn't new. In 2012, state Sen. Scott Bundgaard invoked it after a violent domestic dispute

## Zelenskyy Calls For Creation Of European Army At Munich Security Conference

world. Ukrainian President Volodymyr Zelenskyy has called for the creation of a European Army in response to Russia's military build-up, Politico reported.In his speech at the Munich

Security Conference (MSC), Zelenskyv also raised suspicion of a possibility that the US might say "no" to Europe on issues that might pose a threat to it."I really believe that the time has come for Europe to create its own armed forces, " the Ukrainian President said. He added, "Let's be honest, now we can't rule out that America might say 'no' to Europe on issues that might threaten it.

According to a Politico report, Zelenskyy stressed that Europe needed to unite and have a single foreign and defence policy that would show the US that the bloc is serious about its own security.He said, "Europe has everything it takes. It just needs to come together and start acting so that no one can say 'no' to it, boss it around, or treat it like a pushover.'

He said that despite facing battlefield losses, Russian President Vladimir Putin is adding 150,000 soldiers to his armed forces, which is said to be larger than the majority of European armies, and is opening army recruitment offices every week.Zelenskyy said,



"Oil prices are still high enough for him to ignore the world." Ukrainian President said his intelligence services "have clear intel that this summer Russia plans to send troops to Belarus under the pretext of training exercises," adding that might be the beginning of operations against neighbouring European nations.

NATO's military committee chair, Admiral Giuseppe Cavo Dragone, said

the alliance was unable to confirm Zelenskyy's warning about Belarus. He said, "I believe that Western intelligence agencies are perfectly active in this, so I would expect confirmations. In his speech, Zelenskyy called Russian President Vladimir

Putin a "pathological liar" and added that he cannot offer real security guarantees. He said that Ukraine would "never accept deals made behind our backs without our involvement.' He said, "Putin cannot offer real

security guarantees. Not just because he is a pathological liar but because Russia, in its current

state, needs war to hold power together. And the world must be protected from that," according to a Politico report.Zelenskyy insisted Ukraine has a future in the North Atlantic Treaty Alliance (NATO). His remarks came despite statements from US President Donald Trump and US Defence Secretary Pete Hegseth that NATO membership for Ukraine is off the table in any final peace deal.

# US, Russian officials to hold Ukraine war talks in Saudi, Zelenskyy 'not invited'

Munich/Washington. US and Russian officials will meet in Saudi Arabia in the coming days to start talks aimed at ending Moscow's nearly three-year war in Ukraine, a US lawmaker and a source familiar with the planning said on Saturday.Ukrainian President Volodymyr Zelenskyy, who met with US Vice President JD Vance in Germany on Friday, said Ukraine was not invited to the talks in Saudi Arabia and Kyiv would not engage with Russia before consulting with strategic partners.

US Secretary of State Marco Rubio, national security adviser Mike Waltz and White House Middle East envoy Steve Witkoff will travel to Saudi Arabia, US Representative Michael McCaul told Reuters. It was not immediately clear who they would meet from Russia.

On the sidelines of the Munich Security Conference, McCaul said the aim of the talks was to arrange a meeting between US

finally bring peace and end this conflict."

A source with knowledge of the plans confirmed the planned talks in Saudi Arabia between US and Russian officials. The US State Department did not immediately respond to a request for comment.Trump, who took office on January 20, has repeatedly vowed to swiftly end the Ukraine war. He made separate phone calls to Putin and Zelenskyy on Wednesday, leaving Washington's European allies alarmed that they will be cut out of any peace process.

Those fears were largely confirmed on Saturday when Trump's Ukraine envoy said Europe won't have a seat at the table, after Washington sent a questionnaire to European capitals to ask what they could contribute to security guarantees for Kyiv. MINERALS DEAL

President Donald Trump, Russian Earlier on Saturday Rubio spoke with his President Vladimir Putin and Zelenskiy "to Russian counterpart, Sergei Lavrov. They Russian counterpart, Sergei Lavrov. They



agreed on regular contacts to prepare for a meeting between Putin and Trump, Russia's Foreign Ministry said.Zelenskyy said on Friday he would visit the United Arab Emirates, Saudi Arabia and Turkey, but did not say when. However, the Ukrainian leader said he had no plans to meet with US or Russian officials during those visits. Moscow controls a fifth of Ukraine and has been slowly advancing in the east for months, while Kyiv's smaller army grapples with manpower shortages and tries to hold a chunk of territory in western Russia.

Russia has demanded Kyiv cede territory and become permanently neutral under any peace deal. Ukraine demands Russia withdraw from captured land and wants NATO membership or equivalent security guarantees to prevent attack by Moscow.

The United States and Europe have given Ukraine tens of billions of

dollars in military aid since the war started. Trump has said he backs Ukraine but is seeking security for US funding for Kyiv.

The US and Ukraine are currently negotiating a deal that could open up Ukraine's vast natural wealth to US investment. Three sources said the US proposed taking ownership of 50% of Ukraine's critical minerals. Zelenskiy said on Saturday that the draft deal did not contain the security provisions Kyiv needed.

# Railways Offers Rs10 Lakh Compensation to Families of Deceased in New Delhi Station Stampede

New Delhi: Indian Railways has announced ex gratia payments of Rs10 lakh each for the families of the 18 victims who died in the tragic stampede at New Delhi Railway Station on Saturday night.

The victims, primarily from Bihar, Delhi, and Haryana, were caught in a chaotic overcrowding incident linked to delays in two trains bound for the Maha Kumbh.

In addition to the compensation for the deceased, Rs2.5 lakh has been granted to the three critically injured passengers, while Rs 1 lakh each has been provided to the ten passengers with minor injuries. Over Rs 195 lakh has been distributed so far.

A total of 15 passengers were injured, with 11 discharged from the hospital after treatment. Four remain hospitalized. Eyewitnesses reported that overcrowding on plat-



forms 14 and 15, worsened by train delays, led to the chaos. The stampede occurred when passengers from the delayed Swatantrata Senani Express and Bhubaneshwar Rajdhani, along with those waiting for the Prayagraj Express, flooded the platforms. Deputy Commissioner of Police (Railways), KPS Malhotra, noted that overcrowding was exacerbated by the sale of 1,500 general tickets.

Disturbing images from the scene showed scattered belongings, highlighting the

Railway authorities have launched an inquiry, and the victims' families are being assisted in returning home.

Both President Droupadi Murmu and Prime Minister Narendra Modi have expressed condolences for the tragedy.

#### ISM Professor Prasoon Kumar Singh to Receive Groundwater Excellence Award



Dhanbad: Professor Prasoon Kumar Singh from the Department of Environmental Science and Engineering at IIT (ISM) Dhanbad has been honored with the Groundwater Excellence Award by the Indian National Chapter of the International Association of Hydrogeologists (INC of IA H).

The award recognizes his significant contributions to groundwater science and sustainable management.

The award will be presented at the INC IAH National Seminar on March 1-2, 2025, at Amity University, Jaipur. Professor Singh's selection was based on recommendations from a distinguished

A renowned researcher, Prof. Singh was recently appointed Chairman of the Technical Committee for the Accreditation Scheme for Prospecting Agencies and Mining Plan Preparing Agencies by QCI-NABET, under the Ministry of Commerce and Industry He is also an expert in Geology, Land Use, and Hydrogeology, specializing in Environmental Impact Assessments. Prof. Singh has mentored over 22 Ph.D. scholars and his research covers key areas such as groundwater quality, environmental hydrogeology and GIS applications.

#### Professor Sanjay Shukla Honored for Global Contributions to Geotechnical Engineering



by Ravi Phllips

**Sindri:** Professor Sanjay Kumar Shukla, a distinguished expert in civil and geotechnical engineering, has made significant contributions to the field. He holds a Bachelor's degree from BIT Sindri and an MTech and PhD from IIT Kanpur. Professor Shukla is also the founding Editor-in-Chief of the International Journal of Geosynthetics and Ground Engineering, published by Springer, Switzerland.

His groundbreaking research, including the seismic active thrust and passive resistance formulas (2013, 2015) and the innovative wraparound reinforcement technique for foundation soils, is widely used in engineering education globally.

Recently, Professor Shukla was invited as an international speaker at the Bharat Tex 2025 Conference, organized by the National JUTE Board, Ministry of Textiles, and the Government of India in New Delhi. During the conference, he presented his book, Geotechnical Characteristics of Soils and Rocks of India, to Shri Giriraj Singh Ji, the Hon'ble Minister of Textiles. The book is a pioneering work, the first of its kind for any country, and has been highly appreciated by Minister Singh.

Professor Shukla received congratulations from several distinguished academicians, including Professor D.K. Singh, Vice Chancellor of JUT Ranchi, and Professor Pankaj Rai, Director of BIT Sindri. Faculty members from the Civil Engineering Department, including Dr. Jeetu Kujur, Dr. B.D. Yadav, and Dr. Maya Rajnarayan Ray, also congratulated him on his global contribution to geotechnical engineering.

#### Purnima Singh Elected President, Rajendra Singh GS of KIMS



**Bokaro:** The 13th biennial Maha Sammelan of KIMS (Hind Mazdoor Sabha) concluded at Sector 02 Kala Kendra, Bokaro Steel City, with about 5,000 delegates passing a 26-point proposal by voice vote. Delegates from SAIL Bokaro Steel Plant (BSL) and SAIL mines discussed pressing issues, the expansion of the union, and strategies for the

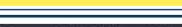
While Union President Purnima Singh could not attend due to family medical reasons, she expressed her regret over the phone and endorsed all resolutions passed. The Sammelan's chief guest, Sanjay Badhavkar, National General Secretary of the Steel, Metal and Engineering Workers Federation of India, addressed concerns over the management's negative stance toward workers, the decline in organized sector jobs, and the erosion of labor rights due to changes in labor laws. Union General Secretary Rajendra Singh, reflecting on the loss of former President Bachha Singh, highlighted the union's achievements, including securing minimum wages for contract workers and ensuring job security.

He criticized the government's privatization push and the ongoing issues with labor contracts and outsourcing, despite record production in public sectors. Singh also discussed the union's focus on women's empowerment, citing the formation of a Mahila Branch and self-employment training programs for women.

At the end, the old committee was dissolved, and a new committee was formed. The union remains committed to its core values of unity, struggle, and workers' rights.

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#### 'Faaltu Hai Kumbh': Lalu Yadav Sparks Controversy



Patna: Rashtriya Janata Dal (RJD) Chief Lalu Prasad has sparked a major controversy after labeling the Maha Kumbh as "faaltu" (meaningless) while commenting on the tragic stampede at New Delhi Railway Station. The incident, which occurred when passengers rushed to board Prayagraj-bound trains, resulted in 18 fatalities and many injuries.

In his remarks about the growing number of devotees heading to the religious gathering and the challenges of crowd management, Prasad said, "What meaning does Kumbh have? It is meaningless. Maha Kumbh, all of it is faaltu (nonsense)."

While offering condolences for the victims, Prasad attributed the tragedy to mismanagement by Indian Railways. "This unfortunate incident happened due to the Railways' poor management, which led to the loss of so many lives. The Railway Minister must take responsibility," said Prasad, who has previously served as the Railway Minister.

Prasad's comments quickly drew backlash from BJP leaders and Hindu religious figures.

#### Customs Day Celebrated at Patna Commis-



**Patna:** Customs (Prevention) Commissionerate Patna observed International Customs Day on Saturday at the Customs Auditorium, Revenue Bhawan. The event was attended by Customs Commissioner Dr. Yashovardhan Pathak, Deputy Commissioner Pinky Kumari, Assistant Commissioner, Superintendent, Inspector, and other officers.

In his address, Dr. Pathak highlighted that Customs Day symbolizes the dedication of customs officers in enhancing global trade efficiency, ensuring security, and contributing to the nation's economic progress. He emphasized the importance of adopting advanced technology to improve the contribution of officers to national and global trade development.

The World Customs Organization (WCO), established in 1952, has been observed globally since its inception. India became a member on February 15, 1971. On this day, customs agencies worldwide conduct awareness campaigns to promote the importance of customs regulations in maintaining security in global markets.

# **UGC Discontinues CARE Journal List, Implements New Guidelines for Evaluating Research Publications**

**UGC** ends

New Delhi: In a significant move, the University Grants Commission (UGC) has decided to discontinue the UGC-CARE (Consortium for Academic and Research Ethics) list of journals, which was originally introduced in 2018 to guide faculty selections, promotions, and research funding decisions. The UGC-CARE list had aimed to endorse only reputable journals, addressing concerns over the rise of predatory journals and ensuring higher research qual-

In place of the UGC-CARE list, the UGC has introduced new guidelines to assist higher education institutions (HEIs), faculty members, and students in evaluating journal quality. These guidelines emphasize parameters such as ethical publishing practices, citation records, impact factors, and a policy on AI-generated content for

on AI-generated content for research publications. The move follows feedback from the academic commu-



New Guidelines for Journal Selection

**CARE Journal List** 

nity regarding the drawbacks of the UGC-CARE system. M. Jagadesh Kumar, UGC Chairman, cited concerns such as centralization in deciding journal quality, delays in list updates, and the inclusion of predatory journals due to an inefficient vetting process.

He also pointed out the exclusion of reputable Indianlanguage journals and a lack of transparency in decisionmaking.

The UGC-CARE list, while promoting quality journals, also faced criticism for putting undue pressure on researchers to publish only in listed journals, which sometimes led to publications

being removed from the list without warning.

As part of the new strategy, HEIs will now take on the responsibility of journal evaluation. The UGC has advised institutions to develop their own systems for assessing the quality of journals, ensuring these align with academic standards and the suggested parameters set by the commission.

This decentralized approach grants researchers and institutions more freedom in journal selection, enabling HEIs to customize their evaluation criteria based on specific academic needs and evolving fields of study. Additionally, HEIs are tasked

journals by establishing robust assessment systems that ensure publications follow stringent scholarly and ethical guidelines. The new guidelines require

with combating predatory

The new guidelines require journals to maintain an effective editorial process, disclose article processing fees, be transparent about acceptance rates, and ensure compliance with ethical standards such as plagiarism prevention and conflict-of-interest disclosures.

Furthermore, journals will be evaluated on their impact factor, visibility in reputable databases, citation patterns, and overall influence in the academic community. HEIs are also encouraged to set up internal review committees to periodically refine evaluation parameters to maintain high academic standards.

These reforms aim to enhance the quality of research publications while granting institutions more autonomy and responsibility in maintaining academic integrity.

#### IIT-ISM Dhanbad Hosts Workshop on Phased Array Antenna Systems

**Dhanbad:** The Department of Electronics Engineering at IIT (ISM) Dhanbad is hosting a five-day workshop on Phased Array Antenna Systems for Radar and Modern Communication Applications, running from 15 to 19 February.

The workshop aims to explore the applications of phased array technology in radar and communication systems.

Thirty-five participants from prominent organizations, including DRDO, ISRO, vari-



ous IITs and NITs, and L&T, have gathered to learn about key topics such as phased array antenna principles, RF front-end design, frequency synthesizers, and communication applications for Cube-Sats. Day two covered essential topics, and tomorrow's sessions will include expert lectures on wireless connectivity, 5G mm-wave integration, and airborne applications. Speakers include Dr. Jayprakash Thakur from In-

tel, Savita Gond from CABS, and experts from Rohde & Schwarz and LRDE. The workshop's inauguration on February 15 was at-

tended by Dr. P. Hanumantha Rao, Director General of SAMEER, along with IIT (ISM) officials Professor Dheeraj Kumar and Professor Sagar Pal. Coordinated by Professor Ravi Kumar Gangwar, Head of Electronics Engineering, the workshop offers a platform for knowledge sharing in phased array technology.



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## RANCHI I 17 February 2025

# Delhi stampede: Opposition's 'negligence' jab, BJP calls out 'political vultures'

- ▶18 dead, dozens injured in crowd crush at New Delhi station on Saturday
- Congress, AAP and RJD accused Centre of not handling Kumbh rush
- Delhi Police to investigate CCTV footage to determine cause of incident

New Delhi. The Opposition on Sunday hit out at the BJP-led Centre over the stampede at the New Delhi railway station, where 18 people died, and accused it of being "insensitive" and "mismanaging" the situation due to a huge rush of passengers heading to Prayagraj for the Maha Kumbh. The BJP hit back, alleging that the Opposition parties were "political ventures" that habitually made such "political" statements.

Congress MP Rahul Gandhi said the deaths and injuries due to the stampede were "distressing" and called for better arrangements to handle the rush of passengers going to Prayagraj."The news of several people dying and many getting injured due to the stampede at the New Delhi railway station is extremely sad and distressing. I express my deepest condolences to the bereaved families and hope for the speedy recovery of the injured. This incident once again highlights the failure of the Railways and the insensitivity of the government," he tweeted in Hindi.

"Considering the large number of devotees going to Prayagraj, better arrangements should have been made at the station. The government and administration should ensure that no one has to lose their lives due to mismanagement and negligence," he said. Congress President Mallikarjun Kharge described the viral videos of the stampede aftermath as "extremely heartbreaking" and accused the Centre of "hiding the truth" over the number of deaths.

'The news of many people dying in a stampede at New Delhi Railway Station is extremely sad. The videos coming from the station are extremely heartbreaking. The attempt by the Narendra Modi government to hide the truth in the case of deaths at New Delhi railway station is extremely shameful and condemnable," he said. Senior Congress leader and former Chhattisgarh Chief Minister Bhupesh Baghel hit out at the central government for "mismanagement" and questioned who would be held



accountable for such stampedes.

There are reports of many people being killed and injured in the stampede at the New Delhi railway station. I pray to God for peace for the souls of the departed. May their families get strength. May the injured recover as soon as possible.

It is unfortunate that such incidents keep happening due to mismanagement. Who will take responsibility?" he said.

The Opposition accused the Centre

of "mismanagement" after 18

people died in a stampede at the New Delhi railway station. The

incident occurred due to a sudden

rush of devotees boarding trains to

Prayagraj for the Kumbh Mela.

Lalu Yadav, who served as the Railway Minister during the UPA tenure,

accused the Railways of "mismanagement" and said Railway Minister Ashwini Vaishnaw should take responsibility over the incident. The incident is very unfortunate

and I offer my condolences to the This is a mismanagement by the

Railways that led to the loss of so many lives. The Railway Minister should take responsibility. 'Kumbh ka kahan koi matlab hai.

Faaltu hai kumbh' (What is the actual meaning of Kumbh? It is useless)," said Yadav, who is also the RJD chief.He urged the Railway authorities to provide help to the people as soon as possible.

languages in private schools.

Annamalai claimed that in a

majority of the private schools

run by those belonging to the

DMK across the state, the Central Board of Secondary

Education's three language

system is followed.In a social

media post, he wanted to know

if the chief minister is of the

view that only students in

private schools should learn

#### **Avoid Undercooked Chicken:** Ajit Pawar Amid Guillain-Barre **Syndrome Outbreak**

Pune. Maharashtra Deputy Chief Minister Ajit Pawar has urged people to avoid consuming undercooked chicken as a precautionary measure amid the outbreak of Guillain-Barre Syndrome (GBS), a nerve

Speaking to reporters on Saturday in Pune, which has reported the most cases in the state, Pawar addressed concerns linking the outbreak to poultry consumption, saying there was no need for culling chickens.

Recently, a GBS outbreak was reported in the Khadakwasla dam area (in Pune). While some linked it to water contamination, others speculated it was caused by chicken consumption. After a detailed



review, it has been concluded that there is no need to cull poultry," Pawar said.He advised people to ensure their food, especially chicken, is well-cooked to prevent health complications.

GBS can be triggered by infections, and contaminated water and food, particularly those containing Campylobacter jejuni bacteria.

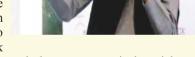
Doctors also recommend that food be thoroughly cooked. The GBS situation is under control, and there is no need for culling poultry," Pawar said. Meanwhile, one new case was reported on Saturday, bringing the total number of suspected and confirmed GBS infections in the state to 208, according to health officials. GBS is a rare condition in which a person's immune system attacks the peripheral nerves, resulting in muscle weakness, loss of sensation in the limbs, and problems swallowing or breathing.

#### Shashi Tharoor's article on Kerala's growth draws Congress concern, CPI(M) support

New Delhi. Congress MP Shashi Tharoor's recent article in an English daily, praising the entrepreneurial growth in Kerala under the LDF government, kicked off a political storm in the state on Saturday with his party questioning the basis of it, while the CPI(M) welcomed it.

Leader of Opposition in the Kerala assembly V D Satheesan sparked the debate on the issue by questioning the basis for Tharoor's article and later Congress general secretary K C Venugopal too sought to know the context behind the Thiruvananthapuram MP's statements. Tharoor responded to Satheesan's queries by remarking that the opposition leader should read the article and added that he wrote it based on the "facts, documents, figures and dates" as well as the Global Startup Ecosystem report and

"Kerala's performance". Later, Venugopal sought to know in what context the Congress MP made the statements in his article."I don't think he knows the reality in Kerala," he said, adding that there were no enterprises in the state that benefited the c o m m o npeople. Venugopal also said that he will ask



Tharoor in what context he made those statements in the article. He also accused the Left government of "trying to escape from reality by hiding behind Tharoor's article". As the Congress questioned the basis

for Tharoor's article, the CPI(M) came to his defence by saying that the MP from Thiruvananthapuram only stated facts.

State Industries Minister P Rajeeve and CPI(M) state secretary M V Govindan, in separate statements to the media, said that Tharoor's article was based on facts about the industrial and entrepreneurial growth in Kerala. Govindan also congratulated the Congress MP and said that his article "rejects the UDF opposition's claims that there was no development happening in the state". Chief Minister Pinarayi Vijayan too referred to Tharoor's article without naming him.He said that a people's representative, "who understands things in detail, has clarified before the people the facts about the development in certain sectors of the state and how it is an example for the country and the

#### Stalin calls Union Minister Dharmendra Pradhan's stand on NEP 'blackmail' over education funds

CHENNAI. Chief Minister M K Stalin on Sunday accused Union Education Minister Dharmendra Pradhan of "blackmail" for allegedly taking a stand that Tamil Nadu would not be provided funds till such time it accepted the National Education Policy (NEP) and the three language formula. Tagging a video clip of Pradhan speaking to reporters in Varanasi on February 15, Stalin, in a post on 'X' quoted Pradhan as saying that Tamil Nadu has to come to the terms of the Indian Constitution and that the three language policy is the rule of law.Accusing Pradhan of "blackmail" for his alleged stand that Tamil Nadu would not be provided education related funds by the Centre till such time the state accepted the three language policy, the Chief Minister termed it as unacceptable, and Tamil people would not tolerate it. The state sought its due, from the Centre which is its right and if the central minister spoke arrogantly as if the state claimed his personal wealth, then, in that case, Delhi would have to witness the trait of the Tamil people, the CM said.Further,

Stalin wanted Pradhan to specify the constitutional provision that made mandatory the three language policy of English, the respective regional language and Hindi.States constitute the Indian union and education is on the concurrent list of the Constitution and hence, the union government



cannot claim it to be their exclusive domain, the CM added.Reacting, Tamil Nadu BJP President K Annamalai asked why children in state government schools should not be taught Tamil, English and another Indian language when children or grandchildren of the chief minister and ministers could be taught three

several languages. He wondered why the students of government run

schools should be treated in a "partial" manner. "Is it fair to impose on Tamil Nadu children, your (DMK) policy of the 1960s, which has no relevance today

# hold bilateral talks with PM Modi

Amir of Qatar to visit India on Feb 17-18,

This would be the second state visit of the Amir of Oatar to India. He had earlier visited India in March 2015.

New Delhi. Amir of Qatar Sheikh Tamim Bin Hamad Al-Thani will pay a state visit to India on February 17-18, during which he will hold talks with Prime Minister Narendra Modi, covering various aspects of bilateral relations, the MEA said on Saturday. His visit will provide "further momentum to our growing multifaceted partnership," it said.He will be accompanied by a highlevel delegation, including ministers, senior officials and a business delegation, the Ministry of External Affairs said in a statement. At the invitation of Prime Minister Shri

Narendra Modi, the Amir of the State of Qatar, His Highness Sheikh Tamim Bin Hamad Al-Thani will pay a state visit to India on 17-18 February 2025," it said.

This would be the second state visit of the Amir of



Oatar to India. He earlier visited India in March 2015, the statement said."His Highness the Amir of the State of Qatar will be accorded a ceremonial welcome at the forecourt of the Rashtrapati

Bhawan on 18 February 2025. During his visit, HH the Amir will hold discussions with Hon'ble President Droupadi Murmu, who will also host a banquet in his honour. HH the Amir will hold talks with Prime Minister Shri Narendra Modi covering various aspects of the bilateral relations," it said.

ndia and Qatar have deep-rooted historical ties of friendship, trust and mutual respect. In recent years, the ties between the two countries, including in the areas of trade, investment, energy, technology, culture and people-topeople ties, have continued to strengthen, the MEA said. The Indian community residing in Qatar forms the largest expatriate community of Qatar, and is

"appreciated for its positive contribution in the progress and development of Qatar", it said.

# DK Shivakumar silent as clamour to replace him as Karnataka Congress chief grows

Despite being at the centre of these developments, Shivakumar has maintained his silence and refrained from publicly commenting on the ongoing controversy.

Bengaluru. A handful of Congress leaders in Karnataka have intensified calls to replace DK Shivakumar as the party president in the state. According to sources, the leadership transition could take place by the end of this year when Shivakumar, who is currently the Deputy Chief Minister of Karnataka, takes over as Chief Minister. Amid the growing clamour, Shivakumar has maintained silence on the issue, which is yet to be officially taken up as his transition as the Chief Minister is a bigger task currently on hand, the party sources said.Meanwhile, state minister KN Rajanna, who met with senior party leaders in Delhi on Friday, has called for clarity from the high command regarding the

secretary KC Venugopal in 2023. At the time, Venugopal had stated that Shivakumar would continue as the Karnataka Congress president until the 2024 Lok Sabha polls. Speaking to the media after his meeting, Rajanna questioned the duration of Chief

Minister Siddaramaiah's tenure, and said, "KC

statements made by Congress general



Venugopal made it clear from day one that Siddaramaiah is the Chief Minister and DK Shivakumar is the Deputy Chief Minister until Despite being at the centre of these the parliamentary elections. But did he ever say Siddaramaiah would remain Chief Minister for two and a half years? No."Siddaramaiah assumed office in May

Countering Rajanna's remarks, Karnataka Home Minister G Parameshwara said Siddaramaiah

was elected as the Congress Legislature Party (CLP) leader for a full five-year term."When we voted for the CLP leader, we were not told whether it was for five years or two and a half years. We elected Siddaramaiah as our leader for a full term. If he completes five years, it will be a record, and I hope he does," he told reporters. Adding to the growing pressure, Public Works Minister Satish Jarkiholi met Congress President Mallikarjun Kharge and KC Venugopal last week, urging them to replace Shivakumar in the "interest of the party and government". Jarkiholi, considered a strong contender for the position, has reportedly pushed for an immediate leadership change.

developments, Shivakumar has maintained his silence, choosing to adhere to the high command's instructions. He has refrained from commenting on the ongoing controversy. Even his brother, MP DK Suresh, who had previously defended him, has not made any public statements.

**DK** Shivakumar remains silent despite calls for his replacement as Karnataka **Congress chief** <u>State Minister KN Rajanna</u>

seeks clarity from Congress high command on the issue

-Public Works Minister Satish Jarkiholi pushes for Shivakumar's replacement

# 2025 4

#### RANCHI I 17 February 2025

# SAD's control over SGPC and fate of jathedars

THE Shiromani Akali Dal established itself in the political dynamics of Punjab after spearheading the Gurdwara Reform Movement in the early 20th century. With this powerful movement, the SAD built a strong cadre base, one that could be mobilised for Sikhs' religious issues. During the period of Constituent Assembly debates from 1946 to 1949, issues concerning the Sikh community were raised by some leaders, particularly Hukam Singh, and fiercely debated. The SAD never abandoned the movement mode since it was playing pressure politics as also keeping the support base intact.In electoral politics, the SAD gained significance only in 1962, when it became the official opposition party. After the formation of the Punjabi Suba in 1966, the SAD headed the coalition government and Gurnam Singh became the Chief Minister in 1967. The intra-party dynamics of the SAD can be traced to this year. Understanding the internal politics of the SAD at present requires two sets of forces which work in two distinct situations -- when SAD is in power and when it is out of power. In both situations, there is a struggle for power among top leaders. The 1967-72 period was the beginning of what became the signature image of the SAD. During this time, there were three chief ministers. First, Lachhman Singh Gill toppled Gurnam Singh and then, Parkash Singh Badal replaced Gurnam Singh. A similar process was seen in 1986 when Surjit Singh Barnala was reduced to minority as some MLAs rebelled, led by Parkash Singh Badal. It was in 1997 that Parkash Singh emerged as the undisputed leader of the SAD and remained so till his death in 2023.

The SAD has had such strong leaders as Master Tara Singh, Sant Fateh Singh and Harchand Singh Longowal, who influenced and shaped the Akali politics. Except for Master Tara Singh, who was discredited for ending his fast unto death without getting the Sikhs' demands accepted by the Government of India, the others remained at the citadel for long periods of time.Parkash Singh Badal faced challenges from strong leaders like Gurcharan Singh Tohra and Jagdev Singh Talwandi. The SAD had realised quite early that to remain in power, resources were needed and for this, the SGPC was the most important source. Over time, the SGPC came under the control of the SAD. Thus, with Tohra, who remained the SGPC president for a record 27 years, there emerged two centres of power, both competing and cooperating with each other. Since 1997, Parkash Singh began to control the entire machine. With politics dominating the SGPC, the position of takht jathedars also came under the influence of the SAD. The recent removal of the Jathedar of Takht Damdama Sahib, Giani Harpreet Singh, is not unprecedented. The major reason for such ousters is SAD's domination. The appointments of takht jathedar are done keeping political pragmatism and interests in mind. The control over religious institutions through the SGPC is the major source of political power to the SAD and is done in such a way that both reinforce each other.

Giani Harpreet Singh's removal is crucial in light of the crisis faced by the SAD, which has politically shrunk. To rejuvenate itself, the SAD recently approached the SGPC and conceded that its party leaders had committed mistakes in the past. The Five Singh Sahiban pronounced punishment to the Akali leaders for their mistakes and they accepted it. The title of Panth Rattan Fakhr-e-Qaum that was awarded to Parkash Singh Badal in 2011 was taken back as punishment. It was a danger signal for the Akalis.By getting Giani Harpreet Singh removed through the SGPC, the Sukhbir Badal-led SAD has tried to manage the crisis created by the Five Singh Sahiban's verdict.It is believed that the current crisis that the SAD is facing is mainly due to certain incidents of sacrilege that occurred in Punjab. They include the Bargari incident and the Behbal Kalan police firing which led to the death of two Sikh protesters in 2015. When it became clear that the sacrileges were committed by some Dera Sacha Sauda followers, its head Gurmeet Ram Rahim Singh came under fire.

#### Post-Pulwama lessons for India, Pak

India's demographic dividend is a fleeting opportunity that must be used in time. A few states have attempted a skill census, but the scale and complexity of a national one demand a concerted effort

SIX years ago, on February 14, 2019, a CRPF convoy was attacked by a vehicle-borne suicide bomber in Pulwama, Jammu and Kashmir, resulting in the tragic loss of 40 personnel. Pakistan-based terrorist organisation Jaish-e-Mohammed (JeM) claimed responsibility for the attack. It released a video of the assailant, Adil Ahmad Dar, who had joined the outfit one year earlier. Indian strategic planners viewed the suicide bombing as an unacceptable provocation that demanded a strong response. In the early hours of February 26, 2019, a formation of Indian Air Force (IAF) Mirage 2000 aircraft crossed into Pakistani airspace and struck a JeM camp at Balakot, located in Khyber Pakhtunkhwa province. This was a striking departure from previous engagement patterns, where operations remained confined mainly to areas along the Line of Control (LoC). The next day, Pakistani fighter jets launched a retaliatory strike in the Jammu sector. In the ensuing aerial engagements, India claimed to have downed an F-16 fighter, while an Indian MiG-21 was shot down, and its pilot, Wg Cdr Abhinandan Varthaman, was captured by Pakistani forces.

The capture of a serving IAF officer raised the stakes, and there was a brief period of heightened tensions, with reports that India was readying for a missile launch into Pakistan. The situation eased when Pakistan announced that it was releasing Abhinandan as a 'peace gesture'. Ajay Bisaria, who served as Indian High Commissioner to Islamabad during that time, writes in his book that the release of the pilot was due to India's "coercive diplomacy, backed by a credible resolve to escalate the crisis".

Both India and Pakistan claimed victory in the Balakot affair. India had shown that it would not demonstrate passiveness in response to major terror strikes on Indian soil by Pakistan-sponsored terrorists. Pakistan's nuclear blackmail had run its course, and India would use the military instrument to impose costs on Rawalpindi. Pakistan's retaliatory strike, named Operation Swift Retort, was also celebrated as a victory. On the first anniversary of the operation, the Director General of Pakistan's Inter-Services Public Relations tweeted: "February 27 commemorates the resolve of Pakistan Armed Forces against any aggression. The way we responded on this day is a proof that any misadventure by enemies of Pakistan will always be defeated."

As both sides made victorious declarations, there was no incentive to escalate, and the crisis rapidly subsided. However, even in this brief episode of hostilities, there are some important lessons for future crises. How adversaries view the results of their actions will determine how they behave in the future. The Indian political leadership is determined that it must use its conventional military superiority to deter Pakistan from using terrorism as an instrument of state policy. This now



includes the use of airpower, which was considered highly escalatory earlier.

In 2020, then IAF Chief, Air Chief Marshal RKS Bhaduria, declared, "Balakot was a clear demonstration that there exists a space within the sub-conventional conflict boundary wherein the Air Force can be used for targeting and yet have escalation control." Using precision, standoff weapons, the employment of airpower carries lesser risks than physically sending soldiers across the strongly held LoC, as was done in 2016.

Pakistan, on the other hand, states that it has a 'Quid Pro Quo Plus' strategy, implying that it would retaliate against India's limited military action with a response that is slightly more potent or escalatory while remaining below the threshold that could spark an all-out conflict. If this strategy is to be credible, Pakistan must be prepared to employ its military forces to mount quick, targeted operations. While India discounts Pakistan's nuclear bluff, the latter puts it on a higher pedestal. Speaking at an IISS-CISS Workshop in London on February 6, 2020, Lt Gen Khalid Kidwai (retd) stated that the Balakot crisis 'amply demonstrated" that "Pakistan's nuclear weapons continue to serve the purpose for which they were developed... It is precisely the presence of these nuclear weapons that deters, and in this specific case, deterred India from expanding operations beyond a single unsuccessful airstrike.

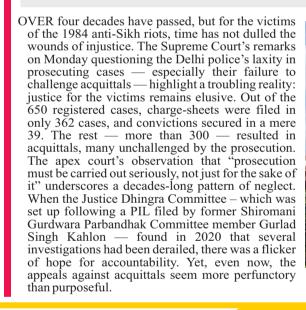
These perceptions on both sides of how Balakot played out mean that there is likely to be lesser restraint on using military force in the event of a crisis between the two countries. With diplomatic channels being almost absent, there is a risk of misunderstandings or misinterpretations that can lead to unintended escalation. International mediation can help in a crisis, but India rejects any third-party role in responding to national security threats.

The problem is also exacerbated due to the public rhetoric surrounding events like the Balakot strikes. With a strongman image at stake, social media-driven mass sentiment could put pressure on political leaders to take swift, decisive military action. As Henry Kissinger points out in his book, World Order, "The temptation to cater to the demands of the digitally reflected multitude may override the judgment required to chart a complex course in harmony with long-term purpose. The distinction between information, knowledge and wisdom is weakened."Does this throw up scenarios of an India-Pakistan crisis quickly ascending the escalation ladder, bringing nuclear weapons into play? While some Western observers feel that this is a possibility, the reality is different. The scope for the use of military force by India in response to terrorist attacks has indeed widened, but there is also a very deliberate effort by both sides to control the escalation through public messaging.

Following the Balakot airstrikes, the Indian Foreign Secretary issued a statement calling it a "non-military pre-emptive action" with the target selection being "conditioned by our desire to avoid civilian casualties." The Pakistan Foreign Office statement after their retaliation said the strikes were on "non-military targets, avoiding human loss and collateral damage... We have no intention of escalation but are fully prepared to do so if forced into that paradigm."

#### Justice delayed

#### SC calls out lax prosecution in 1984 riot cases





For survivors, the trauma is not just about the horror they

witnessed but also the systemic betrayal that followed. Statements given in court paint a grim picture — families torn apart, homes burned and a justice system that remains indifferent. The Supreme Court's intervention offers a chance to correct past wrongs, but will it amount to real action? The Delhi police's excuse of "lack of evidence" after nearly four decades is an indictment of their own inefficiency, if not complicity.

Justice cannot be an afterthought or a delayed formality. The court's scrutiny must translate into concrete steps — proper legal representation, fresh investigations where needed, and, above all, an unwavering commitment to ensuring that the guilty do not walk free. Until then, the victims of 1984 will continue to wait for a closure that seems forever out of reach.

# Trump-Modi bond faces trade test in second term

Trump's 'America First' trade agenda — which clashes with Modi's 'Make in India' initiative — threatens to undermine India's status as the world's 'back office'.

The last time Donald Trump was president, ties between the United States and India flourished. But the bilateral relationship began to fray during Joe Biden's presidency, owing not least to divisions over the Ukraine war. Will Indian Prime Minister Narendra Modi's latest meeting with Trump at the White House mark the first step toward restoring this critical relationship?Trump has made no secret of his conviction that personal bonds between leaders can underpin stronger bilateral relationships. And he and Modi certainly share an affinity: both are nationalist politicians who love little more than to please a roaring crowd with elaborate theatrics. In September 2019, the two came together for a public rally in Houston, attended by 50,000 Indian-Americans and several US legislators. The following February, Trump addressed more than 1,00,000 people in Ahmedabad. "America loves India," he declared. "America respects India, and America will always be faithful and loyal friends [sic] to the Indian people.'

The US-India relations took a turn for the worse after Russia's full-scale invasion of Ukraine in 2022. The Biden administration mobilised America's allies and partners to join its campaign to punish Russia — and, ideally, compel it to change its behaviour. But far from joining this effort, India stayed neutral and seized the opportunity to secure cheap Russian oil. There were other points of contention, as well. The Biden administration sought to weaken Myanmar's military junta by imposing stringent sanctions on the country and sending "non-lethal aid" to rebel groups — a policy that has contributed to instability in India's border state of Manipur. Biden also coddled Pakistan's military-backed regime, including by approving a \$450-million deal in 2022 to upgrade the country's fleet of F-16 fighter jets.

Similarly, Biden welcomed the interim government that Bangladesh's military installed following the overthrow

of the country's India-friendly government last August. Bangladesh's rapid descent into lawlessness and Islamist violence since then has raised serious security risks for India, which is already home to millions of illegally settled Bangladeshis. America's approach to Sikh separatist leaders on its soil has also raised India's hackles. Under the Biden administration, the US carried out a criminal investigation into India's alleged involvement in supposed assassination plots against Sikh militants in the US and Canada.

ast September, just days before Biden met with Modi in Delaware, senior White House and US intelligence officials met with Sikh separatists to assure them that they would be protected from "transnational repression". The following month, the US charged a former Indian intelligence officer in an alleged failed plot to kill a New York-based Sikh militant, who is on India's most-wanted list.

Against this backdrop, it is easy to see why Trump's victory in last November's presidential election raised hopes in India for a reset in bilateral relations. It helps that Trump has repeatedly pledged to negotiate a quick conclusion to the Ukraine war, meaning that India's choice not to pick a side in that conflict would no longer matter. A few weeks into Trump's second presidency, however, there are reasons to doubt this rosy scenario. So far, Trump has done nothing to spare India from his frenetic push to implement his campaign promises, from raising tariffs to deporting undocumented immigrants. When

the Trump administration sent more than 100 Indian nationals back to India on a military aircraft — a 40-hour ordeal — their hands and feet were shackled. Modi said nothing.

In fact, far from standing up to Trump, Modi has preemptively slashed tariffs on US imports, hoping that this would keep India out of the "Tariff Man's" sights. But a dissatisfied Trump, who has called India a "very big abuser" of tariffs, has not spared India from his steel and aluminium levies. He wants India to wipe out its \$35-billion bilateral trade surplus by buying more oil and petroleum products, and more weapons, from the US.

India is the world's third-largest primary energy consumer, after China and the US, and the largest source of oil demand growth. That makes the country a highly



attractive market for a US administration that is committed to increasing domestic oil and gas production. It also means that Trump's commitment to pushing down oil prices, including by applying pressure on OPEC leader Saudi Arabia, would benefit India's economy.But Trump has never been particularly concerned about ensuring that his trade agreements are

mutually beneficial. Regarding India, his plan may well be to use the threat of tariffs to compel Modi's government to accept the trade deal of his choosing. That is what he did to Japan during his first presidency. He also tried to do it to India, but failed, so he stripped India of its special trade status instead, prompting India to impose retaliatory tariffs on some US products. If Trump ends up slapping more tariffs, the Indian economy could slow down, at least marginally. More broadly, Trump's

"America First" trade agenda — which clashes with Modi's "Make in India" initiative — threatens to undermine India's status as the world's "back office", providing extensive IT and business services to US companies. Where trade is concerned, Trump treats friends and foes alike. But it matters that India is a friend and Trump should want to keep it that way. The US-India strategic partnership helps advance the two countries' shared interests in the Indo-Pacific region, the world's emerging economic and geopolitical hub, including strengthening maritime security and supporting a stable balance of power. Already, the two countries are working to deepen military interoperability, and the US has overtaken Russia as India's leading weapons supplier, new contracts show.

As Trump and Modi build on their rapport, both should recognise that India is America's most important partner in countering China's hegemonic ambitions. It is thus in shared interest to restore and deepen bilateral ties, including by strengthening collaboration on critical and emerging technologies, from AI to biotechnology. Warm personal relations are

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

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

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

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

### भोजपुरी कृषि लोक गीत

(कहरवा धुन)

गेहुं आ 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 बतियों ना मानता। पडल पडल सड़ता धान खरीहनवा। हाली घरे अईहा सईयां.....।

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

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

सास् जी के स्वेटर सस्र 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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# एसईसीएल ने छत्तीसगढ़ और मप्र के कोयला क्षेत्रों में 170 करोड़ रुपये की सीएसआर परियोजनाओं को मजूरी दी

नई दिल्ली। कोयला मंत्रालय के तहत कोल इंडिया की छत्तीसगढ स्थित सहायक कंपनी साउथ ईस्टर्न कोलफील्ड्स (एसईसीएल) ने वित्त वर्ष 2024-25 में विभिन्न कॉर्पोरेट सामाजिक (सीएसआर) परियोजनाओं के लिए रुपये 170 करोड़ की मंजूरी दी है। इन पहलों से कोयला क्षेत्रों में स्वास्थ्य, शिक्षा और कौशल विकास के बुनियादी ढांचे को

एक सरकारी प्रवक्ता ने आज यहां बताया कि यह आवंटन वित्त वर्ष 2024-25 के लिए एसईसीएल के ?99.76 करोड़ के वैधानिक

काफी बढावा मिलेगा।

के समर्पण को दर्शाता है। इन परियोजनाओं को संबंधित समझौतों के अनुसार अगले 2-3 वर्षों में लागू किया जाएगा। उन्होंने बताया कि ये परियोजनाएं समग्र सामुदायिक विकास के लिए एसईसीएल की प्रतिबद्धता को दर्शाती हैं। एक प्रमुख पहल में राष्ट्रीय प्रौद्योगिकी संस्थान. रायपुर के साथ ?48.19 करोड़ का समझौता ज्ञापन शामिल है, जिसके 500 बिस्तरों एसईसीएल गर्ल्स हॉस्टल' का निर्माण किया जाएगा, एसईसीएल द्वारा पूरी तरह से वित्त पोषित किया जाएगा। इसकी

परियोजना, 'एसईसीएल की धड़कन' (कोल इंडिया का नन्हा सा दिल का विस्तार) के दूसरे चरण का शुभारंभ किया है। 14 फरवरी, 2025 को साउथ ईस्टर्न कोलफील्ड्स लिमिटेड (एसईसीएल) और श्री सत्य साई संजीवनी अस्पताल, रायपुर ने विश्व जन्मजात हृदय दोष (सीएचडी) जागरुकता दिवस और कोल इंडिया लिमिटेड (सीआईएल) के स्वर्ण जयंती समारोह पर 'जीवन का उपहार' समारोह का आयोजन किया। एसईसीएल के निदेशक (कार्मिक) बिरंची दास की अध्यक्षता में आयोजित इस कार्यक्रम में एसईसीएल की

धडकन' पर प्रकाश डाला गया, जिसके तहत सीएचडी से पीडित बच्चों की 60 सर्जरी सफलतापूर्वक की गई है। बलरामपुर, छत्तीसगढ़ में सीएचडी के 57 मामलों का पता चलने के बाद, एसईसीएल ने छत्तीसगढ़ और मध्य प्रदेश में अगले 300 बच्चों के इलाज के लिए 4.71 करोड़ रुपये

उन्होंने बताया कि एसईसीएल का उद्देश्य छत्तीसगढ़ और मध्य प्रदेश राज्य में जन्मजात हृदय दोष वाले हर बच्चे का इलाज करना है। परियोजना के दूसरे चरण के तहत 13 बच्चों का इलाज पहले ही किया जा चुका है। कार्यक्रम सुनिश्चित करता है कि वित्तीय बाधाएं बच्चों को जीवन रक्षक मंत्री यू मिन मिन से मुलाकात की किया और सड़कों के माध्यम से

भारत-म्यामार द्विपक्षीय बैटक: केद्रीय

राज्य मंत्री जितिन प्रसाद ने समकक्ष उप

नई दिल्ली। म्यांमार के वाणिज्य मंत्रालय के उप मंत्री यू मिन मिन ने यहां वाणिज्य भवन में केंद्रीय वाणिज्य एवं उद्योग राज्य मंत्री जितिन प्रसाद से मुलाकात की। बैठक में दोनों पक्षों के वरिष्ठ अधिकारी भी मौजूद थे। द्विपक्षीय व्यापार को बढ़ाने की संभावनाओं पर जोर देते हुए मंत्रियों ने फार्मास्यूटिकल्स, दालें और बीन्स, पेट्रोलियम उत्पादों के क्षेत्रों में संभावनाओं और आपसी विकास को बढावा देने के लिए हाल ही में शुरू किए गए रुपया-क्यात व्यापार निपटान तंत्र के अधिक उपयोग पर चर्चा की। बैठक के दौरान दोनों नेताओं ने द्विपक्षीय व्यापार को संभावित क्षेत्रों पर विचार-विमर्श



सीमा व्यापार को फिर से शुरू करने के महत्व को भी स्वीकार किया और इस मुद्दे पर कदम उठाने पर सहमति

### डीपीआईआईटी सचिव ने गुजरात और राजस्थान की मेगा इंफास्ट्रक्वर परियोजनाओं की समीक्षा की

आधारशिला 21 जनवरी, 2025 को

उपराष्ट्रपति जगदीप धनखड ने रायपुर,

नर्ड दिल्ली। उद्योग एवं आंतरिक व्यापार संवर्धन विभाग (डीपीआईआईटी) के सचिव अमरदीप भाटिया ने गुजरात और राजस्थान में मेगा इंफास्ट्रक्कर परियोजनाओं को प्रभावित करने वाले प्रमुख मुद्दों की समीक्षा के लिए एक उच्चस्तरीय बैठक की अध्यक्षता की। बैठक में केंद्रीय मंत्रालयों, राज्य सरकारों और परियोजना से जुड़े वरिष्ठ अधिकारियों ने भाग लिया, जिसमें परियोजना निगरानी समूह (पीएमजी) द्वारा सुगम अंतर-मंत्रालयी और राज्य समन्वय के माध्यम से मुद्दे के समाधान में तेजी लाने पर ध्यान केंद्रित किया गया।

बैठक में 14 महत्वपूर्ण परियोजनाओं में 21 मुद्दों की समीक्षा की गई, जिनमें श्रम और रोजगार मंत्रालय के अंतर्गत चार परियोजनाएं शामिल हैं। इनकी कुल लागत 13,162 करोड़ रुपये से अधिक है। इसके अतिरिक्त, 600 करोड़ रुपये मूल्य की एक निजी परियोजना से संबंधित सात मुद्दों की भी समीक्षा की गई।बैठक में गुजरात में खावड़ा अक्षय ऊर्जा पार्क की ट्रांसमिशन परियोजनाओं पर महत्वपूर्ण रूप से बल दिया गया। एक बार कार्यान्वित होने के बाद पार्क से वार्षिक तौर पर लगभग 81 बिलियन यूनिट स्वच्छ बिजली उत्पन्न होने की उम्मीद है, जिससे जीवाश्म ईंधन पर निर्भरता काफी कम हो जाएगी।

इसके अतिरिक्त, निर्माण, इंजीनियरिंग, परिचालन और रखरखाव सहित विभिन्न क्षेत्रों में लगभग 15,200 हरित रोजगारों के सुजन होने का अनुमान है। रिलायंस

नर्ड दिल्ली। वैश्विक मछली

उत्पादन में लगभग 8 प्रतिशत की

हिस्सेदारी के साथ भारत दूसरा

सबसे बडा मछली उत्पादक देश है।

पिछले दो दशकों में भारत मत्स्य

पालन क्षेत्र में उल्लेखनीय वृद्धि और

परिवर्तन का साक्षी बना है।

तकनीकी प्रगति से लेकर नीतिगत

सुधारों तक 2004 से 2024 की

अवधि में ऐसी उपलब्धियां रही हैं,

जिन्होंने वैश्विक मत्स्य पालन और

जलीय कषि में भारत की स्थिति

को मजबूत किया है। केंद्रीय बजट

2025-26 में मत्स्य पालन क्षेत्र के

लिए 2,703.67 करोड़ रुपये का

अब तक का सबसे अधिक कुल

वार्षिक बजटीय समर्थन प्रस्तावित

किया गया है। यह जलीय कृषि और

समुद्री खाद्य निर्यात में अग्रणी के

रूप में भारत की उपलब्धि का

कम विलंबता और व्यापक कवरेज जैसे लाभ प्रदान करती है- अल्ट्रा-हाई-डेफ्निशन स्ट्रीमिंग की सुविधा और आईओटी और स्मार्ट सिटी समाधान जैसे अनुप्रयोगों की उन्नति की भी समीक्षा की गई। डीपीआईआईटी सचिव ने



Ministry of Commerce & Industry Government of India

परियोजना निगरानी के लिए संस्थागत ढांचे को बढ़ाने की प्रतिबद्धता की पृष्टि की और संबंधित अधिकारियों को लंबित मुद्दों का समाधान निकालने में सिक्रय दृष्टिकोण अपनाने का निर्देश दिया। उन्होंने परियोजना कार्यान्वयन में तेजी लाने और केंद्र सरकार, राज्य प्राधिकरणों और निजी हितधारकों के बीच सहयोग के माध्यम से अपनी चिंताओं का कुशल और समय पर समाधान सुनिश्चित करने के परियोजना निगरानी

(https://pmg.dpiit.gov.in/) के इस विशेष तंत्र का लाभ उठाने वाले निजी समर्थकों के महत्व पर जोर दिया।

वैश्विक मछली उत्पादन में ८ प्रतिशत की हिस्सेदारी के

साथ भारत दूसरा सबसे बड़ा मत्स्य उत्पादक देश

प्रमाण है। केंद्रीय मत्स्यपालन, खुले समुद्र से मत्स्य पालन के

पशुपालन और डेयरी मंत्रालय के सतत दोहन के लिए एक रूपरेखा

अनुसार 2025-26 के बजट की को सक्षम करने पर प्रकाश डाला

## भारत और श्रीलंका ने महत्वपूर्ण खनिजों, खोज और खनन क्षेत्र में संबंधों को मजबूत किया

नई दिल्ली। केंद्रीय कोयला और खान राज्य मंत्री सतीश चंद्र दुबे ने आज यहां शास्त्री भवन में श्रीलंका सरकार के उद्योग और उद्यमिता विकास मंत्री सुनील हंडुनेट्टी के साथ महत्वपूर्ण बैठक की। चर्चा में खनिज अन्वेषण और खनन में द्विपक्षीय सहयोग को बढ़ावा देने पर ध्यान केंद्रित किया गया, विशेष रूप से दोनों देशों के आर्थिक और औद्योगिक विकास आवश्यक महत्वपूर्ण खनिजों को सुरक्षित करने पर। श्रीलंका के विशाल ग्रेफाइट और समुद्र तट रेत खनिज संसाधनों पर मुख्य ध्यान दिया गया, जो स्वच्छ ऊर्जा, उन्नत बैटरी प्रौद्योगिकियों और उच्च तकनीक उद्योगों की ओर वैश्विक बदलाव का समर्थन करने की अपार क्षमता रखते हैं। बैठक के दौरान दोनों नेताओं ने श्रीलंका में भारतीय कंपनियों के लिए खनिज अन्वेषण और खनन अवसरों में सहयोग को मजबूत करने के महत्व को स्वीकार

भारत सरकार ने मछुआरों,

किसानों, प्रसंस्करणकर्ताओं और

अन्य मत्स्य पालन हितधारकों के

लिए ऋग सुलभता बढ़ाने के लिए

किसान ऋेडिट कार्ड (केसीसी) ऋग

सीमा को 3 लाख से बढ़ाकर 5

लाख रुपये कर दिया है। इस पहल

का उद्देश्य वित्तीय संसाधनों के प्रवाह

को सुव्यवस्थित करना है ताकि यह

सनिश्चित किया जा सके कि क्षेत्र की

कार्यशील पूंजी आवश्यकताओं को

पूरा करने के लिए आवश्यक धन

आसानी से उपलब्ध हो। देश में

मछली उत्पादन 2013-14 में

95.79 लाख टन और 2003-04

में 63.99 लाख टन से बढ़कर

2023-24 में 184.02 लाख टन

हो गया, जो 10 वर्षों (2014-24)

में 88.23 लाख टन की वृद्धि दर्शाता

है जबकि 2004-14 में 31.80

कि भारत के राष्ट्रीय महत्वपूर्ण खनिज मिशन का उद्देश्य देश के महत्वाकांक्षी अक्षय ऊर्जा लक्ष्य को पूरा करने के लिए लिथियम, ग्रेफाइट, निकल,

तकनीकी सहयोग और निवेश की संभावनाओं पर गहन चर्चा की। सरकार-से-सरकार (जी टू जी) आधार पर खनिज अन्वेषण की



कोबाल्ट और तांबे जैसे आवश्यक कच्चे माल की निरंतर आपूर्ति सुनिश्चित करना है।

उन्होंने कहा कि भारत महत्वपूर्ण खनिजों के लिए खनन अधिकार देने, अंतरराष्ट्रीय साझेदारी बनाने और भारतीय कंपनियों को वैश्विक स्तर पर खनिज संपत्ति हासिल करने के लिए प्रोत्साहित करने की दिशा में सिऋय रूप से काम कर रहा है। दोनों पक्षों ने इन क्षेत्रों में अन्वेषण के अवसरों.

संभावना पर भी चर्चा की गई, जिसमें भारतीय भूवैज्ञानिक सर्वेक्षण (जीएसआई) ने श्रीलंका में खनिज आकलन करने में अपनी रुचि व्यक्त की। इसके अतिरिक्त, श्रीलंका ने भारत से भारतीय कंपनियों को अपने समुद्र तट की रेत और ग्रेफाइट संसाधनों के अन्वेषण और विकास में भाग लेने के लिए प्रोत्साहित करने का अनुरोध

#### सीसीपीए ने आईआईटी-जेईई परिणाम के झूटे दावे के लिए संस्थान पर लगाया ३ लाख का जुर्माना

नर्ड दिल्ली। केंद्रीय उपभोक्ता संरक्षण प्राधिकरण (सीसीपीए) ने आईआईटीयन प्रशिक्षण केंद्र प्राइवेट लिमिटेड (आईआईटीपीके) पर आईआईटी-जेईई परीक्षा के परिणामों के बारे में भ्रामक दावे करने वाले विज्ञापन प्रकाशित करने के लिए 3

लाख रूपये का जुर्माना लगाया है। उपभोक्ता कार्य, खाद्य एवं जिनिक वितरण मंत्रालय ने जारी एक बयान में कहा कि उपभोक्ता संरक्षण अधिनियम, 2019 के उल्लंघन के लिए मुख्य आयुक्त निधि खरे और आयुक्त अनुपम मिश्रा की अध्यक्षता वाली सीसीपीए ने आईआईटीयन प्रशिक्षण केंद्र प्राइवेट लिमिटेड (आईआईटीपीके) के

विरूद्ध आदेश जारी किया है। मंत्रालय ने कहा कि सीसीपीए ने अबतक विभिन्न कोचिंग संस्थानों को भ्रामक विज्ञापनों के लिए 46 नोटिस जारी किए हैं।

सीसीपीए ने 24 कोचिंग संस्थानों पर 77 लाख 60 हजार रुपये का जुर्माना लगाया है, उन्हें भ्रामक विज्ञापनों का प्रकाशन न करने का निर्देश दिया है।

मंत्रालय के मुताबिक ये निर्णय यह सुनिश्चित करने के लिए लिया गया है कि किसी भी वस्तु या सेवा के बारे में कोई गलत या भ्रामक विज्ञापन प्रकाशित न किया जाए जो उपभोक्ता संरक्षण अधिनियम, 2019 के प्रावधानों का उल्लंघन करता हो। ये अंतिम आदेश केंद्रीय उपभोक्ता संरक्षण प्राधिकरण की वेबसाइट https://doca.gov.in/ccpa/orde rs-advisories.php?page\_no=v पर उपलब्ध है)।

## मादक पेयों की डंपिंग पर रोक लगे, भारतीय शराब पर विदेशों में पाबंदी दूर कराने के उपाय हों: सीआईएबीसी

नयी दिल्ली। मादक पेय बनाने वाली कंपनियों के शीर्ष संगठन ने कहा है कि वे मदिरा पर आयात आयात शुल्क में कटौती के खिलाफ नहीं हैं, लेकिन भारतीय बाजार को डंपिंग से बचने के लिए आयात शुल्क में कटौती धीरे धीरे की जानी चाहिए। भारतीय मादक पेय कंपनियों के परिसंघ (सीआईएबीसी) ने शनिवार को एक बयान में कहा, 'भारतीय शराब निर्माता आयात शुल्क में कटौती के खिलाफ नहीं हैं, पर वे चाहते हैं कि शुल्क में चरणबद्ध तरीके से होनी चाहिए। सीआईएबीसी का यह बयान भारत द्वारा अमेरिकी बॉर्बन व्हिस्की पर आयात शुल्क में कटौती के मद्देनजर आया है। सीआईएबीसी ने सरकार से भारतीय कंपनियों की चिंताओं को दूर

करने और मुक्त व्यापार समझौतों किए जाने के मुद्दे पर भी काम करने (एफटीए) वार्ता में समान अवसर का आग्रह किया है, जो वर्तमान में सनिश्चित करने और आयातित विभिन्न देशों में कई गैर-प्रशल्कीय



मदिराओं की डॉपंग को रोकने के लिए कडे प्रभावी उपाय करने की अपील की है। संगठन ने भारतीय मादक उत्पादों के लिए बेहतर पर आबकारी में रियायतें वापस लेने अंतरराष्ट्रीय बाजार में प्रवेश सुगम का भी अनुरोध किया है।

प्रतिबंधों का सामना कर रहे हैं। संगठन ने मदिरा पर सीमा शुल्क में कमी के मद्देनजर आयातित शराब

सीआईएबीसी के महानिदेशक अनंत एस अय्यर ने कहा. 'सीमा शल्क में कटौती (मूल+अतरिक्त प्रशुल्क) और मुक्त व्यापार समझौतों एफटीए के तहत अन्य रियायतों से संबंधित मुद्दों पर निर्णय लेते समय सरकार को भारतीय शराब निर्माताओं के हितों की रक्षा करने की आवश्यकता है।

घोषणा रणनीतिक रूप से वित्तीय

समावेशन को बढ़ाने, सीमा शुल्क

को कम करते हुए किसानों पर

वित्तीय बोझ को कम करने और

समुद्री मत्स्य पालन के विकास को

आगे बढ़ाने पर केंद्रित है। इसके

अतिरिक्त, बजट 2025-26 में

विशेष आर्थिक क्षेत्र (ईईजेड) और

उन्होंने कहा, हमने सरकार से 10 वर्षों की अवधि में शराब पर मूल सीमा शुल्क में कटौती करने की सिफारिश की है, हम यह भी चाहते हैं कि सरकार विशेष रूप से पश्चिमी देशों में बेहतर अंतरराष्ट्रीय बाजार पहुंच सुनिश्चित करे और विशेष रूप से भारत के लिए कम कीमतों पर हस्तांतरण मल्य तंत्र के माध्यम से उत्पादों की किसी भी डॉपेंग के खिलाफ भारतीय कंपनियों के हितों

## सर्राफा बाजार में मामूली तेजी, सोना और चांदी की बढ़ी चमक

लाख टन की वृद्धि हुई थी।

एजेंसी नई दिल्ली।

घरेलू सर्राफा बाजार में आज मामूली तेजी का नजर आ रही है। आज की तेजी के कारण देश के ज्यादातर सर्राफा बाजारों में 24 कैरेट सोना आज 87,170 रुपये से लेकर 87,320 रुपये प्रति 10 ग्राम के दायरे में कारोबार कर रहा है। इसी तरह 22 कैरेट सोना भी आज 79,910 रुपये से लेकर 80,060 रुपये प्रति 10 ग्राम के बीच बिक रहा है। चांदी की कीमत में भी आज मामूली तेजी दर्ज की गई है, जिसके कारण ये चमकीली धात दिल्ली सर्राफा बाजार में आज 1,00,600 रुपये प्रति किलोग्राम के स्तर पर कारोबार कर रही है।देश की राजधानी दिल्ली में 24 कैरेट सोना

गया है। इसमें लक्षद्वीप और

अंडमान और निकोबार द्वीप समूह

पर विशेष ध्यान दिया गया है। इससे

समद्री क्षेत्र में विकास के लिए

भारतीय ईईजेड और आसपास के

खुले समुद्र में समुद्री मछली

संसाधनों की अप्रयुक्त क्षमता का

सतत दोहन सुनिश्चित होगा।

जबकि 22 कैरेट सोने की कीमत 80,060 रुपये प्रति 10 ग्राम दर्ज की गई है। वहीं देश की आर्थिक राजधानी मुंबई में 24 कैरेट सोना 87,170 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 79,910 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह अहमदाबाद में 24 कैरेट सोने की रिटेल कीमत 87,220 रुपये प्रति 10 ग्राम और 22 कैरेट सोने की कीमत 79,960 रुपये प्रति 10 ग्राम दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24 कैरेट सोना आज 87,170 रुपये प्रति 10 ग्राम की कीमत पर और 22 कैरेट सोना 79,910 रुपये प्रति 10 ग्राम की कीमत पर बिक रहा है। इसी तरह कोलकाता में भी 24 कैरेट सोना 87,170 रुपये प्रति 10 ग्राम

अनुसार बैठक में गुजरात में खावड़ा

स्तर पर कारोबार कर रहा है, और 22 कैरेट सोना 79,910 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है। लखनऊ के सर्राफा बाजार में 24 कैरेट सोना आज 87.320 रुपये प्रति 10 ग्राम के स्तर पर और 22 कैरेट सोना 80,060 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। वहीं पटना में 24 कैरेट सोने की कीमत 87,220 रुपये प्रति 10 ग्राम के स्तर पर है, जबिक 22 कैरेट सोना 79,960 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। इसी तरह जयपुर में 24 कैरेट सोना 87,320 रुपये प्रति 10 ग्राम और 22 कैरेट सोना 80,060 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है। देश के अन्य राज्यों की तरह कर्नाटक, तेलंगाना और ओडिशा के सर्राफा बाजार में भी

#### मत्स्य पालन क्षेत्र के बजट में बड़ा हिस्सा प्रधानमंत्री मत्स्य संपदा योजना के वास्ते

नई दिल्ली। केंद्रीय बजट 2025-26 में मत्स्य पालन क्षेत्र के प्रोत्साहन के लिये 2,703.67 करोड़ रुपये के बजट का प्रावधान है और बडा हिस्सा मछली कारोबार की मजबूती और मछली पालकों की प्रगति पर केंद्रित प्रधानमंत्री मत्स्य संपदा योजना के लिये है। इस योजना के लिये 2465 करोड़ रुपये का आवंटन किया गया है। मत्स्य, पश्धन और डेयरी मंत्रालय के आंकड़ों के अनुसार मतस्य पालन क्षेत्र का अगले साल का 2,703.67 बजट चालू वित्त वर्ष 2024-25 के बजट से 3.3 प्रतिशत अधिक है और यह अब इस क्षेत्र तक का सबसे अधिक कुल वार्षिक बजटीय आवंटन है। वर्ष 2025-26 के लिये

प्रधानमंत्री मत्स्य संपदा योजना संबंधी 2465 करोड़ रुपये का आवंटन चालू वित्त वर्ष के लिये इस योजना पर आवंटित राशि से 4.8 प्रतिशत अधिक है। मंत्रालय का कहना है कि मछली पालन और और समुद्री खाद्य निर्यात में भारत की उपलब्धि इस क्षेत्र को सरकार के समर्थन का प्रमाण है। भारत का समुद्री खाद्य उत्पाद 2003-04 से 2023-25 के दौरान लगभग 10 गुना बढ़ कर 6092 करोड़ रुपये से बढ़कर 60 हजार 523 करोड़ रुपये तक पहुंच गया ।

# गुजरात, राजस्थान की १४ बुनियादी परियोजनाओं की समीक्षा

एजेंसी

नयी दिल्ली। उद्योग एवं आंतरिक व्यापार संवर्धन विभाग (डीपीआईआईटी) के सचिव अमरदीप भाटिया की अध्यक्षता में एक उच्चस्तरी बैठक में गुजरात और राजस्थान से जुड़ी 14 महत्वपूर्ण परियोजनाओं के विभिन्न पहलुओं की समीक्षा की गयी ताकि उनके ऋिन्वयन में तेजी लाई जा सके।

इसके लिए उच्चस्तारीय बैठक

जियों की 5जी-4जी विस्तार परियोजना की भी समीक्षा की गयी। वाणिज्य एवं उद्याग मंत्रालय की जारी एक विज्ञप्ति के अनुसार श्री

भाटिया की अध्यक्षता में परियोजना निगरानी (पीएमजी) तंत्र की मदद से दोनों राज्यों में वृहद बुनियादी परियोजनाओं को प्रभावित करने वाले प्रमुख मुद्दों की समीक्षा की। श्री भाटिया ने परियोजना निगरानी के लिए संस्थागत ढांचे को बढ़ाने की प्रतिबद्धता की पृष्टि की और संबंधित अधिकारियों को लंबित मुद्दों का



समाधान निकालने में सिऋय दृष्टिकोण अपनाने का निर्देश दिया। बैठक में संबंधित विभागों और राज्यों के अधिकारी शामिल थे। बैठक में, 14 महत्वपूर्ण परियोजनाओं में 21 मुद्दों की समीक्षा की गई, जिनमें श्रम और रोजगार मंत्रालय के अंतर्गत चार परियोजनाएं शामिल हैं, जिनकी कुल लागत 13,162 करोड रुपये से अधिक है। इसके अतिरिक्त, 600 करोड़ रुपये मूल्य की एक निजी परियोजना से संबंधित सात मुद्दों की

अक्षय ऊर्जा पार्क की ट्रांसमिशन परियोजनाओं पर महत्वपूर्ण रुप से बल दिया गया। इस परियोजना के पूरा हो जाने पर इससे हर साल लगभग 81 अरब यूनिट स्वच्छ बिजली मिलने की उम्मीद है। इसमें निर्माण, इंजीनियरिंग, परिचालन और रखरखाव सहित विभिन्न क्षेत्रों में लगभग 15,200 हरित रोजगारों के सृजन होने का अनुमान है। बैठक में निजी क्षेत्र की कंपनी रिलायंस जियो की 5जी/4जी समीक्षा की गई। विज्ञप्ति के विस्तार परियोजना की भी समीक्षा की

गई। यह परियोजना अल्ट्रा-हाई-डेफ्निशन स्ट्रीमिंग की सुविधा और आईओटी और स्मार्ट सिटी समाधान जैसे अनुप्रयोगों की प्रगति से संबंधित है। श्री भाटिया ने परियोजना कार्यान्वयन में तेजी लाने और केंद्र सरकार, राज्य प्राधिकरणों और निजी हितधारकों के बीच सहयोग के माध्यम से चिंताओं का कुशल और समय पर समाधान सुनिश्चित करने के लिए परियोजना निगरानी समूह (पीएमजी) के इस विशेष तंत्र का





# पके कटहल को करें डाईट में शामिल, दूर होंगी कई बीमारियां

गर्मियों के मौसम में कटहल हर कोई खाना पसंद करता है। इसमें फाइबर की भरपूर मात्रा पाई जाती है जो आपके अच्छे स्वास्थ्य के लिए बहुत ही आवश्यक है। पके कटहल में प्रोटीन भी बहुत ही अधिक मात्रा में पाया जता है। इसके अलावा इसमें पाया जाने वाला पोटैशियम हृदय संबंधी समस्याओं को दूर रखने में मदद करता है। कटहल आपके लिवर के लिए भी बहत ही फायदेमंद होता है। तो चलिए आपको बताते हैं कि पका कटहल खाने से आपकी सेहत को और कौन-कौन से फायदे हो सकते हैं.

#### कटहल के पत्ते भी हैं फायदेमंद

कटहल ही नहीं बल्कि उसके पत्ते भी आपके अच्छे स्वास्थ्य के लिए बहुत ही फायदेमंद होते हैं। जिनके मुंह में छाले की समस्या होती है उन्हे कटहल के पत्ते को चबाना चाहिए। इससे उनकी मुंह के छालों में काफी आराम मिलेगा।

#### दिल रहेगा स्वस्थ



पका हुआ कटहल आपके हृदय के लिए भी बहुत ही लाभकारी माना जाता है। इसमें पाया जाने वाला पोटैशियम ब्लड प्रेशर को कंट्रोल करने में मदद करता है।

#### पाचन मजबूत

गर्मियों में यदि आपको खाना नहीं पच पाता तो आप पके हुए कटहल को अपनी डाइट में शामिल कर सकते हैं। यह पाचन संबंधी समस्याओं को दूर करके आपका वजन सुधारने में भी मदद करता है।

#### वजन होगा कम



पके हुए कटहल में एंटी-इंफ्लेमेटरी गुण भी पाए जाते हैं जो आपके शरीर में बढ़ते हुए मोटापे को रोकने में मदद करते हैं। इसका अलावा इसे रेसवेरास्ट्रॉल नाम के एंटीऑक्सीडेंट का भी बहुत ही अच्छा स्त्रोत माना जाता है। यह आपके रक्त के संचार को कंट्रोल करन में भी मदद करता है।

#### इम्यूनिटी होगी स्ट्रांग

पके कटहल में विटामिन सी भी भरपूर मात्रा में पाया जाता है। विटामिन-सी आपके शरीर में एक एंटीऑक्सीडेंट के रूप में कार्य करता है। इसका सेवन करने से आपकी इम्यूनिटी स्ट्रांग होती है। साथ ही यह आपके शरीर के लिए इम्यूनिटी बूस्टर की तरह काम करता है ।

#### लिवर रहता है स्वस्थ

पके कटहल का सेवन करने से आपका लिवर भी स्वस्थ रहता है। इसमें पाए जाने वाले पोषक तत्व आपके लिवर को मजबूत बनाते हैं । इसमें राइबोफ्लेविन, जिंक, कॉपर और नाइसिन जैसे तत्व पाए जाते हैं जो लिवर को मजबूत बनाने में मदद

# गढिया का रामबाण इलाज है कच्चे पपीते की चाय

उम्र बढने के साथ-साथ या फिर कैत्शियम की कमी से हडिडयों से जुड़ी समस्याएं होना आम बात है। इन्हीं में से एक समस्या है गढिया की, जिससे कई लोग परेशान होते हैं। इसमें जोड़ों में दर्द, यूरिक एसिड के क्रिकेट का जोड़ों में जमा होना जैसी समस्याएं आतीं है । इससे बचने के लिए या फिर इलाज के लिए आप काफी कुछ आजमा चुके हैं और फिर भी कोई अंसर नहीं होता, तो इसका एक बेहतरीन घरेलू उपाय है हमारे पास। ये उपाय है कच्चे पपीते की चाय।जी हां, आपको जानकर हैरानी होगी कि पपीते की चाय का सेवन आपकी गढिया की समस्या समाप्त कर सकती है।मेडिकल साइंस की दुनिया में भी इस चाय का काफी महत्व है । पपीता शरीर में यूरिक एसिड की मात्रा को घटाता है और इसमें सूजन को दूर

विधि – इस चाय को बनाने के लिए आपको चाहिए – पानी, कच्चा हरा पपीता. ग्रीन टी बैग या ग्रीन टी की पत्तियां । अब चाय बनाने के लिए सबसे पहले एक बर्तन में पानी लेकर उसमें कच्चे पपीते के टुकड़े डाल दें और इसे आंच पर रख दें। जब यह उबलने लगे, तो आंच बंद करके इसे थोड़ा ठंडा होने के लिए रख दें । इस इसे छान लें और इसमें ग्रीन टी डालकर लगभग 3 मिनट के लिए छोड़ दें। अब यह चाय पीने के लिए तैयार है, इसे गर्मागर्म या गुनगुनी ही पिएं।

- जानिए पपीते की इस चाय के फायदे -गढिया की समस्या में फायदेमंद।
- शारीरिक सूजन कम करने में मददगार।
- ब्लड प्लेटलेट्स की संख्या
- बढ़ाने में मददगोर। •शरीर के अवांछित तत्वों को



बीपी-शुगर में रामबाण है ब्लैक राइस



आपने आज तक सफेद या ब्राउन चावल के बारे में सुना होगा। लेकिन क्या आपॅने काले चावल के लाभ के बारे में सुना है। अगर नहीं तो चलिए आज हम आपको बताते हैं काले चावल के बेमिसाल फायदे।

हमारे देश में चावल का सेवन सदियों से किया जा रहा है । बिरयानी से लेकर डोसा और इडली तक चावलों से ना जाने कितने ही व्यंजनों को तैयार किया जाता है । आज से कुछ समय पहले तक ज्यादातर लोगों को केवल सफेद चावल के बारे में ही जानकारी थी। लेकिन अब लोग चावल की अलग–अलग किस्मों को ना केवल जान रहे हैं बल्कि इनका सेवन भी कर रहे हैं। ऐसे में आप काले चावल को ही ले लीजिए। दरअसल काले चावल ओरीजा सैटिवा प्रजाति से आते हैं। प्राचीन काल में चीन के अंदर इन काले चावल के पोषक तत्वों को देखते हुए इसे रॉयल्टी में शामिल किया गया थाँ। आपको बता दें कि काले चावल के अंदर कई तरह के एंटीऑक्सीडेंट गुण और अन्य पोषक तत्व होते हैं जो आपको जिंदगी भर सेहतमंद रख सकते हैं।आज इन काले चावलों के जरिए विश्व भर में तरह–तरह की खाद्य सामग्री तैयार की जाती है। जिनका लुत्फ आप भी उटा सकते हैं। लेकिन इससे पहले जरा काले चावल के फायदे जानिए।

आयरन और प्रोटीन का खजाना अगर आप अपनी रोजाना की डाइट में प्रोटीन की मात्रा बढ़ाना चाहते हैं, तो आप काले चावल का सेवन कर सकते हैं। आपको बता दें कि 10 ग्राम ब्लैक राइस में लगभग 9 ग्राम प्रोटीन होती है, जो ब्राउन राइस के मुकाबले कहीं अधिक है। यही नहीं इसमें आयरन भी मौजूद होता है जो शरीर में ऑक्सीजन पहुंचाने के लिए बेहद

#### जरूरी है । इसके अलावा इसमें कुछ अन्य पोषक तत्व हैं जो कुछ इस प्रकार हैं । 45 ग्राम चावल में पोषक तत्व की मात्रा

कैलोरी – 160 फैट - 1.5 ग्राम प्रोटीन - 4 ग्राम कार्ब्स – ३४ ग्राम फाइबर – रोजाना की जरूरत का 6

#### इसके 23 एंटीऑक्सीडेंट हृदय रोग और अल्जाइमर से बचाते हैं

आज तक आपने ऐसी बहत सी खाद्य सामग्रियों का सेवन किया होगा जिनमें एक, दो या पांच एंटीऑक्सीडेंट होंगे। लेकिन ब्लैक राइस में एक या दो नहीं बिल्क पूरे 23 एंटी ऑक्सीडेंट तत्व पाए जाते हैं। यह एंटीऑक्सीडेंट गुण आपको ऑक्सीडेटिव तनाव से राहत दिलाते हैं। ज्ञात हो कि ऑक्सीडेटिव स्ट्रेस की वजह से कैंसर, हृदय रोग और अल्जाइमर जैसी समस्या पैदा होती है। आप इन सभी समस्याओं से ब्लैक राइस की वजह से बचे रह सकते हैं।यही नहीं इसके अंदर कई तरह के फ्लेवोनोइड्स और कैरोटीनॉयड होते हैं। यह भी आपको सेहतमंद बनाए रखने में मदद करते हैं। इस लिहाज से

आप ब्लैक राइस को अपनी डाइट में जरूर शामिल करें।

#### हदय के लिए फायदेमंद

अब तक ब्लैक राइस को लेकर कई शोध हो चुके हैं जो हृदय रोगों से बचाने के दावे कर रहे हैं।हालांकि यह अध्ययन अभी उतने अधिक नहीं हुए हैं । आपको बता दें कि ब्लैक राइस को लेकर जानवरों और इंसानों पर कई शोध हुए हैं जिनमें एंथोसायनिन की भूमिका को जांचा गया है। इसके सेवन से कोलेस्टॉल और ट्राइग्लिसराइड के स्तर में सुधार देखा गया है । अध्ययनों को देखकर लगता है कि यह हृदय के लिए फायदेमंद है। लेकिन अभी इंस पर कुछ और अध्ययनों की आवश्यकता भी है।

#### कैंसर से बचाए

ब्लैक राइस को लेकर हुए कई अध्ययनों में ऐसा पाया गया है कि जों लोग अधिक मात्रा में एंथोसायनिन का सेवन करते हैं उन्हें कोलोरेक्टल कैंसर होने का खतरा कम होता है । इसके अलावा हुए टेस्ट ट्यूब अध्ययन में पया गया कि काले चावल में मौजूद एंथोसायनिन ने महिलाओं में ब्रेस्ट कैंसर की कोशिका को कम कर दिया। साथ कैंसर के फैलने की गति को भी धीमा कर दिया। इन अध्ययनों में भले ही अब तक अच्छे प्रमाण हासिल हुए हों। लेकिन अभी इस पर अन्य अध्ययन की आवश्यकता है ।

#### आंखों के लिए फायदेमंद

ब्लैक चावल के अंदर जेक्सैन्थिन और ल्यूटिन मौजूद होता है जो दो प्रकार की कैरोटीनॉयड यह आंखों को स्वस्थ रखने में कारगर सिद्ध हो सकते हैं । आपको बता दें कि यह यौगिक आपकी आंखों को नुकसान पहुंचाने वाले हानिकारक मुक्त कणों से राहत दिला सकते हैं।साथ ही ब्लैक राइस के अंदर मौजूद इन गुणों पर जब अध्ययन किए गए तो इसमें पाया गया कि यह मोतियाबिंद जैसी समस्या से भी राहत दिला सकते हैं जो एक उम्र के बाद लोगों को होने लगती है। हालांकि इस पर अभी अध्ययन केवल चुहों पर ही किया गया है इंसानों पर नहीं ।

#### वजन घटाने में असरदार

अगर आप वजन घटाना चाहत ह ता आप ब्लैक राइस का सेवन कर सकते हैं । आपको बता दें कि ब्लैक राइस के अंदर मौजूद प्रोटीन और फाइबर आपका पेट भी लंबे समय तक भरा रख सकते हैं और आपका वजन घटाने में कारगर सिद्ध हो सकते हैं। इसके अलावा एंथोसायनिन को भी वजन घटाने में कई अध्ययनों में कारगर माना गया है । हालांकि यह रिसर्च अभी तक इंसानों पर नहीं हुई हैं । इसलिए इस पर अभी और अध्ययन बाकी हैं।

#### ग्लूटेन फ्री है ब्लैक राइस

आप शायद जानते ही होंगे कि ग्लूटेन फ्री एक तरह का प्रोटीन होता है जो कई तरह के अनाज में पाया जाता है जैसे गेहं, जौ और राई आदि । ऐसे लोग सीलिएक रोग से पीड़ित लोगों को इस प्रोटीन से बचना होता है क्योंकि यह उनकी आंत को नुकसान पहुंचा सकता है।ऐसे में अगर आप सीलिएक रोग से पीड़ित हैं तो आप ब्लैक राइस का लुत्फ ले सकते हैं, क्योंकि यह आपकी स्थिति को बिगाड़ेगा नहीं।

# इन कामों को करने वाले सबसे ज्यादा झेलते हैं साइटिका का दर्द

क्या आपको अक्सर कमर से लेकर पैरों तक तेज दर्द या जलन महसूस होती है, तो यह साइटिका या साइटिका की समस्या हो सकती है। आइए जानते हैं साइटिका के होने की

वजह और इसके उपाय एवं इलाज के बारे में। मानव शरीर के अंदर करीब 206 हडि्डयां होती हैं। इनमें से अगर किसी में भी जरा दिक्कत शुरू हो जाए तो उसका असर पूरे शरीर पर पड़ता है। साथ ही आप एक भयकर और जानलेवा दर्द से गुजरने लगते हैं। ऐसा ही कुछ होता है साइटिक नर्व में। इस स्थिति से जूझने वाले व्यर्कित को कमर से लेकर कूल्हों और पैरों तक बहुत तेज दर्द, जलन, और सुन्न होने की समस्या होने लगती है। इस स्थिति में दरअसल् साइटिका के जरिए ही आप अपने पैरों को नियंत्रित कर पाते हैं और पैरों को महसूस इसकी वजह से होता है। साइटिका के उपचार या उपाय को तरीका जानने से पहले जरूरी है कि आप इस दर्द को सही प्रकार समझ लें। ऐसे में साइटिका दर्द की समस्या के कारण और उपचार के तरीकों और जटिलताओं के बारे में बता रहे हैं पेन स्पेशलिस्ट ।

#### क्या है साइटिका का दर्द

साइटिका नर्व आपकी रीढ़ की हड़डी से शुरू होकर आपके कुल्हों से लेकर आपके पैरों तक जाती है। यह मानव शरीर की सबसे महत्वपूर्ण तंत्रिकाओं में से एक है। आमतौर पर यह दर्द लोगों को 30 साल के बाद ही होता है । यूं तो साइटिका पेन एक अस्थाई दर्द ही है जो खुद भी ठीक हो जाता है और इसके लिए दवा और कुछ उपायों की आवश्यकता भी हो सकती है । साइटिका नर्व में हुई समस्या से जूझ रहे मरीजों को कमर दर्द, पैरों में सुन्नपन आ जाना या दूर्द अनुभव होता है । साइटिका को कटिरनायुशूल के नाम से भी जाना जाता है । आइए जानते हैं इस दर्द की वजह या कारणों के बारे में ।

#### किस वजह से होता है साइटिका

साइटिका की समस्या के पैदा होने की यूं तो कई वजह होती हैं। लेकिन डॉक्टर अमोद बताते हैं कि इस दर्द की मुख्य वजह स्लिप डिस्क होती है। आपको बता दें कि हमारी रीढ़ की हड्डी में बहुत सी हड्डियां होती हैं और इसके आगे एक डिस्क होती है, जिसे आप किसी कुशन की तरह समझ सकते हैं। इसकी वजह से हम आसानी से कमर को मोड़ सकते हैं। लेकिन जब यह डिस्क अपनी जगह से हिल जाती हैं तो इसके पीछे निकलने वाली नसों पर दबाव पड़ने लगता है। अब यह नस जहां तक जाती हैं वहां तक साइटिका का दर्द हो सकता है। लेकिन ऐसा नहीं है कि साइटिका के दर्द का केवल यही कारण है। इसकी कई वजह हो सकती हैं जो कुछ इस प्रकार

- धुम्रपान-खराब लाइफस्टाइल बनते हैं साइटिका का
- अगर हडिडयों की एलाइनमेंट खराब हो तो भी
- साइटिका पेंन हो सकता है। उम्र के साथ बॉडी पॉश्चर में बदलाव आता है जिसकी
- वजह से भी यह समस्या हो सकती है।
  - अगर कोई व्यक्ति अधिक वजन उढाने के कार्य करता

- है तो भी यह स्थिति उत्पन्न हो सकती है। खराब जीवन शैली भी साइटिका पेन की वजह बन
- ऐसे लोग जिनका वजन अधिक है उन्हें भी साइटिका का दर्द हो सकता है ।
- अधिक धूम्रपान करने वाले लोगों को भी साइटिका का दर्द हो संकेता है ।

#### साइटिका का परीक्षण कैसे

आमतौर पर लोगों को लगता है कि साइटिका की स्थिति के बारे में जानने के लिए उन्हें एक्सरे कराना होगा। जबकि ऐसा बिल्कुल नहीं है। एक्सरे दूसरी कई समस्या में काम आ सकता है। लेकिन साइटिकों के बारे में सही जानकारी प्राप्त करने के लिए आपको MRI ही करवाना होता है।

# साइटिका से जुड़े भ्रम और सच

साइटिका के दर्द को लेकर राहत की बात यह है कि यह तीन महीने के अंदर-अंदर ठीक भी हो सकती है। हालांकि कुछ लोगों को ऐसा लगता है कि साइटिका की स्थिति में केवल सर्जरी ही एक विकल्प होता है । जबिक ऐसा बिल्कुल नहीं है क्योंकि इस स्थिति में महजू 1 तिशत लोगों को ही सर्जरी की जरूरत पड़ती है । बाक्रि अन्य साधारण उपाय से भी ठीक हो जाते हैं।

#### साइटिका का उपचार का तरीका

साइटिका के दर्द से राहत दिलाने और इसे हील करने के लिए डॉक्टर आपको कई तरह की पेन किलर दवाओं का सेवन करने की सलाह दे सकते हैं। इन दवाओं से आपको काफी हद तक आराम मिल सकता है। पेन किलर दवाओं का असर ना होने पर कई मामलों में डॉक्टर साइटिका की समस्या में आपके उसी हिस्से पर इंजेक्शन लगाते हैं जहां दर्द हो। इलाज की इस प्रक्रिया से जल्दी ही दर्द से राहत मिलने लगती है । वहीं अगर इनमें से कोई भी उपाय काम नहीं करता तो डॉक्टर आपको सर्जरी कराने का विकल्प देते हैं।

#### कैसे ठीक होता है साइटिका

अगर आपको साइटिका की समस्या है तो डॉक्टर आपको वजन घटाने, धूम्रपान छोड़ने, और एक सही जीवन शैली का पालन करने की सलाह दे सकते हैं। डॉक्टर अमोद कहते हैं कि इस समस्या में सर्जरी का विकल्प सबसे आखिरी होता है। वहीं दवाओं और इंजेक्शन के माध्यम से सर्जरी को टाला जा सकता है। जबिक कई मामलों में यह स्थिति खुद भी ठीक हो जाती है ।



# चीनी खाने से कैसे बढ़ता है आपका वजन?

चीनी का इस्तेमाल हर घर में होता है। चाय, कॉफी और मिटाईयों के अलावा रोजमर्रा की ऐसी कई चीजें हैं, जिनमें शुगर की मात्रा बहुत ज्यादा होती हैं। ऐसे में चीनी का सेवन कम से कम करना चाहिए क्योंकिं चीनी का सेवन ज्यादा करने से आपका वजन तेजी से बढ़ता है। आइए, जानते हैं कि चीनी कैसे बढाती है आपका वजन-

#### फ्रक्टोज इंसुलिन प्रतिरोध का कारण बनता है

चीनी का अधिक मात्रा में सेवन करना आपके ब्लड में इन्सुलिन के स्तर को बढ़ा देता है, जो आपके खाद्य पदार्थी से एनुर्जी को कमू करता है और उसे फैटू सेल्स में परिवर्तित करता है और जब शरीर में फैट की मात्रा अधिक हो जाती है, जो आपका शरीर आपके मष्तिष्क को भूख लगने का संकेत पहुंचाता है।

फ्रक्टोज लेप्टीन नामक हार्मीन के प्रतिरोध का कारण फ्रक्टोज लेप्टिन नामक हार्मीन के प्रभाव से वजन बढ़ने की समस्या होती है। लेप्टीन वसा कोशिकाओं द्वारा उत्पादित होता है । वसा कोशिका जितनी बडी होगी, उतना अधिक लेप्टिन का उत्पादन होगा। इस वजह से शरीर में अधिक वसा जमा हो जाती है और साथ ही वजन भी बढ़ता है।

#### फ्रक्टोज ग्लूकोज की तरह काम नहीं करता

ग्लुकोज आपके पेट को लंबे समय तक भरा रखता है, लेकिन फ्रक्टोज के सेवन से ऐसा कुछ महसूस नहीं होता है, बल्कि फ्रक्टोज के सेवन से आपको अधिक भूख महसूस होती है और इस वजह से आप कैलोरी और फैट का सेवन अधिक मात्रा में करते हैं।

#### फ्रक्टोज आपकी भूख को बढ़ाता है

फ्रक्टोज आपके हंगर हॉर्मीन को नियंत्रित करने में मदद नहीं करता है और इस वजह से खाने के बाद भी आपको अधिक भूख लगती है।ऐसे में कैलोरी का सेवन करते हैं जो आपके शरीर में एक्सट्रा फैट को बढ़ाता है जिसकी वजह से आपका वजन भी बढता है ।

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#### **NEWS BOX**

#### **WPL 2025: Niki** Prasad is here to stay after fairytale debut for Delhi Capitals

**New Delhi.** Delhi Capitals took a bold call in their very first match of WPL 2025 against the mighty Mumbai Indians, led by Harmanpreet Kaur. The call to include Sarah Bryce wasn't surprising given the Scottish wicketkeeper's past records, but the decision to include a young Niki Prasad was a gamble given that she hadn't played a lot in top level cricket.But Niki didn't let her team down. In fact, she punched above her weight to show why DC was right in picking her up in the auction and showing faith in her to be a part of the playing XI. With 54 runs needed off five overs and the required rate threatening to go out of reach, it needed Niki to pull off something spectacular. The pressure was right on her.

The call to include her over Nandini Kashyap, who has had a scintillating run in domestic cricket, could well have backfired. But Niki stood tall for DC, showing far more maturity than expected from a teenager. The ever-socrucial 35-run knock off 33 balls fetched her the Player of the Match award as she walked to the presentation ceremony with her head held high.

#### Niki Prasad is up and running

Batting at 16 off 20 with the required rate climbing, she didn't panic. Instead, she kept milking the runs while Bryce took the attack to Saika Ishaque to give DC some breather. With 10 runs needed off the last over, the match could have gone either way. With Niki not having a specialist batter to guide her at the other end, she would have felt the heat, but she held her nerves to help DC beat the 2023 champions by two wickets at the Kotambi Stadium in Vadodara.

Back in December 2024, Niki Prasad was just another name in the Indian cricket fraternity. After leading India U19 to victory in the World Cup, Niki became someday and received a hero's welcome on her return to India. She was also greeted with hugs when she joined the DC camp, draped in the Indian tri-colour and beaming with pride. After her heroics against MI, she's definitely become more than somebody. Niki has shown that she's not here to make up the numbers; rather, she's here to take the next big step in her career. With DC chasing 165, the dangerous Shafali Verma raced off to 43 off 18, giving her team the much-needed platform.

But from being at 60/0 in 5.5 overs, the Capitals lost four wickets in no time, finding themselves in trouble at 76/4 in the ninth over. From there on, Niki joined hands with Alice Capsey and the rest of her partners to make sure that the Capitals had the last

#### **Champions Trophy 2025:** Bumrah-less India aiming to end 12-year ODI title drought

New Delhi. After hammering the old kings of white-ball cricket (England) in their home, India will have their task cut out as they begin their campaign in the ICC Champions Trophy 2025 against Bangladesh on February 20. The Rohit Sharma-led side will enter another ICC event as favourites, as they aim to end their 12-year drought for an ODI title. The Indian team has been on a roller-coaster ride since October 2023 as they had arguably their best ODI World Cup which culminated in a heart-wrenching defeat in the final. The Men in Blue also finally ended 11-year drought of an ICC title by winning the T20 World Cup 2024 but lost their first ODI series against Sri Lanka since 1997 just over a month later. Things further went downhill for the Rohit Sharma-led side as New Zealand inflicted on them, their firstever 0-3 whitewash in a Test series on home soil. The Asian Giants also failed to complete a hat-trick of Test series wins, down under losing 1-3 against Australia and failed to qualify for the final of the World Test Championship (WTC) for the first time. Just when Indian cricket looked in tatters,

Rohit Sharma and his men have made a big statement just ahead of the Champions Trophy by whitewashing England. India's thumping win is a big warning to their opponents that 'they can count them out at their own peril' as the Men in Blue seem determined to hunt for an ODI crown. A lot has changed in the Indian cricket setup since the last ICC event, as Gautam Gambhir was handed over the responsibility to be the head coach of the side after Rahul Dravid's contract came to an end.

Known for his never-say-die attitude and unflinching fighting spirit, Gambhir's tenure as head coach has been far from what was expected of him when he took over the reins. With his decisions being widely questioned after India's recent Test debacle, the Champions Trophy also presents an opportunity for Gambhir to prove a point that he's indeed the right man to coach the Indian team.

India's squad for ICC Champions Trophy

2025 Rohit Sharma (Captain), Shubman Gill (Vicecaptain), Virat Kohli, Shreyas Iyer, KL Rahul (WK), Rishabh Pant (WK), Hardik Pandya, Axar Patel, Washington Sundar, Kuldeep Yadav, Harshit Rana, Mohd. Shami, Arshdeep Singh, Ravindra Jadeja, Varun Chakaravarthy.

# Why Champions Trophy 2025 could be the end of England's Bazball

→ England have been living with the Bazball mantra for a few years now, but the results have stopped to come for the side in white-ball cricket. Will a lack of consistency, poor form and results lead to end of the approach after the **Champions Trophy?** 

New Delhi. When Bazball came into Test cricket, it was like a breath of fresh air. No one realised the impact it would have on the game and how England would turn out under Brendon McCullum as the Test team coach. There were some thrilling performances as England decided that they only want to win Tests and not go for draws. They were ready to die by the sword, if necessary, but decided to stick to their mantra. This prompted the England and Wales Cricket Board to hand McCullum the keys to the white-ball teams as well. England's teams in the shortest formats of the game were in a tough situation as they had a disastrous ODI World Cup. The team finished 7th and sneaked in to seal

**SPORTS** 

Champions Trophy qualification. The T20 World Cup 2024 was a bit better, but it wasn't enough in the end as England failed to defend another World title.

This meant Matthew Mott was let go, and the reins were handed to McCullum. But the start to his tenure has been disastrous. A 1-4 loss in T20Is and a 0-3 whitewash to India sees the 2019 ODI World Cup champions head into the

Champions Trophy in the worst form

This has prompted pundits to lash out at the players, with some calling out their spirit to play for the national side. Slowly, but surely, the questions are raised about England's aggressive approach. Steve Harmison, while talking to talkSPORT, suggested that the team isn't batting smartly and the Bazball approach may not be working out in Tests and ODIs after repeated failures."The Brendon McCullum



mantra is all about being positive and aggressive, but at some point, the players need to realise that Brendon McCullum isn't batting for them," Harmison said on talkSPORT.

We keep making the same mistakes," Harmison added. "This isn't about personnel; it's about decision-making. You're not playing against tinpot bowlers now. These are some of the best in the world, and you can't just run down the pitch and hope for the best.'

We're not batting smart enough," he continued. "Some of these dismissals today were just reckless. You've got to earn the right to play expansively."So what's the issue with Bazball at the moment and why

#### Pakistan? Poor form of senior stars

Jos Buttler and Joe Root are 2 of the stars in this England squad. Both are game changers on their day and now have a senior role to play in this side. However, the form of both men is a major concern heading into the Champions Trophy. Since the ODI

could the whole thing collapse in

World Cup, Buttler has played 6 matches and has scored 153 runs, while Root's comeback to the format in India saw him get just 112 runs. This is not what England would want heading into a major ICC event as the seniors are expected to be the ones to lead the Bazball approach from the front foot.

#### Harmanpreet Singh not 'too disappointed' with Spain loss, eyes finishing improvement

New Delhi.India captain Harmanpreet Singh is looking to remain positive despite their loss to Spain in the FIH Pro League on Saturday, February 15. India lost to Spain 1-3 in the match at the Kalinga Hockey Stadium in Bhubaneswar, Odisha on Saturday, despite taking the lead in the 25th minute through Sukhjeet Singh.

However, Spain responded with goals from Borja Lacalle, Ignacio Cobos, and Bruno Avila to seal the win in the end. Speaking after the match to PTI, Harmanpreet said that his side started the match well and kept good pressure on their opponents. The Indian captain said that they would try to convert their chances in the upcoming matches.

We started pretty well, we kept good pressure and got many opportunities as well, but I won't be too disappointed as it was our first



match after a long time. We will try to convert our chances in the upcoming games," said

#### 'Need to work more on finishing'

If one thing India needs to work on, it is their finishing. During the match, India had only 5 circle penetrations and earned 5 penalty corners. However, they were unable to convert any of their chances, while Spain were able to score from 2 out of their 8 PCs. Harmanpreet stressed after the match that finishing is something that needs to be improved in the coming games."We need to work more on our finishing part," said Harmanpreet. This was the Indian team's first international outing since their Test series against Germany at home in October 2024. After the 2 matches against the World Champions, the Indian players were part of the Hockey India League 2024-25 season.

Harmanpreet said that the game against Spain was a good learning experience for his side and they will take positives from the loss into the next game.

This is a good learning experience, and we'll take the positives from this game," said Harmanpreet.India will be hoping for a quick turnaround as they will be playing Spain once again on Sunday, February 16.

# First Viswanathan Anand, now Botez sisters take D Gukesh 'hostage' in funny post

New Delhi. Popular Canadian chess players making this latest picture with Gukesh an Gukesh needed to be "rescued" from the and online streaming duo, Alexandra and

attention of fans with their signature humour. The sisters shared a picture with Indian world champion D Gukesh on their social media handle, jokingly suggesting that his expression resembled that of someone taken "hostage" by them. The lighthearted post quickly became a talking point among chess enthusiasts, who joined in on the fun with witty comments. The meeting between the Botez sisters and Gukesh took place in Hamburg, Germany, where the young Indian Grandmaster was competing in the Freestyle Chess

Grand Slam. Their playful caption was reminiscent of a previous post featuring another Indian chess legend, Viswanathan Anand, in a similarly staged "hostage" situation. That earlier post had gone viral, instant hit amongst fans.

Andrea Botez, once again caught the Gukesh, who considers Anand one of his A Tough Run for Gukesh



idols, has frequently been seen with the fivetime world champion, making the comparison between the two posts even more amusing. The post was flooded with reactions, with some fans jokingly asking if

While the post brought some lighthearted fun, Gukesh's recent performances on the chessboard have been challenging. The Indian Grandmaster finished eighth in the Freestyle Chess Grand Slam, failing to secure a single win. His tournament campaign ended with a loss to Iranian-French Grandmaster Alireza Firouzja in the seventh-place playoff.Prior to the event in Hamburg, Gukesh also faced a setback at the Tata Steel Masters in the Netherlands, where he was defeated by fellow Indian

Grandmaster R Praggnanandhaa. Despite the recent struggles, Gukesh remains one of the brightest young talents in chess, and fans are eager to see him bounce back in future competitions.

# Omar Marmoush's hat-trick doesn't surprise Manchester City boss Pep Guardiola

New Delhi. Manchester City boss Pep Guardiola said he wasn't surprised by Omar Marmoush's hat-trick against Newcastle

United in the Premier League on Saturday, February 15 and believed it was only a matter of time before the Egyptian forward hit the ground running for his new team. Marmoush made the big-money move from Eintracht Frankfurt during the January transfer window.

After a subtle start to his City career, the Egyptian forward burst into life during the game against Newcastle as he scored a 14-minute hat-trick in the first half to help City win the match 4-0. Speaking to the reporters after the game, as quoted by Reuters, Guardiola said

he had the confidence that Marmoush would show his talent on the field. The City boss also said he hopes Marmoush will handle the compliments coming his way after the performance on Saturday.

"We knew it," said Guardiola."So in Germany, in Frankfurt, he makes a good number.

Against Orient (City's 2-1 FA Cup win last Saturday), had three clear chances, could not score. So we knew sooner or later, the



dynamic in the group was good, and the performance was good, he could show what he is.""Hopefully he can handle the compliments."When asked how Marmoush was able to score a hat-trick, Guardiola said that when the team plays well, everyone is able to get into form."Listen, it's simple, the answer. When you play good, everyone

adapts quickly," said Guardiola. "When (the team doesn't) play good, you need

time. It's a guy who likes to attack space to help to create. But when we play in the way we played today, everyone is better."

#### Guardiola on Haaland injury

There was a slight concern for the City fans when Erling Haaland went down holding his knee late in the game. However, Guardiola brushed aside fears of a long-term issue saying that Haaland got up and was smiling. The City boss said he hasn't had a word with his striker or the doctors yet and is hoping for some good news."When he was down everyone was scared, but he

got up and he walked smiling like always," Guardiola said. "I didn't speak with him. I didn't speak with the doctors. But if the doctors didn't come with bad news, hopefully he'll be fine."

City will now get ready for the second leg of their UEFA Champions League Round of 16 playoff tie against Real Madrid.

# India eye historic Champions Trophy record with wins over Pakistan, Bangladesh

New Delhi.India are on the brink of a historic tournament, currently lead the list of teams confidence after whitewashing England in strength ahead of the Champions Trophy. milestone as they head into the highly anticipated Champions Trophy under the leadership of Rohit Sharma. Just two victories away from extending their existing record, India have the opportunity to further establish themselves as the most successful team in the tournament's history in terms of wins. The Men in Blue will kick off their campaign against Bangladesh on February 20 at the Dubai International Stadium, followed by a high-stakes clash against cohosts and arch-rivals Pakistan on February 22 at the same venue. With 18 wins already under their belt, securing two more would take India to an unprecedented 20 victories in Champions Trophy history—an achievement unmatched by any other team.

India Lead the All-Time Champions Trophy India's red-hot form ahead of Wins Chart

India, a two-time winner of the prestigious India enter the tournament with renewed

with the most wins. Trailing them are the recently concluded ODI series. Just when Their emphatic performances serve as a

England and Sri Lanka, each with 14 wins-though Sri Lanka, with 27 matches played, have a lower success rate. Both teams are far behind India's dominant record. The West Indies, another former Champions Trophy winner, hold fourth place with 13 victories but have not qualified for this edition of the tournament. Meanwhile, Australia, the reigning ODI World Cup champions, surprisingly stand only fifth with 12 wins to their name. Pakistan, despite co-hosting the competition, sit in eighth place with just 11 wins in 23 matches.

**Champions Trophy** 



critics doubted the team's ODI credentials, Rohit Sharma and his squad made a resounding statement, reaffirming their

warning to competitors that dismissing them would be a mistake, as they remain determined to reclaim an ODI crown that has eluded them for 12 years.

#### Bumrah's absence a major concern for India

However, India will have to navigate the tournament without their pace spearhead, Jasprit Bumrah, who has been ruled out due to a lower back injury. Bumrah's recent heroics, particularly his instrumental role in India's T20 World Cup triumph, earned him the Player of the Tournament award. His absence will be a significant challenge, but India

remain resolute in their quest for Champions Trophy glory.

# IN OF A Fatehi

# Thanks Fans For Spreading 'Positivity And Kindness' On Her Birthday

Tora Fatehi, who celebrated her 33rd birthday on February 6, expressed her gratitude for the overwhelming love she continues to receive from her fans. The global star shared a heartfelt post to thank her supporters, especially those who made charitable donations in her honour. Every year on her birthday, Nora's fan clubs collect funds to provide meals for underprivileged children in India. This generous and meaningful act deeply moved Nora, prompting her to give a special shout-out to her fans. Many children joined in to wish Nora Fatehi, making her special day even more memorable. Taking to Instagram, the actress shared a heartfelt video along with an emotional caption to express her gratitude. "That's such a beautiful, generous and selfless gesture! (emotional emoji) Shoutout to my Fans!" Nora captioned the video.

Moving on, she also appreciated the fan clubs for their 'generous donations" "I am incredibly grateful for the love and kindness you've shown me every year on my birthday. Your generous donations of funds and food to those in need have not only made my special day brighter but have also made a lasting impact on the lives of the underprivileged.""Your compassion and support mean the world to me, and I feel so lucky to be surrounded by such incredible and kind people," she added.To conclude her post, the actress wrote, "Thank you for making my birthday not just a celebration, but a chance to give back and help others. Let's continue spreading positivity together!"Meanwhile. Nora Fatehi is basking in the success of her latest music video, Snake, co-produced by Jason Derulo and Tommy Brown. The track has achieved several milestones, including becoming the most-viewed video within 24 hours and securing the #2 spot on

the global charts. With over 90 million views, Nora's collaboration with international artists has turned into a global sensation. The actress was last seen in Kunal Kemmu's directorial movie, Madgaon Express, featuring Pratik Gandhi, Divyenndu, Avinash Tiwary, and Chhaya Kadam. Nora is now gearing up for her upcoming debut in the south film industry with Hari Hara Veera Mallu: Part 1, starring Pawan Kalyan in the lead role.



Riteish Deshmukh And Genelia **Get Cozy In Romantic Photo** Ahead Of Valentine's Day



ctress Genelia Deshmukh shared a romantic picture with her actor-husband Riteish Deshmukh and said that they don't need Valentine's Day to celebrate their love of 23 years. Genelia took to her Instagram stories, where she shared a picture of the couple. In the image, the actor is all curled next to her and seems to be asleep as he hugs her. Genelia is all smiles as she takes the selfie. "Who needs Valentine's Day, when we have 12th Feb @riteishd 23years and counting N still sneaking in pictures for keeps," she wrote as the caption.

For the unversed, the couple first met on the sets of their debut film, "Tujhe Meri Kasam." Their bond grew stronger, and their on-screen chemistry in the film was widely praised. What started as a friendship quickly blossomed into love, and after nine years of dating, they tied the knot on February 3, 2012. The couple welcomed their first child, a son named Riaan, on 25 November 2014. Their second son, Rahyl, was born on 1 June 2016. Genelia in the latest season of the World Pickleball

League, has spoken up on her foray into the world of OTT. The actress recently spoke with IANS about her journey in films and the growing love for sports in India. The actress had a rich background in theatricals and has done films across languages long before the pan-India film movement saw a meteoric rise. When asked if the audience will get to see her in an OTT series any time soon, she told IANS, "I would love to. For me, whether it is the short format or the long format, what matters is what I'm able to get to my audience. I've always been someone who is open to doing any kind of work. Work is work. I started doing South Films way before anybody really did it. And I'm very proud of doing South Films".

She continued, "I have done Bollywood, I have done films from the South. So I'm someone who loves films as a medium, whether it is the longformat or the short-format. But long-format content is something I'm definitely looking forward to".

#### **Gadar Director REACTS To Ameesha** Patel's Demand About Sakina Going To Pakistan: 'Is It A Tourist Centre?'



meesha Patel has once again stirred the pot with her grievances against Gadar 2 director Anil Sharma, accusing him of changing the film's climax without her knowledge. While she had earlier claimed to feel 'cheated,' Anil has now clapped back, firmly denying her claims and setting the record straight.In a chat with Vickey Lalwani, Anil didn't hold back. He brushed off the controversy, saying, "Everyone is free to share their opinion. I don't throw stones in dirt. For me, she is still part of the family." Reminiscing about their early days, he recalled how Ameesha, when she was new, would train with him for hours to perfect her role as Sakina. But then came a subtle dig -"Woh bade ghar ki beti hai, bade ghar ke bacche moody hote haina, woh bhi moody hai."

Anil also pointed out Ameesha's privileged background, sharing how she used to arrive at



rehearsals in a luxury car, adorned with solitaire diamonds. "She wasn't a very good performer but she learned it... she had that attitude that mostly kids who come from rich families have, and that fitted my character," he remarked.

Dismissing Ameesha's claims about the climax, Anil said, "If she has that much understanding than she is free to make the film. It's an open market. Who is stopping her?" As for her claim that Sakina was originally meant to accompany Tara Singh to Pakistan, Anil wasn't having any of it. "Is Pakistan a tourist centre that Sunny Deol will take everyone there? Tara Singh pagal hai kya jo biwi ko bhi leke jaega?'

And when probed about whether Ameesha pressured him to tweak the climax and involved the production studio, Anil simply brushed it aside, "That all kept happening — I don't want to get into that."

Shilpa Shetty

# Is The Life Of The Party In A Sleek Black Dress

hilpa Shetty and Raj Kundra were recently spotted in Mumbai, turning heads with their stunning red Ferrari Portofino, worth Rs 4.03 crore. The couple exuded style as they arrived in the luxury car, making a statement with their fashion and choice of ride. Known for her impeccable fashion sense, Shilpa looked effortlessly elegant in a black midi dress. She kept her accessories minimal, allowing her outfit to take centre stage. The actress, who never fails to impress with her style, once again proved why she is considered a true fashionista. Raj Kundra, on the other hand, kept his look simple yet classy. While his full outfit wasn't entirely visible in the viral clip, he was seen wearing a

Shilpa's Ferrari Portofino, known for its sleek design and powerful performance, grabbed instant attention. The luxurious sports car complemented her glamorous look, adding to the couple's dazzling presence. Reports suggest that the actress



white sweatshirt paired with stylish sunglasses.

has a growing collection of highend cars. In May 2024, she added a brand-new Land Rover Range Rover Sport to her garage. Depending on the model, this luxury SUV costs between Rs 2 crore and Rs 3.3 crore in Mumbai.

#### Shilpa's Commitment to

**Fitness** Apart from making style statements, Shilpa is also known for her dedication to health and fitness. Recently, she shared an inspiring workout video on Instagram, demonstrating a Bosu Ball exercise for core strength and

She captioned the post, "Mondays are for BALANCE! A Bosu Ball workout targets your core and stabilises muscles, improving balance, strength, and coordination. It challenges your body on an unstable surface, activating multiple muscle groups, enhancing functional fitness, and reducing injury risks while building overall stability and strength." On the work front, Shilpa Shetty was last seen in Rohit Shetty's web series Indian Police Force. She is now gearing up for her next Kannada film, KD – The Devil, where she will share the screen with Dhruva Sarja, Sanjay Dutt, and Reeshma Nanaiah. From making bold fashion

choices to maintaining a disciplined fitness routine, Shilpa continues to inspire fans with her lifestyle and work.