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Delhi Chief Minister's oath on February 20 at 4.30 pm after BJP meet: Sources

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NEWS BOX

Over 40 people killed in Mali mine collapse

World Forty-two people, mostly women, were killed and many injured after an artisanal gold mine collapsed in western Mali on Saturday, the head of an industry union said.

The accident took place near the town of Kenieba in Mali's gold-rich Kayes region. It is the second major accident this year in the French-speaking West African country, which is one of Africa's top three gold producers. The prefect of Kéniéba, who represents the government in the locality, confirmed the incident. "The death toll of 42 should be definitive, It was a landslide at a site run by Chinese nationals," Mohamed Dicko told The Associated Press on Sunday.

This is the second time in less than a month that such an accident has occurred in Mali. On January 29, a landslide killed several gold miners, mostly women, in the Koulikoro region in the south of the country.

In January last year, an unregulated gold mine collapsed near the capital, Bamako, killing more than 70 people. In recent years, there have been concerns that profits from unregulated mining in northern Mali could benefit extremists active in that part of the country. "Gold is by far Mali's most important export, comprising more than 80% of total exports in 2021," according to the International Trade Administration of the U.S. Department of Commerce. It says more than 2 million people, or more than 10% of Mali's population, depend on the mining sector for income. Artisanal gold mining is estimated to produce around 30 tons of gold a year and represents 6% of Mali's annual gold production.

Seals Can Act As 'Smart Sensors' For Monitoring Fish Population: Study

California. A new study by marine biologists reports that seals can essentially act as 'smart sensors' for monitoring fish populations in the ocean's eerily dim 'twilight zone.' Over the past 60 years, marine biologists at UC Santa Cruz have monitored the behaviour of northern elephant seals that journey to nearby Ano Nuevo Natural Reserve.

With the seals gathering on the beach by the thousands to breed and moult, generations of researchers have been able to amass more than 350,000 observations on over 50,000 seals.Roxanne Beltran is next in line to lead the project, and her new study being published on February 14 as the cover story for Science reports that seals can essentially act as "smart sensors" for monitoring fish populations in the ocean's eerily dim "twilight zone."This is the layer of water between 200 and 1,000 meters below sea level, where sunlight penetration all but stops, and which today's ocean monitoring tools cannot easily reach.

Ships and floating buoys only allow measurements of a tiny fraction of the ocean, while satellites can't measure below the surface where fish occur.

Importantly, this zone holds the majority of the planet's fish biomass. Because this is also where the seals feed, seals whose foraging success is tracked can provide a previously impossible way to measure the availability of fish populations across a vast ocean.

This, Beltran said, represents a significant discovery because humans are considering harvesting these fish populations to satisfy humanity's ever-increasing need for protein-rich foods.

1 Accused, 299 Victims: French Surgeon On Trial For Sexual Assault

Rennes, France. A former surgeon goes on trial later this month charged with raping or sexually assaulting almost 300 former patients, most of them children and many of them unconscious at the time, over quarter of a century across western France. The sheer scale and horror of the allegations against Joel Le Scouarnec, 74, means his four-month trial, due to start on February 24, is likely to have an immense impact at home and abroad.And it will have added resonance coming two months after Frenchman Dominique Pelicot was convicted of enlisting dozens of strangers to rape his heavily sedated then-wife Gisele Pelicot, a case that made her a feminist hero worldwide.

In this case, Le Scouarnec is the sole defendant accused of crimes against hundreds of victims. The trial in the city of Vannes in Brittany will be held in public but seven days of testimony from victims who were targeted while minors will be behind closed doors.

Mr Le Scouarnec has generally acknowledged his involvement in many of the events in question" as well as his "concealment strategies", said regional prosecutor Stephane Kellenberger. The average age of the victims is 11 but the former surgeon is also accused of raping a one-year-old and sexual assaulting a 70-year-old. He allegedly committed the sexual violence between 1989 and 2014 when he worked at a dozen medical institutions in western France.Le Scouarnec is being tried for 111 rapes and 189 sexual assaults, aggravated by the fact that he abused his position as a doctor and mostly targeted children.In total, 256 victims out of the 299 were younger than 15.If convicted, Le Scouarnec faces a maximum sentence of 20 years in prison -- French law does not allow sentences to be added together even when there are multiple victims. The former doctor is already in prison after being sentenced in December 2020 to 15 years for raping and sexually assaulting four children, including two of his nieces. Many victims were traumatised when they learnt of the events, sometimes decades later. Not all of them will take part in the trial but many say they expect the proceedings to provide explanations. The authorities began investigating Le Scouarnec in 2017 after a sixyear-old girl who lived in the same neighbourhood in the southwestern town of Jonzac alleged he had raped her. The initial inquiry uncovered the assaults on his nieces and a four-year-old patient all committed in the 1990s and he was handed 15 years in prison for these crimes in December 2020.

European leaders regroup in Paris for strategy huddle after Trump diplomatic blitz on Ukraine

PARIS. French President Emmanuel Macron called leaders from key European Union nations and the United Kingdom to his ornate Elysee Palace on Monday for an emergency meeting on how to deal with the U.S., a once rock-solid partner. The move follows a weeklong diplomatic blitz on Ukraine by the Trump administration that seemed to embrace the Kremlin while it cold-shouldered many of its age-old European allies.Despite belligerent warnings for months ahead of Donald Trump's reelection as U.S. president, EU leaders publicly ignored the ominous forebodings and somehow hoped Trump would stand side by side with Europe, as it would finally start to act on beefing up its defences and become less reliant on the firepower of Washington.But a flurry of speeches by Vice President JD Vance and Defense Secretary Pete Hegseth during their initial visits to Europe last week questioned both Europe's security commitments and its fundamental

democratic principles. Macron said their stinging rebukes and threats of noncooperation in the face of military danger felt like a shock to the system.

The tipping point came when Trump decided to upend years of U.S. policy by holding talks with Russian President Vladimir Putin in hopes of ending the Russia-Ukraine war. Then, Trump's special envoy for Ukraine and Russia on Saturday all but ruled out the inclusion of other Europeans in any Ukraine peace talks.Annalena Baerbock, Germany's foreign minister, called the week "an existential moment. It's a moment where Europe has to stand up." It is where Macron hopes to step in with Monday's meeting. Even if Jean-Noël Barrot, Macron's foreign minister, sought to play down the significance of the emergency huddle of Europe's main leaders, the weekend scramble to set up the meeting underscored something much more fundamental.Ever since World War II, the United States and Western European



nations have basically walked in lockstep as they confronted the Soviet Union during the Cold War right up to the increasingly aggressive actions of current-day Russia close to its borders. Even if there had long been U.S. complaints about the reluctance of many European NATO nations to step up their defense efforts, they never boiled up to the political surface as they have over the past few days.On Monday, Macron will have afternoon talks with the leaders of Germany, the United Kingdom, Italy, Poland, Spain, the Netherlands, Denmark

and the European Union on how to deal with Europe's security quandary. NATO Secretary General Mark Rutte will also attend.French officials said no firm decisions are expected to emerge beyond a show of unity of European leaders."There is a wind of unity blowing over Europe, as we perhaps have not felt since the COVID period," said Barrot, referring to the pandemic in 2020 when the 27 EU nations had to stand side by side to stave off a health catastrophe. European nations are bent on boosting Ukraine where they can, and EU nations see eye to eye when it comes to upping defence spending. However, even if there is a consensus to move beyond the goal of spending 2% of gross domestic product on defence, it is hardly clear how to get to 3%. Some EU nations are insisting on an agreement on joint borrowing for massive defense projects, while others are insisting it is the task of the nations that lag in spending to get to the 2% threshold first.

DeepSeek removed from South Korea app stores pending privacy review

JOHANNESBURG. Chinese AI app DeepSeek will not be available to download in South Korea pending a review of its handling of user data, Seoul authorities said Monday.DeepSeek's R1 chatbot stunned investors and industry insiders with its ability to match the functions of its Western competitors at a fraction of the cost. But a number of countries have questioned DeepSeek's storage of user data, which the firm says is collected in 'secure servers located in the People's Republic of China". Seoul's Personal Information Protection Commission said DeepSeek would no longer be available for download until a review of its personal data collection practices was carried out. The Chinese AI firm has "acknowledged that considerations for domestic privacy laws were somewhat lacking", the data protection

agency said.It assessed that bringing the app into line with local privacy laws "would inevitably take a significant amount of time", the agency added.

amount of time", the agency added.
"To prevent further concerns from spreading, the commission recommended that DeepSeek temporarily suspend its service while making the necessary improvements," it said. DeepSeek has "accepted" that proposal, it added. Use with caution

The app was removed from local app stores on Saturday.

The AI chatbot is still in use for those who

have already downloaded the app.
Seoul's data protection agency said it
"strongly advised" people to "use the
service with caution until the final
results are announced". That included
"refraining from entering personal
information into the DeepSeek input
field", it said. Analyst Youm Heung-

youl told AFP that the firm was yet to lay out a privacy policy "specifically tailored" for users in South Korea.

"It has on the other hand disclosed a privacy policy for the EU and certain other countries, stating that it complies with the domestic laws of those nations," Youm, a data security Youm, a data security professor at Soonchunhyang University, said.Deepseek needs to establish a privacy policy specific to Korea," he said. Asked about the app's removal, Beijing said on Monday that it asked Chinese firms to operate "overseas operations on the basis of strict abidance by local laws and regulations". Chinese foreign ministry spokesman Guo Jiakun also urged "relevant countries" to "avoid taking measures that overstretch the concept of security or politicise trade and

Autopsy confirms OpenAl whistleblower Suchir Balaji's death as suicide, police close investigation

World The San Francisco Police have confirmed that the OpenAI whistleblower Suchir Balaji's death was a suicide. The autopsy report established initial findings of the authorities which contended that there is no evidence of homicide, according to a report by Fortune.Balaji, a 26-year-old Indian-American and former OpenAI researcher was found dead in his San Francisco home on November 26, 2024. His death raised suspicions, with his parents repeatedly claiming he had been murdered.

On Friday, the San Francisco Police and medical examiners announced that the investigation into Balaji's death was officially closed, according to a 13-page report from the Office of the Chief Medical Examiner (OCME) and a four-page response to the lawsuit. They confirmed their original conclusion that he died by suicide."The OCME found no evidence or information to establish a cause and manner of death for Mr Balaji other than a suicide by self-inflicted gunshot wound to the head," read the medical examiner's report.

"SFPD conducted an independent investigation and based on the information SFPD reviewed, there is insufficient evidence to find Mr. Balaji's death was the result of a homicide."However, Balaji's parents have disputed the findings. They claim the autopsy was flawed and point out that the police did not obtain CCTV footage from the building where he lived while pointing out that no suicide note was found. Poornima Rao, Balaji's mother, criticised the SFPD for what she called inaccuracies in the autopsy and police reports."They have never retrieved CCTV footage from the leasing office. We need a report from the police. We are only requesting a transparent investigation," she wrote on X.In an interview with American commentator Tucker Carlson, Balaji's mother accused OpenAI of having a hand in her son's death, alleging they covered it up as a suicide. She argued that her son had been killed because he exposed the company's practices, and some of the documents which he had against them were missing after his death.In the interview, Rao also accused OpenAI of failing to recognise and acknowledge her son's contribution to their flagship product, ChatGPT and he had received no recognition for his work.

In an earlier post on X, Rao mentioned that Balaji's apartment had been "ransacked" and bloodstains had been found. "Someone hit him in the bathroom. There were blood spots. It was cold-blooded murder declared by authorities as suicide," she claimed.

Balaji's parents also appeared in a video with investigative journalist George Webb, detailing what they saw in their son's apartment, including a pool of blood and evidence of a struggle. According to his mother, dissatisfaction with OpenAI's policies and forprofit model led Balaji to become a whistleblower.

Balaji had left OpenAI after discovering that the company was using copyrighted material from the internet to train its chatbot.

'I don't care about Palestine': Jerry Seinfeld's blunt response to Instagrammer

American comedian and actor
Jerry Seinfeld tells anti-Israel
activist 'I don't care about
Palestine' during awkward selfie
encounter outside SNL's 50th-

anniversary event in New

UPDATED: American comedian and actor Jerry Seinfeld lambasted the man behind the Instagram account 'Subway DJ,' who ambushed him about Palestine. In a clip posted online, the Instagrammer reached out to Seinfeld and asked if he could get a selfie with the veteran actor and comedian.

He was actually recording video at the same time. Seinfeld couldn't deny the request made outside an event celebrating the 50th anniversary of "Saturday Night Live" in New York. Once he agreed, the Instagrammer flashed a peace sign in the selfie and said, "Free Palestine." Seinfeld has been an outspoken supporter of Israel since Hamas attacked Israel on October 7. He stared

at the camera and briefly stood there after being asked to repeat what he said.

Seinfeld walked away with wife Jessica after saying, "I don't care about Palestine." In response, the Instagrammer said, "That's sad."The clip was uploaded on Sunday. Reports claimed that the short video



was taken outside Radio City Music Hall, where celebs met for SNL's special anniversary show.Jerry Seinfeld's Bold Stance On Israel

Seinfeld provided a written clarification. According to The Hills, in a written response, he said, "I lived and worked on a Kibbutz in Israel when I was 16 and I have loved our Jewish homeland ever since. My heart is breaking from the sea ttacks and atrocities."Furthermore, it added, "But we are also a very strong people in our hearts and minds. We believe in justice, freedom, and equality. We survive and flourish no matter what. I will stand

people." Anti-Israel protesters have kept targeting him. This isn't the only incident where Jerry Seinfeld has openly supported the Jewish nation.

On Bari Weiss' podcast

with Israel and the Jewish

On Bari Weiss' podcast 'Honestly,' he opened up about his May 2024 trip to Israel after the October 7 attack. He stated it was the most powerful experience of life.He also

lashed out at the troublemakers who all attended his shows after the attack on Israel. Earlier in 2024, he delivered a speech at Duke University where dozens of college students walked out in protest. He called the move 'dumb.'

SNL' celebrates its 50-year journey with an epic event featuring legendary hosts memorable sketches and musical icons All Paul Simon and Sabrina Carpenter Eddie Murphy, Kristen Wiig and Will whiteness of the group by first ranking

duetted on Simon's song "Homeward Bound" and five-decade "Saturday Night Live" luminary Steve Martin delivered the monologue to open the a 50th anniversary special celebrating the sketch institution that was overflowing with famous former cast members, superstar hosts and other Alist guests. The 83-year-old Simon has been essential to "SNL" since its earliest episodes in 1975, and performed on the first show after the 9/11 attacks. He was joined by the 25-year-old pop sensation of the moment. He told her he sang it with on the show in 1976."I was not born then," Carpenter said, getting a laugh. "And neither were my parents," she added, getting a bigger laugh.Lil Wayne and Miley Cyrus were among the night's other musical guests, though the show's musical legacy also had its own night with a Radio City Music Hall concert on Friday. "SNL50: The Anniversary Celebration" aired live from New York, of course, on NBC and Peacock. The pop culture juggernaut has launched the careers of generations of comedians including

Eddie Murphy, Kristen Wiig and Will Ferrell, who all appeared in early sketches. And the evening included epic cameos that included Meryl Streep, Jack Nicholson and Keith Richards. Steve Martin's opening sets tone for 'SNL50,' 'Update' keeps it rollingMartin, one of the shows most prolific hosts and guests since the first season in 1975, tried to keep it current in the monologue even on a backwardlooking night. Martin said when the show's creator Lorne Michaels only told him he'd be doing the monologue, "I was actually vacationing on a friend's boat down on the Gulf of Steve Martin."He was joined by former "SNL" luminaries and frequent hosts Martin Short and John Mulaney, who looked at the star-studded crowd full of former hosts in the same Studio 8H at 30 Rockefeller Plaza that has been the show's longtime home."As I look around, I see some of the most difficult people I have ever met in my entire life," Mulaney said. "Over the course of 50 years, 894 people have hosted 'Saturday Night Live,' and it amazes me that only two of them have committed murder."Later, on the night's





"Weekend Update," anchor Colin Jost said there are so many former hosts and musical guests that wanted to see the show that many had to be seated in a neighboring studio and some had to watch "from the Metropolitan Detention Center in Brooklyn" as a photo of Sean "Diddy" Combs appeared.Martin took a jab at the always-difficult-to-wrangle Bill Murray in his monologue. "We wanted to make sure that Bill would be here tonight," Martin said, "so we didn't invite him." Murray appeared on "Weekend Update" to rank the show's anchors since they began with Chevy Chase in 1975. He poked at the

whiteness of the group by first ranking its Black anchors, a list of just one, current coanchor Michael Che.The extravaganza came after months of celebrations of "Saturday Night Live," which premiered Oct. 11, 1975, with an original cast that included John Belushi, Chase and Gilda Radner.It's become appointment television over the years as the show has skewered presidents, politics and pop culture and been a platform for the biggest musical stars of the moment. "It is a honor and a thrill to be hosting weekend update for the 50th and if it was up to our president final season of SNL," Jost said.

Cameos and memorialsAlec Baldwin, the show's most frequent host with 17 stints, appeared to introduce an evening of commercial parodies, seven months after his trial was halted and an involuntary manslaughter charge was dropped in the shooting of cinematographer Halyna Hutchins. Aubrey Plaza made one of her first public appearances since the January death of her husband when she introduced Cyrus and Howard's performance.

payloads, which included ad-

vanced oceanographic sensors,

were also thoroughly assessed.

The wet test consisted of eight

dives, including five unmanned

and three manned dives, each

of which underwent strict

qualifications to ensure the re-

liability of life-support systems.

Although underwater com-

munication was less effective

in the shallow harbour waters,

the tests demonstrated signifi-

cant progress toward achieving

optimal performance at greater

Looking ahead, the successful

completion of the wet test has

bolstered confidence in the

Matsya-6000's potential for

shallow-water operations. Fur-

Matsya-6000: India's Fourth-Generation Deep-Ocean **Submersible Passes Wet Testing**

New Delhi: India's National Institute of Ocean Technology (NIOT) has successfully developed the Matsya-6000, a fourth-generation deep-ocean submersible as part of the Samudrayan Project. The submersible recently completed its wet testing phase, marking a key achievement under India's Deep Ocean Mission.

The Matsya-6000, designed to carry a crew of three, features a compact spherical hull with a diameter of 2.1 meters. This groundbreaking submersible is poised to advance India's capabilities in ocean exploration. Developed as part of the Indi-

an government's Deep Ocean Mission, the submersible incorporates a range of subsystems essential for its function-

These include a ballast system for diving, thrusters for movement in all directions, a power-supplying battery bank, and syntactic foam to ensure buoyancy.

Additionally, the submersible is equipped with an advanced



power distribution system, sophisticated control hardware and software, and cutting-edge underwater navigation devices. Its communication suite consists of an acoustic modem, underwater telephone, VHF for surface communication, and GPS for surface tracking, complemented by underwater positioning systems.

Inside, the submersible includes life-support systems, displays for environmental monitoring, navigation joysticks for ease of movement, and various oceanographic

Underwater cameras and light-

ing are also integrated into the

exterior. The Matsya-6000's design and components were entirely developed in India, with all systems undergoing rigorous testing and integration. After dry testing on a 500-meter operational range, the submersible was transported to the L&T Shipbuilding facility at Kattupalli Port near Chennai. There, from January 27 to February 12, 2025, wet tests were conducted to assess its performance in real-world

conditions.

ther testing at deeper depths, During the wet testing phase, up to 500 meters, is scheduled the submersible's power and for later in 2025.

New Delhi: Sam Pitroda, control networks, flotation, Chairman of the Indian Overstability, and human safety sysseas Congress, has stirred tems were evaluated. Additioncontroversy with his recent ally, its maneuverability, specomments suggesting that cifically forward and reverse China should not automatimotion, was tested, along with cally be regarded as India's its navigation and communicaenemy, despite the history of tion capabilities. The scientific border conflicts between the

two nations.

In an interview with IANS, Pitroda questioned the perception of China as a threat, saying, "I don't understand the threat from China... the issue is often exaggerated, and the US tends to define an enemy. Nations should focus on collaboration rather than confrontation." He criticized India's aggressive stance towards China, advocating for a shift in mindset and urging that China should not be labeled as an enemy from the outset. Pitroda's remarks quickly drew criticism from BJP spokesperson Pradeep Bhandari, who accused him of prioritizing China's inter-

ests over India's. "Congress

has consistently favored Chi-



"China Not Our Enemy," Sam Pitroda's

Remarks Spark Controversy

ing India's national interests," Bhandari said, calling Pitroda's comments a betrayal. The remarks come amid ongoing tensions between India and China, particularly after the 2020 Galwan Valley clash, where the two countries' troops engaged in violent hand-to-hand combat over a border dispute. Though tensions eased after a disengagement agreement, the border conflict remains unresolved. The two nations have a longstanding history of border disputes, the most notable being the 1962 Sino-Indian war, which resulted in India losing

Aksai Chin to China.

including George Soros, of

infiltrating Indian institu-

Congress leader Raashid

Alvi, however, called for a

probe into the use of these

funds, questioning the

credibility of the claims

based solely on Elon

Musk's statements.

Amir of Qatar Sheikh Tamim Bin Hamad Al-Thani Arrives in New Delhi for **Two-Day State Visit**



New Delhi: The Amir of Qatar, Sheikh Tamim Bin Hamad Al-Thani, arrived in New Delhi this evening for a two-day official visit to India. He is accompanied by a high-level delegation, including government ministers, senior officials, and a business delegation. Prime Minister Narendra Modi welcomed the Amir upon his arrival at the airport.

During his visit, Sheikh Tamim will be given a ceremonial welcome at Rashtrapati Bhawan tomorrow. He is set to hold discussions with President Droupadi Murmu, who will also host a banquet in his honour.

The Amir will meet with Prime Minister Modi to discuss various aspects of bilateral relations between India and Qa-

India and Qatar share deep-rooted historical ties, built on friendship, trust, and mutual respect. In recent years, the two countries have strengthened their cooperation across various sectors, including trade, investment, energy, technology, culture, and people-to-people connections.

The Indian expatriate community in Qatar is the largest foreign community in the country, further underscoring the importance of the growing partnership. Sheikh Tamim's visit is expected to bolster the multi-faceted relationship between the two nations.

BIT Sindri Electrical Engineering Students Gain Insights During Industrial Tour



Sindri: The Electrical Engineering Department of BIT Sindri organized a one-day industrial tour to Hindustan Fertilizer and Chemistry Limited (HURL), Sindri, providing students with a hands-on learning experience of industrial processes. The tour, led by Dr. H.C. Verma and Sanjay Pal, Assistant Professor, allowed students to explore the plant's production process, safety measures, and power generation systems related to urea and ammonia. Gautam Manjhi, VP (Technical) of HURL, highlighted the importance of industrial knowledge and innovation in practical education.

Bagiya Banchharam Ki Highlights Love for Nature & Critique of Exploitation



Bokaro: The cultural organization Dharohar Sanskritik Sanstha staged the Hindi play Bagiya Banchharam Ki at the Welfare Center in Chandrapura on Saturday evening, as part of the 21-day drama workshop program. The play, written by Manoj Mitra and directed by Sanjay and Sanjiv, was inaugurated by Shri Vijayanand Sharma, Senior General Manager of DVC CTPS, and Smt. Nitu Singh, Jila Parishad Sadasya of Bokaro. The play beautifully depicted the bond between humans and nature while critiquing feudalism, consumerism, and environmental exploitation. It told the story of Bancharam, a 95-yearold man who defends his garden from a manipulative landlord, ultimately leading to the landlord's downfall.

The performances by Manoj Kumar (Bancharam), Santosh Kumar (Gopi), and other cast members were highly praised. Chief guest Shri Vijayanand Sharma commended the efforts to keep theater alive in the digital age and stressed the importance of continuous performances.

IIT-ISM Hosts J&K Youth Delegation Under 'Watan Ko Jano' Program

Dhanbad: IIT-ISM Dhanbad recently hosted 125 youth from six districts of Jammu & Kashmir as part of the Watan Ko Jano-Youth Exchange Program, an initiative under the Government of India's Ek Bharat Shrestha Bharat cam-

The delegation visited advanced research facilities, gaining insights into cutting-edge technology and education.

During their three-hour visit, the group explored various laboratories, including the TEXMiN hub for mining technology innovation, Virtual Reality Lab, and Sandvik Mining. They also toured the Atal Community Innovation Centre and the Naresh Vashisht Centre for Tinkering and Innovation, where they witnessed state-of-the-art facilities in electronics, IoT, robotics, and mechanical engineering. Accompanied by officials from Nehru Yuva Kendra Sangathan, the delegation also visited IIT-ISM's Mining Engineering Department, where they explored modern mining techniques.

The visit offered the youth a valuable learning experience in science, technology, and innovation, reinforcing IIT-ISM's commitment to fostering national integration through knowledge sharing.

ISM Dhanbad Class of 1985 Marks 40th **Anniversary at Reunion**

Dhanbad: The Class of 1985 of IIT-ISM Dhanbad marked their 40th Graduation Anniversary with a reunion from 14 to16 February. Alumni from around the world reunited, reliving memories and reconnecting with old friends. The event began with a welcome by Professor Tanmoy Maity, emphasizing alumni's role in shaping the institute's future. The weekend included a campus tour, revisiting iconic spots like the Geological Museum, Diamond Hostel, and Ramdhani Tea Stall, followed by a trip to Maithon Dam. Mritunjay Sharma introduced initiatives like the Shatabdi Lifetime Alumni Card to strengthen alumni engagement. The reunion, which followed the Basant 2025 meet celebrating the Golden Jubilee of the Class of 1975 and Silver Jubilee of the Class of 2000, highlighted the enduring legacy of IIT-ISM. Alumni left with a renewed commitment to support their alma mater's future.

FIR Registered Against Five for Molestation of Mentally Challenged Girl in Kanpur

Kanpur: In a distressing incident, an FIR has been lodged against five individuals for allegedly molesting a mentally challenged 20-year-old girl in the Bithoor police station area. The accused, Rishi Shukla, along with his father Rajesh Shukla, mother, sister-in-law, and sister, reportedly committed the crime after attending a neighborhood event. The girl's family reported the incident to the Bithoor police station. Based on their complaint, the police have initiated an investigation into the matter. Further details are awaited as the investigation continues.

USAID is the Biggest Scam in Human History, Says PM Modi's Adviser

* Sanjeev Sanyal Responds to Claims of US Funds Interfering in Indian Elections *

New Delhi: Prime Minister Narendra Modi's adviser, Sanjeev Sanyal, has responded to the Department of Government Efficiency (DOGE)'s claims regarding US funds aimed at influencing voter turnout in India's elections.

Sanyal, in a post on X, questioned the \$21 million reportedly spent to improve "voter turnout in India" and the \$29 million for "strengthening political landscapes" in Bangladesh and Nepal.

He criticized USAID, calling it "the biggest scam in human history." This follows DOGE's deci-

sion to cancel a \$21 million grant, initially allocated by the Biden administration to the "Consortium for Elections and Political Process Strengthening." The grant was part of a broader \$486 million budget. Other funds

aimed at political activities

US Department Led by Elon Musk Cancels \$21 Million Grant Aimed at Influencing India's Voter Turnout

PM'S ADVISER CALLS

USAID BIGGEST

SCAM IN HISTORY'

in Bangladesh and Nepal were also cancelled. cancellations were part of efforts to ensure taxpayer money was not spent on "questionable" political activities abroad. The Bharatiya Janata Party (BJP) has labeled the funding as "external interference" in India's elections, with BJP spokesperson Amit Malvi-

ya accusing foreign forces,

Department of Government Efficiency

which have been cancelled \$10M for "Mozambique voluntary medical male circumcision" \$9.7M for UC Berkeley to develop "a cohort of Cambodian youth with

US taxpayer dollars were going to be spent on the following items, all

enterprise driven skills" \$2.3M for "strengthening independent voices in Cambodia"

- \$32M to the Prague Civil Society Centre \$40M for "gender equality and women empowerment hub"

 \$14M for "improving public procurement" in Serbia - \$486M to the "Consortium for Elections and Political Process Strengthening," including \$22M for "inclusive and participatory political

process" in Moldova and \$21M for voter turnout in India \$29M to "strenghening political landscape in Bangladesh

- \$20M for "fiscal federalism" in Nepal \$19M for "biodiversity conversation" in Nepa

- \$1.5M for "voter confidence" in Liberia - \$14M for "social cohesion" in Mali.

 \$2.5M for "inclusive democracies in Southern Africa" - \$47M for "improving learning outcomes in Asia"

\$2M to develop "sustainable recycling models" to "increase socio-

37 Life-Sentence Prisoners to Be Released in Jharkhand

Ranchi: In a significant move, 37 prisoners serving life sentences in various jails across Jharkhand are set to be released soon. This decision was made during a meeting of the Jharkhand State Sentence Review Board, held today at the Chief Minister's Residential Office in Ranchi. The meeting was chaired by Chief Minister Hemant Soren. The board, which convened

to review cases of life-sentence prisoners, approved the release of 37 individuals. Discussions during the meeting also revisited previ-



as new cases under review. sentence prisoners based on the State Sentence Review

Board's recommendations. Each case was thoroughly examined, taking into account factors such as the prisoners' criminal history, court opinions, and inputs from district SuperintenFollowing the review, Chief Minister Soren approved the release of 37 prisoners. He

ously rejected cases as well Chief Minister Soren, along with senior state officials, deliberated on the proposal to release a total of 103 life-

dents of Police, Jail Super-

directed officials to conduct comprehensive checks on the social, economic, and family backgrounds of the released individuals. Additionally, Soren instructed the Inspector General of Prisons to maintain detailed records of these prisoners, while district police and other local officials will be tasked with monitoring their activities.

intendents, and Probation

Officers.



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RANCHI I 18 February 2025

After Revanth Reddy's caste jibe at Modi, BJP questions Rahul Gandhi's lineage

BJP's Bandi Sanjay questioned Rahul Gandhi's caste, religious roots Sanjay's retort came after Revanth Reddy's claims on PM Modi's caste State BJP opposed Muslim BC reservations, demanding anticonversion laws

New Delhi.A fresh political storm erupted in Telangana over caste politics, with the BJP and Congress engaging in a heated exchange. Days after Telangana Chief Minister Revanth Reddy questioned Prime Minister Narendra Modi's caste background, BJP leader Bandi



Sanjay hit back, demanding to know the caste of Congress leader Rahul Gandhi. Speaking at a public event, Bandi Sanjay challenged the Congress's stance on caste, claiming that Rahul Gandhi could not be considered a Hindu as his father, Rajiv Gandhi, had Parsi roots. "They claim that a son inherits his father's caste. If that is the case, Rajiv Gandhi was not a Hindu but a Parsi, as his father, Feroze Jahangir



Khan, was originally from a Muslim lineage that converted to the Parsi faith. Rahul Gandhi, therefore, is not a Hindu," he said.

The BJP leader also pushed for laws against religious conversions and 'Love Jihad' in Telangana, similar to those enacted in Maharashtra. He criticised the Congress government for including Muslims in the BC (Backward Classes) reservation list and urged the state to revise the list to

ensure only 'genuine' BCs remain. "The Centre will never approve a list that includes Muslims under BC reservations, there is no compromise on this," he said.

The controversy began after Chief Minister Revanth Reddy claimed that Prime Minister Modi was not born into the backward classes but was a "legally converted BC." Addressing a Congress event in Hyderabad, Reddy alleged that Modi was originally from an upper caste in Gujarat and only merged his caste into the BC category before becoming Chief Minister in 2001.

Prime Minister Modi was not born BC. His caste was among the upper classes in Gujarat before he became CM. He is legally converted BC. His certificate may say BC, but his mentality is anti-BC," Reddy remarked, sparking strong reactions from the BJP.

The BJP condemned Reddy's statement as an attack on Modi's background and accused the Congress of playing divisive

DK Shivakumar bats for Siddaramaiah despite rumbles of leadership change

New Delhi. Karnataka Deputy Chief DK Shivakumar urged state Congress party members and leaders not to misuse Chief Minister Siddaramaiah's name or to give fodder to the media by issuing statements."Siddaramaiah is our leader. He is essential for all elections, including Zilla Panchayat, Taluk Panchayat, Assembly, and Parliament. The Congress party has made him the Chief Minister twice. Let us not misuse his name every single day, there is no need for that," Shivakumar told mediapersons at the Karnataka Pradesh Congress Committee office in Bengaluru on Saturday. Shivakumar's comment came at a time when there was clamour within the party and speculations about that he would be replaced as the KPCC president and Siddaramaiah would be replaced as the Chief Minister.

He is our undisputed leader, and there is no doubt about it. He is doing a good job as Chief Minister, so let us not turn this issue into fodder for the media. There is no confusion. The Congress party is observing

everything closely every single day," Shivakumar

told mediapersons. There was no confusion. The party is watching everything," the Deputy Chief Minister asserted, when reporters asked him why there were confusing statements within

party.Shivakumar also berated leaders of Bharatiya Janata Party (BJP) and Janata Dal (Secular) for issuing muddled statements about water and irrigation in the state.

WATER & IRRIGATION PROJECTS

Responding to JD(S) supremo and former Prime Minister Deve Gowda, who urged Karnataka politicians to fight for state's irrigation projects cutting across party lines, Shivakumar said: "We are committed to protecting the interests of the state with respect to land and water. He had said that he would get approval for the Mekedatu project in one day, but he hasn't. I even met Union ministers for the Mahadayi

AIADMK promises 'mega alliance' to overthrow ruling party in Tamil Nadu

New Delhi. AIADMK General Secretary Edappadi K Palaniswami announced on Sunday that his party would form a grand alliance for the 2026 Tamil Nadu Assembly elections to challenge the ruling DMK and secure victory. Addressing a public meeting organised by the party's Ilaigyargal-Ilam Pengal Pasarai wing in Vellore district, Palaniswami took aim at Stalin's recent remarks about ideological unity within the DMK-led alliance. He questioned the necessity of multiple parties within the coalition if they all shared the same ideology, suggesting they should merge with the DMK. Clarifying AIADMK's stance, he stated that electoral alliances and ideological beliefs were separate matters. He emphasised that alliances were strategically formed to consolidate votes and secure electoral victory.

"A very big alliance headed by the AIADMK will be formed for the 2026 Assembly election," he

declared, adding that party workers, members, functionaries and the public strongly advocated for such a coalition to ensure an AIADMK-led government.Despite actor-politician Vijay's party, Tamilaga Vettri

Kazhagam, recently ruling out an alliance with the AIADMK, speculation over possible tie-ups continued. Palaniswami, however, remained confident that a "victorious alliance of strength" would be formed.

CRITICISM OF MK STALIN AND DMK

Palaniswami also criticised Chief Minister MK Stalin over the state government's handling of crimes against women and children. Mocking Stalin's statement that young people affectionately call him 'Appa' (father), Palaniswami accused the Chief Minister of ignoring the plight of women and children facing crimes in the state. "Does he not hear the cries of these victims calling 'Appa' for help?" he asked.He also accused the DMK of hypocrisy, pointing out its participation in a recent stamp release event for former Chief Minister M Karunanidhi alongside BJP Union ministers. According to Palaniswami, the DMK's involvement in the opposition INDIA bloc weakened the coalition, and its members lack true commitment to the alliance.

Tharoor 'surprised' by backlash over article praising Kerala's industrial policy

New Delhi. Calling the controversy over his article in a newspaper "surprising", praising Kerala's

industrial policy, four-time Congress MP from Thiruvananthapuram Shashi Tharoor justified himself on social media saying he specifically mentioned the change in the state's business environment, specifically in the startup sector."The controversy surrounding my article in the New Indian Express was a bit surprising,' Tharoor wrote in a Facebook post on Sunday.

He explained that he was "writing about the change in the business environment seen through the growth of the startup sector" and that Tharoor also said that not mentioning former Chief Minister late Oommen Chandy was the one who initiated the



process through his launch of the Startup Village and the state's

Oommen Chandy's policies on industrial technological advances

made during his government "was not intentional", in a separate post on the same social MP was also clear that his article was "not at all an attempt to assess the overall economic situation of Kerala.

is beneficial for Kerala to say that the current CPM-led government has changed its approach to technology and industrial growth in the past," he wrote, adding: "As I have said many times, Kerala is

still in a major economic crisis including high unemployment, especially the emigration of educated youth abroad, a crisis in the agricultural sector (in sectors such as rubber, cashew, rubber, etc.), and, for the first time in history, the highest debt burden.

media platform. The Congress Saying that it would "take a long time to resolve all this", he asserted that it was "foolish not to acknowledge" when there is "a promising change somewhere"

"The article discussed whether it Several Congress leaders in Kerala rejected Tharoor's opinion piece, titled 'Changing Kerala: Lumbering jumbo to a lithe tiger' was published in The New Indian Express on February 14. ON the other hand, the Left Democratic Front, understandably, supported Tharoor's

Delhi Chief Minister's oath on February 20 at 4.30 pm after BJP meet: Sources

Out of 48 BJP legislators who won in the recently-concluded Delhi Assembly elections, 15 names have been shortlisted -nine will be selected for key posts of the Chief Minister, state cabinet ministers and the Speaker -- according to sources.

New Delhi. The new Delhi Chief Minister's oath taking ceremony will take place on February 20 at 4.30 pm following a key BJP legislature meeting, sources told .Out of 48 BJP legislators who won in the recentlyconcluded Delhi Assembly elections, 15 names have been shortlisted -- nine will be selected for key posts of the Chief Minister, state cabinet ministers and the Speaker -according to sources. The BJP returned to power in Delhi after a long hiatus of 27 years, winning 48 seats in the 70-member strong Assembly. On the other hand, AAP managed to secure only 22 seats with its senior leaders Arvind Kejriwal, Manish Sisodia and Saurabh Bharadwaj losing their bastions.

Since PM Narendra Modi's return from the US, the Parvesh Verma, being hailed as the giant killer after



candidate before the elections, has held highprofile meetings to select a leader from a list of potential candidates.

hotly contested New Delhi seat, emerged as the frontrunner.Just after the election win, when asked by India Today News Director Rahul Kanwal whether he saw himself as Delhi's new Chief Minister, Parvesh Verma said that he would "happily" accept whatever the party high command decided."I'm a spiritual man. So I don't get too happy and I don't get too sad either. Whatever the party high command decides, I'll accept that happily," he said.

The other names doing the rounds are those of former Delhi BJP chief Vijender Gupta and senior BJP leader Satish Upadhyay, who is also a prominent Brahmin face.General Secretary

of Delhi BJP, Ashish Sood, a key Punjabi face of the party, and Jitendra Mahajan, who shares a strong rapport with the RSS, are being seen as the top contenders for the CM's post.

BJP, which did not announce a Chief Ministerial he defeated AAP chief Arvind Kejriwal in the Railways not side gig: After Delhi stampede, Trinamool rips into Ashwini Vaishnaw

Union Railways Minister Ashwini Vaishnaw has come under fire after the stampede at New **Delhi Railway** station claimed 18 lives on Friday. The TMC repeated the 'half minister' jibe to slam the minister for holding two key ministries.

New Delhi. The Trinamool Congress (TMC) lashed out at the Railways Minister Ashwini Vaishnaw over the stampede at the New Delhi Railway Station that claimed 18 lives on February 15. Leaders of the Mamata Banerjee-led party shared an old video of Abhishek Banerjee where he could be heard taking a swipe at the Union Minister, saying "Running Indian Railways is not a side gig."TMC leader Derek O'Brien shared the video with the caption, "He is a half minister. Our parttime Railway Minister is juggling between two other Ministries: Electronics & IT, Information & Broadcasting. Running Indian Railways, which is considered a lifeline for millions, is not a side gig," Banjerjee said over a week ago while speaking in Parliament. The Bharatiya Janata Party-led Central government came under fire for the stampede that occurred amid the Kumbh rush at Delhi station. TMC had previously criticised Vaishnaw for handling two ministries at the same time -- he is Minister for Railways and the Minister for Information and



Broadcasting; Electronics & Information Technology.

In the video Banerjee says, "Now, I will come to half minister. I spoke about half-truths. I spoke about half-federalism. Now let us talk about half-ministry because our part-time railway minister is juggling between two other ministries - Electronics and IT, Information and Broadcasting (IB). Running the Indian Railways, which is considered a lifeline for millions, is not a side gig," Banerjee said while speaking in Lok Sabha.

'Under BJP, governance has become a multitasking circus delivering half-baked results everywhere. I say this because, from the time this government came in, they have discontinued the railway budget. What have they done for safety? How many kilometres have been covered under Kavach (system) between 2015 and 2024? There have been 678 consequential railway accidents, where more than 784 people have lost their lives, leaving more than 2,000 injured," he added.

CONGRESS, AAPSLAM BJP Congress leader and Leader of Opposition in the Lok Sabha, Rahul Gandhi, also lashed out at the Central government for the stampede and called out the "insensitivity of the government". In a post on X, he wrote, "This incident once again highlights the failure of the Railways and the insensitivity of the government. 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 life due to mismanagement and negligence."

TMC criticises Railways Minister over Delhi stampede **₽Party repeats 'half** minister' jibe for juggling roles "Ashwini Vaishnaw holds two key

ministries

Steel industry braces to meet fallout of Trump's tariff war

US President Donald Trump has imposed a massive 25 per cent import tariff on steel and aluminium that will hit India hard. It is the eighth country among the leading exporters of these commodities to the US, having sent out \$4 billion in 2023. Now, India will have to immediately undertake trade diversification and identify new export strategies.

As a result of this pressure on export earnings, the rupee which has already been grappling with the uncertainties will be under greater pressure. Over the last few years, the rupee has already been depreciating and global investors have been pulling out of emerging economies, including India. In response, the central bank has been putting more dollars in the market to counter the pressure. Fortunately, the RBI has been able to manage because of the high level of the country's reserves which still remain above \$600 billion. But for how long can this go on?

The Indian steel industry, in particular, is likely to face the consequences foremost as it is a large player and relies on key domestic raw materials like coal and iron. This comes at the head of what has been taking place over the last 12 months when domestic prices have dampened as a result of aggressive imports into India. India started out on the journey on modern industrialisation with the steel industry which was conceived by Jamshedji Tata who set up a steel plant.

Where do we go from here? In the short run, countries across the world will have to wait and watch till President Trump sees reason. Tariff is a weapon which cuts both ways. Higher imports will be a boon for the domestic industry as it will be able to charge higher prices because of costly imports. But the US consumers will end up paying more, raising price levels across the board. Over time, the global competitiveness of US firms will be affected as it will get to live in a market of costlier prices. Eventually, US voters have to decide if Trump will be gooThe Indian authorities have only a couple of options to play around with. Foremost, it will have to engage with the US authorities so as to try and soften the impact of tariffs, pointing out that India is now a key strategic partner and deserves a special treatment. In particular, India will have to argue that it needs to get stronger in order to tackle the challenge posed by China which will get into its own act in order to fight the turmoil that Trump has plunged this world into. As the new RBI Governor Sanjay Malhotra has made clear, India is not immune to the global storms brewing on the horizon. Geopolitical tensions, emerging new trade protection, erratic commodity prices and unpredictable financial markets are seriously affecting the overall economic outlook. The global scenario could negate the good work sought to be done on the domestic front. India is not insulated from rising global risks which could disrupt financial stability. So, a big job is yet to be done. The Indian economy must brace for shocks that are sure to lie ahead.

Fortunately, this has come at a time when the authorities were already set on a forward looking path. The Reserve Bank of India (RBI) created wide attention by cutting the repo rate, the rate at which it lends to banks, by 25 basis points (that is a quarter of a percentage) to 6.5 per cent. As the central bank has changed the key rate for the first time in five years, economists and analysts are seeking to figure out what this can lead to.d for them or not. This rate cut will make money cheaper by lowering interest rates across the board and give a fillip to the economy. But even as the economy grows faster, there is also a chance that with more money around, the inflation rate will also go up. In fact, the economic growth rate has been lately going down, hence the desire to up it a little. The economy is currently expected to grow at about just a little over 6 per cent after having reached 8 per cent a couple of years ago, making India the fastest growing large economy in the

Why Indonesia is holding up Brahmos deal

The will to acquire the Brahmos is there, but a way has not been found to overcome the bureaucratic hurdles.

The President of Indonesia, Probowo Subianto, seems quick to strike but afraid to wound. This repudiates his derring-do image as the special forces commando who rose to be a General and married former President Suharto's daughter. But prevarication has trumped patience in clinching the long-awaited deal on the Indo-Russian Brahmos missile. In the 55-para joint statement after his state visit to India as the Chief Guest of the 76th Republic Day, the word Brahmos was conspicuously missing. Also, during the briefing by MEA officials, questions by journalists on Brahmos were sidestepped.

But PM Narendra Modi introduced the CEO of Brahmos, Jaiteerth Joshi, to Subianto and a presentation on the \$450-million Brahmos system was also made. Neither the Sabang port project in Indonesia nor the Aceh-Andamans connect has crystallised. Come to think of it, despite all the pomp and panoply accompanying the visit, there was no spectacular agreement, either economic or strategic.In contrast, after becoming President last year, Subianto's first visit was to China, where deals worth \$10.6 billion were realised even as Jakarta maintains an ambiguous policy towards it. The Indonesian archipelago occupies strategic geography in the Indo-Pacific, especially the South China Sea stretching east to west 5,150 km with 1,780 islands. It enjoys commanding heights along with littoral states Malaysia and Singapore in conducting the collective Malacca Strait patrol — a passage critical for China. And, in case it is blocked, Jakarta enjoys exclusive rights to alternative routes along the Sunda and Lombok Straits.

Although it has expressed neutrality in outh China Sea disputes and made no claims there, China has clashed with it over the Natuna Islands in its EEZ (exclusive economic zone), which overlaps the Chinese nine-dash line.In 2020, it was Defence Minister Subianto who prevented Chinese incursions in the Natuna island. So, the MoU on joint development in disputed waters of the South China Sea around Natuna was both surprising and risky, though later, Jakarta clarified that the MoU did not amount to recognition of the Chinese maritime claims. This is where the famed Brahmos missile comes in. In 2023, the Philippines was the first and, so far, the only country to buy Brahmos. It is deployed in Luzon, facing the Filipino Sea, to deter Chinese vessels from entering it. The US Typhon missile system has terrified the Chinese Coast Guard and fishing vessels though the Chinese Coast Guard ships have seriously jittered the movement of Philippines naval and fishing vessels from resupplying its disputed Scarborough shoal in its EEZ, which China claims falls within its nine-dash line. Last month, Manila said it would dismantle the US Typhon missile system if China stopped its bullying tactics in its waters.

Before Subianto's arrival in India, huge excitement



prevailed over the Brahmos deal. Reuters had reported that Jakarta had decided to sign the Brahmos deal. Jakarta said it was thinking 'positively', while most Indian newspapers reported categorically that Brahmos was a done deal. The Indian optimism was not misplaced. In December 2024, the Navy Chief, Admiral Dinesh Tripathi, had visited Indonesia and Brahmos was widely discussed. In January, the Indonesian Navy Chief, Adm Muhammad Ali, was in Delhi and Brahmos topped the agenda of defence issues. He toured various Brahmos production facilities, raising expectations.

ubianto is known to be a hands-on foreign and security policy President. He believes military strength is integral to national security and economic prosperity. In 2021, as Defence Minister, he had obtained \$10.6 billion for defence, with focus on navy modernisation. He secured another \$46.6 billion for modernisation in the 2024-29 period, when the defence budget rose from 0.7 to 1.5 per cent of the GDP.So, Jakarta, which runs a trade surplus with India is not short on funds and Delhi is ready to provide a letter of credit (LOC) for it.Jakarta has no enemies, internl or external, though, at one time, Australia used to fear it. In the 1965 war, Indonesia supported Pakistan and was its staunch partner in the Organisation of Islamic Cooperation (OIC) on Kashmir. In 1987, when India was spending nearly 3.5 per cent GDP on defence and was considering reviving a World War II airbase in the Andamans near Indira Point, which is just 90 nautical miles from Indonesia, it protested

strongly.But, it is bonhomie now. So, what is holding back Subianto from acquiring the Brahmos? The will is there, but a way has not been found to overcome the bureaucratic hurdles. The fear of annoying China and the reluctance to become a countervailing force (to China) in Asean is evident. Although China has laid claim in the Natuna Sea, Indonesia does not want to antagonise Beijing as it receives plentiful economic assistance and waits patiently for the Chinese code of conduct in the South China Sea. Like India, it is non-aligned (its constitution bars military alliance) and covets its strategic autonomy. A second problem is the equipment acquisition process which is more complicated than India's Defence Procurement Procedure 2020. The bureaucracy is the bane. Circumventing it is not easy, not even for Subianto. Third is the question of agents, who are a normal in Indonesia but banned in India following defence scandals two decades ago. Fourth, Jakarta is unfamiliar with the use of the LOC and is loath to provide sovereign guarantees. It prefers commercial loans, like the ones Chinese provide.Lastly, it fears attracting CAATSA (the Countering America's Adversaries Through Sanctions Act) ever more, now that Trump is back. Sources in the Indian Embassy in Jakarta say hesitation in decision-making has not diminished.But Admiral Tripathi seems convinced that sooner than later, the Brahmos deal will be done. For the present, an Indonesian naval officer will be posted at the Maritime Information Fusion Centre in Gurugram.

Toxic waters

Punjab, Haryana in the throes of groundwater crisis

PUNJAB and Haryana are facing an escalating groundwater crisis, with toxic contamination, reckless extraction and poor water management pushing the region towards disaster. The situation demands urgent intervention before irreversible damage threatens public health, agriculture and the environment. The latest Central Ground Water Board report exposes alarming levels of uranium, nitrates, arsenic and fluoride in groundwater in both states. In Punjab, uranium contamination has spread to 20 districts, while 16 in Haryana exceed safe limits. The excessive use of phosphate fertilisers, along with aggressive groundwater extraction, has worsened the crisis. Prolonged exposure to uranium-laced water can cause kidney toxicity and urinary tract cancers, yet the response remains sluggish.



Punjab's worsening water crisis is exacerbated by its unsustainable agricultural practices. A 2019 study warned that groundwater at 100 m would be exhausted within a decade. Five years later, farmers are still forced to rely on borewells due to the government's failure to promote crop diversification. Paddy farming, which guzzles thousands of litres per kilogram, continues to drain reserves, pushing the state toward desertification. Adding to the crisis is Punjab's mismanagement of wastewater. Instead of investing in sewage treatment plants, authorities have resorted to deepening village ponds to contain sewage overflow. This reckless practice contaminates sub-soil water, posing a severe health hazard. The Punjab and Haryana High Court has rightfully questioned the legality and.

Kejriwal, Rahul should look within

AAP-weary residents of Delhi have plumped for a double-engine government

There are two key takeaways from the Delhi Assembly poll outcome. The first is that Narendra Modi strides the political arena like a colossus in India, that is Bharat. His brand of politics and his hold on voters remains unchallenged. The second is that Rahul Gandhi is no match for Modi. He should stop aspiring for the leadership of the INDIA bloc. Had the Congress supported the Aam Aadmi Party (AAP) in Delhi, the BJP might have finished second best and not the undisputed leader of all it surveys.

The Congress should democratise its leadership. It should not rely solely on the Nehru-Gandhi family. There are many in the country who adore the family, but Modi has reduced that base substantially through consistent, welldirected verbal assaults. Rahul is a good, likeable human being but not a good political animal. He spouts the wrong language too often, thus playing into the hands of the BJP's well-oiled propaganda machine. Rahul chose core concerns of the electorate in the run-up to the elections, but his rhetoric is nowhere as robust and hardhitting as Modi's. It makes a very tepid impression on the listeners. I do not blame him for his lack of eloquence. It is a God-given gift. Modi has it; Rahul, unfortunately does not. Residents of Delhi will benefit initially from the double-engine government that will replace AAP. The party with a difference had made the AAP government irrelevant. It had appointed a Lt-Governor whose primary mandate was to scuttle the plans Arvind Kejriwal and his companions had made for the people of Delhi. The L-G succeeded in his mission of painting Kejriwal in a negative light.

The BJP has devised a strategy to install double-engine governments in every state of the Union. To consolidate its Hindutva ideology, it requires a centralised form of government, with the Centre calling the shots in the first attempts to buy over the required number of Opposition legislators — if the difference in numbers permits. It did this twice in Goa and once, in a big way, in Karnataka.If engineering defections is not doable, it installs Governors or Lt-Governors — like it did in Delhi and Puducherry — to make the poll winners redundant. That experiment is going on in Tamil Nadu. So is the attempt to dislodge Mamata Banerjee in West Bengal. The task is proving very difficult in these two states, even as governance is being consigned to the boondocks. Consequently, the public is

The people of Delhi must have digested this reality. They realised that if there was a double-engine government, their lives would be better. Besides, Kejriwal, who was elected on the anti-corruption plank, had turned overtly rapacious. They realised this when they were told that he had fitted jacuzzi in his bath, a clear departure from the spartan life people

thought he led. It is not only residents of Delhi who were disappointed with Kejriwal. His mentor, Anna Hazare, who led the movement against corruption that grabbed headlines at home and abroad in 2011, expressed happiness at the fall of a 'traitor' to the cause. Hazare had expected Kejriwal to become an activist like him to keep the movement against corruption alive. But the latter had other ideas. He imagined himself as a future Prime Minister. He might have got there had he not been in such a hurry. But, like many of his ilk, he tripped, or rather, was felled by a more astute politician's skills. states as well. If it does not win elections in any state, it Nothing can be predicted with certainty in the realm of



politics. Kejriwal may bounce back sometime. At this moment, he is licking his wounds. He would be well advised to reflect on his fate and the factors that militated against him. His runaway ambition for one, when patience and humility were needed.

There is one charge against him that I have not found credible. It is alleged that he has acquired wealth in the notorious excise policy scam. I have no doubt that the 'scam' did happen, but my gut feeling is that AAP required money to operate. All political parties do. If the BJP pretends that it does not, very few are going to accept its word. Even in the tiny state of Goa, the home of my ancestors, where corruption was never a factor, that evil has now gone through the roof! BJP leader Manohar Parrikar had kept corruption in check when he was the CM. There is no control now, probably because secretive funding through electoral bonds has been disallowed by the Supreme

Court. The Kejriwal government started its innings on a positive note. It began with paying attention to the top priorities of any government — education and health. Neither the Congress governments at the Central and state levels nor non-Congress dispensations in some states, like the Left in Bengal and Kerala, had thought of doing that. Manish Sisodia, then Deputy Chief Minister, aided ably by Atishi, a

Rhodes scholar, revolutionised

the working of public schools. AAP also brought medical help to every locality by opening local clinics and manning them. The less affluent were hugely benefitted. If the BJP wants to prove that it is a party of patriots, it should not dump the system introduced by AAP in the health and education sectors. Even if it is an initiative of an Opposition party, it is a pro-people initiative and needs to be institutionalised. China has stolen a march on us because it made universal education its first priority. The productivity of its workforce improved by leaps and bounds because every man and woman was literate. We have a lot to catch up.

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टेक्सटाइल निर्यात 2030 तक नौ लाख

বেঙ্গল সরকার পিছু হটেছে, ঝাড়খগু যানবাহনের প্রবেশ শুরু

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

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

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। लहरा 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.....।

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

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एपीडा ने ऑस्ट्रेलिया को भारतीय अनार की पहली समुद्री खेप भेजने में मदद की

नर्ड दिल्ली। भारत के कृषि निर्यात के लिए एक महत्वपूर्ण उपलब्धि के रूप में कृषि एवं प्रसंस्कृत खाद्य उत्पाद निर्यात विकास प्राधिकरण (एपीडा) ने एग्रोस्टार और केबी एक्सपोर्ट्स के साथ मिलकर समुद्र के रास्ते ऑस्ट्रेलिया को ऋमशः प्रीमियम सांगोला और भगवा अनार की भारत की पहली वाणिज्यिक परीक्षण सफलतापूर्वक पूरी की। यह भारतीय ताजा उपज के लिए बाजार पहुंच का विस्तार करने में एक बड़ी सफलता है। वाणिज्य एवं उद्योग मंत्रालय के अनुसार भारतीय अनार के निर्यात के लिए बाजार तक पहुंच प्राप्त करने के बाद फरवरी 2024 में ऑस्टेलिया

नई दिल्ली। घरेलू सर्राफा बाजार में आज मामूली

गिरावट का रुख नजर आ रहा है। आज की कमजोरी के

कारण देश के ज्यादातर सर्राफा बाजारों में 24 कैरेट सोना

आज 86,060 रुपये से लेकर 86,210 रुपये प्रति 10 ग्राम के दायरे में कारोबार कर रहा है। इसी तरह 22 कैरेट

सोना आज 78,890 रुपये से लेकर 79,040 रुपये प्रति

10 ग्राम के बीच बिक रहा है। चांदी की कीमत में भी

आज मामूली गिरावट दर्ज की गई है। इस कमजोरी के

कारण ये चमकीली धातु दिल्ली सर्राफा बाजार में

1,00,400 रुपये प्रति किलोग्राम के स्तर पर पहुंच गई है।

रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर रहा है,

जबिक 22 कैरेट सोने की कीमत 79,040 रुपये प्रति

10 ग्राम दर्ज की गई है। वहीं, देश की आर्थिक राजधानी

मुंबई में 24 कैरेट सोना 86,060 रुपये प्रति 10 ग्राम

और 22 कैरेट सोना 78,890 रुपये प्रति 10 ग्राम के

स्तर पर बिक रहा है। इसी तरह अहमदाबाद में 24 कैरेट

सोने की रिटेल कीमत 86,110 रुपये प्रति 10 ग्राम और

22 कैरेट सोने की कीमत 78,940 रुपये प्रति 10 ग्राम

दर्ज की गई है। इन प्रमुख शहरों के अलावा चेन्नई में 24

कैरेट सोना आज 86,060 रुपये प्रति 10 ग्राम की कीमत

पर और 22 कैरेट सोना 78,890 रुपये प्रति 10 ग्राम की

कीमत पर बिक रहा है। इसी तरह कोलकाता में भी 24

कैरेट सोना 86,060 रुपये प्रति 10 ग्राम और 22 कैरेट

सोना 78,890 रुपये प्रति 10 ग्राम के स्तर पर कारोबार

कर रहा है। लखनऊ के सर्राफा बाजार में 24 कैरेट सोना

देश की राजधानी दिल्ली में 24 कैरेट सोना 86,210

को अनार के निर्यात के लिए एक कार्य योजना और मानक संचालन प्रिक्रयाओं (एसओपी) पर हस्ताक्षर किए गए। एपीडा और राष्ट्रीय पौध संरक्षण संगठन (एनपीपीओ) द्वारा सफल बाजार पहुंच सुविधा के बाद जुलाई 2024 में पहली हवाई शिपमेंट हुई। हवाई शिपमेंट ने बाजार की मांग का आकलन करने में मदद की, जिसके कारण लागत दक्षता को अनुकृलित करने के लिए समुद्री शिपमेंट का अनुसरण किया गया। पहली समुद्री माल ढुलाई शिपमेंट 6 दिसंबर, 2024 को भारत से खाना हुई और 13 जनवरी, 2025 को सिडनी पहुंची, जिसमें महाराष्ट्र के सोलापुर क्षेत्र से प्राप्त 5.7 मीट्रिक टन (एमटी) अनार थे। इन्हें 1.900

सर्राफा बाजार में कमजोरी का रुख, सोना-

चांदी के भाव में मामूली गिरावट

बक्सों में पैक किया गया था, जिनमें से प्रत्येक में 3 किलोग्राम प्रीमियम फल थे। भगवा किस्म के 1,872 बक्से (6.56 टन) ले जाने वाला एक और वाणिज्यिक समुद्री शिपमेंट 6 जनवरी, 2025 को ऑस्ट्रेलिया के ब्रिसबेन पहुंचा। बल्क समुद्री शिपमेंट के उपयोग ने प्रतिस्पर्धी मूल्य निर्धारण सुनिश्चित किया, किसानों को लाभ पहुंचाया और स्थायी व्यापार के अवसर पैदा किए। दोनों शिपमेंट को भारत की टेसेबिलिटी प्रणाली अनारनेट (इक्र हश्चञ्ज) में एकीकृत किया गया, जिससे पारदर्शिता सुनिश्चित हुई और अंतरराष्ट्रीय बाजारों में उपभोक्ता का विश्वास बना। यह सफल निर्यात न केवल वैश्विक गुणवत्ता मानकों को पूरा करने में भारत की क्षमताओं को

आज 86,210 रुपये प्रति 10 ग्राम के स्तर पर और 22

कैरेट सोना 79,040 रुपये प्रति 10 ग्राम के स्तर पर बिक

रहा है। वहीं, पटना में 24 कैरेट सोने की कीमत 86,110

रुपये प्रति 10 ग्राम के स्तर पर है, जबकि 22 कैरेट सोना

78.940 रुपये प्रति 10 ग्राम के स्तर पर बिक रहा है।

इसी तरह जयपुर में 24 कैरेट सोना 86,210 रुपये प्रति

10 ग्राम और 22 कैरेट सोना 79,040 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

आज सोना सस्ता हुआ है। इन तीनों राज्यों की राजधानियों

बेंगलुरु, हैदराबाद और भुवनेश्वर में 24 कैरेट सोना आज

86,060 रुपये प्रति 10 ग्राम के स्तर पर कारोबार कर

रहा है। इसी तरह इन तीनों शहरों के सर्राफा बाजारों में 22

कैरेट सोना 78,890 रुपये प्रति 10 ग्राम के स्तर पर बिक

रेखांकित करता है, बल्कि नए राजस्व स्रोतों को खोलकर भारतीय किसानों को महत्वपूर्ण बढ़ावा भी देता है। अनार को सिडनी, ब्रिसबेन और मेलबर्न में अत्यधिक सकारात्मक प्रतिक्रिया मिली। एपीडा के अध्यक्ष अभिषेक देव ने इस बात पर जोर दिया कि भारत का कृषि निर्यात परिदृश्य अभृतपूर्व गति से बढ़ रहा है, जिसमें ताजे फलों का निर्यात साल-दर-साल 29 ब बढ़ रहा है। अकेले अनार में 20त की वृद्धि देखी गई है, जो इस क्षेत्र की अपार संभावनाओं को दर्शाता है। ऑस्ट्रेलिया को प्रीमियम अनार की सफल शिपमेंट भारत की समझदार अंतरराष्ट्रीय बाजारों में उच्च गुणवत्ता वाली ताजा उपज की आपूर्ति करने की क्षमता को दर्शाती है।

नई दिल्ली। प्रधानमंत्री नरेन्द्र मोदी ने देश की प्रगति में टेक्सटाइल उद्योग की भूमिका के महत्व को रेखांकित करते हुए इस उद्योग के सामने टेक्सटाइल निर्यात 2030 तक तीन गुना करके नौ लाख करोड़ रुपये तक पहुंचाने का लक्ष्य रखा और उम्मीद जतायी की यह लक्ष्य उससे पहले हासिल कर लिया जाएगा। श्री मोदी राजधानी के भारत मंडपम में कपड़ा क्षेत्र की विशाल प्रदर्शनी 'भारत टेक्सट 2025' का भ्रमण करने के बाद वहां उपस्थित भागीदारों की एक सभा को संबोधित कर

करोड़ रु. तक पहुंचाने का लक्ष्य रखा मोदी ने टेक्सटाइल उद्योग की भूमिका महत्वपर्ण है। श्री मोदी ने कहा,हम दुनिया के छठे सबसे बड़े टेक्सटाइल और एपैरल एक्सपोर्टर हैं। हमारा टेक्सटाइल निर्यात तीन लाख करोड़ रुपये तक पहुंच चुका है। अब हमारा लक्ष्य है कि 2030 तक हम इसे नौ लाख करोड़ रुपये तक लेकर जाएंगे। उन्होंने कहा कि आज उद्यमियों के उत्साह से यह जान पड़ता है कि 'आप यह लक्ष्य समय से पहले ही हासिल कर लेंगे। उन्होंने कहा कि भारत के विनिर्माण क्षेत्र के उत्पादन में टेक्सटाइल उद्योग का योगदान इस समय 11 प्रतिशत है तथा सरकार के प्रयासों के परिणाम स्वरूप इस क्षेत्र में पिछले 10 वर्ष

रहे थे। उन्होंने कहा, भारत अतीत में जब समृद्ध था तो उसमें देश के में प्रत्यक्ष विदेशी निवेश दो गुना वस्त्र उद्योग का बड़ा योगदान था, हुआ है। उन्होंने बैंकिंग क्षेत्र से कपड़ा आज जब भारत विकसित राष्ट्र बनने उद्योग की कर्ज की मांग को पूरा करने के की ओर बढ़ रहा है तो उसमें भी हमारे थमी नहीं एफपीआई की बिकवाली, फरवरी में

नर्ड दिल्ली। घरेल शेयर बाजार विदेशी पोर्टफोलियो निवेशकों (एफपीआई) की बिकवाली का सिलसिला थम नहीं रहा है। फरवरी के पहले दो सप्ताह में अभी तक विदेशी निवेशक भारतीय बाजारों से 21,272 करोड़ रुपये की निकासी कर चुके हैं। साल 2025 में विदेशी पोर्टफोलियो निवेशक घरेल शेयर बाजार में बिकवाली करके अभी तक 99,299 करोड रुपये निकाल चुके हैं। सिर्फ जनवरी के महीने में ही विदेशी पोर्टफोलियो निवेशकों ने 78,027 करोड़ रुपये की निकासी की थी। विदेशी पोर्टफोलियो निवेशक साल 2025 में बिकवाली का दबाव जरूर बनाए हुए हैं, लेकिन इसके पहले 2024 में भारतीय शेयर बाजार में एफपीआई ने खरीद बिक्री मिलकर 427 करोड़ रुपये का शुद्ध निवेश किया था। इसी तरह 2023 में घरेलू शेयर बाजार में एफपीआई ने 1.71 लाख करोड़ रुपये डाले थे। दिलचस्प तथ्य ये है कि इस साल विदेशी

जहां सेलर बने हुए हैं, वहीं इस साल 🛮 का माहौल बना हुआ है। ग्लोबल ट्रेड फरवरी के महीने में अभी तक वे बॉन्ड और डेट मार्केट में बायर की भिमका निभा रहे हैं। इस महीने

हुई २१,२७२ करोड़ रुपये की निकासी

वॉर की आशंका की वजह से विदेशी पोर्टफोलियो निवेदक अपने निवेश को सुरक्षित करने की कोशिश में लग



एफपीआई ने जनरल लिमिट के तहत बॉन्ड में 1,296 करोड़ रुपये और वॉलंटरी रिटेंशन रूट के जरिए 206 करोड रुपये डाले हैं।

मार्केट एक्सपर्ट्स का मानना है कि अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप की ओर से स्टील और एल्यूमीनियम के इंपोर्ट पर नए टैरिफ लगाने का ऐलान करने और कई देशों पर रेसिप्रोकल टैरिफ लगाने की बात कहने की वजह से ग्लोबल मार्केट में घबराहट गए हैं। यही वजह है कि एफपीआई द्वारा भारत समेत दुनिया के तमाम स्टॉक मार्केट्स में बिकवाली की जा रही है। धामी सिक्योरिटीज के वाइस प्रेसिडेंट प्रशांत धामी का मानना है कि इसी वैश्विक चिंता के कारण डॉलर इंडेक्स में भी तेजी आई हुई है, लेकिन जब डॉलर इंडेक्स में गिरावट आएगी, तो एफपीआई को भी अपनी चाल में

बदलाव करना पडेगा।

टॉप 10 में शामिल ८ कंपनियों के मार्केट कैप में 2.03 लाख करोड़ की गिरावट, रिलायंस को सबसे जयादा नुकसान

नई दिल्ली। घरेलू शेयर बाजार में सोमवार से शुक्रवार के कारोबारी सप्ताह के दौरान हुई खरीद-बिक्री के कारण देश की टॉप 10 मोस्ट वैल्यड कंपनियों में से 8 के मार्केट कैप में 2 लाख करोड़ से अधिक की गिरावट आ गई। इनमें रिलायंस इंडस्ट्रीज को सबसे अधिक नकसान का सामना करना पड़ा। इसके अलावा टॉप 10 में शामिल दो कंपनियों के मार्केट कैप में इस सप्ताह बढ़ोतरी हो गई। इस सप्ताह के कारोबार के दौरान रिलायंस इंडस्ट्रीज, टाटा कंसल्टेंसी सर्विसेज (टीसीएस), एचडीएफसी बैंक, आईटीसी, इंफोसिस, स्टेट बैंक ऑफ इंडिया (एसबीआई), हिन्दुस्तान युनिलीवर, और बजाज फाइनेंस के मार्केट कैप में कुल 2,03,952.65

करोड़ रुपये की गिरावट आई। वहीं, एयरटेल और आईसीआईसीआई बैंक के मार्केट कैप में बढ़ोतरी हो गई। सोमवार से शुक्रवार के बीच हुए कारोबार के दौरान रिलायंस इंडस्ट्रीज का मार्केट कैप 67,526.54 करोड़ रुपये फिसल कर 16,46,822.12 करोड़ रुपये के स्तर पर आ गया। इसी तरह कंसलटेंसी (टीसीएस) का मार्केट कैप 34.950.72 करोड़ रुपये कम होकर तक पहुंच गया। इसके अलावा एचडीएफसी बैंक का मार्केट कैप 28,382.23 करोड़ रुपये घट कर 12,96,708.35 करोड़ रुपये के स्तर पर, आईटीसी का मार्केट कैप 25,429.75 करोड़ रुपये कम होकर 5,13,699.85 करोड़ रुपये के स्तर, इंफोसिस का मार्केट कैप 19.287.32

करोड़ रुपये घट कर 7,70,786.76 करोड़ रुपये के स्तर पर, स्टेट बैंक ऑफ इंडिया (एसबीआई) का मार्केट कैप 13.431.55 करोड रुपये गिर कर 6,44,357.57 करोड़ रुपये के स्तर पर, हिंदुस्तान यूनिलीवर का मार्केट कैप 10.714.14 करोड़ रुपये घट कर 5.44.647 करोड़ रुपये के स्तर पर और बजाज फाइनेंस का मार्केट कैप 4,230.40 करोड़ रुपये कम हो कर 5,20,082.42 करोड़ रुपये के स्तर पर आ गया। दूसरी ओर, भारती एयरटेल का बढ़ कर 9,78,631.54 करोड़ रुपये हो गया। इसके अलावा आईसीआईसीआई बैंक का मार्केट कैप 1,182.57 करोड़ रुपये बढ़ कर 8,88,815.13 करोड़ रुपये के स्तर पर पहुंच गया। मार्केट कैप के लिहाज से रिलायंस इंडस्टीज 16,46,822.12 करोड़ रुपये के बाजार पुंजीकरण (मार्केट कैप) के साथ देश

की सबसे अधिक मार्केट कैप वाली कंपनी रही। इसके बाद टीसीएस (कुल मार्केट कैप 14,22,903.37 करोड़ रुपये), एचडीएफसी बैंक (कुल मार्केट कैप 12,96,708.35 करोड़ रुपये), भारती एयरटेल (कुल मार्केट कैप 9.78.631.54 करोड आईसीआईसीआई बैंक (कुल मार्केट कैप 8,88,815.13 करोड़ रुपये), इंफोसिस (कुल मार्केट कैप 7,70,786.76 करोड़ रुपये), स्टेट बैंक ऑफ इंडिया (कल मार्केट कैप 6,44,357.57 करोड़ रुपये), 5,44,647 करोड़ रुपये), बजाज कैप मार्केट 5,20,082.42 करोड़ रुपये) और आईटीसी (कुल मार्केट कैप 5,13,699.85 करोड़ रुपये) के नाम सबसे मूल्यवान टॉप 10 कंपनियों के लिस्ट में दूसरे से दसवें स्थान पर

नरेंद्र मोदी की अमेरिका यात्रा आर्थिक संबंध मजबूत करने की दिशा में अहम कदम

नई दिल्ली। वाणिज्य एवं उद्योग संगठन फिक्की ने कहा कि प्रधानमंत्री नरेंद्र मोदी की हाल ही में संपन्न अमेरिका यात्रा को भारत-अमेरिका आर्थिक संबंधों को और मजबत करने की दिशा में एक महत्वपूर्ण कदम है। फिक्की के अध्यक्ष हर्षवर्धेन अग्रवाल ने प्रधानमंत्री नरेंद्र मोदी की हाल ही में संपन्न अमेरिका यात्रा को भारत-अमेरिका आर्थिक संबंधों को और मजबत करने की दिशा में एक महत्वपूर्ण कदम बताया। उन्होंने कहा, दम्य यात्रा के दौरान परिणाम-आधारित एजेंडे पर विशेष ध्यान दिया गया और संयुक्त वक्तव्य में इसके सकारात्मक प्रभाव स्पष्ट रूप से दिखाई दिए। यह कई क्षेत्रों में वाणिज्यिक और रणनीतिक हितों के बढते तालमेल को दर्शाता है। उन्होंने फिक्की ने वर्ष 2030 तक 500 अरब डॉलर के व्यापार लक्ष्य को निर्धारित करने और

बहु-क्षेत्रीय द्विपक्षीय व्यापार समझौते पर चर्चा शुरू करने के लिए दोनों देशों के नेताओं की सराहना की। उन्होंने यह भी कहा कि फिक्की सरकार



एजेंडे को आगे बढाने और भारत-अमेरिका आर्थिक संबंधों को और सशक्त बनाने के लिए प्रतिबद्ध है, जिससे दोनों देशों को लाभ होगा।

फ्यूचरब्रांड इंडेक्स की ग्लोबल रैंकिंग में रिलायंस दूसरे पायदान पर

नई दिल्ली। भारत की सबसे

बडे कंपनी रिलायंस इंडस्ट्रीज ने एक और शानदार उपलब्धि हासिल की है। फ्यचरब्रांड इंडेक्स 2024 में दुनिया भर में रिलायंस को नंबर दो की रैंकिंग मिली है। कंपनी ने 11 पायदानों की लंबी छलांग लगाई है. पिछले साल कंपनी 13वें स्थान पर काबिज थी।

रैंकिंग में रिलायंस अब एप्पल, नाइकी, वॉल्ट डिज़नी, नेटफ्लिक्स, माइक्रोसॉफ्ट, इंटेल या टोयोटा जैसे जाने-माने वैश्विक ब्रांडों से आगे है। सैमसंग को रैंकिंग में पहला स्थान

प्यूचरब्रांड पहली 100 कंपनियों की रैंकिंग करता है। रैंकिंग में दुनिया भर के पेशेवर शामिल होते

हैं। पारंपरिक रैंकिंग का आधार है कि दुनिया भर के प्रोफेशनल्स ब्रांड वित्तीय प्रदर्शन पर केंद्रित होता है को कैसे देखते हैं। रैंकिंग में उन

Ranking 2024	ws 2023		Ranking 2023	Position	
1	0	SAMSUNG	5	21)	Information Technology
2	•	n-Rose	13	46)	Energy
3	0	ú	1	2	Information Technology
4	1	_	12	98)	Concumer Discretionary
5	0	ASML	9	25)	Information Technology
6	0	V dsreher	14	67)	Feathcare
7	(10)	(Chartes)	26	49)	Communication Services
8	0	0	21 cozn	33	Consumer Supplies
9	0	•	4	(10)	Information Technology
10	0	IHC III	PRESS.	45)	Industrials

इसके विपरीत, फ्यूचरब्रांड इंडेक्स ब्रांड्स ने बाजी मारी है जो लक्ष्यों को इस बात पर गहराई से विचार करता पूरा करने के लिए लगातार रणनीति

विकसित करते रहते हैं. और बाजार में होने वाले बदलावों से दूसरी कंपनियों से आगे रहते हैं। रैंकिंग जारी करते हुए फ्यूचरब्रांड इंडेक्स 2024 की रिपोर्ट में कहा गया है, ' भविष्य के ब्रांड अपनी मूल पहचान को खोए बिना बदलती उपभोक्ता अपेक्षाओं, तकनीकी प्रगति और बाजार की गतिशीलता को पहचान कर उसके अनुकुल बदलते हैं।

उन्हें इस बात का पता होता है कि वे कौन हैं और क्या कर रहे हैं। पिछले दशक में फ्यूचरब्रांड इंडेक्स से पता चलता है कि सफल ब्रांड जानते हैं कि परिस्थितियों के साथ सामंजस्य कैसे बिठाया जाए, जिससे न केवल अस्तित्व स्निश्चित हो, बल्कि निरंतर सफलता भी मिले।'

13 फरवरी को सब्सिऋप्शन के लिए

खुले एलके मेहता पॉलीमर्स के

अनुराग मेहरोत्रा जेएसडब्ल्यू एमजी मोटर इंडिया के प्रबंध निदेशक नियुक्त

नई दिल्ली। प्रीमियम यात्री वाहन बनाने वाली कंपनी जेएसडब्ल्यू एमजी मोटर इंडिया ने आज श्री अनुराग मेहरोत्रा को कंपनी के प्रबंध निदेशक के रूप में नियुक्ति करने की घोषणा की।कंपनी ने यहां जारी बयान में कहा कि तीन दशकों के पेशेवर अनुभव के साथ, उन्होंने ऑटोमोटिव क्षेत्र की बिक्री, विपणन, रणनीति और व्यवसाय विकास में प्रमुख नेतृत्व की भूमिकाएँ निभाई हैं। उनके व्यापक अनुभव में प्रमुख राष्ट्रीय और वैश्विक कंपनियों में नेतृत्व के पद शामिल हैं। उनकी पिछली भिमकाओं में टाटा मोटर्स कमर्शियल व्हीकल्स में रणनीति और अंतर्राष्ट्रीय व्यापार के उपाध्यक्ष और फोर्ड इंडिया में अध्यक्ष और प्रबंध निदेशक शामिल हैं। उसने कहा कि श्री मेहरोत्रा आगे बढाएंगे और कंपनी के चार ब्रांड स्तंभों विविधता, अनुभव, नवाचार और समुदाय को मजबूत करेंगे। भारत में एमजी ब्रांड की इसकी शुरुआत से ही स्थापित करने में महत्वपूर्ण भूमिका निभाने वाले राजीव चाबा संयुक्त संचालन समिति के सदस्य के रूप में प्रबंधन और शेयरधारकों को सलाह देना जारी रखेंगे। कंपनी ने कहा कि श्री चाबा के नेतृत्व में, एमजी देश के शीर्ष कार ब्रांडों में से एक बन गया है और इसने सभी श्रेणियों में नवाचार और व्यवधान के लिए मानक स्थापित किए हैं। उन्होंने ऐसे अभिनव उत्पादों के लॉन्च का नेतृत्व किया जो अपने समय से बहुत आगे थे। उन्होंने एक लचीली, उच्च प्रदर्शन करने वाली टीम बनाई है कई चुनौतियों

समग्र रणनीतिक विकास पहलों को सफलतापूर्वक पार किया है, जिससे एमजी का तेजी से विकास हुआ है और भारतीय बाजार में इसकी स्थिति मजबूत हुई है।

एस ए आई सी के अध्यक्ष के सहायक और एस ए आई सी मोटर के अंतर्राष्ट्रीय संचालन प्रमुख यू डे ने कहा, हम भारत में एम जी ब्रांड के निर्माण में उनके असाधारण नेतृत्व के लिए राजीव चाबा के आभारी हैं। अनुराग का विविध अनुभव और घरेल और अंतर्राष्ट्रीय बाजार की गतिशीलता की गहरी समझ इस यात्रा को अगले स्तर पर ले जाने में महत्वपूर्ण होगी। जे एस डब्ल्यू एम जी मोटर इंडिया के निदेशक पार्थ जिंदल ने कहा, ÷हम अपनी एन ई वी यात्रा में एक महत्वपूर्ण मोड पर हैं और एक रोमांचक उत्पाद पाइपलाइन के साथ एक नए युग में

अधिकारी समय से पहले सेवानिवृत्त

सेल के ११



नई दिल्ली। सार्वजनिक क्षेत्र की इस्पात कंपनी स्टील अथॉरिटी ऑफ इंडिया लिमिटेड (सेल) ने आचरण अनशासन के तहत 50 वर्ष से अधिक आयु के 11 अधिकारियों को समय से पहले सेवानिवृत्त कर दिया है। सेल ने कल देर रात जारी इस को लेकर जारी बयान में कहा कि 50 वर्ष से अधिक आयु के अधिकारियों की सत्यनिष्ठा और प्रभावोत्पादकता का आकलन करने की नीति है। इस संबंध में कंपनी के निदेशक मंडल द्वारा अनुमोदित विस्तृत दिशानिर्देशों में सेवा रिकॉर्ड के आधार पर अधिकारियों की प्रभावशीलता, दक्षता. आचरण और सत्यनिष्ठा की समीक्षा के लिए मानदंड निर्धारित किए गए हैं। कंपनी ने कहा कि पिछली ऐसी समीक्षा के बाद, सेल संयंत्रों / इकाइयों में विभिन्न स्थायी समितियों की सिफारिशों पर संबंधित सक्षम प्राधिकारियों द्वारा विचार किया गया और सेल के आचरण अनशासन और अपील नियमों में नियम 56(जे) के समान प्रावधानों के तहत, संगठन में दक्षता, सत्यनिष्ठा और जवाबदेही बनाए रखने के हित में 11 अधिकारियों को सेवानिवृत्त करने का निर्णय लिया गया।

अगले सप्ताह २ नए आईपीओ की लॉन्चिंग, १० कंपनियों के शेयर लिश्टिंग के जरिए करेंगे स्टॉक मार्केट में एंट्री

नयी दिल्ली। सोमवार से शुरू हो रहा कारोबारी सप्ताह नए आईपीओ की लॉन्चिंग के लिहाज से ठंडा रहने वाला है। इस सप्ताह सिर्फ दो नए आईपीओ की लॉन्चिंग हो रही है। हालांकि निवेशकों के पास पिछले सप्ताह 13 और 14 फरवरी को सब्सिऋपान के लिए खुले पांच आईपीओ में भी बोली लगाने का मौका होगा। इसके अलावा इस सप्ताह 10 कंपनियों के शेयरों की स्टॉक

इस सप्ताह गुरुवार 20 फरवरी

को एचपी टेलीकॉम इंडिया का 34.23 करोड रुपये का आईपीओ सब्सिऋपान के लिए खुलेगा। इस आईपीओ में निवेशक 24 फरवरी तक आवेदन कर सकेंगे। आईपीओ के तहत शेयर का मूल्य 108 रुपये तय किया गया है। निवेशक 1,200 शेयर के लॉट में आवेदन कर सकते हैं। कंपनी के शेयर 28 फरवरी को नेशनल स्टॉक एक्सचेंज के एसएमई प्लेटफॉर्म पर लिस्ट होंगे। इसके

अगले दिन 21 फरवरी को बीजासन एक्सप्लोटेक का 59.93 करोड रुपये का आईपीओ सब्सऋ्रिप्शन के लिए खुलेगा। इस आईपीओ में निवेशक 25 फरवरी तक आवेदन कर सकेंगे। आईपीओ के तहत 165 से लेकर 175 रुपये का प्राइस बैंड तय किया गया है। निवेशक 800 शेयर के लॉट में आवेदन कर सकते हैं। कंपनी के शेयर 3 मार्च को बॉम्बे स्टॉक एक्सचेंज के एसएमई प्लेटफॉर्म पर लिस्ट होंगे।

7.38 करोड़ रुपये के आईपीओ में 17 फरवरी यानी कल तक आवेदन किया जा सकता है। इस आईपीओ को अभी तक 9 गुना सब्सिऋप्शन मिल चुका है। आईपीओ के तहत बोली लगने के लिए शेयर का मूल्य 71 रुपये तय किया गया है, जबकि इसका लॉट साइज 1,600 शेयर का है। कंपनी के शेयर 21 फरवरी को बीएसई के एसएमई प्लेटफॉर्म पर इसके अलावा पिछले सप्ताह लिस्ट होंगे। इसी तरह 13 फरवरी को

ही ओपन हुए शणमुगा हॉस्पिटल के 20.62 करोड़ रुपये के आईपीओ में भी 17 फरवरी यानी कल तक आवेदन किया जा सकता है। ये आईपीओ अभी तक शत प्रतिशत सब्सऋाइब हो चुका है। आईपीओ के तहत बोली लगने के लिए शेयर का मूल्य 54 रुपये तय किया गया है, जबिक इसका लॉट साइज 2,600 शेयर का है। कंपनी के शेयर 20 फरवरी को बीएसई के एसएमई प्लेटफॉर्म पर लिस्ट होंगे। पिछले सप्ताह के आखिरी कारोबारी दिन 14

खुले क्वालिटी पावर इलेक्ट्रिकल इक्रिपमेंट के 858.70 करोड़ रुपये के आईपीओ में 18 फरवरी तक बोली लगाई जा सकती है। इस आईपीओ को अभी तक 0.62 गुना सब्सिऋप्शन मिल चुका है। आईपीओ के तहत बोली लगाने के लिए 401 से लेकर 425 रुपये प्रति शेयर का प्राइस बैंड तय किया गया है, जबकि लॉट साइज 26 शेयर का है। कंपनी के शेयर 21 फरवरी को बीएसई और एनएसई पर लिस्ट

खले रॉयलआर्क इलेक्टोडस के 36 करोड़ रुपये के आईपीओ में भी 18 फरवरी तक बोली लगाई जा सकती है। इस आईपीओ को अभी तक 0.14 गुना सब्सिऋप्शन मिला है। आईपीओ के तहत बोली लगाने के लिए 114 से लेकर 120 रुपये प्रति शेयर का प्राइस बैंड तय किया गया है, जबिक लॉट साइज 1,200 शेयर का है। कंपनी के शेयर 21 फरवरी को एनएसई के एसएमई प्लेटफॉर्म





कितना सही है नाश्ते में दही लेना

नाश्ते में हम सभी कुछ ऐसा खाना पसंद करते हैं, जो खाने में टेस्टी हो और हमारे शरीर को पूरा दिन काम करने की एनर्जी देता रहे। ऐसे में ज्यादातर लोग किसी ना किसी रूप में नाश्ते में दही खाना पसंद करते हैं। लेकिन क्या नाश्ते में दही लेना एक स्वस्थ विकल्प है ?

पाचक होती है लेकिन नींद दिलाती है

 यदि आपके दिन शुरुआत ही दही के साथ हो रही है तो यह आपको एनजी देने के स्थान पर नींद दिला सकती है और शरीर में सुस्ती बढ़ा सकती है । इसलिए दही कभी भी आपके फुर्स्ट फूड का भाग नहीं होना चाहिए। हालांकि दही नाश्ते का एक शानदार हिस्सा है। यदि आप इसे खाते समय कुछ खास बातों का ध्यान रखते हैं तब.

समझे विरोधी बातों का अर्थ

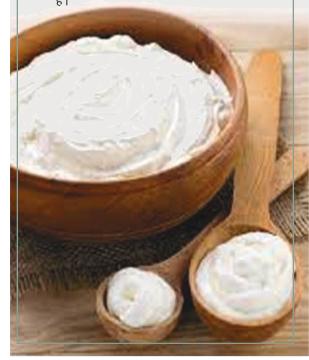
• एक तरफ तो हम कह रहे हैं कि दही नाश्ते में खाना अच्छा है। वहीं दूसरी तरफ यह भी कह रहे हैं कि इसे खाने से सुस्ती बढ़ सकती है। दरअसल, ये दोनों ही बातें सही हैं। दही खाने पर आपको एनर्जी मिलेगी या सुस्ती आएगी, यह इस बात पर निर्भर करता है कि दही खाने का आपका तरीका क्या है।

इस तरह खाएं और इस तरह ना खाएं दही

- आप नाश्ते में चपाती, पराठा, चिल्ला आदि के साथ दही खा सकते हैं। एक कटोरी दही का सेवन नाएते में करना शरीर के लाभकारी होता है और पाचनतंत्र को सही करता है। साथ ही शरीर को दिनभर के लिए ऊर्जा देने में लाभकारी होता है।
- लेकिन नाश्ते में दही का सेवन तभी करना चाहिए जब आप सुबह के समय नाश्ते से पहले कुछ खा या पी चुके हों । जैसे, सुबह की शुरुआत आपने पानी के साथ की हो और फिर चाय-टोस्ट, स्प्राउट्स या ड्राईफ्रूट्स आदि खाए हों। इसके एक घंटे बाद यदि आप नाश्ते में दही का सेवन करते हैं तो आपको नींद नहीं आएगी। आपको गैस बनने की समस्या है तो इन 5 सब्जियों से बचना चाहिए

खाली पेट नहीं खानी चाहिए दही

- सुबह के समय आप नाश्ते में केवल मीठी दही का उपयोग कर सकते हैं। खट्टी दही खाने से परहेज करें। साथ ही नाश्ते में दही खाते समय आप इसमें एक चम्मच शक्कर मिला सकते हैं। यदि आपको शुगर की समस्या नहीं है तब।
- दिन की शुरुआत यदि किसी भी कारण देरी से हुई हो और आपके पास नाश्ता करने का समय ना हो तो भूलकर भी खाली दही ना खाएं। यदि आप खाली पेट दही खाते हैं तो आपको जबदस्त नींद आएगी और आप खुद को बहुत थका हुआ अनुभव करेंगे।
- ऐसा इसलिए होता है क्योंकि खाली पेट दही खाने से कुछ लोगों को ब्लड प्रेशर कम होने की समस्या हो जातीँ है। इससे शरीर में ब्लड का फ्लो कम होता है और ऑक्सीजन का स्तर घटने लगता है। यही कारण है कि बहुत तेज नींद आती है और बेहोशी जैसा अनुभव होता



आप चाहे मानसिक काम अधिक करते हैं या शारीरिक काम। यदि आपको काम करते समय बहुत जल्दी थकान होने लगती है तो इसका एक अर्थ यह होता है कि आपके शरीर में डिहाइड्रेशन की समस्या है। जी हां, केवल पोषण की कमी के कारण ही नहीं बल्कि शरीर में पानी की कमी के कारण भी जल्दी थकान होती है। जो लोग नियमित रूप से जरूरी पानी नहीं पीते हैं, उन्हें काम करते समय अधिक थकान होना और अन्य लोगों की तुलना में जल्दी थकान होने जैसी समस्याएं होती हैं। जानें, जल्दी थकान होने के अन्य कारण और उनके निवारण के तरीके

जल्दी थकने की वजह

- आमतौर पर जो लोग बहुत जल्दी थकान होने की समस्या से पीड़ित होते हैं, उनके शरीर में कुछ खास तत्वों की कमी देखने को मिलर्ती है
- पानी की कमी
- खून की कमी
- विटमिन–बी12 की कमी

 फोलेट या फॉलिक एसिड की कमी देखने को मिलती है। जल्दी थकान से बचने के तरीकों में ना केवल अपने खान–पान पर ध्यान देना है बल्कि यह भी ध्यान देना है कि जिस डायट का सेवन

आप कर रहे हैं और जिन डिक्स को आप ले रहे हैं, क्या वे आपके शरीर की जरूरतों को पूरा कर रही हैं। यहां जानें कैसे रखा जाएगा इस बात का ध्यान.

तरल पदार्थों का सेवन

• जल्दी-जल्दी होने वाली थकान की समस्या से बचने के लिए जरूरी है कि आप तरल पदार्थों का सेवन बढ़ा दें। इनमें जूस, सूप, छांछ, दाल इत्यादि शामिल हैं। इसके साथ ही समय-समय सादा पानी पीते रहें। वयस्कों को हर दिन कम से कम 8 गिलास पानी पीना चाहिए।

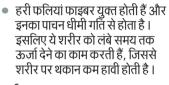
तनाव को नियंत्रित करना सीखें

• जल्दी थकने की एक बडी वजह लगातार बना रहनेवाला तनाव भी होता है। तनाव का कारण चाहे जो भी लेकिन यह व्यक्ति को शारीरिक और मानसिक दोनों तरह से जल्द थका देता है। इसलिए तनाव से

बचने के लिए हर दिन कुछ समय के लिए मेडिटेशन यानी ध्यान जरूर करें।यह आपको मानसिक रूप से फिट रखने का काम करेगा।

फलियों का सेवन करें

• हरी फलियां कई तरह की वरायटी में आती हैं। खास बात यह है कि मौसम की प्रकृति और उस दौरान शरीर की जरूरत के अनसार हर सीजन में आनेवाली फलियां पोषक तत्वों से भरपूर होती हैं।



ड्राईफ्रुट्स

लगातार बनी रहती

है थकान तो ऐसे रखें अपना ध्यान

- ऐसा नहीं है कि ड्राईफ्रूट्स का सेवन केवल सर्दियों में ही करना चाहिए।बल्कि सीमित मात्रा में और दूध के साथ ड्राईफ्रूट्स का सेवन गर्मियों में भी हर दिन किया जा सकता है।
- क्योंकि ड्राईफ्रूट्स केवल हमारे शरीर को गर्माहट देने का ही काम नहीं करते हैं बल्कि पोषण देने का काम भी करते हैं। शरीर की कमजोरी को दूर करने में मीट भी अच्छी भूमिका निभाता है। लेकिन कोरोना संक्रमण के दौर में हम आपको मीट खाने की सलाह नहीं देना चाहते हैं। इस समय में आप थकान से बचने के लिए डाईफ्रटस यानी सखे मेवों का सेवन कर

शरीर में ऑक्सीजन की कमी के लक्षण और कारण

शरीर में ऑक्सीजन की कमी हो जाना कई रोगों का कारण बनता है। ऑक्सीजन का स्तर कम होने पर सबसे जल्दी और सबसे बुरा असर हमारी रोग प्रतिरोधक क्षमता पर पड़ता है। इस स्थिति में कोई भी वायरस और बैक्टीरिया हमारे शरीर पर हावी हो सकता है । शरीर में ऑक्सीजन की कमी के लक्षण और कारण क्या होते हैं.

शरीर में ऑक्सीजन की कमी के लक्षण

- शरीर में ऑक्सीजन की कमी होने से अर्थ है कि शरीर को अपनी नियमित क्रियाओं को सुचारू रूप से चलाने के लिए जितनी मात्रा में ऑक्सीजन चाहिए, उतनी मात्रा में ऑक्सीजन ना मिल पाना।
- जब शरीर में ऑक्सीजन की कमी होती है तो सबसे पहले व्यक्ति को थकान महसूस होती है, सांस लेने में दिक्कत होने लगती या सांस फूलने लगता है। इसके बाद शरीर में रक्त के प्रवाह की गति धीमी हो जाती है। इससे थकान और घबराहट बढ़ जाती है।

हो सकती हैं ये बीमारियां

- यदि शरीर में ऑक्सीजन की मात्रा बहुत कम हो जाए तो ब्रेन डैमेज और हार्ट अटैक तक की स्थिति बन जाती है । शुगर के रोगियों में यदि ऑक्सीजन की कमी हो जाए तो उनकी शुगर अचानक बहुत अधिक बढ़ सकती है, जो कि एक जानलेवा स्थिति भी बन सकती है।
- ऑक्सीजन का स्तर अचानक से बहुत अधिक घट जाने पर शरीर में थायरॉइड हॉर्मोन का संतुलन गड़बड़ा जाता है । इस स्थिति में थायरॉइड का स्तर या तो बहुत अधिक बढ़ सकता है या बहुत अधिक घट सकता है।

शरीर में ऑक्सीजन की कमी के कारण

- शरीर में ऑक्सीजन की कमी के कई कारण होते हैं. जो व्यक्ति की लाइफस्टाइल पर निर्भर करते हैं। जो लोग बहुत अधिक आलस से भरपूर जीवनशैली जीते हैं यानी फिजिकल ऐक्टिविटी नहीं करते हैं, उनके शरीर में भी ऑक्सीजन की कमी हो जाती है।
- जो लोग बहुत अधिक शारीरिक श्रम करते हैं लेकिन उसके हिसाब से डायट नहीं लेते हैं, उनके शरीर में भी ऑक्सीजन की कमी हो
- जिन लोगों के भोजन में आयरन की मात्रा कम होती है अगर वे लंबे समय तक इसी तरह का भोजन लेते रहें तो उनके शरीर में भी ऑक्सीजन की कमी हो सकती है। क्योंकि फेफड़ों सहित पूरे शरीर में ऑक्सीजन का प्रवाह करने में आयरन महत्वपूर्ण भूमिका



अगर आप चाहते हैं कि रात में आपको सुकून की नींद आए, पैरों में कुलन और बेचैनी के कारण आपकी नींद में किसी तरह की बाधा ना आए तो आपको सोने से पहले एक खास काम करना होगा। यह काम आपके शरीर को राहत देने के साथ ही दिमाग को भी शांति देगा। आइए, जानते हैं कि आखिर क्या और कैसे करना है.

आपको क्या करना है ?

• बिस्तर पर जाने से पहले आपको अपने पैर साफ पानी से धुलकर कॉटन के कपड़े से पोछकर साफ करने हैं। इसके बाद सरसों के तेल से अपने पैरों की मालिश करें। यह मालिश 2 से 3 मिनट की भी हो तो काफी है। यहां जानें इस तरह हर दिन मालिश करने से आपको किस तरह के लाभ होंगे.

पैर के तलुए में होते हैं सभी एक्युप्रेशर पॉइंट्स

• हमारे पैर के तलुओं में पूरे शरीर के एक्यूप्रेशर पॉइंट्स होते हैं । पैर के तलुओं पर मसाज करने से इन पॉइंट्स पर दबाव पड़ता है, जिससे शरीर का तनाव कम होता है और मानसिक शांति बढ़ती है। इसलिए आप अच्छी नींद

ताउम्र रहेगे युवा

• अगर आप हर दिन सोने से पहले अपने पैर के तलुओं पर सरसों के तेल से मालिश कँरेंगे तो आप ताउम्र युवा बने रहेंगे।यहां युवा बने रहने से हमारा आशय है कि आपके दांत, आपकी दृष्टि और आपके शरीर के जोड़ों में किसी तरह का दर्द या समस्या नहीं हो पाएगी।

चश्मा नहीं लगेगा

• यदि आप सोने से पहले हर दिन अपने पैरों पर सरसों तेल से मालिश करते हैं तो आप अपनी कमजोर आइसाइट को भी ठीक कर सकते हैं।लेकिन ऐसा नहीं है कि आपको एक या दो हफ्ते में ही इसका असर देखने को मिल जाएगा।

पाचन को ठीक रखे

- आपको जानकर थोडी हैरानी हो सकती है । लेकिन यह सही है कि जो लोग नियमित रूप से अपने पैर के तलुओं पर मालिश करते हैं या किसी और से कराते हैं, उनका पाचनतंत्र अन्य लोगों की तुलना में काफी ठीक रहता है । साथ ही उन्हें पेट संबंधी रोग नहीं घेरते हैं।
- साथ ही ऐसे लोगों के शरीर पर थकान् हावी नहीं हो पाती है । पैर के तलुओं की मसाज करने से शरीर के डैमेज सेल यानी क्षतिग्रस्त कोशिकाओं की जल्द मरम्मत होती है। इससे त्वचा भी चमकदार बनी रहती है।तो देर किस बात की, खूबसूरती और सेहत के लिए आज से ही शुरू करें पैर के तलुओं की



अां खेशरीर का सबसे जरूरी, सुंदर और नाजुक अंग है । सर्दी के मौसम में नमीं और ठंडक के कारण आंखों में पानी आ जाता है लेकिन यह ड्राई आई सिंड्रोम का संकेत भी हो सकता है। इस बीमारी में आंखों से बहुत ज्यादा पानी आना, धुंधला दिखाई देना और चुभन महसूस होना, सूजन,

रैशेज, लालपन जैसे लक्षण दिखाई देते है। इस बीमारी का समय पर इलाज न करने पर आंखों की रोशनी जा भी सकती है।ऐसे में इस समस्या से छुटकारा पाने के लिए आप डॉक्टर की दवाइ के साथ–साथ कुछ घरेलू उपाय भी कर सकते हैं। इन घरेलू नुरखों की मदद से आप बिना किसी नुकसान के इस परेशानी से छुटकारा पा सकते है।

गीला कपड़ा – आँखों को हाथों से इंफेक्शन का खतरा बढ़ जाता है। आंखों में जलन, दर्द या खुजली होने पर साफ पानी में कपड़े को भिगोकर आंखों की सफाई करें। इससे किसी भी तरह की बीमारी का खतरा कम हो जाता है ।

नारियल का तेल – नारियल तेल में मौजूद गुण आखों की गंदगी को साफ करते हैं। रोजाना आंखों के नीचे और आस–पास नारियल के तेल की मालिश करें। आपको इस समस्या से निजात मिल जाएगा। हर्बल टी – कोमोमाइल या पेपरमिंट चाय की पत्तियों को थोडी देर गर्म पानी में भिगो दें। इसके बाद थोडी – थोडी देर में आंखों की सिकाई करें।ध्यान रहें कि पानी ज्यादा गर्म न हो ।

नमक – कई बार आंखो में जलन और खुजली के कारण पानी आने लगता है। ऐसे में आप 1 गिलास गर्म पानी में

ड्राई आई सिंड्रोम का संकेत हो सकता है आंखों में पानी आना

चुटकीभर नमक डालकर आंखों की सिकाई करें । दिन में 3 बार इसका इस्तेमाल खुजली और जलन की परेशानी को दूर कर देगा।

बेकिंग सोडा – साफ पानी में 1 चम्मच बेकिंग सोडा मिलाकर गर्म करें।पानी थोड़ा रह जाने पर इससे अपनी आंखों को धो लें । इससे आपको आराम मिल जाएगा । **ढंडा दूध** – कॉटन बॉल को ढंडे दूध में डिप करके अपनी आंखों के आस–पास रगड़ें। इसके अलावा आप कॉटन बॉल को ठंडे दूध में भिगोकर रख भी सकते है। इन उपायों को सुबह – शाम करने से आपको आराम मिल

एलोवेरा – एलोवेरा जेल में 1 चम्मच शहद और 1/2 कप एल्डरबैरी चाय मिलाएं । रोजाना दिन में 2 बार इस मिश्रण से अपनी आंखों को धोएं।आपकी परेशानी कुछ समय में ही दूर हो जाएगी।

कच्चा आलू – एस्ट्रिंजेंट के गुणों से भरपूर कच्चा आलू आंखों में पानी आने की समस्या से जल्दी राहत देता हैं। आलू की पतली स्लाइस काट कर कुछ देर फ्रिज में रखें। इसके बाद इस ठँडी स्लाइस को 15 से 20 मिनट के लिए आंखों के उपर रख लें 12–3 दिन तक इसका इस्तेमाल आपकी इस समस्या को दूर कर देगा।

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RANCHI I 18 February 2025

NEWS BOX

Pandya bros ate just Maggi, Bumrah spoke to the ball: Nita Ambani on MI scouting

New Delhi. Mumbai Indians owner Nita Ambani revealed the story behind how the franchise was able to land the Pandya brothers and Jasprit Bumrah. Hardik and Krunal alongside Bumrah formed the core of the MI team that has won multiple IPL titles in the past and all three men went on to make their debuts for the Indian team as well.

While Krunal has moved on from the team, Bumrah has remained with MI throughout his IPL career, while Hardik returned to the franchise as captain during the IPL 2024 season. Speaking at an event in Boston, as quoted by ANI, Nita Ambani revealed how she used to go to every Ranji Trophy match in a bid to unearth new talent for the franchise. She remembered talking to the Pandya brothers at the MI camp and how they revealed that the duo had been eating just Maggi noodles for close to 3 years as they didn't have money. The MI owner said



that she saw passion and hunger in the brothers to make it big in cricket and decided to bring them to the team."In IPL, we all have a fixed budget, so every team can spend x amount of money, so we had to think about new ways of getting talent... So I remember scouting for talent, and I used to go to every Ranji Trophy match and my scouts and I would go to all these domestic cricket matches. And one day, our scouts took two young, lanky, thin boys to the camp. I was talking to them, and they said that for three years, they've eaten nothing but Maggi, Noodles because they've had no money. But in them, I saw the spirit, the passion and the hunger that they wanted to make it big. Those two brothers were Hardik Pandya and Krunal Pandya. In 2015, I bought Hardik Pandya at 10 thousand US dollars in the auction, and today, he's the proud captain of Mumbai Indians," said Nita Ambani.

Bumrah could speak to the ball

Nita Ambani went on to reveal how the scouts told her about Bumrah, and she felt that the pacer had the ability to speak to the ball. The MI owner also spoke about Tilak Varma, who is now a vital player in India's T20I

India to win Champions Trophy, Rohit Sharma

New Delhi. Former Australia captain Michael Clarke has predicted that India will win the upcoming Champions Trophy 2025 and tipped Rohit Sharma to be the highest rungetter in the tournament. India go into the tournament on the back of a 3-0 win in the ODI series against England. Rohit came back to form during the series, scoring a brilliant 119 off 90 balls in the Cuttack ODI. After having faced a lot of struggles in the past

few months, the India captain was able to score 122 runs across the 3 matches. Speaking on Beyond23 Cricket podcast, Clarke said it was good to see Rohit make some runs again and felt the opener would be key to India's chances in the Champions Trophy. Well, I am saying India is going to win (Champions Trophy). I am going to go with their captain, who's back in form. I am going to say Rohit Sharma—leading run



scorer in the tournament," Clarke mentioned in the Beyond23 Cricket Podcast. He added, "It's good to see him making runs again. I think India need him for sure.'

Rohit has a sensational record when it comes to the Champions Trophy. In 10 matches, the Indian captain has scored 481 runs at an average of 53.44 and has a hundred and 4 fifties to his name. He is also the 4th highest run-getter for India in the tournament's history. Champions Trophy 2025: Full coverage

Michael Clarke's other predictions for Champions Trophy

Clarke gave his picks for the highest wickettaker and Player Of The Tournament for the Champions Trophy. For the highest wickettaker, Clarke decided to go with Jofra Archer and feels that the England pacer is a superstar."I want to go with Jofra Archer—leading wicket-taker. I know England; I am not expecting them to do that well, but I think he's a superstar," said Clarke. The former Aussie skipper tipped Travis Head to be the Player Of The Tournament as he feels the southpaw is in

Champions Trophy Classics: When the tail wagged to help West Indies script history

→The final of the ICC Champions Trophy 2004 played between the West Indies and England at the Oval is still counted amongst the greatest final of an ICC event, thanks to a game-changing batting heroics of Ian Bradshaw and Courtney Browne. Relive the classic game in our special feature ahead of the upcoming edition of the tournament.

New Delhi. The Champions Trophy 2025 is just a few days away as Pakistan and New Zealand are set to take on each other in the opening clash on February 19. While the upcoming tournament promises to be a mouth-watering affair featuring several big stars of the cricketing fraternity, there have been numerous moments from the past editions which are still fresh in the minds of the fanatics of the game. One such incident dates back to the 2004 edition of the Champions Trophy when West Indies snatched victory from the jaws of defeat courtesy of a miraculous ninth-wicket partnership from their tailenders Courtney Browne and Ian Bradshaw.

IPL 2025: Full Schedule

West Indies had romped over their opponents on their way to the final and were up against the hosts England, who were riding high on confidence having beaten world champions Australia in the semi-final. Hence, the final was expected to be a neck-and-neck battle between the two best teams of the tournament, and it lived up to all the hype. Having won a crucial toss in the final played on September 25, 2004 at the Oval in London, West Indies captain Brian Lara had no hesitation to bowl first under the overcast conditions. As expected, England had to weather a tough passage of play while the West Indies bowlers made the ball dance to their tunes.

Marcus Trescothick's century helps England post 217

The hosts kept on losing wickets at regular intervals and were reduced to 148/6 in 38.2 overs. England's hopes were pinned on their opener, Marcus Trescothick, who stood like a rock at the crease and kept the scoreboard ticking. He got involved in a crucial 63-run partnership for the seventh wicket with Ashley Giles (31 off 37) which helped England cross the 200-run mark. Champions Trophy Classics: India's miraculous turnaround vs South Africa in 2002 semisTrescothick brought up his century off



122 deliveries and was finally run out for 104 (124) as he emerged as Messiah, who bailed England out of their misery. His innings helped post a fighting score of 217, and it was up to England's bowlers to make a game out of it. West Indies' innings had a similar fate as England's, as they lost their first three wickets with 49 runs on the board within the first ten overs. England managed to claw their way back into the game but still couldn't breathe easy with Brian Lara and Shivnarine Chanderpaul's presence at the crease.owever, Andrew Flintoff was

determined to guide England to their maiden ICC title as he got rid of Lara and Bravo in quick succession to leave West Indies reeling at 80/5. While wickets continued to tumble, Chanderpaul had calmly occupied the crease at the other end and was gradually taking his team closer to the coveted trophy

run-by-run.Ian Bradshaw and Courtney Browne do the impossibleTragedy struck the West Indies camp, when Paul Collingwood turned out to be the golden arm and got the massive scalp of Chanderpaul (47 off 66) to leave them staring down the barrel on 147/8 as England smelled

What happened next, would put the best of movie scripts to shame, as West Indies found their unlikely heroes in Ian Bradshaw and Courtney Browne. The duo batted and exhibited great maturity at the crease as they respected the good balls and pounced on every opportunity to score.A partnership which didn't seem threatening at first, was gradually crushing England's dream to lift the trophy in front of their home crowd. Bradshaw and Browne combined both of their batting talents to forge the greatest partnership between tailenders in the history of ICC events.

Champions Trophy Classics: When Shakib, Mahmudullah's heroics shocked New Zealand

New Delhi. In one of the greatest comebacks in the history of the Champions Trophy, Bangladesh had beaten New Zealand by five wickets to qualify for the semi-final of the 2017 edition. Veterans Shakib Al Hasan and Mahmudullah were the architects of the triumph as the Tigers came back from behind to register a stupendous five-wicket victory at the Sophia Gardens in Cardiff.

Shakib and Mahmudullah not only scored twin centuries, but put on a huge partnership of 224 runs, the second-highest in the history of the competition after Ricky Ponting and Shane Watson's unbeaten 252run stand against England back in 2009 in Centurion. The duo scripted the comeback after the Tigers were reduced to 33/4 while chasing 266.

Champions Trophy Full Coverage

After opting to bat first, the Black Caps put up a decent score of 265 for the loss of eight wickets. Ross Taylor top-scored for them with 63 while Kane Williamson scored 57. The duo also stitched together a partnership of 83 runs for the third wicket. Martin Guptill (33), Neil Broom (36) and James Neesham (23) also made valuable

contributions. In comes Shakib, with eight fours and two sixes.

In the run-chase, Bangladesh found themselves in all sorts of trouble, losing their first three wickets for 13 runs in 4.4



overs. Tamim Iqbal, Soumya Sarkar and Sabbir Rahman failed to enter single digits. Mushfigur Rahim tried to steady the ship before Adam Milne rattled his woodwork. From there on, Mahmudullah and Shakib took charge, after which Bangladesh didn't look back. Shakib was the first of the two to get to his hundred off 111 balls. The lefthander went on to score 114 off 115 with 11 fours and a six. Mahmudullah, on the other hand, stayed not out on 102 off 107, laced

When Trent Boult removed Shakib in the 47th over, the Tigers were on the brink of victory, needing only nine runs off 21 balls. Mosaddek Hossain Saikat smashed Milne for a boundary through the off side to score the winning runs as Bangladesh romped home with 16 balls to spare.

Out of the world'

After the match, Mashrafe Mortaza, the then Tigers' skipper, was over the moon and recalled Bangladesh's heroic win over Australia in Cardiff where Mohammad Ashraful scored a century. It is a great feeling. Both times I have been

here. I still remember 2005 against Australia and now against New Zealand. The way Shakib and Mahmudullah batted was out of the world for me," Mortaza said. Bangladesh, however, failed to make their way through to the final after Virat Kohli's

India beat them by nine wickets in the semifinal at the Edgbaston in Birmingham.

Eight years later, Bangladesh have returned to playing in the Champions Trophy and will first be up against India on February 20 at the Dubai International Cricket Stadium.

Not dissimilar to Jasprit Bumrah: Ex-captain defends Aussie spinner's bowling action

New Delhi. Former Australia captain Tim Paine has jumped to the defence of Matt Kuhnemann, claiming that the spinner's action is more or less similar to that of India's Jasprit Bumrah. Kuhnemann, who finished with 16 wickets in the 2 Tests against Sri Lanka, was reported for his bowling action right after the completion of the series. While the spinner has been allowed to bowl in domestic cricket, but the 28-year-old has been asked to prove his action is legal to play in ICC events. The spinner, much like Bumrah, tends to hyperextend his arm, rather than bending it. This was pointed out by Paine on SEN Radio, who said that being accused of throwing is not something nice to have against your name. The former Aussie skipper feels that the social media scrutiny would have been tough for Kuhnemann to deal with after being called up for suspect bowling

'I think there's a bit of flexion, not dissimilar to a Jasprit Bumrah," Paine said. "I think he'd be flat as a tack I'd imagine. In cricket, being



accused of throwing is not a great mark to have against your name. You're being accused in a way, of cheating.I imagine in such a public forum, that would be very hard for him to deal with that. He's probably walked off that day on top of the world, and by the time he's back in the hotel room he's at absolute rock bottom because he's fighting, if you like, to save his career."

'Kuhnemann targeted in token move'

international cricket again."

Cheeky Deandra Dottin gives Chris Gayle vibes: I was the missing piece of the WPL

New Delhi. Deandra Dottin was at her very best when Gujarat Giants (GG) opened their account in the Women's Premier League (WPL) 2025 after beating Deepti Sharma's UP Warriorz (UPW) by six

wickets on Sunday, February 16 at the Kotambi Stadium in Vadodara. Although it was skipper Ash Gardner who

won the Player of the Match award, Dottin played an equally important role. She gave the Giants their first breakthrough by dismissing Kiran Navgire, after which she finished with figures of 4-0-34-2. Thereafter, Dottin played a blazing knock of 33 off 18, helping the Giants chase down the target of 144 with two overs to spare. Dottin, in the meantime, made a cheeky remark, which depicted her incredible level of confidence.WPL 2025: GG vs UPW

After the match, Dottin was asked about Last year, in December, the West Indies all-

whether the Giants benefitted by her inclusion. "Were you the missing piece of the Gujarat Giants?" asked the presenter



Replying to the question, Dottin said, "I was actually a missing piece for the WPL as a

WPL 2025 Full Coverage

price of Rs 1.70 crore. 'Greatest player in the world' Dottin's aura was reminiscent of a certain Chris Gayle, who's popularly known as the Universe Boss. Dottin, on the other hand, is known as the Paine feels that Kuhnemann has been targeted World Boss on the women's cricket circuit.Gayle was someone who preferred wearing his heart on his sleeves. Back in 2019, Gayle called himself the greatest player in the

rounder became the first player to be sold in

the auction when the Giants roped her in at a

world while speaking to the reporters at the Kensington Oval in Bridgetown, Barbados."You're looking at a great man. I'm the greatest player in the world. Of course, I'm still the Universe Boss. That will never change. I'll take that to the grave," Gayle had said. The

left-hander holds the record for the most

runs (14562) and most sixes (1056) in T20s.

in a token move by the officials and claimed that the Aussie spinner was an easy target for them.I just don't get it," he added. "Go back through the history of cricket and we've had guys who have played hundreds of Test matches combined who have (much worse actions) than Matthew Kuhnemann. I feel like it's a bit of a token 'we'll look like we're policing this, even though we have never before,' and Kuhnemann has been the unlucky one."Kuhnemann will now have to undergo biomechanical testing in the next few weeks to clear his name and play in

My PR is my cricket: Ajinkya Rahane targets return to Indian Test team

New Delhi. Ajinkya Rahane is targeting a return to the Indian Test team and claimed that he wants his bat to do the talking for him. Rahane last played for India during the tour of the West Indies in 2023 after playing in the World Test Championship final that year against Australia. Despite a good performance against the Aussies, the Mumbai batter was snubbed from the Test team as India decided to bank on younger stars.Rahane returned to the domestic circuit and has been in fine form since then. In the ongoing Ranji Trophy 2024-25 season, the 36-year-old scored 437 runs in 12 innings, including a hundred in the quarterfinal against Haryana. This follows a spectacular Syed Mushtaq Ali Trophy campaign, where he was the highest run-getter with 469 runs in nine matches at an average of 58.62 and a

strike rate of 164.56. Speaking to Indian Express, Rahane said that people has advised he to speak up and be in the news.

"I was always shy, now I have opened up. My focus has been to play cricket and go home. Nobody told me that going ahead, certain things will be needed. Today also, sometimes I feel ki bas cricket khelo, ghar jao. Now I am told I need to speak up, talk about my hard work. People say you need to be in the news ... I don't have a PR team, my only PR is my cricket. I have now realised that staying in the news is important. Otherwise, people think that I'm out of the circle," said Rahane. The Mumbai batter said that Test cricket is his motivation at the moment for making a return to the Indian

'Test cricket. There is still fire and passion in me. I'm playing Ranji Trophy at the moment,



trying to give my all to the Mumbai team. The goal is clear to make another comeback. When I was dropped a few years ago, I made runs and was picked for the World Test Championship final and then was dropped again. But what is in my control? To play," said Rahane.

Was tough to watch Border-Gavaskar Trophy sitting at home'

Rahane was one of the stars for India during the 2020-21 Border-Gavaskar Trophy in Australia as he also captained the side after the 1st Test following Virat Kohli's absence. This time around, he was forced to watch the action from the sidelines, something the Mumbai batter found tough.Rahane said that he still feels he can serve the Indian team going forward."Yes (it was tough to watch BGT sitting at home). Previously, I was dropped despite doing well. So, somewhere I feel I can still serve the Indian team. Cricket is still left in me," said Rahane.Rahane is captaining the Mumbai team in their semi-final against Vidarbha in the Ranji Trophy on Monday, February 17.



REACTS To Her Viral Monologue From Dhoom Dhaam: 'As A Woman, You'll Resonate With It'

ami Gautam, in an exclusive conversation with News18 Showsha, opened up about the powerful, viral monologue on women's empowerment featured in her upcoming Netflix film Dhoom Dhaam. In a stirring address, Yami's character Koyel talks about about the daily struggles women face ranging from relentless harassment and catcalling to the pressure of marriage and the expectation to bear children. She touched upon the harsh reality that if a girl child is born, women are often pressured even further to have more children. The monologue also highlights how societal norms force women to face discomfort by dressing in heavy, concealing clothing despite soaring temperatures. Her character does not even shy away from discussing even more disturbing issues, such as the unsolicited explicit images sent by some men.



Speaking of the scene that Y a m i delivered in one take, she explained, "In my head, it's never choreographed like there are going to be any multiple takes or multiple shots. It has to be delivered right in the first go and preferably, in first take, I think your first is always your best. Some actors warm up and eventually they get the right emotion. But, that's absolutely to each his own. I feel my best comes in the first two takes, preferably the first take,

especially when something is really coming from your heart, something which you're really feeling it. So you, and you can't fake it. Being a woman, somewhere, some of us resonate with it - may not be the entire monologue, but two lines from it. You will resonate with it. You connect with it. It's an amalgamation of trying to keep all those emotions balanced and to hear as many perspectives as you can and roll into one."

Yami also spoke about how Pratik Gandhi's natural reaction to the monologue led to a small improvisation. She added, "The way he's reacted, there's a very small improvisation. And that happened because of his reaction. That line was not there. 'Idhar udhar kya dekh rahe ho'?" Dhoom Dhaam will drop on Netflix on February 14.



Makes An Impression In A Bold Printed Midi Dress ollywood actress Mrunal Thakur never fails to impress with her impeccable fashion sense, and her latest Instagram post proof of that. The actress shared a series of mesmerizing pictures from Mumbai, showcasing her effortlessly chic style in stunning printed dress by designer Saaksha & Kinni. The outfit, a white midi dress adorned with bold, artistic prints in blue, yellow, and red hues, exudes a perfect blend of contemporary aesthetics and artistic expression. With a structured bodice and a flared silhouette, the dress highlights Mrunal's graceful figure while adding a playful touch to her overall look. She completed her ensemble with elegant accessories from Lusso Jewels and was styled by Sheefa Gilani. Mrunal kept her makeup minimal, letting her natural glow shine through. Her hair was styled in a sleek updo, adding an air of sophistication to her outfit. The post, captioned "glowy 5," truly encapsulated her radiant aura. Fans quickly flooded the comment section with praise, admiring her effortless elegance and timeless beauty. One of them



wrote, "How can a person be so cute andattractive?? You should pay TAX for thiS attractiveness." Another one commented, "Looking so elegant." Someone else said, "Gorgeous!" A fan also stated, "Fabulous!" Talking about her profession a 1 commitments, Mrunal will next be seen in Pooja

Meri Jaan, directed by Navjot Gulati. The film is backed by Dinesh Vijan and Amar Kaushik under the Maddock Films banner. Initially

planned for a November 2024 release, the film was later pushed to early 2025. Pooja Meri Jaan also stars Huma Qureshi in a key role.

Apart from this, Mrunal will explore comedy in Hai Jawani Toh Ishq Hona Hai. The film pairs her with Varun Dhawan and is directed by David Dhawan. This marks the fourth collaboration between Varun

Another much-anticipated film in Mrunal's lineup is Dacoit where she will make her debut in the action genre. She will star opposite Adivi Sesh. Directed by Shaneil Deo, the action drama follows the journey of an angry convict, who meticulously plots revenge against his former girlfriend after being betrayed by her. The film is being produced by Supriya Yarlagadda and co-produced by Suniel Narang.



Samay Raina CANCELS Gujarat **Shows Amid Ranveer** Allahbadia's 'Parents Sex' **Comment Controversy**



mid the controversy regarding Ranveer Allahbadia's recent comments on India's Got Latent, the maker of the show, comedian Samay Raina, has reportedly cancelled his Gujarat shows. The Vishva Hindu Parishad (VHP) on Wednesday claimed that the stand-up comedian is no longer scheduled to perform in the state and his show tickets have been taken down from the platform BookMyShow.

VHP spokesperson Hitendrasinh Rajput claimed that Raina had planned four shows in the state. Reportedly, he was supposed to perform in Surat on April 17, in Vadodara on April 18 and in Ahmedabad on April 19 and 20.

'It appears all these four shows have been cancelled due to public outrage against him in Gujarat. Though tickets for these shows were available till morning (of Wednesday) on BookMyShow, it seems they have been now taken down from the portal," Rajput claimed, as quoted by Hindustan

In another statement, VHP regional secretary Ashvin Patel also claimed that the organisers decided to cancel Raina's shows due to the recent



controversy. "In view of the anger among people, it appears organisers have cancelled Samay Raina's upcoming shows in Gujarat. We are thankful to the people of Gujarat for showing such alertness. I also ask organisers to refrain from organising events of such people in Gujarat," he

This comes at a time when Samay Raina has been facing backlash for Ranveer Allahbadia's recent comments on India's Got Latent. Allahbadia, also known as BeerBiceps, during a recent episode of the show, allegedly asked a contestant an inappropriate question involving body parts and proposed an indecent act in exchange for Rs 2

Simone Ashley Seeks Wedding Date In Prime Video's 'Picture This' Trailer



mazon MGM Studios has unveiled the trailer for Picture This, starring Simone Ashley and Hero Fiennes Tiffin. The romantic comedy, directed by Prarthana Mohan, premieres on Prime Video on March 6.

The film follows Pia (Ashley), a struggling photographer who is told she'll find love within her next five dates. Her family enthusiastically takes on the role of matchmaker—just as her ex, Charlie (Fiennes Tiffin), unexpectedly reappears in her life.

The trailer teases emotional moments between the leads. "I thought being independent meant being alone," Ashley's character says. "But taking photos made me realize the kind of life that I wanted to have." In another scene, Fiennes Tiffin's Charlie confesses, "I still think about you, Pia." When she doesn't respond, he presses, "You just drew that out of me. You're not going to respond to it?" Watch the trailer, here.

The cast also includes Sindhu Vee, Luke Fetherston, Nikesh Patel, Adil Ray, Anoushka Chadha, and Phil Dunster. Picture This is based on the 2024 Australian rom-com Five Blind Dates, with a script by Nikita Lalwani. Ben Pugh and Erica Steinberg serve as producers.

Ashley, known for her roles in Bridgerton and Sex Education, will also appear in the upcoming racing film F1, starring Brad Pitt and Damson Idris. The film's teaser debuted during the Super Bowl pre-game show.

Fiennes Tiffin, recognised for the After film series, has also starred in Harry Potter and the Half-Blood Prince and Guy Ritchie's The Ministry of Ungentlemanly Warfare (2024).