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## In Shorts

### Fire breaks out again in Maha Kumbh



**Prayagraj:** Fire broke out again in Maha Kumbh Mela area on Saturday. The fire broke out between Sector 18 and 19. It is being said that many pandals were burnt to ashes. However, there is no news of any casualties so far.

### The air of Jharkhand's cities is getting polluted

**Ranchi:** The air of Jharkhand's cities is getting polluted. The situation of increasing air pollution in cities is worrying. According to the recently released Air Quality Index report, Dhanbad has the highest level of air pollution. Dhanbad's AQI has reached 165. Whereas its level has decreased in Ranchi and Jamshedpur. At the same time, the AQI level in Ranchi has reached 160 and in Jamshedpur it has reached 150. The administration needs to take concrete steps to deal with this situation, so that the health of the citizens can be kept safe.

### Virat's magic worked in Pakistan too



**Karachi:** Indian cricket star batsman Virat Kohli's fan following is not limited to India only, but his magic is also very popular in Pakistan. Due to Babar Azam's disappointing performance in the recent tri-series, Pakistani fans openly expressed their liking. Fans raised slogans of Kohli-Kohli in Karachi stadium. The land of Pakistan echoed with slogans of Kohli Zindabad. At the same time, Babar Azam was severely reprimanded by the fans for his poor performance.

## President attended the platinum jubilee celebrations of BIT Mesra Said- coming to Jharkhand is like coming home for me



DN ■ Ranchi

President Draupadi Murmu, while attending the platinum jubilee celebrations of BIT Mesra, said that today is the day to be proud of the great achievements of BIT Mesra. She further said that technology has progressed a lot, in which things like AI, animation have brought a big change. At the beginning of her address, she said that coming to Jharkhand is like coming home for her. President Draupadi Murmu praised the educational journey of BIT Mesra and congratulated it. She said that BIT Mesra has completed 70 years. We are proud of its rich heritage. The central government is serious about AI in higher education. She said that

the enthusiasm and commitment of the youth will prove to be important in building a developed India. Our daughters are not behind in science, engineering and technology. On the occasion, Governor Santosh Kumar Gangwar welcomed President Draupadi Murmu and said that the way you have adorned the post of Governor of Jharkhand for more than 6 years and your work style and spirit of public service as a People's Governor, you have left a deep impression on the people of Jharkhand. Ever since the news of your arrival in Jharkhand has been received, there is an atmosphere of enthusiasm and joy among the people of the state. **Role of youth in building a developed India**

### BIT Mesra praised

Congratulating the faculty and students, Murmu said she was proud of the rich legacy of BIT Mesra which has completed 70 years of academic excellence, research and innovation in technology. She said the institute is a pioneer in space engineering and rocketry and has launched several new courses. "The enthusiasm and commitment of the youth will be the key to building a 'developed India,'" she said. She said she was proud of "our daughters" who were not behind in science, engineering, technology and mathematics. The President inaugurated an exhibition showcasing science, technology, innovation and entrepreneurship. Murmu arrived in Jharkhand on Friday on a two-day visit and stayed overnight at the Raj Bhavan. Security has been tightened in the Jharkhand capital in view of her visit.

President Draupadi Murmu said that the enthusiasm and commitment of the youth will prove to be a milestone in building a 'developed India'. She further said that our daughters are not behind in science, engineering, technology, mathematics. **Progress in AI and machine learning** President Draupadi Murmu said that there will be big changes in the future with the expectation of far-reaching progress in AI and machine learning. She further said that the Government of India is taking steps to integrate AI in higher education. **Message to innovators and entrepreneurs** President Draupadi Murmu, while giving a message to innovators and entrepreneurs, said

that they should not ignore the knowledge base of traditional communities. She further said that often problems do not require major technical intervention. **Today's era is the era of technology** Today's era is the era of technology. Information technology is very important in the present era. Technology and humanities complement each other. She said that BIT has established many dimensions in its 70-year journey. New technology is important in realizing the dream of a developed India. The first Space and Rocketry Department was established in BIT Mesra in 1964. Many new innovations have taken place in the present times. Referring to AI, she said that it is very important.

## K. Raju becomes the new in-charge of Jharkhand Congress, Ghulam Ahmed Mir relieved



**Ranchi:** The command of Jharkhand Congress in-charge has been given to K Raju. Ghulam Ahmed has been relieved from the post. The Congress high command has changed the in-charges of 9 states including Jharkhand. Now the question is who is K Raju who has been given the responsibility of this state. K Raju has been a 1981 batch IAS officer of Andhra Pradesh. In the year 2013, he resigned from his post. He is considered very close to Rahul Gandhi. K Raju, the Congress in-charge of Jharkhand, first came into the limelight when he was appointed as the head of the Scheduled Caste unit by the

Congress party. Even before this, he has been coming to Jharkhand due to the work of the organization. Therefore, he has a good knowledge about the state of the organization in the state. In the 2024 Lok Sabha elections, he has contested as a Congress candidate from Nellore constituency of Andhra Pradesh. **Had a big role in drafting many bills including Right to Information** K Raju's full name is Koppula Raju. He played a big role in drafting the Right to Information, Right to Education, MNREGA and Food Security Bill. It is said about him that he is a visionary leader, so the high command has given him big responsibilities. Let us tell you that former Congress in-charge Ghulam Ahmed Mir took charge of Jharkhand on 23 December 2023 just before the Lok Sabha elections. Under his leadership, the party won 16 seats in the assembly. While it captured 02 seats in the Lok Sabha. This was the best performance of Congress in Jharkhand after the year 2014.

## Pilgrim bus collided in Prayagraj, 10 died, 19 injured

**Prayagraj:** A major road accident has taken place in Prayagraj, Uttar Pradesh. A Bolero coming from Chhattisgarh to Maha Kumbh collided with a bus on the Mirzapur-Prayagraj highway. 10 devotees died in this accident. While 19 people are said to be injured. The collision was so strong that the Bolero was blown to pieces. There was a lot of screaming at the spot after the accident. All the injured have been admitted to the Community Health Center in Ramnagar. The police have taken the bodies into custody and sent them to



Swaroop Rani Medical Hospital for post-mortem. It is said about the incident that devotees from Korba district of Chhattisgarh were coming to Prayagraj in a Bolero car for Maha Kumbh Sangam bath. At around 12 o'clock in the night, when their car reached near Manu Ke Pura village of Meja police station area on Prayagraj-Mirzapur highway, it collided with a bus coming from the front. The collision was so severe that the Bolero car was shattered into pieces. After the accident, there was chaos at the accident spot. After getting information about the incident, the police reached the spot and started rescue work. After a lot of hard work, everyone was taken out, but by then 10 people riding the Bolero had died.

## The number of people who took a dip in Maha Kumbh crosses 50 crore



**Prayagraj:** So far, more than 50 crore people have taken a dip in Sangam in Maha Kumbh. Even now, the crowd of devotees and bathers is gathering on the banks of Sangam. The number of Kalpvasis in Maha Kumbh has exceeded 2 lakh. So far, the total number of people who took a dip has exceeded 92.12 lakh. Till 15 February, the total number of people who took a dip had exceeded 50.11 crore, after taking a holy dip in Maha Kumbh in Prayagraj, a huge crowd of devotees is gathering for darshan at Shri Ram Janmabhoomi Temple (Ayodhya). In the 33 days of Maha Kumbh, 33 percent of the country's population has taken a dip of faith in the holy Sangam. According to the data of devotees broadcast by the Mela administration at 8 pm on 14 February, so far 50.11 crore have participated in Maha Kumbh. Currently, the population of India is 145 crore. According to this, more than 33 percent of the country's population has come to the holy Sangam till now. Looking at the crowd of devotees, this figure is estimated to be between 55-60 crores. Maha Kumbh started from January 13, whose last bath will be done on Mahashivratri i.e. February 26. **10 lakh devotees participated in Maha Kumbh 1882:** Mahakumbh was organized in Prayagraj 144 years ago in the year 1882. Then 10 lakh devotees came to bathe in Maha Kumbh. This was 0.6 percent of the total population at that time. According to the record document, the total population of the country at that time was about 25 crores.

## PM Modi's face shows a serious expression on his return from America

**New Delhi:** PM Modi's US visit is being discussed all over the world. Be it his chemistry with US President Donald Trump or the offer of a fifth generation fighter jet. The world is watching PM Modi's Washington visit with hopeful eyes. When he returned home after completing two important visits to France and America, he was seen getting off his plane at the airport with utmost simplicity and was seen sitting in a car and heading towards the PM residence. During this, a very serious expression was seen on PM Modi's face. It is worth noting that earlier whenever Prime Minister Narendra Modi used to return from



a foreign trip, the BJP President, many Union Ministers and senior party leaders used to reach to welcome him. But now when the Prime Minister returned from an important visit to France and America, neither the BJP President, nor any Union

Minister nor any senior or junior leader of the BJP reached to welcome him. In such a situation, the discussion has intensified whether PM Modi's arrival in India with great simplicity has been taken because of a decision of the Trump government. In fact, Prime Minister Narendra Modi's plane had taken off from America. Recently, America has sent another military plane to India. Earlier, America had sent back 104 illegal Indians. Now, with the return of Prime Minister Narendra Modi to India, America has decided to send another batch of illegal immigrants to India. This time, the news is that 119 illegal Indians are com-

ing from America. President Trump's action against illegal immigrants has become more firm and fast. Within just a few days, another batch is returning to India. 119 illegal Indians have been included in this batch. These 119 illegal Indians will return to India in the same way as they returned earlier. These illegal Indians are returning to India with chains on their feet and handcuffs on their hands. The big thing is that this time also America has used military plane for their return. In such a situation, PM Modi must have thought it appropriate to avoid any kind of show-off on his return to India.

## Kejriwal in the clutches of Central Vigilance Commission! Investigation ordered regarding Sheeshmahal, report summoned from PWD

**New Delhi:** Former Delhi Chief Minister Arvind Kejriwal has been caught in the clutches of Central Vigilance Commission (CVC). It is reported that the Central Vigilance Commission (CVC) has issued orders to investigate the allegations of corruption on the decoration of the government bungalow (alleged Sheeshmahal). On the complaint of BJP leader Vijender Gupta, CVC has summoned a detailed report from Delhi PWD. This bungalow is located at 6,

Flag Staff Road. BJP has named it Sheeshmahal. Kejriwal lived in this bungalow from 2015 to October 2023. Vijender Gupta has filed two complaints in CVC. He alleged that Kejriwal, by keeping the rules aside, got a luxurious bungalow constructed on 40,000 square yards of land. Plot numbers 45 and 47 on Rajpur Road, where senior officials and judges earlier lived in Type-V flats. Apart from this, two bungalows (8-A and 8-B) on Flagstaff Road were demolished and merged. Gupta alleges that the rules of ground

coverage and floor area ratio were violated in this construction. Approval of the layout plan was also not taken. Vijender Gupta also alleged extravagant expenditure on the decoration of the bungalow. He claimed huge financial irregularities and spending crores of rupees of taxpayers on luxurious facilities. CVC has sought a factual report from PWD on these complaints and has ordered a detailed investigation by PWD. Gupta said, Kejriwal has misused public money, this is a betrayal of the common people. BJP will take this issue to the public.

## In memory of the life and legacy of Hon'ble Justice M.Y. Iqbal, a discussion was organized on changing constitutionalism



DN ■ Ranchi

A seminar was organized in the Auditorium of Saint Xavier's College under the Indian Association of Lawyers, Jharkhand, to commemorate the life and legacy of former Supreme Court Judge Justice M.Y. Iqbal. The program was inaugurated by Afaq Rashidi and Subhashish Rasik Soren. The guests who came to the program were welcomed with bouquets and the program began with lighting of lamps. After lighting the lamps, the text of the Constitution was read. After that,

the opening speech was given by Father Robert Pradeep Kujur, Principal, Saint Xavier's College. The welcome address was given by retired Justice High Court Ratnakar Bhengra. The program was introduced by AK Rashidi, General Secretary, Indian Association of Lawyers. After that, Supreme Court Judge Sandeep Mehta explained the program in detail. Justice Iqbal has drawn a long line in the field of jurisprudence. He has made an unforgettable contribution in the advocacy of "Fair Trial".

### Life cycle-

- \* Born on 13 February 1951 here in Ranchi.
- \* Graduated from Ranchi University in 1970.
- \* In 1993, he became a government lawyer in the High Court.
- \* He was a great expert in civil, criminal, legal matters and tax matters.
- \* Appointed as a Justice in Patna High Court on 9 May 1996.
- \* Posted as a Justice of Jharkhand High Court on 14 November 2000.
- \* During this period, he was always vocal in favor of social justice. He watched the hearings related to this prominently. He completed the hearing of the cases related to the filed PILs with seriousness.
- \* In an unprecedented decision towards the survivors of acid attacks, he gave the decision to put them in the category of disabled.
- \* Took many important decisions related to the social security of women.
- \* Guarantee of compensation by the accused through the court and provision of severe punishment for the survivors of acid attacks, rape survivors, women victims of sexual violence.

Today, it is a pleasant experience to be in his home district Ranchi. We have been good friends, good partners and lawful professionals. There is a long list of his works.

As a better human being, he always maintained a balance between personal autonomy and law. This understanding made him so great.

## In the e-Janshikayat program, the citizens of Bishunpur and Palkot blocks also shared their problems through CC



DN ■ Gumla

In the weekly e-Janshikayat program organized on Saturday under the chairmanship of Deputy Commissioner Karna Satyarthi, the citizens of Palkot and Bishunpur blocks joined online and told their problems.

In the program, more than 30 applicants from Palkot and Bishunpur blocks gave details of their problems. These problems included issues related to pension, ration PM, farmers and other government schemes. The Deputy Commissioner listened to all the problems seriously and directed the concerned block develop-

ment officers to solve the necessary problems on the spot. During this, villagers of many villages also put forward their problems through CC, mainly regarding making PCC and road construction.

Apart from this, many problems were resolved on the spot at the block level through the concerned Block Development Officer. The issues raised by the citizens included road construction, culvert construction, pension scheme, drain construction, ration, PM Kisan, water tower repair, check dam construction, housing related problems etc. The Deputy Commissioner directed the concerned officers to resolve all the problems quickly and effectively. He said that the administration is fully committed to solving the problems of the general public. He directed to resolve the problems which can be resolved locally, and also directed to resolve the said problems by holding Gram Sabha for resolving the problems of Panchayat and village levels.

## News In Brief

### Two persons injured in collision between tractor and bike



**Medininagar:** Two persons were seriously injured in a head-on collision between a tractor and a bike on NH 98 road located next to Chhatrapur High School on Friday evening at around 6:30 pm. The injured persons were sent to Chhatrapur Sub-Divisional Hospital with the help of local villagers. Where after first aid, the doctors have referred both of them to Medini Rai Medical College Hospital for better treatment. The injured bike riders have been identified as 35-year-old Nagendra Yadav and 32-year-old Guddu Yadav, residents of Sildakhurd village of Chhatrapur police station area.

### PVUN sponsored AC pump training camp concluded



**Bhurkunda (Ramgarh):** The AC and water pump repair and maintenance training camp sponsored by PVUN concluded on Friday at the Government Tool Room in Ranchi. 30 youths from local villages participated in this two-month training and learned the tricks to develop their skills. All the trainees were honored with certificates in the ceremony. This will help them in getting better employment opportunities along with self-employment.

## Police arrested four accused in POCSO case and sent them to jail

DN ■ Chakradharpur

Manoharpur police has arrested four accused from Undhan village and sent them to jail on charges of molesting a 15-year-old minor girl, threatening to kill her and forcibly snatching money from her mobile phone. The arrested accused are Raj Mahato (21), Kamal Mahato (28), Suraj Mahato (24) and Khushwant Mahato (19). Regarding this matter, the victim has registered a case in Manoharpur police station last Thursday under section 8/10/12 of POCSO Act and section 74, 115, 309, 351 of Indian Penal Code. According to the information received in this regard, the case is of January 24. But after this incident, the



victim thought a lot and registered a case in the police station last Thursday. After the case was registered, the police took immediate action and arrested all the accused involved in the incident. And on Friday morning all the four accused have been sent to jail in judicial custody. On the other hand, according to the information received about one of the arrested accused Raj Mahato, he is the Gram Munda of Undhan village. While there is a heated discussion in Undhan and the surrounding villages about this misdeed of the Gram Munda.

## Mayuri Trust, Chaitali College organized awareness meeting on women empowerment

DN ■ Gumla

Mayuri Trust and Chaitali College Gumla organized an awareness meeting on women empowerment today at Saint Joseph College Konbir Navatoli ground. The chief guest of this program, Chaitali Sengupta, Secretary of Mayuri Trust, said that women play an important role in the development of society and working for their economic development is definitely a matter of good fortune.

She said that in the direction of women empowerment, Jharkhand's Hemant Soren government has started the Maiya Samman Yojana, which people are taking advantage of, he appealed to women to adopt agriculture based employment to become financially strong.

On the occasion, Director of Mayuri Trust and Chaitali College, Basant Kumar Gupta, informed the people about the programs of the Trust and appealed to them to enroll for B.Ed. D.El.Ed. Nursing and Law studies in Chaitali College, run



by the Trust.

On this occasion, women representatives Sunita Devi, Bhagwati Devi, Veronica Lakra, Heera Devi, Nirmala Indawar, Salomi Lakra, Nutan Lakra, Sushma Minj, Sarita Devi, Sugi Devi, Kamala Devi, Monica Devi, Pramila Devi, Devmati Kumari, Vineeta Toppo, Jyoti Minj and many others expressed their views and stressed on women working in an organized manner. Many women and representatives of Mahila Mandal were present on this occasion. The vote of thanks was given by Director of Mayuri Trust and Chaitali College, Basant Kumar Gupta.

## In Rajaparam, the head started the work of housing survey of new beneficiaries in PM Awas Plus 2.0



DN ■ Chakradharpur/Bandgaon

Housing survey of new beneficiaries is going on in village Rajaparam of Landupada Panchayat area in PM Awas Plus 2.0. On this occasion, head Kush Purti said that the important schemes of the Honorable Prime Minister are to provide housing to every poor class. Those beneficiaries who have not got housing yet are being selected and registered through geo tag. And survey is to be done in all the villages. Panchayat Secretary Shekhar Oraon said that all the classes are to be surveyed giving priority to the families below the poverty line. Aadhar card, bank pass book, job card and mobile number are required in the survey. On this occasion, Panchayat Assistant Kanchan Pradhan, Gram Munda Manki Purti, Ward Member, Madhu Purti, Suresh Chandra Purti, Chumbaru Purti, Rautu Purti etc. were present in the survey.

## Chaibasa's Master Saeed Alam will give self-defense training to girls in Chhattisgarh's Korea district

DN ■ Chaibasa

A week-long self-defense training camp is being organized in Chhattisgarh's Korea district from February 19 to 25, in which the country's renowned self-defense expert, Master Saeed Alam will give self-defense training to girls and women. This camp will prove to be a golden opportunity for all those girls and women who want to be alert and aware about their safety.

Master Saeed Alam, who has an eighth dan black belt in Karate, has been working in the field of self-defense for more than 40 years. He is a government certified and experienced self-defense trainer, who has trained more than one



lakh girls and women in self-defense so far. He is famous in the country and abroad due to his expertise and experience.

Master Saeed Alam, who has been awarded 16 international awards so far, has also received more than 31 prestigious awards. He also has the distinction of being featured in the book 'World's Greatest Martial Artist', which is published

from America. Apart from this, he has also been honored with a doctorate degree in martial arts.

Participants interested in participating in this camp can contact Master Saeed Alam directly. For this, you can contact him on his WhatsApp number 99262 68683 and get detailed information.

This opportunity will not only provide information about self-defense, but will also strengthen the sense of confidence and security among women and girls.

Such events will help in raising awareness about the safety of women in Chhattisgarh and make them self-reliant in every situation.

## Police ran bulldozer on opium cultivation in Latehar, destroyed 100 acres of crop

DN ■ Latehar

Police has given a big shock to the people cultivating opium in the district. The opium cultivation planted in about 40 to 45 acres of land in Mahuatand forest under Herhanj police station area of the district was completely destroyed by the police through bulldozer and tractor. Bulldozer was used for the first time against opium cultivation. This action of the police has caused huge financial loss to the opium mafia. Actually, Latehar SP Kumar Gaurav had received secret information that opium is being cultivated on a large scale in Mahuatand forest located in Herhanj police station



area of Latehar district. After the information, a team was formed under the leadership of Balumath DSP Vinod Rawani and police station in-charge Krishna Pal Singh Pawaiya and raids were conducted against opium cultivation. There was no way to reach the place where opium was cultivated. The police somehow covered a distance of about 18 to 20 km

through the jungle and reached the marked place.

With the help of district police, CRPF and IRB personnel, the opium crop was completely destroyed. For the first time in Latehar district, the police used bulldozers against opium crop. DSP Vinod Rawani said that the police took this action on the basis of secret information received by Latehar SP Kumar Gaurav

and destroyed the opium crop grown in about 40 to 45 acres of land. He said that the police has destroyed the opium crop grown in more than 100 acres of land so far in Herhanj police station area alone.

He said that the police's goal is that opium cultivation will not be allowed in the district under any circumstances. At the same time, police station in-charge Krishna Pal Singh Pawaiya said that the opium crop has been destroyed in the marked place. The police is trying to find out who had cultivated opium here. After investigation, legal action will be taken by registering an FIR against the culprits.

## One day regional workshop on Lugam Chasi (Tassar farming) concluded

DN ■ Chaibasa

A one day regional workshop on Lugam Chasi (Tassar farming) was organized under the aegis of the Industries Department- Handloom, Silk and Handicraft Directorate- Jharkhand at the Tassar Silk Complex located in Chaibasa, the headquarters of West Singhbhum district. The workshop was attended by the Chief Guest, Revenue and Land Reforms Department and Transport Department Minister of Jharkhand Government, Mr. Deepak Birua, Special Guest, Singhbhum MP Mrs. Joba Majhi, Singhbhum Divisional Commissioner Mr. Hari Kumar Kesari, District Magistrate-cum- Deputy Commissioner Mr. Kuldeep Chaudhary, Chaibasa District Council President Ms. Laxmi Suren, Deputy Development Commissioner Mr. Sandeep Kumar Meena, along with invited guests Mr. Ram Mohan Pramanik, Assistant Secretary-Raw Material Bank Chaibasa and Dr. Tapendra Saini, Scientist 'B', Tassar Breeding Center, P-04, Chakradharpur, invited guests from Central Silk Board, Assistant Industry Director-Silk Mr. Ravi Shankar Prasad and others.

On the occasion of the regional workshop,



first of all, all the guests present were welcomed and greeted by presenting them with a bouquet, a garment and a symbol. Thereafter, the program was formally inaugurated by lighting a lamp by all present. In the program, the guests encouraged the tassar farmers who did better work in cocoon production. Also, a book titled "Tassar Silkworm Rearing" Bugin Aneto Reya Hora Chinah Bu Chikaya Chinah was released to promote tassar farming. During this, the guests inaugurated the various stalls set up at the venue by cutting the ribbon. Also, the cocoon bank located in the campus was visited. In the regional workshop, after the lunch break, in the technical session, topics like disease management, post cocoon technology, seed bank technology, insect rearing and plantation etc. were discussed in detail.

Addressing the one-day workshop, the Singhbhum MP said that the government is constantly trying to promote the production of tassar silk in the Kolhan region. The Jharkhand government is constantly working to provide better guidance along with technical facilities to the tassar farmers of this region and to increase the income of the farmers. It is due to the tireless hard work of the tassar farmers that we all get silk manufactured material. He said that tassar silk production is mainly a forest-based product in the Kolhan region, which is an easy means of additional income in a short time without harming the forest and the environment.

Addressing the workshop, the Divisional Commissioner said that tassar cultivation is the main source of additional income for about 55,000 to 60,000 families of the Kolhan region, through which farmers are able to fulfill their special needs. The objective of this workshop is to encourage the next generation for this farming while preserving the rich heritage/tradition of tassar farming and to provide a better means of income within 50-55 days

## The Supreme Court has cancelled the appointment made to the post of fourth grade in Palamu in 2010

DN ■ Palamu

The advertisement issued in 2010 for appointment to the post of fourth grade in Jharkhand has suddenly come into discussion. Under this advertisement, 139 people were appointed to the post of fourth grade in Palamu in 2017-18. In the case of the advertisement issued in 2010 for the post of fourth grade, the Supreme Court has declared it illegal and unconstitutional and cancelled the appointment.

In fact, in 2010, an advertisement was issued for appointment to the post of fourth grade in Palamu. In the advertisement issued for recruitment, it was not told how many posts were



to be appointed. Permission was not taken from the state government before issuing the advertisement. About 22000 people had applied for recruitment. On the basis of the 2010 advertisement, about 139 people were appointed in 2017-18. **Recruitment advertisement of 2010 cancelled** There was irregularity in the appointment, candidate

Amrit Yadav went to court

Candidate Amrit Yadav went to court regarding the appointment matter, after which the Supreme Court, after hearing the entire case, cancelled the advertisement itself. Amit Yadav says that the advertisement was issued in 2010, the examination was held in 2017 while the appointment was made in March 2018.

There were many irregularities in the appointment and he got selected in the examination. When the panel was formed again, he was removed. During that time he was told that the number is less, he went to the High Court regarding this entire matter.

**After having a fight with his girlfriend on Valentine's Day, the boyfriend set fire to a parked Bullet bike**

DN ■ Ranchi

A bike suddenly caught fire at Dangra Toli Chowk in Ranchi. Before people could understand anything, the bike was completely burnt and destroyed.

**Incident in Lalpur police station area**

A Bullet bike suddenly caught fire near Dangra Toli Chowk in Lalpur police station area of Ranchi. Before anyone could understand anything, the bike was completely burnt and destroyed. Some local people told that after having a fight with his girlfriend on Valentine's Day, the young man set his bike on fire and fled from there. On receiving the information, Lalpur police reached the spot and controlled the



fire. However, the owner of the bike was not present there even at that time. Lalpur police is trying to trace the owner of the bike. Local people told that the bike was parked on the side of the road, during this time the young man set his bike on fire. Within a few moments flames of fire were visible. The people around tried to control the fire at first but it was of no use. Slowly the fire spread

and the entire bike was destroyed. The people around tried hard to find the owner of the bike but he could not be traced.

Lalpur police station in-charge Rupesh Kumar Singh said that information was received about the bike catching fire. The fire has been controlled, but the owner of the bike has not been identified yet. The police is investigating the matter.

**15 companies will invest 30 thousand crores in Jharkhand**



**Ranchi:** MoU will be signed in March with 15 companies for investment of more than 30 thousand crores in Jharkhand. CM Hemant Soren has instructed to prepare for this. The investment of these companies will provide employment opportunities to 8400 people directly and 9500 people indirectly, a total of 17900

people. Recently, the Chief Secretary also reviewed these companies and instructed to work faster. There is a proposal to set up plants ranging from steel, cement and power plants to hand bag manufacturing in these companies.

The company's investment proposal has also been approved by

**MOU is to be signed with these companies**

- SM Steel and Power Ltd-Sponge Iron-8485Cr.-Seraikela
- SM Steel and Power Ltd-Power Generation-1600Cr.-Chatra
- SM Steel and Power Ltd-Power Generation-2800Cr.-Hazariagh
- SM Steel and Power Ltd-Power Generation-2455Cr.-Latehar
- Indian Steel and Wire Ltd-Steel and Wire Rod-1270Cr.-Jamshedpur
- Gajanan Ferro Pvt. Ltd-Silico Manganese-1050Cr.-Dhalbhumgarh
- Jai Suspension Ltd-Spring-255Cr.-Adityapur
- Ultratech Cement-Cement-500Cr.-Patratu
- Voltax Rail Pvt. Ltd-Steel Plant-3967Cr.-Chakulia
- Ramkrishna Forging Ltd-Casting Component-173Cr.-Seraikela
- Ramkrishna Forging Ltd-Fabrication-140Cr.-Seraikela
- Supreme Metals Export-Rolled Steel-2976Cr.-Neemdi
- SkiCRP-Handbags and Belts-225Cr.-Not decided
- BMW Industries-Cold Rolling Mill-1070Cr.-Bokaro
- Rashmi Metallics-Integrated Steel-3800Cr.-Seraikela

the Single Window Clearance Committee. It was told that time will be sought from the Chief Minister for the MoU. As soon as time is available in March, a big ceremony will be organized for the MoU.

**Cloudy sky on 20th February, possibility of rain**

DN ■ Ranchi

The weather in Jharkhand has been dry in the last 24 hours. Due to cold winds coming from the west, the minimum temperature has decreased slightly. On Friday, the minimum temperature in Jharkhand was recorded at 7.2° in Khunti. At the same time, the maximum temperature was recorded at 34.5° in Saraikela Kharsawan.

Weather Center, Ranchi has said in its latest weather update that no major change is expected in the minimum temperature in the state for the next two days. According to the Weather Center, there is a possibility

of gradual increase of 02 to 03° in the minimum temperature after two days.

According to the Weather Center, Ranchi, the morning will start with fog from 15 to 17 February. After that the sky will be clear. There is a possibility of partial cloudiness after fog in the morning on 18 and 19 February. On February 20, there is a possibility of generally cloudy sky and rain with thunder in Jharkhand. According to the Meteorological Center, Ranchi, the temperature of Ranchi and surrounding areas will be between 12° to 27° on February 15.

**Electricity department preparing to take action against 91 thousand electricity consumers in Ranchi**

**Ranchi:** Electricity consumers in the capital are going to get a big shock soon. Electricity of the houses of 91 thousand consumers of the capital may be cut soon. Departmental brainstorming is going on regarding this.

Manmohan Kumar, General Manager of Jharkhand Electricity Distribution Corporation Limited, said that the electricity bill of 91 thousand consumers in the capital is in minus.

These are the consumers in whose homes smart meter service has been installed. If the consumers do not pay the electricity bill on time, then the department will be forced to cut the connection of the consumers' homes.

To cut this electricity, the department will not need to go to the consumers' homes. The department can cut the connection from the sub-division office itself.



At the same time, there are 3 lakh 65 thousand consumers in the city, out of which smart meters have been installed in 2 lakh 80 thousand houses. Out of which the balance of 91 thousand consumers is in minus.

At the same time, the target was set to complete the work of installing smart meters in the capital by March, but due to the negligence of the department and the agency, this work will not be completed even in March.

**Why is the balance of 91 thousand consumers in minus?**

Due to the negligence of the department, the balance of 91 thousand consumers of the capital has reached minus. In the name of installing smart meters by Jharkhand Bijli Vitran Nigam Limited, the department did not give electricity bills to lakhs of consumers for one year.

Even if the consumers reached the office with electricity bills, they were not given the correct information by the department. Due to which the balance of the consumer has remained in minus.

Ashok Nagar resident Suresh Paswan said that the consumers are having to bear the brunt of the negligence of the department and the agency. Now the department is pressurizing the consumers. This is wrong. The government should shed light on this.

**CM Hemant congratulated the players of Jharkhand**

**Ranchi:** Chief Minister Hemant Soren has congratulated the players of Jharkhand for getting 25 medals in the 38th National Games. He shared the post of Directorate of Sports and Youth Affairs, Jharkhand on his social media handle and congratulated the players.

On this occasion, Chief Minister Hemant Soren expressed pride in the achievement of the players of Jharkhand and wished them all the best for their future. He also said that the Jharkhand government is committed to the development of sports and will provide all possible support to the players.

**Third gender demanded assured jobs in government and private sector from the government**

DN ■ Ranchi

Sadhvi Amar Sakhi and Mahant Himanshi Sakhi addressed the media at the Press Club on various issues of transgenders under the formation of State Welfare Board by Utthan Sanstha under Alliance India Sahas Project. He said that there is a population of about five thousand transgenders in Saraikela, West Singhbhum, East Singhbhum, Ranchi and Dhanbad in Jharkhand, out of which only 70 people have got TG cards made. He appealed to the state government to conduct a census of transgenders, so that their actual number can be known. He also said



that under the right to equality, jobs and seats should be ensured for transgenders in government and private sectors. For this, the government will have to take concrete steps so that they can also live comfortably like other people of the society and family.

**One has to be homeless due to torture - Sadhvi**

Sadhvi Amar Sakhi told that being transgender is not known in childhood, but this identity is formed when one becomes young. During this time, society and family throw them out of the house. Due to this, many times they are not able to get the necessary documents because the family members hide them. In such a situation, they

have to face situations like wandering on the streets, begging in trains. Jharkhand High Court advocate Ritik Sinha and social worker Usha Singh said that the issues of Transgender Welfare Board were discussed today. He said that in 2014, through the NALSA judgment, all the state governments were directed to form a Transgender Welfare Board, but no step has been taken in this direction in Jharkhand yet. Sadhvi Amarjeet Sakhi had demanded the formation of a Transgender Welfare Board through PIL, but this board is only on paper and no action is being taken in it for seven months.

**BS College Lohardaga does not have a single teacher in many subjects: JCM**

DN ■ Ranchi

Jharkhand Chhatra Morcha outgoing Ranchi University Committee delegation president Aman Tiwari and secretary Asad Feraz Tinku visited BS College Lohardaga. During this visit, the Morcha saw that there is a huge shortage of teachers in the college. There are many subjects on which there is not a single teacher, such as Physics, Botany, Urdu, Hindi, English, History and Commerce Faculty do not have a single teacher, other subjects have only one or two teachers, in such a situation, the studies of more than 12 thousand students of the college are getting directly affected.



On asking the college principal Dr. S.K. Gupta, he said that the matter has been informed to Ranchi University, but no solution has been found.

Jharkhand Chhatra Morcha is very serious about this issue. The Morcha demands the university administration to find an alternative solution till permanent appointment.

**Otherwise the Morcha**

**will be forced to protest in a phased manner**

On this occasion, Jharkhand Student Front outgoing Ranchi University Committee President Aman Tiwari, Secretary Asad Feraz Tinku, Student Front BS College Kamlesh Oraon, Shashi Ranjan, Bhavesh Tirkki, Sarita Kumari, Saddam Hussain, Arshi Parveen, Gul Mohammad etc were present.

**68th Indian Police Duty Meet: Telangana Police won the title of overall champion**



DN ■ Ranchi

The Indian Police Duty Meet held in the capital Ranchi concluded on Saturday. Telangana Police became the overall champion of the 68th Indian Police Duty Meet, while the team of Andhra Pradesh came second. 28 teams participated in the Indian Police Duty Meet. This time, Swan Kaya of Madhya Pradesh's dog squad won the gold medal. Jharkhand Police team won one gold and four silver medals.

The 68th Indian Police Duty Meet concluded on Saturday. From February 10 to February 15, 28 teams of police and central forces tried their luck in various competitions. Telangana Police, by performing brilliantly, not only captured the Chief Minister Trophy, but also became the overall champion.

**Dangerous disclosure: Terrorist crossed the Bangladesh border to Jharkhand, returned after giving training**

DN ■ Ranchi

There is news of terrorist training being given to some people in Jharkhand. The news is that a terrorist coming from Bangladesh is trying to take some youths of Pakur district of Jharkhand on the path of terrorism. This disclosure has been made through an intelligence letter.

It is mentioned in the letter that after the fall of Sheikh Hasina government in Bangladesh, banned organizations there are hatching anti-India terrorist conspiracies. As part of the conspiracy, some terrorists had reached Jharkhand from Bangladesh and returned after training some people in Pakur. An alert has been issued by Jharkhand ATS regarding the matter.

Another big news is coming out about suspected terrorists from Jharkhand, which is infamous for terrorist organizations and sleeper cells. Jharkhand ATS has received information that JMB terrorist Abdul Mammun had crossed the Bangladesh border and reached Pakur district of Jharkhand via Dhuliyani in Murshidabad.

In Pakur, he held a meeting with the members of an organization named JAHA. After this, he gave terrorist



training to many cadres and then returned. Now ATS is also investigating the whole matter, while a letter has also been written to the SP and DIG of all the districts

for action by collecting confidential information. It has also been told in the letter that suspects from Bengal and Pakur of Jharkhand were involved.

**Who is Abdul?**

ATS has received information that Abdul Mammun is a resident of Gopinathpur area of ??Satkhira in Bangladesh. He reached Pakur on January 6 after crossing the border illegally. After reaching Pakur, he gave training to 15 members of JAHA-India.

It has also been told in the information that a meeting between the members of JAHA-India and Jamaat ul Mujahideen was also held at Islamic Dawa Center, Dubrajpur in Pakur. After one day of training, Abdul returned to Bangladesh via Dhuliyani.

ATS has received information that many people from Jalangi of Murshidabad had attended the meeting. Let us tell you that Bangladeshi banned organization JMB has been active in Sahibganj and Pakur of Santhal Pargana in the past as well. ATS had earlier also collected information about the suspects and over ground workers of this organization.

**News In Brief**

**Holika Dahan on 13th and Holi on 15th March**

**Ranchi:** This year Holika Dahan will be on 13th March. While Holi festival will be celebrated on 15th March. Due to Snan Daan Purnima on 14th March, Holi festival will be celebrated on 15th March. According to Mithila Panchang, Holika Dahan will happen after 10.47 pm. Whereas Holi festival will be celebrated on 15th March.

Holika Dahan will happen after Bhadra at 10.44 pm. Bhadra time is important for Holika Dahan and this time it will be 10.44 pm.

**Police increased security at Dhurwa Dam**



**Ranchi:** The police has tightened security around Dhurwa Dam. After continuous suicides and other such cases, Ranchi Police has taken cognizance of the matter. Police has deployed two bikes and four jawans, who will patrol around the dam in shifts from 9:00 am to 7:00 pm.

Dhurwa Dam, which is a major tourist destination, is becoming a suicide point due to suicide cases. In the last one year, 14 people have committed suicide here. While eight people have drowned while bathing.

The obscene actions of lovers around the dam have also become a big problem. People have complained that these couples sit in the lower area of the dam till late evening and do obscene acts.

# Educational institutions should execute minority matters on time: Chairman

DN ■ Bokaro

Professor Dr. Shahid Akhtar, Acting Chairman of National Commission for Minority Educational Institutions, Government of India, who reached Bokaro on his two-day tour, held a meeting with district level officials in Bokaro Parishad Auditorium on Saturday. Additional Collector Mohammad Mumtaz Ansari, District Welfare Officer NS Kujur, District Education Officer Jagarnath Lohara, District Education Superintendent Atul Choubey, Assistant Director Social Security Piyush, Principals and representatives of various educational institutions etc. were present in the meeting. In the meeting, the Acting



Chairman of National Commission for Minority Educational Institutions, Government of India, sequentially took information about the educational institutions operating in the district, number of children studying in them, number of minority children and matters related to minority children. During this, he took information about the updated status of the

grants from the schemes run by the Central and State Government for minority students.

The acting chairman of the National Commission for Minority Educational Institutions of the Government of India directed to dispose of minority related matters in time in various educational institutions run by the Education and Welfare Department. At the

same time, the principals and representatives of various colleges and educational institutions were also asked to give priority to the disposal of such matters. To promote minority education, he asked all the officials to organize a meeting every month at the district level and organize a workshop for public awareness along with a meeting at the school level. Apart from this, he also discussed many other points and gave necessary guidelines to the concerned officials. Earlier, Additional Collector Mohammad Mumtaz Ansari welcomed the acting chairman of the National Commission for Minority Educational Institutions of the Government of India by giving him a bouquet of flowers.

# DTO inspected the Matriculation and Intermediate examination centre

In the examination held on the third day, 926 candidates appeared in Matriculation and 167 in Intermediate, a total of 173 were absent



DN ■ Bokaro

The third day of the Matriculation and Intermediate examination conducted by Jharkhand Academic Council was completed in a malpractice-free environment. As per the instructions of Deputy Commissioner Vijaya Jadhav, District Transport Officer Vandana Shejwalkar inspected BMP-4, Government Middle School Examination Centre, Government

High School Lakdakhanda, R.B.S Inter College Chas etc. located in Chas on Saturday. District Education Officer Jagarnath Lohara, Assistant Public Relations Officer Avinash Kumar Singh were also present on the occasion.

DTO inspected the examination conducted in various rooms. She took information about the number of students present from the centre superintendent and invigilators. He instructed the centre superintendent to conduct the examination in a malpractice-free environment. DTO Vandana Shejwalkar also watched the examination being conducted in various rooms from the CCTV control room built in the school building. At the same time, the District Education Officer Jagarnath Lohara present there was directed to regularly conduct surprise inspections of various examination centers.

## News In Brief

8th death anniversary of late journalist Ajit Srivastava observed



**Jodapokhar:** 8th death anniversary of late journalist Ajit Srivastava was observed at the central office of Koyalanchal Patrakar Sangh in Shalimar. First of all, founder of the Sangh Mohd. Mukhtar Ahmed and General Secretary Rahul Mishra paid tribute to him by garlanding his photo. After that all the members paid tribute to him by offering flowers and observing two minutes of silence.

**If the public supports, ward 17 will become an ideal ward: Praveen**



**Dhanbad:** In ward number 17, in support of Jitendra Kumar, a social worker, Praveen Kumar Singh visited various areas of Aman Society and met the public and also got to know the problems of the people. Let us tell you that Jitendra Kumar, who is constantly trying and engaged in the campaign to make ward number 17 an ideal ward, says that if the public supports him, he will leave no stone unturned to make the ward an ideal ward.

# Mount Litera Zee School's Arfi Raza's brilliant performance in JEE Main

DN ■ Bhuli

Arfi Raza, a student of Mount Litera Zee School Bhuli Dhanbad, has performed brilliantly in the JEE Main 2025 exam. Student Arfi Raja has brought glory to the school by securing 97.75 percentile. School Director Ayush Kumar Singh, Principal SM Tasin Ahmed, HR Vinay Kumar Jha etc. have congratulated her on her excellent performance. School Director Ayush Kumar Singh said that this is a proud moment for the school. They have taken not only themselves but also the school to a new height.

This success is the result of the support not only of the students but



also of their parents and teachers. It is hoped that they will be successful in the same way in future. Principal SM Tasin Ahmed said that the student has proved that any goal can be achieved with hard work and right guidance. T

his achievement is an inspiration not only for the students but for the entire school.

# Advocates congratulate K Raju on being made in-charge of Jharkhand Pradesh Congress Committee

DN ■ Dhanbad

Advocates of Dhanbad, under the leadership of senior advocate and chairman of Jharkhand Pradesh Congress Discipline Committee Brajendra Prasad Singh, expressed happiness and gratitude on K Raju being made in-charge of Jharkhand Pradesh Congress Committee and congratulated him. Brajendra Prasad Singh said that K Raju is already familiar with Jharkhand. He has already visited Jharkhand several times as coordinator of SC, ST, OBC, Minority in Jharkhand.

He has also spent a lot of time in Jharkhand in the



last Lok Sabha and Assembly. As a result, our seats have increased in the Lok Sabha in Jharkhand and we have formed the government in the Assembly.

Many thanks to National President Mallikarjun Kharge, Leader of Opposition Rahul Gandhi, Organization General Secretary K.C. Venugopal for making Raju in-charge

of Jharkhand Pradesh Congress Committee. And among those who congratulated and wished K Raju on being made in-charge of Jharkhand were Advocate Brajendra Prasad Singh, Manoj Yadav, Mohammed Sault Dawood alias Guddu, Ramesh Rai, Indradev Mandal, Sumit Arora, Sudip Aadi, Aamir Suja, Amit Pandey.

# A historic milestone, the first steel rollout

DN ■ Jharia

2 December 1911 was an important day in the history of Tata Steel, when its first blast furnace 'A' was successfully commissioned. With this, the company started a new chapter in the direction of steel production. When the first steel ingot was rolled out on 16 February 1912, it was the beginning of modern steel manufacturing in India.

From 1912 to 1983, Tata Steel produced steel entirely through the ingot process. In this process, liquid steel was poured into ingot molds. Where it took shape as a solid ingot. These molds were manufactured in the ingot mold foundry and after solidification, they were rolled



into slabs, bars, blooms and billets. To make steel manufacturing more advanced and efficient, the company implemented a modernization program in four phases, which brought revolutionary changes from ingot to billet and slab manufacturing. Bhelatand Colliery of Jharia Division also played an important role in this historic journey. 50,000 tonnes of coal was supplied from here, which provided the entire steam coal required for the operation

# Tenughat gang rape case: Second accused arrested, search for third continues

DN ■ Gomiya

Police has arrested the second accused in the gang rape case of a 22-year-old girl who had come to visit Tenughat Dam. Tenughat OP in-charge Ajit Kumar said that under case number 14/25 dated February 5, Lal Mohammad, 45 years, father late Rabul Ansari, resident of Jhirki, Gomia Kathara OP, has been arrested and sent to judicial custody.

The incident took place on February 5 when Imran Ansari, 42 years, resident of Jhirki and two other companions gang-raped the victim. The victim's family filed an FIR in Tenughat OP, after which the police took immediate



action and arrested the main accused Imran Ansari.

Tenughat police is now conducting raids to arrest

the third accused. Police officials have assured that all the culprits will be arrested soon and strict action will be taken.

# Membership will be run by reorganizing all the branch committees of JMM: Mantu

DN ■ Bokaro

Jharkhand Mukti Morcha meeting was held in various sectors of Bokaro Metropolitan area. Addressing, Bokaro Metropolitan Chief Mantu Yadav said that the membership campaign is to be run on a war footing, under this campaign, every person will be informed about the public welfare schemes being run by Chief Minister Hemant Soren in the interest of Jharkhand and Jharkhandis, so that more progress can be made towards the development of the state and the welfare of the citizens. Mantu Yadav said that the objective of Jharkhand Mukti



Morcha is to run the membership campaign on a wide scale in both urban and rural areas and the target has been set to make members in every house, so that the party can expand equally in both urban and rural areas. He also said that maximum participation should be

ensured in every branch committee and ward of the party.

In the meeting, the President of Sector 11 Branch Committee, President of Sector 6 Committee, President of Sector 5 Sector Branch, President of 4 Branch Committee were constituted

by unanimous committee. Mainly central members B K Choudhary, Hasan Imam Ansari, Madan Mohan Mahato, Fayaz Khan, Chandu Singh Munda, Firdaus Ansari, TP Mahato, Mithun Mandal, Ashok Hembram, Dalon Yadav, Randhir Rajak, Bharat Yadav, UC Kumbhakar, Ajay Hembram, Puran Mahato, Srishiti Devi, Virendra Kumar, Sadguru Prasad, Vibha Pandey, Dilip Thakur, Chandan Rajak, Deepak Yadav, Sunil Kapaddar, Muralidhar Mahato, Shankar Thakur, Surendranath Sahu, etc were present in the meeting.

# Son provided food to the needy on father's death anniversary

DN ■ Dhanbad

Social service organization Care and Serve Foundation provided food to the needy today as usual. This week when people are celebrating Valentine's Week, the members of social service organization Care and Serve Foundation celebrated Service Week by preparing good dishes and distributing food to the needy throughout the week. Under this, today also a total of 267 needy people were provided food at Shaheed Nirmal Mahato Medical College Hospital (PMCH Hospital Campus). Today's food included Puri, Sabzi and sweets. Today two death anniversary meals were received from donors. The food



received on the eighth death anniversary of Late Nirendra Nath Khawas by his grandson Sudeep Khawas and the second food received on the 13th death anniversary of Late Nav Kumar Tiwari by his son Ujjal Tiwari was distributed among the needy. In the program, the orga-

nization's president Satish Kumar Singh, senior vice president Dilip Chaudhary, treasurer Amit Kumar, founder member Vibhuti Prasad Singh, founder member cum media in-charge Neelkamal Khawas and Nouna Khan along with donors participated enthusiastically.

# President Smt. Draupadi Murmu inaugurated the 10th International Women's Conference of Art of Living

DN ■ Dhanbad

President of India Smt. Draupadi Murmu inaugurated the inaugural session of the 10th edition of the International Women's Conference. Motivating more than 500 delegates from 50 countries, she inspired every woman to recognize her inner strength, qualities and talents and make a positive impact in the society. Ajay Mukherjee, media in-charge of Jharkhand of the organization, gave information by issuing a press release.

President Smt. Draupadi Murmu said, "Gurudev Sri Sri Ravi Shankar and the Art of Living have inspired people across the world to find inner peace through meditation and humanitarian service. In today's competitive world, we must ensure that our human values are upheld. This is where the role of women becomes crucial as they lead with compassion and kindness. Speaking on the need to work on mental health, the President said, "You can break the silence around this subject only by



creating a safe environment and support system for everyone to speak up and express themselves. Without mental strength, it is not possible to break barriers and stereotypes."

The inspiration behind the International Women's Conference, global humanitarian and spiritual leader Gurudev Sri Sri Ravi Shankar said, "We cannot allow a single tear to fall from the eyes of any woman."

He said, "Women's emotions are a blessing.

Because it is this emotional strength that gives them the ability to unite people. Perhaps if women take up leadership roles in the major countries of the world, the conflicts, disputes, wars and various social distortions that we see today may be reduced or even eliminated."

The International Women's Conference was started from the vision of Gurudev's sister and conference chairperson Mrs. Bhanumathi Narasimhan. She has been working for the last four decades to spread holistic education in the remote areas of India and has shown millions of people the path of meditation and happiness.

About the conference, she said, "Just Be' inspires us to connect with ourselves, pause and find balance in life. Meditation helps us to be in the present. Which increases clarity and creativity. This conference is a platform where we can all learn together, share our ideas and move forward with each other by adopting kindness and inner peace.

# Pariksha Pe Charcha: "Be Smarter Than Smart Phone," Sadhguru Tells Students

**Sadhguru told students to be smarter than their smart phones, while urging them to not treat exams as a "challenge to their intelligence".**

New Delhi. Spiritual leader and Isha Foundation chief Jaggi Vasudev or Sadhguru told students that they have to be smarter than their smart phones, while urging them to not treat exams as a "challenge to their intelligence".

Speaking to students during Pariksha Pe Charcha, he said that exams are just a step to evaluate if students are fit to go to the next step of education. "If you look at the grass or that motorcycle, you should think what is the physics, math and chemistry of it. Educations gives you fundamentals and eventually an access to life. To find this access, one aspect is active dynamic intelligence," he said. Addressing a student's query on addiction to social media and the phone, he said that a person should decide how to use a smart phone, not the other way round. He also said that there is no such thing as overthinking, as one must think beyond to be able to do something worthwhile. "You may call it stress or anxiety, but the problem is that you don't know how to keep your mind aligned. What is not well aligned will cause friction, further causing stress," Sadhguru said.



Emphasising the power of meditation, the spiritual leader said studies have shown that when the Shambhavi Mahamudra is practiced, a large part of the brain lights up. "This is what needs to happen, that everything is lit up. The more you activate your intelligence, the more access you have to everything that you see. If you body is well-exercised, you can function better. Then why is that not true with your mental faculties?" he asked. Sadhguru also warned against comparing

the intelligence of people. "Am I as intelligent as this person or that person? There is no such thing. It's a farce that's been spread in the world. Everybody can sparkle and do things that others cannot imagine. Only thing is, because there is no striving, that sparkle doesn't happen," he told students. Nutrition and health experts Shonali Sabherwal, Rujuta Diwekar and Revant Himatsingka shed light on the importance of healthy eating habits and the crucial role of quality sleep in academic success during a special session of Pariksha Pe Charcha.

On Wednesday, actor Deepika Padukone shared tips on stress management while opening up about her own struggles with depression. Pariksha Pe Charcha is an annual event in which Modi interacts with students appearing for board examinations. During this, he also answers students' queries related to exam stress and other issues.

## Will ensure MCD areas are as clean & beautiful as NDMC zones: L-G

NEW DELHI. L-G VK Saxena on Friday, while emphasising the vital role of sanitation workers in maintaining Delhi's cleanliness, said the MCD areas would be made as clean and beautiful as NDMC zones. Addressing Municipal Corporation of Delhi (MCD) sanitation officials and swachhta sainiks during his Samvaad interaction, he asserted that transformation in leadership will positively impact both the city and people.

Calling sanitation workers the backbone of the city, the L-G acknowledged their hard work and dedication, particularly during crises like the COVID-19 pandemic, Yamuna floods, and the G-20 summit. "You are the backbone of Delhi, and without you, a clean city is unimaginable," Saxena said, commending their efforts.

However, he noted that despite significant progress, more needs to be done to achieve a fully clean and green Delhi. He said while some areas, particularly those under the New Delhi Municipal Council (NDMC), are well-maintained, others required improvement.

Reflecting on the recent Delhi Assembly elections, Saxena said the true impact of the newly-elected government would be visible only when the capital achieves complete cleanliness.

He also stressed the need for sanitation workers to redouble their efforts, ensuring every corner of the city is well-maintained.

The L-G highlighted the MCD's responsibility in keeping Delhi clean, acknowledging its good work in several areas but pointing out that many localities still require special attention. "Sanitation workers are like soldiers who never retreat from their duty. From today, special drives should be initiated in neglected areas to make Delhi garbage-free," he urged.

Delhi mayor Mahesh Khichi, also present at the event, praised the MCD's sanitation workforce for their dedication and tireless efforts in improving the state of hygiene in the capital.

## Lok Sabha Speaker constitutes committee to examine new Income Tax bill

New Delhi. A day after Union Finance Minister Nirmala Sitharaman tabled the new Income Tax Bill in the Lok Sabha, House Speaker Om Birla constituted a Select Committee to examine the bill. According to an official notification issued by the Lok Sabha Secretary General, the 31-member committee will be headed by BJP MP from Odisha's Kendrapara, Baijayant Panda. Apart from Panda, the committee also comprises BJP MPs Nishikant Dubey, Jagadish Shettar, Sudhir Gupta, Anil Baluni, Shashank



Mani, Naveen Jindal, Anurag Sharma, Congress MPs Deependra Hooda, Benny Behanan, Trinamool Congress MP Mahua Moitra, and Nationalist Congress Party (SP) legislator Supriya Sule, among others.

The committee will have to submit its report in the next session (monsoon session), said sources. The new Income Tax bill is designed to simplify and overhaul the present Income Tax Act of 1961.

The current law has faced criticism for being too complicated and difficult for regular taxpayers to understand. The new bill aims to simplify things, featuring 23 chapters, 16 schedules, and around 536 clauses. This is a notable reduction from the existing act, which spans 823 pages, includes 23 chapters, 14 schedules, and 298 sections. The new Income Tax Bill is expected to provide a clearer tax framework while keeping the fundamental tax structure unchanged. By simplifying the language and restructuring provisions, the government aims to make tax compliance easier for individuals and businesses.

## Amid outage row, discoms say power supply 'reliable' in Delhi

The BJP has accused Atishi of "spreading lies" to "mislead" the people after her party was ousted from power in Delhi.

NEW DELHI. While the outgoing Chief Minister Atishi claimed of outages after AAP's departure from power in Delhi, BSES discoms on Friday said they are ensuring "reliable, seamless" supply in their areas.

The BSES discoms are committed to ensuring reliable and quality power supply and have set up dedicated war rooms for real-time monitoring of power supply situation, said a statement of the company. "To maintain a sustainable and eco-friendly power supply, up to 2000 MW of renewable energy is significantly contributing to meeting BSES' winter power demand," it said. Atishi alleged on Thursday that several parts of the city were experiencing power cuts and hit out at the BJP that has now come to power in Delhi, saying it would turn the city into Uttar Pradesh experiencing



hours of outages. The BJP has accused Atishi of "spreading lies" to "mislead" the people after her party was ousted from power in Delhi.

Delhi BJP president in a letter to L-G VK Saxena said it should be ensured that Atishi while in office as the acting chief minister does not issue "misleading" statements. The BSES statement said

according to State Load Dispatch Centre (SLDC) Delhi data, the city's peak power demand has remained stable, ranging between 4200-4500 MW since February 8.

"BSES discoms are ensuring a seamless, reliable and quality power supply, successfully meeting Delhi's winter electricity demand," the statement claimed.

The war rooms led by senior officials enable swift decision-making and response. Additionally, BSES field teams remain on high alert, ready to address any exigencies promptly, it said.

Despite proactive preparedness, in case of any disruption or local fault, consumers can easily reach BSES through multiple platforms, it said, adding that the company is committed to serve over 50 lakh consumers and two crore city residents.

## "Some Big Concerns...": Shashi Tharoor On PM Modi-Donald Trump Meeting

Congress MP Shashi Tharoor expressed happiness over the meeting of Prime Minister Narendra Modi and US President Donald Trump in US.

Bengaluru. Expressing happiness over Prime Minister Narendra Modi's meeting with US President Donald Trump, Congress MP Shashi Tharoor said on Friday it looks like big concerns have been addressed and called the US commitment to sell us F-35 stealth aircraft "very valued".

Speaking to reporters in Bengaluru, on the sidelines of the Global Investors' Meet (GIM), Mr Tharoor said, "On the defence front, the commitment to sell us F35 stealth aircraft is very valued. That's the state-of-the-art aircraft and certainly, we already had the Rafael, now with the F35, the Indian Air Force would be in very good shape."

"If you look at the main issues, we have heard about so far, I am very encouraged and I look forward to more details when the Prime Minister and his team are back and expect a briefing from the MEA in the standing



committee," he said. Mr Tharoor further stated, "The press statements by Prime Minister Narendra Modi and US President Donald Trump are encouraging. It looks like some of the big concerns we have had been addressed for example on the question of trade and tariffs they have decided to sit down and hold serious negotiations that would conclude by the fall which is September and October of this year. I think that's a very good outcome because the fear

was there might be some hasty decisions made in Washington which would affect our exports."

"This way there is time to negotiate and I welcome that. Secondly, on the illegal immigration issue, the only thing missing there on what Prime Minister Narendra Modi said, was the question of manner of those persons were treated and sent back."

Otherwise his stand was absolutely correct. These are misled youths who had been encouraged or induced to migrate illegally and they should be taken back. They are Indian citizens and they belong in the country and we take them back," he noted. "But, I hope something there was said behind closed doors not perhaps in the press conference inside privately this manner of doing it, the handcuffs, mistreats, insults, the military aircraft should be avoided in future. And I am sure that if the Prime Minister has done that the American would want to listen," he said.

## After Vidhan Sabha, all eyes on MCD bypolls

NEW DELHI. After 11 councillors were elected to the Delhi Assembly in the recently-concluded elections, and a seat was vacated councillor-turned-MP Kamaljeet Sehrawat, the city gears up for by-elections in twelve Municipal Corporation of Delhi (MCD) wards, likely to be held in late April or the first week of May. Elated with the marginal increase in vote share, the grand old party now eyes to increase its strength in the MCD. The party currently holds eight seats in the MCD and aims to increase its tally in the House. Senior Congress leaders have initiated plans to mobilise workers and focus on ward-level election

preparations, party sources said. However, the Congress faces stiff competition from the BJP and the AAP, both of which are also preparing vigorously for the upcoming polls. So far, Congress functionaries have refused to participate in any alliance with AAP. "Even though marginally, our vote share has increased which suggests that people are again placing their trust on us. There is no question of an alliance so far," a senior Congress leader said.

Chandni Chowk, Chandni Mahal, Dakshinpuri, Mundka, Shalimar Bagh B, Ashok Vihar, Dichaon Kalan, Narayana, Sangam Vihar, Greater Kailash, Vinod Nagar, and Dwarka B wards go to polls.

## Congress' Major Reshuffle In Key States After Delhi Drubbing, Haryana Loss

New Delhi. The Congress effected a major reshuffle of its office-bearers on Friday, appointing former Chhattisgarh Chief Minister Bhupesh Baghel as general secretary in charge of Punjab and party MP Syed Naseer Hussain as general secretary in charge of Jammu and Kashmir and Ladakh. The party appointed new incharges in several states. The new appointments were made by Congress chief Mallikarjun Kharge.

Former general secretary BK Hariprasad has been appointed incharge of Haryana, Krishna Allavaru of Bihar, Rajani Patil of Himachal Pradesh and Chandigarh and Harish Chaudhary of Madhya Pradesh. Bihar will go the polls next year.

Congress leader Ajay Kumar Lallu will be incharge of



Odisha, K Raju of Jharkhand, Meenakshi Natarajan of Telangana and Girish Chodankar of Tamil Nadu and Puducherry.

Party leader Saptagiri Sankar Ulaka will be incharge of Manipur, Tripura, Sikkim and Nagaland. The party has relieved Dipak Babaria, Mohan Prakash, Bharatsinh Solanki, Rajeev Shukla, Ajay Kumar and Devender Yadav of their responsibilities.

The other general secretaries will continue to serve in their designated capacities, party release said. Syed Naseer Hussain has been relieved from his role attached to the Congress president. Most of new incharges are senior leaders with organisational experience.

The reshuffle has taken place after a string of poor results faced by the Congress. The party bungled its prospects in Haryana, won a few seats in Maharashtra assembly polls and again failed to open its account in Delhi, third time in a row.

# Ready to jail Tahawwur Rana once extradited: Maharashtra Chief Minister

The chief minister's comments came after US President Donald Trump announced that his administration has approved the extradition of the 26/11 Mumbai attack plotter.

New Delhi. Maharashtra Chief Minister Devendra Fadnavis on Friday said the state government is prepared to lodge the 26/11 Mumbai terror attacks accused Tahawwur Hussain Rana in jail once he is extradited from the United States.

The chief minister's comments came after US President Donald Trump announced that his administration has approved the extradition of "very evil" Rana, wanted by Indian probe agencies for his role in the 26/11 Mumbai terror attacks, "to face justice in India". "We kept Kasab, what is the big deal here? We will keep him for sure," Fadnavis said here when asked about Maharashtra's preparedness once Rana is extradited. The CM, who also handles the home portfolio, emphasised Mumbai's security infrastructure was capable of handling high-profile criminals. "The case is in Mumbai so he (Rana) will be brought to Mumbai. We handled Ajmal Kasab. We had got Rana's

online statement due to which Pakistan's involvement was proved (in 26/11). He was in American protection at that time. Rana was India's criminal and should face the law here. We will get final justice in the 26/11 case," the CM asserted. Ajmal Kasab, one of the 10 terrorists involved in the November 26, 2008, Mumbai terror attacks, was arrested from one of the carnage sites in Mumbai.

He was lodged in jails in Maharashtra during his trial for four years and hanged in Pune's Yerwada central jail in 2012. Fadnavis said during the investigation, Pakistan's role in the terror attack was exposed and established.

He thanked Prime Minister Narendra Modi for his efforts to bring Rana to India for trial. "I want to profusely thank Prime Minister Narendra Modi for his (Rana) extradition. We all wanted that the person who conspired against us, the mastermind



of the Mumbai terror attack, to be handed over to India," he said.

The chief minister said initially America was reluctant to hand over Rana to India and wanted to protect him but due to the initiative of the Prime Minister, extradition of the key 26/11 accused has been in a way cleared by America and its President Trump. "I believe this is very significant for India. Because it is very important that the criminals should get punishment through our judicial and legal

process," he said. Fadnavis noted the Trump administration's approval to extradite Rana was an "important development" to ensure "final justice" in the case. Those who conspired against India must face the country's legal system, he maintained. Rana, a Canadian national of Pakistani origin, is currently lodged at a metropolitan detention centre in Los Angeles. He is known to be associated with Pakistani-American terrorist David Coleman Headley, one of the key conspirators of the 26/11 attacks. Speaking at a joint press meet along with Prime Minister Modi in Washington on Thursday, President Trump said, "Today I am pleased to announce that my administration has approved the extradition of one of the plotters and very evil people of the world, and having to do with the horrific Mumbai terrorist attacks, to face justice in India. So, he is going back to India."



# Your guide to body-polish treatments

Stress, pollution and constant pressure at work not only take a toll on your health but your skin as well. Read on to know how body polishing can pamper and energise your skin.

**B**ody polish is a treatment for skin which is normally done by using natural abrasive products that are massaged, scrubbed and rubbed onto your skin. "A body polish is a popular body treatment that exfoliates and hydrates your skin, leaving it smooth and soft," says Dipikka Topiwala, beauty expert says. "It's like a spa where you scrub your body and remove the dead skin cells," she adds. This in turn rejuvenates your skin making it look healthy and supple. Body polish treatments stimulate blood and lymphatic circulation. They help improve your skin texture and complexion.

**Consider your skin type**

One of the most important aspects of body polishing is to ensure that you select the right polish depending on your skin type. Choosing the one that suits your skin will ensure that your skin is well-hydrated and will avoid buildup of rashes and acne.

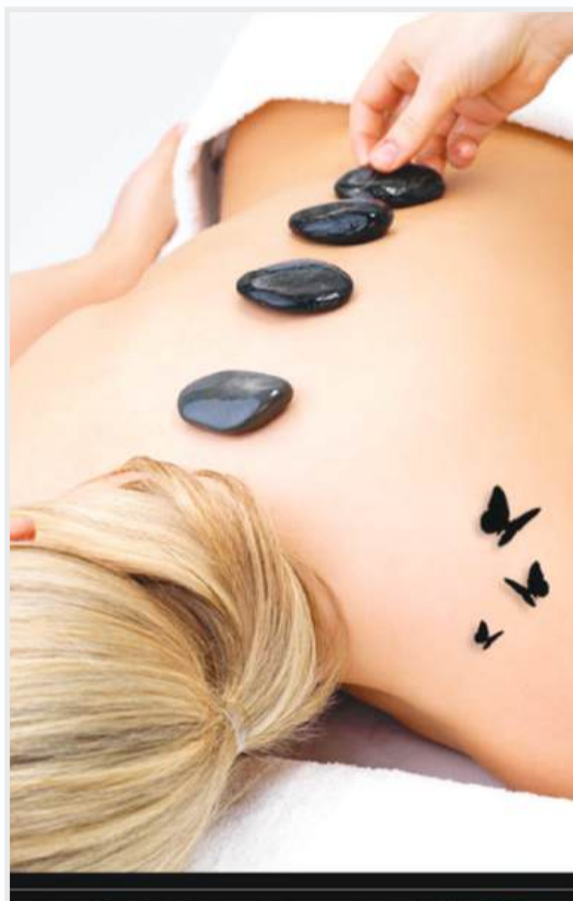
**For dry skin:** A brown sugar based polish is ideal for your skin. It involves a gentle moisturising scrub treatment for the body. The scrub contains moisturising and hydrating properties. Blended with fresh scents of sandalwood, rose aroma oils and

geranium — the antibacterial properties also help in revitalising your skin.

**For sensitive skin:** "Those with sensitive skin, should ideally opt for a gentle and soothing body polish. Shea butter blended with Chamomile or lavender aroma oils will give a calming effect on your skin, as well as your mind." You can also choose one that contains vitamins A, E and C or anti-inflammatory and natural healing properties."

**For oily skin:** If you have oily skin, opt for treatments with sea salts. Sea salt exfoliates your skin while killing bacteria that causes acne. It also contains vital minerals like potassium, sodium, calcium and chloride which help the skin stay healthy, young and glowing. Essential oils like lemon, tea tree, basil and eucalyptus also help due to their anti-bacterial and germicidal effects.

**For normal skin:** Coffee grounds, rice bran, pecan hulls and sugar work best for those with normal skin. Mix these ingredients with massage oils that contain avocado, grape seed, sesame and other aromatic essential oils. Says Mohd. Ajjad, "Some key ingredients like real fruit pulp (papaya or pineapple) can be used along with rose petals to enhance your body polish." Fruits are especially



blended to moisturise and nourish your skin. The natural fruit acids cleanse and detoxify the body to give you a radiant and glowing complexion.

**Benefits of body polish**

Not only are body polishing sessions relaxing and rejuvenating, the experience leaves you with healthier, smoother and glowing skin. It is also an effective way to treat sun-damaged, dry and dehydrated skin, clogged pores and acne conditions. The aim of a body polish treatment is to exfoliate dead skin cells from head to toe and oxygenate your skin to encourage new cell growth.

It is also often used before a massage or other therapeutic treatments such as a body wrap.

**Make your own polish at home**

Says K. Veena, beauty expert, "Body polish treatments with oatmeal scrub, yoghurt milk or cream and jojoba oil works wonders for your skin. Also, it is extremely easy to make your own body polish at home using ingredients which are easily available in the market."

**Brown sugar and oatmeal polish**

Mix three tablespoons of brown sugar with three tablespoon of olive oil and

one teaspoon of instant oatmeal. Stir all ingredients until evenly distributed. Apply all over your body. Massage it for about five minutes in circular motion slowly. Then rinse.

**Sea salt polish**

Mix one cup of pure fine sea salt, ½ cup honey, 10 drops of tea tree oil and two tablespoons of aloe vera gel. Apply the mixture on your skin, leave it on for 10 minutes and then rinse.



## Home remedies for supple, pretty feet

Beauty expert Shahnaz Husain gives you easy tips that you can use to maintain them

**Foot lotion:** Mix together three tablespoons of rose water, two tablespoons of lemon juice and one teaspoon pure glycerin. Apply on your feet and leave on for half an hour.

**Cooling foot bath:** Add rose water, lemon juice and a splash of eau de cologne in cold water and soak your feet in it. This method cools, cleans and removes odour.

**Cooling massage oil:** Take 100 ml olive oil and add two drops of eucalyptus oil, two drops rosemary oil and three drops khus, or rose oil. Mix together and keep in an airtight glass jar. Use a little of this for a foot massage. It cools and protects the skin.



## Post workout skin care

Everyone follows a morning and before bed skin care routine, but do you have a after gym routine? Here are some ways you can take care of your skin post workout

**Workout without make-up**

Make sure you are not exercising with make-up on. Not only will you end up looking ridiculous but also it will keep your pores blocked while you are exercising. Thus, skip the make-up and arrive at the gym bare-faced. Be ready to get all sweaty from your workout and don't worry about how you look with all the perspiration on your face!

**Don't use hot water**

After a workout, your muscles are sore and you are already very exhausted. Even though washing your face or taking a shower with hot water might ease your muscles, but it will also strip your skin of vital oils, leaving you dry and itchy.

**Re-hydrate your skin**

The best time to re-hydrate your skin is when you are right out of the shower. Take a few minutes and apply a generous dollop of your moisturiser and body lotion. This will keep your skin supple and moist.

**Be gentle**

If you've been sweating for the past hour, you might be tempted to scrub yourself from tip to toe to feel clean, but it could only spell disaster for you! Use a gentle shampoo and cleanser which will ensure that you stay clean and your skin stays soft.



## For smooth and itch-free armpits

We suggest some ways to keep your armpits smooth and free from itchy rashes

There are some parts of our body, which are sensitive to a lot of things, especially areas where hair removal is a common practise, including armpits and private areas. Certain people get rashes when they use a deodorant near their armpit because of the chemicals. Here are certain tips for sensitive armpits that can keep you comfortable and irritation free.

**Razor**

If you are a regular user of razors then pay a little more attention to the blades. Try and get the best ones. Disposable razors or blades work best for people who are sensitive. When you use a normal razor hair and soap gets stuck in the blade and become a breeding ground for bacteria. So it's advisable to change the blade every week.



**Wax**

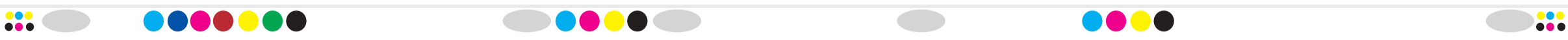
Waxing is the best method for people who have sensitive armpits. Since you only have to wax every four to six weeks, you will not be irritating the skin in the armpit between sessions.

**Deodorant**

Chemicals from deodorants and antiperspirants can further irritate sensitive armpits. If you know that deos do not suit you, consult a doctor. Otherwise, using a talcum is the best option.

**Fungus**

Sweating leaves the armpits moist and warm, which may result in fungal growth in that area. You should dry your armpits well after showering and try not to keep them wet to avoid any infection.



# Your favourite Indian Sweets and the interesting stories behind them



## 1. Know all about Indian desserts

In India, sweets are an integral part of the social, religious and cultural milieu. No celebration is complete without the traditional 'mithais'. In fact, all the deities have their favourite desserts. For example, Ganesha is fond of modak, Hanuman loves laddoo, Lord Shiva likes Thandai, and the cute little Lord Krishna is fond of peda. Some of these sweets are hundreds of years old and have some really interesting stories attached to them. Here is a list of some popular Indian sweets and legends associated with them.

## 2. Gulab Jamun

Soft and succulent, the two words that define Gulab Jamun are completely apt for it. It is one of the popular sweet dishes of India that is enjoyed best on special occasions and festivals. But, do you know that this amazing dessert has a history of its own? Well, to start with, Gulab Jamun is not even Indian. Surprised? Here is more! It came from the Persian (present day, Iran) cuisine and has originated from an Arabic dessert - Luqmat al-qaadhi that literally translates to 'The Judge's Bite'. This dessert got popularity during the Mughal era and was later called Gulab Jamun, and was renamed using Persian words gul (flower), ab (water), and jamun (Indian fruit with similar shape & size).

## 3. Rasgulla

This soft and syrupy dessert is world famous as a Bengali

dessert. There is no occasion or ceremony without the heavenly presence of Rasgulla. Made of chhena or the homemade cottage cheese, the original name of Rasgulla is Khira Mohana, and it is said to have its origin in Odisha. The legend that proves it is centuries old shows it to be the favourite of the Gods themselves. It is said that when Lord Jagannath was going for Rath Yatra, he didn't bring his consort, Lakshmi. As expected, Lakshmi was upset and to pacify her, Lord Jagannath offered her Rasgulla. Since then, it's a tradition to offer Rasgulla to Goddess Lakshmi on the ninth day of Rath Yatra to pacify her. Only after she has savoured the mithai, the three deities (Jagannath, Balaram, and Subhadra) can enter the temple.

## 4. Laddoo

Be it the Motichoor Laddoo or the Boondi Laddoo, or even the Besan Laddoo, this sweet dish is something that can be easily made at home. An integral part of festivities and special occasions, Laddoo has a history of its

own. You will be surprised to know but as per the traditions, Laddoo was fed to growing girls to balance their hormones. Now you know why Gond Laddoo, Sonth Ke Laddoo, and Panjiri Laddoo are recommended in pregnancy, puberty and in winters.

## 5. Sandesh

Sandesh, as is widely known, is one of the popular sweets of Bengal, and is made using chhena that is believed to have been brought by the Portuguese. You will be surprised to know but Sandesh was introduced much before Bengali Rasgulla came into existence. In the earlier times, chhena was mixed with sugar or molasses in Calcutta to prevent it from getting wasted. And so, came the very first Sandesh in the form 'Makha Sandesh', when a great mind started mixing khoya, cardamom powder, and sugar with the sweet chhena. It was the famous sweet-maker from Bengal named Bhim Chandra Nag, who finally moulded the sweet and made it the 'Sandesh' of our times. Another interesting story about Sandesh is that on the opening of the Dakshineswar Kali Temple, Rani Rashmoni of Jaan Bazaar ordered 18 maunds of Sandesh!

## 6. Jalebi

The warm and juicy Jalebi, when combined with chilled rabri, is something that a person can kill for! But, do you know that this sweet dish that we have been enjoying for ages, is not Indian. As per the Oxford Companion, 'Kitab-al-Tabeeh', a cookbook by a Baghdadi author has the original recipe of this famous dessert that has several names to its credit. Apart from the fact that Jalebi is not Indian, it has been in existence for 500 years in India. Also, the very name Jalebi comes from a Sanskrit word 'Jalvallika' that means 'full of water'. You will be surprised to know but Jalebi is known to cure headaches and cold when taken with warm milk in Northern India and Pakistan. This combination makes you feel warm and is enjoyed by many people in winters.

## 7. Agra Ka Petha

A trip to the famous Taj Mahal and no one comes empty handed. The trip to Agra is always accompanied by the translucent and delicious Pethas that can provide instant energy. These Pethas do taste yummy, but do you know that they originated in the royal kitchen of the Mughal Empire? It was Emperor Shah Jahan who ordered for a sweet to be made as white as the Taj Mahal. And as many as 500 workers were appointed to make Petha! Also, it is believed that Petha is as old as Taj Mahal as it was made for the 21,000 workers who were working on Taj Mahal to provide them with extra energy. Petha is often called God's sweet, as it is considered as the purest sweetmeat ever made in the world. Reason? It is just made using pumpkin, sugar and of course water!

## 8. Mysore Pak

It is a 3-ingredient dessert prepared using gram flour, ghee, and sugar. It's history dates back to the 17th or 18th century and is known to be a traditional South Indian sweet that finds relevance on special occasions and festivals. It is said that Kakasura Madappa, the head chef in the Royal Kingdom of Mysore in the reign of King Krishna Raja Wodeyar who made Mysore Pak for the first time. The story goes like this that the King was ready to have lunch, however, there was one spot vacant in his Thali. And so, Madappa quickly prepared a sweet dish using gram flour, ghee, and sugar and let it cool down. By the time, the King finished his meal and was looking for sweet, Madappa served him the cooled cake. The sweet melted in his mouth and the King wanted another one and then asked for its name. Madappa was so nervous at that time that he named it 'Mysore Paka', where 'paka' means a sweet concoction in Kannada. Soon, it was given the status of royal sweet and from there on the legacy continues.

## 9. Shahi Tukda

Another dessert that's known to have its origin in Mughlai cuisine is - Shahi Tukda, the crispy, velvety royal dessert. As much as you love these deep-fried sweetbreads, you will be surprised that it was the Mughals who introduced them in India. How it came into existence, is a very interesting story. As per a legend, a King and his troupe were traveling for a hunt and they stopped at Nile river to have some food. The villagers were very much excited on hearing this and brought forward their local cook Umm Ali, to cook a delicious meal for the King and his troupe. As they did not have many resources, he took some stale bread and dipped them in a rich gravy made using nuts, cream, sugar, and milk. Everyone was so hungry that they loved this dessert, which provided them instant energy. Because it was prepared for the Royals, it was named 'Shahi Tukda' meaning royal piece.

## Restaurant Review:

# Kaboom



Please excuse this inaccurate review. Simply because Ballard Estate's intriguingly named, inexpensively priced, takeaway-friendly 'Kaboom' has made it impossible for me to follow my own rules of reviewing. As a rule, I eat my way through a huge number of dishes on the menu. If possible, I revisit the restaurant at another meal time, too. If I have to accurately review Kaboom, I'd be eating there Monday to Friday and then again. Simply because it has a different menu for each day of the week and then ever so often changes those too.

## DECOR

There's something charmingly makeshift about the small space (I'm told that it all started with the idea of setting up a food truck). Red stand up tables. Stools. Lime green open kitchen, playful signage and menu scribbled on the black board.

## FOOD

All the food is served in disposable containers with disposable cutlery too. Plenty of scribbles on the walls, but also the announcement of the use of quality ingredients (free-range chicken, organic rice, and freshly made ketchup and sauces).

Not only does the menu change daily but also ever so often. So when I ate here, it served up Thai (Monday), Spanish (Tuesday), Italian (Wednesday), Arabic (Thursday), European (Friday). Now, (I checked on Facebook) it's Shang High Funk (Monday), Pazzo Pomodoro (Tuesday), Fly high Ms American Pie (Wednesday), Soi Tuktuk (Thursday), Haba Habibi (Friday). So I've stuck to some of the "Kaboom classics" (which hopefully will be available throughout).

These Kaboom classics include eggs, fries, sandwiches and desserts. Go for the 'Anda Pao' choice of Omelette of scrambled eggs sparkled with onions, peppers and jalapeno. Herb tossed mushroom served on ragi bread, whole wheat noodles in a ginger soya broth are tasty. And the unique nutella served in a brun (Nutella Toastie) makes for a yum dessert.

## MINUS POINTS

The stodgy Bombay Sandwich disappointed, ditto for the Chicken Burger slathered with Mayo. Oversweet Caribbean Jerk Sauce smothered Buffalo Wings. Dry Lemon Cake. No alcohol. Not open for dinner. No loo.



# Food combinations that taste terrific

Move over fish and chips. Here are some new food combinations that guarantee a healthy kick to your diet While certain food duos simply taste terrific together, there are other combinations that can work real wonders on our wellbeing too. But how do you know what you need to add to what?

Well, for a supercharged health kick, we've done the food maths for you...

## ADD LOW-FAT YOGHURT... TO SALMON

Next time you're making up a salmon sandwich, mix in low-fat yoghurt. The vitamin D from oily fish helps the body better absorb the calcium from the yoghurt -and that's good news for your bones.

## ADD AN EGG... TO SALAD

A Purdue University study in the US found the people who ate a salad with egg absorbed more carotenoids from the veg (antioxidants linked to good heart and eye health) than those who didn't. "The fat in eggs helps to increase the absorption of carotenoids," says nutritionist Kim Pearson. "So top off your next salad with a chopped up free-range organic egg."

## ADD BROCCOLI... TO TOMATO PASTA SAUCE

Both tomatoes and broccoli contain cancer-fighting nutrients. A University of Illinois study in the US found that they were better at shrinking prostate tumours when



eaten together rather than alone. The researchers believe that's because different bioactive compounds in each food work on different anti-cancer pathways.

## ADD WINE... TO FISH

Italian researchers discovered that women who consumed a glass of wine a day had higher levels of healthy omega-3 fats in their blood. The scientists believe the polyphenol antioxidants in the wine may help the body soak up healthy fats from the fish. We don't need to tell you to go easy on the vino (drinking too much is thought to raise breast cancer risk) so you could also try infusing your fish in a wine-based marinade before cooking.

## ADD A SIDE OF COLESLAW... TO YOUR EVENING MEAL

A study from the Roswell Park Cancer Institute in Buffalo, New York, found people who ate raw cruciferous vegetables such as broccoli, cabbage and cauliflower three times a month had 40% less chance of developing bladder cancer. "Cooking veg can destroy some nutrients. Raw veg generally contains higher levels - aim to eat some every day," says Kim. "Try making home-made coleslaw with a quality mayonnaise and serve on the side. Or dip raw broccoli and cauliflower into guacamole."

## ADD BLACK PEPPER... TO TURMERIC

The popular yellow curry spice turmeric contains curcumin, an anti-inflammatory that may help ease the pain of arthritis. Turmeric has also been linked to protecting against cancer, high cholesterol, diabetes and Alzheimer's disease. "The trouble is that curcumin is known to be poorly absorbed by the gut," says Kim. "But studies have shown that the piperine in black pepper helps to enhance the absorption of curcumin."

## ADD SPINACH... TO A CHICKPEA CURRY

Spinach is a great source of magnesium -good for bone, muscle and heart health. It also helps the body convert food to energy. "Vitamin B6 is needed to enhance

magnesium absorption," says Hannah Richards from Cardiff Sports Nutrition.

"Studies have shown that nearly twice the amount of magnesium is absorbed when vitamin B6 is taken along with it. Chickpeas are a great source of vitamin B6, so combining them with spinach in a curry is a great idea."

## ADD CAULIFLOWER... TO CHICKEN

Scientists from the Institute of Food Research found that serving up two food components together - sulforaphane (a plant chemical) and selenium (an essential mineral) could make them up to 13 times more powerful at attacking cancer together than they are alone. Cauliflower is a good source of sulforaphane and chicken contains selenium, include them both in your Sunday roast.

## ADD CHILLI PEPPERS... TO KALE

Vitamin C helps the body better absorb iron. So to get the maximum amount of plant-based iron from leafy greens (such as kale and spinach), try wilting the greens in a pan with some garlic and chopped-up chillies (which are packed with vitamin C).

## ADD OLIVE OIL... TO TOMATOES

Tomatoes are packed with vitamins. They're also a rich source of carotenoid nutrients like lycopene, thought to help reduce the risk of cancer and heart disease.

## SAD's control over SGPC and fate of jathedars

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

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

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

## Post-Pulwama lessons for India, Pak

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

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

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

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

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



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

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

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

These perceptions on both sides of how Balakot played out mean that there is likely to be lesser restraint on using military force in the event of a crisis between the two countries. With diplomatic channels being almost absent,

there is a risk of misunderstandings or misinterpretations that can lead to unintended escalation. International mediation can help in a crisis, but India rejects any third-party role in responding to national security threats.

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

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

## Justice delayed

SC calls out lax prosecution in 1984 riot cases

OVER four decades have passed, but for the victims of the 1984 anti-Sikh riots, time has not dulled the wounds of injustice. The Supreme Court's remarks on Monday questioning the Delhi police's laxity in prosecuting cases — especially their failure to challenge acquittals — highlight a troubling reality: justice for the victims remains elusive. Out of the 650 registered cases, charge-sheets were filed in only 362 cases, and convictions secured in a mere 39. The rest — more than 300 — resulted in acquittals, many unchallenged by the prosecution. The apex court's observation that "prosecution must be carried out seriously, not just for the sake of it" underscores a decades-long pattern of neglect. When the Justice Dhingra Committee — which was set up following a PIL filed by former Shiromani Gurdwara Parbandhak Committee member Gurlal Singh Kahlon — found in 2020 that several investigations had been derailed, there was a flicker of hope for accountability. Yet, even now, the appeals against acquittals seem more perfunctory than purposeful.



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

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

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

## Trump-Modi bond faces trade test in second term

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

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

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

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

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

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

Against this backdrop, it is easy to see why Trump's victory in last November's presidential election raised hopes in India for a reset in bilateral relations. It helps that Trump has repeatedly pledged to negotiate a quick conclusion to the Ukraine war, meaning that India's choice not to pick a side in that conflict would no longer matter. A few weeks into Trump's second presidency, however, there are reasons to doubt this rosy scenario. So far, Trump has done nothing to spare India from his frenetic push to implement his campaign promises, from raising tariffs to deporting undocumented immigrants. When the Trump administration sent more than 100 Indian nationals back to India on a military aircraft — a 40-hour ordeal — their hands and feet were shackled. Modi said nothing.

In fact, far from standing up to Trump, Modi has preemptively slashed tariffs on US imports, hoping that this

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

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

mutually beneficial. Regarding India, his plan may well be to use the threat of tariffs to compel Modi's government to accept the trade deal of his choosing. That is what he did to Japan during his first presidency. He also tried to do it to India, but failed, so he stripped India of its special trade status instead, prompting India to impose retaliatory tariffs on some US products. If Trump ends up slapping more tariffs, the Indian economy could slow down, at least marginally. More broadly, Trump's "America First" trade agenda — which clashes with Modi's "Make in India" initiative — threatens to undermine India's status as the world's "back office", providing extensive IT and business services to US companies. Where trade is concerned, Trump treats friends and foes alike. But it matters that India is a friend — and Trump should want to keep it that way. The US-India strategic partnership helps advance the two countries' shared interests in the Indo-Pacific region, the world's emerging economic and geopolitical hub, including strengthening maritime security and supporting a stable balance of power. Already, the two countries are working to deepen military interoperability, and the US has overtaken Russia as India's leading weapons supplier, new contracts show.

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



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



# Your fertility could be directly proportionate to how Stressed You are



An estimated one in seven couples in India have fertility issues and sadly, more often than not, there is no known medical explanation, say doctors.

Case study: Radha, 34 (name changed), an ambitious career-oriented woman, has been trying to conceive, unsuccessfully, for the last three years. She now worries that she might never have a child. Her gynaecologist has told her that she needs to change her lifestyle and be more at ease mentally. However, her highly stressful job doesn't allow her the luxury of relaxing or stay calm.

## Physiological effects of stress cannot be ignored

"It has been found that around 10 per cent of the general population suffers from some form of infertility. Researchers say that women who are undergoing high levels of stress are 29 per cent less likely to get pregnant each month, than those women with lower stress levels," says fertility specialist Dr Shobha Gupta. Experts reiterate that the physiological effects of stress cannot be ignored and might play a relatively big role in conception.

Stress is one of the most overused words among the urban population world over. And it's not just the case with women. Gynaecologist and IVF specialist Dr Shweta Goswami, says, "Men who work in night shifts are more affected when it comes to fertility issues as compared to men working in regular shifts since their biological clock is badly disturbed. They sleep during the day and to keep themselves awake during the night, they often smoke, which damages the system further. Stress at the work place and sitting for long hours at work stations is also found to reduce sperm count."

Gynaecologist and IVF specialist Dr Anubha Singh, says, "Stress puts the body in 'fight or flight' mode from an evolutionary perspective and activates the sympathetic nervous system." This leads to the production of fat promoting hormones cortisol and insulin that cause weight gain. It also disrupts the body's hunger regulating hormones causing one to eat more."

## Women are affected more

Women are often found to be more stressed than men. "Repeated failure to conceive puts more pressure on already stressed women. But thanks to technology, today, we have treatment for infertility through IVF or IUI. But it is advisable that women as well as men also try stress management

techniques to overcome this problem because natural conception is always the preferred method," adds Dr Anubha.

## The psychology behind it

Young working women experience prolonged periods of frustration due to unsuccessful attempts at conception. Clinical psychologist Seema Hingorrany says, "Often, this leads to marital stress further translating into personal sense of loss or failure. Infertility is often accompanied by psychological and emotional distress, frustration, sense of incompetency, jealousy, trauma and even depression."

Most women with infertility report symptoms of heightened anxiety, depression, fear that they will never have children. Infertility is associated with negative feeling



of helplessness leading to chronic stress. These symptoms and negative beliefs actually hamper fertility in women.

## Constant stress Vs sudden stress

Experts say that there is a difference between constant stress and sudden stress, and it affects fertility in very different ways. Ovulation might still occur despite constant high stress because bodies are likely to acclimatise. However, sudden stress, like a death in the family, might interfere with the ovulation cycle. Doctors add that this may vary from one individual to another — for some women a simple weekend trip can hamper ovulation while a traumatic incident might not affect it at all. Also, negative stress is not the sole bad guy here. In fact, bridal jitters can also interfere with ovulation.

## Points to ponder

Fertility experts have stated that there is no scientific proof that relaxation techniques will increase the chances of conception, but then, they can't harm you either.

hour can be de-stressing.

## Factors that lead to infertility include

Marital disturbance  
High pressure jobs or business stress  
Advanced age  
Inability to have physical intimacy  
Depression  
Personal injury or illness

Death of a close family member  
Late marriages

Sitting for long hours at work stations  
Exposure to environmental pollutants

## Tips to cope with stress

Balance your career and home — spend adequate time with your family.

If you can't, take sabbatical if possible to review and introspect your priorities in life.

Don't shy away from taking professional help to deal with stress and anxiety if you can't deal with it yourself.

Moderate levels of stress in your life is okay, so do not panic.



Ease your mind by practising yoga and meditation.

Make sure that you are eating meals on time and having the right kinds of healthy, nutritious foods.

Delegate responsibility at work and don't take it all on yourself.

Take small breaks with your spouse/partner to nurture your relationship.

Articulate your feelings and emotions and communicate with others.

## DID YOU KNOW?

Of every 100 couples reporting to fertility clinics, 40 per cent are cases of male infertility, 50 per cent are of women, and the remaining 10 per cent of both partners being infertile. India has a population of over 1.2 billion; the number of Indians suffering from infertility is huge.



Couples, who worry about stressing too much, tend to become even more stressed. Elimination of the factors that lead to stress before attempting to conceive, might help.

Even something as simple as taking a walk for half an

## Why dengue is now an all-season threat

The city has been witnessing an unusual presence of the Aedes mosquitoes and the diseases transmitted by them even though the vectors are usually associated with rainy season.

March and April are considered dry months.

Scientists said this crisis is man-made and caused primarily due to large-scale construction activity and poor upkeep of overhead tanks. "There is a need for introducing heavy fines for mosquito breeding in and around construction sites and overhead tanks," said Dr Neena Valecha, director of National Institute of Malaria Research (NIMR).

A pilot project carried out by NIMR in collaboration with south corporation in 277 localities in west zone from July 2012 to May 2014 found overhead and curing tanks were the key habitats of Aedes mosquitoes during the dry months (December to May).

The incidence of mosquito-borne diseases can be reduced significantly with community participation. This involves putting proper lids on overhead tanks, regular emptying and cleaning of water containers, treatment of coolers and curing tanks with temephos and proper and safe disposal of solid waste, said NIMR scientists.

"Only one dengue case was reported in the study area in which fortnightly surveillance and interventions were carried out between 2012 and 2013. In the control area, which followed conventional intervention, 38 dengue cases were reported in the corresponding period," the NIMR study reveals. The results of the study have been published in a recent issue of PLOS One, a reputed medical journal.

Both dengue and chikungunya viruses are spread by Aedes aegypti mosquito that breeds in fresh water collected at construction sites or in the overhead tanks during dry season. In rainy season, stagnation of water can be seen in all empty containers and even potholes.

The average lifespan of an Aedes mosquito is two weeks. Each mosquito can lay eggs about thrice in its lifetime. About 100 eggs are produced each time. Entomologists say eggs produced by an Aedes mosquito can lie dormant in dry conditions for up to nine months after which they can hatch if exposed to favourable conditions, which is water and food. "If the key habitats -overhead and curing tanks -are cleared of these eggs during dry season, the chances of outbreaks during wet months can be reduced significantly. But for this we need active support of the public. The authorities alone cannot tackle the crisis," said Dr D K Seth, director, hospital administration of north corporation. Solid waste management is another area of concern. Due to lack of proper disposal system of solid waste in Delhi, it is indiscriminately dumped everywhere. This is a major threat for the increase in the population density of Aedes mosquitoes in urban and industrial towns. Responsibility of solid waste management remains primarily with the municipal bodies, so reduction in solid waste and its disposal is of utmost importance for reducing breeding of Aedes mosquitoes, said scientists.



## Signs your texting habits are unhealthy

Many among us are more confident expressing ourselves over a text than a face-to-face conversation or through a call. Typing whatever is there on your mind and pressing the send button seems to have become the shortcut to an easier communication. Why are millennials shying away from talking over the phone? Why has the calling technology become almost obsolete or intrusive? What's wrong with this epistemological shift?

Why are people texting more than talking?

"Texting allows for communication which is less spontaneous but more 'to the point', avoiding circumstantiality and allowing the person to convey what he/she wants without the fear of being criticized immediately, therefore, reducing the fear of social interaction," says Dr. Jyoti Kapoor Madan, Senior Consultant, Psychiatry, Paras Hospitals, Gurugram.

She adds, "There is slurring, stuttering or trembling in the speech of an anxious person. Writing allows one to rethink while reading what one has written. Socially conscious kids feel they will be able to convey the right thing if they texted rather than just spoke. It is also possible that talking face to face allows the other person to respond and react which may make the person trying to say something more anxious."

Here are a few scenarios in which it may be happening:

- If one does not want to seem vulnerable. In such cases, texting acts as a good cover.

- In order to have a control over the conversation, one may opt for texting. Whether a person feels



intimidated in the presence of another person or if he wants to intimidate the other person, preferring to text over talk can mean either of these.

- To avoid other person's heightened emotional state, such as his crying or anger, a person may not want to talk over the phone.

- Or simply, one may prefer texting to expend lesser energy.

What's wrong with texting more?

The rise in texting has many critics. You must have lost the count of number of times when you wanted to convey a sarcastic remark in good humour but it came across as rude. The instances of misunderstandings over messaging are too frequent and too many and they are much beyond the 'autocorrect fails'.

Here's a whopping fact: Only 7 per cent of human communication happens through the content of

the message. The rest are body language (58 per cent) and vocal tone, pitch and emphasis (35 per cent). This was established by UCLA professor Albert Mehrabian. So, when we are texting each other, we are using only 7 per cent of our total communication potential. This is the reason you may find, for instance, apologizing over a message easier than through talking or through a face-to-face conversation.

Typing 'sorry' and hitting send is way more convenient as it doesn't require you to convey an apologetic expression, body language, tone or pitch. The person at the receiving end is less likely to be convinced if the apology comes through a text for the same reason. He wants to see if you feel the apology, if your body language conveys it and if your expressions say it.

There's a common saying these days: 'Face it, Not Facebook'. This is only because texting causes many problems for those dependent on it a little too much.

The pros of texting

However, there are many who believe that it shouldn't be cut down altogether. Many a times, it also offers benefits, such as:

- Saves your time
- Helps you stay in touch with people more who you would otherwise not talk to
- It is better for casual conversations, everyday banter, planning outings on chat groups, saying quick hellos and good byes.

Signs it is becoming unhealthy

Look out for these signs to know if you are getting too much dependent on texting.

- If there are critical issues than need talking out but you are avoiding to call
- If you feel that you prefer to text over talk due to any underlying confidence issues
- If you are getting too dependent on it for every kind of conversation
- If you get panicky when the concerned person calls you

The science behind a

# Happy Marriage



another mad, not to worry, says a researcher who has found that some marriages actually thrive on negative behaviours. For couples with serious problems, the best way to breed a happier marriage, it seems is by placing blame on each other, telling the other person to change, and being less forgiving. In fact, a research has found that if unhappy couples practise same positive thoughts about behaviours, their relationships seem to get worse over time. There is evidence to suggest placing blame and other negative exchanges can motivate partners to change. A research suggests marriage counsellors might do well to encourage troubled couples to be more critical of one another.

### Work hard at it

Love can stand the test of time if you apply elbow grease. In a study, researchers analysed surveys of several people, including new relationships and marriages that had lasted at least 20 years. A high number of people were still much in love with their long-term partners, though the researchers drew a distinction between romantic love, which can endure, and passionate or obsessive love, which tends to fade away soon.

The key to keeping that romance alive: hard work. Research has suggested these couples spend time and care about the relationship; they seem to be able to resolve conflicts relatively smoothly. Studies have also shown novel experiences can stimulate the production of the neuro-chemicals dopamine and norepinephrine, which show up in the brain in the early, blissful stages of a relationship.

They say opposites attract. Like ones, repel. However, marriage is a different set of algorithms. It's far more complex, and calculated. Relationship counsellors claim that there are measures to make this fragile bond an ever-lasting one. Here are six tried-and-tested methods. Spend similar

If you like to keep your wardrobe up to date with the latest fashion magazine in sight, and he prefers to live off his four pairs of jeans and shirts, this, according to the laws of love, is detrimental to your marriage. A recent study suggested that people who were financial opposites had greater conflicts over money and lower marital satisfaction in the end than those whose spending tendencies were similar. Even though a spendthrift will have greater debt when married to someone similar than when married to a tightwad, the spender is less likely to argue about money with the partner.

### Be grateful about us

Be grateful for what you have, and the Universe will give you more opportunities and situations to be grateful for. Most feel gratitude, but seldom relay these feelings to their partners, assuming he or she just knows. Individuals who feel appreciated by their partners often hold less

resentment over any imbalance in labour and more satisfaction with their relationships.

A study also suggested, spouses who use couple focused words such as 'we,' 'our' and 'us' when talking about a conflict show more affection, fewer negative behaviours such as anger, and lower physiological stress levels during the disagreement. Using words that expressed separateness, such as 'I', 'you', and 'me', during the discussion was associated with dissatisfaction.

### Have a rollicking time in bed

You've likely met a neurotic in your lifetime, the person who gets upset easily, often has mood changes and worries constantly. Turns out, that personality trait doesn't mix well in relationships and is strongly tied to negative marital outcomes than any other personality type. Frequent sex could be a solution. Even if the sex isn't good now, keep at it: Another study found, it may get better with age. Men in their 50s are more satisfied with their sex lives than men in their 30s and 40s as it increases the bond.

### Make it quick



If your spouse puts you off you now, the future is bleak. According to a study showing that couples view one another as more irritating and demanding, the longer they are together. Researchers asked 800 individuals about their level of negativity towards their partner, children and friends. Spouses and partners took the top slot as the most annoying. And the negative views of spouses tended to increase over time. However, that increase in negativity could be a normal part of relationships.

### Be strong

While on the subject of spouses driving one



## Pamper your pets with the best care this winter

As winter sets in, everyone is busy pulling out shawls, coats and heaters out of storage. But for pet lovers, winter care for their furry pals can be a complicated matter. To help their pets in bearing the chilly winters of the city, Nashikites are giving an extra dose of care to them.

If it is too cold for you to stand at the door without your coat, it is probably too cold for your pet as well. Though some breeds have dense undercoats that protect them against very cold temperature these days there are insulated coats available for the other breeds. "As it is cold I purchased coats for my dog and they are quite useful. After all Brownie (her Pomeranian) is also a part of the family," said Rajni Kharbanda, a homemaker. "For some, pet booties, jackets, scarves and caps might seem silly but these come in very handy for protecting your pet from the harsh winters," she added. Limiting your pet's time outdoors on cold days is certainly the most important

thing to do this winter. And doing that is very easy; just provide your four-legged companion with a warm and cozy indoor shelter. A comfortable chair, basket or even a box is all he needs to make a perfect bed. If keeping your pet indoors doesn't work for you, then make sure that their surroundings are lined with old rugs and linen to keep them warm.

Your pet needs to remain hydrated as he can get dehydrated just as quickly in the winter as summer. The water in the bowl kept outside can turn icy cold and the pet might not feel like drinking it. So keep replenishing the bowl after regular intervals. Another important aspect to keep in mind

is that animals move around lesser during winters and so they need less food to eat. Dr Dipti Barve, a dentist and proud owner of Alan, a Great Dane and Simba, a Labrador, informed, "Although your pet needs an extra layer to keep warm during winters, they don't need extra layers of fat. In fact, they move around lesser in the winters, so they need a little less food. I always feed my dogs with the highest quality natural pet food available to ensure they have a healthy coat and energy levels during winters."

Your pet won't mind if its cold and dark because he still needs to be taken for a walk. Likewise bathing your pet is also absolutely needed.

Ask your vet on the frequency of giving your pet a bath. Apurva Jain, a student, shared, "I make sure I bathe my pet and spend quality time with him in the mornings so that he gets ample amount of sunshine to dry up." This is important because otherwise your pet will often seek heat by snuggling too close to heating sources like fire places, space heaters and lamps that pose a major threat to them.

With the increasing number of pets and pet owners, pet grooming has taken centre stage. Priyanka Kharbanda, another pet owner, said "I plan to start a grooming salon and spa services for pets. Dog training

and day care facilities at affordable rates is also the need of the hour." Dr Patil, a vet from the city, informed, "Fever, cough, constant sneezing and nose discharge are the most common problems among cats and dogs during this season. To prevent these, taking utmost care of your pet is necessary." So this winter, make sure your furry friend gets most of your attention and the best perks to stay healthy and enjoy the season.

## Tough jobs may protect memory

If you hate your job because it requires complex work with other people or data, you may now discard the negative thoughts as researchers have found that complex jobs help people retain their memory and thinking skills even after retirement.

The study found that people who held jobs with higher levels of complexity with data and people, such as management and teaching, had better scores on memory and thinking tests. "These results suggest that more stimulating work environments may help people retain their thinking skills, and that this might be observed years after they have retired," said study author Alan Gow from Heriot-Watt University in Edinburgh, Scotland.

"Our findings have helped to identify the kinds of job demands that preserve memory and thinking later on," Gow added. For the study, the researchers tested memory and thinking abilities of 1,066 Scottish people with an average age of 70. The tests looked at memory, processing speed and general thinking ability. Researchers also gathered information about the jobs participants held. The job titles were assigned scores for the complexity of work with people, data and things. For example, complex jobs might involve coordinating or synthesizing data, while less complex jobs might involve copying or comparing data. In terms of working with others, more complex roles might involve instructing, negotiating or mentoring, while less complex jobs might involve taking instructions or helping. The analysis used levels of complexity according to the Dictionary of Occupational Titles.

Examples of jobs that score highly for the complexity of work with people are: lawyer, social worker, surgeon. Examples of jobs that score highly for the complexity of work with data are: architect, civil engineer, graphic designer or musician.



NEWS BOX

Champions Trophy: Pakistan firm on Babar Azam opening despite tri-series flop show

New Delhi. Pakistan head coach Aqib Javed has thrown his full support behind star batter Babar Azam, backing him to continue opening for the side in the upcoming ICC Champions Trophy...



look at the away series against South Africa, Babar Azam had to bat in the first over in all games. Then Saim got injured, and he had to open in Tests too.

The 29-year-old failed to make a significant impact, managing just 62 runs in three matches. His highest score came in the final against New Zealand on February 14...

RCB's Richa Ghosh reveals 'positive' game plan with Kanika Ahuja behind GG win

New Delhi. Royal Challengers Bengaluru (RCB) star batter Richa Ghosh credited a fearless mindset and coaching influence for their stunning comeback win over Gujarat Giants (GG) in the WPL 2025 opener...



tournament history. Chasing a daunting target of 202, RCB secured a thrilling six-wicket victory at the Kotambi Stadium in Vadodara.

RCB vs GG, WPL 2025: Highlights Speaking at the post-match presentation after receiving the Player of the Match award, Ghosh revealed the tactical planning behind RCB's chase.

Champions Trophy classics: When Dhoni-led India outsmarted England to win title

MS Dhoni's tactical prowess and some brave performances from Ravindra Jadeja and Virat Kohli saw India defeat England by 5 runs to win the Champions Trophy 2013 final in Birmingham.

New Delhi. God is not coming to save us, if you want to win the trophy we have to fight it out. These were the message MS Dhoni had for his team ahead of their 2013 Champions Trophy final clash against England.

case in the final. England won the toss and decided to bowl first. Stuart Broad gave the hosts the first breakthrough as he cleaned up Rohit for 9 runs.

Dhoni's magic gets the win for India A 20-over game and Dhoni decided to defend his target with a slip, gully and a silly point for spinners and taking a Joginder Sharma-esque call with Ishant Sharma.

Cook for 2 runs. Jonathan Trott showed some fluency and hit some delightful shots, but the spinners Ashwin and Jadeja brought their side into the contest and allowed India to take control with the wickets of Trott, Joe Root and Ian Bell.



for 46 when Eoin Morgan and Ravi Bopara arrived at the crease. Both men steadied the ship and started to go after Ishant, who was the least effective bowler on the day at that point.

over. A slower ball induced a false shot from Morgan, and he hit it straight to the fielder. Ishant revealed that Dhoni wanted him to bowl wide yorkers but the pacer decided to go for the slower delivery.

"He [MS Dhoni] asked me again to come over the stumps and try [to] bowl wide yorkers. I asked him to let me try to bowl a slower ball then something might happen. That's how the game suddenly changed," said Ishant.

The pacer would then get Bopara in the same over as England started to crumble. Jadeja was nearly unplayable in the 19th over and 2 more wickets followed.

Virat Kohli would have declined RCB captaincy to focus on batting: Kris Srikkanth

New Delhi. Indian cricket legend Kris Srikkanth believes that Virat Kohli himself would have chosen not to return as the captain of Royal Challengers Bengaluru (RCB), prioritising his batting for the upcoming IPL season.



RCB surprised many by announcing Patidar as their fourth Indian captain on February 13. Speculation had been rife about a potential return of Kohli to the leadership role after stepping down in 2021.

IPL. The good thing is he will not have a lot of expectations. When we appointed Dhoni in 2007 as the T20 World Cup captain, not a lot was expected of him and the team.

bit like that...Expectations from Rajat Patidar as a captain are not high. He will take his own calls. He will consult Virat Kohli, who will be a guiding force," he added.

During the official announcement event in Bengaluru, RCB's Team Director Mo Bobat acknowledged Kohli's leadership presence within the franchise, even during Faf du Plessis' captaincy last season.

RCB's head coach, Andy Flower, also spoke about Kohli's reaction to the decision, describing the star batter as highly professional and supportive of Patidar's appointment.

Champions Trophy: 'Dangerous' Jake Fraser-McGurk gets backing from Steve Smith

New Delhi. Australia captain Steve Smith has backed Jake Fraser-McGurk to succeed during the Champions Trophy in Pakistan after his horror run of form during the Sri Lanka ODI series.

Speaking after the series loss, the Australia captain said that Fraser-McGurk has the ability to play shots all around the ground but it's all about picking them to play at "Yeah, look, he's obviously a very aggressive player," Smith said.

"He's got all the shots around the ground, and



Smriti Mandhana's cheeky response on 'dinner' with Gardner after record dismissal

New Delhi. Ash Gardner etched her name in the record books on Friday despite Gujarat Giants losing to Royal Challengers Bengaluru (RCB) by six wickets in the Women's Premier League (WPL).



Overall, Gardner has got the better of the Indian vice-captain 15 times. After the match, Smriti was asked about whether she would like to take Gardner out for dinner after the Australian spinner dismissed her yet another time in competitive cricket.

said, "I think I have to take her for runs, I think it is time now (laughs)." Praises for Richa, Perry

Mandhana was delighted after RCB recorded the highest successful run-chase in the history of the WPL. Ellyse Perry scored 56 to lay the platform in the run-chase, after which Richa Ghosh's unbeaten 64 off 27

took RCB past the finish line. Kanika Ahuja, who returned after missing the last season, lent Richa support with an unbeaten 30-run knock.

"I am really happy that we were on the winning side. The way Richa and Pez (Perry) batted, it was amazing to watch. Brilliant to watch, they have been doing that in the nets. Really happy that after the first innings, we knew it would be tough to bowl, so always thought we were in the game. We lost the top three wicket-takers of last year, but luckily we had good options (coming in)," Mandhana added.

After taking down the Giants, Mandhana's RCB will be up against Meg Lanning's Delhi Capitals (DC) on Monday, February 17 in Vadodra. Hings clicked," Mandhana said.

yeah, I think it's just picking them to play at the right time and he hasn't quite got going here." "But he played a couple of nice shots out there and we know the talent that he possesses so that's why he's in this squad."

"Fraser-McGurk is dangerous" Smith said that the 22-year-old is a dangerous player and the wickets in Pakistan could suit his playing style. The Australia captain also said that Fraser-McGurk will gain a lot from being with the main squad.

"He's dangerous. I think the wickets in Pakistan potentially suit him so yeah I think he's going to learn a lot just being around the group, continuing to work with all of us as the coaches and just talking about the game and yeah, you'll definitely take a lot out of that," said Smith. Australia have a depleted squad going into the Champions Trophy as they are without the likes of Pat Cummins, Josh Hazlewood, Mitchell Marsh and Mitchell Starc.

Champions Trophy: Can New Zealand grab their second title without key stars

New Delhi. New Zealand's journey in ICC tournaments has often been one of near-misses, and with the Champions Trophy approaching, they face a significant challenge. The BlackCaps will field a fresh squad, missing several key players.

concerns, with Rachin Ravindra and Lockie Ferguson still uncertain for the tournament. New Zealand's recent experience, which came in winning a Tri-series, playing in Pakistan against the hosts and South Africa may give them an edge in conditions, but whether that will be enough remains to be seen.

New Zealand Champions Trophy squad Mitchell Santner ©, Devon Conway, Tom Latham (WK), Kane Williamson, Rachin Ravindra, Will Young, Mark Chapman, Glenn Phillips, Daryl Mitchell, Nathan Smith, Lockie Ferguson, Ben Sears, William O'Rourke. One of the biggest changes in New Zealand's Champions Trophy squad is the absence of veteran pacers Trent Boult and Tim Southee, Santner will instead rely on Matt Henry, Jacob Duffy, and William O'Rourke.



Battle Against Injuries

Injuries could be a major obstacle for New Zealand. Rachin Ravindra suffered a serious injury during the ongoing tri-series against Pakistan, putting his participation in doubt. Ben Sears has already been ruled out with a hamstring injury, with Jacob Duffy stepping in as his replacement.

Lack of Spin Options

Spin depth is another area of concern. Beyond Santner, New Zealand lacks established spinners. Rachin Ravindra and Michael Bracewell have provided some assistance in recent ODIs but are yet to prove themselves as consistent match-winners.

New Zealand's ODI Form Since the 2023 World Cup

New Zealand's ODI performances have been inconsistent since the 2023 World Cup. In a tri-series match against South Africa in Lahore, they successfully chased a 305-run target, thanks to Kane Williamson's unbeaten 133. However, in the 2024 ODI series against Australia, they struggled and suffered a 3-0 series loss, highlighting their fluctuating form in the format.



# Katrina Kaif

## Is Impressed With Vicky Kaushal's Performance In Chhaava, Says 'You Truly Are Outstanding'

Vicky Kaushal and Rashmika Mandanna starrer Chhaava has finally released today. The periodical drama has been creating a buzz for a long time. Well, the film has been getting an overwhelming response from the audience. Katrina Kaif has also reacted and praised Vicky's performance in the film. She has penned a long note and called the actor 'outstanding'. Taking to her Instagram handle, Katrina Kaif shared the poster of Chhaava featuring Vicky Kaushal and wrote, "What a cinematic experience and what a monumental task to bring to life the glory of Chhatrapati Sambhaji Maharaj. @laxman.utekar tells this incredible story in the most brilliant way, im in awe, the last 40 min of the film will leave you speechless. I've spent all morning wanting to go and rewatch it again. I'm lost for words at the impact of this film ..... @vickykaushal09 you truly are outstanding, every time you come on screen, every shot, the intensity you bring on screen, you are a chameleon the way you transform to your characters, effortless and fluid, I'm so proud of you and your talent... #DineshVijan what is there to say ..... you are a true VISIONARY... you support and put your conviction in what you believe in and a carving a new trail of brilliance. The entire cast are phenomenal.... This is a film for the big screen ... so proud of the whole team."

At the premiere of Chhaava, Vicky Kaushal made a striking entrance, flanked by his wife Katrina Kaif, by his side. The couple, hand in hand, walked down the red carpet, immediately becoming the cynosure of all eyes. Vicky looked dashing in a sleek black suit accented with subtle sequin embroidery along the shoulders. Meanwhile, Katrina was resplendent in a powder blue sequin saree.

Vicky Kaushal and Katrina Kaif are one of the most adored couples in Bollywood. Recently, the diva took to her Instagram stories and shared a video of her husband Vicky Kaushal. The clip shows Vicky Kaushal having a small laugh. After this, he tells his wife, "Vichitra kintu satya praani hai aap (You are a strange but honest creature)." The 'Namaste London' actress captioned the clip, "My dear hubby's description of me", along with an angel emoji.

Directed by Laxman Utekar, "Chhaava" will see Kaushal in the role of Maratha emperor Chhatrapati Sambhaji Maharaj, who was the son of Maratha empire founder Chhatrapati Shivaji Maharaj. It is produced by Dinesh Vijan of Maddock Films. For Kaushal, the movie marks the third time he is stepping into the shoes of a historical character, after playing revolutionary Udham Singh in "Sardar Udham" and India's first Field Marshal Sam Manekshaw in "Sam Bahadur".



# Diana Penty

## Channels Her Inner Shehzadi Zinat-un-Nissa For Chhaava Screening

The much-awaited period drama Chhaava has hit the screens, and the team hosted a special screening recently in Mumbai. The event was attended by many popular faces from the industry along with the cast members of Chhaava. Diana Penty, who plays the role of Shehzadi Zinat-un-Nissa in the film, was also seen at the screening. Her character was revealed a day before the film's release and fans have been looking forward to seeing her in this new role. For the screening, Diana Penty opted for a silk sharara set. The kurta featured a V neckline with embroidery on the edge and red floral print on the hem. She paired it with a matching flared bottom. The dupatta had a similar floral pattern and was left loose on one side. The actress accessorised the dainty look lightly and left her hair open.

Just a day before the release of Chhaava on the big screen, Maddock Films surprised fans by revealing the cast members' appearances. One of the posters showed actress Diana Penty looking lovely in a royal outfit. Dressed in a pink Anarkali suit and traditional jewelry, the actress exuded a graceful charm with passion in her gaze. "Grace, intellect, and quiet rebellion—meet Shehzadi Zinat-un-Nissa," read the caption.

The historical drama Chhaava stars Vicky Kaushal, Rashmika Mandanna, Ashutosh Rana, Divya Dutta, Akshaye Khanna,

Vineet Kumar Singh, and Santosh Juvekar in pivotal roles. The film is based on the life of Chhatrapati Sambhaji Maharaj, the eldest son of the Maratha Empire's founder. The film, directed by Laxman Utekar and produced by Dinesh Vijan, promises to tell a captivating story about the valour and legacy of one of India's most respected



kings. Next, Diana Penty has Mithun Gangopadhyay and Nishant Nayak's project Daring Partners. The series, which stars Tamannaah Bhatia and Nakuul Mehta, will be available for streaming on Prime Video. She will also appear in Diljit Dosanjh and Boman Irani's film Detective Sherdil. Before this, she was seen in Azaad with Ajay Devgn, Rasha Thadani, Aaman Devgan and others. The film was released last month and received mixed reviews.

## Nick Jonas Shares An Unseen Pic Of Daughter Malti Marie Enjoying Piano With Grandfather Kevin Jonas



Priyanka Chopra and Nick Jonas's daughter Malti Marie is one of the most famous star kids. Her photos have always gone viral on social media. Today, also Nick Jonas shared another unseen photo of his daughter to wish his father Kevin Jonas happy birthday. Taking to his Instagram stories, Nick shared a photo in which we can see Malti sitting on Kevin's lap and enjoying the piano. She is happy and wears all winter wears. Nick wrote alongside, "Happy birthday @papakjonas, we love you so much." Earlier, Priyanka Chopra posted an adorable photo of the birthday boy embracing Indian culture. In the photo, he is seen donning traditional attire from Chopra's brother, Siddharth Chopra's wedding while he poses with his hand on his chest. "Celebrating you and your big 60 today. Keep shining brighter than ever. Lots of love, always," read the caption.

Priyanka Chopra was recently in India along with her family to attend her brother Siddharth Chopra's wedding festivities. Priyanka Chopra and Nick Jonas opted for a pastel-coloured ethnic ensembles. The couple posed for the cameras and greeted the paparazzi with folded hands. They gave a couple of adorable poses before they headed to a family event in Mumbai. Priyanka Chopra is currently shooting for her next film SSMB29 with Mahesh Babu. The film shooting is going on in Hyderabad. The official pooja ceremony for this SSMB29 was held on January 2. The ceremony was held strictly private, and no pictures or glimpses from the same were released by the makers.

Mahesh Babu and SS Rajamouli's highly anticipated film SSMB29 is officially underway. While the spotlight has been on this exciting pairing of Mahesh Babu and Priyanka Chopra, the film promises to bring together a diverse array of talented artists from around the world. However, the full list of cast and crew is yet to be revealed, leaving fans eagerly awaiting more updates. SSMB29 is set to be produced in two parts, with the first instalment expected to release in 2027 and the second instalment by 2029. Mahesh Babu will be playing the male lead.

## Bipasha Basu, John Abraham Had 'Lots Of Issues' During Billo Rani Shoot, Broke Up Days Before: Vivek Agnihotri



Bipasha Basu and John Abraham used to be in love with one another and starred in films like Jism, Goal and Madhoshi among others. The song, Billo Rani, from Goal, is among their most remembered songs together. Recently, director Vivek Ranjan Agnihotri took to X and recalled the song's shoot and 'history'.

Vivek wrote, "This song has a history. Producers didn't want it. Javed Saab was against the hook 'Billo Rani', Pritam wasn't sure about the qawwali style. John and Bipasha had a break-up just a couple of days before it so there were lots of issues. But only the Late Saroj Khan believed in me. She said this will become the biggest hit and it did. Big salute to Pritam, Javed saab and Sarojji."



Bipasha and John dated for nine years. Their relationship reportedly started around the time they were shooting for the 2003 film Jism, which had become quite controversial during the time of its release for its bold content. Fans were almost certain that the relationship would culminate into marriage, as they were always seen together at several events.

But, after almost nine years of dating, they decided to mutually part ways. The exact time or reason behind their split is still not known, with most reports claiming they had parted ways in 2011. The reason behind the split has also given rise to speculations, as the estranged couple never elaborated on it publicly. Bipasha, in an interview with TOI, had said that the break-up was "definitely not amicable." John, in an interview, claimed that it was "very amicable and there was nothing ugly about it." Meanwhile, John Abraham is all set to be seen in a politically intense thriller The Diplomat. The trailer has finally been released and looks like it has also impressed fans. The film also stars Sadia Khateeb, Sharib Hashmi, Revathy, and Kumud Mishra. The trailer pays homage to her pivotal efforts in 2017, supporting Indian diplomat JP Singh in bringing 'India's daughter' back home.