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JAC Paper Leak: Two people arrested, question papers sold for Rs 350!

Two people including a school operator arrested, paper leak links to Maharashtra and Deoghar, BJP leader's son arrested



School-coaching operator made the disclosure
Prashant runs a private school and coaching center in Jamu of Markacho block. He is being questioned. Prashant has told the police that a student named Prince Rana, a resident of Markacho, had provided him the question paper. Prince is a deaf and dumb person, who was himself going to appear in the exam this time. Prince has gone to Bengaluru for treatment with his father Indradev Vishwakarma and mother Aarti Devi.

The question papers were sold in a WhatsApp group for just Rs 350

The question papers were sold in a WhatsApp group for just Rs 350. Prince is the admin of this group. This WhatsApp group was recently created by Jharkhand Academic Council (JAC) Board Examination. Links were sent to the students to join this group. More than a thousand people were associated with this group.

Prince's mother's account. At present, the police is investigating the whole matter. At the same time, clarification has been sought from the Deputy Commissioner of Giridih and Koderma in the paper leak case.

On the instructions of Jharkhand Academic Council (JAC), Deputy Commissioner Megha Bhardwaj has constituted an investigation team under the chairmanship of Deputy Development Commissioner. The investigation team has arrested 2 people within 12 hours in the paper leak case. Also, the police is investigating to take action against the people involved in this matter.

Deputy Commissioner dismissed the matter of paper leak from the treasury

Regarding the matter, Deputy Commissioner Megha Bhardwaj said that the matter is being investigated and a case has been registered in Markacho police station in this matter. Two people have also been arrested in the said case. Here, the Deputy Commissioner directly dismissed the matter of paper leak from the treasury and said that all video recording is done from the arrival of the question paper in the treasury to the bank and

from the bank to the examination center. No error of any kind has been found on examining the said recording by the constituted investigation team.

Wires connected to Maharashtra and Deoghar

The Deputy Commissioner said that the YouTube channel on which the paper was leaked is also being thoroughly investigated. He also said that many coaching operators are also being linked to this case. During the investigation, evidence of its links with Maharashtra and Deoghar is also being found. A team has been sent there. He also said that the committee formed by JAC has been informed about all the cases and the investigation report is being submitted.

According to the information, the role of many coaching operators has also been found suspicious in this case. Koderma police has arrested two people including school operator Prashant Saw alias Prince. They are being questioned in the entire case. During the investigation, evidence is being found that it is also connected to Maharashtra and Deoghar. A team has been sent there.

School-coaching operator made the disclosure

Information of question paper leak in many other districts too

The question papers were sold in a WhatsApp group for Rs 350

There are reports of question papers being leaked in many other districts as well

Information of question paper leak in many other districts too

Information of question paper leak was also received in Giridih, Garhwa and East Singhbhum districts. Deputy Commissioners and Superintendents of Police in these three districts are also engaged in investigating the matter. Many people have been questioned in Garhwa. Jharkhand Academic Council has sought investigation report from the Deputy Commissioners of all these districts by Friday.

BJP leader Prakash Sao, father of Prashant Sao arrested in this case, says that his son is being framed in this case. Education department is involved in the question paper leak case.

operator in Koderma has also been revealed in this case. Koderma police have arrested two people including school operator Prashant Saw alias Prince. They are being questioned in the whole matter.

Markacho police has also registered a case in this matter. Let us tell you that money was being demanded through QR code by sending a question paper on WhatsApp group, through this code money was going to

Koderma: The investigation into the question paper leak case of the matriculation exam conducted by JAC has intensified. The role of a school cum coaching

In Shorts Major terrorist attack in different areas of Israel



Israel: One and a half years ago, on 7 October, before the war, a similar terrorist attack had started a fierce war between Israel and Hamas. Today, the whole world is seeing another picture. Such a picture has emerged from Israel where there was a massive explosion in buses one after the other at the same time. Explosions have taken place in buses one after the other in Tel Aviv city of Israel. The Israeli administration took action against it before two more buses came under the grip of these explosions. The Israeli police also defused the explosions in two other buses. These explosions were exactly like the pager explosions in Lebanon. Explosions were happening one after the other in Lebanon too.

Video of women bathing in Mahakumbh sold

Prayagraj: Crores of people are reaching Prayagraj to take a holy dip and a large number of women are also included in it. But a big conspiracy was hatched in this biggest fair of Sanatan. In which videos of women bathing have been uploaded on social media and money has been spent for this. Police has taken big action in this case. Police has identified 113 people. 13 FIRs have been registered. According to the police, the accused will also be arrested soon. Soon this entire racket will be exposed. Police is identifying every person associated with this racket, so that it can be exposed.

BJP kept itself away from the all-party meeting

Ranchi: BJP kept itself away from the all-party meeting called by the Speaker regarding the budget session. Finance Minister Radha Krishna Kishore, MLA Pradeep Yadav, LJP MLA Janardan Paswan, RJD MLA Suresh Paswan and JDU MLA Saryu Rai attended the meeting. After the meeting, Speaker Ravindra Nath Mahato said that cooperation is expected from the opposition.

The Speaker said that the Leader of Opposition is necessary to run the House in

a better way. The absence of the Leader of Opposition causes trouble to the House. There is a problem in running the House. The Leader of Opposition is needed 100 percent. We have requested. He said that if one of the two wheels of the vehicle is missing, then there will be trouble. He said that a letter was sent to the BJP for the meeting.

Who will become the Leader of Opposition?

For the leader of the BJP

Legislature Party, the names of former Chief Minister cum State President Babulal Marandi and the most senior MLA CP Singh are being taken prominently. Apart from this, the name of Koderma MLA Neera Yadav is also included in the discussion.

The reason for BJP's dilemma is that the party has to focus more on its core voters OBC and general category leaders.

Apart from this, important posts have to be given to the leader of the tribal communi-

ty. Therefore, before selecting both the posts, the political situation and social equation will also be taken into consideration.

Leader of Opposition will be selected soon

According to BJP sources, the party will soon select the leader of the legislative party. Central observers may be appointed for this. The name of the leader of the opposition will be decided only after the selection of the leader of the legislative party.

Government committed to empower tribal youth generation in every respect: Hemant Soren

Ranchi: Chief Executive Officer of international organization Worldbeing, Mr. Steve Leventhal (USA) met CM Hemant Soren and MLA Smt. Kalpana Soren in the Chief Minister's chamber in Jharkhand Legislative Assembly on Friday and apprised them of the work being done by Worldbeing India Foundation towards empowering and strengthening tribal youth as well as their welfare through the Arohan program. He also shared with the CM the positive changes in teachers and students in ashram residential schools through this program. The CM learned in detail the work being done by this international organization for the upliftment and development of the tribal society of this state and appreciated it. Additional Chief Secretary to the CM, Mr. Avinash Kumar was also present on this occasion.

Government committed to strengthen tribal youth in every respect

The Chief Minister said that Jharkhand



is a tribal dominated state. Our government is constantly taking concrete steps towards advancing the tribal youth generation of this state in all areas including economic, social, educational. He said that the cooperation of various organizations can prove to be very effective in this. The government is committed to make this state strong and empowered with the positive cooperation of all.

Need to make the youth mentally strong

While giving information about the work being done by this organization, Jharkhand in-charge of Worldbeing India Foundation, Mrs. Sunita Munda said that there is no lack of strength in the tribal

youth here. They have full ability to fight even against adverse circumstances. But, there is a need to make them a little stronger mentally. In such a situation, this organization is working towards making the tribal youth mentally strong through its Arohan program. The Chief Minister also said that the government will move forward by deeply assessing the work done by you on how the tribal youth can be mentally strong.

Need to connect Arohan with the main system of education

Worldbeing India Foundation told the CM that this organization is working in collaboration with the education system of Bihar through Arohan. On this, the CM said that the government will seriously consider how to include Arohan in the main system of education in Jharkhand too. In this direction, a team of teachers and officials of Jharkhand will be sent to Bihar to see the work done by you.

The number of devotees taking bath in Sangam crossed 58 crore



Prayagraj: The influx of devotees in Prayagraj Mahakumbh is not stopping. On Friday, the 40th day of Mahakumbh, there was a continuous flow of devotees. It is reported that yesterday on the 39th day, more than 1.28 crore devotees took a dip in Triveni Sangam. By 10 pm on February 20, more than 58 crore people had taken a holy bath in Mahakumbh. Yesterday, Assam CM Himanta Biswa Sarma, Bengal BJP leader Shubhendu Adhikari, Union Minister CR Patil took a dip in Sangam. Two days ago on Wednesday, Union Finance Minister Nirmala Sitharaman and BJP MP Tejasvi Surya attended the Mahakumbh in Prayagraj.

Destroy poppy crop completely: CS

Ranchi: Chief Secretary Mrs. Alka Tiwari has said that the campaign against poppy cultivation is showing positive results, but 100% destruction of poppy crop should



be ensured. She said that the officers associated with the campaign should make mutual coordination more strong and effective. Pointing out that arrests are less than the number of cases registered, she said that focus should be on making maximum arrests and getting them punished. Emphasizing on making a real assessment of the resources required in the process of destruction, she said that the availability of necessary resources will be ensured. On receiving information that poppy crop is still grown at some places, she directed to continue the campaign against poppy cultivation till March 15. On Friday, she was reviewing the compliance of the instructions given in the meeting held under her chairmanship two months ago against poppy cultivation.

Poppy crop grown on more than 19 thousand acres of land was destroyed

During the review, it was told that during the campaign against poppy cultivation, a total of 19,086 acres of crop has been destroyed, which is four times more than the last few years. The maximum poppy crop grown in 10,520 acres in Khunti has been destroyed. Ranchi district is in second place, where poppy crop grown in 4624 acres has been destroyed. The least poppy plants grown in 396 acres have been destroyed in Palamu. It was told that at some places the poppy crop is still to be destroyed, where action is being taken by running special drives. It is worth noting that a total of eight districts of Jharkhand, Chatra, Khunti, Latehar, Ranchi, Palamu, Chaibasa, Saraikela, and Hazaribagh are affected by poppy cultivation.

JPSC-01 topper Shalini Vijay, her mother and brother commit suicide

Kerala/Ranchi: JPSC-01 topper Shalini Vijay, her mother Shakuntala and brother Manish Vijay have committed suicide. This incident is from Kerala. Manish Vijay was working as Additional Commissioner in the Customs Department in Kakkanaad, Kerala. Shalini Vijay was the topper of JPSC-1 and was working in the rank of Deputy Collector in Jharkhand for a long time. Two years ago she went on leave, after which she did not return to duty. Shalini Vijay was a resident of Kerala.

According to media reports, Shalini Vijay, her brother Manish, who was Assistant Commissioner of Central Excise, and mother were found dead in the government residence in Kakkanaad, Ernakulam, Kerala. The bodies of Shalini Vijay and her brother Manish were found hanging in the house. While the body of her



mother Shakuntala was found on the bed.

According to the police, all three had committed suicide several days ago. Manish Vijay had taken leave

about a week ago. When he did not reach the office even after the leave was over, his co-workers went to his house. When his colleagues reached home, they found that a foul smell was coming from the house. Then the local police was informed about the incident.

After receiving the information, when the police broke the door and looked inside, they found that the bodies of Shalini Vijay and Manish were hanging from a noose, while the body of mother Shakuntala was lying on the bed. All three had committed suicide several days ago. Due to this, the bodies had started smelling foul.

Manish Vijay's colleagues have told the police that his mother used to live here earlier. About a year ago, his sister also came to live here. The police is investigating the reason why everyone committed suicide.

News In Brief

School uniforms were distributed in the upgraded middle and primary schools

Bishnugarh: School uniforms were distributed on Friday in the upgraded middle school Dungo and upgraded primary school under Gaida Panchayat of Vishnugarh block. Gaida Mukhiya Asha Devi distributed uniforms among about 50 children. Mukhiya Asha Devi said that the government is providing all kinds of reading material to the children for free. Parents should send their children to school every day. When your child is educated, he will definitely reach the pinnacle of success. The most valuable thing you can give to your children is education. Former district president of JMM Hazaribagh Shambhul Yadav, Panchayat Samiti member Mehtab Hussain, Principal Vikash Kumar, Pawan Mishra, Sanjay Singh, Babita Devi, members of the school management committee and parents were present on the occasion.

Youth in the grip of drugs, increased incidents of theft in the block are a matter of concern

Bishnugarh: The young generation of many villages of the block is rapidly falling prey to drugs. Youth between 12 to 30 years are rapidly falling prey to drugs. The youth are ruining their future by consuming ganja and other intoxicants. The mental condition of such youth is deteriorating. After getting addicted to drugs, incidents of theft increased in the area. At present, ganja is being sold openly in many areas of the block including the Saat Mill area.

A vegetable laden pick up van overturned near TP 5 on Hazaribagh Barkagaon Road, driver injured

Hazaribagh: A vegetable laden pick up van overturned at a sharp turn near TP 5 on Barkagaon Road. The pick up van collided with a sand laden tractor and a motorcyclist also got hit and the motorcyclist along with the motorcycle was thrown into the bushes due to which he also got injured and the tractor also got damaged. Such accidents can be avoided if the drivers drive carefully and at a controlled speed in this valley and sharp turn.

Five-day annual sports competition started at ISECT University

DN ■ Hazaribagh

The annual sports competition at ISECT University, Hazaribagh was started on Friday by lighting the torch by the Vice Chancellor of the University Prof. PK Nayak and Registrar Dr. Munish Govind. Dean Admin Dr. SR Rath, Dean Academic Dr. MK Mishra and many professors were also present on the occasion. Let us tell you that this competition will be organized till 25 February. Meanwhile, cricket, football, chess, volleyball, 100 meter race, shot put, carrom, badminton, table tennis and other sports com-



petitions will be organized. Before the start of the game on Friday, two players of the Arts Department Sonu Kumar Verma and Tuskar Kumar visited the playground with a torch, then the whole campus was filled with enthusiasm and excitement. The final match of the football com-

petition held on the first day was played between the Engineering and Arts departments. In the very exciting match played, both the teams were on equal footing till the first half, but in the second half, the Arts department displayed aggressive play and with the help of amazing

defense and superb passing, Rahul scored two goals and Himanshu scored one goal, the Arts department defeated the Engineering department 3-1 and won the trophy. In the men's category of 100 meter race, Harbhajan Kumar, a student of BCA semester five, Amit Kumar of Engineering department and Raj Saurabh of BCA stood first, second and third respectively, while in the women's category, Dolly Kumari, a student of BA Geography department, won, while Riya, a student of BA English department.

Auspicious inauguration of fiber block path constructed from MP fund was done

DN ■ Bishnugarh

Auspicious inauguration of fiber block path constructed from MP fund was done by breaking coconut on Friday in village Ramuwa of Beda Hariara Panchayat under Bishnugarh block. Let us tell you that the fiber block path has been constructed from Chotan Sao's house to Komal Sao's land. Due to which this program was completed in the presence of all the respected workers of Vishnugarh block in the dignified presence of Ravindra Kumar Baranwal. Mainly Mandal President Kishore Kumar Mandal Prabhu Prasad Vishwakarma Shambhu Nath Pandey Anju Devi Gayatri Devi Sunil Akela Anoop Kaseru Raju Srivastava Gautam Bharti Shashi Lahkar Anubhav Bharti Sukhdev Prasad Mandal Rajesh Soni Kanhaiya Yadav Jhallu Pandit Govardhan Mahato Dwarka Sao Santosh Sao Bhima Prasad Gupta Suresh Raman Ratanlal Sahu Santosh Kaseru Arvind Lahkar Praveen Kumar Mahato Kundan Kumar Verma Sandeep Lahkar Munna Singh and dozens of workers were present in the program.



Doman Mahato Jai Maa Panchbahini Public School Ggeda celebrated the 29th Foundation Day of the school with great pomp

DN ■ Ramgarh

Doman Mahato Jai Maa Panchbahini Public School Ggeda celebrated the 29th Foundation Day of the school with great pomp on Friday. The program was started by the school secretary Doman Mahato by cutting the cake. On this occasion, the teachers and students of the school expressed their views and highlighted the achievements of the school. On the occasion, Secretary Doman Mahato said that if everyone cooperates, then in the coming days the school will make a different identity in the field of education. He said that along with studies, the all-round development of children is the objective of the school.



The school management will keep taking every meaningful step to make the students top in every field. Secretary Mr. Mahato said that our school is giving good values along with better education to the children. On this occasion, cake and sweets were distributed among everyone. On this occasion, school principal

Three-day craft exhibition organized under the awareness campaign of handicrafts and culture of Jharkhand

DN ■ Dhanbad

Development Commissioner Handicraft Office Deoghar under Ministry of Textiles, Government of India is organizing a three-day craft exhibition and awareness program at Eklavya Secondary School, Saharaj, Govindpur. The first day's event was inaugurated by lighting the lamp by the chief guest Assistant Director Handicraft Bhuvan Bhaskar, Patron of Chetna Mahavidyalaya Shailendra and others. Inaugurating the program, Assistant Director Handicraft Bhuvan Bhaskar said that handicraft is the identity of culture and organizing such a program will definitely increase the inclination towards the civilization and culture of Jharkhand among the children. Even in the era of modernization, the increasing trend towards handicrafts and handloom products shows that culture is an integral part of our life. Under the new education policy, the discipline of hand-



icrafts is to be included so that children can get information about regional handicrafts and other culture activities. Certainly, this three-day awareness program will prove beneficial for the children and will be successful in its objective. Also, information about the schemes being implemented by the department in the field of handicrafts was shared. Shailendra, the patron of Chetna Mahavidyalaya, said that such programs should be organized in the school every year so that our children can have a proper understanding of art and culture.

Students of Primary School Gonmer visited District Science Center, Gumla



DN ■ Gumla

Students of Primary School Gonmer located in Palkot block of the district made an educational visit to District Science Center, Gumla under the leadership of teacher Geeta Devi, School Management Committee member Munna Khadia, coordinator Pratima Tete and parent Abhishek. On this occasion, in coordination with BPO Dildar Singh, Science Center Coordinator Kumari Ankita Vinayak, Akanksha Sinha and Bipasha Prasad informed the students about various experiments and technical innovations in science. Students were given important information related to 3D printer, artificial intelligence, robotics and space science. During the visit, the students got interesting information about the solar system, space research and other fields of science. By presenting science in an entertaining way, the students were made aware of science education in higher classes.

Education is wealth which no one can snatch from you: Hemant

DN ■ Gumla

School children of Santa Public School, Shastri Nagar Gumla went to Ormanjhi Park for an educational tour. On this occasion, school director Hemant Kumar, former forest officer Anthony Lakra, school treasurer Jayamanti Ekka sent off the school children. On this occasion, school director Hemant Kumar said that we should go for outings. When we go for outings, we learn a lot from the outside environment. Staying at one place makes the mind burdened. That is why we should go for outings. We also learn by going for outings. We learn every day. That is why Santa Public School takes its children on educational tours. Today, we met many animals in Manjhi Park and the children came face to face with the roar of lions and lush green trees. The children gained a lot of information. Former forest officer Anthony Lakra said that we keep learning as long as we are alive. Education is a wealth which no one can



snatch. He appreciated the efforts of the school. Where children from every corner are taken care of. Jaymanti Ekka said that educational tour leads to physical, mental and intellectual development. When we step out of the house, we start learning. We can learn from everything, be it an animal or a tree or a plant. She told the school children to study diligently. On the occasion, teacher Hima Kumari said that through educational tour, children are to be made aware about nature so that children can deepen the knowledge read in books.

Bilateral talks between CCL management and displaced affected struggle committee took place in the General Manager's office

DN ■ Ramgarh

Bilateral talks were held between CCL management and displaced affected struggle committee on Friday in the General Manager's office Barka-Sayal. Barka-Sayal General Manager Ajay Kumar Singh, Bhurkunda Project Officer Rakesh Kumar Satyarthi, Manager Avinash Chandra and Girdhari Gop, Ramdas Bedia, Kartik Munda, Santosh Yadav, Prem Kumar Sahu, Manoj Manjhi, Jaidev Singh, Rajdev Munda, Ganesh Bedia, Rajan Turi, Tarachand Karmali, Dhaneshwar Munda, Shivlal Bedia, Dinesh Bedia, Raghunath Singh,



Kaleshwar Bedia, Indradev Munda, Shivcharan Bedia were mainly present in the meeting. In the meeting, CCL management discussed in detail the 12-point demands submitted by the committee. Also, the management assured the committee that positive steps will be taken to solve the problem. During this, the management also said that it will provide written

minutes to the committee within a week. On which the committee said to take the next step after studying and reviewing the written minutes. In the meeting, the General Manager especially instructed his subordinate officers and employees to give priority to alternative employment, road sale, CSR, drinking water, medical, solar energy works. Also, he said that

talks will be held again between the management and the committee members within 15 days. The management also said that CSR works will be implemented on war footing in dozens of nearby villages including Kurse, Deoria, Balkudara, Dunduwa affected by Bhurkunda Colliery. The 12 point demands of the Displaced Affected Struggle Committee include allocating 75% of the coal produced from the Balkudara open mine under Bhurkunda Colliery to road sale, starting road sale and providing alternative employment to the displaced-affected village peasants.

MLA Sukhram Oraon inaugurated X-ray facility in sub-divisional hospital

DN ■ Chakradharpur

X-ray facility has started in the sub-divisional hospital, which was inaugurated by MLA Sukhram Oraon on Friday. With this facility, now patients will not have to go anywhere else for X-ray and they will get better health services.

MLA Sukhram Oraon said in the inauguration ceremony that this facility is a big gift for the people of Chakradharpur. We were engaged in this work for a long time. With the availability of X-ray facility in the sub-divisional hospital, patients will not have to go anywhere else and they will get better health



services. This facility will be useful not only for the people of Chakradharpur but also for the people of the surrounding areas. The government is continuously making efforts to improve health services. Medical Officer of Sub-

divisional Hospital Anshuman Sharma, Health Department officials, JMM leader Dinesh Jena, Ved Prakash, Kumar Vivek, Dikki Mandal and local public representatives were present in the inauguration ceremony.

Successful conduct of joint patrol operation by 52nd Corps and APF Nepal on Indo-Nepal border

To promote coordination and cooperation in border security, the soldiers of both the countries together conducted an effective patrol operation

DN ■ Araria

On 20 February 2025, an important joint patrol operation was conducted on the Indo-Nepal international border under the leadership of Commandant Mahendra Pratap of 52nd Corps, Sashastra Seema Bal, Araria. In this campaign, the soldiers of the 52nd Corps along with APF Nepal patrolled from border pillar number 164/1 to 165, which was important to ensure security on the border.

Party Commander Inspector Madan Lal said that this patrol operation is regularly conducted with the aim of promoting mutual coordination and cooperation



between the two countries. He said that this campaign helps in effective control of illegal activities, smuggling and anti-social elements on the border through trails, roads and border routes. Besides, it promotes sharing of information and cooperation between the

troops of both the countries on important security points. From SSB side, Head Constable Sanjay Murmu, Head Constable Shanil, KC Shobhnath, Head Constable Chavalalit Pangwank, Ravi Shankar Kumar and Raj Kumar Chhetri and other person-

nel participated actively in this patrol operation while from APF Nepal side, Inspector Narang Upriti, Sub Inspector Umesh Mandal, Head Constable Krishna Sahi, Head Constable Naveen Gari, Head Constable Harka Bhujal, Head Constable Sanjay Chaudhary and Head Constable Shiv Kumar Yadav and other personnel participated actively.

This successful joint patrol operation will further strengthen the border security between the two countries. It will also pave the way for taking the mutual trust, cooperation and coordination between the troops of both the countries to new heights.

News In Brief

Sab Singh Dwar will be inaugurated in Dhanbad Bar Association today

Dhanbad: On 22 February 2025, Sab Singh Dwar will be inaugurated in Dhanbad Bar Association at 11:00 am in which Justice Rogan Mukhopadhyay of Jharkhand High Court and late Justice SP Singh's wife Utpala Sinha will be present. Along with this, the Bar Association will also honor the advocates who have been practicing for 50 years and the social workers and advocate clerks who played an important role in the Covid era.

Bike riding miscreants snatched chain from scooter rider

Dhanbad: Incidents of chain snatching are increasing continuously in Sadar police station area. On Friday, two bike riding miscreants snatched chain from a scooter rider near Golf Ground on Lubi Circular Road. Victim Kamlesh Singh was going home on a scooter. Meanwhile, two unknown miscreants came from behind and snatched the gold chain from his neck. The chain is worth about Rs 2 lakh. Kamlesh chased the miscreants, but they fled. As soon as the incident was reported, Sadar police station reached the spot. Police is searching for the miscreants by examining CCTV footage. This is the second incident of chain snatching in a week.

Nirsa MLA Arup Chatterjee inaugurated the speed boat at Maithon Dam

Maithan: New speed boat has been arranged this year to make boating easier in Maithon Dam. Nirsa's popular MLA Comrade Arup Chatterjee and Maithon's Mukhya Bablu Chaudhary, Nirsa's social worker Gurmeet Singh Dang, Kalimati Panchayat Mukhya representative Moti Hembram inaugurated the new speed boat at Kali Ghat of Maithon Dam on Friday. Earlier, the operator of Kali Ghat welcomed the MLA by presenting a bouquet. After this, the MLA and other people boarded the speed boat and enjoyed boating in Maithon Dam. Mr. Chatterjee said that the operators of Kali Ghat have taken a positive initiative towards providing better facilities.

MDM Steering-cum-Monitoring Committee meeting concluded under the chairmanship of DC

DN ■ Dhanbad

MDM Steering-cum-Monitoring Committee meeting was held in the office room located in the Collectorate under the chairmanship of Deputy Commissioner cum District Magistrate Ms. Madhavi Mishra. During this, necessary guidelines were given by discussing the budget of the financial year 2025-26 under PM Poshan Yojana. Apart from this, PM. Payment of honorarium to the cook working under the Poshan Yojana, lifting of food grains to the school under School Step



Delivery, income-expenditure of cooking cost item amount available in the school in the financial year 2024-25, income-expenditure of fruit/egg item amount available in the district/school in the financial year 2024-25, income-expenditure of Ragi (Madua) item amount available in the

MDM being provided in the schools should be done to ensure that the children get MDM as per the prescribed standards. Also ensure that MDM ration reaches all the blocks on time and from there provide ration to all the schools on time. District Supply Officer Pradeep Shukla, District Social Welfare Officer Mrs. Anita Kujur, District Education Superintendent Mr. Ayush Kumar, District Child Protection Officer Mrs. Sadhana Kumari, Health Department officials and others were present in the meeting.

People of Chandmari area met Ragini Singh and submitted an application regarding the problem

DN ■ Dhanbad

On Friday, the villagers of Chandmari under Jharia Assembly constituency met Jharia MLA Smt. Ragini Singh in her residential office and apprised her of the problems being faced due to heavy blasting in the Basta Cola project going on near Neelkanth temple behind the Chandmari colliery workshop. The villagers said that due to heavy blasting, stones are flying on the houses of the villagers living there and cracks are appearing in the houses, due to which there is an atmosphere of panic among the people and any untoward incident can happen anytime and there can be loss of life and property and the work in the project is being done forcibly within the 100 meter perimeter contrary to DGMS Regulation, which is against the rules, complaint of which has been made to the project officer many times, the management is trying to remove them from there under a



conspiracy by the General Manager without any proper arrangement by cutting off electricity and water untimely. The villagers drew the attention of MLA Smt. Ragini Singh in this regard and said that due to the transportation going on in the densely populated area from Basta Cola dump to BNR siding, women, children and elderly people living in the area are facing various types of problems. They have to face problems on which MLA Mrs. Singh agreed with them and assured them that all the issues will be resolved by seriously considering them with BCCL management and top officials.

International Mother Language Day celebrated in Saint Matthew's High School



DN ■ Rajganj

International Mother Language Day was celebrated in Saint Matthew's High School Rajganj on Friday. On this occasion, the students of the school displayed their culture by wearing traditional dresses of different states. Principal Rahul Kumar told the students about the importance of International Mother Language Day and inspired them to preserve and respect their mother tongue. He also said that the history of International Mother Language Day is linked to the Language Movement Day of Bangladesh. This day inspires us to understand the importance of our mother tongue and respect it. The students of the school had a huge contribution in making the program successful, which included Antara, Anjali, Tripti, Ritika, Raj, Trisha, Aniket, Ramdev, Daluram, Sandeep etc. The stage was conducted by Prachi Kumari, a student of class IX.

DAV Baniyaheer students took out awareness rally on International Mother Language Day

DN ■ Jorapokhar

On the occasion of International Mother Language Day, an awareness rally was organized by the students of DAV Baniyaheer, courtesy of BCCL Lodna region number 10, showing loyalty and love towards mother tongue. Along with the students, the school's principal Ajaz Ahmed, Hindi teacher Ankita Tiwari, Meena Lala, teachers Rakesh Dhar, Sandeep Chatterjee and Arvind Kumar Upadhyay participated in this rally. This awareness rally went to BCCL regional office Lodna region number 10 located at Lodna turn. Lodna regional office man-



ager Deepak Kumar Singh, Saurav Kumar Singh nodal officer official language, Vishwanath Dhiwar senior clerk, official language department translator Roshan Kumar Sharma and Laltu Rajwar were present in this rally. Hindi teacher Rakesh Dhar said that mother tongue is the simplest and most power-

Seva Sankalp, the institute helped the poor in the Shradha ceremony

DN ■ Dhanbad

There is an organization which has been engaged in serving the people in need in Dhanbad for the last 7 years and today the father of Naresh Thakur, a resident of Nawadiah - Sanjay Thakur passed away a few days ago due to brain hemorrhage. Naresh Thakur was from a very poor family, so he was unable to perform the last rites. Then, after contacting Manjeet Mandal, an active member of Seva Sankalp, the members of Seva Sankalp Dhanbad organization provided 2 sacks of flour, 2 sacks of potatoes, 1 tin of oil, some packets of salt and some cash so that Sanjay Thakur's Shradha ceremony could be performed properly. Along with Seva Sankalp's President Akash Kumar Mandal, Executive President Mukesh Mahato, Central Member Shubham Singh, Gaurav Mahato and Manjeet Mandal. All the members of Seva Sankalp have always supported in all the works and will continue to do so in the future.



Awareness campaign on child marriage free India was run at Bhuifod Shiv Mandir, Dhanbad

DN ■ Dhanbad

Jharkhand Gramin Vikas Trust and Just Right for Children, an organization supporting the creation of a child marriage free India, ran an intensive awareness campaign to stop child marriage at Bhuifod Shiv Mandir, Dhanbad. The priests of the temple were informed about the Child Marriage Prohibition Act. The trust put up banners and posters in the temple premises stating that child marriage does not take place in the temple premises. Field coordinators of Jharkhand Gramin Vikas Trust, Deepa Rawani and Chanda Kumari said that Jharkhand Gramin Vikas



Trust has been running an intensive awareness campaign in Dhanbad district for the last two years to create a child marriage free India, under which oath taking programs are also being conducted with Pandits, priests, maulvis at temples, mosques, churches and other religious places. The chief priest of the temple was told that Aadhaar card is not valid for age for marriage, only birth certificate or school

Agyarkund block stopped widow pension by declaring tribal widow woman missing



DN ■ Maithan

The widow who has been visiting Agyarkund block office with her address for 7 years has not got her pension started yet. They say that when the system does not do its work properly, it has a bad effect on the society and the most bad effect is on the poor people of rural areas, due to which

the anger of the society increases towards the system. A similar case has happened with Hopni Manjhi Ain Aina, a resident of Kalimati village of Agyarkund block. Hopni is tired of visiting Agyarkund block office for the last 7 years and now she has many complaints with the system. She says that from 21 September 2017 to 24 September 2018, widow pension of ? 600 per month was coming in my Bank of India Chirkunda branch account number 4725 101 10013800, which was suddenly stopped in October 2018. For which I went to the block office many times, there I was sent back

on various excuses, but my pension could not be started. Disappointed with the assurances of the block officer and the reason for not getting the pension, I again applied for widow pension on 24 February 2021, after which the block office said that you are already a pensioner, so your new application will not be accepted and was assured that her pension will go to the account on the old application itself, but not a single penny has come as widow pension since 2018. During this time, complaints were made from the block clerk to the Block Development Officer for pension, but no action was taken any-

The situation of malnutrition in Jharkhand is terrible, honest efforts are necessary to improve it: Hare Ram Pandit

DN ■ Dhanbad

Jharkhand is one of those states in the country where children are not able to develop fully mentally and physically due to malnutrition, and their risk of death is 11% higher than normal children. According to the National Family Health Survey 5, the highest number of severely malnourished children is 23% in Saraikela Kharsawan, Jharkhand. Whereas, 16.8% are in Khunti, Ranchi, East Singhbhum. 14.5% children in Giridih, 12.9% in West Singhbhum, 11.2% in Godda, 11% in Dumka and 10% in Lohardaga are severely malnourished. In the case of severely malnourished children, according to the report, 9.1% of the total children up to 5 years of age in Jharkhand are victims of severe malnutrition which is more than other states, and it is a matter of serious concern and a challenging task for the Jharkhand government to get rid of malnutrition. This is the belief of senior citizen and social worker Hare Ram Pandit.



Out of 36 lakh 64 thousand children below 5 years of age in the state, 42% i.e. more than 15 lakh children are malnourished and 9.1% of the total children i.e. about 3 lakh children are victims of severe malnutrition. According to the report, adolescent girls of 15 to 19 years of age are also victims of malnutrition in rural and tribal dominated areas. About 65.8% of adolescent girls are anaemic i.e. lack of iron in the body.

The condition of anaemic women in Jharkhand is serious and as a result, death during delivery, deterioration in physical and mental health is seen. Children born to malnourished mothers also suffer from malnutrition. The situation is more serious in tribal dominated areas, especially in Kolhan and Santhal Pargana divisions. Due to malnutrition, about 38% of women and 32% of men are either very thin or overweight according to Body Mass Index (BMI). Similarly, about 45% of malnourished children below 5 years of age are short/dwarfs in height and about 22% children are very thin. The state government had made a provision of Rs 6679.27 crore in the budget of 2022-23 for freedom from malnutrition and women and child welfare. A budget provision of Rs 7171.68 crore has been made in the financial year 2023-24 and a budget provision of Rs 8021 crore in the current financial year 2024-25, which is about 11.9% more than 23-24.

ECRKU celebrated All India Demand Day

DN ■ Dhanbad

On the call of All India Railway Men's Federation and the direction of East Central Railway Employees Union, East Central Railway Employees Union Dhanbad Line Branch celebrated All India Demand Day today. Under this, a gate meeting was organized at the main gate of Dhanbad's carriage and wagon depot from 10:00 am. All the speakers made their statements in turn. The main demands of this demand day include immediate filling of vacant posts in the railways, ban on privatization, corporation and outsourcing in railways, construction of new housing in place of dilapidated



colonies in railways and arrangement of facilities in railway colonies, immediate improvement of UPS employees, all railway employees should not be made to work for more than 8 hours, etc. and at the end of the meeting, a demand letter was handed over to depot in-charge Abhay Mehta. Today on this All India Demand Day, Netaji Subhash, Jitendra Kumar Saab, NK Khawas, Prashant Banerjee, Aviation Board, Surendra Chauhan, Dilip Kumar, Santosh Kumar Gond, NC Rai, Gulabchand Pandit, Vikas Gorai, Daud Ansari, Saurabh Kumar, CD Hajam, Ruchi Kumari, Bindu Devi, Babita Kumari, Preeti Devi, Lakshmi and other railway workers were present.

If the water problem is not resolved then there will be a lockout in the Municipal Corporation: Burman



DN ■ Chas

Under the leadership of Shakti Sena chief Pradeep Barman, a protest was held in Chas Municipal Corporation office demanding to start phase 2 of water supply in Chas Municipal Corporation area as soon as possible, whereas the people of Kailash Nagar are dependent on every drop of water. The local people are managing their households by bringing water from far away places, whereas the Municipal Corporation officer is talking about taking legal action in the name of holding tax, this is absolute-

ly wrong. The people are not getting any kind of facility from the Municipal Corporation, yet extortion is being taken in the name of holding tax. Pradeep Barman said that if the water problem is not solved as soon as possible, then Chas Nagar Municipal Corporation will be locked down. The main participants in this program were Rajkishore Thakur, Azad Thakur, Shivnarayan Prasad, Baijnath Prasad, Manoj Kumar Singh, Sevak Ram Rekha Devi, Reena Devi, Dhan Devi, Pooja Kumari, Rita Devi, etc.

Employees are giving a befitting reply to those who spread rumours about inside and outside: Choudhary

DN ■ Bokaro

Under the membership campaign program being run by Jharkhand Mukti Morcha at the national level from 19 January to 25, thousands of common citizens are becoming members of JMM with great enthusiasm in the program being run in Bokaro district, which is a matter of great happiness for the party. In the same series, under the leadership of Jharkhand Mukti Morcha Central Member cum Jai Jharkhand Mazdoor Samaj General Secretary B K Choudhary, the membership campaign being run in every department of steel workers and contract workers working in Bokaro Steel Plant since 21 January was run on the 17th day in Dilip Canteen of Cold Rolling Mill where workers from every section voluntarily took membership and kept signing the form by filling the complete data. The workers of the entire plant are working to deflate the rumours spread by the bilaterals that Jharkhand Mukti Morcha party has an



external and internal filling because there is a competition among the employees coming from all the states of the country to take membership of JMM.

In his brief address, B K Choudhary said that Jharkhand It has been 24 years since the state was separated, in which BJP government was in power for 19 years and during their tenure, instead of development, they only looted the state through their industrialists, but in these 6 years, under the leadership of Hemant

Soren, development is visible everywhere in the state, whether it is employment generation or roads, bridges or about 86 schemes including the Maria Samman Yojana being run for the poor, helpless needy mothers and sisters, which have been dedicated to the public, providing support to lakhs of needy people, due to which, wherever the membership campaign is being held due to Hemant Soren's program, people are taking membership in large numbers. In today's program, the joint general secretary of the union, NK Singh, I Ahmed, Rajendra Prasad, Manik Chandra Sah, Devendra Gorai, OP Chauhan, NK Singh, along with dozens of departmental union leaders played an important role in making members. This program will be run in some more remaining departments, which will be completed before the last date of membership campaign. It will continue till 28th February. This information was given by office minister RB Chaudhary.

United Forum of Bank Unions held a massive demonstration in front of Bank of India in support of their demands

If the demands are not met, there will be a nationwide strike on 24 and 25 February

DN ■ Bokaro

Under the banner of United Forum of Bank Unions, which includes AIBA, AIBOC, NCBE, BE FI, AIBOA, INBEF, INBOC, all the bank employees and officers of Chas, Bokaro, attended in hundreds and held a huge demonstration in front of Bank of India, Bokaro branch, Sector 4, on Friday. This demonstration was done as a part of agitational program in the light of the two-day All India Bank strike declared on February 24 and 25. Through the demonstration, the bank employees demanded from the Government of India, through the Indian Bank Association, that to avoid the continuous decline in customer service in banks and the extreme problems being faced by the customers, restora-



tion should be done in all the cadres in all the banks immediately. And it was demanded from the Indian Bank Association that positive initiatives should be taken on all the pending issues, which were said to be resolved in the talks held with UFBU. Five-day banking should also be implemented in banks. With reference to these demands, the bank employees raised their voice. The presence of women bank employees in the demonstration was also commendable. On this occasion, the District President of UFBU In his address, Deputy Convenor Raghav Kumar

Singh warned the government that if the above demands are not paid attention to as soon as possible and the DFS does not stop signing in banks and does not stop violating the bilateral agreement, then there will be a two-day strike on 24 and 25 March. Despite this, if the government does not wake up, then there will be a struggle to protect our bank and our existence. Other speakers also addressed and warned the Government of India in support of their demands and said that today all bank employees are facing two paths, on one hand they are getting stressed and depressed due to excessive workload, on the other hand, the dissatisfaction of customers is also increasing. Yes, the people present in the demonstration were addressed by Raghav Kumar Singh, etc.

Yuva Lions Force is ready to do anything for the rights of the youth- Dev Sharma

DN ■ Bokaro

On Friday during the membership campaign of Yuva Lions Force, Central President of Force and State Vice President of Youth Congress Dev Sharma reached Chitahitad of Mundhaniya Panchayat situated on Electrosteel Vedanta Fourlane and while giving sports material to the youth there, said that there is no lack of talent in the children of our Chas Chandankiyari, the only thing that is lacking is polishing them, which is the work of all of us leaders, social workers and Vedanta management as well. Today, thousands of youth, due to lack of proper guidance, are forced to



leave their skills and either take up some small job or migrate to another state for the maintenance of their family. The Congress leader said that there is a village government of Congress and JMM in the state. We request all those youth to keep working hard in the field in which you can do well. He said that

whatever has to be done for the youth, we will not step back from doing it. Congress leader Dev also demanded the Vedanta management to focus on providing maximum employment to the youth of Talgadia Road and the surrounding villages. On the occasion, dozens of youth joined the Yuva Lions Force.

News In Brief

Seminar organized at CITU office on Red Books Day

Bokaro: Addressing the workers present in the seminar organized at CITU office on Red Book Day, senior leader BD Prasad said that there are only two classes in the society, one is the exploiting class and the other is the exploited class. Today the character of exploitation has changed. In the capitalist system, the dominance of corporate houses has been established. As a result, a large population of the exploited class is not able to get even a living wage. Therefore, today there is a need to establish farmer-labor unity and accelerate the pace of the movement. On this occasion, a collective reading of Marxist literature was done.

OS of GM office fell from bike after being hit by vehicle and met with an accident

Kathara: Office Superintendent Mayank Banerjee working in Personnel Department of CCL Kathara General Manager's Office got seriously injured after falling from his own bike near Jarangdih on Kathara Fusro main road. After the incident, people present there took injured Banerjee by vehicle to Central Hospital at Dhori where after primary treatment he was sent to Dhanbad for better treatment. According to doctors, injured Banerjee's condition is critical. According to information, Mayank Banerjee was going from his home Kurpania to his workplace Kathara General Manager's Office when the incident occurred.

Theft in the house of retired DVC executive engineer

DN ■ Bermo

Thieves committed a theft on Tuesday night near Vaishno Mata temple located in GM colony of Bokaro Thermal DVC. Thieves stole jewellery worth about Rs. 6 lakh and Rs. 80 thousand cash from the house 19/A of Anand Prakash Mehta, a retired executive engineer from DVC. At the time of the incident, Anand Prakash Mehta had gone out with his entire family to attend a relative's wedding. During this time, thieves broke the locks of three rooms and entered the house and stole only cash and jewellery while other



valuables were not touched. On Wednesday morning, neighbors saw the broken doors of the house. After this, they called Anand Prakash Mehta and informed him about the theft. Mehta returned to Bokaro Thermal on Thursday and informed the matter to Bokaro Thermal police sta-

tion in-charge cum police inspector Shaileendra Kumar Singh. On receiving the information, the police station in-charge reached the spot and started investigation. Mehta told that he had gone to a relative's house with his family. During this time, the thieves targeted the house.

Two day LEO workshop organized for learning and sharing

DN ■ Bokaro

A two-day LEO workshop was inaugurated in the Knowledge Acquisition and Development Department of Human Resources to learn and share best practices in project execution. In which Executive Director Finance and Accounts Suresh Rangani, Executive Director Human Resources Ms. Rajshree Banerjee, Executive Director Material Management CR Mishra, Executive Director Aneesh Sengupta along with senior officials were present as the chief guest. A total of 30 participants from various units of SAIL including DSP ISP BSP RSP Corporate Office and BSL participated in the workshop. Faculty participants also participated in the workshop.

Former Executive Director Project One of ISP K Das Gupta shared his project execution experience with the participants as faculty in the workshop, while Chief General



Manager Manish Jalota gave detailed information about the program outline. Thereafter, Executive Director Project Aneesh Sengupta said that large-scale modernization work is proposed in the entire SAIL. The entire organization will benefit from organizing the SMS workshop. Executive Director Mr. Mishra described the workshop as useful. Executive Director Ms. Rajshree Banerjee congratulated the

Knowledge Acquisition and Development Department for organizing a workshop on such a subject and called upon everyone to take advantage of it. Executive Director Finance & Accounts Rangani in his address urged the participants to brainstorm on taxation matters, DPMS and other subjects. The statement regarding the program was given by Rajesh Kumar, Deputy General Manager.

CO stops construction work of Ayesha Complex



DN ■ Kathara

On Friday, Bermo Zonal Officer Sanjit Kumar Singh stopped the construction work in Ayesha Complex Market located at Kathara turn on Gomia Fusro main road. CO directed the complex owner to reach the Zonal Office with valid documents or else he threatened to seal the market. It is said that while touring the area, CO objected to the construction of stairs adjacent to the road to go to Ayesha Complex. After not getting a reply from the claimant Mohammad Ilyas, CO stopped the work and directed him to reach the Zonal Office with valid documents. Sources say that the local residents had complained about this to Bokaro Thermal Police and requested to stop the work by saying that the construction site was government land. In light of this, police station in-charge cum Inspector Shaileendra Kumar Singh had demanded intervention from the CO in this matter.

After failing in JEE Mains, the young man committed suicide by hanging himself, a suicide note was found in his pocket

DN ■ Pindrajora

An 18-year-old youth of Pindrajora village of Pindrajora police station area committed suicide late Thursday night by making a noose of a rope in a room on the roof of the two-storey building of his own house. According to the information received, 18-year-old Karan Kumar committed suicide by hanging himself from the hook of a fan in his house on Thursday by making a noose of a rope. The reason for suicide, the youth himself has stated in a suicide note, that his failure in JEE Mains and not getting good marks was the reason. Suicide notes have been recovered from the pocket of the deceased Karan Kumar Mahato. In the suicide note, it is written that mother, father, please forgive me, I did not do well in JEE Mains, that is why I got low marks. Please do not



cry, the elder brother of the deceased youth, 20-year-old Akash Kumar Mahato, son of Manoj Kumar Mahato, told the police that the deceased Karan Kumar Mahato, like every day, went to sleep in his room after having dinner tonight. When he did not wake up till 8 am in the

morning, we went to his room and called out to him. When there was no response from him, we started banging the door, but still there was no response. We informed our father and mother about this. Hearing the noise many other people from the neighborhood gathered, finally the

door was broken. After going inside, it was seen that Karan had hanged himself by putting a noose on the hook on which the fan was hung. Seeing the hanging body, mother Falali Devi, father Manoj Kumar Mahato and elder brother Akash Kumar Mahato were inconsolable.

Dr. Jaydev Kumar, a resident of Pindrajora who was doing career counseling, said that the step taken by Karan Kumar is wrong. Ending one's life is not the only solution. No one achieves success in one go, one has to struggle for it. Former Mukhiya Gora Chand Mahato, Panchayat Samiti member Kishore Kumar Mahato, Dr. Jaydev Kumar Mahato, Deputy Mukhiya Rajkumar Gop, Ward member Saroj Kumar Tiwari, Santosh Kumar Mahato etc. were present on the occasion.



DON'T IGNORE These warning signs of Health disease

Simple things may put you at risk of many diseases, say experts. So, watch out for these warning signs.

Insomnia:

If you suffer from a lack of sleep or have irregular sleep hours, you need to visit your doctor. According to studies, insomniacs are at twice the risk of suffering a stroke than people who don't have trouble falling asleep. As one's sleep deficit increases, so does their blood pressure. Over time, this can lead to inflammation of the vascular walls. Even a couple of nights like that can increase BP. Listen to calming sounds just before you go to bed. For example, the sound of water, the chirping of birds or the faint sound of a horse's hooves.

Stress:

Stress can have a lasting impact on your brain. A new study says that those who experience more stressful

situations (work, relationship and health problems) in their middle age are more likely to develop dementia later in life.

Aerated drinks:

While having aerated drinks on rare occasions is OK, people who drink more than 8.5 ounces a day are at an increased risk of developing pancreatic cancer. Fizzy drinks with high sugar content cause your pancreas to increase insulin production. This results in pancreatic cells getting exposed to a higher

concentration of insulin than other cells in the body, which in turn creates an imbalance that may cause cancer growth.

Vitamin-D deficiency:

While staying outdoors for long periods of time without adequate sun protection is a big no-no, experts say that sun exposure for about 10 to 20 minutes a day is a must. Vitamin-D deficiency increases the risk of respiratory infections. This vitamin is also vital for a strong immune system.

Why women live longer than men: Study



The data spanned seven populations in which the life expectancy for one or both sexes was a dismal 20 years or less and found that newborn girls are hardier than newborn boys due to biological factors.

Women are biologically more stronger than men and hence tend to outlive their male counterparts, finds a study challenging the per-conceived notion that the female sex is weaker.

The findings showed that women do not just outlive men in normal times, but they are also more likely to survive even in the worst of circumstances such as famines and epidemics.

Women's increased life expectancy is because they tend to have a survival advantage in infancy rather than adulthood. In times of adversity, newborn girls are more likely to survive than newborn boys.

However, even when mortality was very high for both sexes, women still lived longer than men by six months to almost four years on average.

This advantage in women may be largely due to biological factors such as genetics or hormones, especially estrogens, which enhances the body's immune defenses against infectious disease, the researchers explained.

"Our results add another piece to the puzzle of gender differences in survival," said researchers led by Virginia Zarulli, Assistant Professor at the Duke University in Durham, US.

In the study, published in the journal Proceedings of the National Academy of Sciences, the team analysed mortality data going back roughly 250 years for people whose lives were cut short by famine, disease or other misfortunes.

The data spanned seven populations in which the life expectancy for one or both sexes was a dismal 20 years or less and found that newborn girls are hardier than newborn boys due to biological factors.

The maternal intake of acetaminophen saw a reduction in the intelligence quotient level along with increasing language delay, defined as the use of lesser than 5A0 words, by the kids.



Women who consume acetaminophen — also known as paracetamol and widely used to reduce a high fever or relieve pain — during early pregnancy are six times more likely to see delay in their daughters' language skills, warns a new study.

Acetaminophen is the active ingredient in Tylenol and hundreds of over-the-counter and prescription medicines.

The maternal intake of acetaminophen saw a reduction in the intelligence quotient level along with increasing language delay, defined as the use of lesser than 50 words, by the kids.

The communication delay affected boys at the same time, but was more prevalent among the girls, the study showed.

"Given the prevalence of prenatal acetaminophen use and the importance of

language development, our findings, if replicated, suggest that pregnant women should limit their use of this analgesic during pregnancy," said Shanna Swan, Professor at the Icahn School of Medicine at Mount Sinai in New York, US.

"It's important for us to look at language development because it has shown to be predictive of other neurodevelopmental problems in children," Swan added.

The study, published in the journal European Psychiatry, examined 754 women, who were in eight-13 weeks of pregnancy.

Researchers asked participants to report the number of acetaminophen tablets they had taken between conception and enrollment, and tested the acetaminophen concentration in their urine at enrollment.

Both the number of tablets and



concentration in urine were associated with a significant increase in language delay in girls, with a slight decrease in boys.

Previous studies have found that the over exposure to the pain relieving drug during pregnancy also damages the fertility of the daughters.

Paracetamol during Pregnancy may delay daughters' language skills

New graphene-based sensor device can save babies' health

Scientists have developed new wearable graphene-based sensor device which can detect heart and breathing abnormalities in babies as well improve life-threatening conditions such as sleep apnoea in adults.

The sensor, developed by physicists at the University of Sussex, is shaped like a flexible rubber tube filled with a solution of water, oil and particles graphene and is the most sensitive liquid-based devices to have ever been developed.

The sensors — two-dimensional material made from carbon atoms that is strong, flexible and conductive.

"We have created a sensor that has the potential to drastically improve early detection of life-threatening symptoms such as sleep apnoea or cardiac arrhythmia, where constant monitoring with conventional equipment is challenging outside of the hospital environment," said Alan Dalton, Professor at the University of Sussex.

When a channel or tube holding the liquid is stretched, even by a small amount, the conductivity of the liquid changes.

This means that the respiration rates and pulses of people wearing the device can be tracked easily.

The device can help parents keep track



of their new babies' heart and breathing rates with automatic updates to their smart phones, using 'fitness tracker'-style technology built into baby sleep suits.

It could also be transformative for anyone with life-threatening conditions such as sleep apnoea.

"Using the conducting liquid emulsions we have developed, we will produce cheap, wearable sensors based on graphene. The devices will be comfortable, non-invasive and can provide intuitive diagnostics of breathing and heart rate," Dalton added, in the paper published in the journal Nanoscale.

"Graphene is very affordable as it can be produced using naturally-occurring graphite, so this could be rolled out on a big scale. This is good news for health services because the new technology will not be expensive to make and buy. It also means it should be affordable to individuals," Dalton noted.

UGC draft rules limit academic autonomy

The Ministry of Education and its many organisations are working overtime to reform education. These 'reforms' are the byproduct of the belief expounded in the NEP 2020 — that whatever exists is not appropriate and must be replaced (or at least re-named) with more centrally controllable procedures.

By prioritising research publications and patents over teaching and service, the regulations propagate a toxic ethos of academic exclusiveness, where faculty members are required to roll out run-of-the-mill research to mollify the supremacies that be rather than emphasise on providing worthwhile education to their learners.

The lack of clear delineations gives way for misadventure, leaving scope for misapprehension, and allures indiscriminate decision-making and crass cronyism.

The draft regulation seeks to shift the focus from objectivity in selection to discretion and subjectivity. While the extant regulation requires the selection committee to assess a candidate for their research and publication, domain knowledge and presentation along with articulation, the proposed version requires the committees to base their decision on nine notable contributions.

The science of happiness and Punjab's drug epidemic

One fundamental misconception fuels the cycle — that life would be easy if there is sustained happiness and that drugs provide a short-cut to attaining it.

The recent news report in The Tribune that many private drug de-addiction centres in the state have turned into "lucrative private enterprise or syndicate just to enrich themselves" shows the myriad ways in which the problem of drug and substance use can raise its hydra head.



Nearly every village in the state has been affected by drug abuse, with heroin and synthetic drugs being the most prevalent. Families are witnessing their loved ones wasting away. And, law enforcement agencies are struggling to contain the ever-expanding drug networks.

While various factors contribute to the problem, one fundamental misconception fuels the addiction cycle — that life would be easy if there is sustained happiness and that drugs provide a short-cut to attaining it.

However, these pathways are self-regulating. When a person experiences happiness, the neurotransmitters do not sustain their effect indefinitely. Instead, they return to baseline levels, preventing the brain from

being in a perpetual state of joy or sorrow. This biological mechanism ensures adaptation and survival. Drug-induced pleasure is neither natural nor sustainable. Besides, it is also not an adaptive response to the prevailing situation.

body's feedback mechanisms and generate an adaptive response to prevailing situation, drugs misguide the reward system to generate positive feelings. Narcotic drugs interfere with the natural process by artificially stimulating reward pathways.

Over time, addicts lose the ability to feel joy without substances. Neurons have threshold sensitivity, meaning they can only fire for a limited time before becoming unresponsive. This explains why initial drug highs diminish with repeated use, forcing addicts to increase their dosage.

Onsumeristic forces contribute to reinforcing the pursuit of absolute happiness. The entertainment

industry and advertisements glorify euphoria, creating unrealistic expectations. Alcohol, smoking and even drug use are often depicted as enhancers of life's experiences. This cultural injunction gives a false impression that individuals should constantly seek higher levels of pleasure, pushing some towards narcotics as a short-cut.

Misleading narratives — sometimes backed by industries with vested interests — propagate the idea that alcohol or marijuana can enhance creativity, relaxation and social connectivity. This has further normalised substance use among vulnerable demographics, particularly in Punjab, where stress factors like unemployment and migration struggles are already high.

Schools, rehabilitation centres and community outreach programmes must incorporate this knowledge to empower individuals with the tools to resist peer pressure and misleading societal narratives. Punjab's drug crisis is not just a legal or medical issue; it is a psychological and societal challenge deeply rooted in misconceptions about happiness, which need to be challenged.

By adopting an evolutionary perspective on happiness and the true working of the brain's reward system, individuals can be empowered to make informed choices.

Judicial overload

Row over martyr's school reeks of intolerance

An abominable attempt has been made to erase the memory of a martyr — and that too a Param Vir Chakra awardee. Six decades after Company Quarter Master Havildar Abdul Hamid took on the might of Patton tanks and made the supreme sacrifice in the 1965 India-Pakistan war, his family had to fight a battle of its own to get his name reinstated at the main gate of his school in Ghazipur district of Uttar Pradesh.



'Shaheed Hamid Vidyalaya' was not good enough for the authorities; they not only renamed it 'PM Shri Composite School' but also promptly effected the change at the entrance to the institution. The outraged kin complained to the headmaster, who asked them to approach the local education officer. The glaring omission has finally been rectified, but the whole controversy reeks of religious intolerance and insensitivity.

Havildar Hamid's award citation mentions in glowing terms that his bravery "in the face of constant enemy fire was in the highest traditions of the Army". Naam, namak, nishan

— these words sum up the code of honour of the Indian defence forces. The Indian Army, Air Force and Navy are secular organisations — their officers and soldiers serve the nation with pride irrespective of their religion, caste, creed or gender. The entire country owes gratitude to bravehearts like Hamid, not just the community to which they belonged.

Degrading a war hero simply because he professed a certain religion shows how deep the communal rot runs. Exemplary action should be taken against overzealous officials who stooped so low.

They were apparently trying to please their political bosses and chose a soft target. Thankfully, the widespread uproar has exposed their nefarious designs. The incident should serve as a warning to the political leadership and the bureaucracy to desist from chipping away at the military's apolitical ethos.

Split wide open on AI regulation

Far from facilitating a consensus on the roadmap, the Paris summit exposed fissures

The world has entered a new phase of accelerated development and application of artificial intelligence (AI) with the unveiling of DeepSeek by a Chinese entity as a strong competitor to ChatGPT and other Large Language Models. Alongside, the debate on AI regulation has also gathered steam. The subject dominated the recent AI Summit in Paris — a meeting of political leaders, diplomats and CEOs of technology companies — co-chaired by India and France.

Noting that AI was different from past technological milestones in terms of its impact, Prime Minister Narendra Modi called for "collective global efforts to establish governance and standards that uphold shared values, address risks and build trust".

As a first step towards such collective action, the summit adopted a diplomatic declaration on 'inclusive and sustainable AI'. However, two major leaders in AI development — the US and the UK — refused to sign the declaration. US Vice-President JD Vance said the world needed an AI regulatory system that fostered innovation and not strangled it, while the UK felt that the statement did not address AI's likely impact on national security.

released ahead of the Paris summit. The report pointed out that sophisticated AI agents would be able to act autonomously and use computers to complete complicated projects. This means both additional benefits and new risks.

We already know the risks of AI systems — scams, non-consensual intimate imagery, child sexual abuse material, bias against groups of people or opinions, reliability, privacy violations, etc. The additional risks that the AI safety report has listed include large-scale impacts on the labour market, AI-enabled hacking and biological attacks. While testing certain AI models, it was found they can reproduce known biological and chemical weapons and facilitate the design of novel toxic compounds.

pointed out. Moreover, technology companies are sharing only partial information with non-industry players. We cannot make any headway with regulation, given such an information gap in the understanding of the capabilities of AI systems.

Artificial intelligence has also reignited the old debate on regulation versus innovation. The US made it clear in Paris that it does not favour any regulation of the technology if it hinders innovation. This is in line



with the stand of technology giants leading the AI race in America. India somehow sided with this view with a little tweak, as reflected in the Prime Minister's statement that "governance was not just about managing risks but also about promoting innovation and deploying it for the global good".

contentious global issue — climate change.

Regulation has always played 'catch up' with technology. This has happened with many technological developments in the past and continues to be so with new advances — stem cell research, cloning, xenotransplantation, the Internet and social media. AI, however, is different. It is not one technology but a bunch of technologies and applications. The first task is to decide what is to be regulated. Countries or companies wishing to boost their 'leading' position in AI might hence apply a very broad interpretation of applications falling under the term.

AI has made many revisit the three laws of robotics proposed by science fiction writer Isaac Asimov in 1942. The first said, "A robot may not injure a human being or, through inaction, allow a human being to come to harm." The second stated, "A robot must obey orders given it by human beings except where such orders would conflict with the First Law." The third specified that "a robot must protect its existence as long as such protection does not conflict with the First or Second Laws".

Delhi's 'lady don' arrested: Lavish parties, luxury brands and drug ring ties

Police had been trying to arrest Zoya for years, but she always managed to evade arrest. However, Special Cell ACP Sanjay Dutt and Inspector Sandeep Dabas finally managed to trap her in a drug case.

Zoya Khan, wife of gangster Hashim Baba, arrested with 270g heroin. Managed husband's illegal operations, similar to Haseena Parkar. Lived lavishly, attended parties, and flaunted luxury brands

NEW DELHI. Delhi's Special Cell on Thursday arrested the wife of gangster Hashim Baba in a drug-related case. Zoya Khan was arrested with 270 grams of heroin worth around Rs 1 crore. Despite knowing that she managed her gangster husband's illegal operations, agencies had been unable to gather proof against her—until now. Gangster Hashim Baba is in Tihar Jail with multiple cases of murder, extortion, and arms violations against him. Zoya, the third wife of Hashim Baba, married him in 2017 after divorcing her first husband. Sources say Zoya shared a part similar to Haseena Parkar, the sister of underworld don Dawood



Ibrahim, who managed his illegal business while staying out of police reach. Zoya was handling the gang's activities from outside the jail, helping with extortion and other crimes. According to Special Cell sources, Zoya enjoyed a lavish lifestyle, often attending high-profile parties and flaunting expensive brands, as seen on her social media. She

regularly visited Baba in jail, and their meetings were about running the gang's operations, illegal extortion, and target assignments. Police had been trying to arrest Zoya for years, but she always managed to evade arrest. However, Special Cell ACP Sanjay Dutt and Inspector Sandeep Dabas finally managed to trap her in a drug case. Acting on a tip-off, the police arrested her from Northeast Delhi's Welcome area while she was supplying drugs. They recovered 270 grams of heroin worth around Rs 1 crore in the international market. Investigations revealed that Zoya had sourced the drugs from Muzaffarnagar for further

distribution. The Special Cell also suspected her involvement in sheltering shooters in the Nadir Shah murder case and is gathering evidence against her. Zoya's family background is also linked to crime. Her mother was jailed in a sex racket case in 2024 and is currently out on bail, while her father was involved in drug supply. Due to her influence in her area, Zoya was constantly surrounded by 4-5 armed henchmen from Baba's gang. Northeast Delhi has long been a battleground for gang wars, with groups like the Chenu Gang, Hashim Baba Gang, and Nasir Pehalwan Gang thriving on drug supply and extortion.

Delhi Police to submit report to child welfare panel in Kenyan diplomat's son assault case

NEW DELHI. The Delhi Police's investigating officer (IO) is set to file a report before the Child Welfare Committee (CWC) on Friday regarding the alleged sexual assault of a five-year-old girl by a Class 12 student of the same city school, sources informed this newspaper. The alleged accused is the son of a Kenyan diplomat posted in New Delhi, and the incident allegedly



took place in August last year. With diplomatic immunity shielding the accused from immediate legal action, the MEA has formally requested the Kenyan Embassy to waive his immunity, paving the way for a proper investigation. "The IO will submit the report before CWC by Friday," sources close to the probe said, adding the police ability to proceed hinges on the Kenyan government's approval. If the waiver is granted, the police may question, and potentially arrest, the accused. An FIR has been registered under Section 75(2) (sexual harassment) of Bharatiya Nyaya Sanhita and Section 10 (aggravated sexual assault) of the Protection of Children from Sexual Offences Act in Greater Kailash police station on September 18 last year.

New protocols on crowd control in New Delhi Station

NEW DELHI. The Delhi Rail Division of the Northern Railway has introduced a new safety protocol for platforms handling eastbound trains at the New Delhi Railway Station to prevent incidents such as the fatal stampede on February 15. The new procedure mandates that station officials must secure clearance from Railway Protection Force (RPF) before allowing any train to arrive on platforms 8-16 at the New Delhi



Railway Station. These platforms typically handle trains travelling to and from eastern regions, including Prayagraj, Patna, Kanpur, Lucknow, and Howrah. The department took the decision considering the large crowds expected for the ongoing Maha Kumbh, which has significantly increased passenger traffic on these routes.

A February 19 circular outlining the protocol explains that seeking approval from the RPF before receiving trains on the concerned platforms is necessary due to "the heavy rush at the stations and late arrival of trains because of congestion" across the North Central Railway zone. This zone includes Prayagraj, Lucknow and Moradabad divisions.

"No Question Of Imposing Language But...": Education Minister In Hindi Row

New Delhi. There is "no question of imposing any language" but there is an "over-reliance on foreign languages, limiting students' exposure to linguistic roots", and the National Education Policy tries to correct this, Education Minister Dharmendra Pradhan said Friday in a letter to Tamil Nadu Chief Minister MK Stalin. The NEP "upholds the principle of linguistic freedom and ensures the students continue to learn in the language of their choice". Mr Pradhan wrote, also criticising Tamil Nadu's ruling Dravida Munnetra Kazhagam for its "continued opposition to NEP 2020 for political reasons" and for looking at the policy "with a myopic vision and spinning progressive reforms into threats to sustain political narratives". Mr Pradhan also referred to Prime Minister Narendra Modi's "Tamil language is eternal" comment in Chennai in May 2022, and wrote, "The Modi government is fully committed to promoting and popularising Tamil culture and language globally. I humbly appeal... do not politicise education..."

The letter is the latest in a 'language war' brewing between the southern state and the centre over the 'imposition of Hindi' - a new flashpoint over a longstanding and sensitive issue. It follows Mr Stalin's appeal to Prime Minister Narendra Modi 24 hours earlier; the Tamil leader had complained about Dharmendra Pradhan warning the state to comply with the NEP's three-language policy or forfeit release of education sector-related funds from the centre.

In his letter - which Mr Pradhan has declared "was not written in good taste", was "full of political motivation", and had "imaginary concerns" - Mr Stalin urged the Prime Minister to release Rs 2,154 crore in funds for 2024/25 in the spirit of "cooperative federalism" and for the "welfare" of students. Mr Stalin - who on Sunday said Mr Pradhan was trying to "blackmail" the state into submitting to 'Hindi imposition' by stopping transfer of funds - also insisted his government would not abandon the two-language formula followed by state-run schools since 1967 for the NEP's three-language formula.

'Ready For Language War'
Deputy Chief Minister Udhayanidhi Stalin, the Chief Minister's son, was equally emphatic in his remarks on Wednesday, declaring that Tamil Nadu stands ready for another 'language war'. He also reminded the BJP that "this is a Dravidian land... the land of Periyar" and said, "The last time you tried to take away the rights of the Tamil people, they started 'GoBackModi'. If you try again... this time the voice will be 'Get out, Modi'... agitation will be done to send you back."

In Bihar, 1 Student Shot Dead, 2 Injured In Dispute Over Cheating In Exam

New Delhi. A Class X student was shot dead, and two others were injured, in Bihar's Rohtas district after two groups of students clashed over allegations of cheating during a matriculation exam.

The argument began Wednesday as a physical confrontation and was picked up again the following day, which was when gunshots were fired. A total of three students were injured.

According to reports, one student has been injured in his leg and another in his back. Local police have taken custody of the body and launched an investigation. The situation is still tense; This was after villagers and family members of the boy who was killed launched a protest, threatening to block a local highway till justice was meted out.



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investigation. The situation is still tense; This was after villagers and family members of the boy who was killed launched a protest, threatening to block a local highway till justice was meted out. However, police officials told news agency PTI they had managed to talk to the protesters and persuade them to stand down.

A video from the protest site showed a large number of boys and young men sitting peacefully across the road. Another showed armed police officers trying to clear bystanders as a small water tank, towed by a tractor, burns in the middle of the highway, blocking oncoming traffic.

Archaeologists Dive Into Sea Off Dwarka To Uncover Submerged Heritage

This underwater exploration is part of the renewed Underwater Archaeology Wing (UAW) of the ASI, which has "recently been revived" to undertake offshore surveys and investigations in Dwarka and Bet Dwarka in Gujarat, the ministry said.

New Delhi. A team of five archaeologists from the Archaeological Survey of India (ASI), including women members, has commenced "groundbreaking underwater explorations" off the coast of Dwarka in Gujarat, the Ministry of Culture said on Tuesday. "The current underwater investigations mark a significant step in ASI's mission to safeguard India's rich underwater cultural heritage," it said in a statement. This underwater exploration is part of the renewed Underwater Archaeology Wing (UAW) of the ASI, which has "recently been revived" to undertake offshore surveys and investigations in Dwarka and Bet Dwarka in Gujarat, the ministry said. A team of five archaeologists from the ASI, led by Professor Alok Tripathi,

Additional Director-General (Archaeology) has "commenced

area near the Gomati Creek for initial investigations, the statement said. For the first time in ASI, this team comprises a significant number of women archaeologists and the most number of archaeologists actively participating in underwater investigations," it said. The UAW has been at the forefront of underwater archaeological research since the 1980s. Since 2001, the wing has been conducting explorations at sites such as Bangaram Island (Lakshadweep), Mahabalipuram (Tamil Nadu), Dwarka (Gujarat), Loktak Lake (Manipur), and Elephanta Island (Maharashtra), the ministry said. Archaeologists of UAW have also collaborated with the Indian Navy and other government organisations for the study and protection of underwater cultural heritage, it said.

groundbreaking underwater explorations off the coast of Dwarka," it added. The team, which also includes H K Nayak, Director (Excavations and Explorations); Aparajita Sharma, Assistant Superintending Archaeologist; Poonam Vind, and Rajkumari Barbina, has selected an



CCTV Links Two Murders 6 Km Apart, Delhi Cops Catch Juvenile Accused In 13 Hours

New Delhi. Two murders in Delhi that took 6 km apart and appeared completely unrelated, were unexpectedly solved today when the police examined the CCTV footage. Not only were they connected, the same group of five juveniles were involved in both, the police said. It led to a manhunt that was over within 13 hours as the police rounded up all of them. The first death was reported from New Ashok Nagar. The police got a call at 3 am that said a man has been injured in an accident near the Jal Board



Treatment Plant. When the police reached there, it became obvious that the man has been stabbed multiple times. The man, profusely bleeding, was taken to the hospital, where he was declared dead.

"When teams reached near the treatment plant between Kondli Bridge and Dallupura turn, they noticed a large amount of blood on the main road," Abhishek Dhania, a senior police officer, was quoted as saying by news agency Press Trust of India.

A case was filed and the police started scanning CCTV footage from nearby areas to hunt for clues. Towards noon, the Ghazipur police received a distress call that said a man was found dead behind a liquor shop in the Paper Market area, the officer said. The police found the body at an empty plot behind the liquor shop. He had deep stab wounds on his thigh. The man was identified as 49-year-old Ramesh, a resident of Ghazipur's Kumhar Basti.

Probe found Pak man 'linked' to Gaurav Gogoi's wife visited India 18 times: BJP

Himanta Biswa Sarma alleged that Pakistani national Ali Tauqeer Sheikh visited India 18 times, triggering a high-profile probe into his links with Congress MP Gaurav Gogoi's British wife, Elizabeth Colburn.

Pak national Ali Tauqeer Sheikh linked to Congress MP's wife, alleges BJP
Himanta Sarma says preliminary findings are damaging for Congress
BJP accuses Gaurav Gogoi's wife of ISI links, refusing Indian citizenship

An initial investigation found that Pakistani national Ali Tauqeer Sheikh, who is said to be linked to Pakistan's spy agency ISI and allegedly has ties to Congress MP Gaurav Gogoi's British wife, Elizabeth Colburn, has visited India 18 times to date, Assam Chief Minister Himanta Biswa Sarma claimed on Thursday. Speaking in the Assam Assembly during Motion of Thanks on the Governor's speech, Sarma also asserted that preliminary findings are "very fatal" for the Congress party and will have a "huge impact" on the politics of the state. Earlier this week, Assam Police set up a Special Investigation Team (SIT) to examine Sheikh's social media activities and his alleged interference in India's internal

affairs. The Pakistani national, reportedly an advisor to the Pakistan Planning Commission and a former colleague of Colburn, has been charged under multiple sections of the Bharatiya Nyaya Sanhita (BNS) and the Unlawful Activities (Prevention) Act (UAPA). Within three days, the Assam Police SIT on the case found that Ali Tauqeer Sheikh visited India 18 times.

Now, we will know who invited and hosted him during those visits," the Chief Minister claimed. "As per the initial information, the facts are very fatal for the Congress party. As a responsible person standing inside the assembly, I am saying this. I promise to the Assam Assembly that we will break the network of



Ali Sheikh. Give us three months and we will inform you everything in the August session," he added. Sarma further claimed that Sheikh's online activities centred around Assam immigrants, which he termed an "attempt to interfere in India's internal affairs". "Sheikh apparently works in a climate action group. But his tweets and social media activities are on Assam immigrants. These

are an attempt to interfere in India's internal affairs," he said. **POLITICAL SLUGFEST** Meanwhile, the political battle between the ruling BJP and the opposition Congress has intensified after the saffron party accused Gogoi's wife of having connections with Pakistan's spy agency Inter-Services Intelligence (ISI). The BJP has also accused Colburn of refusing Indian citizenship for the past 12 years and of involvement in activities detrimental to India's security. They also claimed that after his marriage to Colburn, Gaurav Gogoi raised questions in Parliament on sensitive defence matters—an accusation that the Congress MP has dismissed as false.

A woman's vanity box is empty without a foundation which acts as a base for makeup. However, since there are many varieties of foundations which are available in the market, that come in different formulations — cream, mousse or dry ones — you need to know the one that matches your skin tone and suits your skin texture the best.

Understand your skin

Normal skin

- Even complexion.
- The surface of the skin is neither too oily nor too dry.
- Lotion-based foundations are best-suited.

Oily skin

- The face will have an all over shine.
- Prone to pimple and can easily develop pigmentation near the cheeks.
- Water-based foundations are advised for those who have oily skin. They last longer and do not make the face look greasy.

Dry skin

- The face can feel dry and parched, at times.
- Cream-based liquid foundations are advisable.

- Compact-based foundations are a no-no. Select one based on your skin tone

Dusky

- A sheer foundation and a good concealer are musts for creating the illusion for a perfect skin.

- While applying foundation, your aim should be for a lighter coverage.

- Add a drop of water to the foundation to blend well.

- Dab compact after the foundation is applied. This will give the skin sheen and will not make it look too heavy.

- Avoid applying too much of compact powder. And dust off all the excess.

- Liquid foundation is the best one for women with a dusky complexion. Also, it is very important to keep in mind that the shade of the foundation should be very close to that of the skin tone, to avoid looking pale white.

Wheatish

- Choose a concealer and foundation which have yellow pigments.

- Earthy shades go very well with those who have wheatish complexion.

- Never use a foundation which has a pinkish tone, this will make your skin look grey.

- Apply a compact after the foundation to lend a smooth surface to your skin.

Fair

- Determine whether your fairness is rosy pink or yellowish.

- Select warmer tones for an even complexion.

- Here are more tips on how to choose the right foundation

Types of foundation

Cream foundation

- Ideal for normal, combination and dry skin types. It is specially suited for women with uneven pigmentation, or those requiring a heavy coverage.

- Lends medium or full coverage.

- The best part about this foundation is that it lends a dewy finish.

- Covers and conceals discolourations and imperfections on the skin and provides a flawless finish.

Liquid foundation

- Is ideal for all skin types. It is well-suited for dry or mature skin.

- Lends a light to medium coverage.

- Has a satin, matte or dewy finish depending on the formulation.

- It soothes the skin and also lends an even coverage to your complexion.

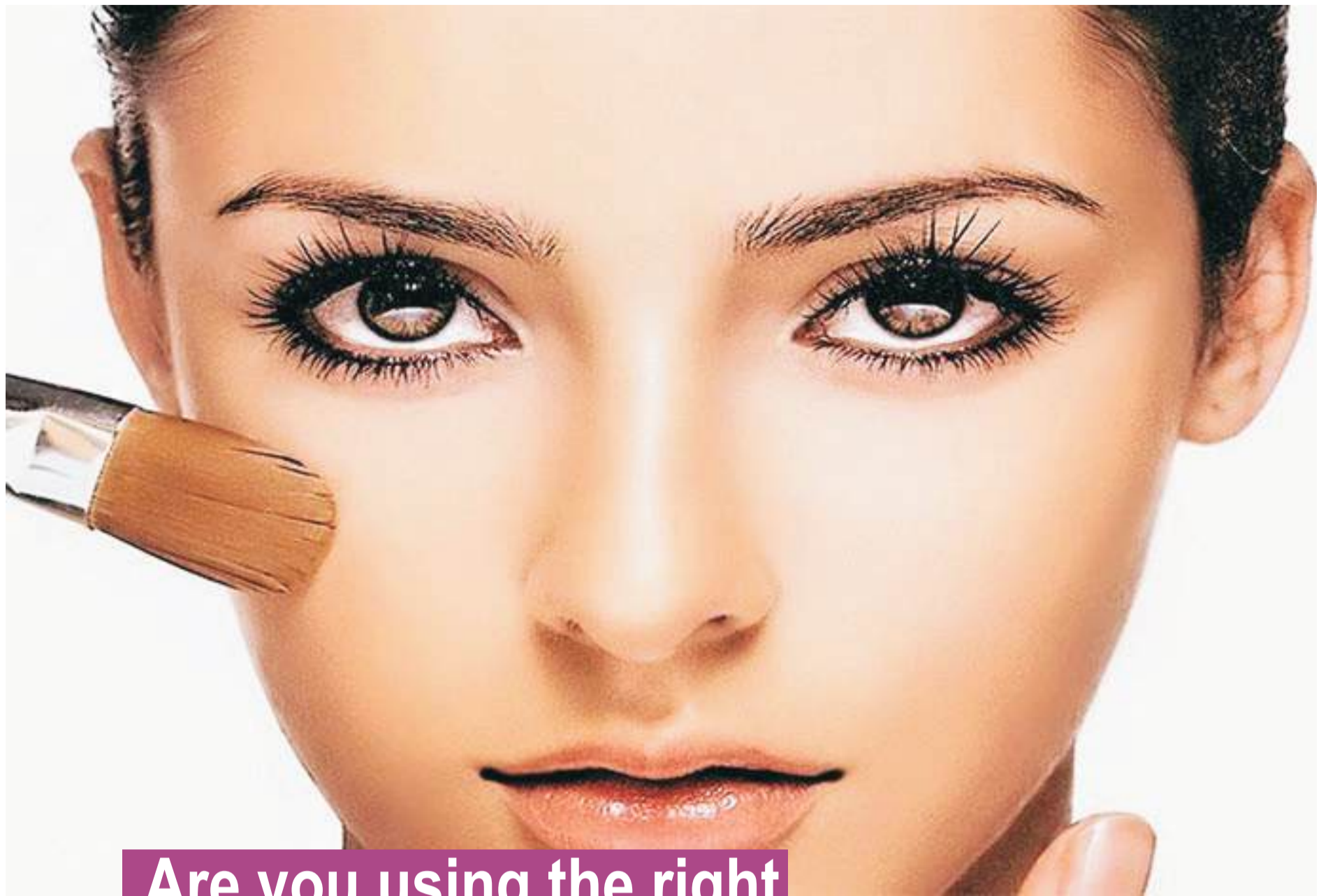
Pressed powder foundation

- Is ideal for those who have oily skin.

- It lends a light to medium coverage.

- Has a matte-finish look.

- Evens out the skin tone, hides the



Are you using the right

Foundation for your Skin?

imperfections and absorbs the excess oil.

- Should be applied with the help of a powder brush. The bristles should be dense.

Mineral foundation

- Ideal for all skin types, except oily. It is specially suited for those with sensitive skin or Rosacea.

- Lends a matte finish look.

- Has a light to medium coverage.

- Evens out the skin tone, moisturises, protects and absorbs the excess oil.

- Use a brush to buff it on.

- Tinted moisturising foundation

- Ideal for normal and dry skin.

- It is well-suited for those who need extra hydration and just a touch of colour to pull it off.

- Lends a sheer to light coverage.

- Lightly evens out the skin tone, giving a nude or a natural look.

What you must keep in mind

Minimal application of foundation is not only good for your skin but it also does not make you look cakey. However, while choosing a foundation, make sure that you sample it under natural light. While trying out the foundation in a

store, always apply it on your jawline and not on your wrists or hands to check for the seamless blend.

Give your musical instruments some TLC

- Always return the instrument to its protective case when not being played.

- Don't leave your musical instrument where it can be knocked or sat on by people or animals.

- Take care to store musical instruments in a

place of even temperature.

- Clean your musical instrument with in accordance with the manufacturer's instructions.

- Make sure your musical instrument has an annual check-up with your retailer.

- If a wind instrument is supposed to be assembled before its usage, then ensure that all joints are cleaned before they are assembled. Apply grease in very small proportions on corks if required.

- Have your instrument professionally valued at least once every three years. Then make sure you review your insurance policy to ensure your sums insured are up to date.



Skin care regime for a beautiful skin

Rains could be synonymous with romance and reason to rejoice for some. But for others, it could be the harbinger of maladies, diseases, bad-hair days and dull skin. Try these skincare tips this monsoon for healthy and beautiful skin.

Happy feet An important area to look after during monsoons is the feet, say specialists. "Especially in between the toes - it is susceptible to fungal as well as bacterial infection because of direct contact with contaminated rain water," says dermatologist Dr Jamuna Pai. One should try and keep the feet dry at all times. Aesthetician Ritu Tanwar says, "The best



way to properly clean your feet is by immersing them in lukewarm water with a few drops of

antiseptic for 10 minutes. Then, scrub lightly with an antibacterial soap and thoroughly dry your feet and apply a moisturising cream."

Happy hands Tisha Khurana, a beauty consultant, says, "Like any other body part, hands should also be kept clean during monsoons. Soak your hands in warm water for 15 minutes. The water should contain few drops of a liquid hand-wash and some fresh lemon juice. Complete this routine by applying a nail cream. Avoid pushing the cuticles, as nail fungal infections are very common in monsoons. Cuticle oil must be applied as cuticles become very dry."

Care for your hair Dr Sandeep Sattur, hair restorative surgeon, says, "Wash your scalp frequently with PH-balanced mild shampoos." The idea is to cleanse the scalp gently without causing damage.

Use sunscreen always Dermatologists say our faces can get fairly oily because of humidity and we should use cleansers effective for this condition. Dr Desai cautions, "Always use a sunscreen as UV rays penetrate even through clouds."

QUICK TIPS

- Wash your face two to three times a day with a mixture of green gram powder and channa powder (equal proportion) made into a paste with water. - Make a paste of papaya, honey and milk. Apply it on your face, leave for 15 minutes and then wash off. - A paste of neem leaves mixed with honey can be used as a face pack. Remove the pack before it dries up on your skin. - Use a mixture of honey and curd for body massage before shower.





Bhumi Pednekar

Says She Is 'Very Possessive' In Relationship: 'I Believe In Monogamy'

Bhumi Pednekar is gearing up for the release of her next film, Mere Husband Ki Biwi. In an exclusive chat with News18 Showsha, she admits to ending up doing a series of films that sees her husband falling in love with another woman, rather serendipitously, and Mere Husband Ki Biwi is one of them. In this romantic-comedy co-starring Arjun Kapoor and Rakul Preet Singh, Bhumi plays Arjun's old flame, who returns to his life as he falls for someone new.

Reacting to playing the other women onscreen, she quips, "I don't know what is it about me and the roles I do (laughs)! I keep attracting the women towards my men." So, what's her take on real-life love triangles? "But in real life, I'm very possessive in a relationship. I completely believe in the institution of monogamy. So, there's no chance that I can tolerate a love triangle," she states. Interestingly, despite one single conjecture, Bhumi has always managed to keep her personal life shielded from the public eye.

Bhumi Pednekar says while she's open to falling in love, she's just as content and fulfilled without a man in her life.



may not be the best of friends but in certain situations, I'll always have their back," she shares.

In Bhumi's words, her role in Mere Husband Ki Biwi maybe best described as the 'Biwi No 1 of this generation'. At the trailer launch when she was asked if she's living her Karisma Kapoor – an actor she took references from for her role in Pati Patni Aur Woh – era, she said, "It's a very big compliment. I grew up on films like Biwi No 1 and I was truly inspired by the female actors of that era. I got the chance to play such characters twice, thanks to Mudassar (Aziz; director) sir. Usually, women today don't get to play comic roles in films. I love being a part of comedy films. In this film, both me and Rakul got to do front-footed comedy, like we used to see in the 'No 1' film series."

And while she's open to the idea of falling in love, she tells us that she'll be comfortable with the idea of not having a man in her life. Sharing her stance on her version of an ideal relationship, Bhumi remarks, "If I fall in love, then great. Even if it doesn't happen, I'm okay with it. When you're so happy in life, you feel complete on your own. But what I look for in a relationship is comfort. I want a relationship where I can just be myself with the person. Ease is really important."

The one relationship, however, that holds a lot of meaning in her life is that of sisterhood. The actor, who didn't have qualms about sharing screen space with her female contemporaries, stresses on the importance of women supporting women. "As women, we all have shared experiences. We all, in a larger bracket, fall towards the same end. And those shared experiences automatically create a lot of empathy for each other. There's this unsaid sisterhood where we know that we've each other's back through thick and thin. We

Harshvardhan Rane Plans To Stand Outside Sanam Teri Kasam Producer's Office For Sequel: 'No Awkwardness'



Soon after the re-release of Harshvardhan Rane and Mawra Hocane starrer Sanam Teri Kasam on February 7, director duo Radhika Rao and Vinay Sapru announced its sequel. While it may have piqued the curiosity and excitement of several fans, it didn't particularly sit well with producer Deepak Mukut. Speaking to Bollywood Hungama, he said that the intellectual property rights of the film lie with him and that the directors don't have the authorisation to announce a second part to Sanam Teri Kasam. Further, according to him, the director hasn't been finalised and he hasn't had a discussion with Vinay and Radhika yet.

In September last year, Deepak and Harshvardhan announced the sequel but the news had no mention of Vinay and Radhika or any other director. And recently, in an exclusive chat with News18 Showsha, Harshvardhan revealed that a director is yet to be locked. "I'm just a channel here. I'm looking for an association to happen. It's said that with great power comes great responsibility. And with love comes even greater responsibility. It's like if a girl loves you, you need to make sure that you give her the best treatment and place her on a pedestal over your head," he told us.

Hoping for the sequel to happen soon, the Taish and Tara vs Bilal actor further added, "I think this is the same responsibility that the producer is also feeling towards the audience. We've to be extremely responsible and diligent when it comes to the sequel because there's so much more riding on us this time around. We're all working towards it. I hope everything falls into place."

Harshvardhan, in fact, wouldn't even mind gathering his fans and hold up placards outside the producer's office to speed up the process. "Step one was me posting on social media for Sanam Teri Kasam to get re-released. Step two was, standing below Deepak sir's office. Step three was getting the film finally re-released. Step four was the desire to see a house full board outside cinema houses because that's something that I've never seen in my career. And the final step is the fifth one where you'll find me standing below his office once again, requesting him to make part two. I've no awkwardness about it. I'm ready to do it," he remarks.

Tara Sutaria's Ex Aadar Jain Says He Has Done 'Timepass' For 4 Years: 'I've Always Loved Alekha'



Aadar Jain and Alekha Advani recently celebrated their mehndi ceremony surrounded by close friends and family. The event, attended by Rima Jain, Ranbir Kapoor, Alia Bhatt, Soni Razdan, Karisma Kapoor, Kareena Kapoor, and others, was filled with emotional moments, including a heartfelt speech from Aadar.

In a video shared online, Aadar professed his deep love for Alekha, saying, "I have always loved her and I have always wanted to be with her. So she sent me on this long journey of 20 years through time-pass. It was worth the wait because I get to marry this beautiful, beautiful woman, who looks like a dream. I love you, and it was worth the wait. It's a secret, I have always loved her. I have done time pass for four years of my life. But now I'm with you, baby."

The couple's wedding celebrations have been the talk of the town, with glimpses of their ceremonies surfacing online. In early 2024, Aadar and Alekha tied the knot in a dreamy white wedding in Goa. The intimate affair was attended by their families and close friends, with the duo sharing multiple stunning pictures from the ceremony.

Aadar and Alekha got engaged in September 2024, making their relationship official with a heartfelt social media post. Aadar had written, "My first crush, my best friend & now, my forever." Their love story has been closely followed by fans ever since.

Before finding love with Alekha, Aadar was in a relationship with Bollywood actress Tara Sutaria. The two frequently made public appearances together and attended Kapoor family gatherings, including Christmas celebrations and Armaan Jain's wedding. However, their relationship ended in 2023.

Interestingly, Alekha and Tara shared a friendly equation. The two reportedly had a close bond and even followed each other on social media. Alekha once posted a picture with Aadar and Tara, jokingly calling herself the "third wheel." Reports suggest that Alekha even joined the ex-couple on a trip to Paris in 2022. Aadar Jain, son of Rima Jain and grandson of Bollywood legends Raj Kapoor and Krishna Kapoor, made his Bollywood debut in 2017 with Qaidi Band and was last seen in Hello Charlie.

Arjun Kapoor

Opens Up About 'Ideal Relationship' After Breakup: 'Love Doesn't Mean Staying...'

Arjun Kapoor and Malaika Arora, reportedly, began dating in 2018. The former lovebirds rarely shied away from sharing pictures together from their vacations. They were often captured by the shutterbugs as they got spotted in and around the city, hand in hand. Last year, however, they called it quits, the reason of which remains unclear. Following many weeks of speculation, Arjun finally revealed that he is single at Raj Thackeray's Diwali party, which also saw his Singham Again co-stars Ajay Devgn, Tiger Shroff and director Rohit Shetty in attendance.

Now, in an exclusive chat with News18 Showsha, Arjun opens up on what his idea of an ideal relationship is. "Jo de uska bhi bhala, jo na de uska bhi bhala," he quips. Talking about his expectations from his future relationship and stressing on the importance being comfortable in each other's silences, he tells us, "What I want from love today is someone to share my silences with and that's very important. Even if you're in two different spaces, you can still be connected without having to speak all the time. The idea is to share things without even realising it."

According to the Ishaqzaade and Ek Villain Returns actor, love between two people doesn't need to be spelt out in so many words. "There has to be comfort and ease. You should've to look forward to going back and spending time with your person after finishing the day. Love doesn't mean staying together with the person all the time. You should be wanting to genuinely building your life with them. It's necessary for two people to understand each other's professions too," he says.

In fact, at the trailer launch of his upcoming film Mere Husband Ki Biwi, he spilled the beans on his marriage plans. "If there is anything, I will let you all know. Today is about discussing the film and celebrating it. And I have to talk about the film. I think I have allowed enough conversations and chatter about my personal life whenever I've been comfortable, and when the time was right. For me, right now, let me celebrate being my husband's wife. And when the time comes to talk about my wife, we will talk about it at the right moment," he shared.

As for Mere Husband Ki Biwi, the film will mark his return to the romantic-comedy space – which he refers to as his 'old friend' – after many years. Speaking about it, he had said, "I've always loved stories that bring warmth, laughter and love to the screen, and this film does exactly that. I've been fortunate that the audience has loved and accepted me in the romance genre in films like 2 States, Ki & Ka, and other films. It's good to be doing something in the light-hearted zone. I hope the audiences shower me with the same kind of love and acceptance for Mere Husband Ki Biwi."

Arjun Kapoor talks about the importance of not talking always and but being comfortable in 'shared silences' in relationships

