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March, women front runners

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NEWS BOX

Australia will 'stand with Ukraine' after White House row

SYDNEY. Australian Prime Minister Anthony Albanese said that his country would "stand with Ukraine" for as long as needed on Saturday, hours after talks between US President Donald Trump and the Ukrainian leader broke down in acrimony.

Australia opposed the Russian invasion of Ukraine in February 2022, condemning it as illegal and immoral, and has committed Aus\$1.5 billion (US\$931 million) to Ukraine's war effort.

Ties had already been damaged by the July 2014 downing of Malaysia Airlines flight MH17 by a Russian-made missile over eastern Ukraine, resulting in the deaths of 298 people aboard, including 38 Australians.

Sri Lanka gets fourth tranche of bailout package from IMF

COLOMBO. The IMF has agreed to release the fourth tranche of USD 334 million from its USD 2.9 billion bailout package to Sri Lanka to strengthen the island nation's recovery from its 2022 bankruptcy.

The release of the fourth tranche was approved on Friday after the Executive Board of the International Monetary Fund (IMF) completed the third review under the 48-month Extended Fund Facility (EFF) Arrangement to Sri Lanka.

"Reform efforts are bearing fruit with the recovery gaining momentum. As the economy is still vulnerable, sustaining the reform agenda is critical to put the economy on a path towards lasting recovery and debt sustainability," the IMF said in a statement.

Sri Lanka secured its seventeenth IMF programme in 2023 when the island was plunged into its first-ever sovereign default in the unprecedented economic crisis caused by forex shortages.

Black woman general in charge of US military health care ousted by Trump: Report

world. US Army Lieutenant General Telita Crosland, the head of the military's health agency and one of the most senior Black female officers in the Army, was forced to retire on Friday, two sources told Reuters.

Defense Secretary Pete Hegseth has moved quickly to eliminate diversity, equity and inclusion initiatives at the Pentagon, arguing that they are divisive.

In an article posted on the health agency's website last year, Crosland downplayed her identity as a Black female in the Army.

Oldest holocaust survivor, Rose Gironne, dies at 113

Gironne was among some 245,000 surviving Holocaust victims still living in over 90 nations, based on a study published by the Claims Conference last year. The majority of the survivors are old and in poor health, with a median age of 86.

UPDATED. Rose Gironne, who is believed to be the oldest surviving Holocaust survivor and an ardent believer in telling survivors' stories, died at 113.

The Claims Conference, an organization in New York that assists Holocaust survivors, reported her death on Monday in New York.

York."Rose was a symbol of strength, but now we are committed to continuing in her memory," declared Greg Schneider, executive vice president of the Claims Conference, in a statement on Thursday.

She was among some 245,000 surviving Holocaust victims still living in over 90 nations, based on a study published by the Claims Conference last year.

1937 in an arranged marriage. Rose Gironne's Survival Journey Pregnant with their daughter and residing in



Breslau (now Wroclaw, Poland), Nazis came to take her husband away to the Buchenwald concentration camp.

daughter in 1938, Gironne succeeded in acquiring visas from kin members in London and having her husband released. Barely having money enough to spend on clothing and sheets, the couple from Genoa, Italy, shipped to Shanghai controlled by Japan.

Pope had coughing fit, inhaled vomit and now requires assisted ventilation, Vatican says

ROME. Pope Francis suffered an isolated coughing fit on Friday that resulted in him inhaling vomit and requiring non-invasive mechanical ventilation, the Vatican said.



The pope, who had part of one lung removed as a young man, has lung disease and was admitted after a bout of bronchitis worsened and turned into pneumonia in both lungs.

Chicago, said the episode as relayed by the Vatican was alarming and underscored Francis' fragility and that his condition "can turn very quickly."

"I think this is extremely concerning, given the fact that the pope has been in the hospital now for over two weeks, and now he's continuing to have these respiratory events and now had this aspiration event that is requiring even higher levels of support," he told The Associated Press.

"Often we will use noninvasive ventilation as a way of trying to stave

off an intubation, or the use of invasive mechanical ventilation," Feldman said.

Types of noninvasive ventilation include a BiPAP machine, which helps people breathe by pushing air into their lungs. Doctors will often try such a machine for a while to see if the patient's blood gas levels improve so they can eventually go back to using oxygen alone.

Doctors did not resume referring to Francis being in "critical condition," which has been absent from their statements for three days now. But they say he isn't out of danger, given the complexity of his case.

Canada's new immigration rules: What are the reforms and how do they impact migrants and aspirants

world. Canada has long been a popular destination for international students, especially from India, and workers and visitors, thanks to its strong economy, world-class education system, and high standard of living.

into the country. Once you arrive at a Canadian port of entry, an immigration officer will ask you several questions to verify your purpose of travel.

The questions may include the ones like; "What is the purpose of your visit?", "How long do you plan to stay?", and "Where will you be staying during your visit?"

or otherwise violating the terms of their visa. For example, if a visitor visa holder returns to Canada after an extended stay in their home country and is found to be working illegally or violating other conditions of their visa, the officer may revoke their visa and send them back home.

Gene Hackman and his wife tested negative for carbon monoxide, sheriff says

SANTA FE, N.M. Preliminary autopsy results didn't determine how Oscar-winner Gene Hackman and his wife died at their home in Santa Fe, New Mexico, but did rule out that they were killed by carbon monoxide poisoning, the sheriff leading the investigation said Friday.

The condition of the bodies found Wednesday indicated the deaths occurred at least several days earlier and there was no sign of foul play.

Mendoza also said an examination of the 95-year-old Hackman's pacemaker showed it stopped working on Feb. 17, which means he may have died nine days earlier.

near her head, and pills were scattered next to an open prescription bottle on the counter. Investigators said the heater likely was pulled down when she fell.

the hallmark of when the death occurred," Keen said. "But it's not necessarily because some people get a pacemaker to augment things, not necessarily replace things."

forensic pathologist, said there are plenty of reasons a body could be found on the ground without any sort of bumps or bruises, including if they simply lay down due to feeling unwell.

monthly planners and reach out to family members, neighbors and workers from the gated community to figure out the last time anyone saw or spoke to Hackman or Arakawa.



Authorities do not believe the home had any surveillance cameras, he said. Investigators who searched the home retrieved medication that treats high blood pressure and chest pain, thyroid medication, Tylenol, and records from medical diagnostics testing, court records filed Friday showed.

Trump and Zelenskyy through the years: From a 'perfect' call to an Oval Office meltdown

WASHINGTON. The first time he spoke to Volodymyr Zelenskyy, President Donald Trump tried to pressure Ukraine's new leader to dig up dirt on Joe Biden ahead of the 2020 election. It was a 2019 phone call that eventually sparked an impeachment.



'Perfect' phone call In July 2019, Zelenskyy was anxious for a meeting with Trump at the White House, one of the Ukrainian leader's top foreign policy priorities at the time.

India transforming itself from Work force to World force, says PM Modi

New Delhi: Prime Minister Narendra Modi today addressed the NXT Conclave 2025 at Bharat Mandapam, New Delhi, highlighting India's remarkable transformation from a global workforce to a formidable world force. In his speech, Modi emphasized the growing global interest in India and the nation's rapidly evolving role on the world stage. Modi began by stating that the world is increasingly looking towards India in the 21st century, with people from all over the globe eager to understand the country. He pointed out that India today is not just generating headlines but is actively creating positive news every day, with



events and developments shaping the country's future. A key example he cited was the recent Mahakumbh held in Prayagraj, which captured the world's attention. The massive gathering, where millions

gathered for a holy dip in a temporary city by the riverbanks, left the world in awe of India's ability to unite such large crowds in a peaceful and organized manner. The Prime Minister also highlighted the nation's

growing global influence, noting the success of his vision of 'Vocal for Local' and 'Local for Global.' He stressed that this vision is now becoming a reality, with Indian products, especially Ayush and Yoga, gaining international recognition. Modi remarked that for decades, India was viewed as the world's "back office," but now, the country is emerging as the "new factory of the world," moving beyond being merely a workforce to becoming a global powerhouse. Further, Modi pointed out that goods once imported are now being produced locally, making India an emerging export hub. He also celebrated the success of Indian farmers, who are now able to export their crops to global markets, further strengthening the nation's economic standing. In his address, the Prime Minister credited the success of these initiatives to the mantra of 'minimum

government - maximum governance,' which has enabled India to achieve its ambitious goals. He also praised the National Education Policy (NEP) 2020, highlighting its focus on fostering a generation of thinkers, not just learners. Modi reaffirmed that India's youth remain the nation's top priority, with NEP providing students the opportunity to think beyond traditional textbooks and explore innovative ideas. As India continues to evolve and make its mark on the global stage, Prime Minister Modi's vision of a self-reliant, innovative, and globally recognized nation seems well on track.

Suicide Bombing at Taliban-Linked Seminary in Pakistan Kills Six, Including Cleric

Nowshera, Pakistan: A suicide bombing at the Darul Uloom Haqqania seminary in Nowshera district has claimed six lives, including Maulana Hamidul Haq Haqqani, the son of prominent cleric Maulana Samiul Haq, and chief of the Jamaat Ulema-i-Islam (JUI-S). The attack, which occurred after Friday prayers, also left 18 others injured, including three policemen. The bombing took place as Maulana Haq was leaving the seminary for his home. A suicide bomber, disguised as a religious scholar, detonated explosives near the exit. Local police have launched an investigation into the incident, but no group has claimed responsibility so far. Founded in 1947, Darul Uloom Haqqania is frequently linked to extremist groups and has alumni who are prominent figures within the Taliban. Despite these allegations, the seminary has denied connections to such activities. The blast has sparked widespread condemnation, with Maulana Yousaf Shah, a close associate of Haqqani, calling the attackers "enemies of religion." The seminary, often referred to as "Jihad University" by Western media, has long been a source of controversy.

Ramazan Begins Today: Muslims Across the World Mark Start of Holy Month



RNS: The holy month of Ramazan begins today, marking the start of a significant period of fasting and prayer for Muslims worldwide. As part of the observance, Muslims will offer the special night prayer, Tarweeh, throughout the month. Ramazan culminates with the celebration of Eid-ul-Fitr, a joyous occasion that marks the end of fasting. While the fasting month begins today in most countries, it started in the Gulf countries as well, with Muslims in Sri Lanka set to begin their fasting tomorrow.

CBI Seeks Arrest Warrants for 21 in Jpsc Scam

Ranchi: In a major development in the Jharkhand Public Service Commission (JPSC) recruitment scam, the Central Bureau of Investigation (CBI) has requested arrest warrants for 21 accused individuals. Following the filing of the charge sheet, the CBI has urged the court to take prompt action. The investigation, which has implicated high-ranking officials, top bureaucrats, and political leaders, is nearing its conclusion. Once the court approves the warrants, the CBI is set to arrest the accused. This case has raised serious concerns about the transparency and integrity of Jharkhand's administrative recruitment process.

Centre Urges States to Maximise Wheat & Paddy Procurement for Upcoming Seasons



New Delhi: The Centre has urged the states and Union Territories to adopt a proactive approach to maximise the procurement of wheat and paddy during the ensuing marketing season. This was discussed during a meeting chaired by the Secretary of the Ministry of Consumer Affairs, Food, and Public Distribution with the Food Secretaries of several states and union territories. Various factors impacting procurement, such as weather forecasts, production estimates, and the readiness of states for procurement operations, were reviewed during the meeting. After deliberations, the estimates for wheat procurement during the ensuing Rabi Marketing Season 2025-26 have been fixed at 310 lakh metric tonnes. Similarly, the estimates for paddy procurement during the Kharif Marketing Season 2024-25 have been fixed at 70 lakh metric tonnes.

Zelensky Wants War, We Want Peace, Says Trump After Heated White House Confrontation

Washington: US President Donald Trump has accused Ukrainian President Volodymyr Zelensky of prolonging the Russia-Ukraine war, asserting that his administration is actively seeking peace. Trump made the comments after a tense confrontation between the two leaders during a meeting at the White House on Friday. Addressing reporters after the heated exchange, Trump stated, "We are looking for peace... He is looking to continue fighting. We are looking to end the death." Trump further emphasized his stance, saying, "We're not going to keep fighting; we're going to either get the war done or let them fight it out." The confrontation unfolded as Zelensky visited the White House to sign an economic agreement with the Trump administration, aimed at granting the US access to Ukraine's mineral resources. However, the meeting quickly soured when Trump and Zelensky clashed in the Oval Office. Trump told the Ukrainian leader in a stern tone, "Ei-



ther make a deal, or we are out," adding, "You are in big trouble... you are not winning this." US Vice President JD Vance also voiced his displeasure, accusing Zelensky of being "disrespectful." Trump escalated the rhetoric, claiming that Zelensky was "gambling with World War Three." In response, Zelensky fired back, asserting, "We are in our own country, and we have stayed strong all this time. We have even thanked you for it (your support)." Following the verbal spat, Zelensky left the Oval Office, with Trump telling him to "come back when you're ready for peace." Reports indicate that no mineral deal was signed during the meeting. Later, Trump took to social media, reflecting on the encounter: "We had a very meaningful meeting today. Much was learned that could never have been understood without conversation under such fire and pressure. It's amazing what comes out

through emotion," Trump wrote. "I have determined that President Zelensky is not ready for peace if America is involved, because he feels our involvement gives him a big advantage in negotiations. I don't want an advantage, I want peace." Trump concluded, stating that Zelensky had disrespected the United States in its "cherished Oval Office" and reiterated, "He can come back when he is ready for peace."

Chamoli Avalanche: 50 Workers Rescued, 4 Dead, Search for 5 Missing Continues

Chamoli: In the aftermath of a devastating avalanche in Mana village, Chamoli district, authorities confirmed the rescue of 50 workers. The search for the remaining five workers continues, while the tragic deaths of four injured workers have been confirmed. Uttarakhand Chief Minister Pushkar Singh Dhami conducted an aerial survey of the affected region to assess the damage and



oversee the ongoing rescue efforts. He met with Army personnel and rescue agency officials in Jyotirmath, where he was briefed in detail about the operation. The Chief Minister has in-

struction (BRO) workers to check on their well-being. Meanwhile, Prime Minister Narendra Modi also engaged in a phone conversation with CM Dhami to receive updates on the rescue mission. The Prime Minister discussed the situation, including challenges posed by ongoing rain and snowfall, and assured that the central government would provide full support to manage the crisis.

Chinmaya Vidyalaya Welcomes Newly Enrolled Students with Enthusiastic Ceremony



Bokaro: The induction ceremony for the newly enrolled Pre Nursery, II, and III students of Chinmaya Vidyalaya for the academic year 2025-26 was held with great enthusiasm. Parents of the students attended the event, where they were briefed about the school's achievements, objectives, service work, and institutional structure. The program began with a lamp lighting ceremony by the chief guest and dignitaries, including School President Vishwarup Mukhopadhyay, Secretary Mahesh Tripathi, Principal Suraj Sharma, and others. The event featured a welcome song and dance performance by the school's music and drama department. Principal Suraj Sharma addressed the gathering, emphasizing the school's continuous efforts to fulfill its mission, as envisioned by Swami Chinmayanand Maharaj. He highlighted Chinmaya Vidyalaya's prestigious accomplishments, such as NABET certification and recognition from CBSE and the British Council, assuring parents that their children's future is secure.

Piku Prasad Takes Charge as New Station in-charge at Loyabad Police Station



by Ashok Kumar

Loyabad: Piku Prasad assumed charge as the new Station in-charge at Loyabad Police Station on Saturday. The outgoing Station Incharge, Satyajit Kumar, has been transferred and is now on line duty. After taking charge, in-charge Piku Prasad addressed reporters, emphasizing that addressing the concerns of the public and resolving their issues would be his top priority. He assured that anyone could approach him directly with their problems. In addition to ensuring a peaceful environment, Prasad highlighted the importance of maintaining a crime-free area and creating a sense of security for the citizens. "The police are always ready to extend all possible assistance to the public," he added. Prior to his posting at Loyabad, Piku Prasad served as the in-charge at the Saraidhela Police Station.

Indian govt. to adopt DPS Bokaro student's 'Rakshak' for Road Safety; grants patent

Bokaro: In a remarkable milestone, the Indian government has granted a patent and approved the adoption of 'Rakshak,' a groundbreaking road safety innovation by Rupesh Kumar, a student of DPS Bokaro. This innovative project, aimed at ensuring swift emergency response in road accidents, received its patent under the Inspire Standard Award Scheme, facilitated by the National Innovation Foundation under the Department of Science & Technology, Government of India. Rupesh's device and mobile application, Rakshak, aim to drastically reduce fatalities caused by delayed medical aid. The system instantly notifies hospitals within a one-kilometer radius of an accident, sending real-time location details via call and SMS, ensuring ambulances reach the injured on time. Additionally, it alerts family members, local police, and nearby registered drivers, improving



emergency response efficiency. The technology is now expected to be integrated by automobile manufacturers, further enhancing road safety in India. **Government Recognition and International Exposure** Acknowledging Rupesh's contribution to road safety, the Indian government has selected him for a Japan tour in June 2025 under the Inspire Manak Award Scheme. If he qualifies in the final round, he will receive a Rs 8 lakh prize and a prestigious four-day stay at Rashtrapati Bhavan.

Expressing his gratitude, Rupesh emphasized the importance of collaboration with car manufacturers to implement his innovation on a large scale. He noted that centralized driver data collection through his system could also aid in mapping accident-prone zones for better traffic management. **A Mission Born from Personal Tragedy** The inspiration behind Rakshak stemmed from a personal loss—Rupesh's father's friend, Ravi Shankar Kumar, a former BSL worker, tragically lost

his life in a road accident due to delayed medical assistance. This incident led Rupesh to conceptualize a device capable of ensuring timely emergency response. With guidance from his teacher, Md. Obaidullah Ansari, he developed the prototype within a month, investing around Rs 1,200 in the initial phase. **How 'Rakshak' Works** The system utilizes advanced technology, including MCU (Microcontroller Unit), GPS, AI, acceleration detectors, and sensors to detect speed fluctua-

tions and impact pressure. Integrated with a mobile application, it stores driver details, emergency contacts, and medical information, triggering automated alerts in case of accidents. Additionally, the device warns drivers when they exceed the safe speed limit, helping prevent accidents altogether. **Addressing India's Road Safety Crisis** With 1.5 lakh road accident deaths annually in India, 45,000 of which occur due to delayed ambulance response, 'Rakshak' could be a game-changer. The DPS Bokaro fraternity, led by Principal Dr. A.S. Gangwar, lauded Rupesh's achievement, reaffirming the school's commitment to fostering scientific innovation and holistic education. If widely implemented, Rakshak has the potential to revolutionize emergency response systems and save countless lives on Indian roads.

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1 dead, 8 still trapped as Army choppers aid Uttarakhand avalanche rescue

The rescue operation was halted as night fell, making it even more challenging to locate the remaining workers amid heavy snowfall and the looming threat of more avalanches.

New Delhi. The Indian Army and the rescue operations team are racing against time to save the remaining eight out of 55 workers who have been trapped for over 24 hours after an avalanche struck a high-altitude Border Roads Organisation (BRO) camp near Mana village in Uttarakhand's Badrinath. Resuming the search operation on Day 2, the Indian Army said that 14 more personnel had been rescued and three

personnel, who are in a critical state, were taken to Joshimath on civil helicopters "with slight respite in the weather."

"With slight respite in the weather, three injured personnel evacuated from Mana to Joshimath for critical medicare through Indian Army hired civil helicopters. All available equipment and personnel are being employed in collaboration with various agencies for the rescue operations," the Indian Army posted on X. The rescue operation was halted as night fell, making it even more challenging to locate the remaining workers amid heavy snowfall and the looming threat of more avalanches. By the end of Day 1, the search operation teams managed to rescue 33 workers. Agreeing that the remainder

of the search operation would be tricky, Uttarakhand's Disaster Management Secretary Vinod Kumar Suman mentioned that what made the task more challenging was seven feet of snow next to the



avalanche site. 55 workers who were engaged in clearing snow to facilitate army movement in Mana, the last village on the Indo-Tibetan border, were trapped at a BRO camp at 7:15 am by an avalanche, burying them inside eight containers and one shed.

Union Defence Ministry spokesperson Lt Col Suneel Bartwal said that efforts to spot and rescue trapped workers in the remaining three containers are underway. Shedding light on the search and rescue operation, Bartwal said, "The Indian Army's swift response teams, comprising more than 100 personnel from Ibez Brigade, were immediately mobilised comprising doctors, ambulances and plant equipment."

By 11:50 am on Friday, the search operation teams had successfully traced five containers, comprising 10 individuals, all of whom were rescued alive, said

Bartwal, adding that the condition of four workers out of the 10 rescued remained critical. Highlighting the challenges due to heavy snowfall in the region, Bartwal pointed out that the teams are approaching.

Amit Shah reviews Manipur security situation in high-level meet

Manipur has been witnessing ethnic violence since May 2023 and since then 250 people have lost their lives in the restive state.

New Delhi. Union Home Minister Amit Shah chaired a high-level meeting today to review the security situation in Manipur following the imposition of President's Rule in the state. The meeting is taking place at the Ministry of Home Affairs in New Delhi. Senior officials, including Manipur Governor Ajay Kumar Bhalla, officials from the Manipur government, top army officers, and senior officials from paramilitary forces, are present in the meeting. This is the first security



review meeting chaired by Amit Shah after the President's Rule was imposed in the state.

The President's rule was imposed in Manipur on February 13 after N Biren Singh resigned as the chief minister. The state assembly, which has a tenure till 2027, has been put under suspended animation.

The security review meeting is being held after the February 20 ultimatum given by the governor to everyone holding illegal and looted arms to surrender. Manipur has been witnessing ethnic violence since May 2023 and since then 250 people have lost their lives in the restive state. The violence started after a 'Tribal Solidarity March' was organised in the hill districts to protest against the Meitei community's demand for Scheduled Tribe (ST) status in May 2023.

Sanatana Dharma has all answers, stands for inclusivity: Vice President

Vice President Jagdeep Dhankhar asserted that Sanatana Dharma stands for inclusivity, nationalism is paramount, and India remains a global spiritual beacon despite historical challenges.

Kolkata. Vice President Jagdeep Dhankhar on Friday warned against forces that try to destroy the country's culture and tarnish its spirituality, calling for efforts to protect civilisation. He asserted that Sanatana Dharma has all the answers for life and stands for inclusivity, not subjugation.

"Some people unknowingly tarnish our spirituality. We have to protect our civilisation. Sanatana Dharma has all the answers; it stands for universal goodness and inclusivity and does not believe in subjugation. If you surrender, you become a free soul. This is why some people have an issue with Sanatana Dharma," the Vice President said at an event in Kolkata. Speaking at an event marking the 150th birth anniversary of the spiritual sect Gaudiya Math, he added, "India is the spiritual centre of the world. People from all over used to come to India to gain knowledge. At one point, things changed. After foreign invasions, this came to a halt. Our cultural centres were destroyed. We faced brutality, but our culture could not be destroyed." Highlighting that a country's biggest asset is its culture, Dhankhar stressed, "If culture is destroyed, then you can't save the nation. Culture has to be preserved, and it is important. There are forces that cast an evil eye on this holy land—we have to be vigilant."



"Dharma can never be defeated. Don't be defocused. Be focused like Arjun. What is our goal? We are Indians and nationalists. Nothing is more important than nationalism; a country without it gets destroyed," he asserted further. He also referred to India as one of the North Stars that people all over the world look to when they feel disheartened. Additionally, he called Kolkata one of the epicentres of culture.

Assam to make major industrial leap with green energy, says Himanta Sarma

Guwahati. Assam is on track to become a key manufacturing hub driven by green energy, Chief Minister Himanta Biswa Sarma announced on Friday, as he unveiled the state's industrial roadmap under Advantage Assam 2.0. The Chief Minister emphasised Assam's vast potential in the domain, highlighting its natural resources as a key factor in attracting major investments. Drawing parallels with Gujarat's growth model, Chief Minister Sarma noted that Assam is undergoing a similar transition, where Public Sector Undertakings (PSUs) initially drive development before paving the way for private sector dominance.

"We are seeing growing interest from companies like Tata, which is considering launching major projects in Assam. If Tata's flagship project takes off, it will set the stage

for more industries to establish themselves here," he stated. Sarma revealed that Assam has recently signed nine Memorandums of Understanding (MoUs) with leading companies, including Toyota and Electron, signalling a surge in industrial activity.

Additionally, discussions with the Japanese ambassador have opened avenues for Japanese firms to explore investment opportunities in the state. "We have already made significant progress, and talks are now moving to the next level," he said. Beyond manufacturing, Assam is also emerging as a technology and business outsourcing destination. Infosys, one of India's top IT firms,

has set up its first technical centre in the state, along with a newly launched 500-seat BPO. These



developments indicate a shift of data centres and business operations from Tier-1 cities to Assam, positioning the state as a new technology hub, he added. "Earlier, we had to invite companies

like Infosys, but now they are coming on their own. This reflects Assam's rapid transformation and growing industrial appeal," Sarma said.

Highlighting Assam's long-term economic vision, the CM stated that the state is working towards a balanced economy, with contributions split across agriculture (30%), services (30%), industry (30%), and mining (10%).

He assured that industrial expansion would not encroach upon core agricultural land, ensuring sustainable growth. With its focus on green manufacturing, technology, and responsible industrialisation, Assam is poised to become a leading economic hub in eastern India.

BJP set to name new president by mid-March, women front runners

The party aims to appoint a woman to this top post, most likely from South India to send a strong organisational message to the people of the Southern states, a senior functionary hinted.

NEW DELHI. The Bharatiya Janata Party (BJP) is set to announce its new national president by the middle of March – 15th or 16th – after organisational elections in over 13 states conclude. Party sources suggest that the decision on JP Nadda's successor will be made by building internal consensus.

"As being anticipated, the party aims to appoint a woman to this top post, most likely from South India to send a strong organisational message to the people of the Southern states," a senior functionary hinted. Either Andhra BJP chief Daggubati Purandeshwari or BJP Mahila Morcha national president and Coimbatore MLA Vanathi Srinivasan could emerge as the most likely candidate if a woman from the South is chosen for the position. The BJP, traditionally known for fostering unity through consultation, is considering multiple factors in its decision-



making process, including regional representation, caste dynamics, and the party's performance in upcoming elections. The source said Daggubati Purandeshwari is one of the frontrunners. One of these candidates may be selected by the party keen to balance regional

influence and national cohesion. Purandeshwari, aged about 66, joined the BJP in 2014 after leaving Congress, bringing her significant experience in organisational affairs. Currently serving as the BJP chief in Andhra Pradesh, she is regarded as a highly articulate woman leader. Known as 'Sushma Swaraj of the South' due to her excellent oratory skills and fluency in five languages, she enjoys widespread acceptance among BJP ranks and supporters. Vanathi Srinivasan, national president of BJP Mahila Morcha, is an MLA from Coimbatore, where the party's principal strategist and Home Minister Amit Shah recently attended events.

"She is credited with running several successful outreach programmes through her front and has emerged as one of the most prominent women leaders in the party, trusted by PM Narendra Modi and Amit Shah," a BJP leader remarked.

Punjab launches 'war against drugs', forms 5-member Cabinet panel for crackdown

The Bhagwant Mann-led Punjab government has constituted a five-member committee of cabinet ministers to monitor the ongoing crackdown on the drug menace in the state.

Chandigarh. The Punjab government has adopted a war-footing approach in its 'War Against Drugs' by constituting a five-member committee of cabinet ministers to monitor the ongoing crackdown on the drug menace in the state.

On Friday, the Chief Minister convened a high-level meeting with top police officials, directing them to collaborate closely. As part of several measures, the police will identify drug hotspots, dismantle supply chains, and take stringent action against traffickers. Additionally, properties belonging to drug traffickers will be seized and demolished. The government's immediate focus is on formulating an effective policy to prevent drug abuse and rehabilitate victims, according to officials.

AAP cabinet ministers claim that, during their three-year tenure, authorities have arrested 6,500 major drug traffickers,



registered over 30,000 cases under the NDPS Act, transferred 10,000 police personnel involved in drug trafficking, and arrested 100 police officers linked to the drug trade.

While the Bhagwant Mann-led government highlighted its own efforts, it also criticised the Centre and the Border Security Force (BSF) for not doing enough to curb drug smuggling. Cabinet Minister Aman Arora, a member of the newly announced five-member Cabinet subcommittee to combat

Punjab's escalating drug crisis, said that the Central police must take the lead in combating cross-border drug peddling.

"In the past few years, the BSF's jurisdiction was increased from merely 15 km to 50 km by the Centre. Now, they are just politically blaming us. A large amount of drugs is coming through the international border, and the 50 km jurisdiction falls under the BSF," he said. The minister added, "Blaming only AAP for Punjab Police's actions is completely irrelevant. The Punjab government will take up the matter with the Centre and the BSF. When it comes to cross-border smuggling via drones or human carriers, the force must take the lead in preventing drug smuggling."

However, a senior BSF official, speaking on condition of anonymity, said it was "unfair to target the force".

"If the BSF is considered a critical component in the fight against the drug

menace, why were its officials not invited to such a meeting?" the official asked, adding that they had already shared three extensive lists of drug peddlers with the state government. "Some were placed under preventive detention, but none had been booked under the stringent Narcotic Drugs and Psychotropic Substances (NDPS) Act." Announcing that the war against drug traffickers has begun, Finance Minister Harpal Singh Cheema said that for the past three days, continuous bulldozer action has been taken against drug traffickers.

A woman involved in drug trafficking in Ludhiana had challenged the village sarpanch, saying that she would continue selling drugs. When the Chief Minister received this information, he immediately ordered action against her, and a bulldozer was sent to demolish her house at night, the minister said. He also alleged that the Akali Dal and Congress governments had provided political protection to drug traffickers.

The US was never Europe's safe harbour

The Europeans were left dumbfounded, if not shell-shocked, by the verbal whiplashing administered to them by US Vice-President James David Vance at the sixty-first iteration of the Munich Security Conference earlier this month. Vance questioned the fundamental commitment of Europeans to democratic values, that, he argued, underpinned the US-European construct. By the end of the speech, there was a lot of European strategic blood spilled on the conference floor of Hotel Bayerischer Hof. The diatribe led to extended recriminations, with many European leaders pushing back strongly against Vance's caricatured characterisation of the current state of play in Europe. However, this begs the question as to why Europeans are surprised. For, they have to only look back to the past hundred years or so of US ties with Europe to see that America has always only acted in its own interest — what it has conveniently characterised as American exceptionalism. The First World War began on July 28, 1914. It was triggered by the assassination of Archduke Franz Ferdinand, heir to the Austro-Hungarian empire, and his wife Sophie, by a Bosnian Serb a month earlier. Though it was a European war, the Triple Entente — Britain, France and Russia — which was fighting the Triple Alliance of Austria-Hungary, Germany and Italy, pleaded with America to weigh in on its side.

The US, led by President Woodrow Wilson, stymied by Senators with Jacksonian impulses, refused to enter what it deemed, and perhaps correctly so, a European imperial joust. It was only two and a half years later, on April 7, 1917, that the US declared war on Germany. And that was only because the Germans had unleashed extensive submarine warfare in the North Atlantic Ocean, causing a huge loss of American men and material.

An added trigger was a communication by the then German Foreign Minister, Arthur Zimmermann, which later came to be known as the notorious "Zimmermann Telegram". It promised the Mexican government that Germany would help Mexico retrieve the territory it had lost to the US in the wake of the Mexican-American war of 1846-1848. In return for this assistance, Germany asked for Mexico's support in the war. This was a direct affront to the Monroe doctrine conceptualised by President James Monroe and his Secretary of State John Quincy Adams. Articulated during Monroe's address to the US Congress on December 2, 1823, the Doctrine held that the Western Hemisphere, especially the Americas, was the US' exclusive sphere of influence and the Europeans had no business to interfere in this eminent domain. Thus, only when its own interests were threatened did the US enter the European war.

After the spectacular collapse of the League of Nations — midwived by President Wilson, vide the Treaty of Versailles on June 28, 1919, with the Japanese walkout in February 1933 and the German withdrawal eight months later — the US once again retreated into splendid isolation even as Adolf Hitler and his Nazis gobbled up territories and countries in Europe, beginning with the Austrian Anschluss in March 1938. Even when the Great Britain stood alone in its darkest hour — from May to November 1940 — President Roosevelt expressed his inability to help it because of the Neutrality Act of 1939 and the Johnson Act of 1934. Though certain innovative means were found later, the US only formally entered World War II after the devastating Japanese attack on Pearl Harbor on December 7, 1941.

Then also, to begin with, on December 8, 1941, it only declared war on Japan. It was only when Germany and Italy declared war on the US on December 11, 1941, did it reciprocate that announcement. The bottom line is that even as Europe was being subjugated by the hoodlums of the Gestapo and Schutzstaffel, the US may have continued to remain neutral had it not been for the Japanese attack.

Qatar counts in West Asia and beyond

The Gulf nation is important to India primarily for bolstering energy security

EVEN as analysts were preoccupied with the implications of US President Donald Trump's policies for India, an important visit passed under the radar. The Amir of Qatar, Tamim bin Hamad Al Thani, visited India last week and was given the signal honour of being received at the airport itself by Prime Minister Narendra Modi.

The courtesy has been reserved for the leaders of only a few countries, including leading economies like Japan and France. Qatar, in contrast, is a tiny West Asian kingdom. But it wields far more heft than is evident by its mere size. It is the fifth richest country in terms of per capita GDP and is home to the world's largest natural gas field. It also plays a disproportionately large role in the geopolitical events of the region, including recent negotiations to reach a peace deal in the Israel-Hamas war.

Qatar is critically important to India for many reasons, but primarily as a major supplier of liquid natural gas (LNG). As much as 45 per cent of the country's requirements are met by imports from this Gulf country. LNG is natural gas cooled to a liquid state. In this chilled form, it can be transported by special tankers to terminals around the world. It is then warmed again and moved through pipelines to distribution points. The advantage is that it can be transported to places beyond the reach of pipelines. There have been many proposals for subsea pipelines to bring natural gas from Gulf countries like Oman to the subcontinent, but these have failed to take off due to technical reasons. LNG imports are, therefore, a viable option.

Natural gas is also a cleaner alternative to other fossil fuels. It currently comprises only 6 per cent of the country's energy mix, but the target is to raise this to 15 per cent by 2030. The International Energy Agency has forecast that India's natural gas consumption will rise by nearly 60 per cent over this period from 2023 levels. This, in turn, will lead to a doubling of LNG imports owing to sustained demand growth and a slowing domestic production. Currently, imported natural gas accounts for roughly half of the country's consumption needs.

Qatar and the US look set to be major suppliers of natural gas in the form of LNG in the long run. An existing India-Qatar contract for the supply of 7.5 million tonnes per annum of LNG has recently been extended for another 20 years with effect from 2028. The value of the contract is a mind-boggling \$78 billion. This long-term commitment provides a tremendous comfort level in the energy sector at a time when the US is doubling down on sanctions against Russia. Right now, India needs to ensure that oil and gas supplies are not disrupted for any reason. Diversification of sources of supply has already been carried out in the case of oil, with imports contracted from multiple sources. As far as natural gas is concerned, the recent agreements with Qatar give similar confidence that much of the demand will be met without any hiccups.

PM Modi's warmth towards the Qatari leader also stems from an expectation of substantial investments to be made in the coming years.

A \$10-billion investment plan was announced during the visit, but this could expand significantly, especially in the energy sector. Foreign direct investments of \$1.5 billion



have already been made by the Qatar Investment Authority in a wide range of areas, including retail, power and information technology. As for bilateral trade, it is expected to rise from \$14 billion currently to \$28 billion over the next five years. Yet, investments from Qatar are lagging behind those from other Gulf countries like Saudi Arabia and the United Arab Emirates (UAE). These countries have announced investment plans of \$100 billion and \$75 billion, respectively, largely in the hydrocarbons sector. Clearly, more efforts are needed to enhance ties with the equally cash-rich yet smaller neighbour.

Apart from economic cooperation, the Qatar leader's visit has led to bilateral relations being upgraded to a strategic partnership. It becomes the fifth Gulf country with which India has developed this relationship. The upgradation of ties is significant, especially in the context of the key role that this small nation plays in West Asia. It has become a broker for peace talks in most conflicts in the region, the most recent being the Gaza truce that was negotiated in Qatar. For India, it has also emerged as a channel of communication with the Taliban in Afghanistan. The relationship had floundered in 2022 when eight former Indian Navy personnel were sentenced to death by a

Qatari court. PM Modi's intervention led to the sentence being commuted, but one former naval officer still remains in custody. It is also interesting that the ambitious India-Middle East-Europe Corridor (IMEC) project has bypassed Qatar, though both the UAE and Saudi Arabia are on board. Hopefully, these lingering irritants in bilateral ties will be ironed out soon. At a time when media scrutiny of the India-US relationship is overwhelming due to a raft of announcements by Trump on various issues, the growing importance of India-Qatar ties has been given only muted recognition.

But there is no doubt that this relationship, built on the foundational element of energy security, is set to become deeper. One aspect that will play a significant role in determining the course of these ties is the eight lakh-strong Indian diaspora that makes a major contribution to the economy of the Gulf country. It is incumbent on the government to ensure adequate working conditions for its citizens there, even as domestic foreign exchange reserves benefit from the bonanza of remittances that prop up foreign exchange reserves. A multiplicity of factors, therefore, are underpinning this much-needed initiative to expand relations with a country that has rapidly assumed a key role in West Asia.

Asphalt over art

HC's shortsighted ruling on Rock Garden

The Punjab and Haryana High Court's directive to demolish a section of the Rock Garden's wall for road widening and parking expansion raises serious concerns about the balance between infrastructure and heritage conservation. The decision, executed by the UT Administration, not only erases a part of Nek Chand's artistic legacy but also sets a troubling precedent for how India treats its cultural and forest heritage in the name of 'development.' For decades, the Rock Garden has stood as a testament to human ingenuity, turning waste into wonder. However, in what can only be described as an ironic injustice, a part of this artistic and cherished landmark is being razed to make space for asphalt and use by polluting vehicles. The claim that the demolished wall was not part of Nek Chand's original structure does little to justify the destruction. A landmark's significance is not merely in its blueprint but in the cultural and emotional connection it holds for the people.

The rationale for this demolition is flawed on multiple



levels. First, traffic congestion around the high court is largely due to poor management, not the presence of

the Rock Garden. Sustainable alternatives, such as better public transport and shuttle services, have been overlooked. Plus, a systematic restructuring of case lists by the HC can reduce daily footfall at the court, addressing traffic concerns. Second, the administration's promise of 'relocating' the wall and replanting trees does not compensate for the irreversible loss of an ecosystem. Chandigarh's famed tree-lined landscape is already under siege; removing century-old trees for road widening is another nail in the coffin of its ecological balance.

The larger question remains: If courts, meant to be guardians of justice, do not defend public heritage and environmental integrity, who will? Chandigarh deserves sustainable urban planning, not thoughtless destruction disguised as progress.

Why India must think twice about Trump's F-35 offer

The F-35 is already a highly questionable and controversial commodity in the USA itself. There have been too many glitches.

A FORMER foreign secretary has advised "India to adjust to a whole new world" with "only transactions and deals" and believes that there are "no friends and enemies in this scenario." Obviously, the diplomat's assessment originates from the 'real-time' unpredictability of the sole 'super power', President Donald Trump, who appears difficult to be dealt with by today's "whole new world." Simply put, the 'scenario' today has dramatically turned to 'T' for 'transactional Trump', and 'D' for 'dollar deals Donald', with the USA launching its global blitzkrieg for 'deal' and 'transaction'. The US unilateralism is compelling friends and foes alike to either scurry for cover or make a personal appearance before Trump to keep him in good humour, notwithstanding the bleak prospect of any meaningful result. Trump loves the driver seat for deals, dictating all in his durbar to put their signatures in the DC-prepared draft of transaction documents.

Trump now wants India to buy the Lockheed F-35 fighter to reduce America's \$35 billion bilateral trade deficit with Delhi.

However, India knows well (as does the USA, presumably) that any international deal, transaction, contract, or even the hatching of criminal conspiracy, is a bilateral process and essentially a matter of 'offer plus acceptance' for the sealing of the deal. From India's perspective, too, shouldn't then the F-35 be looked into? Barring the US Douglas DC-3 Dakota and Fairchild Packet C119G transport and air-dropping, the Indian Air Force has never had a US fighter in its combat squadron inventory since 1947. Hence, the sudden transformative, unilateral and command-like offer to India to buy the Lockheed F-35 multirole fighter by the transactional President of the US (POTUS) deserves a scrutiny, especially in light of the contemporary geopolitical weather and history of erratic, overbearing US policy

towards Delhi-DC bilateral contours over the decades.

First, let us be clear that no air force of a country of India's shape and size is made in a day and an air force building is no garden party or a matter of joke. It is a serious business of high-tech, high-risk, high-investment and exceptionally high-quality trained personnel or men behind the machines. Jane's All the World's Aircraft shows that the period from the "request for proposal" to the "first delivery" of the F-35 fifth generation multirole stealth fighter Lockheed, spanned over 15 years (December 1995-May 2011). Also, India was never under the US radar either as an industrial partner or a potential buyer or readymade user of the high-tech Lockheed fighter. The F-35 essentially was for the advanced west and its defence and security partners from the non-west. Thus, in late 1996, "Australia, Canada, France, Germany, Greece, Israel, Singapore, Spain and Sweden were briefed on the programme." It was clear from the beginning that it would be an enormously expensive flying machine.

First-level collaboration with 10 per cent cost-sharing was sought from the UK; Italy and the Netherlands were level-two partners, with 5 per cent cost sharing; level three involved the payment of 1-2 per cent with Denmark and Norway and, finally, came Australia, Canada and Turkey, who were to bear the cost on their own. Consequently, the cost of each fighter was exorbitant. As seen from the annual publication of Jane's All the World's Aircraft, from 2012-2013, each unit cost of the US Air Force F-35A was quoted as \$37.3 million. It escalated to \$94.3 million in 2017 and is now well over \$100 million per fighter. On top of this, if one takes into account the depreciation of

the Indian rupee vis-a-vis the US dollar, the expenditure by the Indian exchequer can be truly mindboggling. It can make any F-35 "deal" or "transaction" highly explosive and an impossible hot political potato, with the questionable possibility of the US fighter role, responsibility and utility in the Indian defence



system. There are also multiple technical factors which surely would be beyond the comprehension of the millions of uninitiated, who get impressed by the air display and further charged by the emotional public debate of/for optics. The F-35 is already a highly questionable and controversial commodity in the USA itself. There have been too many glitches and cost and time overruns that have made both the POTUS and his principal Man Friday, Elon Musk, making comments on the US aviation industrial capacity and capability. The

POTUS is after Boeing for its inability to deliver two 'Air Force One' transport craft for the White House. Musk is all over F-35, making comments like: "F-35 fighter jets are obsolete" and "meanwhile, some idiots are still building manned fighter jets like F-35."

Expectedly, the outgoing US air chief has given Musk a mouthful of expletives. Tech and economics aside, India is expected to follow zero-tolerance to flight safety failure if it afflicts an extraordinarily "sophisticated stealth" like F-35. Regrettably, things went wrong early in October 2010 itself, with a brief grounding of the fleet at the Edwards Air Force Base (AFB), owing to a "software problem affecting the pump that could have caused un-commanded inflight shutdown of engine."

Almost 15 years have gone by, but unexplained and unexpected inflight glitches continue to plague the F-35s. A few citations would suffice. In two successive accidents in June and July of 2014, a mixed group of F-35s "suffered catastrophic engine failure at Eglin AFB which was followed by a fleet-wide grounding order." This is similar to what the Indian Air Force faces today — a whole fleet of the indigenous Advanced Light Helicopter Dhruv being grounded after the January 5, 2025

crash. For the F-35, however, the most serious finding of the accident inquiry report was "rubbing between third-stage fan blades in low-pressure section of the P&W F-135 engine and the inner wall of compressor casing." Unfortunately, the F-35 offered by the POTUS still suffers from nagging niggles which do not inspire confidence of any potential user. That's the irony, but also the reality. One, therefore, would hate to see a possible increase in the number of widows and orphans in our Air Force stations during peace time.



पति को कराएं बच्चे की जिम्मेदारी का अहसास

एक मां ही यह बता सकती है कि पेरेंटिंग का अनुभव कितना आनंददायक होता है।

अक्सर पुरुष इसे बहुत भारी जिम्मेदारी के तौर पर देखते हैं और शुरू से उन्हें यह लगता है कि बच्चे का पालन-पोषण मां की जिम्मेदारी होती है।

बच्चे को सही परवरिश देना मां और पिता दोनों का काम होता है, पर बच्चे की परवरिश का जिम्मा मां पर ही आता है। अगर आप चाहती हैं कि आपके पति को भी बच्चे की जिम्मेदारी का अहसास हो तो इन बातों का ध्यान रखें।

बताएं आप उनकी मदद लेना चाहती हैं

बच्चा होने के बाद कुछ पुरुष यह चाहते हैं कि वो बच्चे की देखभाल करें, पर महिलाएं अक्सर इस संकोच में कि बच्चे का काम पति सही ढंग से कर पाएंगे या नहीं, सोच उनको मना कर देती हैं। अगर आपके पति बच्चे के पालन-पोषण में आपकी मदद करना चाहते हैं तो उनका यह प्रस्ताव सहर्ष स्वीकार कर लें। उन्हें अपने तरीके से बच्चों की केयर करने दें, हर समय टोकें न, अगर वो कहीं गलत है, तो उन्हें प्यार से बताएं।

भूमिका आनंददायक है

एक मां ही यह बता सकती है कि पेरेंटिंग का अनुभव कितना



गुप बनाएं पिता भी

पुरुष अक्सर बच्चों के बारे में बात करने से बचते हैं। महिलाएं तो कई बार गुप में जाकर बच्चों की परेशानियाँ, आदतें आदि के बारे में चर्चा कर लेती हैं, पर पिता को ऐसा नहीं करते। आप पति को प्रोत्साहित करें कि वो फेसबुक, ब्लॉग, फ्रेंड सर्कल में पिताओं के गुप में शामिल हों। इससे वो सारी समस्याओं का समाधान पा सकते हैं, साथ ही अन्य पुरुषों से अपने अनुभव साझा कर सकते हैं और उनके अनुभव से सीख सकते हैं।

प्राथमिकता निर्धारित कर उनसे सहयोग मांगें

मां होने के नाते आप प्राथमिकता तय कर लें कि किन-किन बातों में आपको अपने पति की जरूरत पड़ सकती है। यह निर्धारित करने के बाद आप उन्हें बताएं कि आपको उनके सहयोग की कितनी जरूरत है। ऐसा करने से आप एक अच्छा वक एक-दूसरे के साथ बिता सकते हैं।

यादों को रखें सहेज कर

आप अपने पति से पूछें कि फादरहुड के दौरान वो कौन-सी पांच बातें थीं, जिनसे उन्हें बेहद खुशी मिली। आप उन सारी बातों को एक छोटी-सी नोटबुक में नोट करें। अगर उससे जुड़ी फोटो आपको पास है तो उसे भी चिपकाएं, ऐसा करने से आप इन छोटी-छोटी और प्यारी बातों को ताज्जु सहेज कर रख सकेंगी।

आनंददायक होता है। अक्सर पुरुष इसे बहुत भारी जिम्मेदारी के तौर पर देखते हैं और शुरू से उन्हें यह लगता है कि बच्चे का पालन-पोषण मां की जिम्मेदारी होती है। आप उन्हें बताएं कि एक बच्चे की देखभाल करने में जिम्मेदारी तो है, पर इसमें आनंद भी खूब है। बच्चा जब छोटी-छोटी हरकतें करता है तो उन्हें देखने में कितना मजा आता है। इस तरह की बातें जब आप उनसे शेयर करेंगी तो वो खुद ब खुद इसमें रूचि दिखाने लगेंगे।

चमकाएं बाल और त्वचा

अगर आप चमकदार त्वचा और हैल्दी हेयर चाहते हैं तो अपनी फूड लिस्ट में इन चीजों को शामिल कर सकते हैं। ये चीजें आपको खूबसूरती के साथ-साथ बढ़िया सेहत से भी नवाजेंगी।

विटामिन ए से भरपूर चीजें

क्या लें: गाजर, पालक, ब्रोकली, पपीता, आम, आलू व टमाटर
फायदा: इन चीजों में कैरोटीन होता है, जो सनस्क्रीन का काम करता है और त्वचा को धूप से बचाता है। टमाटर में लाइकोपीन भी सनस्क्रीन का काम करता है, लेकिन जरूरी है कि टमाटर अच्छे से पका हो।

सूखे मेवे

फायदा: इनमें ओमेगा थ्री फैटी एसिड होता है जो त्वचा में नमी बनाए रखता है। अखरोट में बायोटीन होता है जो बालों को बढ़ता है, झड़ने और दो मुँह होने से रोकता है।

विटामिन सी वाली चीजें

फायदा: नींबू, आंवले, संतरे का खट्टापन शरीर में जाकर कोलेजन बनाता है, जो त्वचा की कोशिकाओं को जवां रखता है, इससे झुर्रियां नहीं पड़तीं और त्वचा के घाव भी जल्दी भरते हैं। विटामिन-सी वाली चीजें आसानी से पच जाती हैं और अधिक मात्रा होने पर यूरिन के रास्ते निकल जाती हैं।

अलसी के बीज

फायदा: खाने को कुरकुरा बनाते हैं। इनमें मौजूद फाइबर, ओमेगा थ्री फैटी एसिड व विटामिन ई से त्वचा की नमी बनी रहती है, मुंहासे नहीं होते। रोजाना एक चम्मच प्रयोग करें।

विटामिन बी और कॉपर

पुरुषों के बालों में सफेदी की शुरुआत दाढ़ी से होती है, जबकि महिलाओं में कनपटी की तरफ से। इसके प्रमुख कारण हैं: चिंता करना, विटामिन बी, आयरन, कॉपर और आयोडीन की कमी। इसके लिए धूम्रपान न करें, मटर, ब्रोकली, ब्राउन राइस, गांठ गोभी खाएं व ग्रीन टी पीएं।

तौर-तरीके बदलकर

खुश रहना सीखें

मन खुश हो, तो तन दुरुस्त रहता है। इसलिए खुश रहने के लिए इन सुझावों को आजमा कर देखें -



खुद को एक्सप्रेस करें: अमरीका की वेक फॉरेस्ट यूनिवर्सिटी के वैज्ञानिकों के अनुसार खुद को खुलकर अभिव्यक्त करने से मन में खुशी के भाव आते हैं। दूसरों के लिए कुछ करें: फोर्ब्स डॉट कॉम के शोध के मुताबिक दूसरों के लिए कुछ करने से खुशी मिलती है। जब हम किसी की मदद करते हैं, अपनों को उपहार देते हैं या उन पर खर्च करते हैं, तो मन को सुकून मिलता है।

सकारात्मक सोचें: अपनी सोच सकारात्मक रखें और ऐसे लोगों के साथ रहें, जिनसे आपको प्रेरणा मिल सके।

दोस्तों व रिश्तेदारों से अच्छा व्यवहार रखें। यूनिवर्सिटी ऑफ इलिनॉयस के वैज्ञानिकों ने 30 साल तक एक लाख लोगों पर शोध के बाद पाया कि शिक्षा, राजनीति, सैलरी और संबंधों में से सबसे ज्यादा खुशी लोगों को अच्छे संबंधों से होती है। पर्याप्त मात्रा में पानी पीएं क्योंकि डिहाइड्रेशन होने से कई बार मूड चिड़चिड़ा हो जाता है।

खुद से करें प्यार का वादा

खूबसूरती बाहरी नहीं, बल्कि आंतरिक होती है, इसलिए अब से आप अपने को हमेशा खूबसूरत मानेंगी। आपके अंदर जो भी खासियत है, उसे और भी निखारेंगी और जो चीजें आपको शर्मिंदा महसूस कराती हैं, उन्हें कम करने की कोशिश करेंगी।

नया साल हमें जिंदगी को एक बार फिर नए तरीके से जीने के लिए कहता है। नए साल पर आप अपने से यह वादा करें कि हमेशा अपने आप से प्यार करेंगी। अब से आपने चाहे कोई हैयरस्टाइल करवाई हो या फिर कोई नई ड्रेस पहनी हो तो उसमें खुद को अच्छा महसूस करेंगी। अपने अंदर यह आत्मविश्वास लाएंगी कि आप जो भी पहन रही हैं, उसमें पूरी तरह परफेक्ट लग रही हैं। खूबसूरती बाहरी नहीं, बल्कि आंतरिक होती है, इसलिए अब से आप अपने को हमेशा खूबसूरत मानेंगी। आपके अंदर जो भी खासियत है, उसे और भी निखारेंगी और जो चीजें आपको शर्मिंदा महसूस कराती हैं, उन्हें कम करने की कोशिश करेंगी।

कुछ महिलाएं अपनी त्वचा के रंग को लेकर हमेशा असंतुष्ट रहती हैं, पर आप बिल्कुल भी ऐसा न करेंगी। आप अपनी त्वचा के रंग पर परेशान होने के बजाय यह कोशिश करेंगी कि आपकी त्वचा हमेशा रत्नो करती रहे। अगर आपके साथ कुछ बुरा होता है या फिर आपके लुक को लेकर आपका कोई करीबी नकारात्मक कमेंट करता है तो उससे अपना मूड खराब करने की बजाय आप उस पर ज्यादा ध्यान नहीं देंगी, बल्कि अब से आप अपने दिमाग में इस बात को रखेंगी कि दूसरों को भले आप पसंद न आएँ, पर आप अपने को पसंद करती हैं और

करती रहेंगी। अपने शरीर को पसंद और नापसंद करना आपके हाथों में है। वर्तमान में आपकी बाँडी किसी भी शोप में हो, अब से आप उस पर फर्र करोगी। यह अलग बात है कि अगर आपका वजन कुछ ज्यादा है तो उसे कम करने की कोशिश करेंगी, पर अपने शरीर को लेकर सकारात्मक सोच को खत्म बिल्कुल नहीं करेंगी और उसे अच्छा ही मानेंगी। आप हमेशा यह मानेंगी कि आप दिल, दिमाग और शरीर तीनों से बेहद खूबसूरत हैं। भले ही आपके बारे में कोई कुछ भी कहे, आप उसकी बात का बुरा नहीं मानेंगी। अगर आप ऐसा सोचेंगी तो सच मानिए, आप गॉर्जियस दिखेंगी।

एक प्यारी मुस्कुराहट लोगों का ध्यान हमेशा आकर्षित करती है और चेहरे पर भी नूर लाती है। इसलिए अब से चेहरे पर हमेशा तनाव लाने की बजाय मुस्कुराहट बनाए रखेंगी। एक प्यारी मुस्कुराहट आपके चेहरे पर चार चांद लगा देगी।

अगर आपके बाल हेल्दी या फिर त्वचा का टोन अच्छा है तो उस पर नाज करेंगी। अपनी कमी को देकर दुखी नहीं होंगी। बाल सफेद हो रहे हैं, उनमें रूसी है तो उन्हें देख-देखकर चिड़ेंगी नहीं, इन्हें दूर करने के उपाय खुशी-खुशी करेंगी।



आप संवरिए लेकिन जरा संभलकर

खास मौकों पर सज-संवरकर चेहरे की सुंदरता बढ़ाना वैसे तो कोई बुरी बात नहीं, लेकिन कई बार रोजाना भारी-भरकम मेकअप करने की आदत और पुराने या कम गुणवत्ता वाले ब्यूटी उत्पाद कुछ देर की सुंदरता और लंबे समय की बीमारी लेकर आते हैं।

ब्लीच

लोग स्किन की टैनिंग कम करने के लिए या चेहरे के बालों को छिलाने के लिए ब्लीच करते हैं, लेकिन इससे कई बार स्किन एलर्जी हो जाती है। उपाय: ब्लीच को 24 घंटे पहले कान के पीछे लगाकर टेस्ट कर लें, अगर कोई एलर्जी न हो तो ब्लीच करें। टैनिंग दूर करने के लिए ब्लीच कर रहे हैं तो संतरे, पपीते का पाच्य या चंदन पाउडर लगा सकते हैं।

डियो और परफ्यूम

डियोडेंट का ज्यादा प्रयोग अंडरआर्म्स की त्वचा को नुकसान पहुंचाता है। खुजली की समस्या हो, परफ्यूम से छींके आती हैं या सांस के रोगी हों तो इनका प्रयोग न करें। उपाय: डियो या परफ्यूम में कैमिकल्स होते हैं, इन्हें सीधे बाँडी पर न लगाकर कपड़ों पर लगाएं।

आई मेकअप के नुकसान

अगर आप आई मेकअप करने के बाद आँखों में कॉन्टैक्ट लेंस लगाते हैं तो ऐसे में बैक्टिरिया कोनिया तक पहुंच जाता है जिससे कोनियल इन्फेक्शन का खतरा रहता है। कई बार मेकअप करने से बैक्टिरिया का मैब्रेन (झिल्ली) से संपर्क होता है।



नेलपॉलिश

नेलपॉलिश लगाने के बाद हमें नाखूनों की मैल नहीं दिखती जिससे पेट में इन्फेक्शन हो सकता है। उपाय: नाखूनों की सफाई का ध्यान रखें और खाना बनाने या खाने से पहले नेलपॉलिश को सुखा लें।

फाउंडेशन और क्लशर

इनके रोजाना प्रयोग से चेहरे के रोमछिद्र बंद हो जाते हैं। त्वचा के अंदर जमी गंदगी और तेल बाहर नहीं आ पाते, जिससे छिद्रों में मवाद जमने से कील-मुंहासे होने लगते हैं। उपाय: ब्यूटी प्रोडक्ट की क्वालिटी का खयाल रखें। त्वचा ऑयली है तो वॉटर बेस प्रोडक्ट और रूखी है तो ऑयल बेस स्किन प्रोडक्ट का प्रयोग करें।

NEWS BOX

Shami makes me look brilliant behind the stumps: KL Rahul's fun praise for seamer

New Delhi India wicket-keeper's high-stakes Champions Trophy Group A clash against Pakistan, Shami had a shaky start, bowling five wides in his opening over. Eeper-batter KL Rahul heaped praise on teammate Mohammed Shami, jokingly admitting that the pacer's lethal swing often forces him to dive at full stretch behind the stumps. Speaking ahead of India's final group-stage match against New Zealand, Rahul revealed how Shami and Jasprit Bumrah constantly push him to his limits with their pace and movement. During IndiRahul, tasked with keeping the ball from racing to the boundary, had to stretch himself to the maximum to prevent additional runs. Reflecting on the challenge, Rahul described Shami as one of the toughest bowlers he has kept to, praising his ability to generate late movement and raw pace.

Champions Trophy: Full Coverage | Points Table | The tough thing against Shami to wicket keep is every game - funnily somehow, in every game he'll make sure that I'm diving full length. And then he gives me one or two opportunities to be brilliant behind the stumps or look stupid



sometimes," KL Rahul said. "That's something that not many people talk about. Everyone talks about how he's gifted and how he can get the ball to seam in any condition and how upright his seam is. But not many people talk about how accurate he is and how sharp he is. He's actually, he can surprise you with his pace. Just the other day in the nets he hit me straight in the badge. So, all of these things make him a very difficult bowler to play against. And I think he's built up really nicely," he added. After an extended period on the sidelines due to injury, Shami returned to action in spectacular fashion, picking up a five-wicket haul against Bangladesh in India's tournament opener. Though he went wicketless against Pakistan, he remains a vital part of India's fast-bowling attack, especially in the absence of Bumrah, who has been managed carefully throughout the tournament. Shami also gave India a brief injury scare during the Pakistan clash when he walked off the field for treatment but returned soon after to complete his spell. With India having already secured a semi-final spot, speculation is rife over whether the management will rest Shami against New Zealand to keep him fresh for the knockout stage.

Pant in, KL Rahul rested vs NZ India assistant coach ten Doeschate answers

New Delhi. India assistant coach Ryan ten Doeschate addressed the team's wicketkeeping dilemma ahead of their final Champions Trophy group-stage clash against New Zealand on March 2. With both teams already securing semi-final berths, speculation is rife about potential lineup changes, including the possibility of Rishabh Pant replacing KL Rahul behind the stumps.

Rahul has been India's first-choice wicketkeeper in the tournament but has had limited opportunities with the bat, often coming in at No. 6 or 7 due to the top order's dominant form. This has fuelled calls from fans and pundits for Pant's inclusion, given his aggressive batting style and his status as India's first-choice Test wicketkeeper. While speaking to the media, ten Doeschate acknowledged the challenge of balancing team selection while ensuring that Pant



remains match-ready, especially with knockout games approaching. "It's been very hard on Rishabh not playing. But that's the nature of sport at this level.

"KL has been good. He didn't get many chances... we've got to keep Rishabh up and running. We never know when we're going to need him. But certainly to have two wicketkeepers of that calibre is a nice thing to have." In India's two matches so far, Rahul has only had the chance to bat once, scoring a 41-run knock against Bangladesh. His form in the ODI series against England before the Champions Trophy was also modest, managing just 52 runs across three innings. With Rahul's limited time in the middle, some argue that Pant deserves an opportunity, especially if India look to test their bench strength ahead of the semi-final. Pant, however, has not played any ODIs recently, having missed the England series entirely. This raises concerns about his match readiness, though his natural game is well-suited for big occasions. Given that India have already qualified, resting Rahul could be a strategic move to ensure both wicketkeeper-batters get game time before the knockout stage.

Unfair enough: It's advantage India in Champions Trophy

Hybrid model has given the Men in Blue a clear edge over their rivals in the ongoing ICC tournament

CHENNAI. When Rohit Sharma and his counterparts from other nations not named Pakistan boarded the flight for the Champions Trophy, the captains of six of the eight teams would have had to consider and take on board multiple variables in order to plan for the assignment. Conditions of the different venues, temperature, dew in the evening, pace v. spin at the ground, weather conditions, what combinations work best... this inexhaustible list would either have been supplied to the captains by their data team or they themselves would have looked it up.

The Pakistan captain, Mohammad Rizwan, would have had a working knowledge of the

conditions throughout the country. This is why home advantage, more often than not, matters an awful lot in cricket — it's no coincidence that the hosts have either won or at least advanced to the final of each of the last four 50-over World Cups. Thanks to geopolitics and an unfair hybrid model, one captain has an even greater advantage than Rizwan — Sharma. Think about it. The Indian team has and will continue to stay at the same place, play at the same venue, not take any flights for the duration of their stay and know that as long as they remain in the tournament, they will dictate the logistics and the travel plans of their remaining opponents. Take for example, New Zealand's travel schedule. They have travelled to Dubai to face the Men In Blue on Sunday. Considering they have already reached the last four, the Kiwis will be on a return flight to Pakistan on Monday for that semifinal. If both India and New Zealand win their respective semifinal matches, India will go back to their hotel rooms, wake up refreshed, have breakfast and plan for the final in calm, unhurried manner.

Mitchell Santner & Co? Wake up, head to the airport, take another international flight to Dubai. Consider South Africa, one of India's potential semifinal opponents. After playing in Karachi, they moved to Rawalpindi before



coming back to Karachi for Saturday's game against England. If they face India, they would then have to fly to Dubai.

This is the kind of advantage the hybrid model has created. Just to be clear, the Indian team didn't ask for this advantage. If anything, all the participating teams, including Pakistan, signed off on the schedule before it was rubber-stamped by the International Cricket Council (ICC) but there's still a debate to be had. Whether Indian fans like it or not, the people who have addressed this issue are right in that there's an advantage. Rassie van der Dussen became the latest to speak about this. "You don't have to be a rocket scientist to know that the ability to train and play in one place, coupled with the absence of inter-city or inter-country travel, gives India an edge that they will be under pressure to fully exploit," the batter said at a press conference.

"In a sense, it puts more pressure on them because whoever is going to play them in the semi or potentially the final is going to go there and the conditions are going to be foreign but they (India) are going to be used to it. The pressure would be on them to get it right because they have all that knowledge."

That last word — knowledge — is one of cricket's greatest currencies. Sure, you can argue that there are no secrets and a lot of them have played matches at Dubai in the recent past but it doesn't work that way. There's still a bedding in period, a bedding in period India have already been through. India's next opponents? Their bedding in period will be on the job, including in the semifinal or the final. Michael Atherton, while speaking on the Sky Sports podcast, called it a 'hard-to-quantify advantage, but an undeniable advantage'.

It allowed the Indian think-tank to load their side with as many as five spinners, including at least one match-up spinner in the form of Washington Sundar, at the expense of an extra seamer. These little things matter a lot in a global event. It's why India, who entered the tournament in red-hot form, are actually the favourites. Van der Dussen sang from the same hymn sheet. "The onus would be on them to use that advantage," he said. "The pressure would be on them to get it right."

Virat Kohli vs Sachin Tendulkar: Sanjay Manjrekar names best ever ODI batter

- Manjrekar hailed Kohli's superior chasing ability over Tendulkar
- Kohli's 24 centuries in run chases surpass Tendulkar's 14
- Kohli's ton against Pakistan sparked hopes for India's ODI success

New Delhi. Former India cricketer Sanjay Manjrekar, while praising both Virat Kohli and the legendary Sachin Tendulkar, explained why he believes Kohli has an edge over the Master Blaster in run chases. While acknowledging both as two of the greatest ODI batters of all time, Manjrekar pointed out that Kohli has successfully seen out more high-pressure chases for India compared to Tendulkar. Speaking to Star Sports, Manjrekar highlighted that while Tendulkar had several advantages in his era, Kohli's ability to chase down targets is unparalleled. Kohli's remarkable

consistency while batting second is reflected in his staggering numbers—5,913 runs in 105 matches at an astonishing average of 89.59, with a strike rate of 96.74. In comparison, Tendulkar



amassed 5,490 runs in 127 matches at an average of 55.45 and a strike rate of 90.08. "One major difference between the two is that I think Virat Kohli is a better chaser than Sachin Tendulkar. Tendulkar liked batting first and Tendulkar perhaps was a certainty that he was not going to get out against the new ball. But, its about winning matches," Manjrekar said.

"Virat will have a number of matches where he has chased down the target and has stayed on

till the end. Tendulkar has a few matches but not the numbers that Virat Kohli has. But apart from that Tendulkar had everything. But one area where Virat Kohli is better than the God of Cricket is chasing runs," he added. Kohli has also surpassed Tendulkar in terms of centuries, registering 51 ODI tons, with his most recent coming against Pakistan in the Champions Trophy. Tendulkar, who long held the record for most ODI centuries, retired with 49. Additionally, Kohli has 24 centuries in successful run chases for India, compared to Tendulkar's 14, reinforcing his reputation as the ultimate chase master. Despite entering the Champions Trophy amid scrutiny over his Test form, Kohli silenced critics with a match-winning century against Pakistan. His composed knock not only revived his ODI form but also reaffirmed his ability to guide India in high-pressure games. Fans now hope that his resurgence will propel India towards clinching the ICC ODI trophy. With Kohli continuing to dominate in run chases, the debate comparing him and Tendulkar will persist. However, as Manjrekar pointed out, when it comes to guiding India home in pressure situations, Kohli holds the upper hand.

Who will India play in the Champions Trophy semi-final Scenarios explained

New Delhi. The race to the semi-finals of the Champions Trophy 2025 is all but over, with two matches remaining in the round-robin group stage. However, there is excitement surrounding the last two fixtures of the group stage, as they will determine the final standings and the semi-final line-up of the marquee tournament. Australia and Afghanistan sharing points after a rain-affected game in Lahore on Saturday dampened some of the excitement in Group B. With four points, Australia became the first team from the group to secure a place in the semi-finals. Afghanistan, who outclassed England in a brave effort, are all but out of contention. Afghanistan put up another impressive batting performance after successfully defending 325 against England—they posted 273 against Australia on Friday. However, a rapid fifty from Travis Head ensured that Australia were cruising at



109 for 1 in just 12.5 overs before rain interrupted play in Lahore. Had the rain not intervened, Afghanistan might have been on the receiving end of a heavy defeat.

While they will be relieved to have earned a point from the game, Afghanistan now need a huge favour from South Africa to qualify for the semi-finals. England, who are yet to win a game in the Champions Trophy, must beat South Africa by a minimum of 207 runs

to knock the Proteas out of the semi-final race. South Africa have three points from two matches following their victory over England and a rain-affected game against Australia. They have the best Net Run Rate in the group (+2.140), while Afghanistan have three points and a Net Run Rate of -0.990. HOW CAN AFGHANISTAN QUALIFY? For Afghanistan to qualify: England must beat South Africa by a margin of 207 runs or more. If South Africa bat first and post anything in excess of 173, England must chase it down within 15 overs.

WHO WILL INDIA FACE IN THE SEMI-FINAL?

The winner of Group A will face the team that finishes second in Group B in the semi-final, while the second-placed team in Group A will face the winner of Group B in the other semi-final.



thought this would be a perfect song to jump to here. That's why I rushed it out," Duplantis added. Back in 2014, Renaud Lavillenie of France set the world record with an effort of 6.16 metres at the Pole Vault Stars competition in Donetsk. In 2020, Duplantis broke the six-year-old record after crossing 6.17 metres in Torun, Poland, and from there on, he hasn't looked back. Last year, Duplantis also won the gold medal at the Paris Olympics. He bagged gold with a jump of 6 metres, after which he jumped 6.25 metres to go past his 6.24 metres in the Xiamen Diamond League 2024.

MS Dhoni hits huge sixes on Day 1 of CSK's pre-season camp in Chennai

- IPL 2025: MS Dhoni was seen hitting a few big shots on Day 1 of Chennai Super Kings' 10-day training camp at their High Performance Center. Dhoni and R Ashwin were the centre of attraction as the Super Kings trained in the evening session.

New Delhi. MS Dhoni returned to the training grounds in Chennai after a year's gap, leading the first session of Chennai Super Kings' 10-day pre-season camp at their High-Performance Centre. Dhoni appeared

in good spirits as he engaged in light training and struck a few big shots in the nets on Friday, February 28.

In a video shared by the Super Kings, Dhoni was seen tightening his defence with a couple of blocks before launching a few deliveries into the night sky. He took on the spinners during the batting practice session, sending the ball into the stands. Having returned to high-intensity training after nearly 12 months, Dhoni appeared to struggle momentarily for balance when attempting a six off a good-length delivery while staying on the backfoot. Dhoni will be looking to fine-tune his batting skills in the 10-day training camp at the High-Performance Centre. Most of the Indian players, including captain Rituraj Gaikwad, are part of the camp. Newly appointed assistant bowling coach Sridharan Sriram was overseeing the training in the absence of head coach Stephen Fleming. In a



heartwarming moment, Dhoni reunited with R Ashwin, who has returned to the Super Kings for the first time since the 2015 season. Ashwin was bought by CSK in the mega auction for ₹9.75 crore.

Dhoni and Ashwin were also seen engaging in fun drills with a football as the Super Kings' stars bonded over the evening sky in Chennai. Ashwin, who retired from international cricket midway through the

Border-Gavaskar Trophy, looked sharp as he bowled a couple of precise off-spinners in the nets. Meanwhile, Dhoni was also seen having a conversation with left-arm pacer Khaleel Ahmed, offering him guidance on fine-tuning his skills. Khaleel and Rahul Tripathi were among the major Indian acquisitions for CSK in the mega auction for IPL 2025.

WILL DHONI RETIRE AFTER IPL 2025?

Speculation regarding Dhoni's future in the IPL remains rife, even after CSK retained their former captain as an uncapped player for ₹4 crore.

Adding fuel to the rumours, Dhoni was spotted wearing a T-shirt with the words "One Last Time" printed in Morse code upon his arrival in Chennai. This has led to increased speculation that the 2025 season might be his final campaign as a player in the IPL.

Jacqueline Fernandez

And Orry Giggle, Vibe Together At Honey Singh's Mumbai Concert



Honey Singh began his Millionaire India Tour in Mumbai on February 23. Jacqueline Fernandez and Orry vibed together at his concert.

Singer-rapper Yo Yo Honey Singh kickstarted his Millionaire India Tour on Saturday, February 22, by performing in Mumbai. Jacqueline Fernandez and Orry were some of the many starry guests at the concert. A video going viral shows Jacqueline and Orry vibing together in one of the VIP stands. Jacqueline wore a pink T-shirt which she amped with a dungaree. Orry sported a semi-formal look in shirt-with-sweater and trousers. The duo was seen giggling together and enjoying with the crowd in the stands. Check out the video here:

Several other videos from Honey Singh's concert have been going viral. One of which being his not-so-subtle dig at rappers Badshah and Raftaar. During a segment of his show, Singh joked that many claimed to be his brothers but also predicted that he won't make a comeback. He further mentioned that 'they' once used to write songs for them and are now of the belief that they can pen his fate.

The Lungi Dance singer said, "Kayee log kehte hain ki wo mere bhai hain. Kayi log kehte hain ki mera comeback nahi ho raha. Aur phir kehte hain wo mere gaane likhte the. Aur phir kehte hain ki wo meri takdeer likh denge."

He further added, "To uspe ek sher sunaon? Video banao, usko tag karna. Pichle saal meri taqdeer ne kaiyon ke guroor hain tode. Aur tujhe comeback karna padega l**** (Can I share a poetry on that? Record videos, tag him. Last year, my destiny has broken the pride of many. Now you will have to make a comeback)." As a part of his Millionaire India Tour, Honey Singh will cover 10 major cities in the country, starting February 22 to April 5. He will visit Lucknow next, followed by Delhi, Indore, Pune, Ahmedabad, Bengaluru, Chandigarh, and Jaipur. His concluding tour will take place in Kolkata.

Priyanka Chopra

Shares Glimpse From Daughter Malti Marie's Museum Visit In New York

Priyanka Chopra Jonas is known as a global star and often shares her professional and personal life photos with fans. Recently, the actress treated fans by sharing beautiful moments from a museum visit with her daughter, Malti Marie Chopra Jonas. It

reacting to it. Many dropped adorable comments. The actress recently visited Mumbai for her brother Siddharth Chopra's wedding to Neelam Upadhyay. After the celebrations, she was spotted at Mumbai



has gone viral. Priyanka was in India to attend her brother's wedding and also shoot for SS Rajamouli's next. In a series of photos and videos posted on her Instagram stories, Priyanka captured Malti's fascination with the museum's displays. Malti is seen enjoying the different lights at the museum. Nick Jonas also shared a photo with guitar and Malti's plush toy doll was kept near him. In no time fans were seen

Airport last week in a pastel co-ord set as she departed for Hyderabad. She later confirmed her arrival by sharing pictures on Instagram, leaving fans curious about her professional plans.

On Valentine's Day 2025, Priyanka dedicated a lovely post to her hubby, calling him her 'forever' Valentine. She also shared two pictures, giving fans a glimpse of how their relationship began, versus how it is going! On the work front, Priyanka is currently filming in Hyderabad for SSMB 29, directed by SS Rajamouli and starring Mahesh Babu. The film, described as a globe-trotting jungle adventure, is expected to wrap up shooting by 2026. Fans are eagerly awaiting official updates on her role in the highly anticipated project. Before diving into work, Priyanka visited the Chilkur Balaji Temple in Hyderabad, offering prayers. Sharing a photo from the visit, she wrote, "With the blessings of Shri Balaji, a new chapter begins. May we all find peace in our hearts and prosperity and abundance all around us."



Himesh Reshammiya's Wife Sonia Says He Looks At Himself For Four Hours In The Bathroom: 'Who does that?'



Himesh Reshammiya recently launched his wife Sonia Kapoor's podcast, The Sonia Kapoor Show, where they had a lighthearted chat. While discussing his career and his new film, Badass Ravikumar, Sonia teased Himesh about his habit of admiring himself in the mirror for hours. Sonia joked, "What is your favourite thing about yourself? Apart from the fact that you like looking at yourself for four hours in the bathroom." Himesh, surprised, replied, "What are you saying? Tumhe apne show ki TRP leni hai toh tum mere naam pe le rahi ho (You want TRP for your show, so you are taking it in my name)." Sonia defended herself and said, "I am talking facts. You are like this. If you want to take a 9 am flight, you get up at 3 am to get ready. Who does that?"

Himesh said that he likes to take his time getting ready and doesn't want to feel rushed. Sonia replied, "Yeah, so that you can look at yourself in the mirror for two hours." Himesh then went on to ask Sonia, "What are you talking about?" Sonia said, "I am sorry, main pol khol rahi hoon tumhari (I am sorry, I am exposing you)."

Himesh Reshammiya married Sonia Kapoor in 2018. Their wedding came after Himesh's divorce from his first wife, Komal. Himesh, known for his hit songs like "Aashiq Banaya Aapne" and "Jhalak Dikhla Jaa," has had a successful music career, with many chart-topping hits.

On the work front, Himesh's recently released Badass Ravi Kumar minted Rs 8.3 crore in India, 10 days after its release on February 7, as per sacnilk.com. Directed by Keith Gomes, the film is a spin-off to the 2014 drama film The Xpose and also features celebs such as Prabhudeva, Kirti Kulhari, Sunny Leone, Sanjay Mishra, Johnny Lever, Mohan Joshi, Raza Murad and others. The film faced a box office clash with Junaid Khan and Khushi Kapoor's romantic drama Loveyapa.

Kiara Advani-Sidharth Malhotra Cheerfully Interact With Fans During Dubai Vacay



A few days ago, Sidharth Malhotra and Kiara Advani were spotted at the Mumbai airport as they jetted off to Dubai for a vacay. Fans have been eagerly waiting for them to post glimpses from the holiday. During their time in the city, Sidharth and Kiara's fans spotted the couple at a restaurant, and shared a video of their interaction with them. The video clip quickly made its rounds on social media, giving fans a sneak-peek into Sid and Kiara's vacation. A video shared by a fan shows Sidharth Malhotra and Kiara Advani at a restaurant in Dubai. They were seen cheerfully talking to the fans who approached them. While Sidharth seemed engrossed in a conversation, Kiara was seen animatedly interacting with the ladies. The couple then posed for a picture with the fans. Kiara looked beautiful in an easy-breezy chrome yellow kaftan dress. She accessorized with a pearl necklace, golden earrings, watch, a pair of sunglasses and a yellow handbag.



Meanwhile, Sidharth was seen in a white tee, layered with a grey shirt and black jeans. The 'Shershaah' couple engaged with their fans in a friendly and warm manner. They seemed to be in high spirits as they enjoyed the conversation with their fans. Check out the video below!

Meanwhile, on the professional front, Sidharth Malhotra was last seen in 'Yodha', co-starring Disha Patani and Raashii Khanna. He is gearing up for his romantic-comedy film 'Param Sundari' alongside Janhvi Kapoor. Directed by Tushar Jalota, this Dharma production movie is a cross-cultural love story between a North Indian boy and a South Indian girl. Sidharth wrapped up the Kerala shoot schedule a few days ago, before heading to Dubai for his vacay. On the other hand, Kiara Advani was last seen in 'Game Changer', alongside Ram Charan. She has several high-anticipated projects lined up, including 'War 2' co-starring Hrithik Roshan and JR NTR and 'Don 3' with Ranveer Singh.

