



The Researchers'

NEWS BOX

Elon Musk's DOGE sends 2nd 'what did you do last week' e-mail to federal workers

world.The Elon Musk-led Department of Government Efficiency (DOGE) has sent a second "what did you do last week" e-mail to US federal workers, asking them to list their weekly accomplishments by midnight on Monday, despite widespread criticism over its decision to fire hundreds of thousands of government employees as part of a broader budget overhaul. The new e-mails, with the subject line, "What did you do last week? Part II" were sent out on Saturday night, less than a week after the first "what did you do last week?" mail on February 23, prompting hundreds of thousands of workers to list five tasks that they had completed over the past week. Several government agencies, including the Departments of Defence, Homeland Security, the US Office of Personnel Management, NASA and the FBI, among others, had asked employees to ignore DOGE's directive at the time. However, staffers at the Departments of Treasury and Transportation, as well as independent agencies like the Federal Communications Commission and the Federal Trade Commission were asked to respond.

Under the latest work directive, which came from "hr@opm.gov", the same OPM address that sent the first version, federal employees have until 11.59 pm (local time) on Monday to list five bullet points in an e-mail, describing their accomplishments in the past week. "Please reply to this email with approx. 5 bullets describing what you accomplished last week and cc your manager," the message read.

The second e-mail, however, added a new requirement for agencies that handle classified information, exempting their workers from filling in additional paperwork. "If all of your activities are classified or sensitive, please write, 'All of my activities are sensitive,'" it said. Employees at a third agency received the email from an internal department address. Although it remains unclear which government departments and agencies would respond to the second e-mail, Musk said in a post on X on Saturday, "All federal government departments are cooperating with DOGE. For State, DoD and a few others, the supervisors are gathering the weekly accomplishments on behalf of individual contributors."

Israel accepts Witkoff's proposal for temporary ceasefire during Ramzan, Passover period: What it means

world. Israel on early Sunday backed a US-proposed plan to extend the first phase of the Gaza ceasefire through Ramzan and Jewish festival Passover, offering a temporary truce in exchange for the release of hostages. However, Hamas has so far rejected the proposal, insisting on moving directly to the second phase of the truce, which is aimed at ending the war and securing the return of all captives.

This extension of truce followed the expiration of the first phase on Saturday, March 1, which was originally finalised on January 19. What is Israel proposing? Israel has agreed to a framework put forward by US envoy Steve Witkoff, which would extend the ceasefire through April 20. Under the plan: On the first day, half of the remaining hostages—both living and deceased—would be released. At the end of the truce, if an agreement is reached on a permanent ceasefire, the remaining hostages would also be freed. A statement from Israeli Prime Minister Benjamin Netanyahu's office confirmed the decision, stating: "Israel adopts the framework of US presidential envoy Steve Witkoff for a temporary ceasefire during the Ramadan and Passover period. On the first day of the framework, half of the living and deceased hostages will be released and upon its conclusion—if agreement is reached on a permanent ceasefire—the remaining living and deceased hostages will be released." The statement pointed out that Israel remains committed to the hostage deal but maintains the option to resume fighting if the negotiations fail. "While Hamas has repeatedly violated the agreement, Israel has not been found in violation. According to the agreement, Israel could return to fighting after the 42nd day if it gains the impression that the negotiations have been ineffective."

Japan wildfire: Thousands evacuated amid biggest blaze in decades

world. Thousands of people have been forced to evacuate from the northern Japan city of Ofunato as the country struggles with its largest wildfire in more than 30 years. Officials informed that nearly 2,000 people fled the areas to stay with friends or relatives, while more than 1,200 were evacuated to shelters. The blaze, which erupted on Wednesday in the forests around Ofunato, Iwate Prefecture, continues to burn out of control and has already scorched an estimated 1,800 hectares (4,450 acres), making it the country's most severe wildfire since 1992. Officials confirmed that at least one person has died, with local police discovering a burned body in the affected area. More than 80 buildings have been damaged, and around 1,700 firefighters have been deployed from across Japan in an effort to contain the flames. "We're still examining the size of the affected area, but it is the biggest since the 1992 wildfire" in Kushiro, Hokkaido, which had burned 1,030 hectares, a spokesperson from the fire and disaster management agency told news agency AFP. Aerial footage from NHK showed thick columns of white smoke engulfing the mountains, as military helicopters worked to douse the flames from above. Evacuations have intensified, with around 2,000 residents seeking refuge with friends and relatives, while more than 1,200 have taken shelter in emergency facilities.

Indonesians swindled by scams using President Prabowo deepfakes

Those ensnared by the message were asked to contact a WhatsApp number and hand over between 250,000 and one million rupiah (\$15-\$60) as an "administrative fee" to get aid that never materialised.

JAKARTA. Wearing a traditional Indonesian black hat and shirt, President Prabowo Subianto speaks to the camera in an Instagram video, asking his people how he can help them after his election last year. "Who hasn't received aid from me? What are your needs right now?" Prabowo appears to ask viewers in the clip posted in November. But while the Indonesian leader's mouth moves and his eyes blink, the words he utters are part of a fraudulent deepfake scam uncovered by police last month that has swindled Indonesians across 20 provinces. Those ensnared by the message were asked to contact a WhatsApp number

and hand over between 250,000 and one million rupiah (\$15-\$60) as an "administrative fee" to get aid that never materialised. Since last year's Indonesian election, experts have warned of a tidal wave of deepfakes -- audio, images and video appearing to come from a known person but which are in fact the work of scammers using artificial intelligence tools. And victims say the hoaxes are so sophisticated they leave others vulnerable to being conned too. People should be more careful. Don't be easily fooled by the lure of prizes," said Aryani, 56, who handed over 200,000 rupiah to fraudsters after seeing a deepfake video of a prominent Indonesian businessman. "I need money, but instead I'm asked to send money. They even made video calls with me, as if I were talking directly to them." During the Southeast Asian country's presidential campaign, deepfakes became a prominent tool to spread misinformation both harmful and helpful to candidates. But now that technology has fallen into the hands of criminals looking to make cold, hard



cash. Wide circulation AFP's fact-checkers found the account behind the Prabowo clip has posted dozens of similar videos appearing to show various high-profile figures, including Indonesian Vice President Gibran Rakabuming Raka. Those videos also promote the bogus financial aid. Police arrested a suspect who pocketed 65 million rupiah (\$4,000) from the scam, Himawan Bayu Aji, director of the Indonesian National Cyber Crime Unit told reporters in February. He said officers detained a second person involved in another scam that also used deepfake technology, without disclosing the amount

raised. AFP Fact Check's investigation found the spread of such videos had a much wider reach than the two accounts that police announced. Deepfake videos of the president, a popular ex-general, were still circulating on social media after the arrests, including dozens on TikTok with the hashtag "Prabowo shares blessings". At least 22 TikTok accounts were touting the same fraudulent scheme since Prabowo took office in October, AFP journalists found, with some appearing to take advantage of his recent rise to the presidency. One account with more than 77,000 followers racked up 7.5 million views on a fabricated video of Prabowo apparently doling out financial assistance. Another account with thousands of followers has shared 100 videos since January alone, the majority featuring deepfake videos of the president offering cash. TikTok said it had removed one of the deepfake scam videos and the associated account, adding it would continue to remove any that violated the platform's community guidelines.

At least 37 dead in Bolivia after two buses collide



La Paz. Two passenger buses collided Saturday on a highway in southern Bolivia, leaving at least 37 people dead including eight minors, police said, in the country's worst bus accident to date this year. "So far we have 37 confirmed deaths," Colonel Wilson Flores told AFP of the crash near the city of Uyuni in the department of Potosi. Another 41 people were injured and transported to hospitals, police said. Six foreigners were among those killed: five Peruvians and a three-year-old German girl. Seven other minors also died. The accident occurred on a narrow two-way

road early Saturday. One of the buses was heading to the city of Oruro, the scene this weekend of the Oruro Carnival, one of the largest festivals in Latin America that attracts tens of thousands of people. Potosi prosecutor Gonzalo Aparicio told state-run news agency ABI that the driver of one of the buses had been drinking and was speeding when he strayed into the opposing lane where he crashed into the oncoming vehicle. "So far it is known that a driver of one of the buses was under the influence of alcohol," he said. Earlier an official had said one of the drivers, who

survived the crash in grave condition, had "alcohol breath," so a blood test was performed. Bolivia's winding mountain roads are notoriously deadly. Road accidents kill an average of 1,400 people every year in the country of about 12 million inhabitants, according to government data. Potosi accounts for 10.6 percent of all traffic accidents with fatalities in the South American country, according to the Bolivian Observatory of Citizen Security. Before Saturday's collision, 64 people had died in traffic accidents in Potosi alone this year, according to a police report. Saturday's accident comes less than two weeks after at least 30 people were killed when a passenger bus plunged into an 800-meter-deep ravine in southern Bolivia. The accident happened on a narrow two-way road between the cities of Potosi and Oruro, with the route running along a ravine nearly half a mile deep. Authorities said the crash was potentially caused by speeding, with the driver unable to control the bus. In January, another nineteen people were killed when a bus careened off a road, also near Potosi. The driver in that accident was arrested on suspicion of dangerous driving causing fatalities.

Israel supports a US proposal to extend Gaza ceasefire's first phase; Hamas wants Phase 2

CAIRO. Israel's government said early Sunday it supports a proposal to extend the first phase of the ceasefire in Gaza through Ramadan and Passover, though Hamas has insisted on negotiating the truce's second phase instead. The statement by Prime Minister Benjamin Netanyahu's office came minutes after the first phase ended, and as talks have begun on starting the second phase that's aimed at ending the war and seeing all remaining living hostages in Gaza returned home. The statement gives new details on what Israel described as a U.S. proposal: A ceasefire extension through Passover, or April 20. On the first day, half the hostages, alive and dead, would be released. The rest would be released if agreement is reached on a permanent ceasefire. The statement said it was proposed after U.S. envoy Steve Witkoff got "the impression that at this stage there was no possibility of bridging the positions of the parties to end the war, and that more time was needed for talks on a permanent ceasefire." There was no immediate comment from Hamas, which earlier rejected an Israeli proposal to extend the ceasefire's first phase by 42 days — doubling its length — saying it goes against the truce agreement, according to a member of the group who requested anonymity to discuss the closed-door negotiations. Officials from Israel and mediators Qatar, Egypt and the United States have been involved in negotiations on starting the ceasefire's second phase in Cairo. But Basem Naim, a member of Hamas' political bureau, told The Associated Press there had been "no progress" before Israeli negotiators returned home on Friday. Hamas did not attend, but its position has been represented through Egyptian and Qatari mediators.

Zelenskyy embraced by British prime minister a day after White House blowout

LONDON. British Prime Minister Keir Starmer embraced Ukrainian President Volodymyr Zelenskyy on Saturday and told him he had the U.K.'s unwavering support, a day after the blowout at the White House with President Donald Trump. Zelenskyy arrived to cheers from people who had gathered outside of 10 Downing St., where Starmer gave him a hug and ushered him inside. The two leaders met on the eve of a meeting of European leaders in London. Called to discuss how European nations can defend Ukraine — and themselves — if the U.S. withdraws support, it has taken on new urgency following Trump's televised berating of Zelenskyy. "And as you heard from the cheers on the street outside, you have full backing across the United Kingdom," Starmer told the leader of the war-torn country. "We stand with you, with Ukraine, for as long as it may take." Zelenskyy thanked him and the people of the U.K.

for their support and friendship. After the meeting, Britain announced it was extending a 2.26 billion pound (\$2.84



billion) loan to Kyiv for military procurement, with the money coming from the profits on frozen Russian assets. It's Britain's contribution to a \$50 billion package of support pledged by the G-7 group of wealthy industrialized nations. Zelenskyy thanked Britain in a statement on X, saying: "This is true justice — the

one who started the war must be the one to pay." Starmer spoke to both Trump and French President Emmanuel Macron on Saturday evening after meeting Zelenskyy, the prime minister's office said. The meeting comes the day after an extraordinary diplomatic meltdown when Trump and Vice President JD Vance blasted Zelenskyy in the Oval Office on live television for not being grateful enough for U.S. support. Zelenskyy had been poised to ink a deal to give the U.S. access to mineral riches as Trump pressures Ukraine to reach a deal to end the war with Russia. But he left town without signing anything. Zelenskyy had been scheduled to meet with Starmer on Sunday before the European summit, but the timetable for their bilateral meeting was apparently sped up in the aftermath of the Washington visit.

Anti-DOGE protests at Tesla stores target Elon Musk's bottom line

Liberal groups for weeks have organized anti-Tesla protests in hopes of galvanizing opposition to Musk's Department of Government Efficiency and energizing Democrats still demoralized by Trump's November victory.

BOSTON. Demonstrators gathered outside Tesla stores across the U.S. Saturday to protest the automaker's billionaire CEO, Elon Musk, and his push to slash government spending on behalf of President Donald Trump. The demonstrations are part of a growing backlash in North America and Europe to Musk's disruptive role in

Washington. Critics of Trump and Musk hope to discourage and stigmatize purchases of Tesla, the electric car company that is the world's most valuable automaker. Liberal groups for weeks have organized anti-Tesla protests in hopes of galvanizing opposition to Musk's Department of Government Efficiency and energizing Democrats still demoralized by Trump's November victory. "We can get back at Elon," said Nathan Phillips, a 58-year-old ecologist from Newton, Massachusetts, who was protesting in Boston on Saturday. "We can impose direct economic damage on Tesla by showing up at showrooms everywhere and boycotting Tesla and telling everyone else to get out, sell your stocks, sell your Teslas." Musk is taking direction from Trump to slash federal spending and sharply reduce the workforce, arguing that Trump's victory gave the president and him a mandate to restructure the U.S. government. DOGE officials have swiftly gained access to sensitive databases, directed thousands of federal job cuts,



anceled contracts and shut down sections of the government, including the U.S. Agency for International Development. Musk's critics say his actions defy Congress's power to control the U.S. budget and present a host of ways for him to enrich himself. Musk leads several other companies, notably SpaceX, which conducts launches for NASA and the intelligence community, and the social media platform X. "Protests will not deter President Trump and Elon Musk from delivering on the promise to establish DOGE and make our federal government

more efficient and more accountable to the hardworking American taxpayers across the country," said White House spokesperson Harrison Fields. Tesla did not respond to an emailed request for comment. More than 50 demonstrations were listed Saturday on the website Tesla Takedown, with more planned later in March from coast to coast in the United States along with England, Spain and Portugal. News reports showed demonstrations in recent days in U.S. cities including Tucson, Arizona; St. Louis; New York City; Dayton, Ohio; Charlotte; and Palo Alto, California. Some Tesla owners have also reported their vehicles vandalized with spray painted swastikas amid what Jewish groups and observers fear is a rise in antisemitism. Federal prosecutors charged a woman in connection with a string of vandalism against a Colorado Tesla dealership, which included Molotov cocktails being thrown at vehicles and the words "Nazi cars" spray painted on the building.

Uttarakhand Avalanche: 46 Rescued, 8 Confirmed Dead

Chamoli: Indian Army has officially concluded its search and rescue operations at the site of the Mana Avalanche in Uttarakhand, following several days of intense efforts. A total of 46 workers have been successfully rescued and are now receiving medical treatment. Tragically, eight workers lost their lives in the avalanche. The Army has expressed its condolences to the families of the deceased and pledged support during this difficult time. At the time of the avalanche, 54 workers were stationed at the site. The powerful snow slide buried their containers, which served as living quarters. While eight lives were lost,



the remaining workers either managed to escape or were rescued by the Army's dedicated teams. With the recovery efforts now complete, the search operation has officially been called off. To facilitate the rescue,

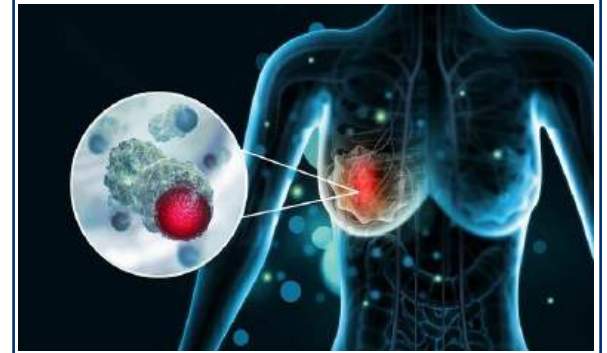
eight helicopters were deployed, including five from the Army, two from the Air Force, and one civilian helicopter hired by the Army. All rescued individuals were transported to the Joshimath Military Hospital for medical care.

In an update provided on Sunday, Lt. Colonel Manish Srivastava reported that a drone-based 'intelligent buried object detection system' was airlifted from Delhi and arrived in Joshimath via Dehradun to assist in locating the final missing

worker. A 17-member National Disaster Response Force (NDRF) team was also deployed to support the operation. The body of the last missing worker was eventually recovered, marking the conclusion of the search. The eight victims have been identified as Mohinder Pal and Harmesh Chand from Himachal Pradesh; Jitender Singh, Manjeet Yadav, Alok Yadav, and Ashok Paswan from Uttar Pradesh; and Anil Kumar and Arvind Kumar Singh from Uttarakhand. In the wake of the disaster, the National Disaster Management Authority (NDMA) issued an avalanche warning for parts of Uttarakhand and

Jammu and Kashmir. The alert, issued on Sunday, cautioned that a medium-level avalanche is likely to occur above 2,500 meters in the next 24 hours. The warning follows the deadly avalanche in Uttarakhand's Chamoli district, which resulted in the loss of eight workers' lives at a Border Roads Organisation (BRO) camp. The NDMA advisory covers the higher altitudes of Uttarakhand's Chamoli, Pithoragarh, Rudrapur, and Uttarkashi districts, as well as Baramulla in Jammu and Kashmir. Officials have warned that the avalanche threat is expected to continue due to ongoing snow conditions over the coming days.

WHO Warns of 38% Increase in Breast Cancer Cases & 68% Rise in Deaths by 2050



RNS: The World Health Organization (WHO) has issued a stark warning, predicting a 38% increase in breast cancer cases and a 68% rise in related deaths by 2050. According to a new report from the International Agency for Research on Cancer (IARC), if current trends continue, 3.2 million new cases and 1.1 million deaths will occur annually by mid-century.

The surge will disproportionately affect low- and middle-income countries, where access to early detection and treatment remains limited. "Every minute, four women are diagnosed with breast cancer, and one woman dies," said Dr. Joanne Kim, co-author of the report. She emphasized that nations could mitigate these trends through better prevention policies and investment in healthcare.

Breast cancer is already the most common cancer among women, with 2.3 million new cases and 670,000 deaths in 2022. The highest incidence rates were observed in high-income regions like Australia and North America, while the highest mortality rates were seen in Melanesia, Polynesia, and Western Africa, where healthcare access is limited. The WHO's Global Breast Cancer Initiative, launched in 2021, aims to reduce mortality by 2.5% annually, potentially preventing 2.5 million deaths by 2040. The report stresses the need for stronger healthcare systems, better screening, and cost-effective prevention measures to address global disparities and prevent more deaths.

Lions Club Sindri Distributes Umbrellas to Poor Vegetable Vendors in Sindri Market



by Ravi Phillips

Sindri: As the summer heat intensifies, the Lions Club of Sindri took a step to alleviate the suffering of poor vegetable vendors in the Sindri Shaharpura vegetable market. On Sunday, March 2, the club distributed 109 umbrellas to vendors, offering them much-needed relief from the scorching sun.

The initiative was aimed at supporting the women and vegetable vendors who endure the harsh sunlight while selling their goods. The distribution was carried out with the support of various club members, including Lion Dilip Ritolia, Lion Vikas Rai, Lion Sudhir Kumar Singh, Lion Ashok Goyal, Lion Prashant Pandey, Lion Naresh Singh, Lion Prabhat, Lion Harbinder Singh, Lion Prem Singh Taggar, Lion Akhilesh Singh, Lion Mrityanjay Kumar, Lion Manoj Tiwari, Lion Uday Prakash Sahay, and Lion Manoj Mishra.

The gesture reflects the Lions Club's commitment to serving the community and helping those in need, especially during the harsh summer months.

India reports sharp decline in poverty, inequality over last decade

New Delhi: India has witnessed a considerable decrease in poverty over the last decade according to a new paper. The paper, published by economists Surjit S Bhalla and Karan Bhasin, analysed data from recently released household expenditure data for 2022-23 and 2023-24. Data from these surveys indicate a substantial decline in poverty levels in India.

The paper claimed that extreme poverty in the country has dropped to negligible levels. The paper also stated that there is strong evidence that India has experienced a sharp reduction in inequality over the last twelve years from 2011-12 to 2023-24.

India Triumphs Over New Zealand by 44 Runs to Reach Semifinals in ICC Champions Trophy match

Dubai: India triumphed over New Zealand by 44 runs in their ICC Champions Trophy match in Dubai on Sunday. After opting to bat first, India posted a total of 249/9 in their 50 overs, setting a target of 250 for New Zealand. New Zealand, in pursuit of the target, was bowled out for 205 runs, handing India the victory. This result propelled India to the top of Group A, securing a semifinal clash with Australia on Tuesday. Meanwhile, Group B toppers South Africa will face New Zealand in the second semifinal in Lahore on Wednesday. New Zealand won the toss and chose to bowl first. Despite a valiant 81-run knock from Kane Williamson, who fought hard to keep New Zealand in the hunt, the Kiwi team fell short of the target. Varun Chakaravathy was the standout performer



for India, claiming five wickets for 42 runs, as New Zealand struggled against his spell. Axar Patel, Hardik Pandya, and Ravindra Jadeja each took a wicket to help close out the match. Earlier, India's innings was anchored by Shreyas Iyer, who scored a composed 79 off 98 balls. Iyer formed a crucial 98-run partnership for the fourth wicket with Axar Patel (42 off 61 balls), while

Hardik Pandya's quick-fire 45 off 45 balls lifted India's total. Despite a top-order collapse, India managed to reach 249/9, thanks to their lower-order resilience. New Zealand's Mark Henry kept the pressure on India but was unable to prevent their recovery. This victory marks India's third consecutive win in the tournament, having previously defeated Bangladesh and Pakistan.

On the other hand, New Zealand suffered its first defeat after beating both Pakistan and Bangladesh. With this win, India remains at the top of Group A with 6 points from 3 matches, while New Zealand sits in second place with 4 points from 3 matches. Bangladesh and Pakistan, already eliminated, occupy the third and fourth spots, respectively.

Tirumala Temple Seeks No-Fly Zone to Preserve Sanctity

AP: In a move aimed at protecting the sanctity of the Tirumala Temple, also known as the Venkateswara Shrine, Tirumala Tirupati Devasthanams (TTD) Chairman, BR Naidu, has written to Union Aviation Minister Ram Mohan Naidu Kinjarapu, urging the government to designate the temple's vicinity as a no-fly zone. In his letter, Naidu highlighted the importance of preserving the spiritual environment around the sacred site, in line with the prin-



ciples of Agama Shastra, which guide the construction and worship at Hindu temples. Naidu expressed concerns over the disturbance caused by low-flying planes, helicopters, and other aerial activities, which

could disrupt the tranquility sought by millions of devotees visiting the temple. "The Tirumala temple holds immense spiritual significance for millions of people," Naidu wrote. "According to Agama regulations,

the sanctity of the temple is paramount, and any disruption, including aerial movements, is believed to negatively impact the sacred atmosphere." Naidu proposed that declaring the area a no-fly zone would help prevent unauthorized aerial activities and ensure that the peace and devotion of pilgrims are not disturbed. He called on the Union Minister to take swift action to preserve the temple's cultural and spiritual heritage.

Governor of Bihar to Attend "Kharadi Mahotsav" Celebrating 75 Years of Rani Chandravati High School

Patna: The 75th anniversary of Rani Chandravati High School in Kharari village, Darbhanga, will be celebrated with a grand event, titled "Kharadi Mahotsav," following approval from Bihar's Governor, Arif Mohammad Khan. Dr. Shoolpani Singh, National Vice President of the Indian Labour Journalist Association and heir to the Kharari royal family, extended the invitation to the Governor during a meeting at Raj Bhavan in Patna on Thursday. Dr. Singh shared details about the historical significance of Rani Chandravati High School, Rani Chandravati Middle School, and Rameshwari Girls School, which have collectively served as pillars of education in the region for 75 years. These schools, es-



tablished by the late Rani Chandravati, were the first educational institutions in the area, aimed at advancing the region's development and providing education to both boys and girls. Dr. Singh invited the Governor to attend the anniversary celebrations and the unveiling of a statue of Rani Chandravati. The Governor expressed his appreciation

for the school's invaluable contribution to society and gladly accepted the invitation to participate in this momentous occasion. The event, set to take place soon, will see the participation of the school's alumni, social workers, educationists, administrative officials, and regional dignitaries. The purpose of the celebration is to highlight

the importance of education and inspire the next generation to follow in the footsteps of the visionaries who laid the foundation for the region's educational progress. The 75th Foundation Day promises to be a source of pride and inspiration for the people of the area and for the state of Bihar as a whole.

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"May It Bring Peace, Harmony": PM Modi Extends Wishes As Ramzan Begins



New Delhi. Prime Minister Narendra Modi extended his wishes to the people on the start of the holy month of Ramzan on Sunday. In a post on X, PM Modi said, "As the blessed month of Ramzan begins, may it bring peace and harmony in our society. This sacred month epitomises reflection, gratitude and devotion, also

with happiness and bring peace to your heart," Rahul Gandhi said in a post on X.

Priyanka Gandhi said on X, "Hearty congratulations to all of you on the holy month of mercy and blessings, Ramadan. I pray to God that this holy month brings happiness, prosperity and peace in the lives of all of you".

Earlier, Jammu and Kashmir Chief Minister Omar Abdullah held a meeting with officials of the different departments in view of the holy month of Ramzan. During the meeting, Chief Minister Omar Abdullah instructed officials to ensure the proper supply of electricity and other basic services throughout the month. "The holy month of Ramzan is starting. It is the responsibility of the government to provide facilities to the people. In this connection, a meeting was held today during which a review was taken of every department. Everyone was clearly instructed that there should be no shortcomings in the supply of electricity, especially during the

>The Holy month of Ramzan, a period of 30 days of fasting, starts on March 2. It is followed by Eid-UI-Fitr.

Sehri (pre-dawn meals) and Iftaar (fast-breaking evening meal) timings, water supply, ration, cleanliness, sanitation, and traffic," Mr Abdullah told reporter here. The Holy month of Ramzan, a period of 30 days of fasting, starts on March 2. It is followed by Eid-UI-Fitr, marking the end of the month-long dawn-to-sunset fasting of Ramzan.

Rahul Gandhi thanks porters for saving lives during New Delhi station stampede

Congress MP Rahul Gandhi interacted with porters at the New Delhi railway station and thanked them for saving the lives of people during the stampede, which killed 18 people, when hundreds were jostling to catch trains to Prayagraj for the Maha Kumbh.

New Delhi. Congress leader Rahul Gandhi on Saturday urged the government to draw lessons from the February 15 tragedy at New Delhi Railway Station in which several passengers lost their lives in a stampede and hoped concrete steps would be taken to prevent such incidents and ensure safe travel. Rahul Gandhi, the Leader of Opposition in the Lok Sabha, also met porters at the New Delhi



Railway Station and thanked them for saving the lives of many passengers during the stampede at the station. At least 18 people were killed in the incident, which occurred as the New Delhi Railway Station witnessed a surge of passengers waiting to board trains for Prayagraj, where the Maha Kumbh was underway.

"Often the light of humanity shines the brightest in the darkest times. During the stampede at New Delhi Railway Station, the porter brothers set an example of humanity and saved the lives of many passengers. For this, I thanked them today on behalf of the countrymen," Rahul Gandhi tweeted. But it is important to draw lessons from such accidents. These can be prevented by crowd control, the use of modern technology, better infrastructure and strengthening emergency arrangements," he said.

Congress worker's body found in suitcase in Rohtak day before Haryana civic polls

The body of 22-year-old Congress worker Himani Narwal was found stuffed in a suitcase in Haryana's Rohtak, prompting the police to launch an investigation and file a case. The party demanded a high-level probe into the matter.

Rohtak. The body of a Congress worker was found stuffed in a suitcase near a bus stand in Haryana's Rohtak district on Saturday, police said. The Congress demanded a high-level probe into the death of Himani Narwal (22), who was associated with party MP Rahul Gandhi's Bharat Jodo Yatra. The incident came on the eve of municipal elections to 33 bodies across the state, with the results to be out on March 12.

The suitcase was spotted by passers-by near the Sampla bus stand and they informed the police. On receiving information about the incident, the police and a forensic team reached the spot and found Narwal's body inside the suitcase.

Police said the victim's neck was wrapped with a dupatta and the victim had mehendi on her hands. Police suspect that Narwal, a resident of Rohtak's Vijay Nagar area, may have been murdered by strangling her with the dupatta. Her body was taken to PGIMS Rohtak for a post-mortem examination. The Congress, in a post on X, expressed condolences over the party worker's death and demanded an impartial investigation into the matter.

Narwal had posted many photos of herself with former Chief Minister Bhopinder Singh Hooda's son and Congress MP Deepender Singh Hooda, and party MLA BB Batra on social media.

Reacting to the development, Batra demanded an SIT investigation into the matter and said Narwal used to participate in every programme of the Congress party. Congress MP Deepender Singh Hooda questioned Haryana's law and order situation and demanded the accused be arrested soon. Sampla police station in-charge Vijendra Singh said an investigation into the case began after he and his team reached the spot. He also said that a case had been registered. Police said further action would be taken after the post-mortem was conducted.



Mumbai court directs case against Madhabi Buch, top Sebi, stock market officials

Mumbai. A special Anti-Corruption court in Mumbai on Saturday ordered the registration of an FIR against top officials of the Securities and Exchange Board of India (Sebi) including former Sebi Chairperson Madhabi Puri Buch and Bombay Stock Exchange (BSE) in a case of alleged stock market fraud and regulatory violations. The order was issued by Special Judge SE Bangar on a petition filed by Thane-based journalist Sapan Shrivastava, who alleged large-scale financial fraud and corruption in the listing of a company on the stock exchange.

The complainant contended that Sebi officials failed in their statutory duty, facilitated market manipulation, and enabled corporate fraud by allowing the listing of a company that did not meet the prescribed norms.

The complaint accused SEBI officials of permitting the listing of a company that failed to meet regulatory norms, leading to market manipulation and investor losses. It also alleged collusion between SEBI and corporate entities, insider trading, and siphoning of public funds post-listing. The respondents in the complaint were former Sebi Chairperson Madhabi Puri Buch, Whole Time Members Ashwani Bhatia, Ananth Narayan G, and Kamlesh Chandra Varshney, along with BSE Chairman Pramod Agarwal and CEO Sundararaman Ramamurthy. However, in the court proceeding, none of them were represented. Additional Public

Prosecutors Prabhakar Tarange and Rajlaxmi Bhandari appeared for the government of Maharashtra. Judge Bangar, after reviewing the



complaint and supporting documents, found prima facie evidence of wrongdoing and directed the Anti-Corruption Bureau (ACB), Mumbai, to register an FIR

under relevant provisions of the Indian Penal Code, the Prevention of Corruption Act, and the SEBI Act.

"The allegations disclose a cognizable offense, necessitating a fair and impartial probe," the court stated.

The judge added, "There is prima facie evidence of regulatory lapses and collusion, requiring a fair and impartial probe. The inaction by law enforcement and SEBI necessitates judicial intervention." While observing, "Considering the gravity of allegations, applicable laws, and settled legal precedents, this Court deems it appropriate to direct an investigation," the court directed the ACB to submit a status report within 30 days.

Same Voter ID Number In 2 States? Election Body On Mamata Banerjee's Charge

West Bengal Chief Minister Mamata Banerjee cited duplication in EPIC numbers and accused the BJP of colluding with the poll body to add fake voters to the state's electoral rolls

New Delhi. A duplication in EPIC numbers on voter ID cards does not imply fake voters, the Election Commission clarified today. The poll body attributed this duplication to decentralised, manual mechanism that was followed before the voters' database was shifted to a digital platform. The commission, however, said these cases of duplication would be rectified by allowing unique EPIC numbers to all voters. This comes days after West Bengal Chief Minister Mamata Banerjee cited duplication in EPIC numbers and accused the BJP of colluding with the poll body to add fake voters to the state's electoral rolls ahead of the Assembly polls next year. "I have proof from all districts. Here it is. Names of people from Haryana and Gujarat appear alongside those of West Bengal residents under the same EPIC (Election Photo Identity Card) number. Fake voters have been added online," Ms Banerjee alleged.



The Trinamool chief said Opposition parties in Maharashtra and Delhi had failed to spot this tactic. "But we did. That is how the BJP won in Maharashtra and Delhi. Now, they are targeting West Bengal. We will respond strongly," she said, adding, "It is evident how the BJP is tampering with the voters' list with the blessings of the

Election Commission". The Election Commission's statement did not mention Ms Banerjee and said that the poll body took note of social media posts and media reports flagging duplicate EPIC numbers of people from different states.

"In this regard, it is clarified that while EPIC numbers of some of the electors may be identical, the other details including demographic details, Assembly Constituency and polling booth are different for the electors with the same EPIC number. Irrespective of the EPIC number, any elector can cast a vote only at their designated polling station in their respective Constituency in their State/UT where they are enrolled in the electoral roll and nowhere else," it said. The poll body explained that this duplication was due to a decentralised and manual mechanism followed before the shifting of states' electoral roll database to the ERONET platform.

Vice-President Dhankhar urges corporate sector to prioritise education

Jagdeep Dhankhar described education as a powerful tool for transformation, addressing inequalities and creating a level playing field.

NEW DELHI. Vice-President Jagdeep Dhankhar on Saturday said that philanthropic efforts should not be driven by commercial interests, highlighting concerns about commodification in health and education. Speaking as the Chief Guest at the 75th-anniversary ceremony of K.P.B. Hinduja College of Commerce in Mumbai, he called on corporate leaders to see investment in education as a contribution to the nation's future.

"Our health and education sectors are being plagued by these influences... Corporate leaders should view investment in education not just as philanthropy but as an investment in our present, our future, and, to put it bluntly, an investment in the development of industry, business, and trade," Dhankhar said.

He described education as a powerful tool for transformation, addressing inequalities and creating a level playing field. "Education is the most impactful, transformative

mechanism because it brings about equality. It addresses inequities, affords a level playing field, and uncovers genius through the path of education. Our framers



of the Constitution were very wise; they placed education in the Concurrent List. For those who are not familiar with the legal term, the Concurrent List means it is a joint responsibility of both the state and the union," he stated.

Calling for greater private sector involvement, Dhankhar said, "I would appeal from this platform — a platform where I have witnessed the power of philanthropy giving back to society. It is a shared responsibility between the government and the private sector. Those in industry, trade, business, and commerce must come forward and take the initiative. I urge the private sector of our country to rise to this occasion and accord the highest priority to education."

He pointed out that universities in the West receive substantial endowments, a culture that India has yet to develop. "Many in the audience will agree that the endowments of some of the universities in the US are in the billions of dollars. Why is it that we do not have this culture in our country? In the West, anyone leaving an institution feels committed to making some fiscal contribution. The quantum is never important." Reflecting on India's historical educational

institutions, Dhankhar said, "We once had glorified institutions such as Odantapuri, Takshila, Vikramshila, Somapura, Nalanda, and Vallabhi... scholars came from every corner of the world to seek knowledge, impart knowledge, and share it."

He lamented the destruction of Nalanda, a centre of learning that housed thousands of students and teachers, stating, "The thirst for knowledge was satisfied. But what happened around twelve hundred years ago? Nalanda, the intellectual jewel of ancient India, housed ten thousand students and two thousand teachers in a nine-storey building. However, in 1193, Bakhtiyar Khilji, a reckless destroyer of our culture and academic institutions, set the premises on fire. For months, the fire consumed vast libraries, reducing hundreds of thousands of irreplaceable manuscripts on mathematics, medicine, and philosophy to ash." He concluded by noting that the loss was not just architectural but a systematic erasure of centuries of knowledge.

Sajjan jailed, but 1984's wounds remain open

IT has taken 40 years to convict former Congress MP Sajjan Kumar for his murderous role in the anti-Sikh pogrom, that raged unchecked across New Delhi after Prime Minister Indira Gandhi was shot dead by her two Sikh bodyguards on October 31, 1984, ending only with her cremation three days later. But, unfortunately, Kumar is the only prominent Congress politician to be thus sentenced despite the culpability of numerous others in organising Hindu mobs to hunt down droves of Sikhs, including women and children, on streets, in their homes and workplaces during these 72 hours and slaughtering them. Many victims were brutally 'necklaced' by pinioning their chests and arms with car tyres soaked in petrol and setting them alight. By the time some semblance of order was enforced in the city by the Army, the organised massacres by the State-turned-avenger for the first time in independent India's history, had left some 2,733 Sikhs dead in Delhi alone. Human rights organisations, however, put this number in the capital close to 4,000. Over decades thereafter, around 15 inquiry commissions, committees and special investigation teams (SITs) determined variously beyond reasonable doubt that these killings were engineered by Congress party loyalists like Kumar and his fellow MPs Kamal Nath, Dharam Dass Shastri, Jagdish Tytler and HKL Bhagat, who died in 2005 without even being tried. These multiple probes also determined that the extended slaughter was executed by a cross-section of largely Congress party members, sympathisers and bands of hired criminals, all of who carried voter lists to identify Sikh households across Delhi's neighbourhoods. Armed with crude swords, cleavers, scythes, kitchen knives and even scissors and an 'inflammable white powder', these mobs executed their retribution relentlessly, assured immunity from arrest.

Justice SN Dhingra, who was appointed in 2018 to head the SIT to relook at the 186 cases related to the 1984 pogrom, stated in 2022 that the entire endeavour of the Congress government was to ensure that none of the major perpetrators of violence was punished. Consequently, it appointed Justice Ranganath Misra to head the commission inquiring into the unrest, fully aware that he was in line to become the 21st Supreme Court Chief Justice — which he did in 1990 — and, therefore, would be 'cautious' in his findings. Expectedly, Justice Misra indicted 19 Congress workers, who, ironically, were charged by the People's Union for Civil Liberties with having abetted the massacres, but blatantly absolved the Congress party of all blame. Subsequently, the Nanavati Commission — the 10th such inquiry committee in 16 years — instituted in 2000 and headed by GT Nanavati, a retired SC judge, recommended prosecutions in 2005 only against Kumar and Tytler. This was despite several witnesses, including this writer, accusing several other Congress MPs and party cadres of their involvement in the violence. Criminal proceedings against Nath are underway, albeit proceeding at a glacial pace.

The Nanavati Commission also revealed that of the original 587 FIRs registered after the 1984 violence, only 25 had resulted in convictions, of which just 12 were for murder. And, of the 440 overall convictions, many cases featured the same person being found guilty of as many as seven counts each. Subsequently, the SC-monitored SIT was formulated in 2018 and continues to ramble. Meanwhile, Indira Gandhi's son and successor Rajiv Gandhi justified the pogrom, declaring at a public rally in Delhi's Boat Club on November 19, 1984 that 'Jab bhi koi bada ped girta hai, to dharti thodi hilti hai' (When a big tree falls, the earth shakes a little). The new PM had fittingly delivered the Congress party's metaphor for the pogrom, even though official and media reports at the time, and even now, continue to refer to it as the 1984 anti-Sikh riots, ignoring the reality that the state machinery, including the local police, had openly and wantonly turned vigilante in seeking vengeance against an entire community for Indira Gandhi's murder.

Rock Garden's legacy crumbles under urban pressure

The unique character of City Beautiful, shaped by its cultural and artistic heritage, is being slowly erased, leaving behind a regimented and soulless urban landscape.

In India, a debate is on about doing away with Mughal or British heritage sites. The Central Vista and Lutyens' Zone in New Delhi, integral to India's history, are being redeveloped, with many heritage buildings already razed. Based on ideological leanings, people take sides on such emotional issues while the larger question of historical consciousness gets overlooked.

When Connaught Place was rechristened Rajiv Gandhi Chowk and Mughalsarai renamed Pandit Deen Dayal Upadhyaya Nagar, my first thoughts were that history should not be meddled with. Even if we deplore the history of the Mughal rule and the British Raj in India, we should let it be, perhaps, as a reminder of the past, and, largely, because you cannot undo history by wiping out its traces with shifting power equations.

This raises important questions about how we treat our cultural heritage and what we choose to preserve. It is not just a local issue, but a reflection of a broader problem. Preserving cultural heritage is not just about safeguarding tangible assets like monuments and artefacts but also about protecting intangible aspects like traditions, customs and the history of a city that ensures the continuity of our identity, values and beliefs. The last few days have witnessed a storm swirling around the demolition of a wall of the Rock Garden in Chandigarh. The administration's decision to prioritise parking over preservation is a cultural travesty that distorts the site's cultural significance. We cannot wipe the damage done to the Rock Garden and its green space but we can certainly bring it to the forefront and maybe rectify the decision of the Punjab and Haryana High Court. Indeed, the memorial to Nek Chand and his unique imagination enables visitors to emotionally respond to the contempt for waste matter and the love of metamorphosing it into a work of art, a living example of creativity and public memory. Such symbolic objects rekindle the critical response to the past by fearlessly confronting it to set the stage for the future. To wipe out history would be to betray the values a city needs to bring home to its future generations. The decision to knock down the wall or cut down the long-preserved trees is offensively distasteful. The creation of parking spaces, ostensibly a practical necessity, will be perceived as a symbol of colonial-era values and a blight of unchecked urbanisation, leaving an indelible mark on our city's landscape. Tearing down parts of the heritage is not the answer to the reality of confronting the nightmare of plunder and mindless occupation for the expediency of finding space for the burgeoning vehicles.

For those deeply invested in preserving our city's cultural heritage, this decision is nothing short of tragic, and we cannot help but feel outraged by the shortsightedness of it all. The destruction of the heritage wall is an unjust act, considered offensive and disrespectful to its cultural significance. Urbanisation, while bringing numerous benefits, often comes at the cost of cultural heritage and artistic spaces. As cities expand and develop, historic buildings, monuments and public art installations are frequently demolished to make way for new infrastructure, high-rise buildings and parking lots. This



erases the physical manifestations of a city's history and threatens the intangible cultural heritage that is rooted in these spaces. The unique character and identity of City Beautiful, shaped by its cultural and artistic heritage, are being slowly erased, leaving behind a regimented and soulless urban landscape. The encroachment of urbanisation on artistic and cultural spaces is particularly devastating because it severs the connection between a city's past and its present. When these spaces are destroyed or neglected, the stories, memories and cultural practices that they embody are lost forever. As a result, urbanisation can be seen as a form of cultural amnesia, where the relentless pursuit of development leads to the erasure of a city's cultural heritage and artistic identity. Moreover, the unremitting march of expansion has brought human advancement to the threshold of nature, menacing the very existence of the natural world. As cities grow, forests are cleared, wetlands are drained and wildlife habitats are destroyed to make way for new buildings, roads and parking lots. This impingement on the natural world has shattering consequences for birds, animals and wildlife that consider these ecosystems home. The loss of habitat around the Rock Garden and disruption of delicate ecosystems, all contribute to the disquieting decline of biodiversity in urbanising areas. The end of nature, as we know it, is a stark reality that threatens us as we gaze out upon the rambling metropolises of the world. The once pristine landscapes, teeming with life and colour, are now a distant memory, replaced by the steel and concrete of urbanisation. The songs of birds, the rustle of leaves and the gentle babbling

of brooks are silenced, replaced by the cacophony of car horns, construction and human chatter. As we stand at the rock face of this ecological crisis, we are forced to confront the consequences of our actions and to consider the future of the natural world in the face of inexorable development. Preserving cultural heritage, therefore, is a collective responsibility that requires concerted efforts from individuals, communities and governments. Moreover, cultural heritage conservation promotes cross-cultural understanding, nurtures community engagement and contributes to justifiable expansion.

As keepers of our cultural legacy, it is essential that we prioritise preservation efforts, raise mindfulness about the status of cultural heritage and support initiatives that protect and promote our shared cultural treasures. As we move forward, it is crucial that we learn from history, acknowledge and engage with it and build an intellectual environment that is critical, inclusive and civil.

The goal of citizens and preservationists is to critically examine the high court's decision and its far-reaching consequences. It might also help in grasping the material designs behind the installation or dismantling of walls or buildings that apparently reflect the political ambitions of the ruling class, supported by conformist historians.

The damage that the decision to flatten the wall of the Rock Garden does to our cultural sensibilities is as vital as the damage it does to the cultural heritage of this iconic monument. In the wake of the brutal demolition, discussions and demonstrations must target the urban symbols of atrocities and aggression against art and nature.

Monumental Kumbh

Prioritise pilgrims' safety, river water quality

Forty-five days, over 65 crore devotees, around Rs 3 lakh crore revenue — the Maha Kumbh was an overwhelming spectacle in more ways than one. The curtains came down on the mega festival on Wednesday as millions of pilgrims took a holy dip at the Triveni Sangam on Mahashivratri. The whole world watched in awe, week after week, as India proudly showcased its spiritual magnificence as well as soft power. The 2025 edition was special as it witnessed an innovative confluence of tradition and technology. Digital lost-and-found centres helped reunite thousands of missing people with their family members. AI-driven systems played a vital role in estimating crowd density and tracking people. 'Digital snan' became the new buzzword as a start-up offered a service for those who were unable to attend the Maha Kumbh: prints of photos sent by devotees through WhatsApp were collected and immersed in the sacred waters on their behalf — it was as simple and convenient as that. Crowd control was a major



challenge throughout the festival, and the authorities did fairly well on this front despite huge odds. However, things went horribly wrong on Mauni Amavasya last month when crores of pilgrims jostled

to take a dip. The resultant stampede led to the death of at least 30 people, according to the police, even as the Opposition has accused the Yogi government of concealing the actual death toll. This tragic incident must not be reduced to a mere footnote. For its own good, the government should come out with the truth, no matter how unpalatable. Another dampener was the Central Pollution Control Board's report that flagged alarming levels of faecal bacteria in the river water near Sangam. The report highlighted that water quality at multiple sites failed to meet prescribed bathing standards. The biggest lesson from the Maha Kumbh is that there should be no compromise on river water quality, sanitation and devotees' safety. The mother of all religious festivals should not just be a picture-perfect money-spinner; it must strive for perfection in all respects.

Delhi gone, all AAP eyes now on Punjab

The CAG report on the Delhi excise policy has flagged glaring irregularities that have further dented the party's image.

It is not easy for a party that rode to power on the lofty plank of good governance to come to terms with a crushing defeat. The Aam Aadmi Party (AAP) burst onto the scene in 2012 on the back of a dubious anti-corruption campaign, made a mark in the 2013 Delhi Assembly polls and then went on to accumulate huge political capital. What clicked with voters of Delhi in 2015 as well as 2020 was its promising agenda — zero tolerance to corruption, investment in basics such as education, healthcare and public transport, and establishing an accessible and responsive bureaucracy.

The party came down with a thud in the recent Delhi polls for not delivering on some of these pledges. Its leaders failed to confront the BJP, which unleashed its mammoth propaganda machinery that flattened AAP and crucially, its founder and leader, Arvind Kejriwal. There is no respite in sight for him and his colleagues. The CAG report on the Delhi excise policy, tabled in the Assembly earlier this week, has flagged glaring irregularities that have further dented the party's image. For Kejriwal, AAP's national conveyor, the loss in Delhi is a rude shock as well as a wake-up call. His party had routed the BJP and the Congress in two successive polls. The Delhi 'governance model' he crafted and implemented even won adherents in the BJP camp who were otherwise wedded to Hindutva and their brand of nationalism. Having lost its underpinning of governance, AAP now exists as a hollowed-out entity. It faces the onerous task of retaining power in Punjab, the only state it governs at present. Days before the verdict was out, Jasmine Shah, a close aide of Kejriwal, while releasing his book, 'The Delhi Model: A Bold New Roadmap to Building a Developed India', said in a statement, "For the first time in India, here is a model of governance that prioritises investing in the masses, in the people of India." That boast flew out of the window

on February 8. Some AAP insiders believe that it is time to reassess the leadership and restructure the organisation to regain public trust.

But it was not the battered and bruised AAP in Delhi that figured immediately on Kejriwal's radar. Following the poll reversal, he held a meeting with Punjab Chief Minister Bhagwant Mann and state party MLAs in Delhi, ostensibly to discuss how to make Punjab a 'model state' in the run-up to the 2027 elections. AAP insiders regard Punjab as the party's 'best bet' despite the state government being besieged by problems such as a run-down economy, compounded by a lack of Central funds. The Mann government is also bogged down by the drug menace, farm distress, the sand mafia and corruption, all of which have tied the CM's hands while offering direct financial aid to women and increasing subsidies. The government is also being criticised for securing loans at a high rate of interest and amending property tax laws amid mounting debt. The prospect of some AAP MLAs jumping ship is also not ruled out. Has Kejriwal applied his mind to such crucial concerns that have electoral ramifications? He is too much of a political animal to leave the affairs of Punjab to Mann and confine himself to rejuvenating the party in Delhi, where he is no longer even an MLA. The fact that he convened the Punjab meeting promptly shows that he is unwilling to rely entirely on Mann, a first-time CM.

Kejriwal has entrusted Jasmine Shah with retooling Punjab, even as state observers have cautioned against



Delhi's alleged overt interference and diversion of the state's resources for AAP's campaigns in other states. At the end of the day, Punjab's political dynamics are distinct. While Mann recently said his government would focus on education, healthcare, electricity and water and turned the spotlight on initiatives like the closure of toll plazas and the abolition of numerous pensions for MLAs, do these assurances and achievements add up to a persuasive Punjab model? Doling out freebies alone may not make for a winning formula. Mann's main obstacle is inadequate industrial investments that have not generated enough revenue to

create infrastructure such as roads. Although the Punjabi diaspora is unlikely to make the state significantly investible, AAP's outreach to the expats is continuing.

Even as Punjab has become the centre of AAP's attention, the reversal in the Capital has curtailed Kejriwal's soaring national ambitions that were evident in the Gujarat and Goa Assembly polls in 2022. AAP bagged five seats and got a vote share of 12.91 per cent in Gujarat, but its projected leaders Isudan Gadhvi and Gopal Italia lost their seats. In Goa, AAP won two seats with a 6.77 vote share. AAP is silent on foraying into Bihar, which votes later this year, even as it is confused about remaining with the INDIA bloc nationally and notionally. Its relations with the Congress have only worsened after the latter targeted Kejriwal during campaigning in Delhi. The

Congress is also AAP's main rival in Punjab. AAP began as a party that spanned the social arc in its outreach to the affluent, the professionals and the less well-off. The Delhi outcome revealed that with a 44 per cent vote share, it retained its base among the less well-off and the Muslims, although the BJP worked hard to win over the Dalits. Kejriwal has a long way to go before he can reappropriate the anti-corruption plank and restore AAP's standing as a party of good governance. The BJP will not give him an easy passage. His salvation will lie in consolidating his social base — or whatever is left of it.

बेङ्गल सरकार पिछू हट्टेछे, बाङ्गुल खेके बेङ्गले यानवाहन प्रवेश शुरू

प्राय २४ घण्टा पर, बेङ्गल सरकार पिछू हट्टेछे एबए बाङ्गुल खेके बेङ्गले याओया समस्त पण्वाही यानवाहन प्रवेश शुरू हय्येछे। गत सक्का १८ टार पर बेङ्गल सरकारेर आदेशे बाङ्गुल-बेङ्गल मथन सीमाखे पण्वाही यानवाहन प्रवेश निषिद्ध करा हय्येछिल।

एर फले रात खेके दुपूर पर्यंत प्राय २० किमी दीर्घ यानजट सृष्टि हय। चालकपदेर समस्यार कथा विवेचना करे, MASS बेङ्गल सरकारके चाप देय बाङ्गुल सीमाखे खेके बेङ्गले प्रवेश करा समस्त यानवाहन बक् करा जन्। एर फले, बेङ्गल सरकार पिछू हट्टे त बाध्य हय एबए अवशेषे भारी यानवाहन प्रवेश आवार स्वाभाविक हय।

बेङ्गल सरकारेर एहि अनुमति पर, ट्राक चालकरा शक्तिर निश्वास फेलन। प्राञ्चन निरसा विशाङ्क अरूप चाटार्जि बाङ्गुलखे मुख्याम्नी हेमन्त सोरेनेर एहि उद्देश्ये प्रवेश करायेन। तिन बलन, मुख्याम्नी हेमन्त सोरेनेर एहि विषये क्रमागत शुरुतू दियेछेन। बेङ्गल सरकारेर साथे इतिबाचक आलोचना करार पर बेङ्गल सरकार निषेधाञ्जा तुले नय। एर पर, सारिते दाँडिये थाका समस्त पण्वाही यानवाहन बीर, बीरे बेङ्गले प्रवेश करते शुरु करेछे। NH-६ दीर्घ यानजट एखन सीमित हट्टे एबए यानजटो भाङ्गते शुरु करेछे।

भोजपुरी कृषि लोक गीत (कहरवा धुन) गेहुँआ के दिनवा

- श्याम कुंवर भारती (राजभर)

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सास ससुर केवनो जोरओ ना लागता।

लहुरा देवरवा हमरो बतियां ना मानता।

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नवहर बदन हमरो कइसे खेतवा जोताई।

जाड़ा के महीनवा हमसे गेहुँ ना बोआई।

खेतिया ना होई पिया का खाइब अनवा।

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लइकन के टोपी हमके ले अईहा रजइया।

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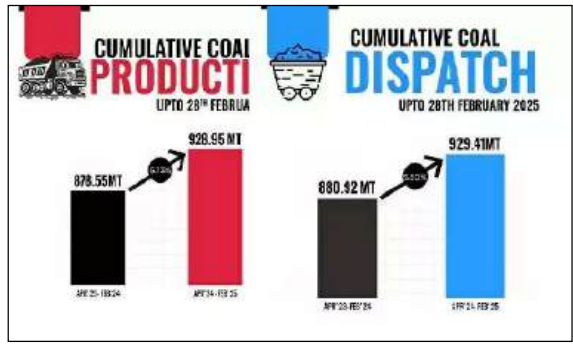
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एजेसी नई दिल्ली। भारत के कोयला क्षेत्र ने लगातार वृद्धि दर्ज की है। अप्रैल 2024 से फरवरी 2025 तक संघीय कोयला उत्पादन 928.95 मीट्रिक टन (एमटी) तक पहुंच गया है, जो पिछले वर्ष की इसी अवधि के दौरान 878.55 एमटी की तुलना में 5.73 फीसदी की वृद्धि दर्शाता है। इसी तरह कोयला प्रेषण में 5.50 फीसदी की वृद्धि हुई, जो पिछले वर्ष के 880.92 एमटी से बढ़कर 929.41 एमटी तक पहुंच गया। कोयला मंत्रालय ने जारी एक बयान में बताया कि देश के कोयला क्षेत्र ने उत्पादन और प्रेषण दोनों में उल्लेखनीय वृद्धि के साथ अपने

मजबूत प्रदर्शन को जारी रखा है। मंत्रालय के मुताबिक फरवरी 2025

मीट्रिक टन रहा है, जो पिछले वर्ष की इसी अवधि के 133.36 मीट्रिक टन



तक कैप्टिव और अन्य संस्थाओं से कोयला का उत्पादन 173.58

से 30.16 फीसदी अधिक है। इसी प्रकार, कैप्टिव और अन्य संस्थाओं

भारत 2025-26 में बना रहेगा सबसे तेजी से बढ़ने वाली प्रमुख अर्थव्यवस्था: आईएमएफ

एजेसी नई दिल्ली। अर्थव्यवस्था के मोर्चे पर अच्छी खबर है। अंतरराष्ट्रीय मुद्रा कोष (आईएमएफ) ने कहा है कि भारत वित्त वर्ष 2025-26 में 6.5 फीसदी की सकल घरेलू उत्पाद (जीडीपी) वृद्धि दर्ज करके सबसे तेजी से बढ़ने वाली प्रमुख अर्थव्यवस्था के रूप में अपनी स्थिति बनाए रखेगा, जो कि मजबूत निजी निवेश और व्यापक आर्थिक स्थिरता के बल पर संभव होगा।

बहुपक्षीय वित्तपोषण एजेसी आईएमएफ ने जारी एक बयान में कहा कि भारत का मजबूत आर्थिक प्रदर्शन संरचनात्मक सुधारों को आगे बढ़ाने का अवसर प्रदान करता है, जो देश को 2047 तक उन्नत अर्थव्यवस्था बनने के लक्ष्य को साकार करने के लिए महत्वपूर्ण है। अंतरराष्ट्रीय मुद्रा कोष ने कहा, 'खाद्य मुद्रास्फीति कम होने के साथ ही मुख्य मुद्रास्फीति लक्ष्य के करीब पहुंचने की उम्मीद है। एजेसी ने कहा कि वित्त वर्ष 2024-25 और 2025-26 में वास्तविक जीडीपी 6.5 फीसदी की दर से बढ़ने की

उम्मीद है। आईएमएफ ने कहा है कि निजी निवेश और एफडीआई को बढ़ावा देना महत्वपूर्ण है। इसके लिए स्थिर नीतिगत ढांचे, व्यापार करने में अधिक आसानी, शासन सुधार और

सांख्यिकी कार्यालय (एनएसओ) ने जारी आंकड़ों में बताया कि वित्त वर्ष 2024-25 की 31 दिसंबर को समाप्त तीसरी तिमाही में देश की जीडीपी ग्रोथ 6.2 फीसदी रही



व्यापार एकीकरण में वृद्धि की आवश्यकता होगी। इनमें शुल्क और गैर-शुल्क कटौती, दोनों उपाय शामिल होंगे। उल्लेखनीय है कि भारत सरकार की एजेसी राष्ट्रीय

है। एनएसओ के दूसरे अग्रिम अनुमान के अनुसार देश की अर्थव्यवस्था वित्त वर्ष 2024-25 के दौरान 6.5 फीसदी की दर से बढ़ सकती है।

फरवरी में मारुति सुजुकी की बिक्री में मामूली बढ़त

नई दिल्ली। देश की सबसे बड़ी कार निर्माता कंपनी मारुति सुजुकी इंडिया (एमएसआई) ने कहा कि फरवरी में उसकी कुल बिक्री सालाना आधार पर मामूली वृद्धि के साथ 1,99,400 इकाई रही। पिछले साल इसी महीने में कंपनी ने कुल 1,97,471 इकाइयां बेची थीं। कंपनी ने बताया कि फरवरी महीने में कुल घरेलू यात्री वाहनों की बिक्री 1,60,791 इकाई रही, जबकि पिछले साल इसी महीने में यह 1,60,271 इकाई थी। ये पिछले साल की समान अवधि की तुलना में मामूली वृद्धि है।

एमएसआई ने कहा कि ऑटो और एस-प्रेसो सहित मिनी सेगमेंट कारों

कंप्यूटर कारों की बिक्री बढ़कर 72,942 इकाई हो गई, जबकि एक



की बिक्री पिछले साल इसी महीने में 14,782 इकाई के मुकाबले घटकर 10,226 इकाई रह गई। हालांकि, बलेनो, सेलरियो, डिजायर, इनिंस, स्विफ्ट और वेगनआर समेत

साल पहले इसी अवधि में यह 71,627 इकाई थी। इसके अलावा ग्रैंड विटारा ब्रेजा, अर्टिगा, एक्सप्लोर, जिम्नी जैसे यूटिलिटी वाहनों की बिक्री फरवरी

महीने 65,033 इकाई रही जबकि पिछले साल इसी अवधि में यह 61,234 इकाई थी। वेन इको की बिक्री फरवरी महीने में 11,493 इकाई रही जबकि फरवरी 2024 में यह 12,147 इकाई थी। हल्के

● मारुति सुजुकी इंडिया (एमएसआई) ने जारी एक बयान में कहा कि फरवरी में उसकी कुल बिक्री साल-दर-साल आधार पर मामूली वृद्धि के साथ 1,99,400 इकाई रही।

वाणिज्यिक वाहन सुपर कैरी की बिक्री 2,710 इकाई रही जबकि फरवरी 2024 में यह 3,126 इकाई थी। मारुति सुजुकी ने कहा कि फरवरी महीने में उसका निर्यात 25,021 इकाई रहा जबकि पिछले साल इसी महीने में यह 28,927 इकाई था।

तुहिन कांत पांडेय ने सेबी चेयरमैन का कार्यभार संभाला

एजेसी मुंबई/नई दिल्ली। तुहिन कांत पांडेय ने पूंजी बाजार नियामक भारतीय प्रतिभूति एवं विनियम बोर्ड (सेबी) के 11वें चेयरमैन के तौर पर अपना कार्यभार संभाल लिया। अबतक वित्त सचिव के रूप में कार्य कर रहे आईएसए अधिकारी पांडेय को केंद्र सरकार ने सेबी का चेयरमैन नियुक्त किया था। तुहिन कांत पांडेय दोपहर बाद कुर्ला कॉम्प्लेक्स (बीकेसी) व्यापारिक जिले में स्थित सेबी के मुख्यालय पहुंचे। इसके बाद उन्होंने कार्यभार संभाला। उन्होंने माधवी पुरी बुच की जगह ली है, जिनका तीन साल का कार्यकाल समाप्त हो गया। पांडेय के कार्यभार संभालने के अवसर पर माधवी पुरी बुच मौजूद नहीं थीं, जो अस्वस्थ बताई जा रही हैं। बुच हाल ही में कथित हितों के टकराव को लेकर पिछले कुछ समय से चर्चा में रही हैं। सेबी के सभी चार पूर्णकालिक सदस्यों-अश्विनी भाटिया, अमरजीत सिंह, अनंत नारायण और कमलेश वाण्येय ने सेबी मुख्यालय में तुहिन कांत पांडेय का स्वागत किया। पांडेय को तीन साल के लिए सेबी का चेयरमैन नियुक्त किया गया है। पांडेय 1987 बैच के ओडिशा केडर के भारतीय प्रशासनिक सेवा (आईएसए) अधिकारी हैं।



मीर कमोडिटीज ने आईपीओ के लिए सेबी के समक्ष डीआरएचपी दाखिल किया

एजेसी मुंबई/नई दिल्ली। मुंबई स्थित स्टाइल (मीर) कमोडिटीज इंडिया लिमिटेड ने आर्थिक सार्वजनिक निगम (आईपीओ) के जरिए धन जुटाने के लिए पूंजी बाजार नियामक भारतीय प्रतिभूति और विनियम बोर्ड (सेबी) के समक्ष अपना ड्राफ्ट रेड हेरिंग प्रॉस्पेक्टस (डीआरएचपी) दाखिल किया है। कंपनी का लक्ष्य इस आईपीओ के जरिए 88,23,530 रुपये जुटाना है।

सेबी के समक्ष जमा दस्तावेज के मुताबिक यह इश्यू ऑफर फॉर सेल और फ्रेश शेयरों पर आधारित होगा। कंपनी 10 रुपये के अंकित मूल्य वाले इस आईपीओ में 52.94 लाख तक के नए शेयर जारी करेगी। वहीं, ऑफर फॉर सेल के तहत 35.39 लाख शेयर जारी किए जा सकते हैं। यह शेयरों की बिक्री राबल इरफान इकबाल शेख की ओर से की जा सकती है। कंपनी इस इश्यू के जरिए 88,23,530 रुपये जुटाने का प्रयास करेगी। Meir (मीर) कमोडिटीज इस निगम से जुटाए गए पैसे का उपयोग

कॉरपोरेट कार्यों के लिए करेगी। इस आईपीओ का 50 फीसदी हिस्सा क्वालीफाइड इंस्टीट्यूशनल खरीदारों के लिए आरक्षित होगा। वहीं, नॉन इंस्टीट्यूशनल इवेस्टर्स के लिए 15

एक्सपोर्ट करती है। कंपनी वर्तमान में 70बी कृषि आधारित कमोडिटीज के चेरलू और निर्यात कारोबार में लगी हुई है। कंपनी चीनी मिल्स और वितरकों को जोड़ती है, जिससे



फीसदी और खुदरा निवेशकों के लिए 35 फीसदी हिस्सा आरक्षित रहेगा। मुंबई स्थित Meir (मीर) कमोडिटीज इंडिया लिमिटेड शुगर, खंडसारी और शुगर से जुड़े प्रोडक्ट को घरेलू बाजार और देश के बाहर

निर्बाध आपूर्ति श्रृंखला प्रबंधन सुनिश्चित होता है। इसके विविध उत्पाद पोर्टफोलियो में चीनी, चावल, दालें, मसाले और अन्य कृषि वस्तुएं हैं, जिनकी घरेलू और अंतरराष्ट्रीय दोनों बाजारों में मजबूत उपस्थिति है।

पीएम गतिशक्ति के तहत एनपीजी बैठक में प्रमुख बुनियादी ढांचा परियोजनाओं का मूल्यांकन किया

एजेसी नई दिल्ली। प्रधानमंत्री गति शक्ति के तहत नेटवर्क योजना समूह (एनपीजी) की यहाँ आयोजित 88वीं बैठक में सड़क, रेलवे, सूचना प्रौद्योगिकी और मेट्रो क्षेत्रों में बुनियादी ढांचा परियोजनाओं का मूल्यांकन किया गया। वाणिज्य एवं उद्योग मंत्रालय के अनुसार उद्योग एवं आर्थिक व्यापार संवर्धन विभाग (डीपीआईआईटी) के संयुक्त सचिव ई. श्रीनिवास की अध्यक्षता में आयोजित 88वीं बैठक में एनपीजी ने सड़क, रेलवे, सूचना प्रौद्योगिकी और मेट्रो परियोजनाओं का मूल्यांकन किया। बैठक में पीएम गतिशक्ति राष्ट्रीय मास्टर प्लान (पीएमजीएस-एनएमपी) के अन्तर्गत मेट्रोमैडल कनेक्टिविटी और लांजिस्ट्रक्स दक्षता बढ़ाने पर ध्यान केंद्रित किया

गया। मंत्रालय के मुताबिक नेटवर्क योजना समूह (एनपीजी) ने एकीकृत मल्टीमॉडल बुनियादी ढांचे, आर्थिक और सामाजिक नोड्स के लिए



अंतिम छोर तक कनेक्टिविटी और इंटरमॉडल कोऑर्डिनेशन के पीएम गतिशक्ति के सिद्धांतों पर ग्यारह परियोजनाओं (7- सड़क, 2- रेलवे, 1- सूचना प्रौद्योगिकी और 1- मेट्रो) का मूल्यांकन किया है। इन पहलों से लांजिस्ट्रक्स दक्षता को प्रोत्साहन मिलने, यात्रा के समय को कम करने और सभी क्षेत्रों में महत्वपूर्ण सामाजिक-आर्थिक लाभ मिलने की उम्मीद है।

बैंकिंग प्रणाली में वापस आए 2000 रुपये के 98.18 फीसदी नोट : आरबीआई

एजेसी मुंबई/नई दिल्ली। रिजर्व बैंक ऑफ इंडिया (आरबीआई) ने कहा कि 2000 रुपये के 98.18 फीसदी नोट बैंकिंग प्रणाली में वापस आ गए हैं। रिजर्व बैंक ने कहा कि अब सिर्फ 6,471 करोड़ रुपये मूल्य के दो हजार रुपये के ऐसे नोट जनता के पास हैं। केंद्रीय बैंक ने कहा कि दो हजार रुपये के नोट वैध मुद्रा बने रहेंगे। आरबीआई ने जारी बयान में बताया कि 19 मई, 2023 तक प्रचलन में मौजूद 2000 रुपये के बैंक नोटों में से 98.18 फीसदी बैंकिंग प्रणाली में वापस आ चुके हैं। रिजर्व बैंक ने कहा कि 19 मई, 2023 को कारोबार बंद होने पर प्रचलन में मौजूद 2000 रुपये के

बैंक नोटों का कुल मूल्य 3.56 लाख करोड़ रुपये था, जो 28



फरवरी, 2025 को कारोबार बंद होने पर घटकर 6,471 करोड़ रुपये रह गया है।

रिजर्व बैंक के मुताबिक दो

अब भी रिजर्व बैंक के 19 निर्गम कार्यालयों में उपलब्ध हैं। आरबीआई के निर्गम कार्यालय 9 अक्टूबर, 2023 से व्यक्तियों और संस्थाओं से उनके बैंक खातों में जमा करने के लिए 2000 रुपये के बैंक नोट स्वीकार कर रहे हैं। इसके अलावा आम लोग देश के किसी भी डाकघर से भारतीय डाक के जरिए 2000 रुपये के नोट को अपने बैंक खाते में जमा कराने के लिए आरबीआई के किसी भी कार्यालय में भेज सकते हैं। उल्लेखनीय है कि रिजर्व बैंक ने 19 मई, 2023 को 2000 रुपये मूल्य के बैंक नोटों को प्रचलन से वापस लेने की घोषणा की थी। हालांकि, दो हजार रुपये के नोट अब भी वैध मुद्रा बने रहेंगे।

बदलने की सुविधा 07 अक्टूबर, 2023 तक सभी बैंक शाखाओं में उपलब्ध थी। हालांकि, ये सुविधा

'विकसित भारतलोक लेखा अधिकारी सरकार के वार्षिक खातों को अधिक सरल बनाएं: वित्त मंत्री' के लिए लगातार 7.8 प्रतिशत वृद्धि दर की दरकार : विश्व बैंक

एजेसी नई दिल्ली। केंद्रीय वित्त मंत्री निर्मला सीतारमण ने सिविल अकाउंट्स सर्विसेज के अधिकारियों से सरकार के वार्षिक खातों को अधिक सुलभ और उपयोगकर्ता के लिए सरल बनाने का आह्वान किया है। केंद्रीय वित्त मंत्री निर्मला सीतारमण नई दिल्ली में 49वें नागरिक लेखा दिवस के अवसर पर आयोजित समारोह को संबोधित कर रही थीं। इस अवसर पर उन्होंने लेखा महानिर्देशक

(सीजीए) की अगुवाई में भारतीय लोक लेखा सेवा (आईसीएएस) के अधिकारियों की मौन तकनीकी क्रांति के लिए सराहना की, जिसके तहत राज्यों को संचालन में बहुत आसानी हो रही है और सरकारी कामकाज को आसानी से पूरा किया जा रहा है।

सीतारमण ने कहा कि केंद्र और राज्य सरकार की 1,200 योजनाओं में से 1,100 अब प्रत्यक्ष लाभ हस्तांतरण (डीबीटी) के तहत हैं, जिससे यह सुनिश्चित



होता है कि पैसा सीधे लाभार्थियों के बैंक खातों में भेजा जाए। उन्होंने अपने संबोधन में डीपीओ के बेहतर बनाने में सार्वजनिक वित्तीय प्रबंधन प्रणाली (पीएफएमएस) की महत्वपूर्ण भूमिका पर प्रकाश डाला। वित्त मंत्री ने कहा कि 1200 में से 1100 केंद्रीय और राज्य योजनाएं अब डीबीटी के तहत हैं, जिससे विचौलिय खत्म हो गए हैं। उन्होंने पीएफएमएस की उपलब्धियों पर प्रकाश डालते हुए

कहा कि इसमें विचौलियों को खत्म करके और यह सुनिश्चित करके कि लाभ लक्षित लाभार्थियों तक पहुंचे, सरकार को सीधे वितरण में महत्वपूर्ण मदद की है। सीतारमण ने कहा कि भारत दुनिया का सबसे बड़ा लोकतंत्र है, जहां 140 करोड़ से ज्यादा लोग रहते हैं। यहां हर राज्य की अपनी चुनी हुई सरकार होती है लेकिन वित्तीय व्यवस्थाएं एक साथ जुड़ी हुई हैं और कुशलता से काम कर रही हैं। उल्लेखनीय है कि देश में

भारतीय सिविल लेखा सेवा (आईसीएएस) की स्थापना 1976 में सार्वजनिक वित्तीय प्रशासन में महत्वपूर्ण सुधार के तहत की गई थी। भारत के तत्कालीन राष्ट्रपति ने 1 मार्च, 1976 को केंद्र सरकार के खातों की लेखापरीक्षा कार्यों से अलग करने संबंधी अध्यादेश जारी किए थे। तब से लेखा महानिर्देशक (सीजीए) के नेतृत्व में भारतीय सिविल लेखा सेवा वित्तीय प्रशासन में अग्रणी रहा है।

को तलाशते हुए आयसूजन पर ध्यान देना होगा। उन्होंने गांव में उपलब्ध संसाधनों से स्वास्थ्य एवं पोषणतत्व युक्त उत्पादों के निर्माण पर जोर दिया साथ ही गांव में मिलने वाले प्लास्टिक पैकिंग खाद्य पदार्थों से बचकर रहने का सुझाव दिया। उन्होंने तंबाकू उत्पादों एवं नशा का उपयोग नहीं करने की अपील की। साथ ही उन्होंने 'वोकल फॉर लोकल' का नारा दोहराते हुए झालावाड़ का उत्पाद माननीय प्रधानमंत्री के 'मन की बात' कार्यक्रम तक पहुंचाने हेतु प्रेरित किया।



नाशते में रवा उपमा खाने से मिलेंगे ये लाभ

नाशते में अगर कुछ अच्छा (स्वादिष्ट और हल्दी) खाने को मिल जाए तो पूरा दिन मूड अच्छा रहता है और आप अपनी प्रॉडक्टिविटी में भी अच्छा परिणाम देखते हैं। बस, जरूर इस बात की है कि हम सभी अपने काम और अपने शरीर की जरूरतों को समझें लेकिन हममें से ज्यादातर लोग बस यही मात खा जाते हैं। आइए, जानते हैं दिन की बेहतर शुरुआत करने में रवा उपमा किस तरह हमारी सहायता कर सकता है।

रवा खाने के फायदे

- दक्षिणी भारत में सूजी को रवा कहा जाता है। उत्तर भारत और हिंदी भाषी राज्यों में सूजी का हलवा जिस तरह आयुर्वेद में बनाता है और सभी बहुत चाव से खाते हैं। ठीक इसी तरह सूजी से तैयार उपमा यानी रवा उपमा दक्षिण भारत में बहुत अधिक लोकप्रिय भोजन है।
- रवा यानी सूजी गेहूं से तैयार होती है। यह फाइबर से भरपूर होती है इसलिए इसे पचाना हमारे पाचनतंत्र के लिए आसान होता है।
- फाइबर धीमी गति से डायजेस्ट होता है इसलिए यह लंबे समय तक हमारे शरीर को ऊर्जा देने का काम करता है।
- यानी रवा से बना उपमा खाने के बाद जल्दी से भूख नहीं लगती, नींद नहीं आती और आप लंबे समय स्वयं को तक ऊर्जावान महसूस करते हैं।
- रवा उपमा तैयार करते समय इसमें मौसमी सब्जियां मिलाई जाती हैं। यानी इसे खाने से आपको संपूर्ण

पोषण प्राप्त होता है। सब्जियों से विटमिन और मिनरल्स साथ ही रवा से दिनभर के लिए ऊर्जा।

- रवा उपमा बनाने में मूंगफली और इई फ्लूइड का उपयोग किया जाता है। इन्हें खाने से आपको सभी जरूरी अमीनो एसिड्स, ओमेगा-3 फैटी एसिड, फॉलिक एसिड और विटमिन तथा मिनरल्स की प्राप्ति होती है।
- रवा उपमा फेट यानी वसा और हानिकारक कॉलेस्ट्रॉल से पूरी तरह फ्री होता है। इसलिए यह आपके हार्ट की सेहत के लिए भी एक शानदार नाश्ता है। जो हृदय की पंपिंग को सही बनाए रखने और अपने पोषक तत्वों से रक्त का प्रवाह बनाए रखने का काम करता है।

- रवा उपमा खाने में बहुत अधिक स्वादिष्ट और साथ ही सेहत के गुणों से भरपूर होता है। इसलिए साउथ इंडिया से निकलकर इस फूड ने देश के हर हिस्से और घर में अपनी जगह बना ली है।
- आज के समय में पोहा (मुख्य रूप से मध्य भारतीय आहार) दही चूड़ा (मुख्य रूप से बिहार का भोजन) और रवा उपमा तथा इडली (दक्षिण भारतीय भोजन) अपने-अपने राज्यों की सीमाएं पार कर नेशनल फूड बन चुके हैं।

- इसकी खास वजह है कि इन फूड्स को तैयार करने में कम समय लगता है। ये पोषक तत्वों से भरपूर होते हैं और कम ऑइली होने के कारण फिटनेस को किसी तरह का नुकसान नहीं पहुंचाते हैं। इसके साथ ही पाचन के लिहाज से बहुत अच्छे होते हैं तो इन्हें खाने के बाद आलस भी नहीं आता है।

- आज के समय में पोहा (मुख्य रूप से मध्य भारतीय आहार) दही चूड़ा (मुख्य रूप से बिहार का भोजन) और रवा उपमा तथा इडली (दक्षिण भारतीय भोजन) अपने-अपने राज्यों की सीमाएं पार कर नेशनल फूड बन चुके हैं।
- इसकी खास वजह है कि इन फूड्स को तैयार करने में कम समय लगता है। ये पोषक तत्वों से भरपूर होते हैं और कम ऑइली होने के कारण फिटनेस को किसी तरह का नुकसान नहीं पहुंचाते हैं। इसके साथ ही पाचन के लिहाज से बहुत अच्छे होते हैं तो इन्हें खाने के बाद आलस भी नहीं आता है।



शरीर में पानी की कमी को हल्के में नालें

शरीर में पानी की कमी को हल्के में नालें। ये आपको कई गंभीर बीमारियों की तरफ धकेल सकती है। विकित्सा विज्ञान के अनुसार, हमारे शरीर का 30 प्रतिशत हिस्सा तरल है और बाकी 70 प्रतिशत में अस्थि और मज्जा शामिल है। यही वजह है कि जल को जीवन की संज्ञा दी गई है। क्योंकि मनुष्य बिना भोजन के कुछ समय रह सकता है लेकिन बिना पानी के रहना असंभव होता है। यानी जल के बिना जीवन की कल्पना नहीं की जा सकती है। पानी तो हम सभी लोग पीते हैं लेकिन ज्यादातर लोग शरीर की जरूरत के अनुसार उचित मात्रा में पानी नहीं पीते हैं। यही कारण है कि हमारे समाज में बड़े स्तर पर सूखे की बीमारी से पीड़ित पेशेंट देखे जा सकते हैं। खासतौर पर गर्मी के मौसम में डिहाइड्रेशन के मरीजों की मानो बढ़ आ जाती है।

हल्के में नालें यह समस्या

- आमतौर पर शरीर में पानी की कमी होने को हम सभी बहुत हल्के में लेते हैं। यह एक बड़ी वजह है कि डिहाइड्रेशन के कारण बड़ी संख्या में रोगियों की मृत्यु हो जाती है। आइए, यहां जानते हैं शरीर के उन सामान्य लक्षणों के बारे में जो आपके शरीर में पानी की कमी को दर्शाते हैं। ताकि इन लक्षणों के आधार पर आप तुरंत इस समस्या से निजात पा सकें।

पानी की कमी के सामान्य लक्षण

- जब शरीर में पानी की कमी होती

है तो आपके होंठ बहुत सूखे-सूखे हो जाते हैं और उनकी बाहरी त्वचा फटने लगती है। कई बार होंठों से खून भी आने लगता है।

- पानी की कमी के कारण गला लगातार सूखा बना रहता है और बार-बार प्यास लगने पर पानी पीने के बाद भी प्यास नहीं मिटती है।
- शरीर में पानी की कमी के कारण सीने पर हल्की जलन, पेट में एसिडिटी या असहजता हो सकती है। साथ ही मुंह से सांसों के साथ लगातार दुर्गंध आती है। ब्रश करने के बाद भी आप सांसों की दुर्गंध फील कर पाते हैं।

यूरिन, स्कैन और मसल्स पर असर

- जब शरीर में पानी की कमी होती है तो पेशाब गाढ़े पीले रंग का आता है। इसके साथ मात्रा में सामान्य से कम होता है और पेशाब के बाद प्राइवेट पार्ट में जलन या खुजली की समस्या हो सकती है। डिहाइड्रेशन से जुड़ा रहे लोगों के शरीर की त्वचा भी बहुत रूखी और बेजान नजर आती है। जो लोग लंबे समय से पानी की कमी से जुड़ा रहे होते हैं, उनकी त्वचा पर कम उम्र में ही झुर्रियां नजर आने लगती हैं।
- पानी की कमी से मांसपेशियों में दर्द, ऐंठन और जकड़न की समस्या हो सकती है। इसके साथ ही सिर में लगातार दर्द बना रहता है। इस कारण रोगी का चेहरा मुझिया हुआ और तेजहीन लगता है।
- जो लोग शरीर की जरूरत के अनुसार पानी नहीं पीते हैं, उनकी आंखों के नीचे काले घेरे साफ देखे जा सकते हैं। इन लोगों की आंखें अंदर धसने लगती हैं और इन्हें हर समय कमजोरी का अहसास बना रह सकता है।



सेहत समस्याओं से निजात पाने के लिए पुदीने के घरेलू नुस्खे

गर्मियों का मौसम आते ही भूख कम लगने लगती है, पेट व त्वचा की गंभीर बढ़ जाती है। ऐसे मौसम में ऐसी चीजें खाने की जरूरत होती है जो आपको ठंडक दे और पुदीना इस मौसम के लिए एक बेहतरीन विकल्प है। गर्मियों में पुदीना या मिंट के अलग-अलग इस्तेमाल से कई सेहत लाभ पाए जा सकते हैं। आइए, जानते हैं पुदीना के ये 8 बेहतरीन घरेलू नुस्खे

- पेट की गर्मी को कम करने के लिए पुदीने का प्रयोग बेहद फायदेमंद है। इसके अलावा यह पेट से संबंधित अन्य समस्याओं से भी जल्द निजात दिलाने में लाभकारी है। इसका कोई साइड इफेक्ट भी नहीं है।
- दिनभर बाहर रहने वाले लोगों को पैर के तलवों में जलन की शिकायत रहती है, ऐसे में उन्हें फ्रिज में रखे हुए पुदीने को पीसकर तलवों पर लगाना चाहिए ताकि तुरंत राहत मिल सके। इससे पैरों की गर्मी भी कम होगी।
- सूखा या गीला पुदीना छाछ, दही, कच्चे आम के पत्ते के साथ मिलाकर पीने पर पेट में होने वाली जलन दूर होगी और ठंडक मिलेगी। गर्मी हवाओं और लू से भी बचाव होगा।
- अगर आपको अक्सर टॉसिलिस की शिकायत रहती है और इसमें होने वाली सूजन से भी आप परेशान हैं तो पुदीने के रस में सादा पानी मिलाकर इस पानी से गरारे करना आपके लिए फायदेमंद होगा।
- पुदीने व अदरक का रस थोड़े से शहद में मिलाकर चाटने से खांसी ठीक हो जाती है। वहीं अगर आप लगातार हिचकी आने से परेशान हैं तो पुदीने में चीनी मिलाकर धीरे-धीरे चबाएं। कुछ ही देर में आप हिचकी से निजात पा लेंगे।
- पुदीने की पत्तियों का लेप करने से कई प्रकार के चर्म रोगों को खत्म किया जा सकता है। घाव भरने के लिए भी यह उत्तम है। इसके अलावा गर्मी में इसका लेप चेहरे पर लगाने से त्वचा की गर्मी समाप्त होगी और आप ताजगी का अनुभव करेंगे।
- पुदीने का नियमित रूप से सेवन आपको पीलिया जैसे रोगों से बचाने में सक्षम है। वहीं मूत्र संबंधी रोगों के लिए भी पुदीने का प्रयोग बेहद लाभदायक है। पुदीने के पत्तियों को पीसकर पानी और नींबू के रस के साथ पीने से शरीर की आंतरिक सफाई होगी।



हल्की-हल्की भूख में लें इन तीन सूप का मजा

नाशते के बाद और लंच से पहले वाली भूख को हैडल करने के लिए ज्यादातर लोग चाय, कॉफी या फास्ट फूड और डिब्बाबंद फूड्स का सेवन करते हैं। लेकिन हम यहां आपको चंद मिनट में तैयार होनेवाले उन 3 खास सूप के बारे में बताते जा रहे हैं, जो आपको 'अपनी तो लाइफ सेट है!' जैसा फील देंगे।

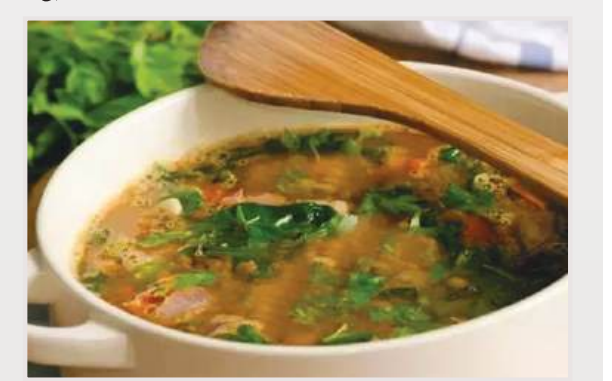
वेजिटेबल सूप

- मौसमी सब्जियों के साथ आप मिक्स वेज सूप तैयार कर सकते हैं। इसके लिए आप किसी एक सब्जी को उबालकर उसका सूप बनाएं और शिमला मिर्च, बीन्स, मशरूम, हरी प्याज और आलू को महीन टुकड़ों में काटकर इन्हें अलग उबाल लें।
- पहले से तैयार सूप में इन सब्जियों को मिलाएं और अपने स्वाद के हिसाब से काला नमक, जीरा पाउडर आदि मिलाएं। ध्यान रखें सूप को गाढ़ा करने के लिए कॉर्नफ्लोर मिलाया जाता है। आप इसका उपयोग कर सकते हैं लेकिन अधिक मात्रा में इसे मिलाने से बचें। नहीं तो यह आपके वजन को बढ़ाने की वजह बन सकता है।

चुकंदर का सूप

- चुकंदर का सूप बनाने के लिए आप टमाटर, आलू, प्याज, लहसुन, काली मिर्च का पाउडर और नींबू का रस जैसी चीजों का उपयोग करते हैं। ये सभी बहुत पौष्टिक और सेहत को फिट रखनेवाली चीजें हैं।
- चुकंदर का सूप तैयार करने के लिए एक कुकर में बारीक कटे प्याज और लहसुन भून लें। इसके बाद कटे हुए चुकंदर, आलू और टमाटर डालकर भुनें। इन्हें दो मिनट पकाने के बाद कुकर को बंद कर दें और इसमें धीमी आंच पर 4 सीटी आने दें।
- तैयार मिश्रण को मिक्सी में डालकर पीसें और गाढ़ा लिक्विड तैयार करें। इसे छान लें और काली मिर्च पाउडर तथा नींबू का रस मिलाकर सूप तैयार करें और इसे हरी धनिया पत्तियों के साथ गार्निश करके सूप का लुफ उठाएं।

मूंग दाल का शोरबा



- मूंग दाल का शोरबा मात्र 10 मिनट में तैयार हो जाता है। इसके लिए आप बिना छिलके की मूंग दाल को धुलकर कुकर में 3 से 4 सीटी लगा लें। इसे तैयार करते समय आपको पानी की मात्रा सामान्य दाल बनाने से दोगुना रखें और गैस की धीमी आंच पर रखकर ही पकाएं।
- अब इसमें हरी धनिया पत्ती, बारीक कटी हरी मिर्च, बारीक कटा कच्चा प्याज मिलाकर तड़का लगा दें। मसलों के नाम पर इसमें सिर्फ हल्दी पाउडर का उपयोग करें, हल्का काला नमक मिलाएं और काली मिर्च पाउडर मिक्स करके गर्मागर्म शोरबा का लुफ उठाएं।



गर्म पानी के साथ घी और नींबू

200 मिलीलीटर पानी के साथ थोड़ा सा नींबू या घी का सेवन करने से पेरिस्टलिसिस में सुधार होता है, जो कि वेस्ट और खाने की गति को नीचे की ओर ढकेलता है। यदि आपका शरीर वात या पित्त प्रकार का है, तो आप इससे आपका पाचन तंत्र चिकना होगा जिससे कब्जा की समस्या दूर होगी।



डायजेस्टिव चाय

आजकल, बाजार में आयुर्वेदिक चाय की ढेर सारी वैराइटीज उपलब्ध हैं। लेकिन अच्छा होगा कि आप घर पर अपनी चाय खुद ही बना लें। इसके लिए 1 चम्मच जीरा, 1 चम्मच सौंफ, 1 चम्मच धनिया के बीज, 1 इलायची और थोड़ी सी अजवाइन को लेकर 500 मिलीलीटर पानी में तब तक उबालें, जब तक पानी की मात्रा आधी न हो जाए।

मेटाबोलिज्म बढ़ाने के लिए चाय आजमाएं

अपने मेटाबोलिज्म को तेज बनाने के लिए आप दालचीनी, इलायची, लौंग, कद्दूस की हुई अदरक, काली मिर्च, हल्दी और स्टार ऐनीज को 500 मिली पानी में उबालें। यह पानी आधा हो जाए तब इसमें आधा नींबू और कोकोनट शूगर मिलाएं। चाय शरीर की गर्मी बढ़ाकर चयापचय में सुधार करके वजन कम करने में मदद करेगी।



कच्चे फल

सुबह खाली पेट हर्बल चाय पीने के बाद, कच्चे फलों का सेवन करें जो प्रकृति में थोड़े से कसेले हो सकते हैं। ग्रीन और रेड एपल, क्रेनबेरी, ब्लूबेरी, चेरी, स्ट्रॉबेरी, ब्लैकबेरी, अनानास, आवला और अनार जैसे फलों को ही चुनें। यह फल शरीर में वॉटर रिटेंशन को कम करते हैं और आपकी त्वचा में कोलेजन को बढ़ाते हैं, जिससे वजन कम करने में मदद मिलती है।

वजन घटाने के लिए लोग न जानें कितनी प्रकार की डायट फॉलो करते हैं। लेकिन अपने आपको भूखा रखकर लंबे समय तक बिना सोचे-समझे किसी भी प्रकार की डायट का पालन करना मुश्किल हो जाता है। वजन घटाना कोई आसान काम नहीं है। शरीर की एक्सट्रा चर्बी को निकालने के लिए नियमित व्यायाम के साथ कैलोरीज भी बर्न करनी पड़ती है। इसके लिए आयुर्वेद के पास ऐसे कई तरीके हैं, जिससे शरीर की गंदगी बाहर निकलेगी और आपको वजन कम करने में आसानी होगी। ये तरीके बेहद आसान हैं, लेकिन आपको इन्हें अपनी लाइफस्टाइल का हिस्सा बनाना होगा। आइए जानते हैं क्या हैं वो तरीके जिसे मोटापा घटाने के लिए आयुर्वेद में अहम माना गया है।

खाली पेट इन चीजों का सेवन करने से घटता है मोटापा

सिलेरी जूस

(अजमोद का रस)

तनाव से बचने के लिए आयुर्वेद कच्चे फल और पकी या उबली हुई सब्जियां खाने की सलाह देता है। ऐसी स्मूदी लेने से बर्च जिसमें फल, सब्जियां, दूध और दही का मिश्रण शामिल हो। यह शरीर में विषाक्त पदार्थों के संचय का

कारण बन सकता है। बल्कि पेट की ब्लोटिंग और अतिरिक्त चर्बी को कम करने के लिए एक चुटकी सेंधा नमक और नारियल तेल के साथ सिलेरी का जूस लें।



वजन घटाने के पांच बुनियादी नियम भी जानें

- जब आपको भूख लगे तब ही खाएं।
- सूर्यास्त के बाद न खाएं।
- इंटरमिटेंट फास्टिंग करें जिसमें 16 घंटे के तक कुछ भी न खाएं। इससे आपकी ऊर्जा तो बढ़ती है साथ में दिमाग पर कंट्रोल रहता है।
- कच्चे फल खाने के बाद पका हुआ भोजन करें।
- आपका पेट केवल आपकी मुट्ठी के आकार का है। अपनी भूख से 80 प्रतिशत भोजन कम खाएं, ताकि खाना पचाने वाले रस अपना काम आसानी से कर सकें।

NEWS BOX

Prague Masters: Praggnanandhaa outwits Keymer to join Aravindh in lead

PRAGUE. Grandmaster R Praggnanandhaa scored his second victory on the trot, outwitting Vincent Keymer of Germany to join compatriot Aravindh Chithambaram at the top on three points after the end of the fourth round of the Prague Masters here. Aravindh survived some initial hiccups before signing peace with Sam Shankland of the United States, while top seed Wei Yi of China finally found his form at the expense of local star David Navara. Anish Giri of Netherlands played out his fourth draw in as many games with Gurel Ediz of Turkey, while Czech GM Nguyen Thai Dai Van also drew with Quang Leim Le of Vietnam in the other two games of the 10-player round-robin tournament. With Praggnanandhaa and Aravindh in front, Shankland, Keymer, Giri and Le share the third spot a full point behind and it looks like the race for the title will be between the two Indians only with five rounds still to come. Almost a month back Keymer had beaten Praggnanandhaa in the Tata Steel Masters and the Indian avenged his defeat fighting from what looked like a shaky French defense with black.

Keymer was caught off guard in the



middlegame. Praggnanandhaa went for the trade of queens and got his counter attack rolling. Keymer, meanwhile, ran low on time and wasted some moves moving his rook back and forth to just draw. The Indian obviously understood it better and used his pieces well to win a couple of pawns. The rest was easy and it was all over in 44 moves. Aravindh faced the Sicilian defense and Shankland equalised quite easily. An exchange spree led to a very slight advantage for Shankland but the endgame was always closer to a draw. The players eventually arrived at a theoretically drawn rook and pawns endgame where an extra pawn for Shankland did not matter much.

The next round will see the two leaders pitted against each other and Praggnanandhaa will play with white. In the challengers' section, Divya Deshmukh played out a draw with Ma Qun of China and took her tally to 1.5 points from four games. This section is jointly led by Nodirbek Yakubboev of Uzbekistan and Jonas Buhl Bjerre of Denmark, who both have three points apiece.

After Virat Kohli, can Rohit Sharma light up Champions Trophy

New Delhi. India will aim to continue with their winning momentum as they take on New Zealand in their last group fixture of the ICC Champions Trophy 2025 on Sunday, March 2 at Dubai International Cricket Stadium, Dubai. The Men in Blue have ticked most of their boxes in the first two matches as both the spinners and the pace bowlers were amongst the wickets. With the bat, Shubman Gill and Virat Kohli starred with centuries against Bangladesh and New Zealand respectively, along with crucial contributions from KL Rahul and Shreyas Iyer in the middle order. Hence, India have pretty much covered up as they embark into the semi-finals after the New Zealand. However, the only missing piece of the jigsaw puzzle would be a big knock from



their captain Rohit Sharma. The India skipper has registered scores of 41 and 20 in the two innings respectively against Bangladesh and Pakistan but a big innings from Rohit's bat would do his confidence a word of good heading into the semi-finals. Over the last few months, the opening batter was seen struggling for runs in the Test format. However, he didn't carry those demons into 50-over cricket as he recently slammed his second fastest century in ODIs against England. His innings of 112 (90) was a clear indication that the India captain is far from done and his willow is hungry to clobber some monstrous sixes against the fiercest bowlers of international cricket. Rohit's aggression key for Indian batting order

In the two matches played in the Champions Trophy so far, Rohit got out trying to go big against Taskin Ahmed against Bangladesh and was cleaned up by a peach of a delivery by Shaheen Afridi in the next game. Hence, having faced just 51 balls in the tournament so far, Rohit would want to spend more time in the middle in the upcoming fixture and get a big score against his name. Over the past few years, Rohit's explosive starts at the top of the order have been instrumental in setting up the tone for India especially in ICC events.

Unchained melody: Afghan women's fight to play cricket through the eyes of Firooza Amiri

Since the time Taliban took over in 2021, Afghanistan do not have a women's team while still remaining an ICC full-member nation



CHENNAI. As Azmatullah Omarzai produced late fireworks to help Afghanistan men post 273 runs against Australia in the ICC Champions Trophy match on Friday afternoon in Lahore, among the thousands of fans in the stands cheering for them was an Afghan girl. Holding a placard above her head, the young girl was sending a message to not just her country, but the cricketing world. The English translation of the pashto message read along the lines of: "I'm an Afghan girl, I want to become a doctor. Please don't oppress us and take away my dreams." That young girl in the stands of the Gaddafi Stadium, Lahore on Saturday is not alone. About 10,500 kilometres away, in Melbourne and Canberra, Australia, several women cricketers from Afghanistan were staying up in the night to watch the men's

team do what they have been stripped of and fighting for — play cricket for their country — since the Taliban took over in 2021.

In the time since Taliban came to power in Afghanistan, women have been banned from playing sports, secondary education for girls is suspended beyond sixth grade, they are prohibited from entering public baths, public parks, gyms, sports clubs and amusement parks, banned from university education and as late as December 2024, Taliban announced a new decree according to which new buildings should not have windows through which it is possible to see "the

courtyard, kitchen, neighbour's well and other places usually used by women".

"Seeing women working in kitchens, in courtyards or collecting water from wells can lead to obscene acts," according to the decree posted by government spokesman Zabihullah Mujahid on social media platform X. According to a United Nations report, 80 per cent of school-aged girls and young women, accounting for about 2.5 million people, were out of school as of 2023. The UN has termed the situation of women in the country as gender apartheid with a real threat to the lives of women in

Afghanistan on a day-to-day basis. Growing up in the oasis city of Herat in the western part of Afghanistan, Firooza Amiri did not like cricket. Football was the popular sport in her city. It was Amiri's sister who liked cricket and made sure it was on the television all the time. At some point, Amiri gave in, wanting to know what the fuss was all about. The moment she picked up the bat in hand, she was in love. It did not take long for her to go from there to a national selection camp in Kabul which led to the then Afghanistan Cricket Board handing her a contract among other 23 cricketers in 2020. From that day, they had one dream. Donning the blue Afghanistan jersey and playing cricket at the global stage. It was a dream they had been living for. But in August 2021, it all came down crashing. With the Taliban inching towards capturing Herat, Amiri was at home with her four siblings and parents not knowing what to do. Sitting with her family in her grandmother's home, having tea, when her older aunt came and announced the Taliban take over, Amiri's heart sank. "I went into shock," Amiri recalls in a conversation with this daily. "I was completely in shock for a couple of days. Taliban, they are a terrorist group and how hard is living in a situation where they are in the regime. So, I was worried so much about how am I going to still survive here? Am I going to go somewhere?" her thoughts lingered.

NZ batters call up local left-arm spinners to prepare for Kuldeep contest

- New Zealand called local spinners to counter Kuldeep Yadav threat
- Glenn Phillips acknowledges India's strong spin attack in Champions Trophy
- Kane Williamson, key pacers skip New Zealand's pre-match net session



possible contest against India's Kuldeep Yadav in their Champions Trophy match here. Kuldeep, the left-arm wrist spinner, mainly operates in the middle overs where Latham and Bracwell often bat. "It's (the DICS pitch) playing a little bit slow and there's obviously a good deal of turn. I think it's going to be an interesting match-up," said New Zealand all-rounder Glenn Phillips in

the pre-match press conference here. "They (India) have got three quality spinners, and it's all about rotating the strike and taking the game deep."

The two local players called up to bowl to New Zealand batters are 15-year-old Ishan Rajesh, who is a UAE Under-16 camper from Zenith club, and Nilansh Keshwani, a UAE probable. Kuldeep has been India skipper Rohit Sharma's go-to bowler in the middle overs to stem the run flow or to

fetch a crucial breakthrough. New Zealand will face India in the final league match on Sunday to determine the toppers of Group A. The Kiwis also engaged in a light practice session at the ICC Academy here but former skipper and batting mainstay Kane Williamson, pacers Will O'Rourke and Kyle Jamieson did not attend the nets.

Ricky Ponting backs Virat Kohli to match Tendulkar's ODI record: Never write him off

Legendary batter Ricky Ponting backed Virat Kohli to match Sachin Tendulkar's record for most ODI runs. Last Sunday, Kohli broke Tendulkar's record as the fastest batter to 14,000 ODI runs, also becoming the third cricketer to reach the milestone. Although he is more than 4,000 runs away, Ponting believes Kohli will be motivated to approach Tendulkar's all-time record. Ponting, who led Australia to glory in the 2003 and 2007 ODI World Cups, said the 36-year-old Kohli would aim to build a legacy for himself and be "remembered as the all-time leading run scorer." "With someone like Virat, you never



write him off, because I'm sure he'd be motivated by that [achieving the record], I think," Ponting said on the ICC Review Podcast. Champions Trophy: Full Coverage | Points Table Kohli is in prime form after scoring his 51st ODI hundred in the marquee clash of the 2025 Champions Trophy against Mohammad Rizwan's Pakistan at the Dubai International Cricket Stadium. Kohli failed to get going against Bangladesh, where Rishad Hossain dismissed him, but he made amends against Pakistan. Kohli is also nearing second place on the list of most ODI runs. The veteran is only 149 runs short of surpassing Kumar Sangakkara's tally of 14,234 runs in the 50-over format. Ponting said that if Kohli stays hungry, he can surpass not only Sangakkara but also Tendulkar. Now that he's gone past me and only two ahead of him, I'm sure he wants to give himself the best chance to be remembered as the all-time leading run scorer in the game."

Also Read: After Virat Kohli, can Rohit Sharma light up Champions Trophy?

"So, as long as the hunger's there, obviously, physically wise, he's probably as fit as he's ever been and works exceptionally hard on that side of his game. So, if the hunger's still there, then I'm never going to write him off.

IND vs NZ: India, New Zealand battle to keep momentum going in Group A finale

New Delhi. If you head into the India vs New Zealand game on Sunday thinking that it is a dead rubber, then you're mistaken. Yes, Group A has been settled with India and New Zealand making it to the semi-finals after beating Bangladesh and Pakistan respectively. India will play their semi-final in Dubai and New Zealand will head over to Lahore for their match. However, the game on Sunday will all be about momentum. It was perfectly summed up by Sunil Gavaskar when he talked to India Today ahead of the game. The Indian legend said it was all about finishing at the top and keep the winning feeling going into the business end of the tournament. "I actually don't think it's an inconsequential game in terms of, you know, points maybe, but how do you say it's inconsequential? Because whoever gets to win the game becomes No.1, and they get to play the No.2 of the other group. So I don't think it's inconsequential. Also, as far as the rhythm is concerned, you want to keep the winning rhythm going, the winning momentum going, the winning feeling going. Because

anytime you lose, suddenly, just like any batter, you play and miss, you tend to have that little doubt in your mind before the next ball comes along. So you don't want anything like that to happen. So India has to keep on winning to be able to get that



feeling, and also send a message to the opposition that look, we are there. Try and beat us to win the championship," said Gavaskar. India and New Zealand's performances are almost mirror images. Take their matches against Bangladesh, for

example. A good bowling performance ensured that they had restricted Bangladesh to scores below 250. But the chase was tricky in the end and both teams needed their young guns in the form of Shubman Gill and Rachin Ravindra to step up and hit hundreds.

Against Pakistan, it was utter domination from both teams as they beat Mohammad Rizwan's side comfortably. Interestingly, this will be the first time India and New Zealand will face in the Champions Trophy. They faced off in the final in 2000 when the tournament was known as the ICC Knockouts, but this will be the first time they lock horns in the current iteration of the tournament. The Blackcaps have been a thorn in India's side in ICC events. The 2000 final they defeated India and then went on to knock India out of the 2019 World Cup in the semi-final.

India got their revenge in the 2023 edition as they beat New Zealand twice, with one being the semi-final in Mumbai. Both teams look ready for the contest, and we could expect a thriller at the Ring of Fire.

India series was good for Champions Trophy preparation: England coach McCullum

Brendon McCullum admitted England's Champions Trophy exit was tough but emphasized their ODI series against India as valuable preparation. With Jos Buttler stepping down, England now face crucial decisions regarding leadership and rebuilding their white-ball setup.

New Delhi. England head coach Brendon McCullum admitted that his side's early exit from the Champions Trophy was a bitter pill to swallow but maintained that their ODI series against India was the best possible preparation leading up to the tournament.

Despite their efforts, England endured a forgettable campaign, failing to register a single win, which ultimately led to captain Jos Buttler stepping down from his role. England's tournament came to a disappointing end with a seven-wicket defeat to South Africa, extending their ongoing struggles in ODI cricket. Speaking at the post-match press conference, McCullum emphasised the need for reflection, acknowledging that England must assess their performances not just in the Champions Trophy but also in their lead-up series against India. He also noted that discussions will take place regarding the appointment of a new ODI captain following Buttler's resignation. I felt India was actually really good preparation for us, even though we obviously got beaten quite comfortably there. I thought that was as good a preparation as you could have coming into a major tournament and obviously we had our chance in those first couple but what we saw



tonight was probably an example of why we're out of the tournament," McCullum said. "I'll get home in the next couple of days and then start to think about, and start having some conversations with Rob Key and the guys at the ECB about who is the right person for us to put in that position of white ball captain and then what do they need and how do we start to learn some of the lessons that we've been dealt on this tour and in this tournament to ensure that we're a lot more

competitive than what we've been," he added. McCullum further hinted at the possibility of restructuring England's white-ball leadership, leaving open the option of having separate captains for ODIs and T20s. This potential shift comes as England look to rebuild after their disastrous Champions Trophy campaign and prepare for future tournaments. Group B, featuring Afghanistan, Australia, South Africa, and England, turned out to be highly competitive. England's last group match had significant implications for Afghanistan, who needed them to beat South Africa by at least 207 runs to progress. However, England's batting unit once again collapsed under pressure, failing even to post 207 runs. England's aggressive 'Bazball' approach backfired once more, as reckless shot selection led to yet another underwhelming total. In Buttler's final game as captain, the batting order crumbled, with Joe Root being the only notable contributor.



Urvashi Rautela

Meets Puspha 2 Director Sukumar During India Vs Pak Match: 'Your Dedication Inspires Us'

Actress Urvashi Rautela bumped into filmmaker Sukumar at the India Vs Pakistan match in Dubai. She congratulated the director and said that she looked up to him with immense admiration. Urvashi took to her Instagram, where she shared a video of herself shaking hands with Sukumar at the stadium. In the clip, the two greet each other, exchange pleasantries and have a conversation. The actress captioned the post: "Heartiest congratulations on all your incredible achievements, #Sukumar garu! Your brilliance and dedication inspire us all, and we truly look up to you with immense admiration."

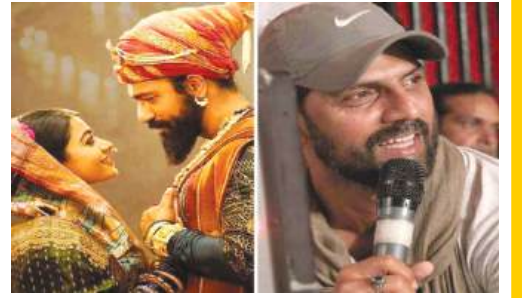
Sukumar's other notable films include Arya 2, 100% Love, 1: Nenokkadine, Nannaku Prematho, Rangasthalam, Pushpa: The Rise and Pushpa 2: The Rule. Rangasthalam became the third highest-grossing Telugu film at the time, behind the Baahubali films. Pushpa was the highest-grossing Indian film of 2021, while Pushpa 2 went on to become one of the highest-grossing Indian films of all time.

Talking about Urvashi, she received an early birthday surprise in the stands of Dubai International Cricket Stadium. She received a red cherry birthday cake from the staff during the India vs Pakistan match. "Thank you for the birthday surprise," Urvashi, who will turn 31 on February 25, wrote as the caption on Instagram.

On the work front, her latest release is Daaku Maharaja. Made under the direction of Bobby Kolli, the film stars Nandamuri Balakrishna as the lead, alongside, Chandini Chowdary, Pradeep Rawat, Sachin Khedekar, Shine Tom Chacko, Viswanth Duddumpudi, Aadukalam Naren, and Ravi Kishan in important roles. The film tells the story of a daring robber, striving for survival and establishing his own territory amid conflicts with powerful adversaries, battling to become a "king without a kingdom."



Laxman Utekar Apologises After Chhaava Faces Rs 100 Cr Defamation Suit Threat From Shirke Descendants



Vicky Kaushal's Chhaava, which celebrates the legacy of Chhatrapati Sambhaji Maharaj, has struck a chord with audiences nationwide. It is doing an extremely good business at the box office. However, the film has sparked a new controversy now. Apparently, the descendants of Maratha warriors Ganoji and Kanhoji Shirke have raised objections claiming that the portrayal of their ancestors is unfair and misleading. They threatened a Rs 100 crore defamation lawsuit.

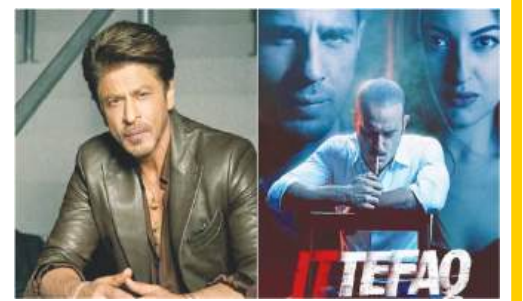
In response to the same, director Laxman Utekar issued a public apology. In Chhaava, a crucial moment in the story portrays Chhatrapati Sambhaji Maharaj's trusted allies, Ganoji and Kanhoji, betraying him by joining forces with Mughal emperor Aurangzeb. This leads to the Maratha ruler's death. However, this depiction hasn't gone down well with the warriors' descendants, who believe it unfairly tarnishes their legacy.

After the film's release, Laxmikant Raje Shirke, the 13th descendant of Ganoji and Kanhoji Shirke, strongly criticised the filmmakers for what he called a blatant "misinterpretation of historical facts." He expressed his disappointment, stating that the portrayal unfairly damages his family's legacy. He also announced that they had issued a legal notice to the director and would be filing a Rs 100 crore defamation lawsuit against him.

On February 20, the Shirke family formally sent a notice to Laxman Utekar, requesting a clarification regarding the film's portrayal of their ancestors. They also urged him to make the necessary corrections.

And now, according to reports, Laxman Utekar personally reached out to Bhushan Shirke, one of the descendants, to apologise for any unintentional hurt caused to the family. He also clarified that the film did not explicitly mention the last names or the village names of Ganoji and Kanhoji. "We have only mentioned the names of Ganoji and Kanhoji in Chhaava, without referring to their surname. We've also made sure to not disclose the village they belonged to. Our intention was not to hurt the sentiments of the Shirke family."

Shah Rukh Khan Produced Ittefaq Without Reading Script, Said It Was 'Haram' To Charge Interest: Renu Chopra



Late filmmaker Ravi Chopra's wife Renu Chopra recently praised Shah Rukh Khan's generosity, and revealed that he backed her son Abhay Chopra's film 'Ittefaq' without even reading the script! The 2017 film, directed and written by Abhay Chopra, stars Akshaye Khanna, Sidharth Malhotra and Sonakshi Sinha. Renu Chopra recalled that SRK also refused to charge interest on the finances, saying that it is 'haram'.

In a conversation with Pinkvilla, Renu said that a lot of people stood by her, and one of them is Shah Rukh Khan. "Now, Shah Rukh had only done guest appearances for us. When we had to make Ittefaq... Shah Rukh's office and our office - we share a wall. And we just decided to do it with him. I asked him, 'Main aa jaaon?'. He said, 'Nahi nahi. Aap nahi aaoge Renu ji, main aata hoon. That respect, ki aap badi hain! Maine kaha, 'Shah Rukh, aate aate 3 hafte ho gaye hain, ab main hi aa jati hoon'. (I asked him, 'Should I come?' He said, 'No, no. You won't come, Renu ji, I will come'. Out of respect, since you are senior! I said, 'Shah Rukh, it's been three weeks since you said that, now I will come myself'). Because he is such a busy man!" she said. She further added that King Khan welcomed them very warmly with love and respect. "He called me and made me sit and asked what do I want. I said I do not have money to invest, and he said he will do it. I told him baaki mere bacche poori tarah se dil laga ke picture banayenge. (I told him my children will put their hearts into making the movie). It was my younger son's debut film Ittefaq. SRK said okay without reading the script. His funda was, 'I'll never back the horse, I'll back the jockey'. He said if your son is backing it, I'll back it," she further said. Speaking about his generosity, she said that till date, the money has been 50-50 down the line. "And when the picture wrapped up, like all other finances, there's an interest rate. He said, 'Nahi, ye haram hai mere liye. Main nahi lunga."

Sharvari

Gets 'Battle-Ready' For Alpha, Shares Pics From Intense Practice Sessions

Sharvari is gearing up for the release of her female spy thriller film, YRF's Alpha. The actress dropped major Monday Motivation for her fans by posting photos from her intense workout sessions. The film also stars Alia Bhatt in a leading role.

In an all-black athleisure outfit, Sharvari was seen sweating it out with battle ropes. "Battle ropes for today.. Battle ready for #Alpha soon! #MondayMotivation (sic)," she wrote, while sharing the pictures. Take a look:

In an exclusive chat with Showsha not long back, Sharvari spilled the beans on how she landed a role in Alpha. The actor said that she didn't even know that she was auditioning for the YRF film until much later. "I remember I had just finished Maharaj and I was doing a couple of other projects. I met Adi sir (Aditya Chopra; producer) and he wanted to



audition me in the action space. So, I did an extensive action audition. I went to an action class and did two months of training. I didn't know what the film was called. All I knew is that it was a part of an audition that I had to train for," she had said.

Sharvari had also spoken about her rigorous training sessions for the film. She said, "At that time, from Monday to Saturday, I used to train for two to three hours every day. I was also trying to find out what kind of gymnastics movements, boxing and strength training I can do. It was basically an overview of action training. I recorded an audition kind of a tape at the end of each month and showed it to Adi sir. I kept talking to trainers so as to try and do something different and new in the tape."

