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researchers.asia@gmail.com

# The Researchers

**NEWS BOX** 

## Trump calls out Europe: Spent more on Russian oil than defending Ukraine

world. US President Donald Trump on Tuesday targeted European leaders for spending more money on buying Russian energy than on providing aid to Ukraine, implying Europe's double standards.

Trump's remarks came after European leaders rallied behind Ukrainian President Volodymyr Zelenskyy following his public fallout with Trump at the White House last week. Even as US allies in Europe urged Trump to do more for Ukraine, the US President took to Truth Social and said: "Europe has spent more money buying Russian Oil and Gas than they have spent on defending Ukraine—BY FAR!" According to the latest study by the Centre for Research on Energy and Clean Air (CREA), the European Union (EU) countries had spent around USD 23 billion on buying Russian energy in 2024, compared to sending USD 19.6 billion in aid to Ukraine during the same period. Even as the war raged on, the EU nations witnessed only a 1 per cent drop in their purchase of Russian fuel in 2024 (year-on-year). In fact, India has been among the top two buyers of Russian oil in the world, along with China. India's purchase of Russian fuel increased by 8 per cent in 2024 (year-on-year).

In the past, External Affairs Minister S. Jaishankar has repeatedly defended India's decision to buy Russian oil, often calling out Europe for its hypocrisy. During his visit to Cyprus in 2023, when questioned by a journalist about India's oil purchases from Russia amid the ongoing war in Ukraine, Jaishankar pointed out that Europe had imported six times more fuel from Russia than India during the same period.

## Inside Israel's Gaza "Hell Plan" To Pressure Hamas On Ceasefire Deal

Jerusalem. Israel's Prime Minister Benjamin Netanyahu has threatened Hamas with "unimaginable consequences" as part of what it has called a "hell plan" to pressure the Palestinian group into further hostage releases without a troop withdrawal from the enclave. The first phase of the Gaza ceasefire ended over the weekend, but there is no sign of movement towards a second phase, which was due to start last weekend, with both sides taking contingency steps to return to a war footing. While Israel announced early on Sunday it backed an extension of the first phase of the truce until mid-April, Hamas has insisted on a transition to the second phase, which should lead to a permanent end to the war. Both Israel and Hamas have accused each other of violating the terms of the truce, which has largely held since it began on January 19. Israel's "Hell Plan"

Israeli Premier Netanyahu, speaking Monday in the parliament, warned Hamas "there will be consequences that you cannot imagine" if the dozens of hostages still held by militants were not released.

Defence Minister Israel Katz later struck a similar tone, saying if the group did not free the hostages, "the gates of Gaza will be locked, and the gates of hell will open". As the truce's first phase came to a close, Netanyahu's office had announced Israel was halting "all entry of goods and supplies into the Gaza Strip' and that Hamas would face "other consequences" if it did not accept the truce extension. However, now the Netanyahu government is reportedly preparing to go beyond the suspension of food and fuel announced, and implement a programme of steadily increased isolation of the coastal strip and its population of about 2.2 million, according to the national public radio station, Kan, which said the government was referring to the programme of measures as the "hell plan". The "hell plan" would reportedly involve cutting off electricity and remaining water supplies in the Palestinian territory and moving the people in northern Gaza back down to the south, to pave the way to the potential resumption of full-scale war.

The Israeli government is reportedly planning to ratchet up its blockade on Gaza as part of what it has called a "hell plan" to pressure Hamas into further hostage releases without a troop withdrawal from the Palestinian territory. With the six-week-old ceasefire in limbo, and no sign of movement towards a second phase that was due to start last weekend, both sides were taking contingency steps to return to a war

#### Melania Trump takes centre stage as First Lady with anti-revenge porn bill push

world. Dressed in a tan suit, black tie and matching heels, Melania Trump made her first solo public appearance on Capitol Hill on Monday since returning as First Lady on January 20. She was there to lend her support to an online safety bill that is designed to speed the removal of revenge porn, which is intimate imagery posted online without an individual's consent. The bill would make it a federal crime to knowingly publish or threaten to publish intimate imagery online without an individual's consent, including realistic, computer-generated intimate images of people who can be identified. Social media platforms would have 48 hours to remove such images and take steps to delete duplicate content after a victim's request. She participated in a roundtable with lawmakers and victims of revenge porn and AI-generated deepfakes as Congress zeroes in on punishing internet abuse involving nonconsensual, explicit imagery. During the roundtable discussion about the 'Take It Down Act' at the US Capitol, she said it was "heartbreaking" to see what teenagers and especially girls go through after they are victimised by people who spread such content."This toxic environment can be severely damaging. We must prioritise their well-being by equipping them with the support and tools necessary to navigate this hostile digital landscape," she said. The Senate passed the "Take It Down Act" in February. The bill's chief sponsors are Sens. Ted Cruz, R-Texas, and Amy Klobuchar, D-Minn., and Reps. Maria Salazar, R-Fla., and Madeleine Dean, D-Pa.

## More than 200 children were raped in Sudan since the beginning of 2024: UN children's agency

CAIRO. Children in conflict-ravaged Sudan as young as a year old have been raped since the beginning of 2024, according to the U.N. children's agency Tuesday, which said sexual violence is being used as a tactic of war.UNICEF said 221 children, including boys, were raped by armed men, according to records compiled by genderbased violence service providers in the North African nation. The war in Sudan broke out in April 2023 between the military and its rival paramilitary Rapid Support Forces with battles in Khartoum and around the country. Since then, at least 20,000 people have been killed, though the number is likely far higher. The war has driven more than 14 million people from their homes and pushed parts of the country into famine.Right groups say that atrocities, including sexual violence and forced child marriages, have been committed by both sides.An estimated 61,800 children have been internally displaced since the war began, UNICEF reported last month.On Tuesday, the

agency reported documented cases involving children who were raped during attacks on cities.More than 30% of the child rape victims were boys, UNICEF said. The victims include 16 children under the age of 5 and four infants. The cases were reported in the states of Gedaref, Kassala, Gezeira, Khartoum, River Nile, Northern State, South Kordofan, North Darfur and West Darfur.Of the 221 children raped, 73 cases were conflict-related and 71 were not, while the others were unidentified, Tess Ingram, a spokesperson with UNICEF, told The

Associated Press. In a culture of really serious social stigma and at a time when access to services has been severely hampered, the fact that this group came forward tells us that it is only a small sample," she said. "It is only the tip of the iceberg of what are undoubtedly hundreds more children who have been raped."Survivors are often reluctant to



violence due to social stigma and fear of retribution from armed groups and rejection from family.UNICEF Executive Director Catherine Russell said in the report that sexual violence, including rape, "being used as a tactic of war" violation of international law and laws protecting children. The SIHA Network, a nonprofit organization that documents violence against women and girls, said last

month that around 23% of the conflictrelated sexual violence it documented since the war began involved girls. In South Kordofan, a boy was raped at gunpoint and several children, including a 6-year-old, were also raped. They were all out picking fruit.Ingram, who was in Sudan in December, said she met with victims who "endured horrors that no person would want to experience in their lifetime, and in the aftermath of those horrors, their suffering doesn't stop."

She said many of them dealt with physical injuries and psychological scars,", including a girl who experienced seizures linked to her trauma and others who told Ingram they attempted suicide. A girl from Omdurman who gave recorded testimony to UNICEF, which was shared with AP, said she moved multiple times looking for shelters as some displacement centers would turn her away after learning that she got pregnant by her

## 31 killed after bus collides with truck, rolls down ravine in Bolivia

22 people injured in bustruck collision in Bolivia **Bolivian President Luis Arce** condoles deaths of victims Truck driver arrest, cause of accident under probe

La Paz. A truck travelling on a highway in southern Bolivia collided with a bus early on Monday morning, forcing the bus off the road and killing at least 31 people, police said. Speaking to reporters, police spokesperson Limbert Choque confirmed the death toll, which he said included both men and women, as ambulances and emergency vehicles arrived at the scene of the accident. Another 22 people suffered injuries."This unfortunate event must be investigated to establish responsibilities," he said in a post on



Facebook. "We send our most sincere condolences to the bereaved families, wishing them the necessary strength to face these difficult times."Police said the bus rolled some 500 metres (1,640 feet) down a ravine after the collision, which took place on the highway between Oruro, in the Bolivian

Altiplano, and the highland mining city of Potosi. The driver of the truck has been arrested, police added, while the cause of the accident is under investigation. The crash comes just days after more than three dozen people were killed in the same region after two buses collided.

## Canada Retaliates To Trump Tariffs; China, Mexico Ready With Next Move

Washington, DC.As US President Donald Trump's tariff hike for Mexico, Canada, and China kicks in on Tuesday, Ottawa and Beijing are already ready with countermeasures aimed at safeguarding their rights and interests. Canada will slap tariffs on US imports beginning Tuesday in response to levies pledged by America, Prime Minister Justin Trudeau said on Monday. As part of countermeasures against Trump's action, Beijing is also likely to target US agricultural and food products, China's backed Global Times newspaper reported. Mexican President Claudia Sheinbaum has also vowed to respond to Trump's measures, saying, "We have a plan B, C, D."

Canada To Impose 25 Per Cent Tariffs On The USCanadian Prime Minister Trudeau said Monday that "there is no justification" for Washington's actions and vowed to slap tariffs on US imports beginning Tuesday. "Because of the tariffs imposed by the US, Americans will pay more for groceries, gas and cars, and potentially lose thousands of jobs," Trudeau said. "Tariffs will disrupt an incredibly successful trading



relationship. They will violate the very trade agreement that was negotiated by President Trump in his last term," he added Trudeau said his country will retaliate by putting 25 per cent tariffs on American goods worth \$155 billion Canadian over the course of 21 days. starting with taxes on goods worth \$30 billion Canadian after midnight Tuesday. China Vows CountermeasuresChina's commerce ministry on Tuesday voiced opposition against a U.S. decision to impose tariffs on Chinese products related to fentanyl and other issues, vowing countermeasures that it said were aimed at safeguarding its rights and interests. The US has "shifted the blame" and is using its problems with deadly drug fentanyl as an excuse to

impose tariffs, the ministry said in a statement. The US has argued that China supplies chemicals used in fentanyl production. China has denied wrongdoing.China urges the US to "immediately withdraw" its unilateral tariff measures that are "unreasonable and groundless, harmful to others," the ministry said. Mexico Promises ResponseMexico's economy ministry said that there would be no public response until President Claudia Sheinbaum's regular morning press conference on Tuesday. After avoiding the first round of Trump's tariffs by striking a last-minute deal to send thousands of troops to its northern border, Mexico has stepped up anti-drug efforts and hinted at new measures on imported Chinese goods.On Monday, President Sheinbaum went into waiting to see what Trump would say. "It's a decision that depends on the United States government, on the United States president," Sheinbaum said ahead of Trump's statement. "So whatever his decision is, we will make our decisions and there is a plan there is unity in and there is a plan, there is unity in

## Plan to scale back Russia sanctions in works as Trump courts Putin: Report

Washington. The United States is drawing up a plan to potentially give Russia sanctions relief as President Donald Trump seeks to restore ties with Moscow and stop the war in Ukraine, a US official and another person familiar with the matter told Reuters.

The White House has asked the State and Treasury departments to draft a list of sanctions that could be eased for US officials to discuss with Russian representatives in the coming days as part of the administration's broad talks with Moscow on improving diplomatic and economic relations, the sources said. The sanctions offices are now drawing up a proposal for lifting sanctions on select entities and individuals, including some Russian oligarchs, according to the sources. So-called options papers are often drafted by officials working on sanctions, but the White House's specific request for one in recent days underscores Trump and his advisers' willingness to ease Russian sanctions as part of a potential deal with Moscow.It was not immediately clear what Washington could specifically seek in return for any sanctions relief.Russia is one of the world's biggest oil producers and if US sanctions on its energy system were eased, it could help prevent fuel prices from rising if Trump cracks down on oil exports from OPEC-member Iran.The White House, the State Department, the Treasury Department and the Russian embassy in Washington did not immediately respond to a request for comment. The Kremlin last year described relations as "below zero" under the administration of Joe Biden, a Democrat who backed Ukraine with aid and weapons and imposed tough sanctions on Russia to punish it for its invasion in 2022.But Trump, who has promised a quick end to the war, has upended US policy swiftly to open talks with Moscow, beginning with a phone call to Russian President Vladimir Putin on February 12 that was followed by meetings between US and Russian

officials in Saudi Arabia and Turkey.
US sanctions on Russia since the 2022 invasion of Ukraine have included measures aimed at limiting revenues from the country's huge oil and gas industry and weakening its ability to fund the war.

Western governments led by Washington imposed a \$60per-barrel price cap on Russia's oil exports. Biden also hit Moscow with designations on Russian energy companies and vessels that shipped its oil, including Washington's toughest-yet measures on Jan. 10 shortly before leaving office. Trump in January threatened to ramp up sanctions on Russia if Putin was unwilling to negotiate an end to the war in Ukraine. But more recently, Trump administration officials have openly acknowledged the possibility of easing sanctions on Moscow.Treasury Secretary Scott Bessent said during a February 20 interview with Bloomberg Television that Russia could win economic relief, depending on how it approached negotiations in the coming weeks. Trump told reporters on February 26 that Russian sanctions could be eased "at some point."

ECONOMIC COOPERATION

The White House asked State and Treasury officials to devise a possible sanctions relief plan before Trump last week extended a state of emergency over the situation in Ukraine, the US sources said.

## Head of FBI New York office says he's retired from the bureau after being ordered to do so

James E. Dennehy had told agents to "dig in" in the face of the Trump administration's culling of officials who investigated the January 6 attack.

WASHINGTON. The head of the FBI's New York field office who was reported to have resisted Justice Department efforts to scrutinize agents who participated in politically sensitive investigations told coworkers on Monday that he has retired from the bureau after being directed to do so.James Dennehy said in a message to colleagues obtained by The Associated Press that he was told late Friday to put in his retirement papers but was not given a reason. The move comes in a period of

upheaval at the bureau as new FBI Director Kash Patel took office last month and as conservative podcast host and Trump loyalist Dan Bongino has been named to serve as deputy director.

The bureau also remains in turmoil over a highly unusual demand by the Justice Department for the FBI to turn over a list the thousands of agents who participated in investigations related to the Jan. 6, 2021, riot at the U.S. Capitol. The January directive was seen by some in the bureau as a possible precursor to mass firings. Dennehy, a retired Marine, was among those who resisted the order, vowing in a message he wrote to colleagues that he was prepared to "dig according to news reports at the in, according to flews reports at the time. "I've been told many times in my life, "When you find yourself in a hole, sometimes it's best to quit digging." Screw that. I will never stop defending this joint. I'll just do it willingly and proudly from outside the wire." Dennehy wrote in the message Monday informing colleagues. message Monday informing colleagues



that he had been forced out as leader of one of the FBI's busiest and most prestigious offices, a job he'd held for several months. In a top 10 list of things he said he would miss

about the FBI, he said, "The independence. We will not bend. We will not falter. We will not sacrifice what is right for anything or anyone."The FBI declined to comment and a spokesperson for the Justice Department did not immediately return a message seeking comment. NBC News first reported Dennehy's ouster. Dennehy was put in charge of the New York field office last September by then-FBI Director Christopher Wray. He joined the FBI as a special agent working on counterintelligence in the New York field office in 2002. He transferred to FBI headquarters in Washington in 2015 and was made a section chief a year later. His other assignments included a stint as a chief of staff in the national security branch, special agent in charge of the counterintelligence and cyber division of the New York field office and special agent in charge of the Newark, New Jersey, field office.

## Ram Mandir Terror Plot Foiled: Accused Arrested with 2 Live Grenades, Ties to ISI Revealed

Ayodhya: In a swift and coordinated operation, Indian security forces have successfully thwarted a major conspiracy to attack the Ram temple in Ayodhya.

A joint effort by the Gujarat Anti-Terrorism Squad (ATS) and the Faridabad Special Task Force (STF) led to the arrest of 19-year-old Abdul Rehman, a resident of Faizabad in Uttar Pradesh, on Sunday

Rehman, who had been under surveillance for some time, was apprehended in Faridabad, Haryana, while preparing to execute the planned terrorist attack.

During his arrest, two hand grenades were recovered from him.

The grenades, which lacked anv identifiable markings from any country or manufacturer, were immediately defused by security teams.



ISI Links and Detailed Reconnaissance

Investigations revealed that Abdul Rehman had been in contact with Pakistan's Inter-Services Intelligence (ISI), which allegedly orchestrated the attack. Rehman had previously conducted multiple reconnaissance missions around the Ram temple, gathering critical information on the temple's security arrangements, routes, and

surveillance points. This data was reportedly sent to the ISI, which planned to carry out the attack using the grenades. Sources revealed that Rehman, who operated a mutton shop in Faizabad and also drove an auto-rickshaw as part of his cover, had deep ties with radical Islamic groups and was a key figure in the conspiracy. He was reportedly

preparing to meet his ISI han-

dler in Faridabad to collect

the grenades before traveling to Ayodhya by train to carry out the attack.

Timely Intervention by Se-

curity Agencies Acting on intelligence from central security agencies, the Faridabad STF and Gujarat ATS managed to track Rehman's movements and apprehend him before he could carry out the attack. The two hand grenades were found hidden in an abandoned



house near Pali village, located about 12 kilometers from Faridabad. Following their recovery, the explosives were safely defused.

Rehman was later produced in a local court and remanded to police custody for 10 days. Further investigations are underway, with the ATS intensifying its probe to uncover any other individuals or terror cells involved in the plot. Increased Security Across

**Religious Sites** In the wake of this foiled

attack, security has been

heightened at sensitive religious sites across India, including Ayodhya, to prevent any potential future threats. Sources confirmed that central agencies are continuing their interrogation of Rehman, focusing on his connections with other terrorist operatives and possible local accomplices.

Authorities have reiterated their commitment to preventing such attacks and ensuring the safety of religious sites across the country. The agencies have made it clear that the terrorists' plans will not succeed, and they will take all necessary steps to protect India's citizens from terror

The operation also signals a growing vigilance against cross-border terrorism, as intelligence agencies continue to track and dismantle terror networks that threaten na-

#### "Miyan-Tiyan" or "Pakistani" Remarks Do Not Constitute Criminal Offense: SC



New Delhi: The Supreme Court has ruled that referring to someone as "Miyan-Tiyan" or "Pakistani" is inappropriate but does not constitute a criminal offense. The observation was made by a bench of Justices B.V. Nagarathana and Satish Chandra Sharma while hearing an appeal challenging a ruling by the Jharkhand High Court.

The case stemmed from an incident in Jharkhand, where the appellant was accused of hurting a complainant's religious sentiments by using the terms "Miyan" and "Pakistani." While the Court acknowledged that such remarks were in poor taste, it clarified that they did not amount to intentional harm to the complainant's religious feelings.

The Supreme Court bench overturned the Jharkhand High Court's verdict, acquitting the accused under Section 298 of the Indian Penal Code, which deals with offences related to religious sentiments.

In its ruling, the bench stated, "The statements made are in poor taste. However, it does not amount to hurting the religious sentiments of the informant."

The case involved an acting clerk and Urdu translator from the Chas Sub-Divisional Office in Jharkhand. The complainant had filed an FIR, alleging that the accused misbehaved with him and made religious remarks while he sought information regarding an RTI application. When the matter reached the Jharkhand High Court, it deemed the act a serious offense, denying the accused's acquittal. The accused then appealed the decision to the Supreme Court.

In its judgment, the Supreme Court emphasized that while the language used was inappropriate, it did not meet the threshold for a criminal act under the relevant law.

#### 54th National Safety Week Kicked Off at CTPS Chandrapura

Chandrapura: The 54th National Safety Week was officially launched today at the Damodar Valley Corporation (DVC) Chandrapura Thermal Power Station. The inauguration ceremony saw Senior General Manager and Project Head, Vijaya Nand Sharma, and Senior General Manager Avijit Ghosh administering the safety pledge to DVC officers and employees.

The National Safety Week, which runs from March 4 to March 11, kicked off with a significant participation of DVC staff who gathered at the Tejas Bhawan conference room to take the oath.

Speaking on the occasion, Sharma emphasized the importance of safety in all aspects of life, underscoring that the safety of employees, customers, and the public is a core value at DVC. He encouraged everyone to make safety their top priority each day, ensuring a secure and accident-free environment. The message also reiterated DVC's commitment to a culture of safety, highlighting that a safe India is a strong India, and that every individual's contribution to safety aids in the nation's progress.

Besides other senior officials, Senior General Manager (Human Resources) DC Pandey, Senior General Manager PK Mishra, and RK Choubey were present at the event.

The week-long observance aims to promote safety awareness and instill a strong safety culture across DVC's opera-

#### **Vigyan Rath Promotes Science Awareness** at CSIR-NML Jamshedpur

Jamshedpur: The Vigyan Rath, launched to promote science-based education under the "One Week One Theme' initiative, visited CSIR-National Metallurgical Laboratory (NML) in Jamshedpur. Inaugurated by Dr. N. Kalaiselvi, Secretary, DSIR, and Director General of CSIR, the Rath is traveling through schools and colleges across Odisha, Jamshedpur, Jharkhand, and neighboring states to share knowledge on research in Mining, Minerals, Metals, and Materials (4M).

During its visit to Jamshedpur, the Vigyan Rath engaged with students at St. Peter's English School, PM Shree Kendriya Vidyalaya, Tatanagar, Jamshedpur Women's College, and Co-operative College. Dr. Sandip Ghosh Chowdhury, Director of CSIR-NML, highlighted the importance of such initiatives in disseminating scientific knowledge and show-

casing CSIR's role in nation-building. The initiative, which aligns with the vision of Viksit Bharat 2047, aims to foster a culture of science and innovation, empowering individuals and contributing to India's growth.

#### Kritika of Vedanta ESL Archery Academy Earns Spot in National Archery Championship



Bokaro: Kritika Kumari, a talented young archer from Vedanta ESL Archery Academy, has secured a place in the Jharkhand team for the 14th NTPC Cherukuri Lenin Volga Memorial Mini U-15 National Archery Championship. The prestigious event will be held in Guntur, Andhra Pradesh, from 23 to 29 March.

The 14-year-old student from Siyaljori village earned her spot at the championship after an impressive performance at the Selection Trials held in Jamshedpur on February 23, 2025. Her accuracy and consistency during the trials set her apart as a rising star in the sport.

Kritika, who already earned a silver medal at the 68th National School Games Archery Championship in November 2024, is making waves in national archery circles. Her achievements highlight the dedication and top-notch training provided by Vedanta ESL Archery Academy.

Kunal Daripa, Head of CSR at Vedanta ESL, expressed pride in Kritika's success, emphasizing the academy's commitment to nurturing young talent. Kritika's journey serves as an inspiration to aspiring athletes, showing that with the right guidance and effort, dreams can be achieved.

Vedanta ESL Archery Academy, launched in 2020, has been dedicated to promoting Jharkhand's archery legacy. The academy trains 50 archers up to the age of 21, offering resources, nutrition, and professional guidance to young talent in rural areas.

#### NILD Kolkata Hosts 5-Day Faculty Development **Program for Rehabilitation Professionals**

Kolkata: The National Institute for Locomotor Disabilities (NILD), Kolkata, is organizing a 5-day Residential Faculty Development Program, funded and accredited by the Rehabilitation Council of India (RCI), from March 3 to

Samik Bhattacharya, Member of Parliament (Rajya Sabha), inaugurated the event as the Chief Guest. He was joined by Debobrata Chattaraj, Retired IAS & Former Disability Commissioner, and Bishnupada Nanda, Professor at Jadavpur University.

In his address, Bhattacharya highlighted the importance of the New Education Policy and stressed the need to support underrepresented communities in the disability sec-

Dr. Lalit Narayan, Director of NILD, shared that this program, following similar initiatives in Patna and Tripura, is aimed at enhancing the skills of educators in the field of rehabilitation sciences. The program will train 48 RCIregistered rehabilitation professionals from West Bengal. Dr. Ameed Equebal, Assistant Director (Training), also delivered the keynote address.

## Vantara- unique wildlife conversation & rehabilitation initiative launched



Gujrat: Prime Minister Narendra Modi today launched Vantara, a groundbreaking wildlife conservation, rescue, and rehabilitation initiative in Jamnagar, Gujarat.

In a social media post, the Prime Minister highlighted how Vantara serves as a sanctuary for animals while fostering ecological sustainability and promoting wildlife welfare.

Describing the project as a remarkable effort, PM Modi praised Vantara as a vibrant embodiment of India's ancient commitment to protecting all living beings sharing the planet. During his visit, the Prime

Minister shared a touching moment when he encountered an elephant, previously a victim of an acid attack, now receiving

dedicated care at Vantara alongside other elephants. The Prime Minister also lauded industrialist Anant Ambani and his team for their compassionate contribution to this initiative.

## Shrimad Bhagwat Katha Begins with Grand Kalashyatra at Shyam Mai Temple Chandra Jha, among others.

by Arun Pathak

Bokaro: The seven-day Shrimad Bhagwat Katha, coinciding with the Holi festival, commenced on Tuesday at the Shyam Mai temple in

The event, organized by the Maithili Kala Manch Kali Puja Trust, was inaugurated with a grand Kalashyatra. This spiritual festival, which blends devotion with the colors of Holi, will continue for seven days, from March 4 to March 10, culminating in



the Purnahuti on March 11. The Kalashyatra began with devotees gathering at Shiv Mandir in Sector-2, where they collected water and performed a procession, visiting several temples before arriv-

ing at the Shyam Mai Temple. The event saw a large turnout, including prominent figures like Govind Mishra, Manju Mishra, Shyamanand Mishra, and Maithili Kala Manch President Krishna

This year marks the fifth consecutive edition of the event, with Bhagwat Bhaskar Shri Krishna Chandra Shastri's disciple, Govind Krishna Shastri, narrating the Bhagwat Katha from 3 PM to 7 PM daily. Sunil Mohan Thakur, General Secretary of the Maithili Kala Manch Kali Puja Trust, urged residents to join the event and immerse themselves in the spiritual experience with their fami-

## **Trump Freezes Ukraine Aid Following Tense** Standoff with Zelenskyy

RNS: US President Donald Trump has put a pause on military aid to Ukraine, following a heated exchange with Ukrainian President Volodymyr Zelenskyy. The White House announced the decision late Monday, with a senior administration official stating that Trump is focused on peace and will review aid to ensure it contributes to a resolution of the conflict.

Trump's comments on Monday reinforced his position that any continued US support for Ukraine hinges on securing a deal related to rare-earth minerals, which he argued is key to the ongoing US commitment. He also indicated that he would elaborate further during his address to a joint session of Congress on Tuesday.

The confrontation between Trump and Zelenskyy occurred on Friday in the Oval Office, where tensions flared



insisted that Ukraine's survival depended on striking a deal, while Zelenskyy raised concerns that the terms of such an agreement might be more favorable to Russia than Ukraine. Trump reiterated that peace could be achieved quickly if Zelenskyy were willing to negotiate, but suggested that a reluctance to do so could undermine his leadership. "If somebody doesn't want to make a deal, I think that person won't be around very

long," Trump said, adding that

Trump also criticized Zelenskyy's statement about the war's prolonged duration, calling it "the worst statement," and warned that "America will not put up with it for much longer." As European leaders grappled with the fallout from the exchange, British Prime Minister Keir Starmer reaffirmed the UK's commitment to supporting Ukraine, announcing a \$2 billion package for air defense

missiles. He also stressed the

importance of US backing for Europe's efforts to bring peace to the region.

Meanwhile, Zelenskyy remained hopeful of salvaging relations with the US, emphasizing that Ukraine's failure would not only benefit Russian President Vladimir Putin but also undermine the interests of Europe and the US. "The failure of Ukraine is not just the success of Putin," Zelenskyy said, adding that a Russian victory would be a setback for the

In response, Russian officials claimed that the failure of peace talks showed that Ukraine and Zelenskyy were not seeking peace, but rather wanted the war to continue.

The situation remains fluid as President Trump prepares to deliver further remarks on the matter during his address to Congress on Tuesday.

## **IIT-ISM Dhanbad Hosts Expert Lecture on** Gas Hydrates and Global Implications

Dhanbad: The Department of Applied Geophysics at IIT (ISM) Dhanbad hosted an insightful lecture by Prof. Uma Shankar from the Institute of Science, Banaras Hindu University (BHU), on "Gas Hydrates and Their Implications for Global Changes: Energy, Environment, and Climate." Addressing a diverse audi-

ence of faculty, researchers, and students, Prof. Shankar discussed the crucial role of gas hydrates, or methane hydrates, in energy, environmental, and climate dynamics. He highlighted their potential as a significant energy resource, with methane reserves in these hydrates surpassing all known fossil fuel reserves combined. However, he also cautioned about the risks involved in their extraction, stressing the po-

tential environmental haz-



ards and the destabilization of ecosystems if not carefully managed.

Prof. Shankar explained that gas hydrates form under specific conditions in deep-sea sediments and permafrost regions and are detectable on seismic profiles through an anomaly called the Bottom Simulating Reflector (BSR). He emphasized the urgent need for responsible management and further research into these deposits to ensure their safe utilization without worsening global warming or disrupting marine ecosystems.

While gas hydrates hold promise as a future energy source, Prof. Shankar stressed the importance of balancing energy production with climate protection. He concluded that further research is critical

in understanding the environmental implications of gas hydrate extraction, which could play a pivotal role in shaping the future of global energy resources.

The lecture, attended by IIT (ISM) Dhanbad's faculty, research scholars, and students, was presided over by Prof. Sanjit Kumar Pal, Head of the Department of Applied Geophysics.

## RANCHI I 05 March 2025

## Kumbh stampede downplayed to avoid panic among 8 crore devotees: Yogi Adityanath

At least 30 people were killed and 60 others injured in the stampede at the Sangam ghat on Mauni Amavasya on January 29, a key bathing day of the Maha Kumbh.

Lucknow. Uttar Pradesh Chief Minister Yogi Adityanath on Monday said his government acted swiftly to control the situation after the January 29 stampede at the Maha Kumbh in Prayagraj, ensuring timely medical aid for victims while preventing widespread panic.Addressing a gathering of Indian Institute of Management (IIM) and Indian Postal Service officials in Lucknow,

Adityanath said, "We did not allow the incident to be excessively highlighted as eight crore devotees and sadhus were present in Prayagraj and the Kumbh Mela area at the time and panic could have worsened the situation."At least 30 people were killed and 60 others injured in the stampede at the Sangam ghat on Mauni Amavasya, a key bathing day of the Maha Kumbh.Adityanath noted that

apart from millions of devotees, seers and sadhus from 13 Akhadas were also scheduled to take the ritualistic 'Amrit Snan' (holy dip) that morning.He explained that two major challenges often arise in such events - determining the bathing order among the Akharas, which has historically led to disputes, and ensuring the ritual proceeds smoothly at the scheduled time of 4 am.Despite the tragedy, all Akhadas



were prepared to go ahead with the 'snan', but the administration intervened to postpone the event."I personally requested them to delay the ritual to manage the situation,' Adityanath said, adding that officials closely monitored the crowd, evacuated the Sangam area by noon, and ensured the 'snan' resumed by 2.30 pm.He underscored the importance of effective crisis management, stating, "In difficult situations, many people panic and give up, but we must develop the

with patience and control". The Chief Minister also emphasised the importance of effective coordination among stakeholders, including devotees, sadhus and administrative officials."I personally initiated dialogues to maintain order and ensure smooth execution of the event," he said."When faced with adversity, many people give up, assuming that things will take

their course. However, true leadership lies in tackling challenges with composure, just as we did during Maha Kumbh to ensure its smooth execution," he said. The Maha Kumbh, held once every 12 years, attracts millions of pilgrims from across the world, making crowd management a critical challenge for authorities. This year, over 66 crore pilgrims attended the religious event, according to the Uttar Pradesh government, which.

## Bhagwant Mann got hyper during meet, walked out midway, allege Punjab farmers

New Delhi. Punjab Chief Minister Bhagwant Mann walked out of a meeting with leaders of the Samyukt Kisan Morcha (SKM), following a heated exchange over their demands, the farmers alleged on Monday. The meeting was called by the Punjab government and was intended to persuade farmer unions affiliated to the Samyukt Kisan Morcha (SKM) to call off their protest on March 5. However, farmer leaders alleged that the Chief Minister dismissed their concerns and walked out of the meeting.

Balbir Singh Rajewal, a farmer leader, alleged that Bhagwant Mann got hyper during the meeting. "Do whatever you want on the 5th, protest if you must," Rajewal said the Chief Minister told the farmers. He said

that the discussion had been cordial and many issues were being discussed, but suddenly Mann became agitated and left the meeting midway.

Meanwhile, Bhartiya Kisan Union (BKU) Ekta Ugrahan President Joginder Singh

Ugrahan said he never saw a Chief Minister behave this way. Shortly after the meeting, Mann, in a tweet, appealed to all farmer leaders to understand that blocking roads, halting trains, or calling for a Punjab Bandh is not the solution to any problem."These actions only cause inconvenience to common people. It also has a significant impact on the work and businesses of other sections of society, and we should keep that in mind as well," Mann's tweet read.

Reacting to the post, Congress leader Pargat Singh said no Chief Minister of Punjab has ever treated farmers like Bhagwant Mann is."This is just a conspiracy by the BJP to push its politics of polarisation and defame the farmers! If Bhagwant Mann truly cared about the Punjab Bandh, he would have taken action against the BJPled Haryana government, which has been blocking Punjab's borders for the past year!" Pargat Singh tweeted.



## Case against Samajwadi MP Abu Azmi for calling Aurangzeb good administrator

Going a step further, Shiv Sena MP Naresh Mhaske said that Abu Azmi has no right to stay in India and a case of sedition (now repealed) should be filed against the Samajwadi Party.

New Delhi. Day after Maharashtra Samajwadi Party (SP) chief Abu Azmi's praise of Mughal ruler Aurangzeb snowballed into a controversy, a case was registered against the MLA in Thane for hurting and insulting religious sentiments.A case has been registered at the Wagle Estate Police Station under several sections of the Bharatiya Nyaya Sanhita (BNS), including, 299 (criminalises deliberate and malicious attempts to insult the religious beliefs of any group of people in India), 302 (intentionally hurting someone's religious feelings), 356(1) (defamation) and 356(2) punishment for defamation

up to two years in jail, a fine, or both), based on a complaint filed by Shiv Sena MP Naresh Mhaske.

The complainant, Mhaske, claimed that Azmi's remarks defending Aurangzeb's rule had hurt religious sentiments.

Going a step further, Mhaske said that Azmi has no right to stay in India and a case of the sedition (now repealed) should be filed against Azmi.

'A sedition case should be filed against Abu Azmi. He has no right to stay in India. Aurangzeb who destroyed thousands of Hindu temples, tortured women, brutally tortured Chhatrapati Sambhaji Maharaj, was against the country, he looted our However, even amid the raging



country...our leader Eknath Shinde has demanded this morning itself that a sedition case should be filed against him. Today we have come here to file a sedition case against him...," Mhaske was quoted as

saying by news agency ANI.

controversy, Azmi, in his defence, said that he hadn't uttered a word against his "Hindu brothers.""The kings back then used to have struggle for power and property, but it was nothing religious. He (Aurangzeb) ruled for 52 years, and if he was really converting Hindus into Muslims - imagine the number of Hindus that would have converted," he told ANI, defending his remarks on Aurangzeb. He further went on to claim that if Aurangzeb had destroyed temples, he would have done the same to mosques as well during his reign, saying that "there is no need to give Hindu-Muslim angles to it," reported ANI.

## Relief for ex-Sebi chief Madhabi Buch, court pauses registration of case

The Bombay High Court on Tuesday paused the registration of an FIR case against former Sebi chief Madhabi Puri Buch and other officials based on a lower court order.

New Delhi. The Bombay High Court on Tuesday stayed the Mumbai Sessions Court order directing an FIR against former Securities and Exchange Board of India (Sebi) chief Madhabi Puri Buch and other officials in connection with alleged stock market fraud and regulatory violations for four weeks. Staying the lower court's order for four weeks, the Bombay High Court observed, "After hearing all parties, and after going through the order, it appears that the judge has passed the order mechanically, without going into the details and without attributing specific roles to applicants."

In response to Sebi's arguments over the case being frivolous in nature as it pertains to a 1994 incident, the complainant, Sapan Shrivastava, arguing in person, said, "Now they are saying that these officers were not there. But if a murder happened in 1994, and I get to know now, then I



will have to go looking for officers from that time." Shrivastava, a Thane-based journalist, also told the bench that the stock market regulator is supposed to look after investors' interests, adding that he had "filed many RTIs asking about permissions given to many IPOs." "But they look the other way and all IPOs get listed," said Shrivastava.Shrivastava had called for an investigation by the stock market regulator and other officials regarding the listing of a company named Cals Refineries.

The complainant called for an "FIR and investigation into alleged offences committed by the proposed accused, involving large-scale financial fraud, regulatory violations and corruption." In his complaint, Shrivastava had claimed Cals was allowed to trade without obtaining the necessary regulatory approvals. He further claimed that Sebi and BSE officials failed to investigate or act against the company,

leading to financial losses for investors. Shrivastava said that despite submitting documents detailing procedural lapses and not complying with the IPO process, the Sebi authorities failed to take any action.

## Why did Mayawati expel nephew Akash Anand again? Inside BSP's power struggle

Lucknow. Bahujan Samaj Party (BSP) chief Mayawati on Monday expelled her nephew, Akash Anand, from the party, just a day after removing him from all key positions. She said that the decision was made "in the interest and movement" of the party.

The former Uttar Pradesh Chief Minister had previously sacked Anand last year, only to later reinstate him and designate him as her political successor. So, why has Mayawati ousted Anand for the second time?

During the BSP's nationwide coordinators' meeting in Delhi on February 17, Mayawati said that Anand would no longer serve as the national coordinator. Following a major meeting in Lucknow on March 2, she reiterated the decision and announced, for the second time, that Anand had been relieved of all his posts.

INFLUENCE OF ASHOK SIDDHARTH

Anand and his father-in-law, Ashok Siddharth, Mayawati's longtime loyalist, both sensed that their troubles in the party had begun. Before

stripping Anand of his role as coordinator and successor, Mayawati had already suspended Siddharth from the party. She had long felt that Anand, whom she had declared as her political heir, was entirely under his father-inlaw's influence. Anand, as the national coordinator, was



heavily influenced by Siddharth, who was alleged to have been operating a parallel system right under Mayawati's nose. Without the knowledge of Mayawati, several key coordinators and senior leaders across the country had become part of Siddharth's network.

Siddharth oversaw the party's affairs in the southern states, wielding significant influence over everything from donations to organisational matters. Over time, Mayawati began to suspect that he was running a parallel power structure within the party. Siddharth was once considered a key figure in Mayawati's inner circle, but in recent times, that position was taken over by Ramji Gautam, who has now been appointed as the national coordinator.

#### BID TO CHALLENGE PARTY'S OLD GUARD

It is believed that Mayawati had long harboured concerns, or rather, Anand's detractors had sown the idea in her mind that Siddharth, Anand and his wife Pragya, were forming a troika to challenge the party's old guard.

## PM Modi plays with orangutan, feeds lion cub at Vantara animal shelter

■ In a video, the **Prime Minister** was seen closely interacting and spending time with various species of animals which have been rehabilitated there.

New Delhi. Prime Minister Narendra Modi, who is in Gujarat on his three-day tour, visited and inaugurated Anant Ambani's Vantara, an animal rescue, conservation and rehabilitation centre, on Tuesday. Vantara is home to more than 2,000 species and over 1.5 lakh rescued, endangered, and threatened animals. It is spread over 3000 acres in the Reliance Jamnagar refinery complex and is a stateof-the-art animal rescue and rehabilitation centre.In a video, the Prime Minister was seen closely interacting and spending time with various species of animals which have been rehabilitated there.

He was also seen playing with and feeding the animals, including orangutans, Asiatic Lion cubs, White Lion cub, and Clouded Leopard cub, which is a rare and endangered species, among others.Prime Minister Modi explored various facilities at the centre in Vantara. He also visited the wildlife hospital at Vantara and saw the veterinary facilities which are equipped with MRI, CT scans, ICUs among others,



and also house multiple departments, including Wildlife Anesthesia, Cardiology, Nephrology, Endoscopy, The rescued animals at the centre are kept in PM Modi saw elephants in their jacuzzi. The Dentistry, Internal Medicine etc.

The Prime Minister visited the MRI room at the hospital and witnessed an Asiatic Lion undergoing an MRI. He also visited the Operation Theatre where a Leopard was going through life-saving surgery after

being hit by a car on the highway and brought here.

places which closely mirror their natural habitat. Some of the key conservation initiatives undertaken at Vantara include the conservation of the Asiatic Lion, Snow Leopard, One-Horned Rhinoceros, among others.

PM Modi patted an Okapi, came face to face with Chimpanzees in open who were got from a facility where they were kept as pets, hugged and lovingly played with Orangutan who had been earlier kept in an over-crowded facility, saw up close a Hippopotamus which was under water, saw crocodiles, undertook a walk in between Zebras, fed a Giraffe and a Rhino

The one-horned rhino calf was orphaned as her mother died at the facility.

He also saw a large python, a unique twoheaded snake, two-headed turtle, Tapir, leopard cubs which were left in an agricultural field and later spotted by villagers and rescued, giant otter, Bongo (antelope), Seals.

hydrotherapy pools support recovery of elephants suffering from arthritis and foot problems, and improve their mobility.He also saw the workings of the elephant hospital, which is the largest such hospital in the world.

## Modi & the hand of God in Kerala

Middle-class India's enfant terrible, Congress MP from Thiruvananthapuram Shashi Tharoor, is in the middle of a minor storm these days, all because of a four-word sentence that is part of a

45-minute podcast in Malayalam to the Indian Express: "I have other options."

The four-time MP has come a long way from his 2009 tweet ("I will travel by cattle class in solidarity with all our holy cows"), which delighted the country with its wit and unusual exposure of hypocrisy around austerity slogans although he was ticked off for his language by Sonia Gandhi herself. The latest controversy over Tharoor's comments may also die down by the weekend, especially when the preparatory meeting between Kerala Congress leaders and the party high command on Kerala's elections in 2026, calms the MP's ruffled feathers. A show of unity between all the party factions is foretold.

Wayanad MP Priyanka Gandhi, her brother and former Wayanad MP Rahul Gandhi and Congress general secretary in charge of organisation and Alappuzha MP KC Venugopal powerful troika in the grand old party — are sure to lead the charge that says all is well in God's own country and that the Congress is sure to return to power next year.Except, there's a churning in the southern state and the waters of the Arabian Sea aren't so clear these days. At the investors' summit in Cochin last week, BJP leader Piyush Goyal and Kerala Chief Minister and CPI(M) leader Pinarayi Vijayan were seen enjoying a hearty laugh. Within days, the CPM had sent a note to all its party units across Kerala, explaining why the party does not describe the Modi government "as fascist or neofascist."No doubt the remark will find centre-stage at the CPM's 24th party congress in Kollam on March 6. Some say this is a return to the stern anti-Congress line being taken by the powerful Prakash Karat faction in the party — after the unfortunate death of Sitaram Yechury last September, who had always pushed for Opposition unity and believed the Congress party was its beating heart.

So the question larger than Tharoor's ambitions in Kerala these days is, whether the Left is going soft on the BJP? And will the Kollam party congress return to making the Congress, and not the BJP, the Left's main political enemy — all because the Congress-led UDF is its main challenger in the state? Imagine, then, what the possibilities of that possibility is, especially as the BJP pushes hard into south India. Could Vijayan and Narendra Modi actually break bread together, even if it is fully behind the scenes, to try and finish off the Congress in Kerala? Hold that thought, dear Reader, for there's more. A recent India Today Mood Of The Nation (MOTN) poll, while giving the state to the UDF, set the cat amongst the pigeons by saying that the BJP's vote share in Kerala is climbing every day — from 17 per cent it won in the Lok Sabha poll to 24 per cent if elections were to be held today. And that the Left will take the fall, dropping by 2 per cent.

You can imagine why the BJP is so pleased. Having won most of the North, including the Capital -Himachal Pradesh with four seats and Punjab with 13 are already on notice — it knows it must now breach the southern frontier. The focus on Tamil Nadu has been around for a while, but the expansion into Kerala has been less obvious.

Former actor Suresh Gopi broke the Kerala taboo against the BJP by winning from Thrissur — the home of Kerala's beloved Guruvayoor temple last year. The party believes that the Nair community, once the backbone of the Left, will gravitate much more quickly in its favour.

The BJP is not wrong to hope. Even Kerala's middle class has seen nothing wrong these past several decades by being both staunch Leftists and going to the nearby temple and lighting a lamp.

The big problem, of course, is that the BJP still doesn't have a proper face to lead — former IT minister Rajeev Chandrasekhar is hugely and may Thiruvananthapuram from Tharoor, except that he didn't. So when the four-time Congress MP said last week, "If the party wants to utilise my strengths, I'll be there, if not, I have other options," the lip-smacking political grist across the country went into overdrive.

## **Criminality in politics: A point of no return?**

Disqualification at the stage of framing of charges, accompanied by other legal safeguards, could be an effective means to curb such criminalisation.

EARLIER this week, while hearing a petition seeking a In February 2020, the SC had directed political parties to lifetime ban on convicted politicians, the Supreme Court observed that it found no logic in a convicted legislator being barred from contesting elections for just six years. The SC Bench, comprising Justice Dipankar Datta and the tardy pace at which the so-called 'fast track courts'were functioning due to shortage of judges and other reasons. It also took note of the rapid rise in the pending criminal cases against MPs/MLAs.

As per figures submitted by the amicus curiae before the apex court, the total number of pending cases against MPs/MLAs was 4,075 in 2018. As on January 1, 2025, this number increased to 4,732 with 559 cases pending for over a decade. The Central government has strongly opposed the petition, stating that considering such a step (lifetime ban) is solely Parliament's domain. It has argued that the Representation of the People Act,

1951, granted Parliament the discretion to determine both the grounds and duration of the disqualification.

Over the last few decades, a number of committees have flagged rising criminality in our political system and election of candidates with criminal antecedents. However successive governments have done little to address this grave matter. Almost all political parties give tickets to 30-35 per cent candidates with criminal cases based on the criterion of winnability. As a result, currently, there are certain states where the percentage of MLAs with criminal cases range from 55-65 per cent.

On various occasions, the SC has called this "cancerous for our democracy" and used the oft-repeated phrase "lawbreakers can't be lawmakers." Unfortunately, every time in the past, the SC just passed observations on the gravity of the situation and stated that this is the domain

of Parliament.Let us consider data provided by the Association for Democratic Reforms. As of June 2023, out of 4,001 sitting MLAs in all state Assemblies and UTs, 44 per cent have declared criminal cases. As on September 2023, out of 763 sitting MPs from ther Rajya Sabha and the Lok Sabha, 40 per cent declared criminal cases. As many as 33 per cent of the Rajya Sabha MPs and 46 per cent of the Lok Sabha MPs have declared criminal cases against themselves as per the 2024 data.

Thirty per cent cases against MPs/MLAs are pending over five years. Among the states/UTs which submitted details, the highest number of cases pending over five years was reported in Odisha (323 out of 454 cases) followed by Maharashtra (169 out of 482 cases).

political groups are getting impatient. They want the

list reasons on their websites, including their social media platforms, for nominating candidates with a criminal background within 72 hours of the selection of such candidates.

Justice Manmohan, highlighted conflict of interest and In September 2018, the court had directed political parties and candidates with criminal antecedents to publish the details of their criminal cases at least on three different dates from the date following the last date of withdrawal of candidatures and up to two days before the date of poll. In the same order, the court had asked Parliament to make a law that prevents candidates accused of serious crimes from entering politics.In November 2017, the SC had ordered the setting up of special courts to deal with 1,581 cases involving MPs and MLAs as declared at the time of filing of the nomination papers for the 2014 elections. Eleven states have set up 12 special courts. There are two

on a day-to-day basis so as to ensure the necessary conviction that precedes disqualification. Perhaps, in no other democracy in the world do we have such a large number of sitting legislators with criminal cases. Nor is there such casual acceptance of this situation by the Election Commission or the citizens. Ethics and morality seem to have lost their meaning in our political system. This was perhaps foreseen by the founding fathers of our Constitution. Even in the constituent assembly debates, Dr Ambedkar and Dr Rajendra Prasad had said that the Constitution is just a document. How good or bad it was would depend on the character and ability of the men and women charged to implement it. They hoped that in future, our country would have leaders

of noble character who would implement the Constitution in letter and spirit. Unfortunately, their hopes have been belied by those who take the

constitutional oath during the swearing-in ceremony.

> Also, the institutions charged with upholding the high ideals of our Constitution are being seen as reluctant to go the last mile. How can we expect political parties to transform themselves and refrain from giving the ticket to tainted politicians? After all, money and muscle power has become the primary winnability factor. If a candidate has invested a certain amount in his campaign, he recovers 10 times that amount after winning elections.

n such a scenario, how can we expect good governance? We certainly don't see a mass movement from the citizens/voters to cleanse the system. So, whom do we look at for a solution to this problem?

During the hearing recently, Justice Manmohan said, "Criminalisation

of politics is a major issue and the ECI should have applied its mind to it.... We need to be told how one who is not suitable to continue in government service, can become a minister." The SC further clarified that in the event no response is filed, the court will proceed with the

The moot question remains whether the Supreme Court will bite the bullet, given the stiff opposition displayed by the Centre in its affidavit opposing the petition.

Civil society organisations and some concerned citizens are trying their best to educate voters to elect clean candidates. However, it's high time the courts stepped in to restore the sanctity of our political and electoral

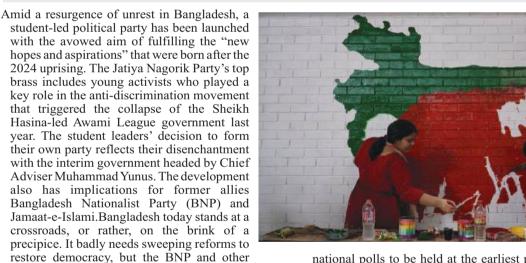


in Delhi and one each in Andhra Pradesh, Telangana, Karnataka, Kerala, Tamil Nadu, Uttar Pradesh, Bihar, West Bengal, Maharashtra and Madhya Pradesh.

The 20th Law Commission, in its 244th report on electoral disqualification, recorded that disqualification upon conviction had proved ineffective in preventing the criminalisation of politics. Disqualification at the stage of framing of charges, accompanied by other legal safeguards, could be an effective means to curb such criminalisation. It also recommended that the punishment for filing of false affidavits be enhanced to minimum two years' imprisonment and such an offence must also be made a ground for disqualification. Accordingly, in all such cases, trials must be conducted

## **Bangladesh in ferment**

Launch of youth party raises political stakes



national polls to be held at the earliest possible after carrying out minimal reforms. However, it is obvious that the Khaleda Zia-led BNP cannot consider its return to power as a foregone conclusion. Raising doubts about the neutrality of the Yunus administration, Zia has alleged that "fascist collaborators" are still conspiring to undermine the achievements of the uprising. She has missed no opportunity to fuel hatred against Awami League leaders and supporters, whose houses and business establishments were set ablaze by protesters a few weeks ago. The legacy of the country's founding father, Sheikh Mujibur Rahman, is being ruthlessly erased, even as his daughter Hasina continues to be a VVIP refugee in

another key stakeholder is Army Chief Gen Wakeruz-Zaman. The Bangladeshi military's growing closeness to Pakistan indicates that he has big ambitions of his own. The intriguing power tussle will make it very tough for the new party to

establish itself as a viable political alternative.

## Why AI will not supercharge GDP growth

At the same time. AI will have massive potential to exacerbate the harms to human welfare that previous generations of ICT have already produced.

Everyone knows that artificial intelligence (AI) is a hugely powerful technology with immense economic implications. US equity prices reflect not only confidence in the prospects of technology companies but also a belief that AI will fuel a broader boom. The growth-obsessed UK government views AI development as a top priority and everyone at the World Economic Forum in Davos this January wanted to hear from the world's AI leaders. We have been here before. In the 1960s, computers were too enormous and expensive to be used by anyone but the largest government agencies and businesses. Yet, so great were concerns about 'automation'that US President Lyndon Johnson launched an inquiry into the danger that computer-based technologies might "eliminate all but a few jobs."

It wasn't to be. By the 1970s, there was no sign of a productivity surge and fears of mass technological unemployment subsided.Personal and business computer use then soared in the 1980s; but by 1990, as economist Robert Solow famously observed, information technology (IT) was "everywhere but in the productivity statistics."With mobile phones, the internet, ever-expanding hardware capacity and growing software capabilities promising a new connectivitybased productivity revolution, everyone at the World Economic Forum in 2000 wanted to hear from the leaders of "information and communications technology" (ICT). Cisco CEO John Chambers predicted that ICT would enable the US economy to grow by 5 per cent per year for the foreseeable future and that "The internet will form half of gross domestic product by 2010."Then, there was 'big data', 'the digital economy', 'machine learning' and, now, artificial intelligence. None, so far, has had any measurable impact on mediumterm growth rates. A case can be made that generative AI, owing to its self-learning capability, represents more than just another stage of technological development.



But there are still two reasons why it, too, may not show up in growth data. First, a large and probably growing share of economic activity involves a zero-sum struggle for competitive advantage with no positive impact on either measured growth or human welfare. Using basic internet search and now sophisticated large language models, lawyers are increasingly able to analyse every possible precedent before presenting their arguments. But if the opposing law firm can do the same, the result is an arms race in which neither party has a durable advantage. For at least two decades, experts have warned that after the steady decline of manufacturing jobs, professional services such as the law would be next in

line for automation. But employment and pay in the field of commercial law continue to grow. Similarly, marketing departments can use AI to produce ever more targeted and effective communications to influence consumer choice. If their competitors are doing the same, however, there is no benefit to end consumers, and no boost to GDP.Conversely, AI will almost certainly deliver huge human welfare benefits almost for free. The late Martin Feldstein, writing in 2017, correctly observed this phenomenon at work in the previous three decades of remarkable IT and ICT progress.By then, smartphones boasted many thousands of times more processing power and memory than the biggest

computers of the 1960s, enabling vastly more communication, data storage, video and image sharing, and so forth. Yet, the share of GDP accounted for by the telecom sector had hardly changed, leading Feldstein to conclude that "low growth estimates fail to reflect the remarkable innovations in everything from healthcare to internet services to video entertainment that have made life better during these years."Likewise, Google DeepMind's AlphaFold Protein Structure Database (which predicts a protein structure from its amino acid sequence) is set to accelerate drug discovery while slashing the cost of research. But once drugs come off patent, their prices fall toward their marginal cost of production and their contribution to measured GDP collapses.If, by 2070, an AI-enabled acceleration of knowledge acquisition furnishes us with a wonder drug that gives everyone a 100-year life of perfect health and which is produced in wholly automated factories powered by cheap nuclear fusion, it will count for almost nothing in global GDP.

The more powerful a technology, the more rapidly it disappears from measured GDP.At the same time, AI will have massive potential to exacerbate the harms to human welfare that previous generations of ICT have already produced. Deepfake capabilities are already driving an explosion of online scams and AI-powered social media algorithms are deepening political polarisation. They are probably contributing to what social psychologist Jonathan Haidt sees as an epidemic of mental illness among young people. Yet, none of these negatives show up in measured GDP, either.

or good or ill — or merely as an enabler of ever more intense zero-sum competition — AI will have a pervasive and, perhaps, transformative impact on society. But the hope that it will unleash a sustained increase in measured productivity and GDP growth is probably a delusion.

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#### বেঙ্গল সরকার পিছু হটেছে, ঝাড়খগু যানবাহনের প্রবেশ শুরু

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

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

বেঙ্গল সরকারের এই অনুমতির পর, ট্রাক চালকরা স্বস্তির নিঃশ্বাস ফেলেন। প্রাক্তন নিরসা বিধায়ক অরূপ চ্যাটার্জি ঝাড়খণ্ডের মুখ্যমন্ত্রী হেমন্ত সোরেনের এই উদ্যোগের প্রশংসা করেন। তিনি বলেন, মুখ্যমন্ত্রী হেমন্ত সোরেন এই বিষয়ে ক্রমাগত গুরুত্ব দিয়েছেন। বেঙ্গল সরকারের সাথে ইতিবাচক আলোচনা করার পর বেঙ্গল সরকার নিষেধাজ্ঞা তুলে নেয়। এর পর, সারিতে দাঁড়িয়ে থাকা সমস্ত পণ্যবাহী যানবাহন ধীরে ধীরে বেঙ্গলে প্রবেশ করতে শুরু করেছে। NH-এ দীর্ঘ যানজট এখন সীমিত হচ্ছে এবং যানজটও ভাঙতে

## भोजपुरी कृषि लोक गीत

(कहरवा धुन)

गेहुं आ के दिनवा

- श्याम कुंवर भारती (राजभर)

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नवहर बदन हमरो कइसे खेतवा जोताई। जाड़ा के महीनवा हमसे गेहूं ना बोआई। खेतिया ना होई पिया का खाइब अनवा। हाली घरे अईहा सईयां.....।

किसान के बेटा पिया आके करा तू किसानी। करबा जे किसानी पिया देशवा मिली अन्न पानी। अन्न धन भरल रही हमरे हिंदुस्तनवा। हाली घरे अईहा सईयां.....।

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

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## इंदौर आईआईटी के 15 स्टार्टअप्स को मिली पांच करोड़ रुपये की फंडिंग

इंदौर। पैरालिसिस, उम्र या अन्य किसी कारण से चलने-फिरने में असमर्थ लोग भी चल सकेंगे। ये अनोखा वियरेबल सॉल्युशन एक स्टार्टअप नोवा वॉक ने बनाया है, जिसे आईआईटी इंदौर ने इनक्यूबेट किया है। साथ ही किसी भी भाषा में डॉक्टर से बात करने के लिए एआई बेस्ड सॉल्यूशन भी बनाया गया है। इसके अलावा ग्रामीण क्षेत्रों में अल्ट्रासाउंड रोबोट की मदद से सोनोग्राफी करना आसान हो गया है और सटकेस में आ जाने वाली पोर्टेबल ब्लड टेस्टिंग यूनिट भी अब मौजूद है। दिल्ली के हैबिटेट सेंटर में ऐसे 15 स्टार्टअप को फंडिंग दी गई जो हेल्थ केयर सेक्टर में अनुठे

प्रयास कर रहे हैं। साइंस एंड सकती है। इन 15 में से कुछ इंदौर सांसद शंकर लालवानी ने

टेक्नोलॉजी मंत्री जितेंद्र सिंह एवं स्टार्टअप आईआईटी के प्रोफेसर्स ने शुरू किए हैं तो कुछ भोपाल एम्स के



दिल्ली में आयोजित एक कार्यक्रम में स्टार्टअप्स को फंडिंग का लेटर दिया। इन 15 स्टार्टअप्स को पांच करोड रुपये की फंडिंग दी गई है और ये राशि प्रत्येक स्टार्टअप के लिए बढाकर एक करोड़ रुपये की जा

डॉक्टर्स ने बनाए हैं. वहीं कछ स्टार्टअप्स डॉक्टर और इंजीनियर्स ने मिलकर बनाए हैं। इस अवसर पर केंद्रीय मंत्री जितेंद्र सिंह ने कहा कि अब डॉक्टर्स, इंजीनियर का काम

के मेडिकल क्षेत्र में काम कर रहे हैं। टेक्नोलॉजी की मदद से यह संभव हुआ है और नई शिक्षा नीति 2020 के कारण बहुत जल्द छात्र विभिन्न विषयों का अध्ययन कर सकेंगे। इंदौर सांसद शंकर लालवानी ने प्रधानमंत्री नरेन्द्र मोदी एवं केंद्रीय मंत्री जितेंद्र सिंह का धन्यवाद करते हुए कहा कि आईआईटी इंदौर ने ऐसे स्टार्टअप्स की मदद की है जो हेल्थ केयर के क्षेत्र में क्रांतिकारी काम कर रहे हैं। आज से 10-20 साल पहले जिन बीमारियों का इलाज असंभव लगता था वह आज स्टार्टअप्स ने संभव कर दिखाया है। इन स्टार्टअप्स की मदद से ग्रामीण क्षेत्र में भी उच्च स्तरीय हेल्थ केयर सुविधा पहुंचना

## ईडी ने पेटीएम को 611 करोड़ रुपये के फेमा उल्लंघन मामले में जारी किया नोटिस

नई दिल्ली। प्रवर्तन निदेशालय (ईडी) ने ऑनलाइन पेमेंट प्लेटफॉर्म पेटीएम की मल कंपनी वन97 कम्यनिकेशन लिमिटेड (ओसीएल), उसके प्रबंध निदेशक और संबद्ध संस्थाओं को 611 करोड़ रुपये से जुड़े कथित विदेशी मुद्रा प्रबंधन अधिनियम (फेमा) के उल्लंघन के लिए नोटिस जारी किया है। केंद्रीय जांच एजेंसी ईडी ने जारी एक बयान में कहा कि उसने विभिन्न मामलों में फेमा के नियमों के 'उल्लंघन' के लिए पेटीएम की मूल कंपनी और उससे जुड़ी इकाइयों को 611 करोड़ रुपये का कारण बताओ नोटिस जारी किया है। ईडी ने बताया कि फेमा, 1999 के प्रावधानों के उल्लंघन के लिए मेसर्स वन97 कम्युनिकेशन लिमिटेड और इसके प्रबंध निदेशक और अन्य को कारण बताओं नोटिस (एससीएन) जारी किया गया है। ईडी ने कहा कि पेटीएम की प्रमुख कंपनी वन97 कम्युनिकेशन लिमिटेड (ओसीएल), इसके प्रबंध निदेशक और पेटीएम की अन्य सहायक कंपनियों जैसे लिटिल इंटरनेट प्राइवेट लिमिटेड और नियरबाय इंडिया प्राइवेट लिमिटेड को विदेशी मुद्रा प्रबंधन अधिनियम (फेमा) के प्रावधानों के उल्लंघन के लिए कारण बताओं नोटिस जारी किया गया है। ईडी ने यह नोटिस न्यायिक कार्यवाही शुरू होने से पहले जांच एजेंसी के एक विशेष निदेशक ने जारी किया है।

उल्लेखनीय है कि वित्त वर्ष 2024 के लिए पेटीएम की ओर से जारी वार्षिक रिपोर्ट के अनुसार फिनटेक प्रमुख के संस्थापक विजय शेखर शर्मा इसके अध्यक्ष, प्रबंध निदेशक (एमडी) और मुख्य कार्यकारी अधिकारी हैं।

## निसान ने मैग्नाइट एसयूवी में कई बड़े बदलाव किए, निर्यात का आंकड़ा ५० हजार के पार

**नई दिल्ली**। निसान इंडिया प्राइवेट लिमिटेड ने अपनी मैग्नाइट एसयूवी में कई बड़े बदलाव किए हैं। कंपनी ने कहा कि पर्यावरण के अनुकूल परिवहन को बढावा देने के लिए नई निसान मैग्नाइट बीआर10 (नैचुरली एस्पिरेटेड इंजन) अब पूरी तरह से ई20 फ्यूल फ्यूल पर चल सकेगा। निशान ने जारी एक बयान में कहा कि कंपनी ने 50 हजार गाड़ियों के निर्यात का आंकड़ा भी पार कर लिया है। फरवरी 2025 में कुल 8,567 गाड़ियां बेची गईं, जिनमें से 6,239 निर्यात की गईं और 2,328 भारत में बेची गईं, जबकि फरवरी, 2024 के 3163 की तुलना में इस साल निर्यात में 97 फीसदी की वृद्धि दर्ज की गई है। निसान मैग्नाइट अब 65 से ज्यादा देशों में बिक्री के लिए उपलब्ध है। नई निसान मैग्नाइट को लेकर वैश्विक स्तर पर मजबूत मांग से अंतरराष्ट्रीय बाजारों में निसान की बढ़ती मौजूदगी दिखती है। इसके साथ ही इससे 'मेड इन इंडिया' वाहनों को लेकर बढ़ती प्राथमिकता भी दिख रही है। निसान मोटर इंडिया

के मैनेजिंग डायरेक्ट सौरभ वत्स ने कहा कि नई निसान मैग्नाइट न केवल भारत में, बल्कि वैश्विक बाजारों में नए मानक स्थापित कर रही है। इसने 50 हजार कारों का

हैंड डाइव (एलएचडी) वैरिएंट का निर्यात शुरू किया था। कंपनी ने फरवरी में पश्चिम एशिया, उत्तरी अफ्रीका और एशिया प्रशांत के क्षेत्रों में 2.000 से ज्यादा कारों का निर्यात



निर्यात आंकड़ा पार कर लिया है। यह उपलब्धि क्वालिटी, इनोवेशन एवं परफॉर्मेंस डिलीवर करने की निसान की क्षमता में बढ़ते भरोसे का प्रतीक है। उन्होंने कहा कि हम भारत में अपने परिचालन को लेकर प्रतिबद्ध हैं और नई निसान मैग्नाइट का विकास इस समर्पण का प्रमाण है। निसान मोटर इंडिया ने जनवरी में चेन्नई के कामराजार पोर्ट (केपीएल-एन्नोर) से एलएटीएएम बाजारों में करीब 2,900 कारों की शिपिंग के साथ नई निसान मैग्नाइट के लेफ्ट-

किया। वहीं, 5,100 से ज्यादा एलएचडी वैरिएंट को चुनिंदा लैटिन अमेरिकी देशों में निर्यात किया गया। इसी के साथ फरवरी के अंत तक एलएचडी मैग्नाइट का निर्यात कुल आंकड़ा 10 हजार यूनिट्स के पार पहुंच गया। यह आंकड़ा निसान की 'वन कार, वन वर्ल्ड' की रणनीति को मजबूत करता है और प्रमुख निर्यात हब के रूप में भारत की स्थिति को भी इससे ताकत मिली है।

## भारत में अधिकांश महिलाएं सक्रिय रूप से अपने वित्त की जिम्मेदारी संभाल रही हैं: नीति आयोग की रिपोर्ट

नई दिल्ली। नीति आयोग ने उधारकर्ताओं से निर्माणकर्ताओं तकः भारत की वित्तीय विकास की कहानी में महिलाओं की भिमका शीर्षक से एक रिपोर्ट जारी की। इस रिपोर्ट से पता चलता है कि भारत में ज्यादातर महिलाएं तेजी से अपने वित्त की जिम्मेदारी ले रही हैं और वे अधिक ऋण ले रही हैं तथा अपने क्रेडिट स्कोर पर सक्रिय रूप से नजर रख रही हैं।

नीति आयोग के कार्यपालक अधिकारी (सीईओ) बीवीआर सब्रह्मण्यम की ओर से जारी रिपोर्ट में कहा गया है कि भारत में महिलाएं सक्रिय रूप से ऋण लेने और अपने क्रेडिट स्कोर की निगरानी करके अपने वित्तीय भविष्य की जिम्मेदारी ले रही हैं। रिपोर्ट से पता चलता है कि भारत में अधिक महिलाएं ऋण लेना चाहती हैं और सक्रिय रूप से वे अपने क्रेडिट स्कोर की निगरानी कर रही हैं। रिपोर्ट के मुताबिक दिसंबर 2024 तक 27 मिलियन महिलाएं अपने क्रेडिट की निगरानी कर रही थीं, जो पिछले वर्ष

की तुलना में 42 फीसदी की वृद्धि तक पहुंच की महत्वपूर्ण भूमिका को दर्शाता है, जो बढती वित्तीय पर प्रकाश डाला। जागरुकता का संकेत देता है। इस

उन्होंने कहा कि सरकार ट्रांसयूनियन मानती है कि वित्त तक पहुंच



सीआईबीआईएल, नीति आयोग के महिला उद्यमिता मंच (डब्ल्यूईपी) माइक्रोसेव कंसल्टिंग (एमएससी) द्वारा प्रकाशित किया गया है। इस रिपोर्ट की लॉचिंग के दौरान नीति आयोग के सीईओ बीवीआर सुब्रह्मण्यम ने महिला

उद्यमियों को सशक्त बनाने में वित्त

महिला उद्यमिता के लिए एक बनियादी प्रवर्तक है।

महिला उद्यमिता मंच का एक समावेशी इको-सिस्टम बनाने की दिशा में काम करना जारी है, जो वित्तीय साक्षरता, ऋण तक पहुंच, परामर्श और बाजार लिंकेज को

## नीति आयोग के स्टेट सपोर्ट मिशन के अंतर्गत मध्य प्रदेश के प्रस्ताव को स्वीकृति, 1.23 करोड़ रूपये मंजूर

भोपाल। भारत सरकार ने नीति आयोग के स्टेट सपोर्ट मिशन अंतर्गत मध्य प्रदेश सरकार के प्रस्ताव को वित्तीय वर्ष 2024-25 के लिए 1.23 करोड़ रुपये की मंजूरी दे दी है। यह स्वीकृति राज्य में उद्यमिता, डेटा-संचालित शासन, आर्थिक वृद्धि, जलवायु अनुकूलन और प्रभाव मूल्यांकन को मजबूत करने के लिए दी गई है। यह जानकारी प्रदेश के आर्थिक सांख्यिकी विभाग

उन्होंने बताया कि यह निर्णय मध्य प्रदेश राज्य नीति आयोग और नीति आयोग के बीच विस्तृत विचार-विमर्श और सहयोग के बाद लिया गया। इससे राज्य के विकसित मध्य प्रदेश और विकसित भारत ञ्च2047 के सपने को साकार करने की प्रतिबद्धता और अधिक सुदृढ़ हुई है। इस स्वीकृति के तीन प्रमुख स्तंभ

हैं, जिनमें महिला उद्यमिता मंच साक्ष्य-आधारित नीति निर्माण का (डब्ल्यूईपी-एमपी) नीति सुधारों, समर्थन करने, कार्यक्रम अनुश्रवण में रणनीतिक साझेदारियों और एक

सुधार करने और संसाधनों के बेहतर



समर्पित डिजिटल प्लेटफार्म को बढावा देकर महिला नेतत्व वाले उद्यम विकास में तेजी आयेगी। मध्यप्रदेश राज्य डेटा एनालिसिस प्लेटफ़ॉर्म (एसडीएपी) को नीति आयोग के राष्ट्रीय डेटा एनालिटिक्स प्लेटफ़ॉर्म (एनडीएपी) के सहयोग से विकसित किया जायेगा। यह पहल

आवंटन को सुनिश्चित करने के लिए बह-क्षेत्रीय डेटासेट को एकीकृत करेगी। सरकार के सचिव ने बताया ग्रोथ-हब पहल (जी-हब) चिन्हित क्षेत्रों में आर्थिक विकास को बढ़ावा देने पर केंद्रित है। जी-हब का लक्ष्य क्षेत्रीय आर्थिक विकास को गति देने वाले अनरूप विकास रोडमैप तैयार करना है। जलवाय अनुकूल कार्य योजना (सी) जलवायु अनुकूलन और नियंत्रण रणनीतियों को समर्थन देने के लिए बनाई जायेगी, जो नेट ज़ीरो 2070 और सतत विकास लक्ष्यों के अनुरूप होगी। अनुश्रवण, मूल्यांकन और प्रभाव आंकलन इकाई राज्य की नीतियों और कार्यक्रमों के अनुश्रवण और मूल्यांकन के माध्यम से डेटा-आधारित सुशासन को सशक्त बनाना। समावेशी विकास, नवाचार की व्यापक नीति और दृष्टिकोण के अनुरूप हैं। सचिव ऋषि गर्ग ने यह पहल मध्य प्रदेश को एक अग्रणी आर्थिक और नीतिगत राज्य बनाने की दिशा में एक महत्वपूर्ण उपलब्धि है। सरकार इस स्टेट संपोर्ट मिशन का उपयोग सतत विकास और सामाजिक-आर्थिक परिवर्तन को गति देने के लिए प्रतिबद्ध है।

## इंस्टिट्यूट ऑफ चार्टर्ड एकाउंटेंट्स वाराणसी ःसीएं. नीरज कुमार सिंह बने नए अध्यक्ष

वाराणसी। दी इंस्टिट्यूट ऑफ चार्टर्ड एकाउंटेंटस ऑफ इंडिया (आईसीएआई) की वाराणसी शाखा में वर्ष 2025-26 के लिए प्रबंधकारिणी समिति पदाधिकारियों का चुनाव संपन्न हुआ। बीते 23 फरवरी 2025 को विजयी हुए सदस्यों ने आपसी सहमति से नई कार्यकारिणी का गठन किया। इस चुनाव में सीए. नीरज कमार सिंह को अध्यक्ष, सीए, वैभव मेहरोत्रा को उपाध्यक्ष, सीए. विकास द्विवेदी को सचिव, सीए. रंजीत कुमार पांडेय को कोषाध्यक्ष, सीए. श्री प्रकाश पांडेय को सिकासा अध्यक्ष और सीए. नमन कपर को कार्यकारिणी सदस्य के रूप में चुना गया। नवनिर्वाचित पदाधिकारियों ने शाखा को नई ऊंचाइयों पर ले जाने का संकल्प लिया और सदस्यों तथा

छात्रों के हित में कार्य करने की शपथ

ली। इस अवसर पर शाखा के वर्तमान अध्यक्ष सीए. सौरभ कुमार शर्मा और सिकासा अध्यक्ष सीए. सोम दत्त रघु ने नवगठित कार्यकारिणी को बधाई दी और उनके



उज्ज्वल भविष्य की कामना की। शाखा सचिव सीए. विकास द्विवेदी ने बताया कि नई टीम शाखा के विकास और चार्टर्ड एकाउंटेंट्स समुदाय की बेहतरी के लिए प्रतिबद्ध है। यह नई कार्यकारिणी आगामी वर्ष में अपने दायित्वों को परी निष्ठा से निभाने के लिए तैयार है।

## कोयला मंत्रालय ने गुजरात के गांधीनगर में वाणिज्यिक कोयला खदान नीलामी पर किया रोड शो

नई दिल्ली/गांधीनगर। केंद्रीय कोयला एवं खान राज्य मंत्री सतीश चंद्र दुबे ने कहा कि कोयला भारत की ऊर्जा सरक्षा का आधार है और आने वाले दशकों तक इसकी प्रासंगिकता बनी रहेगी। उन्होंने कहा कि भारत सरकार कोयला क्षेत्र को

अधिक प्रतिस्पर्धी, पारदर्शी और

निवेशकों के अनुकूल बनाने के लिए

कई सुधारात्मक कदम उठा रही है।

केंद्रीय कोयला राज्यमंत्री ने गुजरात के गांधीनगर में आयोजित कोयला क्षेत्र एवं वाणिज्यिक कोयला खदान नीलामी रोडशो के दौरान अपने संबोधन में यह बात कही। उन्?होंने कहा कि पहले जहां कोयला केवल कैप्टिव उपयोग तक सीमित था, अब इसे मुक्त रूप से बेचा जा सकता है, जिससे वाणिज्यिक खनन बताया कि नीलामी प्रक्रिया पूरी तरह गई है। कोयला राज्यमंत्री ने कहा कि

को एक नए आयाम की ओर ले समर्थन और पर्यावरण-अनुकूल जाया गया है। सतीश चंद्र दुबे ने खनन प्रक्रियाओं को प्राथमिकता दी



पारदर्शी एवं कुशल बनाई गई है, जिससे निवेशकों को न्यूनतम बाधाओं के साथ व्यापार करने का अवसर मिल रहा है। उन्होंने कहा कि भारत सरकार निवेशकों को हरसंभव समर्थन देने के लिए प्रतिबद्ध है, जिसमें नीति सुधार, लॉजिस्टिक्स

कोयला क्षेत्र में तकनीकी नवाचार, कोयला गैसीकरण, तथा पर्यावरण-संवेदनशील खनन तकनीकों के बढते उपयोग पर प्रकाश डाला। इससे कोयला क्षेत्र दीर्घकालिक रूप से स्थायी और पर्यावरण के अनुकूल

बनेगा, जिससे न केवल भारत की

ऊर्जा आपूर्ति मजबूत होगी बल्कि वैश्विक जलवायु लब्स्यों की दिशा में भी योगदान मिलेगा। इस अवसर पर कोयला मंत्रालय की अतिरिक्त सचिव एवं मनोनीत अधिकारी रूपिंदर बरार ने भारत के ऊर्जा भविष्य को आकार देने में वाणिज्यिक कोयला खनन की क्षमता पर बल दिया। उन्होंने यह भी कहा कि मंत्रालय प्रक्रियाओं को सुव्यवस्थित करके, वित्तीय प्रोत्साहन देकर और व्यापार सगमता बढ़ाकर निजी क्षेत्र की भागीदारी को प्रोत्साहित करने के लिए एक सक्षम व्यवस्था को सिक्रय रूप से बढावा दे रहा है। उन्होंने सिंगल विंडो क्लीयरेंस सिस्टम का विशेष उल्लेख करते हुए कहा कि इसने मंजूरी में तेजी लाई है और सभी हितधारकों के लिए समान अवसर सुनिश्चित किया है।

## वैष्णव से की मुलाकात महाराष्ट्र में 8.2 बिलियन अमेरिकी डॉलर का

निवेश करने की जताई प्रतिबद्धता

नई दिल्ली। भारत और दक्षिण एशिया के अध्यक्ष संदीप दत्ता के नेतृत्व में अमेजन वेब सर्विसेज की एक टीम ने नई दिल्ली में केंद्रीय मंत्री अश्विनी वैष्णव से मुलाकात की और आने वाले वर्षों में महाराष्ट्र में 8.2 बिलियन अमेरिकी डॉलर का निवेश करने की प्रतिबद्धता जताई। मलाकात के बाद केन्द्रीय सूचना एवं प्रसारण मंत्री अश्विनी वैष्णव ने मीडिया को जानकारी दी कि अमेजन की टीम ने महाराष्ट में 8.2 बिलियन डॉलर का निवेश करने की प्रतिबद्धता

अश्विनी वैष्णव ने बताया कि साल 2030 तक अमेजन वेब बिलियन डॉलर के निवेश की अपनी

अमेजन वेब सर्विसेज की टीम ने अश्विनी

सर्विसेज महाराष्ट्र में लगभग 8.2 सुविधाएं और क्लाउड प्रबंधन सेवाएं



पूरी योजना के बारे में बताया। वे भारत में विकास के बारे में बहुत आशावादी हैं। वे नवीनतम तकनीक ला रहे हैं। टीम ने जानकारी दी कि वे में महत्वपूर्ण संख्या में नौकरियों के भारत में कुछ बेहतरीन कंप्यूट

साथ रोजगार में भी उल्लेखनीय वद्धि होगी। अमेजन वेब सर्विसेज ने साझा किया कि वे आने वाले वर्षों में भारत

2023 को वित्त वर्ष 2029-30

तक 19,744 करोड़ रुपये के

परिव्यय के साथ शुरू किया गया था।

#### कंपनी मॉयल ने फरवरी में सर्वश्रेष्ट उत्पादन किया. बिक्री ३ फीसदी बढी नई दिल्ली। सार्वजनिक क्षेत्र

मैंगनीज अयस्क खनन

की मैंगनीज ओर (इंडिया) लिमिटेड (मॉयल) ने फरवरी में अपना बेहतरीन प्रदर्शन दर्ज किया है। कंपनी ने फरवरी महीने में 1.53 लाख टन मैंगनीज (एमएन) अयस्क का उत्पादन करके 2025 में अब तक का सर्वश्रेष्ठ परिणाम दिया है। अप्रैल-फरवरी 2025 की समयावधि के दौरान 14.32 लाख टन की बिक्री हुई है, जो पिछले वर्ष की इसी अवधि की तुलना में 3 फीसदी अधिक है। इस्पात मंत्रालय के मृताबिक सरकारी मैंगनीज अयस्क खनन कंपनी ने इस साल फरवरी में अब तक का सर्वश्रेष्ठ प्रदर्शन कर 1.53 लाख टन मैंगनीज (एमएन) अयस्क का उत्पादन किया है। इसके साथ ही फरवरी में अबतक की सर्वश्रेष्ठ 11,455 मीटर की अन्वेषणात्मक कोर ड्रिलिंग हुई है, जो पिछले वर्ष की इसी अवधि की तुलना में 43 फीसदी ज्यादा है। मॉयल के अध्यक्ष और प्रबंध निदेशक (सीएमडी) अजीत कुमार सक्सेना ने निरंतर प्रयासों से हासिल इस उत्कृष्ट उपलब्धि के लिए टीम मॉयल की सराहना की। कंपनी ने उत्पादन और अन्वेषण गतिविधियों दोनों में महत्वपूर्ण उपलब्धियां हासिल कीं हैं, जिससे मैंगनीज अयस्क क्षेत्र में इसका नेतृत्व मजबूत हुआ है। उन्होंने विश्वास व्यक्त किया कि कंपनी आने वाले वर्ष में और अधिक विकास की राह पर अग्रसर होगी।

#### केंद्र सरकार ने हाइड्रोजन ईंधन से चलने वाली बसों और ट्रकों पर 5 पायलट परियोजनाएं शुरू कीं हाइड्रोजन ईंधन सेल आधारित वाहन हाइड्रोजन मिशन 04 जनवरी,

नई दिल्ली। केंद्र सरकार ने राष्ट्रीय हरित हाइड्रोजन मिशन के तहत बसों और ट्रकों में हाइड्रोजन के उपयोग के लिए 5 पायलट परियोजनाओं की शुरुआत की हैं। देश में इसके तहत दस निर्धारित मार्गों पर बसों और ट्रकों सहित कुल 37 वाहनों का परीक्षण किया जाएँगा। इन परियोजनाओं के लिए 208 करोड़ रुपये आवंटित किए गए हैं, और इन्हें 18-24 महीनों के भीतर शुरू करने की योजना है। नवीन एवं

नवीकरणीय ऊर्जा मंत्रालय ने जारी एक बयान में कहा कि राष्ट्रीय हरित हाइड्रोजन मिशन के तहत हाइड्रोजन ईंधन आधारित वाहनों के परीक्षण के लिए पांच पायलट परियोजनाओं की शुरुआत की गई है। टाटा मोटर्स, रिलायंस इंडस्ट्रीज और अन्य प्रमुख उद्योग खिलाड़ियों को ये परियोजनाएं दी गई हैं। इस पहल में हाइड्रोजन ईंधन सेल-आधारित और आंतरिक दहन इंजन वाहन, साथ ही हाइड्रोजन ईंधन भरने वाले स्टेशनों की स्थापना शामिल है। इससे पहले नवीन एवं

नवीकरणीय ऊर्जा मंत्रालय ने इस मिशन के तहत परिवहन क्षेत्र में पायलट परियोजनाओं को लागू करने के लिए दिशा-निर्देश जारी किए थे। इसके अनुसार विभिन्न प्रकार के हाइड्रोजन आधारित वाहनों, मार्गों और हाइड्रोजन ईंधन भरने वाले स्टेशनों के लिए प्रस्ताव आमंत्रित किए गए थे। इसकी विस्तृत जांच के बाद नवीन और नवीकरणीय ऊर्जा मंत्रालय ने कुल 37 वाहनों (बसों

और ट्रकों) और 9 हाइड्रोजन ईंधन

भरने वाले स्टेशनों से युक्त पांच

पायलट परियोजनाओं को मंजुरी दी है। मंत्रालय ने कहा कि ये परियोजना टाटा मोटर्स लिमिटेड, रिलायंस इंडस्ट्रीज लिमिटेड, एनटीपीसी,



अशोक लीलैंड, एएनईआरटी, एचपीसीएल, बीपीसीएल आईओसीएल जैसी प्रमुख कंपनियों को दी गई हैं। सरकार चयनित परियोजनाओं के लिए करीब 208 करोड रुपये की वित्तीय सहायता प्रदान करेगी। इन परियोजनाओं के अगले 18-24 महीनों में शुरू होने की संभावना है, जिससे देश में ऐसी प्रौद्योगिकियों के

विस्तार का मार्ग प्रशस्त होगा।

मंत्रालय ने बताया कि परीक्षण के लिए चुने जाने वाले वाहनों में 15

और 22 हाइड्रोजन आंतरिक दहन इंजन आधारित वाहन शामिल हैं। ये वाहन देशभर में 10 अलग-अलग मार्गों, ग्रेटर नोएडा, दिल्ली-आगरा, भुवनेश्वर-कोणार्क-पुरी, अहमदाबाद-वडोदरा-सूरत, साहिबाबाद-फरीदाबाद-दिल्ली, पुणे-मुंबई, जमशेदपुर-कलिंग नगर,

तिरुवनंतपुरम-कोच्चि, कोच्चि-एडापल्ली, जामनगर-अहमदाबाद और एनएच-16 विशाखापत्तनम-बय्यावरम पर चलेंगे। राष्ट्रीय हरित

यह मिशन स्वच्छ ऊर्जा के माध्यम से देश के आत्मनिर्भर बनने के लक्ष्य में योगदान देगा, जबकि वैश्विक स्वच्छ ऊर्जा के लिए प्रेरणा का काम करेगा। इस मिशन से जीवाश्म ईंधन के आयात पर निर्भरता कम होगी। देश को हरित हाइड्रोजन में प्रौद्योगिकी और बाजार में अग्रणी भूमिका हासिल करने में मदद मिलेगी।



## न बिगाड़ दें सेहत

इन दिनों हम हर वक्त किसी न किसी गैजेट से खुद को घिरा पाते हैं। ये गैजेट्स भले ही हमारी जिंदगी का हिस्सा बन चुके हैं, लेकिन हम इनकी वजह से कब बीमारियों से घिर जाते हैं, पता ही नहीं चलता। इनके प्रभाव से कैसे करें अपना बचाव, बता रहे हैं पंकज घिल्डियाल

#### कंप्यूटर/लैपटॉप

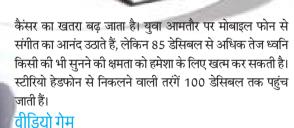
आज कंप्यूटर के सामने बैठ कर काम करना मजबूरी भी है और कहीं-कहीं लत भी। इसके अधिक इस्तेमाल के कारण कई बार सेहत पर इसके दुष्प्रभाव भी देखने को मिलते हैं, जैसे शारीरिक सिऋयता का कम होना, नींद में कमी या स्लीप पैटर्न का गड़बड़ा जाना आदि। वहीं लैपटॉप के कारण गर्दन में दर्द एक बड़ी बीमारी के रूप में उभर कर सामने आ रहा है। की-बोर्ड के नजदीक होने से झुकना पड़ता है। इससे गर्दन में खिंचाव होता है, जिससे दर्द होता है। कभी-कभी डिस्क भी खिसक जाती है।

## टेलीविजन और लाइफ स्टाइल

क्या बच्चे, क्या बड़े, लोग घंटों टेलीविजन के सामने बैठ कर समय व्यतीत करते हैं। एक लेख के अनुसार लोगों द्वारा हर घंटे देखे गये टीवी से उनका जीवनकाल 22 सेकंड कम हो जाता है। हर भारतीय एक सप्ताह में औसतन 15-20 घंटे टीवी देखता है। कई शोधों में यह बात सामने आई है कि टीवी के सामने हर रोज दो घंटे बिताने से टाइप 2 डायबिटीज और दिल की बीमारियों का खतरा 20 प्रतिशत तक बढ़ जाता है।

#### वाईफाई/सेलफोन

अनेक अध्ययनों में यह बात सामने आई है कि वायरलेस उपकरणों से निकलने वाली इलेक्ट्रोमैग्नेटिक तरंगें कैंसर का कारण बनती हैं और मस्तिष्क को नुकसान पहुंचाती हैं। स्वीडन में हुए एक अध्ययन के अनुसार, जो लोग 20 वर्ष से कम उम्र में मोबाइल फोन का उपयोग शुरू कर देते हैं, उनमें ब्रेन



वीडियो गेम में बच्चों का जबरदस्त ऋेज है। घंटों वीडियो से चिपके रहना सामान्य बात है। अधिक समय तक वीडियो गेम खेलने से बच्चों पर कई नकारात्मक प्रभाव पड़ते हैं। बच्चे जहां अधिक आऋामक हो रहे हैं, वहीं दोस्तों से झगड़ना, आंखों की रोशनी कम होना, मोटापा बढ़ना आदि बहुत से प्रभाव देखने को मिल रहे हैं।

#### गुस्सैल न हो जाए आपका स्वभाव

लंदन यूनिवर्सिटी की एक रिसर्च के मुताबिक, जो लोग कंप्यूटर पर 4 घंटे या उससे ज्यादा समय बिताते हैं, उन्हें अन्य लोगों के मुकाबले दिल की समस्या होने की आशंका 125 फीसदी अधिक रहती है। रिसर्च में यह भी पता चला है कि कंप्यूटर पर ज्यादा समय बिताने वालों को मृत्यु का खतरा अन्य लोगों के मुकाबले 45 फीसदी ज्यादा होता है। इसी तरह अगर आप रोजाना मोबाइल पर 4 घंटे से ज्यादा बात करते हैं तो आपका स्वभाव गुस्सैल हो जाता है। कैलिफोर्निया यूनिवर्सिटी बर्कले की एक स्टडी पर गौर करें तो 70 प्रतिशत से अधिक कंप्यूटर यूजर्स को कंप्यूटर चश्मे की जरूरत पड़ती है।

#### दुष्प्रभाव से कैसे बचें

कंप्यूटर या लैपटॉप पर काम करते हुए हर दो घंटे के बाद एक ब्रेक लें या हर आधे घंटे के बाद दो-तीन मिनट के लिए अपनी आंखों को कंप्युटर से हटा लें।

वीडियो गेम खेलने का समय और अवधि निर्धारित करें। कंप्यूटर के सामने बैठते समय हमारी पीठ सीधी हो, खासकर रीढ़ की हड्डी। कंप्यूटर की स्क्रीन आंखों से 15 डिग्री नीचे की तरफ होनी चाहिए। स्ऋीन से आंखों की दूरी दो फुट होनी चाहिए।

टीवी कभी भी अंधेरे में न देखें, वहां हमेशा पर्याप्त रोशनी बनाए

विशेषज्ञों का मानना है कि करीब 1 घंटा मोबाइल फोन के इस्तेमाल से मस्तिष्क में ग्लूकोज का संतुलन बिगड़ सकता है।

हमेशा बड़ी स्क्रीन के लैपटॉप का इस्तेमाल करें। इसके उपयोग से पॉश्चर पर ज्यादा दबाव नहीं आता।

लैपटॉप की स्ऋीन आंखों के समान लेवल या एंगल पर होनी चाहिए, ताकि आपको अपनी आंखें स्क्रीन पर रखने के लिए गर्दन को घुमाना या मोड़ना न पड़े।

#### <u>मोबाइल फोन में बैक्टीरिया !</u>

एक रिसर्च में पाया गया है कि मोबाइल फोन में टॉयलेट के फ्लश हैंडल से औसतन 18 गुना ज्यादा हानिकारक बैक्टीरिया होते हैं। इनकी वजह से पेट में गंभीर बीमारियां होने की आशंका रहती है। रिपोर्ट में पाया गया है कि ब्रिटेन में इस्तेमाल किए जा रहे मोबाइल फोन्स के 6.3 करोड़ में से 1.47 करोड़ यूजर्स को स्वास्थ्य संबंधी समस्याएं पाई गई हैं।

# 31िरिकापिक

## सर्जरी दूर होंगी कंधे से जुड़ी समस्याए

क्रिकेट, बैडमिंटन, बास्केट बॉल, कराटे जैसे खेलों में युवाओं की बढ़ती गतिविधियों के कारण देश के युवा वर्ग की जीवन-शैली भी तेजी से बदल रही है। इससे स्वास्थ्य समस्याओं की पहले से ही लंबी सूची में जोड़ों के लिगामेंट

ट्टने, मांसपेशियों से संबंधित दिक्कतें, हड्डियों के कार्टिलेज खराब होने जैसी कई परेशानियां जुड गई

युवाओं में कंधे का डिसलोकेशन (कंधे का अपने नियत स्थान से खिसक जाना) और इससे जुड़ी दूसरी बीमारियां और मध्य आयु (मिडिल एज) के लोगों व बुजुर्गों में फ्रोजन शोल्डर (कंधा जाम होना या कंधा घुमाने में

दर्द होना) और शोल्डर रोटेटर कफ टीयर (सिर के ऊपर वस्तु उठाने में दिक्कत होना) नामक रोग अब तेजी से बढ़ रहे हैं। अतीत में लोग इन समस्याओं को बर्दाश्त कर लेते थे और जीवन-शैली से समझौता कर लेते थे।

ऐसा इसलिए, क्योंकि तब एक ही विकल्प उपलब्ध था- बड़ी ओपन सर्जरी। इस सर्जरी की सबसे बड़ी समस्या यह थी कि इससे कंधे का मूवमेंट सीमित हो जाता था, लेकिन वर्तमान दौर में लोगों की अपेक्षा रहती है कि

कंधे का मूवमेंट सीमित न रहे। वर्तमान दौर में आज एमआरआई जांच और आर्थोस्कोपिक

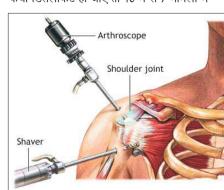
सर्जरी के जरिये कंधे से संबंधित उपर्युक्त रोगों का इलाज कारगर ढंग से संभव है।

### 'की होल' सर्जरी

अब 'की होल' सर्जरी द्वारा छोटे चीरे से ही इस समस्या का अच्छी तरह इलाज किया जा सकता है। इससे न सिर्फ जटिलताएं कम होती हैं बल्कि परिणाम भी अच्छा हासिल होता है। साथ ही, स्वास्थ्य-लाभ (रिकवरी) भी काफी तेज होता है। कंधों के इलाज के लिए अतीत में देश के ऋिकेटर विदेश जाते रहे हैं। अब यह सब कुछ भारत में किया

#### युवाओं की समस्याएं

युवाओं में कंधे की जो समस्याएं सबसे आम हैं, उनमें एक है कंधे का बार-बार अपने नियत स्थान से हट जाना। इस स्थिति को शोल्डर डिसलोकोशन कहते हैं। यह समस्या कंधे की संरचना के कारण है, क्योंकि कंधे का जोड़ (ज्वाइंट) एक अस्थिर जोड़ है। इसमें बॉल बड़ी और सॉकेट छोटा है। इसलिए एक बार कंधा डिसलोकेट हो जाए तो 10 में से 7 मामलों में



इसके फिर ऐसा होने की संभावना रहती है। पहले इस तरह की समस्याओं का कारण ही नहीं पता चलता था क्योंकि जांच के दौरान आमतौर पर कोई चिकित्सकीय संकेत नजर नहीं आता था। मरीज इनके साथ ही जीना सीख जाता था। आज एमआरआई और सी टी स्कैन से कंधे की संरचनात्मक जांच और आर्थोस्कोपिक सर्जरी से ज्यादातर मामलों में एनाटॉमिक रिपेयर या एनाटॉमिक रिकंस्ट्रक्शन द्वारा सफल निदान संभव है।

### मिडिल एज की समस्याएं

मध्य आयु (मिडिल एज) के लोगों और खासकर डाइबिटीज के रोगियों में कंधा अक्सर सख्त या जाम

हो जाता है। इसे फ्रोजन शोल्डर कहा जाता है। यह पीड़ित व्यक्ति के कार्यों को सीमित करने वाली बीमारी है और मरीज अक्सर करीब एक साल में पूरी तरह ठीक हो जाते हैं। कंधे के बीच कॉर्टिसोन (स्टेरॉयड) इंजेक्ट करके ठीक होने की अवधि को कम किया जा सकता है, लेकिन कंधे से संबंधित गंभीर मामलों में आर्थीस्कोपिक सर्जरी जरूरी हो

मध्य आयु के और बुजुर्ग लोग कफ डिजीज से भी ग्रस्त होते हैं। कफ मांसपेशियों का एक समृह है,

> जो कंधे के मूवमेंट को नियंत्रित करता है। यह सिर से कंधे के ऊपर तक जाता है और अक्सर हड्डियों के बीच दब जाता है, जो कभी-कभी फट जाता है। इसे रोटेटर कफ टीयर कहते हैं। इस समस्या का सफल उपचार आर्थोस्कोपिक सर्जरी है।

## सर्जरी के फायदे

आर्थोस्कोपिक सर्जरी कंधे की %की-होल% सर्जरी है, जहां जोड़ के अंदर के हिस्से को पेंसिल के आकार के एक पतले टेलीस्कोप से देखा जाता है। टेलीस्कोप से एक छोटा वीडियो कैमरा जुड़ा होता है और इस तरह

जोड़ के अंदर का हिस्सा टीवी स्क्रीन पर देखा जा सकता है। यह सब एनेस्थेसिया देने के बाद दो या तीन छोटे सुराख के जरिए किया जाता है। चीरा या टांका लगाने की आवश्यकता नहीं होती। ऑपरेशन के बाद की अवधि में कम से कम असुविधा होती है और मरीज जल्दी ठीक हो जाता है। मरीज को सिर्फ एक दिन अस्पताल में रहना पड़ता है और वह हल्की पट्टी लगाकर घर आ सकता है।

सप्ताह भर के बाद कई पट्टियां हट जाती हैं और मरीज को प्रेरित किया जाता है कि वह कंधे को हिलाए। फिजियोथेरेपी से वापस हिलाने की ताकत और क्षमता हासिल करने में सहायता मिलती है।

जिम में सभी फिट रहने के लिए जाते हैं, पर क्या आप जानते हैं कि जिम जाने से शरीर को नुकसान भी पहुंच सकता है? किन-किन स्थितियों में जिम जाने से बचना चाहिए, बता रही हैं।

जिम जाएं सेहत बनाने के लिए, न कि सेहत को नुकसान पहुंचाने के लिए। आपकी उम्र कम या अधिक है या आप गर्भवती हैं या फिर आप अक्सर दोपहर में जिम जाते हैं तो तुरंत सावधान हो जाएं।

#### अगर 14 साल से कम उम्र है

जिम 14 साल की उम्र के बाद ही जाना चाहिए। 14 वर्ष से कम उम्र में जिम में व्यायाम करने से बच्चों के शरीर को क्षति पहुंच सकती है, क्योंकि कम आयु में बच्चों की हिंडुयां बहुत संवेदनशील होती हैं। उनकी मांसपेशियां और नसें भी नरम होती हैं। ऐसे में उन्हें जिम में हार्ड बुरा असर डाल सकता है। इतना ही नहीं, यदि 15 से 20 वर्ष की उम्र में सकती है, चक्कर आ सकते हैं।

जिम जाना शुरू कर रहे हैं तो अपना बीएमआई (बॉडी मास इंडेक्स) जरूर जांच करवा लें और उसके बाद डॉक्टर से सलाह लेकर ही जिम में एक्सरसाइज की शुरुआत करें।

### दोपहर के समय जिम नहीं

जिम जाने के लिए बेहतर समय तो सुबह का ही है, पर आज की व्यस्त जीवनशैली में लोग अपनी सहूलियत के मुताबिक जिम जाने लगे हैं। कोई सुबह जाता है तो कोई शाम को और कोई रात को। अगर आप सुबह वक्त नहीं निकाल पा रहे हैं तो शाम

और रात का समय जिम में वर्कआउट के लिए फिर भी ठीक है, लेकिन दोपहर लगभग बारह बजे से चार बजे तक जिम जाने से बचें। इस समय आपका शरीर वर्कआउट के लिए पूरी तरह से तैयार नहीं होता। अगर रात को आप खाना देर से खाते हैं तो ही रात को जिम जाएं और खाना खाने के बाद जिम में एक्सरसाइज बिलकुल न करें।

## गर्भवती या मासिक धर्म होने पर

फिटनेस फिएस्टा की कोच गीता चौधरी बताती हैं कि महिलाओं के लिए जिम जाना अच्छा होता है। इससे भविष्य में उनकी सेहत को फायदा होता है, लेकिन गर्भवती महिलाओं को जिम जाने से गुरेज करना चाहिए। इसकी अपेक्षा वह योग या अन्य हल्के व्यायाम डॉक्टर से सलाह ले कर करें। इसके अलावा डिलीवरी होने के बाद भी पांच महीने तक जिम न जाएं। उसके बाद अपनी डिलीवरी रिपोर्ट जिम इंस्ट्रक्टर को दिखा कर उनकी सलाह के अनुसार जिम में व्यायाम शुरू

# ऐसे में न जाएं

करें। महिलाओं को मासिक धर्म के समय भी जिम नहीं जाना चाहिए, बल्कि मासिक धर्म का दर्द शुरू होने पर भी जिम न जाएं। उस समय महिलाओं में रक्त संचार तेज होता है, जिसमें जिम की एक्सरसाइज वर्कआउट करना नुकसानदायक होता है। यह शरीर के विकास पर भी से महिलाओं को काफी परेशानी होती है। उन्हें कमजोरी महसुस हो



#### 45 पार कर गए तो

लगभग 45 की उम्र के बाद शरीर की शक्ति कम हो जाती है, साथ ही हिंडुयां भी कमजोर होने लगती हैं। इस अवस्था में जिम में व्यायाम करने पर कई तरह की परेशानियां शरीर को सताती हैं। ऐसे में जिम सोच-समझ कर ही जाएं। यदि आप पहले से जिम नियमित तौर पर जाते रहे हैं तो 60 वर्ष की आयु तक भी जिम जा सकते हैं, क्योंकि ऐसे में शरीर में पहले ही स्ट्रेंथ बन जाती है।

#### कमर या पैर की तकलीफ में

कमर या पैर संबंधी गंभीर रोग या परेशानी होने पर जिम से परहेज करें। यही नहीं, किसी भी तरह की अंदरूनी बीमारी जैसे अटैक्स, पथरी आदि में भी जिम का व्यायाम नुकसानदायक हो सकता है। हो सके तो ऐसी परिस्थितियों में जिम को नजरअंदाज ही करें या अपने डॉक्टर की सलाह के बाद ही जिम में वर्कआउट करें।

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#### **NEWS BOX**

## Should Rohit Sharma curb his aggression vs Australia Manjrekar, Kumble weigh in

New Delhi. Former batter Sanjay Manjrekar said that Rohit Sharma should look to go deep in the innings when India face Australia in the semi-finals of the Champions Trophy on Tuesday, March 4 at the Dubai International Cricket Stadium. Rohit hasn't had the best of campaigns thus far as a batter, having scored only 76 runs at an average of 25.33.Rohit scored 41 runs against Bangladesh before Taskin Ahmed dismissed him. Against Pakistan, the veteran chipped in with 20 run knock often which Shehoen with a 20-run knock, after which Shaheen Shah Afridi accounted for his wicket. Rohit could only manage 15 runs against New Zealand and got out to Kyle Jamieson, who gave 31 runs in his quota of eight overs. Manjrekar reckoned that Rohit should stay long enough in the middle to unleash his strokes against the spinners."I think the



question is about Rohit Sharma—really, how duestion is about Roint Sharma—really, now does he approach the game? Shubman Gill will play the way he does, Virat Kohli will play in his usual style, and Shreyas Iyer will bat as he has been doing. We'll get to KL Rahul later, but Rohit Sharma could see this as an opportunity, and think long term," Manjrekar told ESPNcricinfo.

#### India vs Australia, Champions Trophy semi-final Updates

'This isn't the kind of pitch where you're aiming to score 350. Rohit Sharma is a good player against spin, and if he stays long enough, he could face all the spinners. We've seen his strike rate earlier in the show, and it's actually quite similar against both pace and spin, which is not the case for all the batters. So, there's an incentive for him to bat a little longer," Manjrekar added.

#### Strong start from Rohit Sharma

The legendary Anil Kumble, India's all-time leading wicket-taker in international cricket, also said that if Rohit could bat at least until the 20th over, it would give India a strong platform to get a big score.

Yes, I agree that someone like Rohit Sharma, if he can but until the 20th over, especially in the semi-final, would be crucial.

## Axar Patel could be India's trump card for Champions **Trophy knockout stage**

New Delhi. Axar Patel has become one of India's most valuable assets in white-ball cricket, delivering impactful performances with both bat and ball. His contributions in the ongoing Champions Trophy have further solidified his place as a key figure in the team. Now, with India set to face Australia in the semi-final, Patel's role becomes even more crucial, especially considering his match-winning exploits against New Zealand earlier in the tournament.Axar Patel's ability to deliver in high-pressure situations has made him an indispensable part of the Indian team. His near-hat-trick against Bangladesh, a gritty 42 off 61 balls at No. 5 against New Zealand, and several other key performances have already defined his tournament. His rise has been so significant that he was even entrusted with the vicecaptaincy in India's T20I series against



England earlier this year. But it's not just his recent performances that highlight his importance. Patel has often been India's saviour in big matches. His 47 off 31 balls in the T20 World Cup final against South Africa was a defining moment, rescuing the team from a tricky situation. In the Champions Trophy, his match-turning 98-run partnership with Shreyas Iyer against New Zealand once again underlined his ability to step up when the team needs him the most.It is this ability to read the situation and adapt accordingly that makes Axar Patel such a valuable asset. With the semi-final against Australia looming, his composure and match awareness could be the difference in what promises to be a high-stakes encounter.A New Batting Confidence

Once seen primarily as a bowling all-rounder, Patel has now developed into a more reliable batting option for India. Whether it is rescuing the team from a collapse or accelerating in the final overs, he has shown remarkable adaptability. Also Read: Semifinal preview: option lower down the order.

## India storm into final of ICC Champions Trophy beating Australia by 4-Wicket



place in the final of the ICC Champions Trophy after defeating Australia by 4 wickets in the first semi-final at

**Dubai:** India secured their Chasing a target of 265 runs set by Australia, India reached the target in 48.1 overs, finishing with 266/6 and sealing a spot in SunEarlier, Australia chose to bat first but were bowled out for 264 runs with three balls remaining. Steven Smith top-scored for the Aussies with 73 runs off 96 balls,

supported by Alex Carey's 61 runs off 57 balls and Travis Head's 39 runs off 33 balls. India's bowlers put in a disciplined performance, with Mohammed Shami leading

the way, taking three wickets. Varun Chakravarthy and Ravindra Jadeja claimed two wickets each, while Axar Patel and Hardik Pandya picked up one wicket each.

India now awaits the winner of tomorrow's semi-final between New Zealand and South Africa in Lahore, with the final set for Sunday.

## All the pressure on India in semi-final clash, none on Australia: Brad Haddin

Former wicketkeeper Brad Haddin has claimed that all the pressure will be on India in the semi-final against Australia. Haddin also said that Australia won't have any pressure on them and feels that they can beat India in Dubai.

New Delhi. Former wicketkeeper Brad Haddin feels that all the pressure will be on India to perform in the semi-final of the Champions Trophy 2025 and claimed that Australia won't face any in the clash on Tuesday, February 4. India and Australia are all set to lock horns once again in a knockout match in an ICC event after having squared off in the ODI World Cup 2023 final.India have won all their matches in Dubai so far, with pundits giving them the edge given that they are familiar with the conditions at the venue. Haddin feels India are in a unique



during the game. The former wicketkeeper said that while Rohit Sharma and his men are playing well, the semi-final is a knockout, a game that Australia pride themselves on.

Haddin claimed that he could see Australia beating India in Dubai.India vs Australia semi-final: Preview | Updates

India are in the unique position that they've played every game at the same venue, there is no grass in the square, it is dry. It suits India and I just think all the pressure is on them," Haddin said on the Willow Talk podcast."They've got it set up, they're playing great cricket but it's a one-off shootout. Australia pride themselves on making sure they're tournament play is spot-

don't think there's any pressure on the Australians at all. They've (India) had it all their own way and I can see - I don't know whether it's an upset - but I can see Australia beating India in these conditions. And I hope so, especially for where the tournament's been."

'If India loses, expect a big reaction'

Haddin further commented that the pressure is on India given the way they have played under coach Gautam Gambhir. The former wicketkeeper feels that the team hasn't had the success or game style that they have been hoping for in the past few months.

Haddin also claimed that if India doesn't make it to the Champions Trophy final, there will be huge backlash back home.

'I think there's a lot of pressure on India, with the way they've played their cricket since (coach) Gautam Gambhir has taken over," he added. "They probably haven't had the success or style of game that's really been that attractive for the last six months. So I think the pressure is right on India to make a final. And I think if they don't make the final,

## India's spin overload vindicated as team lays out Varun trap for Australia in semis

**New Delhi.** I have been here long enough to know what kind of players are talented," said India captain Rohit Sharma ahead of the semifinal of the Champions Trophy. After receiving praise for playing Varun Chakravarthy in the final group-stage match against New Zealand, Rohit Sharma broke down India's decision to field four spinners, alongside Chakravarthy, who was fast-tracked into the ODI team. The cheeky India captain wore a smile while discussing India's strategy in the tournament. And why not? Just under a month ago, the forced inclusion of Varun Chakravarthy in the ODI side was met with intense criticism. Varun was drafted into the Indian team in the absence of Jasprit Bumrah, who could not recover in time for the tournament. The pundits had their reservations about the call, given India was short on pacers and had even decided to sit out Mohammed Siraj, India's trusted speedster for the last four years "India has one too many the last four years."India has one too many spinners in that squad. India would have liked to have one more pacer in that side," Parthiv Patel had said while analyzing India's squad right before the Champions Trophy.But in the match against New Zealand, Team India's call to play the tournament with four spinners was vindicated, as the side beat the Kiwis by 44



## IND vs AUS: Ricky Ponting wants IPL 2024mode Jake Fraser-McGurk in semi-final

New Delhi. Former Australia captain Ricky Ponting has urged Jake Fraser-McGurk to replicate his explosive Indian Premier League (IPL) 2024 form when Australia face India in their Champions Trophy semi-final clash on March 4. With Matthew Short ruled out due to injury, Fraser-McGurk has a strong chance of making it into the playing XI, but his recent ODI struggles remain a concern for the Steve Smith-led side. With Short's absence, Fraser-McGurk appears to be the most natural replacement. However, his performances in Australia's recent ODI series against Sri Lanka were far from ideal, as he managed just 11 runs across two matches. Speaking to ICC Review, Ponting highlighted that with the right backing from the team, Fraser-McGurk has the potential to be a matchwinner for Australia, provided he can unleash the same aggressive batting approach that he displayed during IPL



2024."He probably has been a little bit disappointed with his output in the opportunities that he's had in the last six months. So this might just be the game where he can do something...like he did in the IPL with the Delhi Capitals last season," Ponting said."To be honest, that's the way I would probably go and just hope that he has one of his days because in games like these,

the semi-finals, must-win, big games, you need to throw caution to the wind. I think he's the sort of player that if you back him, and give him an opportunity, he might just be good enough to win a big game for you like that," he added.During his debut IPL season for Delhi Capitals, Fraser-McGurk became a sensation with his fearless batting. He amassed 330 runs in just nine matches, and his staggering strike rate of 234 proved his ability to take on bowlers from the outset. His approach, combined with his raw power, makes him a dangerous prospect in white-ball cricket. However, the young batter has yet to

make a significant impact in ODIs. In his seven appearances for Australia, Fraser-McGurk has only managed 98 runs, with a highest score of 41. His inconsistency in the 50-over format raises questions about whether he is ready to take on a highpressure semi-final against an in-form

runs in a low-scoring affair. Axar Patel, Ravindra Jadeja, Kuldeep Yadav, and Varun Chakravarthy put in an epic choke to bowl out 'spin specialists' New Zealand, who had just beaten them 3-0 in the Test series in 2024.

Varun Chakravarthy was the star of the show, picking up his first 5-wicket haul in the ODI format, on a ground where he had massively struggled back in the 2021 T20 World Cup, nearly ending his career. India captain Rohit Sharma spoke in detail about the mystery spinner and explained why India continues to take a punt on special individuals by fasttracking them under his tenure.

India vs Australia, Champions Trophy semifinal Updates

'It's just the talent. If there's something really, really special about that particular player, you want to try and fast-track him as quickly as possible and give him a go. Certain formats require certain skill sets, and I thought whenever we look at these kinds of players.

# No 'silencing' talk: Steve Smith breaks from Cummins' playbook before India semis

Champions Trophy Semi-Final: Australia captain Steve Smith was reminded of Pat Cummins' famous words from the 2023 World Cup final as he addressed the press on Monday in Dubai. Smith will lead Australia against tournament favorites India in what promises to be a thrilling semi-

New Delhi. Australia captain Steve Smith took a different approach from Pat Cummins, refraining from making bold statements in the lead-up to the Champions Trophy semifinal against India in Dubai on Tuesday. Speaking to the press on Monday, Smith was asked if he had a message for the fans, but the stand-in captain chose not to engage. Pat Cummins famously declared that he wanted to silence the Ahmedabad crowd

ahead of the 2023 World Cup final. The fast bowler backed up his words as Australia delivered a clinical performance, defeating favourites India to claim the coveted oneday trophy at the world's biggest stadium, packed to the rafters with blue shirts."Yeah, don't really have a message, to be honest. Just going out and playing, and hopefully, we can put on a good show," Smith said.India will have a strong support as the 25,000-seater Dubai International Cricket Stadium is set to be filled with Indian fans. Australia will be without Cummins and their star pacers, including Mitchell Starc and Josh Hazlewood, for the semi-final.

However, they have shown the world that they are in the Champions Trophy not just to make up the numbers but to compete for the ultimate prize.Smith, who previously captained Australia full-time, has excelled whenever he has stepped in for Cummins. During the 2023 Test series in India, he took charge after Cummins returned home due to a family emergency. Smith showcased his leadership skills in subcontinental conditions, guiding Australia to a victory and



securing a draw in the final Test. The stand-in skipper said he has once again enjoyed leading the team and that Australia are fully prepared for the semi-final against the pretournament favourites

Yeah it's been it's been fun captaining these boys the last couple of weeks, obviously our first objective was to make the semifinals. We've done that and coming up against a good Indian side, so yeah, we're up for the challenge tomorrow and we're excited," he

DUBAIADVANTAGE FOR INDIA? Chatter about India having an advantage by playing all their games in Dubai in the Champions Trophy, hosted by Pakistan, has been loud. Former England captains Michael Atherton and Nasser Hussain were among the ones who alleged favouritism.

While India captain Rohit Sharma played down the advantage, Smith said he is focused on Australia's plans for what is expected to be a

sluggish pitch in Dubai."In terms of an advantage, yeah, maybe, I'm not sure. Yeah, India obviously played all their games here. So, they've seen what the surface is doing.""Obviously the whole square block is pretty dry. Having spoken to the groundsman just now, a dry surface had a lot of traffic, so we've seen how the wickets have played. And India have obviously played really well in their games as well. So, it's going to be a good contest. We're looking forward to it," he said.



a bitter welcome. Madhu revealed, "Jo Bareilly mein humara reception hua that was not kind at all. The state machinery said ye naari shoshan hain, hum log isko nahi accept karenge. Unka funda hai ki jis seher se aayi hain usi seher pe uska welcome hoga (The state apparatus declared that this was female exploitation and that it would not be tolerated. The winner of Miss World had to return to her hometown for a ceremonial celebration). Madhu Chopra further revealed that even after permission from the chief minister, the state machinery gave excuses for not welcoming her. "Toh ye tha ki Bareilly jana hain aur Bareilly ne Chief Minister ke office se manaya tha... Toh we can't have her here law and order ka issue, kuch kuch toh bola tha, We were very upset." She Madhu Chopra claims that the Bareilly authorities forbade Priyanka's homecoming celebrations from being extravagant. Rather, a modest gathering was planned in the army zone, where her father was stationed at the time. However, she received a heartfelt reaction from the entertainment industry in Mumbai. Filmmakers and producers saw her potential and gave her a chance in Bollywood. Priyanka Chopra recently returned to India to attend her brother Siddharth Chopra's wedding to Neelam Upadhyaya in Mumbai on

February 8.On the work front, Priyanka Chopra is gearing up for SS

Rajamouli's next, alongside Mahesh Babu. The official announcement is anticipated to be released shortly. However, she

wrapped up shooting for her upcoming action-thriller The Bluff.

She will also feature with John Cena and Idris Elba in the American

Dhanashree Verma

action-comedy Heads of State.

Shares 1st Post After Dismissing Rs60 Crore Alimony Claims: 'I Feel Strong, Fearless'

hanashree Verma took to her Instagram handle on Wednesday evening to share her first post ever since her family dismissed Rs 60 crore alimony claims. Dhanashree shared a series of pictures of herself and sought blessings from Lord Shiva on the occasion of Maha Shivratri. "With Lord Shiva's blessings, I'm Unstoppable... I feel strong and fearless Shoot

diaries for you The love and respect at work is unreal. Har har mahadev Dhanashree wrote. Check it out here:

This comes days after several reports claimed that the choreographer was seeking Rs 60 crore in alimony from the cricketer Yuzvendra Chahal

amid their divorce. However, Dhanashree's family recently rejected the claims. On Friday, a member of the Verma family issued a statement and called alimony reports "baseless". The family member expressed disappointment with the viral claims and urged everyone not to spread "baseless" information.

The member clarified that Dhanashree Verma never asked for any alimony from Chahal. "We are deeply outraged by the baseless claims being circulated about the alimony figure. Let me be absolutely clear—no such amount has ever been asked, demanded, or even offered. There is no truth to these rumours whatsoever. It is deeply irresponsible to publish such unverified information, dragging not just the parties but also their

families into unnecessary speculation. Reckless reporting like this only causes harm, and we urge the media to exercise restraint and fact-check be fore spreading misinformation and also be respectful towards everyone's privacy," the statement read. Dhanashree and Yuzvendra, who tied the

knot in 2020, are heading for a divorce. Recently, the former lawyer also shared that their divorce proceedings are currently underway. "I have no comments to make on the proceedings, the matter is currently sub judice. The media should fact-check before reporting, as a lot of misleading information is being circulated," the lawyer said.

## Alia Bhatt REACTS To Post Defending Ranbir Kapoor Against 'Womanizer' Tag: 'Jealous People Call Him Red Flag'



lia Bhatt and Ranbir Kapoor are among the most talked about couples in Bollywood. Although fans love to watch their chemistry on-screen and in real life, a certain section of people often subject Ranbir to tags like 'misogynist' and claim he is 'not supportive enough' due to misunderstandings. Alia Bhatt often indirectly defends her husband on social media and her recent Instagram activity has caught everyone's attention again. Alia Bhatt recently reacted to a post defending Ranbir Kapoor. The post mentioned. "Funny how jealous people always call him red flag, womanizer, mumma's boy etc. but Ranbir Kapoor literally included his wife and daughter's initials in his brand's name. If this is red flag then I guess it's better than every so called green flag on the internet." Alia Bhatt 'liked' this post on Instagram. Check it out here:

This is not the first time that Alia has seemingly defended Ranbir online. A few months ago, a video surfaced online showing clips where Ranbir Kapoor seemingly ignored Alia Bhatt at Raj Kapoor's 100th birth anniversary celebration. The actress 'liked' the video titled, 'The Ranbir Kapoor they don't post about'. The video was a compilation of clips from Raj Kapoor's 100th birth anniversary. In the video, Ranbir could be seen taking care of Alia and his older family members.

Previously, Riddhima Kapoor Sahni opened up about the continuous trolling and judgment her family faces, specifically targeting her brother Ranbir Kapoor and sister-in-law Alia Bhatt. Speaking to Zoom, Riddhima said that Alia and Ranbir are happy together and do not care for what people say about them. "They adore each other. They've created the most beautiful ever child, Raha. She is so so adorable. They are amazing parents. So, I don't think they really care about what people say,"

## Himesh Reshammiya Reacts To Janhvi Kapoor Doing Bicep Curls To Tandoori Nights



imesh Reshammiya's Badass Ravi Kumar has been in the headlines ever since its release earlier this month, mostly for its songs. One of its tracks, Tandoori Days, is also earning love from fans, reminding them of his previous track, Tandoori Nights, from the 2008 movie Karzzzz. The party anthem was viral among fans and even celebrities like Janhvi Kapoor also loved the song. Now, Himesh has talked about Janhvi's comment about him and the song, promising to release more such tracks. For your reference, Janhvi Kapoor, during an old episode of Koffee with Karan, admitted to stalking Himesh Reshammiya's Instagram reel wherein he is seen doing bicep curls while lipsyncing Tandoori Nights. Laughing, she said, "It's the best thing in the world. I love it."

In an interaction with Pinkvilla, Himesh Reshammiya was asked to react to Janhvi Kapoor's statement. Responding, he exclaimed, "Oh wow, Tandoori... outstanding. Ab Tandoori Days, Tandoori Nights, ab Tandoori Afternoons, pata nahi kya kya aayega (Now Tandoori Days, Tandoori Nights, now Tandoori Afternoons, I don't know what else will come)."

Shedding light on the audience's love for the song, Himesh stated, "Lekin Tandoori ko jitna aap logon ne pyaar kiya hai mujhe lagta hai ki tandoori food aapko bahut pasand hai (But as much as you guys have loved Tandoori, I feel that you like tandoori food very much)."

Continuing further, Himesh Reshammiya also talked about his latest track Tandoori Days and noted that there is something about the specific word adding that it was very lucky for him. After a successful streak of songs, Bollywood singer and composer Himesh Reshammiya ventured into acting. He made his debut in the 2007 hit Aap Kaa Surroor. After years of break, he recently returned to big screens with his la>test release, Badass Ravi Kumar. Directed by Keith Gomes, the film is a spin-off to the 2014 drama film The Xpose. Produced by Himesh Reshammiya Melodies, it shows him reprising his role of Ravi Kumar from the film. Apart from Himesh, the film also features celebs such as Prabhudeva, Kirti Kulhari, Sunny Leone, Sanjay Mishra, Johnny Lever, Mohan Joshi, Raza Murad and others.