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India's Pranav Venkatesh wins World Junior Chess Championship

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Chess Star To Space Scientist: Women Achievers Take Over PM Modi's X Handle

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## Syria erupts, over 200 killed as government forces and Assad loyalists clash

Beiru. Fighters siding with Syria's new government stormed several villages near the country's coast, killing dozens of men in response to recent attacks on government security forces by loyalists of ousted President Bashar Assad, a war monitor said.

The village assaults erupted Thursday and continued Friday. Ongoing clashes between the two sides have marked the worst violence since Assad's government was toppled in early December by insurgent groups led by the Islamist group Hayat Tahrir al-Sham. The new government has pledged to unite Syria after 14 years of civil war.More than 200 people have been killed since the fighting broke out, according to the Britain-based Syrian Observatory for Human Rights. In addition to around 140 killed in apparent revenge attacks in the villages, the dead include at least 50 members of Syria's government forces and 45 fighters loyal to Assad. The civil war that has been raging in Syria since March 2011 has left more than a million people dead and millions displaced. The most recent clashes began when government forces tried to detain a wanted person near the coastal city of Jableh on Thursday and were ambushed by Assad loyalists, according to the Britain-based Syrian Observatory for Human Rights.On Thursday and Friday, gunmen loyal to the new government stormed the villages of Sheer, Mukhtariyeh and Haffah near the coast, killing 69 men but harming no women, according to the observatory.They killed every man they encountered," said observatory chief Rami Abdurrahman

Beirut-based Al-Mayadeen TV also reported the attacks on the three villages, saying that more than 30 men were killed in the village of Mukhtariyeh alone. Another 60 people were killed in the town of Baniyas, including women and children, the observatory said. Syrian authorities did not publish a death toll, but Syria's state news agency SANA quoted an unidentified security official as saying that numerous people went to the coast seeking revenge for recent attacks on government security forces. The official said the actions "led to some individual violations and we are working on stop them."

#### **Oscar-winning actor Gene** Hackman died a week after a rare virus killed his wife

New Mexico. Oscar-winning actor Gene Hackman was in an advanced state of Alzheimer's and died of heart disease and other factors likely days after his wife, Betsy Arakawa, died of a rare syndrome spread by mice, according to autopsy results released on Friday in New Mexico.The 95-year-old Oscar-winning actor, 64-year-old Arakawa, and one of their dogs were found dead on February 26 in separate rooms of their Santa Fe home.

Hackman's heart disease and the hantavirus pulmonary syndrome that caused Arakawa's death were announced at a press conference at the Santa Fe ckman's wife died davs did, results showed. A reporter asked Sheriff Adan Mendoza if Hackman's Alzheimer's had hindered him from perceiving her death."I would assume that is the case," Mendoza told reporters."It's quite possible that he was not aware that she was deceased," Heather Jarrell, chief medical investigator at the New Mexico Office of the Medical Investigator, told reporters.Arakawa is believed to have died around February 11, authorities said on Friday, citing the date of the last email she sent.Last week, the sheriff told reporters that a pathologist determined the last signal from Hackman's pacemaker was from February 17 making it likely that was the last day of the actor's life.Hantavirus is a rare disease in the US, with most cases concentrated in the western states of New Mexico, Arizona, Colorado and Utah. In northern New Mexico the virus is spread by droppings and urine of deer mice. The virus is often transmitted through the air when people sweep out sheds or clean closets where mice have been living.

# Trump pulls \$400 million in grants to Columbia University over Gaza protests

Federal agencies jointly announced the funding cuts without specifying affected grants

Cuts may face legal challenges as civil rights groups claim it's unconstitutional Columbia at centre of protests against Israel, accused of antisemitism

New York. US President Donald Trump's administration said it had cancelled grants and contracts totaling \$400 million to Columbia University because of what it described as antisemitic harassment on and near the school's New York City campus.Friday's announcement was made in a joint statement, opens new tab by the US Department of Justice, the Department of Education, the Department of Health and Human Services, and the General Services Administration. The school receives millions of dollars from the government for healthcare and science research, but the Trump administration did not say which grants and contracts were being affected. The cuts would come out of the more than \$5 billion in grants presently committed to Columbia, the statement

said.The announced cuts were likely to face legal challenges, with civil rights groups saying they lacked due process and could be an unconstitutional punishment for protected speech.Columbia has been at the center of a pro-Palestinian and anti-Israel student protest movement that swept across campuses over the last year.Columbia protesters, some of whom seized control of an academic building for a few hours in April and set up tent encampments on campus

lawns, have demanded the school stop investing in companies that support Israel's military occupation of Palestinian territories. There have been allegations of both antisemitism and Islamophobia and racism in protests and pro-Israel counterprotests. Columbia University Apartheid Divest, a coalition of student groups behind the pro-Palestinian protests, includes Jewish students and groups among its

organizers, who have rejected allegations their movement is antisemitic. Some Jewish and Israeli students have said the protests are intimidating."Cancelling these



taxpayer funds is our strongest signal yet that the Federal Government is not going to be party to an educational institution like Columbia that does not protect Jewish students and staff," Leo Terrell, who leads the Justice Department's antisemitism task force, said in a statement.Columbia has said it has worked to combat antisemitism and other prejudice on its campus while

fending off accusations from civil rights groups that it is eroding academic freedom of speech. It has disciplined dozens of pro-Palestinian students and staff over the last year, in many cases issuing suspensions, and twice called in police to have pro-Palestinian protesters arrested, which was widely criticized by faculty.Samantha Slater, a Columbia spokesperson, said school staff "pledge to work with the federal government to restore Columbia's federal funding.""We take Columbia's legal obligations seriously and understand how serious this announcement is and are committed to combating antisemitism and ensuring the safety and wellbeing of our students, faculty, and staff," her statement saidSlater did not say whether the school had been told which grants and contracts had been affected, and the government departments did not respond to questions. The Civil Rights Act's Title VI allows the government to investigate schools that receive federal funding if they are accused of discriminating against people on the basis of religion or national origin, among other protected classes.

# Ex-French spy chief guilty of misusing public resources to aid luxury major LVMH

Paris. A Paris court found the former head of France's domestic security services, Bernard Squarcini, guilty on Friday of using public resources to benefit LVMH, in a trial that shed light on efforts by the world's biggest luxury group to protect its reputation.Squarcini, 69, who headed France's domestic security services from 2008 to 2012, was later hired by LVMH, opens new tab as a security consultant. The court gave him a twoyear prison sentence that he can serve at home with an electronic bracelet and an additional two years suspended, and fined 200,000 euros (\$217,300). His lawyers said he would appeal against the verdict.Part of Friday's verdict was related to the use of public resources to locate blackmailers targeting LVMH chairman and CEO Bernard Arnault in 2008, while Squarcini was still head of the country's security services. That year, security agents staked out a cyber cafe in Aix-en-Provence to identify a suspect sending emails seeking to extort Arnault, as part of a mission



Squarcini defended as protecting French economic interests.

Squarcini was also found to be complicit in the illegal surveillance of Francois Ruffin, a French lawmaker who at the time was an activist, along with members of his left-wing publication Fakir. Ruffin and the members of Fakir were planning to disrupt an LVMH

shareholder meeting in 2013 and preparing a satirical documentary film "Merci Patron".The film, which won

the French Cesar award for best documentary in 2017, follows family members who lost their jobs at a supplier to LVMH.LVMH boss Bernard Arnault told judges in November that he did not know about the illegal surveillance he said was ordered nearly 10 years prior by a close associate who died in 2018.Ruffin's lawyer, Benjamin Sarfati, welcomed Friday's verdict."We are satisfied with this

decision that serves as a call to order, though we regret the absence of Mr Bernard Arnault among defendants," he said.LVMH, which reached an agreement in 2021 to pay a 10 million euro settlement to close a criminal probe into its role in the spying case with no admission of guilt, declined to comment.

## California Governor, to decide by end of summer Former US Vice President Kamala Harris is seriously considering running for California Governor and has

Kamala Harris may run for

given herself until the end of summer to decide the same, multiple reports citing people familiar with the development have said.Harris, who has largely remained out of the public eye since losing the November presidential election to Republican rival Donald Trump, has, however, retained some of her most trusted and senior advisers. Despite no definitive signal about her next political move, in December 2024, the 60-year-old reportedly set up an LLC known as 'Pioneer49' in her home state of California.



According to Politico, the organisation includes Chief

The heavy price of Pakistan's military obsession

#### Pakistan orders undocumented Afghans to leave by March 31 or face deportation

world. The Pakistani government has ordered all 'illegal foreigners" and Afghan Citizen Card (ACC) holders to leave the country by March 31, warning that deportations will begin on April 1 for those who fail to comply. The directive, issued by the country's interior ministry, is part of Islamabad's "Illegal Foreigners Return Program" (IFRP), which has been in effect since November 1, 2023. The Shehbaz Sharif-led government has repeatedly attributed militant attacks and criminal activities to Afghan nationals, the largest migrant group in Pakistan. Kabul, however, has firmly refused the accusations."Pakistan has been a gracious host and continues to fulfil its commitments and obligations as a responsible state. It is reiterated that individuals staying in Pakistan will have to fulfil all legal formalities," the country's interior ministry said in a statement. The Pakistani government has assured that the eviction process will be conducted with 'dignity', assuring that "no one will be mistreated". Authorities have also arranged food and medical facilities for those returning to Afghanistan. According to United Nations data, Pakistan currently hosts over 8 lakh Afghan Citizenship Card (ACC) holders and around 13 lakh registered Afghan refugees with Proof of Residence (PoR) cards. However, the government has not clarified whether PoR cardholders will be subject to the eviction order. Since the repatriation drive began, over 8,00,000 Afghans have already returned to Afghanistan. Pakistan has hosted approximately 28 lakh Afghan refugees over the past four decades.

Among those facing deportation are thousands of Afghans awaiting resettlement in the United States and other Western nations following the Taliban's takeover of Afghanistan in 2021. The mass deportation decision has drawn international attention, with concerns about the fate of vulnerable Afghans, including women and children

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# nuclear deal: Going to happen very soon

Trump writes to Iran's Khamenei on new

Dubai. President Donald Trump sent a letter to Iran's Supreme Leader Ali Khamenei, seeking a new deal with Tehran to restrain its rapidly advancing nuclear program and replace the agreement he withdrew America from

during his first term in office.Iranian state media immediately picked up on Trump's acknowledgment, given in excerpts from a Fox Business interview that aired on Friday though there was no confirmation from Khamenei's office that any letter had been received. The interview airs in full Sunday.

It remained unclear how the 85-yearold supreme leader would react, Obama had kept his letters to Khamenei secret ahead of the start of negotiations that led to Tehran's

2015 deal with world powers.In comments to reporters in the Oval Office later Friday, Trump did not mention the letter directly. But he made a veiled reference, saying, "We have a situation with Iran that, something's going to happen very soon. Very, very soon.""Hopefully we can have a peace deal," Trump said. "I'm not speaking

out of strength or weakness. I'm just saying I'd rather see a peace deal than the other. But the other will solve the problem."He's suggested that the alternative to a negotiated resolution would be the US threatening to



intervene militarily in Iran.Trump's overture comes as both Israel and the United States have warned they will never let Iran acquire a nuclear weapon, leading to fears of a military confrontation as Tehran enriches uranium at near weapons-grade levels something only sought by atomic-armed nations. Bartiromo for "Sunday Morning Futures," Trump said, "I've written them a letter saying, 'I hope you're going to negotiate because if we have to go in militarily, it's going to be a terrible thing."The United Nations welcomed

Trump's outreach to Iran. "As a matter of principle, we reaffirm that diplomacy remains the best way to ensure the peaceful nature of Iran's nuclear program," spokesman Stephane Dujarric said in a statement. "In that regard, we welcome all diplomatic efforts towards that goal." TRUMP'S OUTREACH

COMES AMID TENSIONS

The White House confirmed that Trump's letter to Iran's leaders

is seeking to negotiate a nuclear deal. The president's comments in the Oval Office echoed his sentiments from the interview."I would rather negotiate a deal. I'm not sure that everybody agrees with me, but we can make a deal that would be just as good as if you won militarily," Trump said. "But the time is happening now. The time is coming up. Something's going to happen one way or the other.

Kirsten Allen, as well as her White House Chief of Staff Lorraine Voles."I am staying in this fight," she told allies in phone calls and at private gatherings, according to Politico.Harris hinted about running as California Governor at a pre-Oscars party last weekend. Additionally, in calls to allies, trusted aides and supporters in recent weaks, the former Vice and supporters in recent weeks, the former Vice President made it clear that she plans to make a decision within a few months, the Politico report added.Gavin Newsom is the current California Governor and term limits prevent him from entering the race again. Candidates have until early March 2026 to file the documents ahead of the June 2, 2026, primary.If Harris does end up entering the race for the golden state Governor, it would put her running as the presidential candidate in 2028 off the table. According to CBS News, Harris is considering staying out of running for President again.A former adviser to Kamala Harris said that the ex-Vice President would 'great" as Governor and has already proven she Attorney General.For a state that has remained inclined towards Democrats in recent decades, the mere prospect of Harris entering the Governor race will probably dissuade other internal party candidates from competing against her, commentators said.

California Attoreny General Rob Bonta told Politico that he will seek reelection and won't run for Governor, in part because Harris was likely to clear the field if she decides to run. Ex-Democratic Representative Katie Porter also suggested she wouldn't challenge Harris. Another close Harris ally in the golden state, Lieutenant Governor Eleni Kounalakis, may also steer cleer of Harris's path, the Politico report added.

In the interview with Fox host Maria

# Indian-origin man jailed for 9 years in UK for raping 2 teens he met on Snapchat

Himanshu Makwana, 42, posed much younger than his age on Snapchat and met the two teenagers. He committed the crimes four years apart with striking similarities.

London. An Indian-origin man who was found guilty of raping two teenage girls he met online has been sentenced to nine years behind bars and added to the sex offender register for life by a London court.Himanshu Makwana, 42, carried out the two offences four years apart with striking similarities, Harrow Crown Court heard as he was sentenced on Thursday. The Metropolitan Police said Makwana was arrested following an investigation by its specialist detectives who discovered that he preyed on teenage girls on social media.

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"Makwana posed as a young man on social media in order to prey on young girls," said Detective Constable Lewis Jelley, who led the investigation.He carried out a horrific attack on one woman, and then did the same thing again a few years later. He was brought to justice following a painstaking investigation," he said, praising the "courage" of the two women who reported the offences.

The court heard that in 2019, Makwana used a Snapchat account to communicate with his first victim, who was aged 18 at the time. After speaking for a few months, they decided to meet when he drove her to an empty office block and, once inside the building, he raped her, the trial heard.

The offence was reported to police at the time but no suspect was identified. In April 2023, Makwana again posed as a 19vear-old man on Snapchat and started speaking to his second victim, who had only recently turned 16. Shortly

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afterwards, he parked on a street close to the victim's school and waited for her, before asking for her help.

"The victim agreed and helped Makwana

carry some books. He then locked her in his car and identified himself as 'Samir', which was the fake identity he had used on Snapchat. He then drove her to an empty commercial premises and raped her," the Met Police said.Makwana was arrested on November 27, 2023, a day after the second victim reported the incident, with the help of an image captured by a witness which showed the car used in the incident. This enabled officers to locate the vehicle and arrest Makwana, the police stated.

Analysis of a DNA sample taken on his arrest identified Makwana as the previously unknown suspect for the offence against the first victim in 2019. He was then charged with the rapes of both victims in December 2023 and remanded in custody ahead

of his trial this week.After his nine-year imprisonment, Makwana has been ordered by court to serve an additional four years on extended licence under strict monitoring.

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# India Signs \$248 Million Deal with Russia for Advanced Tank Engines

New Delhi: The Indian Ministry of Defence has finalized a \$248 million agreement with Russia's Rosoboronexport (RoE) for the procurement of 1,000 HP engines for the Indian Army's T-72 tanks. The deal includes the supply of engines in fully formed, completely knocked down (CKD), and semi-knocked down (SKD) conditions.

The agreement also encompasses a Transfer of Technology (ToT) from RoE to Armoured Vehicles Nigam Limited (AVNL) at the Heavy Vehicle Factory in Avadi, Chennai. This will enable the local integration and licensed production of these advanced engines, supporting India's 'Make in India' initiative for the defense sector.

The T-72, currently the backbone of India's tank

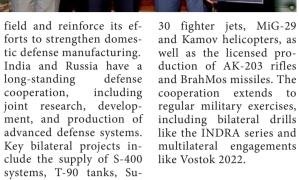


long-standing

cooperation,

fleet, is equipped with 780 HP engines. The new 1,000 HP engines will significantly enhance the mobility and offensive capabilities of the fleet. The Ministry of Defence

highlighted in a separate post on X (formerly Twitter) that this deal would boost the Indian Army's capabilities on the battle-



## **Death Penalty for Forced Religious Conversions...**



MP: In a bold and controversial move, Madhya Pradesh Chief Minister Mohan Yadav announced on Saturday that individuals convicted of forced religious conversions will face the death penalty. If approved by the state cabinet, Madhya Pradesh would become the first state in India to impose such a severe punishment for this offense.

CM Yadav emphasized that his government would not tolerate forced conversions in the state. He further stated that his administration plans to amend the state's Religious Freedom law to include provisions for the death penalty for those found guilty of coercing individuals into changing their religion.

We will not tolerate any forced conversions or misconduct. Our government will ensure that anyone involved in these activities faces the death penalty," CM Yadav declared, adding that the law would be strictly enforced to prevent such incidents

This move, if implemented, marks a significant and unprecedented shift in the state's approach to religious conversions. The proposal is likely to stir debate, as the state government positions itself as a strict enforcer of religious freedom within its borders

#### **BJP Leader Kumar Amit Visits Fire-Affected Family, Demands Compensation**



Chas: A devastating fire on Friday evening in Chitami village, Chas block, destroyed the home and belongings of Bindu Mahato. The fire consumed the entire tiled house, including essential goods, ration, documents, and cash. The fire brigade, alerted by BJP leader Kumar Amit and Chas Sub-Divisional Magistrate, managed to control the blaze, but by then, everything had been lost.

On Saturday, Kumar Amit visited the affected family to assess the damage. Expressing frustration over the lack of assistance from the district administration, Amit spoke to officials and demanded compensation from the Disaster Relief Fund. He also pointed out that the family had not benefited from any government schemes and was living in a makeshift house without electricity, relying on lamps for light. Amit urged the administration to provide the family with benefits under Pradhan Mantri Awas Yojana, Ujjwala Yojana, Ayushman Yojana, and other government schemes. In addition, he offered immediate financial support for relief. BJP Pindrajoda Mandal General Secretary Ratan Mahato and other local BJP members were also present during the visit.

#### **CTPS holds Blood Donation Camp on International Women's Day**



Chandrapura: The management of Damodar Valley Corporation (DVC) Chandrapura Thermal Power Station marked International Women's Day with a grand celebration at the Officers Club, where they also organized a blood donation camp at the DVC Hospital.

The event saw active participation from DVC's women employees, who organized a series of programs at the Officers Club. Senior officers including Senior General Manager and Project Head Vijaya Nand Sharma, Senior Manager Kanchan Smita Toppo, Manorama Singh, and Poonam Kumari were present to support the celebrations.

In addition to the festivities, DVC's Corporate Social Responsibility (CSR) Department set up a blood donation camp at the DVC Hospital, where a total of 24 individuals donated blood.

The donors included Central Industrial Security Force (CISF) personnel, DVC employees, and local residents. Assistant Manager Shrivatsa and Prafullo Bhandari were also present at the camp to oversee the donation drive.

**BJP Leader Distributes 200 Umbrellas** to Women Vendors on International Women's Day

#### Mithila Mahila Samiti's Stall Captivates Visitors at Basant Mela in Bokaro



Bokaro: The Mithila Mahila Samiti's stall was the star attraction at the two-day Basant Mela held at the Library Ground in Sector-5, Bokaro, organized by Bokaro Steel Plant. As in previous years, the stall, curated by the women's wing of the Mithila Cultural Council, captivated visitors with its vibrant display of traditional crafts and local delicacies

Following the fair's inauguration on Saturday, crowds flocked to the stall, drawn by an array of Mithila paintings, handmade artifacts, and a variety of mouth-watering dishes. The stall also featured essential home products, adding a unique local touch to the fair.

Top officials from the Mithila Cultural Council, including President JP Chaudhary, General Secretary Neeraj Chaud hary, and Board Member KC Jha, visited the stall to review the arrangements. They expressed satisfaction with the setup and commended the women of the Mithila Mahila Samiti for their collective efforts in bringing the stall to life.

#### "Women Need to Become Self-Reliant & Self-Sufficient": Anuradha Singh



Bokaro: DAV Public School, Sector 6, Bokaro, celebrated International Women's Day with an event that honored the contributions of its female teachers. The principal, Anuradha Singh, addressed the gathering, emphasizing the need for women to become self-reliant and self-sufficient to bring about societal change. She stressed that the day was dedicated to raising awareness about women's rights, gender equality, and empowerment.

# India Reduces Tariffs for Key Trade Partners, **Ongoing Negotiations with US, EU, UK**

New Delhi: In a significant ties with these countries. move to strengthen its trade The progress with the Unitrelations, India has reduced its ed States has been particuaverage applied tariffs for sevlarly noteworthy. In Februeral key developed countries, ary 2025, India and the U.S. including Australia, the UAE, agreed to begin discussions Switzerland, and Norway. on a multi-sector Bilateral This is part of a series of bilat-Trade Agreement (BTA), with eral trade agreements aimed the first tranche expected to at fostering mutual economic be finalized by the fall of 2025. growth and enhancing mar-During this period, India and ket access for both parties. the U.S. aim to explore vari-The decision to lower tariffs ous aspects of their trade rereflects India's commitment lationship, including tariff reto creating a more open and ductions, market access, and business-friendly trade enviregulatory cooperation. The ronment with these nations. agreement, once completed, Sources indicate that similar is expected to open new avetariff negotiations are curnues for trade and investment rently underway with other between the two countries. global economic partners, Prime Minister Narendra including the European Un-Modi and U.S. President ion and the United King-Donald Trump have both desdom. Ongoing talks with the ignated senior representatives United States are also crucial to lead these negotiations. To in this broader context, as further facilitate the process, both countries work toward a an Indian delegation led by comprehensive trade deal that the country's Commerce and addresses a range of sectors. Industry Minister recently visited Washington, where The adjustments to tariffs and they met with U.S. Commerce other trade-related matters are seen as a way to strength-Secretary Gina Raimondo, U.S. Trade Representative en diplomatic and economic

Katherine Tai, and their teams to advance discussions on key trade issues. These talks reflect the growing importance of bilateral cooperation, especially as both nations seek to boost trade and collaboration across various sectors, including technology, manufactur-

ing, and services. Sources familiar with the discussions noted that the focus on tariffs is just one component of the broader trade negotiations. Prime Minister Modi's recent visit to Washington highlighted these discussions, where both sides acknowledged the importance of addressing their respective interests and trade sensitivities. While the negotiations are still in their early stages, officials from both India and the U.S. have expressed optimism about the potential for a mutually beneficial agreement.

However, sources cautioned that it is still too early to predict the specific outcomes of these negotiations, as each side works to ensure that their

key concerns are addressed The details of the proposed BTA will likely evolve as both nations continue to deliberate on the terms of the agreement

> The ongoing talks with the European Union and the United Kingdom are also pivotal in India's efforts to strengthen its global trade position. As India continues to engage in negotiations with its major trading partners, it is clear that the government is taking proactive steps to ensure that the country remains a key player in the global trade landscape.

Overall, the reduction in tariffs for key trade partners marks a significant shift in India's approach to international trade, as it looks to open new markets and foster deeper economic ties with its global partners. As discussions with the U.S., EU, and UK continue, India is positioning itself as a dynamic participant in shaping the future of international trade.

Bird Flu Outbreak at Bokaro Poultry Farm, Strict

The program, hosted by teacher Akhilesh Mishra, featured several speeches by the school's staff. Teachers Bholanchal Swain, Vidyasagar Jha, and Rajesh discussed the significance of women in Indian culture, reflecting on the ancient Vedic perception of women as "Naaryastu tatra ramante devata" and comparing their status in ancient times with the present.

Senior teacher Jahnvi Banerjee highlighted the view that women are regarded as precious creations in society. The event also featured a melodious performance by music teacher Jhuma Chakraborty, while Hindi teacher Neelam Jha recited the poem 'Kabhi meri bhi sun lo na'.

Teacher Mamta Kumari spoke on the role of family and society in women's progress, and teacher Sonia shared her views on women empowerment.

#### **Restrictions on Poultry Trade Imposed**

Bokaro: Bird Flu (H5N1 Avian Influenza) has been confirmed in samples taken from the Government Poultry Farm in Bokaro, following tests at the National Institute of High-Security Animal Diseases (NIHSAD) in Bhopal.

As a precaution, the district authorities have imposed a complete ban on the purchase and sale of live and dead poultry, poultry products, and eggs within a 10-kilometer radius of the infected area at the Government Poultry Farm. Additionally, transportation of these items will be prohibited until



further notice. District Animal Husbandry Officer Dr. Manoj Mani made the announcement on Saturday evening, adding that the department is on high alert to manage the situation.

Following the instructions of Deputy Commissioner Vijaya Jadhav, the Animal Husbandry Department is closely monitoring the situation. The department has formed Rapid Response Teams (RR Team) and Quick Response Teams (QRT) at both district and block levels, consisting of veterinarians and support staff.

Samples from poultry within the perimeter are being actively tested. Dr. Mani has urged poultry farmers in the district to immediately report any sudden deaths of chickens or poultry to the RR and QRT teams for prompt action.

The administration and Animal Husbandry Department are fully prepared to tackle the situation and ensure public safety.

#### by Ravi Phillips

Sindri: In celebration of International Women's Day, BJP leader Gaurav Vaksh, also known as Lucky Singh, distributed 200 umbrellas to women vegetable vendors from nearby villages who work under the scorching sun. The gesture aimed to honor their hard work and provide some relief from the harsh conditions.

During the distribution, Lucky Singh expressed that half the population of the country, particularly the women selling vegetables in the sun, deserved recognition and support. He emphasized that the umbrellas were meant to help these women remain healthy and continue their livelihoods under less stressful conditions.

#### **DPS Bokaro celebrates International** Women's Day with gratitude



Bokaro: DPS Bokaro marked International Women's Day with a heartfelt celebration, honoring the remarkable women who contribute significantly to the development of the institution. The event acknowledged the achievements and unwavering contributions of both the teaching and nonteaching female staff who exemplify kindness, compassion, leadership, and resilience.

As a gesture of appreciation, each woman on the staff was presented with a beautiful card and a rose, symbolizing gratitude and respect. The school emphasized the vital role every woman plays in the all-around development of students and the institution itself.

Aligning with the 2025 International Women's Day theme, 'Accelerate Action', the school underscored the importance of swift, decisive actions to promote gender equality. DPS Bokaro continues its efforts to raise awareness among both students and staff on the significance of gender parity.

In the spirit of promoting inclusive growth, the event also recognized the women from Deepansh Shiksha Kendra, a school run by DPS Bokaro for children from marginalized communities. Their invaluable contributions to shaping young minds were deeply appreciated.

Principal Dr. A.S. Gangwar acknowledged the female staff members as the driving force behind the institution's pursuit of excellence. "Women are the core of societal change for a better future," he remarked, celebrating their central role in transforming the community and beyond.

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## **PAUSE:BREATHE:GLOW - A DATE WITH SELF!**



In the whirlwind of everyday life, women often find themselves lost in a sea of responsibilities. From managing a career to tending to family, from nurturing relationships to running a household, there is always something demanding their time and energy. In the process, they often forget one crucial thing-themselves.

In this everyday frenzy, a visit to a salon or spa may seem like a small indulgence, but it is, in reality, a simple yet meaningful way to recharge. It is not about vanity; it is about stepping away from the constant rush and allowing oneself to relax and feel refreshed. There is a quiet joy in moments of self-care, a deep sense of peace in taking time to nurture oneself. It is about taking a small break to bring back that inner glow and shine!

by Suman Rastogi, Chief HR Manager, CMPDI

I am writing from my own experience recently. The moment I stepped inside the spa, I brought along more than just myself-I carried the weight of the week, the long list of things left undone, and perhaps even the guilt of taking time out. At first, it felt unnatural to sit still, to do nothing. My mind reminded me of all the work pending, at home and office.

But then, as I sank into the chair and let someone else take charge for once, I started to feel the shift. My hair, usually brushed in a hurry, is gently untangled and given the attention it deserves. The tired hands that have done everything from chopping vegetables to typing away at a laptop are softened and pampered. Even my nails, long ignored, finally get their moment of glory.

As warm, fragrant oils are worked into my scalp, a sigh escaped my lips-was that me? Did I just relax? The soothing aroma of lavender and citrus fills the air, and I catch

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myself thinking, Why don't I do this more often? A cooling eye mask settles over my tired eyes, blocking out the world for a while, and for once, I didn't mind. The gentle massage across my temples melts away the last of my resistance. The steam rises around me, cocooning me in comfort, whispering that it's okay to let go-at least for an hour. Slowly, I stop planning, stop worrying, and surrender myself to the rarest of luxuries: being looked after! Taking care of oneself is not frivolous or a waste of moneyit is an investment in one's wellyourself first!! being. Just like we refill a lamp

with oil to keep it burning, we too need moments to refuel our energy. It is not just about looking good; it's about feeling good from the inside out. It's a reminder that we, too, deserve time for ourselves. Beyond appearances, it's about feeling light, happy, and more confident. Physically and mentally. So go for it, girls-book that appointment, sink into that chair, and let yourself be pampered. Why? Because you are worth it. And because sometimes, the best thing you can do for everyone else-is take care of

#### **Trump Announces India Will** Lower Tariffs on U.S. Exports **Amid Trade Tensions**

Washington: U.S. President Donald Trump revealed on Friday that India has agreed to reduce tariffs on American exports, following months of trade friction. Speaking from the Oval Office, Trump criticized India's high tariffs on U.S. goods, calling them restrictive. "India charges us massive tariffs, mak-

ing it almost impossible to sell anything there," he remarked, adding, "They've agreed to cut their tariffs down significantly now."

Trump's comments came as India's Commerce Minister Piyush Goyal visited the U.S. to discuss a multi-sector trade deal with White House officials.

In response, India's Finance Minister Nirmala Sitharaman emphasized that India would prioritize its interests

6.05

in trade talks. Speaking at an event in Visakhapatnam, Sitharaman affirmed that tariff policies are "legitimate instruments" under the World Trade Organization framework, and both countries will safeguard their respective interests in negotiations.

Earlier, Trump announced that reciprocal tariffs would take effect on April 2, a move analysts suggest could increase tariffs on emerging economies like India, which have higher effective tariff rates on U.S. products. Despite mutual respect between Trump and Indian Prime Minister Narendra Modi, Trump has frequently criticized India for its trade practices, including during a joint press conference earlier this month.

# Telangana has Hyderabad, what do you have? Nara Lokesh replies, 'Deewar' style

New Delhi. Andhra Pradesh IT minister Nara Lokesh, speaking at the India Today Conclave, responded in a 'filmy' style to the implied question if the

Telugu state was at a disadvantage because of the headstart cities like Bengaluru, Chennai or Hyderabad had.Lokesh's quip was evocative of the iconic scene between Amitabh Bachchan and Shashi Kapoor in the film 'Deewar', where Amitabh Bachchan lists out the luxuries he had and asked his brother, played by Kapoor, about what he had. Kapoor delivered the iconic line, "Mere paas

maa hai."

advantage, the Andhra Pradesh minister said: "Karnataka has Bangalore, Tamil Nadu has Chennai, Telangana has Hyderabad. Andhra



Pradesh has Chandrababu Naidu." "He is our competitive advantage," Lokesh stated.

Responding to whether other states OUT OF THE SHADOWS OF like Telangana or a city like NTR, CHANDRABABU NAIDU Bengaluru had a competitive Speaking with India Today TV's The Andhra Pradesh IT and Human

Rajdeep Sardesai, Nara Lokesh explained how he did not feel like a third-generation politician. "I see myself as a karyakarta of the Telugu

> Desam Party. Being Chandrababu Naidu's son makes it 10 times harder. I am at a greater disadvantage, because he sees me every day," Lokesh quipped.

> Lokesh revealed that his father and Andhra Pradesh Chief Minister Chandrababu Naidu was a "taskmaster" who expected everyone to function at the same pace as him.

When asked how a Carnegie Mellon and Stanford graduate transformed into a

son-of-the-soil politician, Lokesh said, "Carnegie Mellon, Stanford is good for business. Padayatra is very very important for politics.'

Resources Minister said that his 226day, over 3,000 km march in 2023 helped him understand his state, its nuance far better. "I am able to connect to issues far better. So, I truly believe that the transition is complete and I am able to contribute in Mr Naidu's cabinet quite successfully," he said.

FROM IT TO AI ANDHRA **PRADESHAT THE CUSP** 

We are going to build a new Data City in Visakhapatnam; no second thoughts about it," said Nara Lokesh, responding to what his contribution to the state would be.

His father, a four-time Chief Minister has been heralded as the builder of modern-day Hyderabad using digital technology.

Lokesh, explaining his role in the transformation of the divided Andhra Pradesh, and how he would take his father's interest in the digital economy to the "next level".

# J&K Has Debt Of Rs 1.25 Lakh **Crore: Chief Minister Omar** Abdullah

Jammu. The Jammu and Kashmir government on Saturday said its total debt stands at over Rs 1.25 lakh crore, including Rs 27,900 crore in general provident fund (GPF) for the Union Territory in the last financial year. Chief Minister Omar Abdullah, who is also the finance minister of the UT, said in a written reply to Assembly member Sajad Gani Lone that as of March 31, 2024, Jammu and Kashmir's total debt is Rs 1,25,205 crore.

'This includes Rs 69,894 crore in loans from the Reserve Bank of India and state development, Rs 27,901 crore in GPF, Rs 14,294 crore in reserves, Rs 5,758 crore in outstanding national small savings fund, Rs 4,032 crore in negotiated loans, Rs 2,616 crore in UDAY power loans, and Rs 710 crore in Government of India advances", he

outstanding debt of Rs 1,25,205 crore represents 52 per cent of J&K's GSDP of Rs 2,38,677 crore. The public debt of Rs 83,010 crore constitutes 66 per cent of the total on-budget outstanding debt in FY

2024, including internal debt of Rs 82,300 crore and Rs 710 crore in

Another major component of the on-budget outstanding debt is the provident fund, which accounts for 21 per cent of the total debt. The

ESR also highlighted that over the past decade, the proportion of internal debt to total on-budget outstanding debt has risen from 55 per cent to 66 per cent, while the share of the provident fund has

said.Mr Abdullah further said the total outstanding liability in treasuries as of February 27, 2025, under various account heads amounts to Rs 5,429.49 crore.



According to the Economic Survey Report (ESR) 2024-25 tabled in the House on Thursday, the

advances from Government of India.

decreased from 27 per cent to 21 per cent.

# We have 6th generation crew: Air chief's quip on Chinese '6th-gen' fighters

Air Force chief AP Singh brushed aside hype around the Chinese sixth-generation fighter jets while speaking at the India Today Conclave 2025. He guipped about having a "6th-gen air crew", reaffirming that tactics bridge the gap when technology is not at par with others.

New Delhi. Air Force Chief AP Singh on Saturday brushed aside hype around China's mysterious sixthgeneration fighter jets while "Sometimes, there will be situations speaking at the India Today Conclave 2025. When asked how the Air Force plans to deal with the gap in fighter jets with those of China, considering we are currently on fourth-generation fighter aircraft, he quipped about having "sixth-generation air crew"."We have sixthgeneration air crew. We can take care of that part," AP Singh told India Today TV

News Director Rahul Kanwal during the second and final day of the conclave.Singh reaffirmed that at times, it is normal for others to have



better and more efficient technology,

and this gap can be bridged by

designing clever tactics.

when your technology is not at par with adversaries, then you need to devise your tactics accordingly," he said.Raising suspicions around Chinese sixth-generation fighter jets, the Air Force Chief further said that merely having an aircraft is "not good enough"."The Chinese have

sixth-generation fighter (jets), if we call that sixth-generation. There are doubts about what generation it is and what all capabilities it has. Just having an aircraft flying is not good enough, it has to have the capability, and it has to be operationalised," AP Singh said at the conclave, which also had India Today TV Senior Executive Editor, Gaurav Sawant, present.

China took the world by surprise when two mysterious aircraft were seen in-flight in December, pictures of which quickly became viral, with experts calling them the stealthy J- 36. In fact, it became a talking point at an American defence conference this week, according to the South China Morning Post. US Air Combat Commander Kenneth Wilsbach reportedly asked,"What are we going to do about it? I don't believe that nothing is an option."

Last month, the Air Force chief - who had earlier raised concerns regarding "increased militarisation by China and Pakistan" - publicly rebuked Hindustan Aeronautics Limited (HAL) regarding the delay in deliveries of the Tejas Mk1A fighter jets. Two days later, however, the state-owned defence manufacturer assured that the aircraft would be delivered soon, and it was "not just laziness" but technical matters that contributed to the delay.

# Congress tears into PM Modi for surrendering to tariff threat by 'friend' Trump

New Delhi. The Congress has slammed the

pause on US reciprocal tariffs, why couldn't

Leader Slams Rahul Gandhi's Dharavi Visit

"He Came As YouTuber": Shiv Sena

#### Rahul Gandhi visited Chamar Studio in Dharavi on Thursday, where he met designer Sudheer Rajbhar and his team of artisans.

Mumbai. A day after Leader of Opposition in Lok Sabha and Congress leader Rahul Gandhi met with the leather workers of Dharavi, Mumbai, Shiv Sena leader Sanjay Nirupam criticised the visit, saying that he visited the place more as a Youtuber rather than a Congress leader.

"Rahul Gandhi yesterday came to Mumbai not as a Congress leader but as a YouTuber to make a video in Dharavi," Nirupam told ANI.

The Lok Sabha LoP visited Chamar Studio in Dharavi on Thursday (March 6), where he met designer Sudheer Rajbhar and his team of artisans. The Shiv Sena leader criticised the priorities of the Congress leader, alleging that the Congress' Mumbai unit has been "bankrupt" by votes and money alike, but Rahul Gandhi still could not meet them. "While the Mumbai

Congress condition is getting worse; their leaders are busier making videos. The party in Mumbai has become bankrupt not just by votes but also by money. Mumbai Congress office has not paid rent for many



Prime Minister Narendra Modi-headed government for "surrendering" to US President Donald Trump's tariff threat instead of standing their ground. Speaking at a press conference, Congress leader Pawan Khera questioned Union Commerce Minister Piyush Goyal's negotiation skills, wondering if he buckled under pressure.

Goyal is currently in Washington for trade talks with his US counterpart, Howard Lutnick.Khera referenced Trump's latest statement on the tariff war, in which the 78vear-old US President asserted that India finally agreed to axe the costs because "somebody is finally exposing them". Right before Trump's meet with PM Modi during the latter's recent visit to the US, the President had announced reciprocal tariffs on India.

The Congress veteran asked if Mexico and Canada also under Trump's tariff threat radar - could negotiate a pause, what made India cave in so easily."Has the Government of India taken a



decision to cut tariffs under pressure by PM Modi's close friend - Donald Trump? Has Union Minister Piyush Goyal, who is in the United States to apparently negotiate a trade deal, buckled under pressure and signed on the dotted line dictated by 'Howdy Modi's close compatriot Namaste Trump'? What does the fresh statement by the US President mean for India...If countries like Mexico and Canada can negotiate a month's

India? India demands answers," Pawan Khera said at the press briefing.He said that this matter will be raised in Parliament as well, which will resume on March 10, as it impacts the entire country.

Khera further asked if the Centre has "surrendered" India's national and strategic interests."What was your Minister Piyush Goyal doing in the US, when President Trump announced that India has agreed to reduce tariffs? Isn't suffering from reciprocal tariffs better than reducing own tariffs, after reciprocal tariffs have been announced? Who

have you taken into confidence before making this strategic decision?...If Mexico and Canada can pick up the phone and speak to Mr Trump, then why not you? Has the Modi government surrendered the interests of our MSMEs to benefit select crony friends? Are the interests of crony friends more important than the interests of Indian farmers and the manufacturing sector?" the Congress leader asked.

month, they are also Rs 5 lakhs electricity bill due...If Rahul Gandhi wanted he could have met his leaders here but he did not do so," Nirupam said.

- "Even when I was the State Congress party chief for 4 years I never let such a thing happen," he added.During his visit to Dharavi, Rahul Gandhi emphasized the importance of inclusive production networks that ensure fair opportunities for marginalized entrepreneurs, particularly Dalits and other underrepresented communities who often struggle to access markets and support.
- Sudheer Rajbhar of Chamar Studio encapsulates the life and journey of lakhs of Dalit youth in India. Extremely talented, brimming with ideas and hungry to succeed but lacking the access and opportunity to connect with the elite in his field," Rahul Gandhi posted on X.He added, "However, unlike many others from his community, he got the opportunity to build his own network. He understood the latent skill of the artisans of Dharavi and he created a brand that is recognised in the most esteemed corridors of fashion global.'

# **Chess Star To Space Scientist: Women Achievers Take Over PM Modi's X Handle**

# • **.** This is not the first time that women achievers have taken over PM **Modi's social** media accounts on International Women's Day.

New Delhi. Indian chess Grandmaster R Vaishali, and scientists Elina Mishra and "Your passion will power your success. I Shilpi Soni were among the six women who took over Prime Minister Narendra Modi's X handle on the occasion of International Women's Day on Saturday. In a post from his handle, the women -- Ms Vaishali, Ms Mishra, Ms Soni, Anjlee

Agarwal, Anita Devi and Ajaita Shah said they were "thrilled" to take over his social media account and shared their messages to inspire other women."Vanakkam! I am Vaishali, and I am thrilled to be taking over our PM Thiru Narendra Modi Ji's social media properties and that too on Women's Dav. As many of you would know, I play chess and I feel very proud to be representing our beloved country in many tournaments," R Vaishali wrote.

The 23-year-old said she has been playing chess since the age of 6 and that playing the game has been a "learning, thrilling and rewarding journey" for her.In her message to all the women, "especially the young girls", she told them to "follow their

dreams, no matter the hurdles".

want to encourage women to follow their dreams and break barriers in any field they choose because I know they can," Ms Vaishali, one of the top-ranked women chess players in the world, said. "I've also got a message for parents and siblings - SUPPORT GIRLS. Trust their abilities, and they'll do wonders. In my life, I have been blessed with supportive parents, Thiru Rameshbabu and Thirumathi Nagalakshmi," she added. Ms Mishra and Ms Soni also shared their messages and said that India is the "most vibrant place" for science, and called upon more women to pursue it."Both of us, Elina and Shilpi are seeing the wide range of opportunities opening up in our respective sectors. It was unimaginable that a sector like nuclear technology would offer so many opportunities for women in India. Similarly, the increasing participation of women and the private sector in the world of space makes India the most happening



place to innovate and grow! Indian women surely have the talent and India surely has Anjlee Agarwal, the founder of Samarthyam the right platform," they wrote.

Anita Devi, popularly known as the "Mushroom Lady of Bihar", shared her story of moving towards self-reliance through mushroom production."I have not only made my path easier but have also made hundreds of women self-reliant by giving them employment opportunities. Now my company also provides essential

items like fertilizers, seeds and pesticides to farmers at cheap rates. Today, hundreds of women working in this company are getting a life of selfrespect along with a livelihood," she said.

Ajaita Shah, the founder of Frontier Markets, said she has spent the last two decades mitigating the challenges women face in rural areas."I feel proud that not only have I been able to make a difference, I am also seeing many more women rising to the occasion and doing the same," her post on PM Modi's X handle read.

Centre for Universal Accessibility, said she wants to ignite a spark of transformation and seek a call to action forget labels, forget barriers."Let's ensure that every woman, every individual, can navigate their life with dignity and independence. Let us build on the recent gains and improve lives for persons with disabilities," she said.

## Xi's campaign to purge and reform the PLA

Indiscipline, wavering political and ideological commitment of officers and personnel and corruption in the People's Liberation Army (PLA) are causing serious concern to Chinese President Xi Jinping and the senior echelons of the Chinese Communist Party (CCP) and PLA.

The indiscipline and lack of ideological commitment, which includes questioning of the PLA's "absolute obedience" to the CCP, will worry the CCP leadership more because the PLA is the "party's army". Accordingly, a major new education campaign focussed on instilling political loyalty to Xi Jinping has been launched. This has been accompanied by a raft of measures intended to further tighten discipline. On February 5, the People's Liberation Army Daily published a "Notice on Deepening the Education and Practice Activities Focusing on Forging Firm Political Loyalty and Winning the Battle of Hard Work" issued by the Central Military Commission's Political Work Department — China's apex military body responsible for the political education and ideology of PLA personnel.

It heralded the launch of the "annual major education of the entire army" and asserted that it would "strengthen political guidance."Emphasising the leading roles of Xi Jinping and the CCP, it stressed that "we must unremittingly use Xi Jinping's Thought on Socialism with Chinese Characteristics for a New Era to unite hearts and build souls" and "must always regard the Party's innovative theoretical arming as the primary task of building souls and educating people...."Significantly, the 'notice' specifically mentioned the need to strengthen learning and ideological transformation of the "key minority."

The reference to the "key minority" implies there are officers at senior levels in the PLA who are not in step with Xi Jinping's thoughts or whose ideological commitment that the CCP leadership has assessed is wavering. The PLA has been trying to recruit larger numbers of college graduates for more than a decade now, but senior instructors have been complaining that the young graduates question instructions and are not amenable to discipline. The notice also added: "We must closely follow the needs of cultivating officers and soldiers' values and growing up, and carry out special education focusing on strengthening the belief in strengthening the army ...."

- The CCP Central Committee (CC) General Office "recently" issued the "National Party Member Education and Training Work Plan (2024-2028)" and instructed all regions and departments to conscientiously implement it.
- The CMC was also instructed to implement it among party members in the PLA. The work plan highlights its main theme as "of learning and implementing Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era."
- Also, last week, Xi Jinping signed an order to issue the newly revised Regulations on Internal Affairs of the People's Liberation Army of China, Regulations on Discipline of the People's Liberation Army of China and Regulations on Formations of the People's Liberation Army of China, whichwill come into effect on April 1, 2025. The revised regulations aim to "thoroughly implement Xi Jinping's thinking on strengthening the military...achieve the Party's goal of strengthening the military in the new era and build the people's army into a world-class army."
- the people's army into a world-class army." The regulations emphasise Xi Jinping's thought and focus on training and discipline.On March 3, the PLA Daily published an interview with leaders of the CMC Training and Management Department on the regulations. They stressed that it included "ensuring the military is always in complete ideological, political, and operational alignment with the Party Central Committee and the Central Military Commission, ensuring absolute loyalty, purity, and reliability of the armed forces."

It added that the regulations further refine the officer-soldier relationship by promoting unity, friendship, harmony, and purity within the ranks and ensuring the military remains strong and cohesive.Corruption remains a problem in the PLA and China's civil-military industry. Dozens of senior PLA rocket force officers have been dismissed since late 2023, with at least 13 PLA generals 'removed.

# Oils, fats and the obesity challenge

The national campaign should be extended to unhealthy diets and sedentary lifestyles.

In his recent 'Mann ki Baat' broadcast, Prime Minister Narendra Modi highlighted a major public health challenge — excess weight or obesity. It is one of the risk factors for the rise of non-communicable diseases (NCDs) like diabetes, heart disease and cancer. The PM said the country could address the challenge of obesity with minor efforts like reducing the consumption of edible oil. He said, "You should decide that you will use 10 per cent less oil every month... This will be an important step towards reducing obesity."

Using less oil in food and dealing with obesity is not just a personal choice but also one's responsibility towards the family, he added. The PM then launched a public campaign on his social media handles, challenging 10 public figures to reduce oil in their food by 10 per cent and urging them to pass on the challenge to another 10 people. He hoped that this would help a lot in fighting obesity.

A public health message from the PM is important for raising awareness about NCDs and oil consumption, but it is only one part of the story.

The elephant in the room is excessive consumption of fats, mainly trans fatty acid or trans fats, that are considered one of the risk factors for a range of NCDs. Among the sources of trans fats are dairy products, ghee, meats and vanaspati. A higher intake of other fats is also harmful. The proportion of saturated fats is the highest in coconut oil, ghee and palmolein oil, according to the dietary guidelines issued by the National Institute of Nutrition, Hyderabad. Reducing the consumption of visible fats oils added to the food while cooking or dressing - as suggested by the PM is only half a step. We consume trans fats through processed food, fast food, fried snacks, cookies, etc. Sources of saturated and unsaturated fats, too, vary and include edible oils, among others. For a public health impact, cutting the intake of not just oils but ghee and vanaspati as well as ultra-processed packaged food and dairy products is necessary. The campaign on obesity should be extended to unhealthy diets and sedentary lifestyles.By asking people to voluntarily cut edible oil consumption by 10 per cent, the Prime Minister has put the onus of tackling obesity and NCD epidemics on individuals. This goes against the public health wisdom gathered over decades which says that adopting healthy dietary habits is both an individual as well as a societal responsibility. It is the duty of the government to come up with policies to build environments that enable and encourage people to consume a healthy diet, including low levels of fat. One can't expect people to start having a healthy diet and adopt a healthy lifestyle in an environment that promotes obesity — what scientists call an obesogenic environment. It is shaped by public policies and does not offer healthy choices for communities. We need a population-wide and multisectoral policy approach to tackle obesity and NCDs, along with individual actions. For instance, India



heavily depends on edible oil imports, and public policies encourage the import of palm oil. It accounts for nearly 60 per cent of all imported oils. Palm oil is the darling of the processed food industry, even though several studies have linked its consumption with an increased risk of cardiovascular disease. The public policies governing the production and import of edible oils should be designed in such a way that they provide people with a basket of less harmful edible oils.

Over the past few decades, dietary habits have changed in India with rising incomes, urbanisation and increased globalisation of food products — resulting in the popularity of ultra-processed foods high in salt, sugar and fats. These products have changed the food ecology. Junk food is available everywhere — neighbourhoods, school canteens, offices, hospitals, cinema halls, slums, villages. Policies have contributed to this change in a big way. Governments provide subsidies to processed food companies making chips, colas, cookies, namkeen and so on (not to be confused with subsidies for agro-based industries). Food companies are incentivised even for the branding of junk food products.

The availability of fresh fruits and vegetables at affordable prices should be encouraged since it is a healthy choice, but policies incentivise companies that process fruits and vegetables. On the other hand, any measure to regulate junk food, such as explicit health warnings or a ban on marketing directed at children is stalled by food

# **Missing teachers**

Haryana schools face systemic neglect

regulators at the behest of the industry. Ironically, the food safety authority has been running an 'Eat Right' campaign for a few years in partnership with leading junk food companies. Instead of garnering support for harsher regulation on junk food, as advocated by public health and consumer experts, the food safety regulator partners with those it is supposed to regulate. In 2019, the regulator launched an initiative — 'India@75: Freedom from Trans Fats' — to eliminate industrially produced trans fats from the food chain by 2022. The goal remains unattained, thanks to stiff opposition from the junk food industry.

The same is the story with sedentary lifestyles and physical inactivity, often cited among the key drivers of obesity, along with unhealthy foods. While remaining physically active and doing exercise are matters of personal choice, public policies play a vital role in creating active environments that promote physical fitness at the community level. For instance, providing public places conducive to walking and exercise goes a long way in encouraging physical activity. Public transport, dedicated pavements for pedestrians and cycling paths are all known to discourage the use of cars. These are all matters of public policies that shape individual choices. Individual actions like reducing edible oil consumption are a cog in the obesity wheel, but this should not divert our attention from the need for conducive public policies in multiple sectors.

The latest rationalisation exercise by Haryana's Elementary Education Department has laid bare the dismal state of public education in the state. A staggering 487 government primary schools function without a single teacher, while 294 schools have no students enrolled. If this is the picture of primary education, the state of secondary and higher education is even grimmer. The rationalisation process has resulted in the elimination of 5,313 teaching posts, despite a significant teacher shortage. The student-teacher ratio may seem manageable at 28:1, but the reality on the ground is much worse, with over 16,500 TGT and 11,341 PGT positions lying vacant. Even



allocated funds effectively, the promise of strengthening education under the National Education Policy (NEP) rings hollow. Not surprisingly, Haryana government schools are lagging behind Punjab and Himachal Pradesh in arithmetic and literacy skills. The Annual Status of Education Report (ASER) 2024 paints a grim picture — only 43.1 per cent of Class VIII students in rural government schools can perform division, a decline from 49.5 per cent in 2022. Punjab leads with 58 per cent, followed by HP at 44 per cent. Reading skills are equally concerning, with just 53.9 per cent of Class V students able to read a Class IIlevel text.Instead of shutting down schools and cutting teaching positions, the government must prioritise recruitment, infrastructure and funding. Otherwise, Haryana's education sector will continue its downward spiral, leaving students at a disadvantage.

universities and colleges are reeling under a massive faculty shortage, with nearly half of the lecturer posts in government colleges unfilled.Budgetary neglect further worsens the crisis. The Punjab and Haryana High Court had last year,



while hearing a petition in a related matter, flagged the surrender of ?10,675 crore in education funds due to underutilisation. If the government is unable to use the

# The heavy price of Pakistan's military obsession

#### Ongoing military interference has prevented civilian leaders from adequately addressing critical internal challenges

- Pakistan stands at a decisive juncture in its history. Once recognised as a regional power with immense potential, the nation now grapples with a troubling decline in strategic flexibility. This is largely attributed to shortsighted policies that have prioritised military strength over other national priorities. The consequences of these decisions are increasingly apparent, jeopardising Pakistan's political cohesion and economic development.
- A unified, resilient political landscape is essential for enhancing Pakistan's strategic flexibility. However, the military's outsized influence over civilian governance has fragmented the political system, hindering the establishment of robust democratic institutions.
- Political parties struggle to formulate stable, long-term strategies amidst this environment.In recent years, Pakistan has faced numerous political crises, many escalating into violent confrontations, widespread protests and growing distrust between the state and its citizens.While some political tension is inevitable in any democracy, Pakistan's habitual reliance on coercive measures to resolve disputes has perpetuated a damaging cycle.Historically, the state has employed force through military interventions, police actions and other coercive means — to manage political crises.
- Such actions frequently exacerbate the very issues they aim to resolve, leading to heightened polarisation, public unrest and enduring instability. Although force may provide temporary suppression of dissent or a veneer of order, it fails to address the root causes of political conflict and often widens the divide between the government and the people. Pakistan finds itself trapped in a damaging cycle, political repression stifles progress and fuels instability, undermining economic recovery.
- The military's overwhelming influence over civilian leadership has created an environment that frequently suppresses dissent, restricting the free exchange of ideas



and stifling democratic growth. This political repression, ostensibly aimed at preserving control, has ultimately resulted in greater harm by cultivating instability that obstructs Pakistan's development across multiple fronts.

This predicament generates a paradox — while Pakistan projects military strength globally, its internal cohesion remains fragile. Ongoing military interference has prevented civilian leaders from adequately addressing critical internal challenges like poverty, corruption and unemployment, all of which are essential for national stability.Consequently, these unresolved issues undermine Pakistan's ability to formulate flexible, pragmatic policies that can adapt to evolving global dynamics.The consequences of political repression extend far beyond the economic sphere, profoundly impacting the daily lives of average Pakistanis in ways

often overlooked by those in power.Economic hardships like rising unemployment and inflation disproportionately burden the poor and marginalised, who must endure a political system that fails to prioritise their welfare.The lack of political cohesion and accountability contributes to the neglect or underfunding of vital public services like healthcare, education and infrastructure.This perpetuates a cycle of inequality where the struggling class becomes increasingly disenfranchised, depriving future generations of opportunities for upward mobility.

The prospects of the Pakistani populace are, in many ways, compromised by a ruling elite that prioritises control over genuine progress. To break free from Pakistan's detrimental political cycle, the country must undertake comprehensive reforms that prioritise democratic

. . . . .

values, political inclusivity and expanded freedoms. The political landscape requires decentralisation, allowing for the inclusion of a wider array of voices and ideologies. Such an approach would not only enhance political cohesion but also promote national unity. This transformative process should begin by empowering civilian institutions and ensuring the military's role remains strictly within constitutional boundaries, enabling elected leaders to guide the nation's future.Political reform would further contribute to increased transparency and accountability - critical components for restoring public trust in the system. Without a strong political framework that holds leaders accountable, Pakistan's future trajectory will remain uncertain.For citizens to actively engage in the political system's development, they must have faith in its integrity. The time has come for Pakistan to move away from relying on coercive measures as the primary response to challenges. By cultivating a culture of dialogue and negotiation, the country can lay the groundwork for a more inclusive, peaceful and stable future. This does not imply abandoning the state's obligation to maintain law and order, but rather a reconsideration of conflict resolution strategies, favouring peaceful solutions over violent or coercive actions.Both the state and citizens have essential roles to play in supporting this new social contract emphasising dialogue and peaceful conflict resolution.

- Pakistan possesses the capability to reclaim its strategic flexibility and influence, but it must first recognise that genuine security and sustainable growth stem from comprehensive solutions, not solely military strength.
- By re-evaluating its policies and developing a more integrated national strategy, Pakistan can forge a path toward a future characterised by resilience, cooperation and innovation in addressing both internal and external challenges.

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# एलआईसी दुनिया का तीसरा सबसे मजबूत बीमा ब्रांड



मुंबई ।सरकारी जीवन बीमा कंपनी भारतीय जीवन बीमा निगम (एलआईसी) को दुनिया के सबसे मजबूत बीमा ब्रांडों में तीसरा स्थान मिला है, जिसने 100 में से 88 ब्रांड स्ट्रेंथ

इंडेक्स स्कोर हासिल किया है। ब्रांड फाइनेंस इंश्योरेंस 100 रिपोर्ट के अनुसार पोलैंड स्थित पीजेडयू ने 94.4 के बीएसआई स्कोर के साथ शीर्ष स्थान हासिल किया, उसके बाद चाइना लाइफ इंश्योरेंस है, जो 93.5 के बीएसआई स्कोर के साथ दूसरे स्थान पर है। समग्र ब्रांड मूल्य के संदर्भ में एलआईसी वैश्विक स्तर पर सबसे मूल्यवान बीमा ब्रांडों में 12वें स्थान पर है, जबकि एसबीआई लाइफ 76वें स्थान पर है, जिससे वे शीर्ष 100 में केवल दो भारतीय बीमाकर्ता बन गए हैं। ब्रांड फाइनेंस रिपोर्ट के अनुसार शीर्ष 100 बीमा ब्रांडों ने 2025 में ब्रांड मुल्य में 9 प्रतिशत की वृद्धि की है, जो बेहतर अंडरराइटिंग परिणामों, उच्च निवेश आय, बढ़ती ब्याज दरों और बढ़ी हुई लाभप्रदता से प्रेरित है। बीमा उत्पादों की मांग में वृद्धि के कारण शीर्ष बीमा ब्रांडों का बाजार पूंजीकरण बढ़ा है। आर्थिक सुधार और सकारात्मक बाजार भावना ने निवेशकों का विश्वास मजबूत किया है, जबकि रणनीतिक विलय, अधिग्रहण और तकनीकी प्रगति ने उद्योग के विकास को गति दी है।

अपनी समृद्ध विरासत को आज के समय को आधुनिक चश्मों की टेक्नोलॉजी के साथ जोड़ा है, जिससे वे दिल्ली को दे पाए हैं अतुलनीय लग्जरी और स्टाइल का उपहार। हाई फैशन गॉगल्स के अलावा सन-डेज़ कंपनी नज़र के चश्में भी बनाती है, जो सहूलियत और बेहतरीन स्टाइल का समागम हैं।

इस स्टोर पर स्पोर्ट्स सनग्लासेस की भी एक विस्तृत रेंज है, जिसमें मार्ड्ड जिम और ओकले जैसे ब्रांड शामिल हैं, जो खिलाड़ियों और आउटडोर करने में भी मदद करते हैं।

स्टोर शुरू करने की घोषणा सर्वकालिक ब्रांड्स तो हैं ही, साथ ही बेहतरीन डिजाइन के बीच समन्वय उनके नेतृत्व में सन-डेज़ कंपनी ने नई दिल्ली। ब्रांडेड आईवियर आज के समय के ब्रांड्स कुबोरॉम देखने मिलेगा।सन-डेज़ कंपनी के

सन-डेज़ कंपनी की दो वर्षों में 100



और फिलिप प्लेन भी शामिल हैं के पीछे की सोच हिमालय ऑप्टिकल के उत्पाद हैं। ये नया स्थान उन सभी चश्मा पसंद करने वालों के लिए एक ऐसी जगह है जहां शालीनता और

#### चौथी पीढी के निदेशक देवांश रोमांचकारियों की आँखों को बचाव बिनानी की है, एक ऐसी कंपनी जो देने के साथ ही, बेहतर प्रदर्शन पिछले 85 सालों से इस उद्योग में है। बीओबी ने महिला एनआरआई के अगले 12 महीने में भारत का स्वयं का एआई का आधारभूत मॉडल होगाः वैष्णव लिए लॉन्च किया बचत खाता

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के लिए 67 एप्लीकेशन हैं और उनमें प्रौद्योगिकी के अत्याधुनिक युग में हैं। से लगभग 4 में से 5 बहुत परिपक्व मंत्री ने 2014 से देश में बदलाव आने का उल्लेख करते हये कहा ÷ हम कुछ बहुत ही रोमांचक समय से

गुजर रहे हैं। 2014 से हमारे देश में जो बदलाव आया है, वह एक ऐसे देश की नींव रखने जा रहा है जो 2014 से पहले के देश से बहुत अलग है। हमारे प्रधानमंत्री नरेंद्र मोदी ने हमें दुष्टि दी है, प्रेरणा दी है और हमें वह आत्मविश्वास और संसाधन दिए हैं उन्होंने कहा हमने विभिन्न प्रकार कि हम वास्तव में बड़ा सोचें और समाधान निकालें, न केवल आज की समस्याओं को हल करें बल्कि भविष्य की समस्याओं को हल करने की नींव भी रखें। तकनीक का विकास सिर्फ दुनिया को प्रदान की जाने वाली सेवा न हो बल्कि तकनीक का विकास करें, उत्पाद विकसित करें और उन शीर्ष 5 देशों में शामिल हों, हो सकता है किसी दिन जी7 की तरह जी20 के लोग टी5 की बात करना शुरू कर दें, इसलिए शीर्ष 5 प्रौद्योगिकी राष्ट्रों में हम उसका हिस्सा हैं। यही वह प्रेरणा दुनिया के उन कुछ देशों में से होंगे जो है जो हमें उनसे मिल रही है।

## पतंजलि का १,५०० करोड़ रुपये का मेगा फूड पार्क रविवार से शुरू होगा

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नागपुर/नई दिल्ली। पतंजलि

आयुर्वेद लिमिटेड ने कहा कि नागपुर

में 1,500 करोड़ रुपये के निवेश से

स्थापित उसका मेगा खाद्य प्रसंस्करण

संयंत्र रविवार से परिचालन शुरू कर

देगा। इसका उद्घाटन केंद्रीय सड़क

परिवहन एवं राजमार्ग मंत्री नितिन

गडकरी, महाराष्ट्र के मुख्यमंत्री देवेंद्र

फडणवीस और योग गुरु रामदेव

सहित अन्य की मौजूदगी में किया

जाएगा। पतंजलि आयर्वेद लिमिटेड

के प्रबंध निदेशक (एमडी) आचार्य

फडणवीस और योग गुरु रामदेव भी मौजूद रहेंगे। आचार्य बालकृष्ण ने कहा कि यह संयंत्र क्षेत्र में कृषि क्रांति लाएगा और विदर्भ के किसानों के



जीवन में खुशहाली लाएगा। उन्?होंने

नई दिल्ली। केन्द्रीय इलेक्ट्रॉनिक्स एवं सूचना प्रौद्योगिकी हैं. जहाँ लोगों ने पहले से ही कुछ काम किया है और वे काम को अगले मंत्री अश्विनी वैष्णव ने इस वर्ष मेड इन इंडिया पहली चिप बनने की स्तर पर ले जाने की स्थिति में हैं। उम्मीद जताते हुये यहां कहा कि इसलिए यह वास्तव में बहुत ही आर्टिफिशियल इंटेलीजेंस (एआई) रोमांचक समय है और मुझे लगता है के क्षेत्र में अब अगले 12 महीने बाद कि हम पूरी तरह से नई औद्योगिक स्वयं के आधारभूत मॉडल भी होंगे। क्रांति से गुज़र रहे हैं। मुझे लगता है श्री वैष्णव ने यहां आयोजित कि आज जिस तरह से चीजें आगे एक कार्यक्रम में कहा देश में 5 बढ़ रही हैं, जिस तरह से तकनीक

सेमीकंडक्टर इकाइयों का निर्माण बदल रही है, यह अभूतपूर्व है। किया जा रहा है और इस वर्ष हमें पहली मेड इन इंडिया चिप रोल के समाधान देखे हैं जो लोग लेकर आउट देखनी चाहिए। कल ही हमने आए हैं और समस्याओं की 14000 जीपीयू के लिए पहली अभूतपूर्व विविधता जिसे वे हल सामान्य कंप्यूट सुविधा शुरू की है। करने का प्रयास कर रहे हैं। युवाओं ये 14000 जीपीय अब हमारे सभी में अद्भुत ऊर्जा है। आज 80प्रतिशत शोधों, छात्रों स्टार्टअप्स के लिए स्टार्टअप एआई हैं। लगभग 4 लाख उपलब्ध होंगे ताकि वे अपने एआई एआई पेशेवर आज विभिन्न विषयों मॉडल एल्गोरिदम का परीक्षण कर पर काम कर रहे हैं। स्टैंडफोर्ड सकें और ऐसे अनुप्रयोग बना सकें विश्वविद्यालय ने भारत को नंबर एक जो विश्व जीतेंगे और उम्मीद है कि एआई प्रतिभा राष्ट्र का दर्जा दिया है। अब से 12 महीने बाद हमारे पास इसलिए मुझे लगता है कि समय अपने स्वयं के आधारभुत मॉडल भी वास्तव में रोमांचक है और मुझे होंगे। हमारे पास पहले से ही लगता है कि हम निश्चित रूप से फाउंडेशनल मॉडल विकसित करने

ब्रांडों का केंद्र है और घरेलू और

अंतरराष्ट्रीय दोनों बाजारों का समर्थन

करने वाला एक मजबूत अनुबंध

विनिर्माण पारिस्थितिकी तंत्र है इसलिए

पहले संस्करण के लिए रणनीतिक रूप

से इसे चुना गया। उभरते रुझानों का

पता लगाने और टिकाऊ और दूरदर्शी

समाधानों के साथ भविष्य को

आकार देने के लिए हितधारकों को

एक साथ लाकर, यह पहल लगातार

बदलते औद्योगिक क्षेत्र में हमारे

भागीदारों के लिए सार्थक प्रगति को

पर 100 प्रतिशत छूट, कस्टमाइज्ड महिलाओं की बदलती जरूरतों को पहचानते हुए उन्हें प्रीमियम बैंकिंग विशेषाधिकार और सविधाएं प्रदान करता है। अंतर्राष्ट्रीय महिला दिवस के

दर्घटना बीमा शामिल हैं। यह सुविधा प्रदान करने वाला बैंक ऑफ बड़ौदा अवसर पर, बैंक ऑफ बड़ौदा पहला सार्वजनिक क्षेत्र का बैंक बन महिलाओं की वैश्विक यात्रा में उनके भरोसेमंद बैंकिंग भागीदार बनने के



लिए प्रतिबद्ध है। यह पहल महिला एनआरआई ग्राहकों को सशक्त बनाने और उनकी वित्तीय आवश्यकताओं को सहज एवं प्रभावी ढंग से पूरा करने की दिशा में एक महत्वपूर्ण कदम साबित होगी।

बैंक ऑफ बडौदा की कार्यकारी निदेशक बीना वहीद ने कहा कि बैंक ऑफ बड़ौदा एक अंतरराष्ट्रीय बैंक के रूप में अपने एनआरआई ग्राहकों की आकांक्षाओं को समझता है। यह विशेष बचत खाता वैश्विक भारतीय

डेबिट कार्ड के साथ मुफ्त घरेलू और

अंतरराष्ट्रीय लाउंज एक्सेस और

निःशुल्क व्यक्तिगत एवं हवाई

'बॉब ग्लोबल वूमेन एनआरई

गया है।

और एनआरओ' बचत खाता कई अनूठे लाभों के साथ पेश किया गया है, जिनमें ऑटो स्वीप सुविधा, जिससे ग्राहकों को अधिक ब्याज अर्जित करने का अवसर मिलेगा,

रियायती होम और ऑटो लोन दरें, कम प्रोसेसिंग शुल्क, लॉकर किराए

# एजेंसी

अहमदाबाद। गुजरात के अहमदाबाद में गोदरेज इंडस्ट्रीज के केमिकल बिजनेस ने'समागम' प्लेटफॉर्म लॉन्च किया।गोदरेज इंडस्टीज ( केमिकल्स ) के कार्यकारी निदेशक और मुख्य कार्यकारी अधिकारी विशाल शर्मा ने इस अवसर पर कहा कि 'समागम' उद्योग जगत के अग्रणी, निर्माताओं, फॉर्म्युलेटरों, चैनल भागीदारों और क्षेत्र के विशेषज्ञों को एकजुट करने

#### বেঙ্গল সরকার পিছু হটেছে, ঝাড়খণ্ড থেকে বেঙ্গলে 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 ঝাড়খণ্ড–বেঙ্গল মথন সীমান্ডে পণ্যবাহী যানবাহনের প্রবেশ নিষিদ্ধ করা হয়েছিল।

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उत्पादों का कारोबार करने वाली सन

-डेज कंपनी ने राजधानी दिल्ली में

विस्तार करते हुये अगले दो वर्षों में

पूरे देश में 100 स्टोर शुरू करने की

घोंषणा की है। कंपनी की विपणन

निदेशक निहारिका बिनानी ने यहां यह

घोषणा करते हुये बताया कि अभी

कंपनी के नौ स्टोर हैं और अगले दो

वर्षों में सौ स्टोर तक पहुंचाने की

योजना है। उन्होंने कहा कि कंपनी के

शोरूम में लग्जरी और स्टाइल का

बेहतरीन मिश्रण मिलता है। 60 से भी

ज्यादा प्रतिष्ठित ग्लोबल ब्रांडों की

चुनिंदा और खास पेशकश के साथ

चश्मों की एक अद्भुत रेंज जिसमें रे-

बैन, प्राडा और गूची जैसे

कोलकाता। बैंक ऑफ बड़ौदा

(बीओबी) ने पहली बार सार्वजनिक

क्षेत्र में विशेष रूप से अप्रवासी

भारतीय महिलाओं के लिए 'बॉब

ग्लोबल वूमेन एनआरई और

एनआरओ' बचत खाता लॉन्च किया

है, जिसे उनकी वैश्विक आकांक्षाओं

और विशिष्ट बैंकिंग आवश्यकताओं

को ध्यान में रखते हुए डिजाइन किया

प्रमुख एनआरआई उत्पाद 'बॉब

प्रीमियम एनआरई और एनआरओ'

बचत खातों को भी नए स्वरूप में

पेश किया है, जिसमें ग्राहकों को

बेहतर बैंकिंग अनुभव देने के लिए

सुविधाओं और लाभों को उन्नत

इसके अलावा बैंक ने अपने

एजेंसी

गया है।

किया गया है।

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 সমন্ত যানবাহন বন্ধ করার জন্য। এর ফলে, বেঙ্গল সরকার পিছু হটতে বাধ্য হয় এবং অবশেষে ভারী যানবাহনের প্রবেশ আবার স্বাভাবিক হয়।

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 শুরু করেছে।

भोजपुरी कृषि लोक गीत (कहरवा धुन) गेहुंआ के दिनवा - श्याम कुंवर भारती (राजभर)

धनवा कटाइल सईयां गेहुआ के दिनवा। हाली घरे अईहा सईयां दवाई कइसे धनवा।

सास ससुर केवनो जोरओ ना लागता। लहुरा देवरवा हमरो बतियों ना मानता। पडल पडल सड़ता धान खरीहनवा। हाली घरे अईहा सईयां.....।

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।





व्यक्तिगत देखभाल, ल्यूब्रिकेंट्स और मेटल वर्किंग तरल पदार्थ, खाद्य

कहा कि घरेलू केयर, ब्यूटी और प्रगति, टिकाऊ दृष्टिकोण और नियामक परिवर्तनों के कारण भारत के औद्योगिक क्षेत्र तेजी से परिवर्तन के

For Advertisments call us अर्ते स्वायदाता सम्मेलन में कहा कि प्रसंस्करण सयत्र एशिया में स विकसित हो रहे हैं इसलिए नवीनता और पेय पदार्थ, कृषि रसायन, पेंट दौर से गुजर रहे हैं तब समागम (केमिकल्स) के कार्यकारी निदेशक नागपुर के मिहान में 1,500 करोड़ बड़ा और सबसे उन्नत है। बालव और सहयोग की आवश्यकता पहले और कोटिंग्स और अन्य जैसे क्षेत्रों में हितधारकों को समाधान इस गतिशील ने कहा कि गोदरेज इंडस्ट्रीज रुपये के कुल निवेश से 'पतंजलि ने कहा कि 800 टन प्रतिदिन से कहीं अधिक है। विशेषज्ञता और उभरते बाजार के रुझान, नवाचार वातावरण में आगे बढ़ने के लिए (केमिकल्स) की गुजरात में मजबूत मेगा फूड एंड हर्बल पार्क' का उद्धाटन क्षमता वाला यह संयंत्र संतरे		वाला अपना तरह का पहला मच हा 🧨			संदोम करन का हमारा प्रातबद्धता का	6	
For Advertisments call us विकसित हो रहे हैं इसलिए नवीनता और पेय पदार्थ, कृषि रसायन, पेंट दौर से गुजर रहे हैं तब समागम (केमिकल्स) के कार्यकारी निर्देशक नागपुर के मिहान में 1,500 करोड़ बड़ा और सबसे उन्नत है। बालव और सहयोग की आवश्यकता पहले और कोटिंग्स और अन्य जैसे क्षेत्रों में हितधारकों को समाधान इस गतिशील ने कहा कि गोदरेज इंडस्ट्रीज रुपये के कुल निवेश से 'पतंजलि ने कहा कि 800 टन प्रतिदिन से कहीं अधिक है। विशेषज्ञता और उभरते बाजार के रुझान, नवाचार वातावरण में आगे बढ़ने के लिए (केमिकल्स) की गुजरात में मजबूत मेगा फूड एंड हर्बल पार्क' का उद्घाटन क्षमता वाला यह संयंत्र संतरे	For Advertisments call us		And the second second	COLUMN T- DESIGN TO A			
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9431/44001 नबीनता की विरासत के साथ हमें और चुनौतियों पर केंद्रित समागम का सोल्युसन तलाशने और अंतर्दुष्टि प्रदान और स्थायी उपस्थिति है। 1996 से, 9 मार्च को किया जाएगा। उद्घाटन साथ-साथ इसके उप-उत्पादों						9 मार्च को किया जाएगा। उद्घाटन	साथ-साथ इसके उप-उत्पादों और
अपनी व्यावसायिक पेशकशों से उद्देश्य लगातार बदलते उद्योग क्षेत्र में करने के लिए एक मंच प्रदान करता है। इसकी वालिया सुविधा राज्य के समारोह में केंद्रीय सड़क परिवहन अन्य फलों का प्रसंस्करण भी क						समारोह में केंद्रीय सड़क परिवहन	अन्य फलों का प्रसंस्करण भी करेगा।
	mail4daily@gmail.com	आगे बढकर एक नई पहल समागम सह	नहयोग को प्रोत्साहन देना और व्यापार	उन्होंने कहा, अहमदाबाद सौंदर्य और	औद्योगिक इकोसिस्टम तंत्र की	एवं राजमार्ग मंत्री नितिन गडकरी,	उन्होंने कहा कि यह सुविधा क्षेत्र के
मावानिस्पतार ए ginan.com शुरू करने पर गर्व है। श्री शर्मा ने को बढ़ाना है। बढ़ती मांग, तकनीकी व्यक्तिगत देखभाल विनिर्माण, डेट्सी आधारशिला रही है। महाराष्ट्र के मुख्यमंत्री देवेंद्र किसानों की स्थिति बदल देगी।						महाराष्ट्र के मुख्यमंत्री देवेंद्र	किसानों की स्थिति बदल देगी।

# बिरला ओपस पेंट्स का पहला पेंट स्टूडियो

नयी दिल्ली। आदित्य बिरला समूह के तहत ग्रासिम इंडस्ट्रीज का हिस्सा बिरला ओपस पेंटस ने दिल्ली एनसीआर के गुरूग्राम में अपना पहला बिरला ओपस पेंट स्टडियो शरू किया है जो इस उद्योग में पहला अनुभव केंद्र होने के नाते ग्राहकों के रंगों को खोजने और चनने के तरीके को फिर से परिभाषित करेगा।

बिरला ओपस पेंट्स के सीईओ रक्षित हरगवे ने इसका शुभारंभ करते हुये आज कहा कि पेंट उद्योग में यह मील का पत्थर इनोवेशन, प्रीमियम पेशकशों और वास्तव में इमर्सिव ग्राहक अनुभव के माध्यम से पेंट और डेकोर उद्योग को बदलने के लिए ब्रांड की प्रतिबद्धता का प्रतीक है। उन्होंने कहा कि अनुभवात्मक खुदरा क्षेत्र पर ध्यान केंद्रित करते हुए कंपनी आने वाले महीनों में दिल्ली.

मुंबई, नवी मुंबई, बेंगलुरु, हैदराबाद, यह कंपनी की विकास रणनीति में एक महत्वपूर्ण कदम है, जिसका कोलकाता, लखनऊ, जयपुर, अहमदाबाद और सूरत में अतिरिक्त उद्देश्य पूरे भारत में अपने खुदरा क्षेत्र



का विस्तार करना है।

उन्होंने कहा 'भारत में उपभोक्ता

उत्पाद खरीदते समय या सेवाएँ प्राप्त

करते समय नए और अधिक गहन

विकल्पों को तलाशने के लिए तैयार

हैं। उपभोक्ता व्यवहार में इस बदलाव

को महसूस करते हुए, हम बिरला

ओपस पेंटस में ऐसे इमर्सिव स्पेस

अनुभव केंद्र खोलने की योजना बना रही है, जिसका उद्देश्य भारत का दूसरा सबसे बड़ा सजावटी पेंट ब्रांड बनना है।

उन्होंने गुरुग्राम में आज लॉन्च किए गए इस सेंटर में 170 से ज़्यादा उत्पाद हैं, जिसमें उपभोक्ताओं के लिए खास विकल्पों का चयन है और

नवाचार. समझौता रहित गणवत्ता और हमारे इस विश्वास के प्रति हमारी स्थायी प्रतिबद्धता का प्रमाण है जिंसों में टिकाव रहा। कि हर घर को एक व्यक्तिगत स्पर्श मिलना चाहिए। इस केंद्र में ग्राहक हमारे पेंट, डिज़ाइनर फ़िनिश और वॉलपेपर के साथ बिल्कुल नए और अनूठे तरीके से जुड़ सकते हैं। हमारा लक्ष्य पेंटिंग को एक साधारण काम से ज़्यादा बनाना है, इसे अलग-अलग कहानियों को दर्शाने वाली जगहों को बदलने की कला में गया। बदलना है। यह विस्तार भारत का दूसरा सबसे बड़ा सजावटी पेंट ब्रांड

बना रहे हैं जो घर के मालिकों को

अपनी कहानियाँ गढ़ने में सक्षम

बनाते हैं। यह अनुभव केंद्र उत्कृष्टता,

बनने की हमारी यात्रा में एक महत्वपूर्ण कदम है, जो ग्राहकों के लिए नवाचार, सुविधा और उत्कृष्टता सनिश्चित करता है।'

एजेंसी नई दिल्ली। विदेशी बाजारों के मिलेजले रुख के बीच स्थानीय स्तर पर उठाव सुस्त रहने से आज दिल्ली थोक जिंस बाजार में मंगफली तेल सस्ता हो गया तथा चना और दाल चना के भाव गिर गए वहीं अन्य

तेल-तिलहनः वैश्विक स्तर पर मलेशिया के बुरसा मलेशिया डेरिवेटिव एक्सचेंज में मार्च का पाम ऑयल वायदा 77 रिंगिट चढकर 4821 रिंगिट प्रति टन पर पहुंच गया। वहीं, मार्च का अमेरिकी सोया तेल वायदा 0.16 सेंट की गिरावट के साथ 43.01 सेंट प्रति पौंड बोला

इस दौरान घरेलू बाजार में मूंगफली तेल में 294 रुपये प्रति क्रिंटल की गिरावट को छोडकर अन्य खाद्य तेलों में टिकाव रहा। सरसों तेल. सरजमखी तेल. सोया रिफाइंड. पाम ऑयल और वनस्पति तेल के

गुड़ के भाव पिछले कारोबारी दिवस र्के स्तर पर टिके रहे। दाल-दलहन ः दाल-दलहन के

बाजार में चना और दाल चना के 150-150 रुपये प्रति क्विंटल गिरने के अलावा अन्य दालों में टिकाव रहा। मसूर दाल, मूंग दाल और उड़द दाल के भाव में कोई बदलाव नहीं हुआ।

अनाज : अनाज मंडी में भाव स्थिर रहे। इस दौरान गेहूं और चावल के दाम पिछले कारोबारी दिवस के स्तर पर टिके रहे।

सरकारी वेबसाइट पर जारी

मूंगफली तेल सस्ता; चना और दाल चना गिरी खाद्यान्नों के थोक दाम इस प्रकार रहे :-दाल-दलहन ः चना 5700-

5800, दाल चना 6700-6800, मसूर काली 7300-7400, मूंग दाल 9250-9350, उड़द दाल 9200-9300, अरहर दाल 8400-8500 रुपये प्रति क्रिंटल रहे।

अनाज : (भाव प्रति क्विंटल) गेहूं दड़ा 3100-3200 रुपये और चावल :3150-3250 रुपये प्रति क्रिंटल रहा।

चीनी-गुड़ : चीनी एस 4280-4380, चीनी एम. 4300-4400, मिल डिलीवरी 3620-3720 और गड 4250-4350 रुपये प्रति क्विंटल बोले गये।

खाद्य तेल : सरसों तेल 16116 रुपये, मूंगफली तेल 18168 रुपये, सुरजमुखी तेल 16703 रुपये, सोया रिफाइंड 15751 रुपये, पाम ऑयल 13553 रुपये और वनस्पति तेल 16336 रुपये प्रति क्रिंटल पर रहा है।

डीपीआईआईटी और मर्सिडीज-बेंज इंडिया ने विनिर्माण, सड़क सुरक्षा और स्थिरता को बढ़ावा देने के लिए किया समझौत

नई दिल्ली,। उद्योग एवं आंतरिक व्यापार संवर्धन विभाग (डीपीआईआईटी) और मर्सिडीज-बेंज इंडिया प्राइवेट लिमिटेड ने देश के स्टार्टअप इकोसिस्टम में नवाचार, स्थिरता और उद्यमशीलता को बढ़ावा देने के लिए एक समझौता ज्ञापन (एमओयू) पर हस्ताक्षर किए।वाणिज्य और उद्योग मंत्रालय ने एक बयान में कहा कि इस एमओयू पर डीपीआईआईटी के निदेशक डॉ. समीत कुमार जारंगल और मर्सिडीज-बेंज इंडिया के प्रबंध निदेशक संतोष अय्यर ने दोनों संगठनों के वरिष्ठ अधिकारियों की उपस्थिति में हस्ताक्षर किए। इसका उद्देश्य तकनीकी उत्कृष्टता प्राप्त करने और सामाजिक विकास को बढावा देने में स्टार्टअप, इनोवेटर्स और उद्यमियों का समर्थन करना है। मंत्रालय ने कहा कि इस एमओयू के तहत मर्सिडीज-बेंज इंडिया स्टार्टअप्स को बुनियादी ढांचा, मार्गदर्शन, फंडिंग तक पहुंच और बाजार संपर्क प्रदान करके समर्थन देने के लिए डीपीआईआईटी के साथ मिलकर काम करेगी। यह साझेदारी भारत सरकार की स्टार्टअप इंडिया पहल के अनुरूप है, जो उभरते इनोवेटर्स और उद्यमियों की व्यापक पहुंच और अधिक भागीदारी सुनिश्चित करती है।

# जन औषधि दिवस पर पूरे देश में जनऔषधि केन्द्रों पर जागरूकता कार्यक्रमों का आयोजन

#### एजेंसी

नई दिल्ली। प्रधानमंत्री नरेन्द्र मोदी के आम लोगों को किफायती मूल्य पर बेहतर गुणवत्ता वाली अंग्रेजी दवायें उपलब्ध कराये जाने के उद्देश्य से हर साल सात मार्च को मनाये जा रहे जन औषधि दिवस के मद्देजनर देश भर में जनऔषधि केन्द्रों पर जागरूकता कार्यक्रमों का आयोजन किया गया।

इसके तहत एक मार्च से सात मार्च तक विशेष अभियान के तहत कार्यक्रमों का आयोजन किया गया

और विशेषतौर पर कार्यक्रमों का किए जाते हैं। इस वर्ष, 1 मार्च को आयोजन किया जिसमें स्वास्थ्य शिविर आदि का आयोजित कर लोगों को जनऔषधि के बारे में बताया

हर साल 7 मार्च को 'जन औषधि दिवस' मनाया जाता है ताकि इस योजना के बारे में जागरूकता बढ़ाई जा सके और जेनेरिक दवाओं के इस्तेमाल को बढावा दिया जा सके। इस पहल को समर्थन देने के लिए 1 से 7 मार्च तक पूरे देश में सप्ताह भर के कार्यक्रम आयोजित

गया

राष्ट्रीय राजधानी क्षेत्र (एनसीआर) औषधि जन

योगदान दिया है, जिससे देश के हर कोने तक स्वास्थ्य सेवा पहुँचना सुनिश्चित हुआ है। सभी जिलों में 15,000 से अधिक जन अब

में पीएमबीजेपी के बारे में जानकारी प्रसारित करने के लिए समारोह की शुरुआत की गई। प्रधानमंत्री भारतीय परियोजना (पीएमबीजेपी) ने आम जनता को किफायती दामों पर गुणवत्तापूर्ण दवाइयाँ उपलब्ध कराने में महत्वपूर्ण

औषधि केंद्रों के चालू होने के साथ, इस योजना ने न केवल स्वास्थ्य सेवा की सामर्थय को बढ़ाया है, बल्कि स्वरोजगार के लिए एक अवसर भी बनाया है, जिससे स्थायी और नियमित आय की प्राप्त की जा रही है। अब जबकि सरकार जेनेरिक दवाओं के उपयोग को बढावा देती रहेगी, इस योजना में और वृद्धि देखने को मिलेगी, जिससे सार्वजनिक स्वास्थ्य में सुधार और भारत में उद्यमिता को बढ़ावा देने में इसकी भूमिका मजबूत होगी। 'प्रधानमंत्री

भारतीय जनऔषधि परियोजना (पीएमबीजेपी)' को नवंबर 2008 में रसायन और उर्वरक मंत्रालय के फार्मास्युटिकल्स विभाग द्वारा केंद्रीय फार्मा सार्वजनिक क्षेत्र के उपक्रमों के सहयोग से लॉन्च किया गया था। इस पहल का उद्देश्य प्रधानमंत्री भारतीय जनऔषधि केंद्र (पीएमबीजेके) नामक समर्पित दुकानों के माध्यम से जनता को सस्ती कीमतों पर गुणवत्तापूर्ण दवाइयाँ उपलब्ध कराना है।प्रधानमंत्री भारतीय जन औषधि परियोजना (पीएमबीजेपी) का

उद्देश्य सभी को किफायती दामों पर गुणवत्तापूर्ण जेनेरिक दवाइयाँ उपलब्ध कराना है। इस पहल के तहत प्राथमिक लक्ष्यों में से एक है जेनेरिक दवाओं के लाभों के बारे में जनता को शिक्षित करना, इस बात पर ज़ोर देना कि सस्ता होना गुणवत्ता से समझौता नहीं है। इस पहल का उद्देश्य

वाले पेशेवरों को जेनेरिक दवाओं के विकल्प लिखने के लिए प्रेरित करना है. जिससे लागत प्रभावी उपचार विकल्पों को बढावा मिले। इस पहल का उद्देश्य विभिन्न

चिकित्सीय श्रेणियों में आमतौर पर प्रयुक्त होने वाली जेनेरिक दवाओं को एक विस्तुत श्रुंखला उपलब्ध इस गलत धारणा को दूर करना है कि कराना है, ताकि यह सुनिश्चित किया उच्च कीमतें बेहतर गुणवत्ता का जा सके कि आवश्यक स्वास्थ्य संकेत देती हैं। पीएमबीजेपी का देखभाल उत्पाद सभी के लिए, उद्देश्य स्वास्थ्य पेशेवरों, विशेष रूप विशेष रूप से वंचित लोगों के लिए से सरकारी अस्पतालों में काम करने उपलब्ध हों।

भाव में कोई बदलाव नहीं हुआ। गुड़-चीनीःमीठे के बाँजार में

स्थिरता रही। इस दौरान चीनी और

RANCHI I 09 March 2025

# FIBE

# आहार में फाइबर जरूर शामिल करें

आपने बैलेंस डाइट लेने के बारे में हजारों बार सुना होगा, बैलेंस डाइट यानी कि संतुलित आहार और इस आहार में वे सारी चीजें आती है, जिसकी हमारे शरीर को स्वस्थ रहने के लिए जरूरत होती है जैसे कि प्रोटीन, कार्बोहाइड्रेट, विटामिन, मिनरल और फाइबर आदि । फाइबर यानी कि रेशे युक्त भोजन, कई बार लोग इसे अपनी डाइट में शामिल करना भूल जाते हैं । आइए, हम आपको बताते हैं कि शरीर में पर्याप्त मात्रा में फाइबर लेने के क्या फायदे होते हैं -

रेशा प्रिबायोटिक है । इससे कोलोन में मित्र बैक्टीरिया में वृद्धि होती है । फाइबर एक महत्वपूर्ण एंटीऑक्सीडेंट होता है ।

डाइट में लिया गया फाइबर बुरे कॉलेस्ट्रॉल को भी बढ़ने से रोकता है । रेशे वाला भोजन खाने की संतुष्टि देता है । इससे पेट भरा रहता है । इसके विपरीत रेशे रहित पदार्थ मैदा इत्यादि स्वास्थ्य के लिए हानिकारक हैं । फल, सब्जी, साबुत अनाज और दालों से फाइबर प्राप्त किया जा सकता है । भारतीय भोजन में फाइबर मौसमी फल, रोटी, सब्जी, तुअर दाल, उड़द दाल, मूंग की दाल, राजमा आदि से प्राप्त हो सकता है । रेशा या फाइबर पेट को साफ रखने में मदद करता है । सिर्फ इतना ही नहीं भोजन में पर्याप्त फाइबर, डाइबिटीज, कैंसर, हृदय रोग और मोटापे को भी दूर रखता है ।

# खसखस के सेहतमंद फायदे

पौष्टिकता से भरपूर खसखस का इस्तेमाल सब्जी की ग्रेवी बनाने और सर्दी के दिनों में स्वादिष्ट हलवा बनाने के लिए किया जाता है। यह स्वाद और सेहत से भरपूर है, इसलिए स्वास्थ्य समस्याओं का उपचार करने कें लिए भी इसे दवा के रूप में प्रयोग करते हैं। आइए जानते हैं, खसखस के बेहतरीन गुणों के बारे में

खसखस को दर्द निवारक के रूप में प्रयोग किया जाता है । इसमें पाया जाने वाला ओपियम एल्कलॉइडस सभी प्रकार के दर्द को दूर करने में महत्वपूर्ण भूमिका निभाता है । खास तौर से इसका प्रयोग मांसपेशियों के दर्द में किया जाता है। खसखस का तेल भी बाजार में उपलब्ध होता है, जिसका प्रयोग दर्द वाले स्थान पर किया जाता है।

सांस संबंधी तकलीफ होने पर भी खसखस काफी फायदेमंद होता है। इसके साथ ही यह खांसी को कम कर सांस संबंधी समस्याओं में लंबे समय तक आराम दिलाने में भी मदद करता है ।

अगर आप नींद न आने की समस्या से परेशान हैं, तो सोने से पहले खसखस का गर्म दूध पीना आपके लिए बेहद फायदेमंद हो सकता है । यह अनिद्रा की समस्यां को दूर करता है। यह आपको नींद लेने के लिए प्रेरित करेगा।

खसखस फाइबर का बेहतरीन स्त्रोत है, जिसका प्रयोग करने से कब्ज की

वह अंग है जो गंदगी बाहर निकालने का काम करती हैं। दोनों किडनियों में छोटे-छोटे लाखों फिल्टर होते हैं जिन्हें नेफरोंस कहते हैं। नेरोफेंस हमारे खून को साफ करने का काम करते हैं। किडनी में किसी प्रकार की समस्या होने पर शरीर से विषैले पदार्थ बाहर नहीं निकल पाते जिससे कई रोग पैदा हो सकते है।

#### पीट दर्द का कारण न समझ पाना आपकी पीठ और पेट के किनारों में बिना वजह दर्द महसूस होना, किडनी में इंफेक्शन या किडनी संबंधी बिमारियों के लक्षण हो सकते हैं ।

# स्किन खुरदुरी हो जाना

और खुजली होना

अचानक त्वचा का फटना, रेशेज होना, अजीब लगना और बहुत ज्यादा खुजली महसूस होना शरीर की गंदगी के एकत्रित होने के परिणाम हो सकते हैं । किडनी के निष्प्रभावी हो जाने से शरीर में कैल्शियम और फॉस्फोरस की मात्रा प्रभावित होती है, जिससे अचानक से बहुत ज्यादा खुजली होने लगती है । आमतौर पर स्वस्थ त्वचा भी फटने लगती है, खुरदुरी हो जाती है और खुजली होती है।

#### उल्टिया आना

किडनी से जुड़ी समस्याओं के परिणामस्वरूप उल्टी आने जैसे लक्षण आम बात हो जाते हैं । इसके अलावा गैस से जुड़ी समस्याएं हर सुबह सामने आती हैं । अगर आप उल्टी के दवाईयां लेने के बाद भी सँमस्या को जस की तस पाएं तो फौरन डॉक्टर से पूरा चेकअप करवाएं ।

#### टड लगना

अच्छे मौसम के बावजूद अजीब-सी ठंड लगना और कभी-कभी ठंड लगकर बुखार भी आ जाना भी इसके लक्षणों में शामिल है । आपके तापमान अधिक होने पर भी ठंड का एहसास हो तो डॉक्टर की सलाह बेहद जरूरी है ।

सकता है । हम आपको बता रहे हैं कि कैसे एलोवेरा का अधिक इस्तेमाल आपको नुकसान पहुंचा सकता है । यदि आप एलोवेरा का अत्याधिक सेवन करते हैं तो आपको पेट संबंधित परेशानियां हो सकती हैं। इसका इस्तेमाल सीमित मात्रा में करना चाहिए। एलोवेरा को स्किन के लिए बहुत फायदेमंद माना जाता है । लेकिन स्किन पर भी एलोवेरा के ज्यादा इस्तेमाल से त्वचा संबधित परेशानी हो सकती है। एलोवेरा को चेहरे पर ज्यादा लगाने के कारण चेहरे पर

रूखापन और बारीक दाने हो सकते हैं । डायबिटीज के मरीजों के लिए एलोवेरा का जूस सही नहीं है । बिना डॉक्टर की सलाह के वह इसका सेवन न करें । एलोवेरा के ज्यादा इस्तेमाल से लिवर से जुड़ी समस्याओं का सामना आपको करना पड़ सकता है । बेहतर यह है कि डॉक्टर से सलाह लेने के बाद ही आप एलोवेरा का सेवन शुरू करें ।

ज्यादा इस्तेमाल हो सकता है खतरनाक ! एलोवेरा के कई फायदें हैं, यह सेहत के साथ ही स्किन, बालों और वेट लॉस तक में फायदेमंद है । लेकिन इसके इस्तेमाल को लेकर

किडनी हो रही है खराब

किडनी से जुड़ी बीमारियों की अगर समय रहते पहचान नहीं की गई तो यह जानलेवा साबित हो सकती है । किडनी हमारे शरीर का वह अंग है जो गंदगी बाहर निकालने का काम करती हैं। दोनों किडनियों में छोटे–छोटे लाखों फिल्टर होते हैं जिन्हें नेफरोंस कहते हैं।नेरोफेंस हमारे खून को साफ करने का काम करते हैं। किडनी में किसी प्रकार की समस्या होने पर शरीर से विषैले पदार्थ बाहर नहीं निकल पाते जिससे कई रोग पैदा हो सकते है । इन रोगों से बचने के लिए आइए, जानते हैं ऐसे लक्षण जो किडनी के खराब होने का संकेत देते हैं –

# युरिनरी फंक्शन में बदलाव

सबसे पहला लक्षण जो उभर कर आता है वह है युरिनरी फंक्शन में बदलाव । किडनी में किसी प्रकार की समस्या के चलते पेशाब के रंग, मात्रा और कितने बार पेशाब आती है, इन चीजों में बदलाव आने लगते है ।



# शरीर में सूजन आना

जब किडनियों की कार्यप्रणाली में कोई दिक्कत आती है तो शरीर से बाहर न निकलने वाली गंदगी और तरल पदार्थ समस्याएं उत्पन्न करते हैं । जिनसे शरीर में सूजन आ जाती है । यह सूजन हाथों, पैरों, जोड़ों, चेहरे और आंखों के नीचे हो सकती है। अगर आप अपनी त्वचा को उंगली से दबाएं और डिम्पल थोड़ी देर तक बने रहें तो डॉक्टर के पास जाने में देर न करें।

#### चक्कर आना और कमजोरी

जब किडनियों की कार्यप्रणाली में अवरोध होता है, तो आपको चक्कर आने की अशंका बढ़ जाती है । पूरे समय आप थकावट महसूस करते हैं और कमजोरी का एहसास होता है । ये लक्षण खून की कमी और गंदगी के शरीर में जमा होने से उत्पन्न हो सकते हैं ।

एलोवेरा का जरूरत से

# इन लक्षणों से पहचानें

# **The Researchers'**





#### सावधान नहीं रहे तो यह नुकसानदायक भी हो सकता है । दरअसल, एलोवेरा का सीमित मॉत्रा में इस्तेमाल बहुत फायदेमंद होता है। लेकिन जरूरत से ज्यादा इसका इस्तेमाल खतरनाक हो

# शरीर को करें अंदर से साफ खाने में शामिल करें ये 4 चीजें

कई बार पेट साफ होने पर भी शरीर अंदर से पूरी तरह से साफ नहीं होता है । ऐसे में शरीर के अंदर जमे विषैलें पदार्थों को यदि बाहर नहीं निकाला गया तो वह कई बीमारियों को पैदा कर सकते हैं । इसलिए जरूरी हैं उन चीजों के बारे में जानना जो शरीर को अंदर से साफ करने का काम करती हैं। हम आपको बता रहे हैं ऐसी ही 4 चीजें जिन्हें खाने से शरीर अंदर से साफ यानि की डिटॉक्सिफाई हो जाता है –

## ब्रोकली और फूलगोभी

नारियल पानी

साफ कर देते हैं।

इन दोनों ही सब्जियों में भरपूर मात्रा में फाइबर होता है और फाइबर शरीर से विषैले पदार्थों को बाहर निकालने में बहुत सहायक होता है। इन्हें किसी भी रूप में खाना शरीर के लिए फायदेमंद होगा साथ ही इन्हें खाने से कब्ज की समस्या भी दूर होगी।

नारियल पानी में इलेक्ट्रोलाइट्स और एंटीआक्सीडेंट मौजूद होते हैं, जो शरीर से टॉक्सिन को निकाल कर बॉडी सिस्टम को

# चुकंदर

चकंदर को सलाद या जस के रूप में लेने से भी शरीर की अंदरूनी सफाई होने में मदद मिलेती है । चुकंदर में भरपूर मात्रा में आयरन होता है, जो शरीर में खून को बढ़ाने में भी मदद करता है ।

# नीबू

नींबू क्षारीय गुण और विटामिन सी से भरपूर होता है। विटामिन सी एंटीऑक्सीडेंट्स का मुख्य स्रोत है । पानी में नींबू का रस मिलाकर पिएं या फिर सलाद में रस निचोड़ कर खाएं, ऐसा करने से शरीर डिटॉक्स/साफ होने में मदद मिलती है । नींबू के अलावा अदरक, शलगम और चुकंदर का रस भी डिटॉक्स करने में मदद करता है ।



## पछताना पड़ सकता है।

दांतों में कई तरह की समस्या आने पर उनके भीतर फिलिंग करवाना बहुत ही सामान्य हो चुका है। कई तरह की फिलिंग डॉक्टरों द्वारा की जाती है जिसमें दांतों की वर्तमान स्थिति के अनुसार फिलिंग की जाती है । फिलिंग की कीमत भी एक महत्वपूर्ण पहलू है । इसी के चलते कई बार आपके दांतों के साथ खिलवाड़ की जाती है । सिल्वर फिलिंग ( सिल्वर, कॉपर, टिन और मर्क्यूरी) एक बरसों पुरानी तकनीक है। सस्ती होने के कारण इसे आज भी आजमाया जा रहा है परंतु यह तकनीक आपको आगे जाकर बड़ा नुकसान पहुंचा सकती है। मर्क्यूरी या सीसा एक खतरनाक पदार्थ हैं जिसका जहर फेलता है। इस तरह सिल्वर फिलिंग को समय रहते निकलवा लें।

समस्या नहीं होती । इसके अलावा यह बेहतर पाचन में भी मदद करता है और शरीर को उर्जा देने के लिए भी बहुत लाभदायक होता है । गुर्दे की पथरी में इलाज के तौर पर भीँ खसखस को सेवन किया जाता है । इँसमें पायाजाने वाला ओक्सलेट्स, शरीर में मौजूद अतिरिक्त कैल्शियम का अवशोषण कर गुर्दे में पथरी बनने से रोकता है ।

खसखस मानसिक तनाव से मुक्ति दिलाने के साथ-साथ त्वचा पर होने वाली झुर्रियों को भी कम करने में मदद करता है । इसमें एंटीऑक्सीडेंट्स भरपूर मात्रा में होते हैं, जो आपको जवां बनाए रखने में मदद करता है । खसंखस त्वचा को नमी प्रदान करने में भी सहायक होता है। यह त्वचा की जलन व खुजली को कम करने के साथ ही एक्जिमा जैसी समस्याओं से लउने में मदद करता है ।

ओमेगा-6 फैटी एसिड, प्रोटीन, फाइबर से भरपूर होने के साथ ही खसखस में फाइटोकेमिकल्स, विटामिन बी, थायमिन, कैल्शियम और मैंगनीज भी पाया जाता है, जो पोषण के लिहाज से बहुत फायदेमंद है । त्वचा को खूबसूरत बनाने के लिए खसखस का इस्तेमाल दूध में पीसकर फेसपैक के रूप में किया जाता है । यह त्वचा को नमी प्रदान करने के साथ ही प्राकृतिक चमक लाता है, और चेहरा दमक जाता है। इसके अलावा कई तरह की छोटी-छोटी समस्याओं जैसे अधिक प्यास लगना, बुखार, सूजन या पेट में होने वाली जलन से राहत पाने के लिए खसखस का प्रयोग किया जाता है। यह पेट में बढ़ने वाली गर्मी को भी शांत

करने में सहायक

है।

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# **SPORTS**

#### **NEWS BOX**

## India vs New Zealand, Dubai Weather Forecast: Cloudy weather to grace final

New Delhi. I India and New Zealand are all set to battle it out in the final of the Champions Trophy 2025 in Dubai on Sunday, March 9. It's a rematch of the 2000 final when the event was known as the ICC Knockouts and both teams are evenly-matched once again, just like they were almost 25 years ago. Filled with superstars and match-winners in equal amounts, the match has the makings of a classic.India will enter the contest as favourites, but only by a small margin. Having played all their matches in Dubai, the Indian team has been sensational while chasing at the Dubai International Cricket Stadium. They have won 3 out of their 4 matches while chasing with the likes of Virat Kohli and Shreyas Iyer playing some key roles in the victories. The only game they defended a total was the one against New Zealand on March 2, when a Varun Chakravarthy 5-wicket haul helped them secure the win.For the Blackcaps, the loss to India was a minor blip in what has been a fantastic tournament for them as they make it to the final of yet another ICC event. Having beaten hosts Pakistan in convincing fashion in their first match, New Zealand defeated Bangladesh in a tricky run chase, sealing



their semi-final berth.In the final four stage, New Zealand put on a batting masterclass against South Africa with Rachin Ravindra and Kane Williamson scoring hundreds and some useful cameos from Glenn Phillips and Daryl Mitchell. This was then complimented by a fine bowling performance to seal the win. With an ICC title on the line, both teams will look to bring their A-game to Dubai. But will the weather be favourable for a fine game of cricket?

Champions Trophy: Full Coverage

India vs New Zealand, Dubai weather forecast So, the first thing is that there is no rain expected on Sunday. The match is expected to start at 1 pm local time, and the temperature is 34 degree celsius at that time. The temperature is expected to drop as the day goes on. However, from 3 pm, some cloudy weather is expected in Dubai, which will continue for the rest of the day.

#### Dinesh Karthik picks 2 key New Zealand stars that India need to beware of New Delhi. Former India cricketer Dinesh

# Tallon Griekspoor stuns top-seeded Zverev at Indian Wells, avenges French Open 'heartbreak

The defeat in a tension-packed Stadium Court clash continued a lackluster run for Zverev since he fell to Sinner in the Australian Open final.

INDIAN WELLS. Tallon Griekspoor stunned top-seeded Alexander Zverev 4-6, 7-6 (7/5), 7-6 (7/4) in the second round at Indian Wells on Friday, avenging a devastating loss to the German at Roland Garros last year.

Zverev, the world number two who is heading the field of the prestigious ATP Masters event with No. 1 Jannik Sinner serving a three-month drugs ban, is the first Indian Wells men's top seed to lose his opening match since Andy Murray in 2017.

was a cherished win for Griekspoor, who had lost five straight matches -- including four last year -- to the German.

That included a five-setter at the French Open in which Griekspoor was up a double break in the fifth in a defeat he called "absolute heartbreak"."It was such a mental thing. I played so many battles against him and had chances but they all went his way," said Griekspoor, who claimed his first victory over a top-five player in his 19th attempt.

"I am incredibly proud of myself from this performance and to get it over the line," the 28-year-old added.Broken to trail 5-6 in the third set, Zverev saved five match points in a dramatic 12th game, finally converting his fifth break point of the game to force the tiebreaker.But Griekspoor sealed it on his first chance in the decider.

The defeat in a tension-packed Stadium Court clash continued a lackluster run for Zverev since he fell to Sinner in the Australian Open final. Following that loss he has made early exits at Buenos Aires, Rio de Janeiro and Acapulco."I always struggle against him," Zverev said of Griekspoor. "He played a good match. There's no question about that. But I have to look at myself a little bit, and it's nowhere near where I want o be.'

American Marcos Giron joined Griekspoor in posting his first win over a top-five player, upsetting fourth seed Casper Ruud 7-6 (7/4), 3-6, 6-2.Russian Daniil Medvedev, runnerup to Carlos Alcaraz the past two years, moved on with a 6-2, 6-2 victory over 71stranked Bu Yunchaokete of China.Fifthseeded Medvedev, bundled up against the

cold desert night air with leggings under his shorts and long sleeves, dropped his serve to open the match.But he broke back immediately and was never seriously threatened despite the wealth of long rallies."I'll be surprised if he had more than



five winners in the match," Medvedev said. "I just knew that I have to put the ball in court and run. Swiatek safely through

Iga Swiatek, the women's defending champion in this combined ATP and WTA 1000 event, eased through her opener 6-2, 6-0 against French veteran Caroline Garcia.

"I'm happy that I was solid until the end, and I'm just happy that I adjusted to the conditions well," said Swiatek, who played as the late afternoon temperture dropped and

the breeze picked up."First matches are not easy, and didn't know what to expect from Caro, but I'm happy that I could dominate from the beginning.

Swiatek converted six of her nine break points and was broken only once in the 61-

minute victory.Fourth-seeded American Jessica Pegula also powered through, beating Poland's Magda Linette 6-4, 6-2."Honestly, I think it was just handling the conditions," Pegula said. "I felt like I was able to handle the side with the wind pretty well and really take advantage of using that for my serve ... and then just being a little gritty and digging out some tough points on the side that was against the wind."

Mirra Andreeva, the 17-year-old Russian. who became the youngest ever WTA 1000 champion in Dubai last month,

battled back from 0-4 down in the second set to beat France's 70th-ranked Varvara Gracheva 7-5, 6-4 in another windblown, error-laden late match.Andreeva, seeded ninth, booked a third-round meeting with Denmark's Clara Tauson, the woman she beat in the Dubai final.Tauson advanced with a 7-6 (7/3), 7-5 victory over Colombian Camila Osorio, who had ousted four-time Grand Slam champion Naomi Osaka in the first round.

## If there's one team that can beat India, it's New Zealand: Ravi Shastri

# India's Pranav Venkatesh wins World Junior Chess Championship

India's Pranav Venkatesh won the World Junior Chess Championship (Under-20) after settling for a draw against Matic Levrencic of Slovenia in the 11th and final round in Petrovac, Montenegroon on Friday.

New Delhi. India's Pranav Venkatesh won the World Junior Chess Championship (Under-20) after settling for a draw against Matic Levrencic of Slovenia in the 11th and final round in Petrovac, Montenegroon on Friday.It turned out to be a great day for Indian chess after Aravindh Chithamabaram won the Prague Masters ahead of many fancied stars. Venkatesh, who had won the challengers section in the Chennai International last year, continued his great show among juniors in the world, remaining

undefeated during the course of the event. Hardeep Singh Puri asks PSUs to boost initiatives to promote sports for paraathletesHardeep Singh Puri asks PSUs to boost initiatives to promote sports for para-athletesSports minister to hold two-day meeting on India's Olympic preparationsSports minister to hold two-day meetng on India's Olympic preparations

Table Tennis stalwart Sharath Kamal announces retirementTable Tennis stalwart Sharath Kamal announces retirementThe Indian scored a total of seven victories and



four draws to end up on nine points out of a possible 11 and when the final round pairings were announced it was clear that a draw will be enough for Venkatesh.

evrencic opted for the Sicilian defense with black but the game went in to unchartered territory as Venkatesh sacrificed a pawn early to get some lead in development. There were reasons to be worried for the Slovenian and he just decided to play it safe and agreed for a draw in mere 18 moves and will likely win either silver or gold medal. Venkatesh's success was already writing on the wall, given his past few performances and especially after he was picked up for the Westbridge Anand Chess Academy where the students are mentored and handpicked Viswanathan Anand himself. Interestingly, Anand had himself made a mark on the world stage by winning the World Junior Championship back in 1987. Thereafter, P Harikrishna won in 2004 and Abhijeet Gupta had followed suit in 2008. It has nearly been a 17-year-old wait for the

open title to come back to India. More recently, Divya Deshmukh had won the girls' section when it was held in Ahmedabad in 2024. Before Divya, Soumya Swaminathan won the girls' event in 2009, D Harika in 2008 and Koneru Humpy in 2001.

The grea Anand lauded Venkatesh for his remarkable achievement. "Congratulations to the World Junior Champion Pranav Venkatesh.He has been in great form lately. Our @WacaChess mentee. He is very meticulous in his work and constantly analyses his own games, comes back with suggestions and takes feedback. You join a very prestigious line of World Junior Champions!," Anand wrote on his 'X' account.

#### New Delhi. Ravi Shastri has claimed that while India may start as the favourites in the Champions Trophy 2025 final on Sunday, March 9, they only hold a slender advantage over New Zealand. India and the Blackcaps face off for the second time in the ongoing tournament, a repeat of the ICC Knockouts 2000 final. In Nairobi, 25 years ago, New Zealand beat India to win the title. The Blackcaps have been in fine form throughout the tournament, having beaten South Africa to reach the final. Speaking on the ICC Review, Shastri said that if one team can beat India on Sunday, it will be New Zealand."If there's one team that can beat India, it's New Zealand,' Shastri said in 'The ICC Review'. "So India start as favourites but only just."Champions Trophy: Full Coverage'Kohli and Williamson among gamechangers'

'irat Kohli and Kane Williamson are in top form heading into the contest and Shastri tipped both men to be potential gamechangers for their respective sides. The former India coach also said that Rachin Ravindra can also be a gamechanger."Now (on) current form, Kohli. When these guys get hot and you let



90's ka londa': Wagar Younis hits back at

Karthik believes India must be wary of New Zealand's key players, Kane Williamson and Mitchell Santner, as they prepare for the highly anticipated Champions Trophy Final on March 9 in Dubai. While India will enter the contest as favourites, Karthik emphasised that neutralising Williamson's calm presence at the crease and countering Santner's spin on a favourable Dubai pitch will be crucial to securing victory.Speaking to CricBuzz, Karthik acknowledged India's dominance in the tournament so far but warned against underestimating Williamson, a veteran batter known for his consistency and reliability in New Zealand's top order.



Similarly, he pointed out that Santner, having already claimed seven wickets in the tournament, will be a major threat on the spin-friendly Dubai surface.

Champions Trophy: Full Coverage"I feel Kane Williamson again because he's someone who can bat through the middle nicely," Karthik told Cricbuzz."Santner is a big issue because he doesn't give away anything. A very, very wily customer, knows what to do correctly. He'll bowl one outside, one this way, one that way. Painful. And also a good leader and he's got some good people to rely on, like Kane Williamson and Tom Latham. So they're a good team. They are the team to beat. They are the best team in this tournament. It's great to see New Zealand there. And if India need to win, they need to beat the best team. And that will be New Zealand," he added. There has been much discussion about India benefitting from playing all their Champions Trophy fixtures in Dubai, but Karthik noted that this advantage could also work in Santner's favour, given the conditions. Meanwhile, Williamson has been in fine form with the bat, delivering a match-defining century in New Zealand's semifinal victory over South Africa.While India have already defeate New Zealand in the group stage and boast a strong, in-form squad, Karthik highlighted that the Black Caps have a reputation for thriving in highpressure knockout games.

# Mohammad Hafeez's 'left nothing for Pakistan'

NEW DELHI. Pakistan pace legend Waqar Younis has taken a dig at former cricketer Mohammad Hafeez after the latter questioned the legacy of stars from the 1990s and early 2000s. Waqar's response came after Hafeez, during a live television show, claimed that the stars of that era failed to inspire future generations due to their inability to win ICC events.

"I am a huge fan of those who played in the 1990s, but when it comes to legacy, they left nothing for Pakistan. They didn't win an ICC event – they lost the (World Cups of) 1996, 1999, and 2003. We reached one final (in the 1999 World Cup) and lost that badly. As stars, as players, they were the mega superstars. But then they couldn't inspire us by winning an ICC event. Then came a difficult period that we had to go through,



and in 2007, we lost the final (of the T20 World Cup)," Hafeez had said on PTV Sports."In 2009, we won under Younis Khan's captaincy, and that became an inspiration for the next generation. Then, unfortunately, a bad incident happened with Pakistan cricket, and we have still not been able to recover from that. Then we won the 2017 Champions Trophy, which was a huge

source of inspiration. People idolise Babar Azam today, and that is because even if he didn't play a big hand in that event, he was there. So that thing about winning ICC events, the superstars of the 1990s couldn't do, with all due respect to their talents," he added. Younis responded on social media by posting a photo with fellow legend Wasim Akram, captioning it "90's KA LONDA."

Alongside the caption, he also highlighted the number of Test and ODI matches played, as well as the wickets taken by him and Akram. Pakistan had a disappointing campaign in the 2025 ICC Champions Trophy, suffering a humiliating defeat against New Zealand in their opening match, followed by a loss to India, which saw them fail to reach the semifinals.

them get their first 10 runs, then they're trouble. Whether it's Williamson, whether it's Kohli," Shastri said."So from New Zealand, I would say Williamson. To an extent, Ravindra, he is a fabulous young player."But these guys when they smell the coffee and you let them, in a final, get to that 10-15, then they're doubly dangerous."India vs New Zealand final weather forecast'Player of the Match options'Speaking about who would be the potential Player Of The Match candidates, Shastri said one of the all-rounders could win the award. From India, he went with Axar Patel and Ravindra Jadeja and from New Zealand he picked Glenn Phillips."Player of the Match, I would go for an all-rounder," he said in The ICC Review. "I'll say Axar Patel or Ravindra Jadeja from India.""From New Zealand, I think that Glenn Phillips has something up. He might just show flashes of brilliance in the field. He might come and smash a cameo of 40, 50 and probably surprise you by taking a wicket or two."

# Indian dressing room knows value of underrated Ravindra Jadeja: Gautam Gambhir

- Jadeja has picked up 4 wickets and scored 18 runs so far in Champions **Trophy**
- Gambhir said that Jadeja tends to go under the radar
- 🖝 The Indian coach said Jadeja's importance lies within the dressing roomween Mumbai Indians and UP Warriorz on Thursday.

New Delhi. India coach Gautam Gambhir heaped praise on Ravindra Jadeja, saying that always fly under the radar. Gambhir said that the Indian dressing room knows the true value of the all-rounder ahead of the

. . .



Champions Trophy final.

the Indian all-rounder is someone who Jadeja has been a vital part of the Indian team since his debut in 2009. The 36-year-old was the Player Of The Match when India last won the Champions Trophy in 2013 as he starred

with bat and ball. In the ongoing tournament, Jadeja has continued to be a key with the ball and an insurance policy lower down the order. Speaking to the ICC, Gambhir said that the all-rounder is underrated and said he

is very important for Indian cricket."I've always felt that Ravindra Jadeja has always gone under the radar. I think he's someone who we don't speak highly about. See what he's done for Indian cricket. Be it Test format, be it T20I format or in 50-over format. I think he's very important to Indian cricket and what he's done. Not just with the bat or ball, in the field as well. He's, I think, one of the top all-rounders going around in world cricket. We, in the dressing room, know the value of Ravindra Jadeja. We feel that the importance of Ravindra Jadeja is what it is in the dressing room and not what happens outside the dressing room," said Gambhir.Ravindra Jadeja in Champions Trophy so far

Jadeja has been a key part for India, especially in the middle overs. While the all-rounder has picked up just 4 wickets in 4 matches, his economy of 4.78 amongst the best in the tournament. With the bat, Jadeja has scored just 18 runs, but he hasn't been needed a lot by India due to the depth they possess.

# **Off Track**

**Bigg Boss 18 Rivals Karan Veer** Mehra And Avinash Mishra Bury The Hatchet, Hug It Out At The Airport



igg Boss 18 contestants Karaan Veer Mehra and Avinash Mishra, who were always at odds during the show, seem to have buried the hatchet outside of it. Their first reunion after the show was nothing short of entertaining! A video capturing Karan's excited reaction when he spotted Avinash at the Delhi airport is going viral on social media. Fans loved seeing the duo share multiple warm hugs, showcasing their newfound friendship. Karan was in Delhi to visit his mother, while Avinash was there for an event. Karan even posted a selfie from their meetup on his Instagram story, which Avinash happily reposted, much to the delight of their fans.

- Meanwhile, Avinash was recently snapped by the paparazzi in Mumbai when he confronted them for flirting with Eisha Singh. In a video that surfaced on social media, Avinash was seen walking out of his gym when he posed for the cameras and asked about the paparazzi who flirted with Eisha."Tum mein se kaun hai flirt maarta hai re jab voh aati hai (Who amongst you flirts with her)?" he asked and laughed as a paparazzo told him that it was a person named Shadab. Watch the video here: s Avinash Mishra Dating Eisha Singh?
- Avinash Mishra and Eisha Singh's chemistry in Bigg Boss 18 was widely loved by all. During the show, Avinash also admitted his feelings for Eisha but the latter always maintained that they can only be good friends. However, after the show's finale, Avinash clarified his relationship with Eisha and told News18 Showsha exclusively, "I never said it was a romantic bond. She is my really good friend. Yes, I accept that there was a time I felt a bit notch higher for her, but then we discussed it. We both decided that this is not the perfect place to have these kinds of conversations or even think about it. So right now, we are just really good friends, and that's it.'

Tumbbad Star Sohum Shah Struggled With English, Felt Like A Misfit: 'I Didn't Know How To Order A Cappuccino'



BJBLA Advan **Opens Up On Having Twins,** 

**Qualities Of Kareena Kapoor** She'd Want In Her Daughter



iara Advani and Sidharth Malhotra are all set to embrace parenthood soon! On Friday, the couple announced that they are expecting their first child. The delightful news left fans overjoyed, and celebs such as Alia Bhatt, Karan Johar, Shilpa Shetty, Kareena Kapoor Khan and others congratulated the parents-to-be.A video of Kiara talking about wanting "healthy babies" in an interview with journalist Faridoon Shahryan recently went viral, sparking fan hopes that she might have twins. In the video, Faridoon asked Kiara what combination of twins she would prefer-two girls, two boys, or one of each. Kiara replied, "I just want two healthy babies that God can gift me." Kareena Kapoor playfully teased her, joking that it sounded like a Miss Universe answer. Kiara added she would like to have one girl and one boy. When asked which qualities of Kareena she would want in her daughter, Kiara said, "Her confidence, her expressions, her aura. All her qualities. She is a 10 on 10." The interview took place while Kiara, Kareena, Akshay Kumar, and Diljit Dosanjh were promoting their film Good Newwz.

Meanwhile, a day after announcing her pregnancy news, Kiara was spotted in Mumbai. The mom-to-be radiated glow as she arrived at a studio in Mumbai.

- Kiara Advani was all smiles as she arrived at the studio. She happily posed for the paparazzi before stepping inside the vanity van. The actress donned an all-white outfit, and her pregnancy glow was unmissable! As the paparazzi congratulated her, the 'Kabir Singh' actress smiled and thanked them politely.
- On Friday, Kiara Advani and Sidharth Malhotra shared a joint post on Instagram, announcing that they are all set to embrace parenthood soon. Along with a picture of them holding tiny crocheted socks, the couple wrote, "The greatest gift of our lives Coming soon."



# Raveena Tandon Slams Men Filming Katrina Kaif At Mahakumbh, Calls It 'Disgusting'

Mela in Prayagraj, where she also ran into Katrina Kaif. Both actresses took a holy dip in the VIP section of the Triveni Sangam. However, things took an unexpected



turn when videos of Katrina's snan started making rounds online. In the clips, crowds of people can be seen gathering around her, some even trying to get a selfie or reaction.Now, another disturbing video has surfaced, showing a group of

aveena Tandon recently attended the Mahakumbh men filming Katrina while making jokes as she prayed in the river. Many called out the men for lack of privacy and respect for the actress during the sacred ritual.

In the viral clip, two men can be seen filming themselves

before casually panning the camera toward Katrina Kaif, who was right next to them. One of them even jokes, "Ye main hu, ye mera bhai hai, aur ye Katrina Kaif (this is me, this is my brother, and this is Katrina Kaif)," as the people around them laugh.The video hasn't gone down well with netizens, who are calling out the men for their inappropriate behaviour.Raveena Tandon was among those who called out the inappropriate behavior, commenting, "This is disgusting. These kinds of people ruin a moment that is supposed to be peaceful and meaningful."Last week, another video made waves on social media-this time, shot using a drone. The footage captured a massive crowd surrounding Katrina Kaif as she took a dip in the river alongside her mother-in-law.The Mahakumbh Mela, which kicked off on January 13 and wrapped up on February 26, coinciding with Mahashivratri, has drawn plenty of star power.

Celebrities like Vicky Kaushal, Sonali Bendre, Akshay Kumar, Juhi Chawla, and Guru Randhawa were also spotted attending the grand spiritual gathering.

ctor-filmmaker Sohum Shah, celebrating the success of Crazxy, opened up about his mental health struggles on SCREEN's The Suvir Saran Show. He shared that his difficulty with English led to feelings of inferiority, which prompted him to seek therapy.Sohum Shah said he used to feel very inferior because he struggled with English. He pointed out that when he started in the industry, not knowing English made it hard to get lead roles in Bollywood. Opening up on it, he said, "There was a time when I used to feel quite inferior. I didn't know English back then. The time I entered the industry, if you wanted to work in Bollywood but you didn't know English, you wouldn't ever get to play main lead characters. Around 2010-12, there was a notion, a class system. I didn't know Al-Pacino, Game Of Thrones, etc. If you went to clubs, the songs wouldn't appeal to you, and I would feel like a misfit. I spent a decade like this. I then saw a therapist. I was in a lot of pain. Mental health is of utmost priority. If that is in place, you can solve all other problems."

The actor-filmmaker said he used to struggle with simple things like ordering a cofee at a café, but things have improved. "I didn't know how to even order a cappuccino at a café. Now it's gotten better. I still cannot speak properly, even today. If we go to a high-end restaurant to eat, I ask my wife to order food because it's tough for me. I knew since 2012 about my mental health issues, but I didn't go to a therapist because I was scared that I would go mad. I didn't go because I thought I knew everything and I would fix it. Knowing your issue is one thing, and accepting it is another. It took me 10 years to acknowledge my issues. I never felt ashamed going to therapy. I saw a friend going to one and I started too. Therapy helped me a lot. I think everyone should get therapy today because in today's world, mental health issues are rampant."Meanwhile, Sohum Shah-starrer Crazxy is proving to be a box office dud. Directed by Girish Kohli, the film stars Shah as Dr Abhimanyu Sood, a surgeon who does anything and everything to save his daughter from kidnapping. On Day 2, Crazxy witnessed a slight rise in its net business. It is expected to pick momentum on Day 3 which is a Sunday. Crazxy marks Sohum Shah's theatrical comeback as an actor after seven years. It also clashed at the box office with Superboys of Malegaon.