

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



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-

field and reinforce its efforts to strengthen domestic defense manufacturing. India and Russia have a long-standing defense cooperation, including joint research, development, and production of advanced defense systems. Key bilateral projects include the supply of S-400 systems, T-90 tanks, Su-

30 fighter jets, MiG-29 and Kamov helicopters, as well as the licensed production of AK-203 rifles and BrahMos missiles. The cooperation extends to regular military exercises, including bilateral drills like the INDRA series and multilateral engagements like Vostok 2022.

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.

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 Chaudhary, 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.

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.

PAUSE:BREATHE:GLOW - A DATE WITH SELF !

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



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 money—it is an investment in one's well-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 yourself first!!

Bird Flu Outbreak at Bokaro Poultry Farm, Strict 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 Re-

sponse 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.

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, making 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

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.

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

by Ravi Phillips

Sindri: In celebration of International Women's Day, BJP leader Gaurav Vakhsh, 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 non-teaching 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.

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."



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

OUT OF THE SHADOWS OF NTR, CHANDRABABU NAIDU
Speaking with India Today TV's

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 important for politics."

The Andhra Pradesh IT and Human

Resources Minister said that his 226-day, 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 PRADESH AT 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 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 outstanding debt of Rs 1,25,205 crore represents 52 per cent of J&K's GDP 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 advances from Government of India.

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 decreased from 27 per cent to 21 per cent.

"He Came As YouTuber": Shiv Sena Leader Slams Rahul Gandhi's Dharavi Visit

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 months, 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."



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 quipped 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 sixth-generation fighter jets while 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 sixth-generation 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.

"Sometimes, there will be situations

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 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 78-year-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

pause on US reciprocal tariffs, why couldn't 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.

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 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, Anjee 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 Day. 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".

"Your passion will power your success. I 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 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 self-respect 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.

Anjee Agarwal, the founder of Samarthyam 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, which will 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 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

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.

Missing teachers

Haryana schools face systemic neglect

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 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

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 II-level 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.

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 short-sighted 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

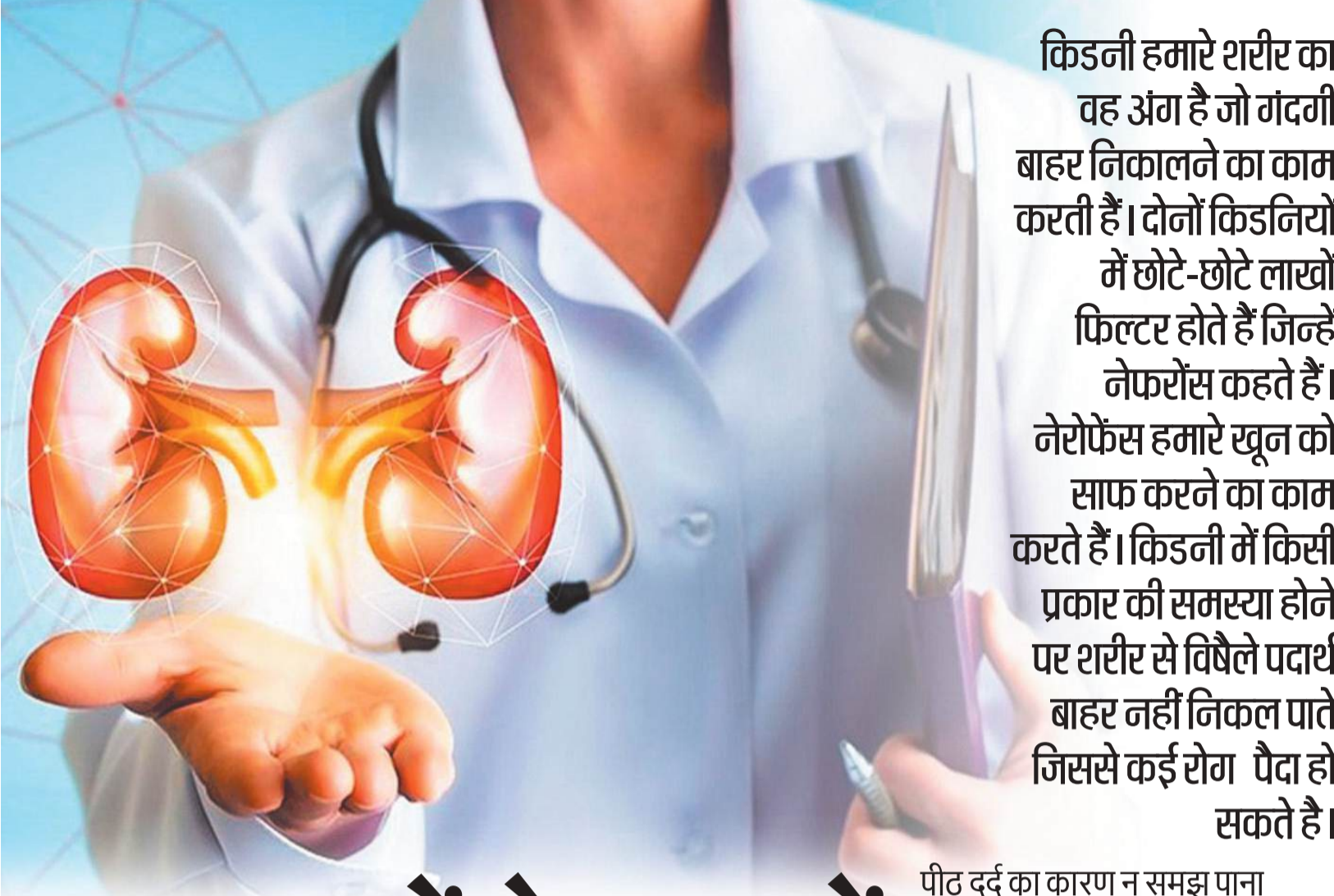
often overlooked by those in power. Economic hardships like rising unemployment and inflation disproportionately burden the poor and marginalised, who must endure a political system that fails to prioritise their welfare. The lack of political cohesion and accountability contributes to the neglect or 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.



इन लक्षणों से पहचानें 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 है। दोनों किडनियों में छोटे-छोटे लाखों फिल्टर होते हैं जिन्हें नेफरोस कहते हैं। नेफरोस 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 हैं। 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 हैं।

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 अंशका बढ़ जाती है। पुरे 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 ज्यादा इस्तेमाल हो सकता है खतरनाक!

एलोवेरा के कई फायद हैं, यह सेहत के साथ ही स्किन, बालों और पेट लॉस तक में फायदेमंद है। लेकिन इसके इस्तेमाल को लेकर सावधान नहीं रहे तो यह नुकसानदायक भी हो सकता है। दरअसल, एलोवेरा का सीमित मात्रा में इस्तेमाल बहुत फायदेमंद होता है। लेकिन जरूरत से ज्यादा इसका इस्तेमाल खतरनाक हो

सकता है। हम आपको बता रहे हैं कि कैसे एलोवेरा का अधिक इस्तेमाल आपको नुकसान पहुंचा सकता है। यदि आप एलोवेरा का अत्यधिक 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 संबंधित परेशानियां हो सकती हैं। एलोवेरा को चेहरे पर ज्यादा लगाने के कारण चेहरे पर रुखापन और बारीक दाने हो सकते हैं। डायाबिटीज 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।

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 विषैले पदार्थों को यदि बाहर नहीं निकाला गया तो वह कई बीमारियों को पैदा कर सकते हैं। इसलिए जरूरी है 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

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

नारियल पानी में इलेक्ट्रोलाइट्स और एंटीऑक्सिडेंट मौजूद होते हैं, जो शरीर से टॉक्सिन को निकाल कर बॉडी सिस्टम को साफ कर देते हैं।

चुकंदर

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

नींबू

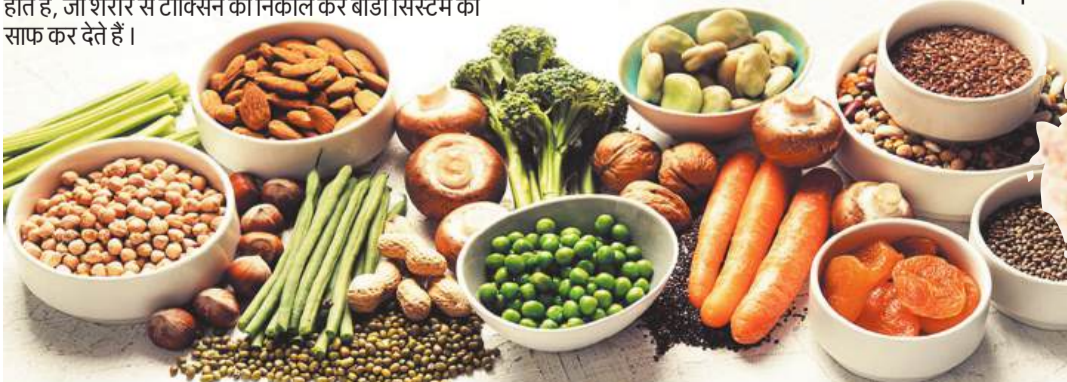
नींबू क्षारीय गुण और विटामिन सी से भरपूर होता है। विटामिन सी एंटीऑक्सिडेंट्स का मुख्य स्रोत है। पानी में नींबू का रस मिलाकर पिएं या फिर सलाद में रस निचोड़ कर खाएं, ऐसा करने से शरीर डिटॉक्स/साफ होने में मदद मिलती है। नींबू के अलावा अदरक, शलगम और चुकंदर का रस भी डिटॉक्स करने में मदद करता है।



दांतों में जहर फैला सकती है फिलिंग की यह तकनीक

कहीं आपको भी तो नहीं पड़ी दांतों में फिलिंग की जरूरत? अगर हां तो इसे तुरंत निकाल दीजिए वरना आपको बाद में 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 मर्क्युरी) 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। मर्क्युरी या सीसा एक खतरनाक पदार्थ है जिसका जहर फैलता है। इस तरह सिल्वर फिलिंग को समय रहते निकलवा लें।



किडनी हमारे शरीर का वह अंग है जो गंदगी बाहर निकालने का काम करती है। दोनों किडनियों में छोटे-छोटे लाखों फिल्टर होते हैं जिन्हें नेफरोस कहते हैं। नेफरोस 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 हैं।

पीठ दर्द का कारण न समझ पाना

आपकी पीठ और पेट के किनारों में बिना वजह दर्द महसूस होना, किडनी में इन्फेक्शन 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।

उल्टियां 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 समस्या को जस की तस पाएं तो फॉरन डॉक्टर से पूरा चेकअप करावाएं।

टंड लगना

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



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 हैं, 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 एंटीऑक्सिडेंट 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 ठोपी 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 के 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 एल्कलॉइड्स 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 समस्या को दूर करता है। यह आपको नींद लेने के लिए प्रेरित करेगा।

खसखस फाइबर का बेहतरीन स्रोत है, जिसका प्रयोग करने से कब्ज की 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। गुर्द की पथरी में इलाज के तौर पर भी खसखस को सेवन किया जाता है। इसमें पायाजाने वाला ओक्सलेट्स, शरीर में मौजूद अतिरिक्त कैल्शियम का अवशोषण कर गुर्दों 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 एंटीऑक्सिडेंट्स भरपूर मात्रा में होते हैं, जो आपको जवां बनाए रखने में मदद करता है। खसखस 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 लड़ने 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 घ्यास लगना, बुखार, सूजन या पेट में होने वाली जलन से राहत पाने के लिए खसखस का प्रयोग किया जाता है। यह पेट में बढने वाली गर्मी को भी शांत करने में सहायक है।

Kiara Advani

Opens Up On Having Twins, Qualities Of Kareena Kapoor She'd Want In Her Daughter



Kiara 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 Shahryar 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."



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



Bigg 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:

Is 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'



Actor-filmmaker Sohum Shah, celebrating the success of Crazy, 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 coffee 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 Crazy 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, Crazy witnessed a slight rise in its net business. It is expected to pick momentum on Day 3 which is a Sunday. Crazy marks Sohum Shah's theatrical comeback as an actor after seven years. It also clashed at the box office with Superboys of Malegaon.

Raveena Tandon

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

Raveena Tandon recently attended the Mahakumbh 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

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.



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

