



The Researchers'

NEWS BOX

Hindu temple in California defaced with anti-India graffiti

world.The BAPS Shri Swaminarayan Mandir in California's Chino Hill was defaced with anti-India graffiti, less than five months after a similar incident was reported at another Hindu temple in the US state. Confirming the incident, the official X handle of BAPS in the US said the "Hindu community stands steadfast against hate". "Together with the community in Chino Hills and Southern California, we will never let hate take root. The Britain-based Syrian Observatory for Human Rights said in addition to 745 civilians killed, mostly in shootings from close distance, 125 government security force members and 148 militants with armed groups affiliated with Assad were killed. American Foundation shared images of the defacement on X and called on FBI chief Kash Patel, Director of National Intelligence Tulsi Gabbard and the Chino Hills Police Department to "investigate this latest in a string of anti-Hindu hate crimes on our sacred spaces". On September 25, 2024, the BAPS Hindu temple in California's state capital Sacramento was desecrated with expletive-laden graffiti, saying "Hindus go back". Nearly 10 days before the Sacramento incident, another BAPS Shri Swaminarayan Mandir in Melville, New York, was defaced with hateful messages.

The Consulate General of India in New York strongly condemned the incident and raised the matter with US authorities. Anti-Hindu hate crimes in California have become the second-most reported form of religious bias, a report by the California Civil Rights Department (CRD) released in May last year said. According to the report, among religiously motivated incidents, anti-Hindu bias ranked second, constituting 23.3 per cent. Anti-Jewish bias or anti-

Prominent Pakistani scholar Mufti Shah Mir shot dead in Pakistan

PESHAWAR. Mufti Shah Mir, a prominent Pakistani scholar, was shot dead by unknown gunmen in Balochistan province, according to a media report. Mir was targeted in the Turbat town of Kech on Friday when he was leaving a mosque after night prayers, the Dawn newspaper said. "Armed men riding motorcycles opened fire on Mufti Shah Mir, leaving him seriously injured," the paper quoted police as saying. He was immediately shifted to Turbat Hospital where he succumbed to his injuries. The deceased received multiple bullet injuries that caused his death. Mufti Shah Mir was close to the Jamiat Ulema-e-Islam-F (JUI-F). He previously survived two attempts on his life. The attack came days after two leaders of JUI-F were shot dead in Khuzdar.

US issues advisory cautioning against travel close to India-Pak border, Balochistan and Khyber Pakhtunkhwa

NEW YORK/WASHINGTON. The US has issued an advisory cautioning against travel to the immediate vicinity of the India-Pakistan border and the Line of Control due to terrorism and the potential for armed conflict and to the provinces of Balochistan and Khyber Pakhtunkhwa. The US State Department issued the travel advisory on Friday. The advisory states that people should "reconsider travel to Pakistan due to terrorism and the potential for armed conflict". The travel advisory asks Americans to not travel to Balochistan and Khyber Pakhtunkhwa, which include the former Federally Administered Tribal Areas (FATA), due to terrorism.

It also cautions against travel to the immediate vicinity of the India-Pakistan border and the Line of Control due to terrorism and the potential for armed conflict.

"Violent extremist groups continue to plot attacks in Pakistan. Terrorist attacks are frequent in Balochistan province and Khyber Pakhtunkhwa province, which include the former FATA. Large-scale terrorist attacks have resulted in numerous casualties, and small-scale attacks are frequent." "Terrorism and ongoing violence by extremist elements have led to indiscriminate attacks on civilians, as well as local military and police targets. Terrorists may attack with little or no warning, targeting transportation hubs, markets, shopping malls, military installations, airports, universities, tourist attractions, schools, hospitals, places of worship, and government facilities. Terrorists have targeted US diplomats and diplomatic facilities in the past," the advisory said.

It said Pakistan's security environment remains fluid, sometimes changing with little or no notice. There are greater security resources and infrastructure in the major cities, particularly Islamabad, and security forces in these areas may be more readily able to respond to an emergency compared to other areas of the country, it said.

On advisory related to the "Vicinity of Line of Control - Level 4: Do Not Travel", it said, "Do not travel to the India-Pakistan border, including areas along the Line of Control for any reason. Militant groups are known to operate in the area. India and Pakistan maintain a strong military presence on their respective sides of the border. The only official Pakistan-India border crossing point for persons who are not citizens of India or Pakistan is in the province of Punjab between Wagah, Pakistan, and Atari, India. Travellers are advised to confirm the status of the border crossing prior to commencing travel. An Indian visa is required to enter India, and no visa services are available at the border." "On the Balochistan province, the travel advisory is at "Level 4: Do Not Travel".

"Do not travel to Balochistan province for any reason. Extremist groups, including an active separatist movement, have conducted deadly terrorist attacks against civilians, religious minorities, government offices, and security forces," it said. It added that "do not travel to the Khyber Pakhtunkhwa province, which includes the former FATA, for any reason".

Over 1,000 killed in 2 days of clashes between Syrian forces and Assad loyalists

The Britain-based Syrian Observatory for Human Rights said in addition to 745 civilians killed, mostly in shootings from close distance, 125 government security force members and 148 militants with armed groups affiliated with Assad were killed.

Beirut The death toll from two days of clashes between Syrian security forces and loyalists of ousted President Bashar Assad and revenge killings that followed has risen to more than 1,000, a war-monitoring group said Saturday, making it one of the deadliest acts of violence since Syria's conflict began 14 years ago. The Britain-based Syrian Observatory for Human Rights said in addition to 745 civilians killed, mostly in shootings from close distance, 125 government security force members and 148 militants with armed groups affiliated with Assad were killed. It

added that electricity and drinking water were cut off in large areas around the city of Latakia.

DEADLY ATTACKS ALONG SYRIA'S COAST

The clashes, which erupted Thursday, marked a major escalation in the challenge to the new government in Damascus, three months after insurgents took authority after removing Assad from power.

The government has said that they were responding to attacks from remnants of Assad's forces and blamed "individual actions" for the rampant violence.

RETRIBUTION KILLINGS BETWEEN SUNNIS AND ALAWITES

The revenge killings that started Friday by Sunni Muslim gunmen loyal to the government against members of Assad's minority Alawite sect are a major blow to Hayat Tahrir al-Sham, the faction that led the overthrow of the former government. Alawites made up a large part of Assad's support base for decades.



Residents of Alawite villages and towns spoke to The Associated Press about killings during which gunmen shot Alawites, the majority of them men, in the streets or at the gates of their homes. Many homes of Alawites were looted and then set on fire in different areas, two residents of Syria's coastal region told AP from their hideouts. They asked that their names not be made public out of fear of being killed by gunmen, adding that thousands of people

have fled to nearby mountains for safety.

RESIDENTS SPEAK OF ATROCITIES IN ONE TOWN

Residents of Baniyas, one of the towns worst hit by the violence, said bodies were strewn on the streets or left unburied in homes and on the roofs of buildings, and nobody was able to collect them. One resident said that the gunmen prevented residents for hours from removing the bodies of five of their neighbors killed Friday at close range. Ali Sheha, a 57-year-old resident of Baniyas who fled with his family and neighbors hours after the violence broke out Friday, said that at least 20 of his neighbors and colleagues in one neighborhood of Baniyas where Alawites lived, were killed, some of them in their shops, or in their homes. Sheha called the attacks "revenge killings" of the Alawite minority for the crimes committed by Assad's government.

Man with Palestinian flag climbs London's Big Ben, refuses to come down



London. A man with a Palestinian flag who climbed London's Big Ben clock tower early on Saturday was still perched on the famous landmark after nightfall, even as emergency crews urged him to come down. Police said they were first alerted shortly after 0700 GMT and the man has spent the

day barefoot on a ledge several metres up the historic structure. Crowds have been watching from behind a police cordon, with supporters chanting "Free Palestine" and "You are a hero." Negotiators boarded a fire truck lift and used a megaphone to speak with the man, but footage on social media

showed him saying: "I will come down on my own terms." Police closed off the surrounding area including Westminster Bridge and the Houses of Parliament cancelled tours. AFP journalists at the scene earlier said the man appeared to be bleeding from his foot. "Officers are at the scene working to bring the incident to a safe conclusion," London Metropolitan Police force told AFP. "They are being assisted by the London Fire Brigade and the London Ambulance Service."

Police said they were first alerted shortly after 0700 GMT and the man has spent the day barefoot on a ledge several metres up the historic structure.

Panama releases dozens of detained deportees from US into limbo following human rights criticism

PANAMA CITY. After weeks of lawsuits and human rights criticism, Panama on Saturday released dozens of migrants who were held for weeks in a remote camp after being deported from the United States, telling them they have 30 days to leave the Central American nation. It thrust many like Hayatullah Omagh, a 29-year-old who fled Afghanistan in 2022 after the Taliban took control, into a legal limbo, scrambling to find a path forward.

the Panamanian government, which has said it wants to work with the Trump administration "to send a signal of deterrence" to people hoping to migrate. Human rights groups and lawyers advocating for the migrants were waiting at the bus terminal, and scrambled to find the released migrants shelter and other resources. Dozens of other people remained in the camp.

claim. "Once I get off the bus, I'll be sleeping on the ground tonight," Gaponov said. Others turned their eyes north once again, saying that even though they had already been deported, they had no other option than to continue after crossing the world to reach the U.S. The deportees, largely from Asian countries, were part of a deal struck between the Trump administration and Panama and Costa Rica as the U.S. government attempts to speed up deportations. The administration sent hundreds of people, many families with children, to the two Central American countries as a stopover while authorities organize a way to send them back to their countries of origin. Critics described it as a way for the U.S. to export its deportation process.

The agreement fueled human rights concerns when hundreds of deportees detained in a hotel in Panama City held up notes to their windows pleading for help and saying they were scared to return to their own countries. Under international refugee law, people have the right to apply for asylum when they are fleeing conflict or persecution.

"We are refugees. We do not have money. We cannot pay for a hotel in Panama City, we do not have relatives," Omagh told the Associated Press in an interview. "I can't go back to Afghanistan under any circumstances ... It is under the control of the Taliban, and they want to kill me. How can I go back?" Authorities have said deportees will have the option of extending their stay by 60 days if they need it, but after that many like Omagh don't know what they will do. Omagh climbed off a bus in Panama City alongside 65 migrants from China, Russia, Pakistan, Afghanistan, Iran, Nepal and other nations after spending weeks detained in poor conditions by



Among those getting off buses were migrants fleeing violence and repression in Pakistan and Iran, and 27-year-old Nikita Gaponov, who fled Russia due to repression for being part of the LGBTQ+ community and who said he was detained at the U.S. border, but not allowed to make an asylum

India Clinches Historic Third ICC Champions Trophy Title with 4-Wicket Win Over New Zealand

Dubai: India emerged victorious in the 2025 Champions Trophy final, defeating New Zealand by 4 wickets at the Dubai International Cricket Stadium.

This win not only secured India's third Champions Trophy title but also extended their record, surpassing Australia to claim the most titles in the tournament's history.

After being asked to bowl first by captain Rohit Sharma, India successfully restricted New Zealand to a challenging total of 251.

India's chase got off to a rapid start, fueled by an explosive 50 from Rohit Sharma. His half-century came off just 41 balls, with three sixes and several boundaries, helping India reach their fastest team fifty of the tourna-



ment in just 7.1 overs. Though New Zealand made a comeback after the dismissals of Shubman

Gill and Virat Kohli, Rohit's departure for 76 gave them a glimmer of hope. However, crucial

partnerships between Shreyas Iyer and Axar Patel, followed by KL Rahul and Hardik Pandya,

kept India on course. The match ended in dramatic fashion when Ravindra Jadeja hit the winning runs in the penultimate over, off pacer Will O'Rourke, securing the 4-wicket win for India.

This victory marked India's third Champions Trophy win, following their previous titles in 2002 (shared with Sri Lanka) and 2013. It also adds to India's remarkable tally of seven ICC titles, which includes two ICC World Cups, three Champions Trophies, and two T20 World Cups. With this win, India continues their strong run in ICC white-ball tournaments, having lost just one of their last 23 matches across three ICC events, including the 2023 ODI World Cup.



the truce's first phase until mid-April. That initial period ended on March 1 after six weeks of relative calm that included the exchange of 25 living hostages and eight bodies for the release of about 1,800 Palestinian prisoners held in Israel. The truce largely halted more than 15 months of fighting in Gaza, where virtually the entire population was displaced by Israel's relentless military campaign in response to Hamas's October 7, 2023 attack. It also enabled the flow of vital food, shelter and medical assistance into Gaza. After Israel turned the pipeline off again, UN rights experts accused the government of "weaponising starvation". Displaced Palestinian widow Haneen al-Dura told AFP she and her children spent a month and a half living on the street "among dogs and rats" before receiving a tent. "As the family's provider, it was distressing and I couldn't sleep at all during the night," she said. Last warning: Last week, US President Donald Trump threatened further destruction of Gaza if all remaining hostages are not released, issuing what he called a "last warning" to Hamas leaders. He also warned of repercussions for all Gazans, telling them: "A beautiful future awaits, but not if you hold Hostages. If you do, you are DEAD!" Hamas said Trump's threats would only encourage Israel to ignore the terms of their truce. The Trump administration has also confirmed the start of unprecedented direct talks with Hamas, which Washington had previously refused contact with since designating it a terrorist organisation in 1997.

If you're an emotional eater, chances are that whenever tragedy strikes, you probably go running to seek comfort in ice creams, desserts and cookies, pizzas, burgers, etc — basically foods that are loaded with sugar and fat. However, you know that no matter how much a soothing effect these foods have on your emotions, they aren't really great for your waistline. But still you gorge on them in times of despair and get racked with guilt later. We give you a list of healthy foods...

Nuts

Walnuts and almonds are the healthiest of all nuts. Nuts are fortified with the B group of vitamins, magnesium, zinc and omega oils that helps to keep cortisol (a stress hormone) levels low. Also, they are a good source of energy, balance out sugar cravings and aids metabolism. The monounsaturated fats present in nuts help in curbing overeating. But there's no need to go overboard with nuts as they have high calories. Stick to a handful; say about 10-12 nuts daily.

Broccoli

Broccoli is considered as one of nature's superfoods.

It's rich in folic acid that helps in reducing stress and irritability. But if you're still averse to eating steamed or stir-fried broccoli, then eat it with a low-fat version of your favourite dressing.

Salmon

If you're a seafood lover, then you'll definitely relish this option. Oily fish (including mackerel and anchovies) but especially salmon is rich in omega-3 fatty acids, which

Foods

you should eat to stay

Happy



aid in optimum functioning of the brain. Low levels of omega-3 have been associated with poor blood and energy regulation linked with stress. This in turn, helps you to deal with stress effectively.

Milk

Drinking a glass of milk can boost your mood because it contains a compound called tryptophan, which gets converted to serotonin, also known as the happy hormone. Also, the magnesium, potassium and calcium content in milk help keep blood pressure in control. Lactium, a protein in milk has a calming effect on the body. Also, drinking milk reduces symptoms of PMS and boosts energy.

Hot cocoa

Having warm beverages tend to raise the temperature in the body by a few notches. And the feeling of warmth that we derive from a slight raise in

temperature, which we often associate with comfort, triggers a similar response in the brain.

Chamomile/Green/black tea

Theanine, an amino and glutamic acid found in tea, reduces tension producing beta waves and accelerates the production of relaxation inducing alpha waves in the brain. A UK study found that having four cups of black tea daily for about six weeks lowers cortisol levels. Having chamomile tea is known to have a calming effect and is great for aiding good sleep.

Did you know? The antioxidants present in green tea aid curbing physiological stress and also a genetic tendency towards stress called COMT gene.

Berries

Take your pick from a variety of berries like strawberries, raspberries and mulberries. Berries have abundant antioxidant properties that support brain function and blood circulation. Raspberries are said to contain the most amount of ellagic acid that improves liver functions, regulating cholesterol levels and eliminating toxins. Since berries are sweet, they are the healthiest choices to satisfy your sugar cravings.

Beetroots

This colourful tuber is a great source of folate also known as vitamin B9. This vitamin promotes functioning of the liver and the nervous system, which usually gets congested under chronic stress.

Avoid these common causes of bad

Posture

Most people do not realize how important good posture is, and hence often neglect how they carry themselves.

A person with bad posture is perceived as a person with low self-esteem and low confidence, besides harming overall health in the long term.

The physical harm directly affects back and neck pain, amongst several other ailments. Today, we have Dr. Tina Mahendrakar - Physiotherapist, lay down some common causes of poor posture, so that being aware of these causes can help you avoid it to improve your posture.

Pain or past injuries

When you experience pain in your back or neck muscles or any other part of the body, you tend to overcome the pain by holding your body in a different position. When this posture is continued for a long time, it can become a daily habit. Hence holding yourself differently can be due to some pain or muscle injury in any part of your body.

Low nutritional state

Your spine and back need adequate nutrients to grow strong and straight. Low nutrition and lack of vitamins and calcium can affect the bones and muscles by not providing adequate strength and flexibility to hold itself in a correct posture.

Hereditary

If you have a family history of bent back, then even you might have to deal with it. Sometimes no matter

how hard you try to hold your posture in a correct way, the reason can be just genes that are preventing you from improving your posture. However, this can be rectified with professional help.

Extra weight

According to Dr. Tina, carrying extra weight can also be the reason for your poor posture. Many women with large breasts tend to have bad posture because the extra weight around their chest pulls them forward. People with extra weight around their stomach can have a problem with lower back pulled forward, due to the stomach weight.

Habit

Sometimes, the way you walk or the way you hold things can be the reason of bad posture. For instance, if you always walk with your head down or slump your shoulders, this can cause your posture to pull out from proper alignment. Sometimes, carrying weight on only one side of the body can contribute to imbalanced or poor posture.

Your job

Your desk job is the biggest reason for your hunched back - according to Dr. Tina. People, who have desk jobs, often push their neck and head forward and hunch their shoulders. All these factors contribute to our inability to keep our spines straight and results in poor posture.

Lifestyle and fashion

Clothing and shoes especially affect posture. Women, who walk on pencil heels, are more prone to cause problems to their posture. Besides high heels shoes, wearing boots, tight fitting clothes, low waist jeans and wide belts can cause bad posture - according to Dr. Tina. When you wear something uncomfortable like wide belts or high heeled shoes, this changes your centre of gravity, which ultimately causes your posture to suffer.



Foods that fight wrinkles and ageing



Blueberries: These tiny berries are powerhouses of nutrition. They are loaded with antioxidants, which stops premature ageing and help prevent cancer. Wild blueberries also boost your health. A study suggests that anthocyanins in blueberries appear to combat oxidative stress, which is one of the main causes of ageing. Yellow and orange root vegetables: Put plenty of beta-carotene on your plate. These super-antioxidants are good for your skin and eyes. Good choices include carrots, sweet potatoes, pumpkins, and squash.

Broccoli: Quercetin is a powerful antioxidant that is found in broccoli, along with other foods including cranberries, onions, and apples. It is a natural anti-inflammatory agent as well, fighting the number two cause of aging. Broccoli sprouts have 30 times more isothiocyanates (yet another antioxidant) than regular broccoli.

Raw, organic eggs:

A single egg contains, nine essential amino acids. It's rich in proteins and has naturally occurring Vitamin D. Consuming your eggs raw is the best thing to do as cooking destroys some of the highly perishable nutrients.

Aloe vera: Aloe vera's anti-ageing properties have been known for ages. Scientific evidence suggests that Aloe



Ageing, dark spots, wrinkles, and fine lines... these are the last things that a person would like to see on his or her skin.

No wonder, both men and women are willing to shell out a lumpsum to look good and are going all natural in the process. According to experts, the secret lies in the plate and that's precisely why what you eat matters the most. Food experts recommend people to opt for natural products to maintain a youthful look in a healthy way. And when it comes to these natural products, there are umpteen varieties to choose from.

We give you a list of products that one could choose from to delay the ageing process and to maintain that youthful look.

Leafy greens:

Like eggs, leafy greens such as spinach, kale, turnip greens, and romaine lettuce, are great sources of lutein and zeaxanthin. Studies have shown eating foods rich in these antioxidants can significantly reduce risk of AMD (age-related macular degeneration), as well as non-Hodgkin's lymphoma. Spinach has a very high ORAC (Oxygen Radical Absorbance Capacity) score. It is a measurement of a food's ability to destroy the free radicals that cause damage in your body. The higher the ORAC score, the better a food is for you.

Vera juice can heal skin and reverse skin ageing. Skin ages because of UV light damage and loss of collagen in the skin. Collagen helps in keeping the skin firm and elastic.

Ageing breaks down the collagen matrix in your skin which leads to wrinkles. Drinking aloe vera juice is known to reduce the wrinkle depth and improve skin elasticity due to increased collagen production.

Garlic: Allium is an antioxidant that packs a punch. Garlic, onions, and scallions are loaded with this free-radical fighter that is good for your skin and your immune system.

Yogi Adityanath backs UP cop's 'Holi vs Friday namaz' remarks

Uttar Pradesh Chief Minister Yogi Adityanath backed a police officer's remark, advising those uncomfortable with Holi colours to stay indoors. Opposition leaders condemned the statement, calling it biased and demanding action against the officer.

New Delhi. Uttar Pradesh Chief Minister Yogi Adityanath has backed a police officer's remark advising people uncomfortable with Holi colours to stay indoors. "Holi comes once a year, but Friday prayers have to be read every week. It is not necessary that a person should go to the mosque. If someone has to go then they should not have an issue

with colours," he said. The remarks were made at a conclave organised by India Today, where Adityanath responded to the controversy surrounding the statement by Sambhal Circle Officer Anuj Chaudhary. On Thursday, Chaudhary told reporters after a peace committee meeting at the Sambhal Kotwali police station that those who did not wish to participate in Holi should remain indoors. "Holi is a festival that comes once a year, whereas Friday prayers take place 52 times in a year. If anyone feels uncomfortable with the colours of Holi, they should stay indoors on that day. Those who step out should have a broad mindset, as festivals are meant to be celebrated together," he said. He said communal harmony must be maintained and law and order strictly enforced. He added that peace committee meetings had been ongoing for a month to ensure the festival was observed smoothly. Chaudhary urged people to respect each other's sentiments and

said no one should be forced to participate. "Just as Muslims eagerly await Eid, Hindus look forward to Holi. People celebrate by applying colours, sharing sweets, and spreading joy. Similarly, on Eid, people prepare



special dishes and embrace each other in celebration. The essence of both the festivals is togetherness and mutual respect," he said. "This applies to both communities. If someone does not want colour, they should not be forced." He warned that any attempt to disturb communal harmony would be dealt with strictly. The opposition condemned his remarks. Samajwadi

Party spokesperson Sharvendra Bikram Singh said, "The officers are imitating what they hear from the chief minister to stay in his good books. Action should be taken against those who make such statements and openly display their bias. This is condemnable, and officers should not act as BJP agents." Uttar Pradesh Congress Media Committee Vice Chairman Manish Hindvi said, "An officer, regardless of who they are, must be secular; only then can governance function properly in this country. Otherwise, it will lead to anarchy." "If people from a particular religion have expressed discomfort with playing with colours, the officer's duty is to ensure that there is no atmosphere of fear or insecurity. There should be an arrangement where both Holi is celebrated and namaz is offered peacefully. Saying that Holi comes once a year while Friday prayers happen 52 times and that those who dislike colours should stay indoors is a political statement."

Student suicides grow in Kota, Rajasthan Cabinet approves Bill to regulate coaching centres

Jaipur. Rajasthan Chief Minister Bhajan Lal Sharma-led Cabinet Saturday approved a Bill to regulate coaching centres in the state amid a spate of student suicides in Kota. Talking to the media after the Cabinet meeting, Deputy Chief Minister Premchand Bairwa and Parliamentary Affairs Minister Jogaram Patel said that the proposed 'The Rajasthan Coaching Centres (Control and Regulation) Bill-2025' was approved "with the aim of effectively controlling the coaching centres operating in the state and to provide mental strength and security to the students studying in them." The Bill proposes a penalty of Rs 2 lakh on coaching centres for violation of certain sections, Rs 5

lakh for a subsequent offence, and then eventually cancellation of the centre's registration if there is a repeat violation. The ministers said that the Bill had been prepared according to the guidelines issued by the central government after discussions with various stakeholders. To make coaching centres more transparent, a state level portal and a 24x7 helpline will also be set up for counselling of students, they said. The Bill also proposes setting up a Rajasthan Coaching Institutes (Control and Regulation) Authority. Deputy CM Bairwa said that once the proposed law comes into force,

it will be mandatory for every coaching institute to get registered. Coaching centres with 50 or more



students will be brought under the legal ambit "and a safe, disciplined and a favourable environment will be provided to the students", he said. Additionally, a Rajasthan Coaching Institutes (Control and Regulation)

Authority will be formed under the chairmanship of the secretary for state's higher education department, and a district committee will be formed under the chairmanship of the district magistrate. Patel said: "The suicide cases among youth in Rajasthan, be it in Kota, Jaipur or any other city, is not good for us". The government, he said, had resolved that "there should be no hatasha (desperation) in the minds of the unemployed youth who are studying". "It (suicide) becomes a painful incident in the family for generations. And it's not good for society either," he said, adding that the Bill is likely to be tabled in the ongoing budget session itself.

'Provision for death penalty for religious conversion of girls': Madhya Pradesh CM Yadav

BHOPAL. Madhya Pradesh Chief Minister Dr Mohan Yadav stated that the BJP government is working on suitable amendments in the state's anti-religious conversion law for providing the death penalty to those indulging in the religious conversion of girls. Addressing the state-level International Women's Day event in Bhopal, he said, "Our government is dedicated to the protection and self-respect of daughters. After the provision of death penalty for those who commit atrocities (rape) against daughters, now provision of death penalty will also be made for those found guilty for religious conversion of daughters." "Suitable provisions will be made in the MP Freedom of Religion Act 2021 for instituting the provision of death penalty for those found guilty for religious conversion of girls," Yadav added. Reacting over the development, Supreme Court's senior advocate and Congress's Rajya Sabha member Vivek Tankha said, "Religious conversion through wrong means is already punishable under the existing law. Hanging isn't possible as per the Supreme Court's



decisions and the constitutional point of view. The CM is just trying to please his hardline constituents." The MP Freedom of Religion Act, known as the 'anti-Love Jihad' law in political circles, came into effect in 2021 and targets forced religious conversions. It makes the religious conversion (including attempts and conspiracy) of any individual through enticement, threats, force, undue influence, coercion, marriage, or fraudulent means a cognizable and non-bailable offense. Those convicted of religious conversion

can face imprisonment for a term ranging from one to ten years, along with a fine between Rs 25,000 and Rs one lakh. Meanwhile, during the Saturday's state-level Women's Death event in Bhopal, the CM also digitally transferred Rs 1,552.73 crore into the bank accounts of 1.27 crore beneficiaries under the Rs 1250 monthly CM Ladli Behna financial assistance Scheme and Rs 55.95 crore under the Rs 450 per gas cylinder refilling scheme into the accounts of 26 lakh women. On the occasion of International Women's Day, women handled the entire command of CM's security and arrangements, including the carcade. The responsibility of security was tasked to Deputy Superintendent of Police Bittu Sharma, while the CM's vehicle was driven by Inspector Irshad Ali. The responsibility of the carcade vehicles was assigned to Sapna and other women drivers. The responsibility of OSD was performed by under-secretary Shreelakha Kshetriya, while the responsibility of press officer was given to Bindu Sunil and Sonia Parihar.

Work together: Mallikarjun Kharge to Siddaramaiah, DK Shivakumar amid rift buzz

Bengaluru. Amid an ongoing buzz of a rift within Karnataka's ruling Congress, party president Mallikarjun Kharge has urged Chief Minister Siddaramaiah and his deputy DK Shivakumar to work together and focus on the betterment of the state. Addressing an event in Kalaburagi, Kharge asked Siddaramaiah and Shivakumar to prioritise the development of Karnataka as "people do not appreciate it if we talk about anything other than development". "I complement Siddaramaiah and Shivakumar. Together you (both) should go ahead and focus more on the development of the state. If we overlook development, definitely people won't like us," the Congress chief said. "If they move together in the same direction, it will be right. If they go in different directions, it will be difficult. For Karnataka to further develop, I want new roads, schools, water resource projects, health centres. Our people are very sensitive and all this will be possible when they work together," he stressed. Speculation has been rife about a potential leadership change in Karnataka towards the end of this year under a "rotational chief minister" or "power-sharing" arrangement. Shivakumar, who is also the state Congress chief, is a strong Chief Ministerial aspirant. While some Congress leaders have voiced support for him to assume the top post, several ministers and Siddaramaiah's aides have consistently dismissed any leadership change, asserting that the incumbent Chief Minister will continue and complete his full five-year term. Siddaramaiah assumed office in May 2023.



Mother taking leave for kids will be good for society: President Murmu on Women's Day

The ideal society we need to build is one where our daughters and sisters can go anywhere alone at any time, and stay anywhere, without being scared, the President said

New Delhi. Calling for increased women participation in the country's workforce, President Droupadi Murmu said Saturday that if a mother takes leave to take care of the children, then one aspect of this is that it will be for the good of society as she emphasised that for women to move forward, society needs to provide a better environment, where they can make decisions independently about their lives without any pressure or fear. She was speaking at the National Conference on 'Nari Shakti Se Viksit Bharat' organised by the Ministry of Women and Child Development to mark International Women's Day. "The ideal society we need to build is one where our daughters and sisters can go anywhere alone at any time, and stay anywhere, without being scared. Only respect towards women can create such a fearless environment..." she said. Calling for an increase in women participation in the workforce, the President said, "It is important to provide them with equal opportunities in education and at work. Given the opportunities, our daughters can achieve extraordinary success. Not just in India, even across the world, one of the reasons for lower participation of women in the workforce is the thought that women will take leave to take care of their children. But is this thinking correct? Does society not have any responsibilities towards children, who will build our future? If the mother takes leave to take care of the children, then one aspect of this is that it will be for the good of society." Referring to her own journey, Murmu said, "This journey, from an ordinary family in Odisha and from being born in a backward area, to the Rashtrapati Bhawan, is a story of the equality in opportunities and social justice that women have received."



India's tariff cuts align with past trade pacts, not Trump pressure: Sources

According to sources, the development is seen as part of India's move to significantly reduce its average applied tariffs to key developed countries like Australia, the United Arab Emirates, Switzerland and Norway under a series of recently-concluded bilateral trade agreements.

New Delhi. With less than a month to go for US President Donald Trump's April 2 deadline to impose reciprocal tariffs on India, highly-placed sources have defended New Delhi's move to significantly reduce tariffs as part of the country's broader efforts to advance trade ties with developed nations via bilateral agreements. In the past as well, India has reduced its average applied tariffs to countries like Australia, the United Arab Emirates, Switzerland and Norway under a series of bilateral trade agreements, with talks for similar pacts with the European Union and the UK currently underway. The sources said that ongoing discussions between India and the US to reduce applied tariffs should be seen in this context, and not because of Trump's looming deadline. As per reports, the US has asked India to remove tariffs on nearly all goods except



agricultural products. If accepted, the demand would mean New Delhi giving up its trade protections while getting no concessions in return. The US is India's largest trading partner, with bilateral trade reaching a record \$118.2 billion in the last financial year. Last month, the two nations agreed to negotiate the first tranche of a mutually beneficial multi-sector Bilateral Trade Agreement (BTA) by the end of this year,

with a long-term target of reaching \$500 billion in bilateral trade by 2030. This was endorsed by President Trump and Prime Minister Narendra Modi during the latter's visit to Washington in early February. Both leaders also agreed to designate senior representatives to advance the negotiations and work towards increasing market access, reducing tariff and non-tariff barriers to deepen supply chain integration. Accordingly, an Indian delegation led by Union Commerce Minister Piyush Goyal visited Washington from March 3 to 6. During the trip, the delegation held talks with US Commerce Secretary Howard Lutnick and Trade Representative Jamieson Greer. During the first Trump administration as well, discussions took place about a limited trade deal between Washington and New Delhi. For various reasons, however, the talks did not result in any outcome. With the April 2 deadline not too far off,

policymakers and businesses in India are working on ways to avert the impact, with several reports suggesting that the Centre is considering tariff reductions on key imports from the US. Meanwhile, companies across multiple sectors are also engaging with American partners to ensure business continuity. **TRUMP'S RECIPROCAL TARIFF THREAT** During his first joint address to the US Congress as President, Trump promised to impose reciprocal tariffs from April 2 on most of Washington's trading partners, including India, for "having trade policies that are unfair to Americans". "India charges us tariffs higher than 100 per cent, China's average tariff on our products is twice what we charge them and South Korea's average tariff is four times higher. This is happening by friends and foe. The system is not fair to the US; it never was. On April 2, reciprocal tariffs kick in. Whatever they tax us, we will tax them," he warned.

Armed forces must confront the past

On February 27, the Israeli Defence Forces (IDF) released a 19-page report outlining the military failures leading to and during Hamas' October 7, 2023, attack, which claimed the lives of more than 1,200 people in Israel, while around 250 were taken hostage. The report highlights that the threat of a surprise and wide-scale attack from Gaza was not perceived as realistic by the IDF due to a major gap in Israel's understanding of Hamas. There was also a "false belief" that the IDF's actions during the 2021 Gaza war were a successful deterrence against Hamas. Israel's perceptions of Gaza were "rooted and deep". Over the years, there were no meaningful attempts to question the perceptions, and no proper investigation was held to ask, "Where are we wrong?" The report notes that the IDF struggled to mount a response as 5,000 Hamas terrorists breached the border in southern Israel. The IDF's Gaza Division, responsible for this area, "was effectively defeated for several hours" on October 7. The Air Force responded quickly, but "there was significant difficulty distinguishing between IDF troops, civilians and terrorists". A month before the report's release, IDF Chief of Staff Lt Gen Herzl Halevi tendered his resignation, stating that under his command, the IDF failed in its mission to protect Israel's citizens that day. He requested that his tenure be concluded on March 6.

Investigations into military actions serve several crucial purposes. They provide essential insights into the successes and failures of military strategies and tactics. By analysing past operations, the military can identify areas for improvement and refine doctrines, thereby preparing itself better for future conflicts.

Following the chaotic US withdrawal from Afghanistan in 2021, Congress set up the Afghanistan War Commission to examine in depth the key strategic, diplomatic and operational decisions spanning the 20 years of the war in that country and extract lessons for future leaders.

In September 2024, the House Foreign Affairs Committee, which had been actively investigating the US pullout, released a report criticising the Biden administration's handling of the matter. The report highlighted issues such as delayed evacuation orders and inadequate inter-departmental communication. In addition, the office of the Special Inspector General for Afghanistan Reconstruction has produced numerous reports on the lessons learnt.

Conducting thorough investigations demonstrates a commitment to transparency and accountability, which is vital for maintaining public trust. When the military openly addresses and rectifies mistakes, it reflects its professionalism and reinforces confidence among the people. There are also critical lessons for national leaders on the necessity of aligning military actions with political objectives. There are several examples in history where a lack of clear political objectives led to the defeat of a superior military force. Leslie Gelb and Richard Betts, in their book about the Vietnam War, *The Irony of Vietnam*, write, "Administration leaders persistently failed to clarify US objectives in concrete and specific terms. Uncertainty and ambiguity in reports were therefore bound to emerge, for no one could be certain what he was measuring progress against or how victory could be defined." India's record of studying its military actions is poor, often marred by delays and excessive secrecy. Even routine reviews are treated with suspicion. The official history of the 1965 India-Pakistan War was published in 2011, 46 years after the conflict, and that of the 1971 war in 2014. No official history of the 1962 India-China war exists. The Henderson Brooks report, which reviewed the Indian Army's operations during that war, remains classified despite portions of it being leaked by Australian-British journalist Neville Maxwell.

In July 1999, the government constituted the Kargil Review Committee to review the events leading up to the Pakistani incursions and recommend measures considered necessary to safeguard national security. However, the committee was not mandated to evaluate the actual conduct of military operations.

Why the unity of INDIA bloc is faltering

Formed to take on the electoral juggernaut of the Bharatiya Janata Party (BJP) and its National Democratic Alliance (NDA) during the 2024 General Elections, the Indian National Democratic Inclusive Alliance (INDIA) shook the BJP and the Narendra Modi regime, but...

Formed to take on the electoral juggernaut of the Bharatiya Janata Party (BJP) and its National Democratic Alliance (NDA) during the 2024 General Elections, the Indian National Democratic Inclusive Alliance (INDIA) shook the BJP and the Narendra Modi regime, but it could not uproot it. The organisationally strong and ideologically coherent BJP has been able to put its act together with convincing electoral victories in Haryana, Maharashtra and Delhi. Trapped in its own contradictions, the INDIA bloc, that began as a 28-party coalition, has appeared wandering without an aim since the 2024 General Elections ended.

Of course, the Lok Sabha got a recognised Opposition and a leader of Opposition after a decade. But the leadership issue of the organisationally weak Congress at its various tiers has remained unresolved and it has failed to fix its breached fortress. The other components of the bloc appear to be struggling to protect their local citadels rather than standing united to achieve convincing electoral wins. The Haryana Assembly poll is a stark example of the lack of understanding among the coalition partners. Prepared to go under the INDIA alliance bloc, the AAP had initially demanded 10 seats. It later came down to five, but the Congress was agreeable to only three. Also, the AAP leadership thought that it was being offered seats in constituencies where the BJP was strong, reducing its chances of a win. The prospects of the Congress-plus-AAP segment of the INDIA bloc are difficult to project, but perhaps an amalgamated cadre could have bridged the voter hiatus that led to the Congress' defeat. The alleged irregularities in the voting list that the ECI closed its eyes to would still have remained, but a composite alliance would have had better prospects. The election in Maharashtra also exposes the error of judgment by each of the three partners — the NCP, Shiv Sena (Uddhav) and Congress. The partners ended up making an unviable seat distribution. The NCP was given lesser seats than it could conveniently win, the Shiv Sena took up more than it could have successfully contested, so did the Congress. Tied up between Uddhav Thackeray, Supriya Sule (NCP) and local Congress leaders, the leadership issue, too, remained muddled.

In the Delhi elections, it was Arvind Kejriwal who was not prepared to contest in partnership with the Congress. Despite the fact that the party did not have a sufficient number of winnable candidates, Kejriwal announced a solo run even before a seat-sharing formula with the Congress could be worked out.

This irked Rahul Gandhi and other Congress leaders and they decided to contest the poll on all the seats despite minimal winnability. This harmed the AAP to such an extent that even Arvind Kejriwal lost the election. It was equally unwise for the Congress to celebrate the AAP's



defeat. The BJP will surely use it in the future elections against INDIA. The silver lining in this gloomy scenario is that various components of INDIA have supported the AAP. Jammu and Kashmir Chief Minister Omar Abdullah sarcastically summed it up well: "Aur lado aapas mein" (keep fighting among yourselves). The hope for the alliance to come together in the future elections is still alive. The results of the three Assembly elections, both in terms of the final results and the strategic approach, clearly indicate that the alliance is neither united nor coordinated. In order to make itself relevant to the country and poll battle-ready, INDIA needs to address the causes of its disunity.

Unity was sacrificed at the altar of consolidation of individual parties and leaders in their supposed strongholds. Arvind Kejriwal did not share the imagined strength of the AAP in Delhi with the alliance. Similarly, the Maha Vikas Aghadi (MVA) leaders in Maharashtra attempted to hold on to their bastions in a bid for the chief-ministerial throne and sacrificed the collective coalitional advantage. The dilemma of the Congress is also noteworthy. Though Rahul Gandhi has put the alliance before the party in several instances, the party's continuing quest for its past glory is a hurdle in the way of alliance politics. Arvind Kejriwal was unreasonably rigid in Haryana and Delhi. Flexibility in organisational matters in contesting the elections in the alliance mode would have been more advantageous.

The elections in West Bengal are still a year away, but Mamata Banerjee has already announced that she would not have any alliance with the Congress. It would take some persuasion from Rahul and Akhilesh to climb West Bengal's electoral hill. Ideological and programmatic vacuum are inherent to INDIA. The parties in the coalition, including the Congress, TMC, Samajwadi Party, CPM, CPI, NCP, Shiv Sena (UBT), RJD, DMK, JMM, AAP and JKNC, are distant from one another.

The Congress had attempted to revert to its previous self with the 2024 Nyay Patra (manifesto). The Samajwadi Party's ideological mooring is pro-social, so is that of the CPM and the CPI. The NCP and the TMC, offshoots of the Congress, are closer to it. While the state parties are stuck in their regionalism, the AAP has declared itself non-ideological and apes the BJP's Hindutva.

Apparently, building ideological coherence in INDIA under the circumstances is nearly impossible. However, this shortcoming can be overcome by forming a well-structured common programme, which can be easily understood by the voters.

Thus, both the organisational and programmatic issues deserve urgent attention. The leadership issue is closely linked to a cohesive organisation. The Congress, being a historical entity in this alliance, is seen as a threat by the others despite its current weak state. While the Congress must aim to restore and renovate its organisation, for now, it must project a non-threatening stance to the partners.

Fleeing patients

Pvt hospitals cash in on regulatory lapses

The impunity with which private hospitals make patients bleed financially is a poor reflection on the Central and state governments, which have been found deficient in providing affordable medical care. The Supreme Court has rightly observed that the states' failure to offer reasonably priced medicines shows that they "facilitate and promote" private entities. The Centre's claim that there is no compulsion on patients or their attendants to buy medicines from hospital pharmacies or specific shops tells only half the story. More often than not, people have little option but to purchase medicines and medical devices at hefty rates from private hospitals — simply because there are doubts about their availability as well as quality in the open market. The onus is on policymakers to frame guidelines to curb rampant exploitation of patients and their families. This is not an easy task, considering the backlash the National Medical



Commission faced in 2023 when it told doctors to prescribe generic medicines, not branded ones, and warned them of penalties in case of non-compliance.

The order was soon withdrawn after the medical fraternity asserted that there should be no compromise on the quality of medicines. This argument was endorsed by manufacturers of branded drugs, who were — and continue to be — driven largely by the profit motive rather than public welfare.

A major reason why private hospitals are minting money from the sale of medicines is the below-par performance of government-run Jan Aushadhi Kendras. These centres — there are more than 15,000 of them, covering all districts of the country — have been set up with the aim of providing high-quality generic medicines at affordable prices to all citizens. However, they are plagued by problems such as a shortage of medicines, lack of quality control and the unauthorised sale of branded drugs.

A comprehensive reform of the drug regulatory system can go a long way in easing the woes of hapless patients.

Taliban's internal power struggle: A regime on the brink

Deep-rooted factionalism, multiple power centres and an ongoing internal power struggle has become the order of the day

A few months ago, I received an unexpected message from a well-placed source within the Taliban. That message led to a series of secured phone calls, revealing startling insights into the regime's internal dynamics. Until then, like many others, I believed that the Taliban had consolidated power and was establishing an iron-fisted rule. As the world sees it, the Taliban Emir's primary focus is the institutionalisation of a gender apartheid regime. However, beneath this rigid surface, the regime is grappling with its own survival. The communications I received spoke of deep-rooted factionalism, multiple power centres and an ongoing internal power struggle. Every faction within the Taliban is manoeuvring to strengthen itself at the expense of the remaining institutions built during the past two decades of western intervention. I took these revelations seriously and sought confirmation from multiple sources inside the Taliban and Afghanistan. The more I investigated, the clearer it became: an internal conflict within the Taliban is not a question of if but when.

Recently, these internal divisions have begun surfacing in public discourse. The prevailing narrative often frames the power struggle as a conflict between Taliban leaders based in Kabul and those in Kandahar. In reality, the divisions run much deeper, rooted in regional and ethnic identities. The once-cohesive and monolithic terrorist organisation is unravelling along these very lines.

Unlike its founder Mullah Omar, the current Taliban Emir, Mullah Haibatullah Akhundzada, lacks the authority and unifying force necessary to hold the group together. In an attempt to solidify his rule, he has institutionalised gender apartheid, isolated Afghanistan from the international community and maintained alliances with terrorist groups such as Al-Qaida and Tehrik-i-Taliban Pakistan (TTP). Despite these efforts, he has failed to consolidate power or maintain internal cohesion. His attempts to centralise authority — favouring

commanders from his own Noorzai tribe — have only exacerbated the divisions. The Taliban had a golden opportunity over the past three years to bring peace and stability to Afghanistan. Rather than establishing a constitutional government based on popular consent, they have ruled through repression, issuing decrees that strip Afghans of political, social and civil rights. Rather than creating economic opportunities, they have



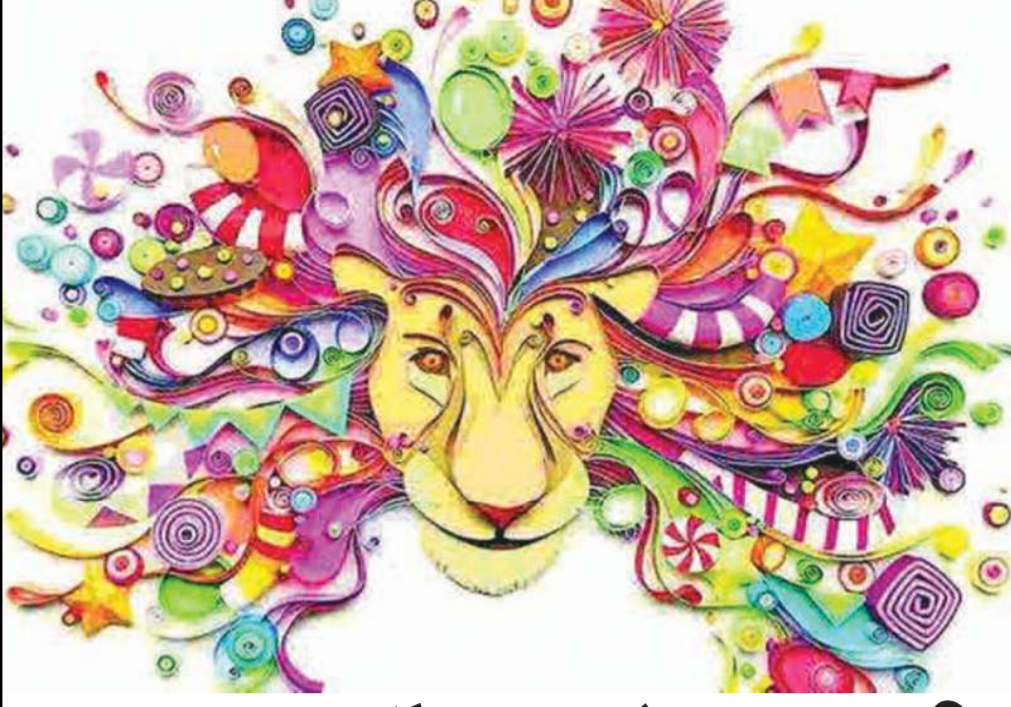
monopolised the nation's wealth, particularly the lucrative mining sector. The Taliban's taxation policies have further burdened ordinary Afghans, leaving them with little purchasing power. For the past three and a half years, US financial aid has propped up the Afghan economy and kept its currency relatively stable. However, as discussions about halting this aid gain momentum, the Afghan currency is plummeting and inflation is skyrocketing. The Taliban regime now finds itself in an increasingly vulnerable position.

Beyond economic mismanagement, the Taliban had a historic opportunity to engage with the world and gain international legitimacy. Despite diplomatic overtures from the US and the UN, they have shown no willingness to become a responsible member of the global

community. Instead, they have rejected every pathway to legitimacy. A comparison with the situation in Syria is instructive. Hayat Tahir al-Sham (HTS), an Islamist group with origins in ISIS and Al-Qaida, faced widespread international condemnation and was designated a terrorist organisation. But, the HTS has actively worked to change its image, preserve Syria's diverse and pluralistic society and address global security concerns. It is gradually gaining legitimacy both domestically and internationally. The Taliban had far more diplomatic engagement and international goodwill through its Doha office before taking power. Yet, it has squandered opportunities to reform, choosing to institutionalise gender apartheid, alienating Afghans and global community.

Today, the Taliban stands as the world's most isolated regime and one of the least popular governments in modern history. It is on the brink of collapse from within. The question is how soon they will bring the regime to its breaking point. It is often assumed that international pressure and condemnation of the Taliban will have little effect. Recent developments suggest otherwise. The International Criminal Court prosecutor's request for an arrest warrant against the Taliban's Emir and Chief Justice for crimes against humanity — specifically their gender apartheid policies — has had a significant impact. The warrant has intensified internal divisions, with some Taliban factions using it to challenge the Emir's authority. Many Taliban leaders and their followers see it as a sign that their days in power are numbered. The warrant is a formal recognition of the systematic injustice inflicted on Afghan women. It has also struck a nerve within the Taliban, a group that remains highly image-conscious. It is perceived as a public-shaming, reinforcing the idea that the Taliban's rule is neither legitimate nor sustainable. The international community must remain consistent in calling out the Taliban's

policies on women and human rights. A second critical development has been President Donald Trump's decision to halt US financial assistance to Afghanistan under Taliban control. This move has dealt a severe blow to the Taliban's financial stability, further weakening their grip on power. The Taliban have long manipulated humanitarian aid for their own benefit, monopolising resources while the Afghan people continue to suffer. Moving forward, aid must be restructured to bypass the Taliban, ensuring that it reaches the Afghan people without strengthening the regime. Finally, Trump appears keen to regain control over billions of dollars' worth of US military equipment left in Afghanistan and, if feasible, retake the Bagram Air Base. Two approaches have been suggested: direct engagement with the Taliban or collaboration with the Afghan opposition in exile. However, a third, more strategic option is required — one that blends elements of both. Direct engagement with the Taliban has failed repeatedly, emboldening them rather than moderating their behaviour. A more effective strategy would be for the US to appoint a strong envoy to work closely with Afghan opposition groups while also exploiting the Taliban's internal fractures. A transformation within the Taliban — one that integrates elements of Afghanistan's previous governance structure with aspects of their conservative ideology — is not inconceivable. A similar shift has occurred in Syria. Given the Taliban's internal power struggles and the influence of US allies in the Gulf, a similar approach in Afghanistan is plausible. The international community cannot afford to take a passive stance on Afghanistan. By sustaining legal and diplomatic pressure, restructuring humanitarian aid and adopting a more strategic approach to engaging with opposition forces and internal Taliban factions, the Taliban's grip on power can be further weakened. The regime is already unravelling from within — these steps can accelerate its collapse.



गजब का है यह पेपर आर्ट पेपर क्विलिंग

मॉस्को की 34 साल की युलिया ब्रोदसकाया ने पेपर और गॉद की मदद से इन अचभित कर देने वाली रंगीन रचनाओं को उकेरा है। इन्हें देख कर ऐसा लगता है कि ये तस्वीरें बोलती हैं। युलिया को पेपर से बनाई जाने वाली ड्रॉइंग के साथ उनमें जान डाल देने वाले कलाकार के तौर पर भी जाना जाता है। इसे थ्रीडी ड्रॉइंग का नाम दिया जाए तो गलत नहीं होगा। युलिया तीन स्टेप्स को फॉलो कर इन चित्रों को जीवंत रूप देती हैं। पहला स्टेप है पेपर काटना, दूसरा है फोल्ड करना और तीसरा है गॉद की मदद से फोल्ड किए हुए पेपर को किसी सतह पर चिपका एक नया रूप देना। इस आर्ट को पेपर क्विलिंग कहा जाता है।

अठारहवीं सदी में हुई थी पेपर क्विलिंग की शुरुआत

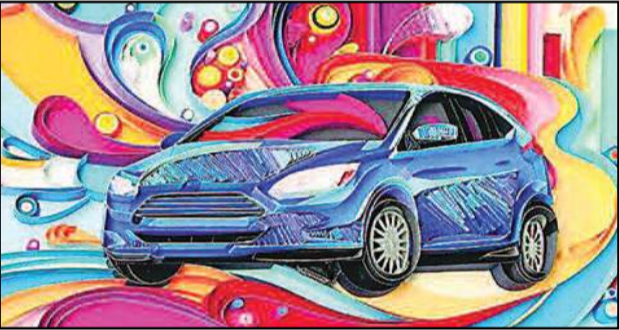
तुम्हें बता दें कि इस कला की शुरुआत अठारहवीं सदी में ही हो गई थी। दरअसल नन और भिक्षुओं द्वारा किताबों के कवर को सुंदर बनाने के लिए पेपर की सहायता से यही कलाकारी की जाती थी। तभी से यह कला प्रचलित हो गई।

यहां से मिली इस कला की प्रेरणा

युलिया को इस कलाकारी का आइडिया तब आया, जब दस साल पहले उन्हें एक ब्रॉशर में अपने नाम को अलग तरीके से



लिखना था, कुछ ऐसा, जो उसकी कलाकारी को दर्शाता हो। कई वर्षों बाद उन्हें स्कूल के समय के दिनों में बनाए गए एक प्रोजेक्ट की याद आई, जिसमें उन्होंने पेपर क्विलिंग का इस्तेमाल किया था। बस फिर क्या था, उन्होंने उसी तरीके का इस्तेमाल कर ब्रॉशर तैयार किया, जो लोगों को काफी पसंद आया। तभी से उन्होंने इस तकनीक का इस्तेमाल कर अलग प्रकार के चित्र बनाने शुरू किए।



दोस्तों, रंग बदलने वाले जीव-जंतु सबका ध्यान अपनी ओर खींचते हैं। ये ऐसा क्यों और कैसे करते हैं, तुम्हें इस बार बता रहे हैं। गिरगिट के अलावा भी ऐसे बहुत से जीव हैं, जो रंग बदलने में माहिर हैं। इन जीवों में प्लाउंडर, मिमिक ऑक्टोपस, पीकॉक प्लाउंडर, टोन स्पाइडर, ट्री फ्रॉग, गोल्डन टॉरटॉइज बीटल और स्कविड प्रजाति की कई मछलियां हैं। रंग बदलने की क्षमता को उनकी बड़ी ताकत के रूप में देखा जाता है। इन रंगों के बल पर ये जीव खुद को छिपाने में कामयाब रहते हैं, तो वहीं शिकारी से अपनी रक्षा भी करते हैं।

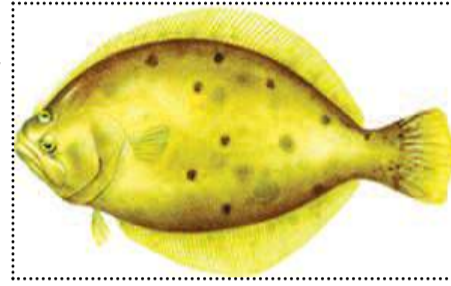
ट्री फ्रॉग

इन्हें लॉफिंग ट्री फ्रॉग के नाम से भी जाना जाता है। जितने ये अपनी आवाज के लिए जाने जाते हैं, उतनी ही फुर्ती से अपने रंग बदलने के लिए भी। ये मंदक भूरे, कथई और सफेद रंग बदलने में माहिर होते हैं। ये पीले व काले पैर और एमरेल्ड कलर के निशानों के साथ भी नजर आते हैं।



प्लाउंडर

यह मछली पहली नजर में सपाट आकार की साधारण सी मछली नजर आती है, लेकिन इसमें अपने आसपास की चीजों के अनुसार अपना रंग बदलने की अद्भुत क्षमता है। इनकी ताकत बढ़ाने में इनकी आंखें भी बहुत मददगार हैं। इस प्रजाति की मछलियां वयस्क होने पर अपनी आंखें दाईं या बाईं ओर घुमा सकती हैं। इससे जमीन की सतह के साथ तैरने में इन्हें आसानी होती है। ये मछलियां समुद्र के सबसे गहरे इलाके मरियाना ट्रेंच में भी पाई गई हैं, जो कि लगभग 35,000 फीट की गहराई में है।



रंग बदलने में माहिर हैं ये जीव

टोन स्पाइडर

गोल्डनरॉड क्रैब स्पाइडर सिर्फ दो रंग बदल सकता है- एक सफेद और दूसरा पीला, लेकिन अच्छी बात यह है कि यह अपना शिकारी सिर्फ इस रंग के फूलों को बनाता है। इसमें खासतौर पर डेजी और सूरजमुखी शामिल हैं। इस खूबी के बल पर यह फूलों का शिकार भी कर लेता है और शिकारी चिड़ियों से भी बचा रहता है।

गिरगिट

रंग बदलने में गिरगिट का कोई सानी नहीं होता। इसकी खासियत यह होती है कि ये अपने आसपास के पर्यावरण के हिसाब से रंग बदल लेते हैं। जिस पेड़ पर जाते हैं, उसी का रंग अपना लेते हैं। यह जीव कई बार शिकारी से बचने के लिए ऐसा करता है। गिरगिट की लगभग सभी प्रजातियां रंग बदलने में माहिर होती हैं। यह लंबे समय तक बदले हुए रंग में रह सकता है। यह छिपकली के परिवार का ही सदस्य माना जाता है।

कटलफिश

प्यारे से नाम वाली ये मछलियां बहुत बुद्धिमान होती हैं। ये मछलियां लगातार एक चतुराई से शिकार करने का और दूसरे बड़े जीवों से खुद को बचाने का काम करती हैं। ये ज्यादा देर तक एक रंग में नजर नहीं आती और दिमाग से मिलने वाले संदेश के अनुसार लगातार अपना रंग बदलती रहती हैं। जितनी आराम से तुम सांस लेते हो, उतनी ही आसानी से ये रंग बदलती नजर आती हैं, जो देखने में बहुत रोमांचक लगता है।



अनोखा अंगूरी क्राफ्ट

दोस्तों, तुम्हें अंगूर खूब अच्छे लगते हैं न! आज हम तुम्हें अंगूर से क्राफ्ट बनाना सिखा रहे हैं। तुम्हें चाहिए कुछ अंगूर, टूथपिक।

ऐसे बनेगा

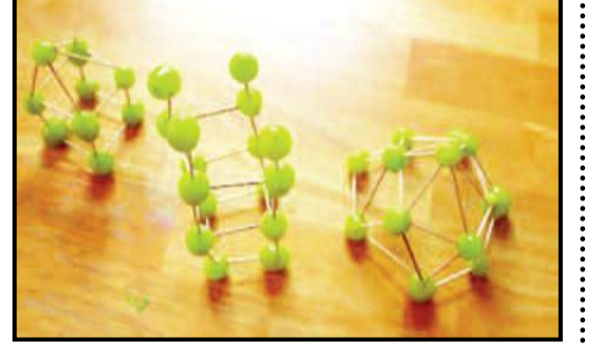
अब इस तरह से अंगूर में टूथपिक डालो और दूसरे टूथपिक से अंगूर को जोड़ते जाओ। फिर तुम्हें जो शेष चाहिए, उस तरह से बनाओ। चार अंगूरों की मदद से पहले तुम्हें बेस तैयार करना होगा। बस तुम्हें यह ध्यान रखना है कि टूथपिक से अंगूर टूट ना जाए। एक बार बनाने

के बाद अब तुम इसे खा सकते हो। बड़ा मजा आगा अंगूर दोस्तों और परिवार के साथ मिलकर खाओगे। चाहो तो अंगूर की जगह पर डो के छोटे-छोटे टुकड़ों का भी इस्तेमाल कर सकते हो।

अंगूर खाने के फायदे

इसमें भरपूर मात्रा में कैल्शियम होता है, जो हड्डियों के लिए

अच्छा होता है। अंगूर में सबसे अधिक पोटेशियम पाया जाता है, जो पाचन और दिल के लिए अच्छा होता है। विटामिन सी का अच्छा स्रोत है। यह खून की कमी को भी दूर करता है।



जब बच्चे बने टीचर

रोज की तरह रमा इंटरनेशनल स्कूल के बच्चे आज भी स्कूल पहुंच रहे थे, पर उनके चेहरे पर स्कूल जाने का तनाव नहीं, बल्कि अलग तरह की उत्सुकता थी। आज उनके प्रिंसिपल बेदी सर ने उन्हें पूरी छुट्टी दी थी। एक दिन पहले उन्होंने एसेंबली में भाषण देते हुए कहा था, 'कल 14 नवंबर है, यानी बाल दिवस। आप सब समझते हैं कि स्कूल में बहुत बर्दश होती है। आप अपने मन की नहीं कर सकते। पर कल आप लोगों को पूरी छुट्टी है। न स्कूल ड्रेस का डर न टीचर्स की डांट। कल हम सब कुछ अलग करेंगे। मुझे उम्मीद है, यह अलग वाली बात आप लोगों को पसंद आएगी।' अगले दिन सुबह सारे बच्चे एसेंबली के लिए प्लेग्राउंड में इकट्ठे होने लगे। कुछ बच्चे जो काफी अमीर थे, वे तो ब्रांडेड सामान की पूरी दुकान नजर आ रहे थे। धीरे-धीरे सारा प्लेग्राउंड बच्चों से भर गया। रंग-बिरंगी तिलियों की तरह सारे बच्चे झंझर-उधर भाग रहे थे, दोस्तों से मिल रहे थे। तभी घोषणा हुई कि प्रिंसिपल बेदी सर आ रहे हैं। सारे बच्चे तुरंत अपनी-अपनी क्लास की लाइन में आकर खड़े हो गए।

बेदी सर माइक के सामने आए और बोले, 'आज का दिन आप लोगों का है, मतलब बच्चों का दिन है। आज तक आप लोग इस स्कूल में पढ़ते रहे हैं और अपने टीचर्स से आपको शिकायत भी रही होगी। चलो, आज एक नया खेल खेलते हैं। आज आप लोग टीचर बनेंगे।' 'सर, अगर हम लोग टीचर होंगे, तो बच्चे कौन बनेंगे, जिन्हें हम पढ़ाएंगे?' एक बच्चे की आवाज आई। बेदी सर मुस्कुरा दिए। फिर बोले, 'मैंने भी यही सोचा था। फिर एक आइडिया आया। आप लोग चिन्ता न करें। आपके स्टूडेंट थोड़ी देर में आने वाले हैं।' जब तक बेदी सर अपनी बात पूरी करते, तब तक स्कूल की चार बसों आकर रुकीं। उनके गेट खुले, तो उनमें से कुछ बच्चे उतरने लगे। हिंदी वाले सर के साथ क्लास मॉनिटर्स आगे बढ़े। उनके हाथ में टोकरियां थीं, जिनमें गुलाब के फूल थे। सर आगे बढ़कर एक-एक करके सभी बच्चों की शर्ट पर गुलाब

के फूल लगाने लगे। स्कूल के बच्चों की नजरें इन नए बच्चों पर से हट ही नहीं रही थीं। सारे बच्चे गरीब लग रहे थे। किसी के पैर में पुराने जूते थे, तो कोई चप्पल में था। उनके कपड़े ऐसे थे, जैसे वे अपने घर में भी नहीं पहनते थे। प्रिंसिपल सर बच्चों को गौर से देख रहे थे। उनके मन की बात वे समझ गए। उन्होंने बोलना शुरू किया, 'कुछ दिनों पहले मुझे एक अनाथालय में जाने का मौका मिला। वहां मैं इन बच्चों से मिला। ये वो बच्चे हैं, जिनको आप लोगों की तरह माता-पिता का प्यार नहीं मिला। इन्हें कोई सुबह स्कूल के लिए तैयार नहीं करता, कोई इनके लिए स्कूल का लंच पैक नहीं करता। ऐसा इसलिए, क्योंकि ये स्कूल नहीं जा पाते हैं और अपने आश्रम में ही आने वाले टीचर्स से पढ़ते हैं। पर इन्हें पढ़ाई में कमजोर मत समझना। इन्हीं से कुछ बच्चों ने मुझसे कहा कि सर हम भी देखना चाहते हैं, स्कूल कैसे होता है, और वहां पढ़ाई कैसे होती है। इसीलिए मैंने आज इन बच्चों को यहां आमंत्रित किया है। आज ये बच्चे हमारे स्टूडेंट हैं और आप लोग अपने टीचर्स के साथ मिलकर इन्हें पढ़ाएंगे ताकि स्कूल में पढ़ने का इनका सपना भी पूरा हो। मैं बस आप सबसे यही चाहता हूँ कि अनाथालय से आए बच्चों को यह महसूस करा दो कि वे पराए नहीं, हमारे अपने हैं। बाल दिवस उन बच्चों के लिए भी महत्वपूर्ण है।' इसके बाद एसेंबली खत्म हो गई और बच्चे अपनी-अपनी क्लास की ओर चले, पर उन बच्चों की कहानी सुनकर ज्यादातर बच्चों के चेहरे गंभीर हो गए थे। जब वे अपनी क्लास में पहुंचे तो उन्हें अनाथालय के बच्चे सीटों पर बैठे दिखाई दिए। ऐसी ही एक क्लास में खड़े टीचर ने कहा, 'कुछ बच्चे जो पढ़ाना चाहते हैं, वो मेरे पास आ जाएं। बाकी बच्चे इन बच्चों के साथ बैठ जाएं और पढ़ाई में सहयोग करें।' एक-दो घंटे बाद पता ही नहीं चल रहा था कि ये बच्चे एक-दूसरे को जानते ही नहीं थे। सब एक-दूसरे से खुल गए थे। पढ़ाई में एक-दूसरे का सहयोग कर रहे थे। पता नहीं कैसे स्कूल के बच्चों के मन में यह भावना आ गई

थी कि अनाथालय के बच्चों को नहीं लगना चाहिए कि वे पराए हैं। लंच टाइम में स्कूल की तरफ से अनाथालय से आए बच्चों के लिए लंच आया, पर स्कूल के बच्चों ने अपना टिफिन भी उन बच्चों के साथ शेयर किया। ऐसे ही हंसते-खेलते स्कूल का टाइम बीता और छुट्टी का समय आ गया। बच्चों को आदेश था कि छुट्टी से पहले फिर से सब प्लेग्राउंड में इकट्ठे होंगे।



इस बार प्लेग्राउंड में सारे बच्चे एक साथ आए। स्कूल के बच्चे यह देखकर चौंक गए कि उनके माता-पिता को भी प्रिंसिपल सर ने बुला रखा था। 'सरे हमारा सपना पूरा हो गया। स्कूल में पढ़ने में बड़ा मजा आया। काश! हम रोज ऐसे पढ़ पाते।' कहते-कहते अनाथालय से आया अभिमत रो पड़ा। 'तुम्हारा सपना जरूर पूरा होगा।' मुस्कुराते हुए प्रिंसिपल सर बोले, 'मैंने अपने मैनेजमेंट से बात कर ली है। अब से हमारे स्कूल में दोपहर बाद भी आप लोगों के लिए अलग से

स्पेशल क्लास हुआ करेगी। आप लोग यहां पढ़ेंगे और आगे बढ़ेंगे।' 'हुरे! राघव खुशी से चिल्ला पड़ा। वह भूल गया कि वह स्कूल में, और वह भी प्रिंसिपल सर के सामने है। सारा मैदान प्रिंसिपल सर की घोषणा के बाद तालियों की गड़गड़ाहट से गूंज उठा। सारे बच्चे अपने माता-पिता के पास गए और उनसे कुछ बात करने लगे। उनकी बात सुनकर वे मुस्काए और उनका सिर हां में हिलने लगा। बस फिर क्या था! देखते ही देखते मैदान में अजीब सा नजारा दिखाई देने लगा। स्कूल के लड़कों में से किसी ने अपनी शर्ट उतारी, तो किसी ने अपनी टी-शर्ट, उन्होंने अपनी शर्ट और टीशर्ट अनाथालय से आए बच्चों को जबरदस्ती पहना दी। यह सारा नजारा देखकर उनके माता-पिता भी मुस्काए बसिान न रह सके। प्रिंसिपल सर के चेहरे पर भी संतोष की मुस्कान थी। बाल दिवस पर जो बात वह अपने बच्चों को सिखाना चाहते थे, वह उन्होंने अच्छे से सीख ली थी।

NEWS BOX

Djokovic crashes out at Indian Wells as Alcaraz sails through

INDIAN WELLS. Five-time champion Novak Djokovic tumbled out of the Indian Wells ATP Masters on Saturday, falling in his first match to lucky loser Botic van de Zandschulp as two-time defending champ Carlos Alcaraz advanced. "No excuses for a poor performance," 24-time Grand Slam champion Djokovic said after 37 unforced errors in a 6-2, 3-6, 6-1 defeat.

"It doesn't feel great when you play this way on the court," he added. "But congratulations to my opponent -- just a bad day in the office, I guess, for me." Djokovic is just the latest in van de Zandschulp's string of superstar victims. He stunned Alcaraz at the US Open last year before beating Rafael Nadal in Davis Cup in what proved the Spanish great's last match.

"I think I kept my cool during the whole match," said van de Zandschulp. "I know if I go into the match and lose my cool, especially against the big players, it's going to be a really tough day. That's always one thing I'm trying to do well." After 14 unforced errors in the first set, Djokovic cleaned things up in the second, grabbing a quick break on the way to a 3-0 lead. Djokovic pumped his fist after belting a forehand winner to the corner for his first



break chance of the match and after consolidating the break nodded his head in satisfaction. The rallies remained tense affairs and Djokovic's frustration was clear at times, but after he was broken when serving for the set he closed it out on his next service game. It was only a brief respite. Van de Zandschulp kept the pressure on both from the baseline and at the net and Djokovic's errors began to pile up again.

Van de Zandschulp took control with a break for 3-1, reeling off the last five games as Djokovic was unable to stop the bleeding.

"The first three games, four games of the third set were quite close," Djokovic, seeded sixth, said. "Had my chances. Was just some awful mistakes." Italian Matteo Arnaldi sprung another upset, beating seventh seed Andrey Rublev 6-4, 7-5. Djokovic and Rublev followed top seed Alexander Zverev and fourth seed Casper Ruud as second-round casualties.

What is Rohit Sharma's legacy in white-ball cricket Deep Dasgupta explains

NEW DELHI. Deep Dasgupta feels that the legacy of Rohit Sharma has been about how he has changed the perception of white-ball cricket in the past few years. Since the 2023 ODI World Cup, Rohit has adopted an aggressive approach which has allowed the rest of the team to step up as well. Rohit's aggressive intent has given India some big starts.

With rumours floating about his future in cricket, Dasgupta was asked about Rohit on Star Sports. The former wicketkeeper said that Rohit has changed the mindset of people when it comes to white-ball cricket. Dasgupta pointed out how Rohit has all been about impact and not about the numbers in the past few years and feels he has led the way for the rest of the team. "Change the mindset of how kids in India, the next generation will play white-ball cricket and how we, as viewers, kind of consume ODI cricket or 20-over cricket and the effect of



impact. We've stopped talking about sheer numbers nowadays. If you look at it, we talk about impact now and how impactful an innings was and that's what I think Rohit has done as a leader, as a batter, showing the way to the rest of the guys, and he's been absolutely phenomenal," said Dasgupta.

'India not dependent on top 3 anymore' Dasgupta pointed out how India is not depending on the top 3 to fire always and the rest of the side is also stepping up. Dasgupta feels that this has only been possible thanks to Rohit's approach.

"For somebody who is known to score those daddy hundreds, double hundreds, to change his game. In 2019, 2020, I still remember India's top three getting something like 65, 67 percent of the runs and we would be dependent on them to score those big runs."

"But it's not about them anymore. It's now become a proper unit where everyone comes in and contributes. Virat Kohli is the glue. Keeps them together, Rohit gives them an explosive start, then Shreyas, Shubman, they all come in. Axar coming in at five and it's phenomenal."

Barcelona vs Osasuna postponed minutes before kickoff after first team staff dies

FC Barcelona vs Osasuna was postponed at the last minute after Barcelona's first team doctor died in the afternoon. Both teams had announced their line-ups and were warming up before the game was called off.

New Delhi. Barcelona's home game against Osasuna was postponed just minutes before kickoff after the death of a member of Barcelona's medical staff on Saturday, March 8. Fans were informed of the decision minutes before the game was scheduled to kick off on Saturday night in Barcelona at Llus Companys Olympic Stadium. Both teams announced the line-up, and the players went in to warm up, before Barcelona declared that the game was postponed via the stadium speakers. "FC Barcelona is sorry to announce the sad news of the death of first team doctor Carles Miarro Garcia this Saturday afternoon. As a result, the game between FC Barcelona and CA Osasuna has

been postponed until a later date. The FC Barcelona Board of Directors and players wish to express their utmost sympathy to the family and friends of the deceased, and join them in mourning at such a difficult time," the club said in its official statement.

Osasuna also conveyed their condolences via an official statement on Saturday. "Club Atlético Osasuna wishes to convey its deepest condolences to the family of Dr. Carles Miarro Garcia and would like to send a warm hug to all the staff of FC Barcelona, as well as to its fans, at this difficult time. May he rest in peace. Goian gebo," Osasuna wrote on X.

We are in a state of shock: Laporta

Barcelona president Joan Laporta said in a video released by Barca that he is in a state of shock. Laporta said that it was the best call to postpone the game and they had contacted LaLiga president Javier Tebas and there was a complete understanding.

"We are in a state of shock," Barcelona president Joan Laporta said in a video

released by the club. "Carles was loved by everyone. As you can imagine, we are all extremely sad." He was someone who travelled with the team for every game to

moment, while asking for the understanding from our supporters and the world of football [for postponing the game]." "Out of respect for Carles, his family, the players and the staff, we thought it was best to suspend the match and we took the necessary decision in the moment." "We were in contact with the president of LaLiga [Javier Tebas] and there was complete understanding. Osasuna also behaved extraordinarily; there was comprehension from their president, directors and coach."

Most of the supporters were in the stadium when the decision was made. At first there was uncertainty as the players didn't come out to warm up, with an announcement arriving 20 minutes before the start of the game.

Barcelona currently sit at the top of the league table in Spain with 57 points from 26 games. The team made a remarkable recovery after their bad patch in December. The team has won their last 5 matches in the domestic competition, and is coming off a gritty 1-0 win over Benfica in the Champions League.



look after the players and the staff. He never said 'No' to anyone. He was a great professional and a great medic." "We were quickly in touch with his family. We wanted them to know immediately. Carles leaves behind two kids, Gerard and Anna. His wife, as you can imagine, is deeply upset." "We offer them our full support in this difficult

Beth Mooney: One of the best in the world, by design

New Delhi. There are not many players quite like Beth Mooney in women's cricket. One cannot put her in a box. Since the start of her career in early 2016, she has done what was required for Australia. Be it opening the batting with fellow left-hander Nicole Bolton at the start of her career in ODIs or dropping down the order once team management decided to give Alyssa Healy a go at opening after the 2017 World Cup, Mooney has done it all for the team. Whatever role she has been asked to do, with the bat, in the field, or even behind the stumps, Mooney has not just accepted it but she has excelled at that.

Maybe it has all been by design and not just something that happened accidentally. Kirby Short, one of Mooney's close friends and her captain at Brisbane Heat, knows this better than anyone else. She remembers meeting the teenager walking into the Queensland setup. "The first time I met Beth, she was a teenager who had been brought into the Queensland Fire set up by our coach, Andy Richards," she told this daily. Despite proving herself as a genuine performer in the domestic setup and making it to the Australian squad, for almost two years, Mooney ran drinks as Australia won the 2014 T20 World Cup. She was part of the

squad that had some of the best players in the world for specific roles. The likes of Meg Lanning, Alex Blackwell, Alyssa Healy and Jess Cameron meant Mooney had the slimmest of chances to make it the playing XI. It was only in January 2016 that the



window of opportunity opened, and she made her international debut against India. Short believes that the wait game played a role in making Mooney the player she is. A clear message from then head coach Matthew Mott to work on her fitness pushed the left-hander to be her best. "Seems like a lifetime ago when she wasn't sure if she'd make it." It was actually a big decision for her to stop studying and quit her part-time job at a grocery store and work hard, particularly on her fitness, to try and create an opportunity

for herself. She flipped a switch during that period," Short added. And even after all of this, given the superstars in that Australian squad, Mooney does go under the radar. Short believes that is also by design. "She definitely likes flying under the radar; it suits her personality! Given her extensive skill set, she's able to play multiple roles, which makes her valuable for the team she's in. Added to that, she enjoys the challenge of getting better and evolving her game. Ultimately, she just wants to contribute to and feel valued by any team she is in," Short mentioned. Mooney's fitness, ability to play the role she is required to and a complete mastery over her skills were on full display in the recently concluded women's Ashes when she not only took over wicket keeping duties from captain Healy but also scored 409 runs across seven innings, the most by any in the multi-format series, including a century in Test at the iconic Melbourne Cricket Ground. With that, she became the first Australian woman to score centuries in all three formats. "It was special. I have played a little bit of Test cricket but not a lot of it. I was pretty pumped to have gotten over the line there. More importantly, I was glad that we got over the line as a group in the fashion that we did," Mooney told this daily after the series.

Salah fires Liverpool 16 points clear, Forest beat Manchester City

LONDON. Premier League leaders Liverpool needed two Mohamed Salah penalties to beat bottom-of-the-table Southampton 3-1 on Saturday, while Nottingham Forest took a giant step towards the Champions League with a 1-0 win over Manchester City.

Liverpool stretched their lead at the top to a massive 16 points, despite a lethargic first 45 minutes. Fresh from a smash-and-grab 1-0 Champions League victory over Paris Saint-Germain, Liverpool boss Arne Slot made just three changes. However, the Dutchman was forced into making three half-time alterations to kickstart the champions-elect. "The manager was like going for us -- but that's something you need sometimes. Because first half, the game was sloppy," said Salah. Southampton have taken



just nine points from 28 games all season, but stunned Anfield when Will Smallbone fired the visitors in front in first-half stoppage time.

Alisson Becker was Liverpool's hero at the Parc des Princes on Wednesday but the Brazilian and Virgil van Dijk got in each

other's way to allow Smallbone to roll into an unguarded net. Slot turned to Harvey Elliott, Alexis MacAllister and Andy Robertson at the break, and the changes had the desired effect with two goals in three minutes before the hour mark. Darwin Nunez levelled with a sharp near-post finish from Luis Diaz's cross. Nunez was then upended inside the area and Salah converted from the spot. The Egyptian slotted home a second penalty two minutes from time to take his tally for the season to 32 goals.

Second-placed Arsenal have two games in hand on the leaders, the first of which comes away to Manchester United on Sunday. But it appears a matter of when not if Liverpool will clinch just their second league title in 35 years.

Sharath Kamal, the relentless paddler who built Indian table tennis from the ground up

New Delhi. It's difficult to quantify phrases like 'giving back to the community' from a sporting context. One athlete, though, satisfies the phrase. A Sharath Kamal, the ace Indian paddler who will step away from the table following this month's World Table Tennis Star Contender event at Chennai.

For nearly two decades, Sharath was the past, present and future of the sport in India. An ever-present like the seasons, he was -- still feels weird writing about the 42-year-old in the past tense -- there, doing his thing across competitions. A national? He would invariably occupy the top-step of the podium. A Commonwealth Games? His neck would be adorned with multiple medals once every four years. Asian Games? A history-writing double in 2018. The Olympics? From a country still struggling to produce athletes capable of qualifying for the Games on merit, the Tamil Nadu man has been to five of these... an outlier any which way you want to look.

His greatest legacy though? It's in multiple ways. When he came into the sport, forget a ceiling. Even a floor didn't exist. He literally built a house, showing Indians it was possible to make a name in the sport. In 2025, there's a floor, a ceiling and a steady stream of players who all cite 'Sharath anna' (elder brother) as the reason for them picking table tennis as their calling. Away from the table, he also told Indians it was possible to lose with grace. In an interview he gave to this daily after coming back from the Birmingham Games in 2022, Sharath, unlike a lot of other athletes, spoke about why it was okay to be overlooked for the Khel Ratna award. "It's the Khel Ratna alone which is missing," he had said. "It's for the best sportsperson across all sport. So, when you look at a Srikanth Kidambi, World No 1... I'm World No 30. Then, Neeraj Chopra. Even before his gold at the Olympics, he had won Commonwealth Games, World juniors. So, how can I compare myself with them?"

"When I look at (PV) Sindhu coming and telling me 'anna, what you have done is fantastic' or a Gopichand 'man, I don't understand how you have done it'... it shows I have truly earned my spot among the best sportspersons True. But he also constantly kept it as he kept reinventing himself.



Trust the process: India's post-2022 approach has yielded strong results

India's fearless resurgence under Rohit Sharma has redefined their cricketing identity, turning past heartbreaks into stepping stones for success. As they face New Zealand in the Champions Trophy final, their attacking philosophy remains unwavering.

New Delhi. India's fearless resurgence under Rohit Sharma has redefined their cricketing identity, turning past heartbreaks into stepping stones for success. As they face New Zealand in the Champions Trophy final, their attacking philosophy remains unwavering.

Rohit Sharma: Leading from the front

At the heart of this transformation is Rohit Sharma. As captain, he has made it a priority to set the tempo right from the opening slot, ensuring that India's intent is clear from the start. Since the disappointment of the 2022 World Cup, Rohit has put the team's ultimate objective of winning titles above personal milestones or statistical achievements. His leadership has fostered a mentality where aggression is not just encouraged but expected. "We've made it very clear after the T20 World Cup in Dubai, where we didn't qualify for the finals, that we felt there needed to be a change in our attitude and approach in how we play our game," Rohit told Star Sports after the 2022 T20 World Cup. "If the message is clear from the captain and the coach about where the team is trying to head, then the individuals will definitely try to do that. For that to happen, they need freedom and clarity, and that's what we are trying to do. We are trying to give them as



much freedom as possible," he added. Across all formats; ODIs, Tests, and T20Is, Rohit has championed a consistent approach. His willingness to take calculated risks at the top of the order has not only lifted the pressure off the middle order but has also emboldened the entire batting unit to play with greater freedom. It is this philosophy that has propelled India to yet another ICC final, reinforcing their dominance in international cricket.

Fearless cricket, unshaken by setbacks India's aggressive intent was on full display throughout the 2023 ODI World Cup, where they remained unbeaten until the final. However, their crushing defeat to Australia in Ahmedabad was a bitter pill to swallow. Many speculated that such a setback would force India to reconsider their attacking approach, potentially leading to a more cautious style in future tournaments. Yet, Rohit Sharma's side refused to compromise on their intent. Instead of retreating into a more conservative game plan, India doubled down on their approach. This mindset bore fruit when they clinched the 2024 T20 World Cup, showcasing their ability to stay committed to an aggressive philosophy even in high-pressure situations. Now, just months later, they stand on the brink of another ICC title, proving that their fearless style is not just a temporary shift but a long-term blueprint for success.



Sonakshi Sinha

To Make Her South Debut In Venkat Kalyan's Supernatural Fantasy Thriller Jatadhara? What We Know

Bollywood actress Sonakshi Sinha is reportedly all set to make her much-awaited South film debut. The actress, known for her roles in Hindi cinema, is venturing into Telugu cinema with the upcoming thriller 'Jatadhara' that also stars Sudheer Babu. Although an official confirmation is still pending, industry sources hint that Sonakshi has been finalized for a powerful, unique role never seen before. Presented by Zee Studios and produced by Prerna Arora, "Jatadhara" stars Sudheer Babu in the lead and has already generated significant interest following its grand muhurat ceremony in Hyderabad. As per the latest reports, Sonakshi is set to join the cast and will begin shooting on March 8.

Interestingly, Sonakshi's very first film offer was for the Tamil movie "Hey Ram," where she was to star opposite Kamal Haasan. Meanwhile, the 'Dabangg' actress was last seen in Sanjay Leela Bhansali's period drama "Heeramandi: The Diamond Bazaar." The series revolved around the lives of tawaifs in the red-light district of Heera Mandi in Lahore during the Indian independence movement against the British Empire. The Netflix show also featured Manisha Koirala, Aditi Rao Hydari, Richa Chadha, Sanjeeda Sheikh, Sharmin Segal Mehta, and Taha Shah Badussha.

In the show, Sonakshi played the dual roles of Rehana Jahan and Fareedan Jahan. She will next be seen alongside her husband, actor Zaheer Iqbal, in the upcoming project "Tu Hai Meri Kiran." Directed by Karan Rawal



and Sanjana Malhotra, this marks their second collaboration following their work together in "Double XXL." The film, however, is currently facing legal issues. According to reports, Adlabs has raised concerns about copyright infringement, alleging that the song "Tu Hai Meri Kiran" infringes on the rights of several other films in their portfolio. Sonakshi Sinha's upcoming project also includes "Nikita Roy and the Book of Darkness."

First Blockbuster Of 2025: This Telugu Movie Is Topping OTT Charts After Entering Rs 300-Crore Club



2025 has so far seen many high-profile films try their luck on OTT as well as the big screen. Currently, Vicky Kaushal's Chhaava is performing well at the box office. But it is again a South Indian film that is dominating the buzz in theatres and on OTT platforms. Sankranthiki Vasthunam, a Telugu-language film, has emerged as the first blockbuster of 2025. Released on January 14, it stars 64-year-old superstar Daggubati Venkatesh in the lead role, alongside Meenakshi Chaudhary, Aishwarya Rajesh, Upendra Limaye, Sai Kumar, and VTV Ganesh in key roles.

The film is a full-fledged action-comedy, and Venkatesh's performance has been widely appreciated. The story revolves around 'YD Raju' (played by Venkatesh), a tough police officer who is suspended for undisclosed reasons. However, when a high-profile individual is kidnapped, YD Raju is reinstated and tasked with solving the case. The film showcases Venkatesh in intense action sequences. Following its release, Sankranthiki Vasthunam received immense love from the audience.

Trending On OTT

After its theatrical success, Sankranthiki Vasthunam is now making waves on OTT. The film has dominated trending lists and was recently released on ZEE5, where it is currently ranked number one in India's top 10 list. Made on a budget of Rs 50 crore, the film created history by earning six times its cost. The film grossed over Rs 300 crore worldwide.

Directed by Anil Ravipudi, with a screenplay by S Krishna, G Adi Narayan, and Anil Ravipudi, this film has become the highest-grossing film of 2025 so far. If you haven't watched Daggubati Venkatesh's Sankranthiki Vasthunam yet, you can now enjoy it from the comfort of your home. The movie is available on ZEE5 in Tamil, Telugu, Kannada, Malayalam, and Hindi.

Amitabh Bachchan Wears Ranbir Kapoor-Gifted Sneakers To Work, Sends Handwritten Note: 'Tried Them On'



Like many of his peers, actor Ranbir Kapoor has started his own lifestyle brand, ARKS. To celebrate, he gifted a pair of sneakers to Bollywood legend Amitabh Bachchan, a big sneaker fan. In response, Big B wrote a thank-you note, praising the sneakers and sending his best wishes to Ranbir. A photo of the note was shared on ARKS' official Instagram account, showing a heartfelt message. The message read, "Dearest Ranbir, My gratitude for your gift; the ARKS sneakers. Love tried them on and wore them to work. They are rather nice and comfortable! All good wishes to you and your endeavour. Lots of love (sic)."

The brand was introduced on Ranbir Kapoor's birthday in 2024. Reacting to the launch, wife Alia Bhatt shared the promotional video on her Instagram stories and cheered for her hubby. She also called it 'our dream'. Alia wrote, "Our dream..10 years in the making..A home-grown brand-elevated essentials brand comes to life! @arks launching on the 14th February. Break a leg baby."

Not long back, in a heartwarming promotional video, Ranbir took fans on a journey down memory lane. He recalls the first pair of sneakers he ever bought — a sleek black pair with a zip. "My first pair, I will never forget that feeling. It was a black colour sneaker with a zip. And I remember when I got them. I kept them in a box and I didn't wear them for months.

You know, I would just come home from school and just look at them. They were the most precious things I had. More than my cricket bat or my football. I want to recapture that feeling with ARKS.

"On the work front, Ranbir Kapoor is currently busy filming Love & War, directed by Sanjay Leela Bhansali, where he will share the screen with Alia Bhatt and Vicky Kaushal. Additionally, fans are eagerly anticipating Kapoor's portrayal in the mythological epic Ramayana, one of his most awaited upcoming projects.

Preity Zinta

Recalls 'Adventure' Trip To Kashi Vishwanath Temple: 'No VIP Services Were Available But...'



After visiting the Maha Kumbh Mela in Prayagraj, Preity Zinta accompanied her mother Nilprabha Zinta on another pilgrimage, Kashi Vishwanath Temple in Varanasi. The actor wrote in detail about her "adventurous" trip and how they walked to the temple, and travelled in rickshaws amid the "crazy crowd". She further added that though they couldn't avail any VIP facilities, it didn't matter to them because their trip was so good.

Preity dropped a video from her pilgrimage. "What an adventure this trip has been. Mom wanted to wrap up our Mahakumbh trip in Varanasi for Shivratri. So I told her, of course ma, let's go," she wrote.

She then described her journey to the temple, "Once we got there we found out that due to heavy crowds, cars were not allowed & roads

were blocked after a point, so people could walk & do darshan at the Kashi Vishwanath temple. We decided we will go for it. From sitting in a car to an auto rickshaw to a cycle rickshaw we did it all & more, as we walked forever in crazy crowds." The Soldier actor also listed down her observations and praised the Varanasi crowd. She wrote, "The crowd in Varanasi was very decent. Never did I encounter anything negative and, people are essentially good. Even though the trip took us hours we never felt it, thanks to the power of faith & the collective energy of the people around."

"Preity then expressed her gratitude to see her mother glowing with happiness after visiting the temple. "Looking at her I realised that the greatest seva is not towards god but towards our parents. Sadly we only realise their value, once we become parents. Even though she initiated this entire trip the calling was mine — she was just the excuse," she added. "We reached at midnight & saw the midnight Arti. It was for a few seconds as no VIP services were available but it didn't matter," she further posted.

Preity ended her note by mentioning that more than the destination, it's the journey that is important. She added the two precious gifts she received on her way back — Mahadev's blessings and her mother's "shining smile".

