

इन 6 लोगों को नहीं खाना चाहिए मखाना, सेहत को फायदे नहीं मिलेंगे सिर्फ नुकसान

मखाना, जिसे हम अक्सर चाय के साथ या हल्के स्नेक्स के तौर पर खाते हैं, सेहत के लिए फायदेमंद माना जाता है। इसमें ढेर सारे पोषक तत्व होते हैं, जैसे प्रोटीन, फाइबर, और एंटीऑक्सीडेंट्स, जो हमारे शरीर को मजबूती देते हैं। लेकिन क्या आप जानते हैं कि मखाना सभी के लिए सही नहीं होता? कुछ लोगों के लिए यह हानिकारक भी हो सकता है। अगर आप इनमें से किसी से जुड़ी समस्याओं से परेशान हैं, तो मखाना खाने से पहले एक बार सोच लीजिए। आइए जानते हैं कि 5 लोगों को मखाना खाने से परहेज करना चाहिए।

डायबिटीज के रोगी

मखाना में उच्च मात्रा में कार्बोहाइड्रेट्स होते हैं, जो ब्लड शुगर को बढ़ा सकते हैं। यदि किसी व्यक्ति को डायबिटीज है, तो उसे मखाना का सेवन सीमित मात्रा में और डॉक्टर की सलाह से करना चाहिए। इसके अलावा, मखाना का सेवन ज्यादा करने से शरीर में ग्लूकोज का स्तर असंतुलित हो सकता है, जिससे डायबिटीज की स्थिति खराब हो सकती है।

गैस्ट्राइटिस और पाचन समस्याओं वाले लोग

मखाना के सेवन से कुछ लोगों को पाचन संबंधी समस्याएं हो सकती हैं। इसमें फाइबर की अधिक मात्रा होती है, जो कभी-कभी पेट में गैस, सूजन, और कब्ज जैसी समस्याएं पैदा कर सकती है। यदि किसी व्यक्ति को गैस्ट्राइटिस, पेट की जलन, या अन्य पाचन समस्याएं हैं, तो उसे मखाना खाने से बचना चाहिए या फिर इसे सीमित मात्रा में खानी चाहिए।

किडनी रोगी

मखाना में पोटेशियम की अच्छी मात्रा होती है, जो किडनी के रोगियों के लिए हानिकारक हो सकता है। किडनी की बीमारी होने पर, शरीर से पोटेशियम की सही मात्रा बाहर नहीं निकल पाती, जिससे पोटेशियम का स्तर बढ़ सकता है और यह हृदय की समस्याएं पैदा कर सकता है। इसलिए, किडनी रोगी को मखाना खाने से बचना चाहिए या फिर इसे बहुत कम मात्रा में लेना चाहिए।

एलर्जी से प्रभावित लोग

कुछ लोगों को मखाना से एलर्जी हो सकती है, जिससे उन्हें त्वचा पर दाने, खुजली, या अन्य एलर्जी के लक्षण हो सकते हैं। यदि किसी व्यक्ति को मखाना खाने के बाद कोई एलर्जी के लक्षण दिखते हैं, तो उसे मखाना से बचना चाहिए। ऐसे लोग मखाना के सेवन से पहले डॉक्टर से परामर्श लें।

हाई ब्लड प्रेशर

हाई ब्लड प्रेशर की दिक्कत से दो चार हो रहे लोगों को मखाना ना खाने के लिए कहा जाता है। ऐसा इसलिए क्योंकि मखाना में सोडियम होता है और इससे हाई ब्लड प्रेशर बढ़ सकता है। इसीलिए हाई ब्लड प्रेशर से परेशान लोगों को मखाना ना खाने या कम खाने की कोशिश करनी चाहिए।

गर्भवती महिलाएं

गर्भवती महिलाओं को मखाना का सेवन सीमित मात्रा में करना चाहिए। मखाना में कुछ प्रकार के तत्व होते हैं जो शरीर में गर्मी पैदा कर सकते हैं, और ज्यादा सेवन से यह गर्भावस्था में असहज महसूस करा सकता है। गर्भवती महिलाएं पहले डॉक्टर से सलाह लें कि मखाना उनका सेवन कर सकती हैं या नहीं, और यदि कर सकती हैं, तो कितनी मात्रा में करें।

मखाना खाने के फायदे : हालांकि, मखाना का सेवन बहुत से लोगों के लिए फायदेमंद होता है। इसमें उच्च मात्रा में प्रोटीन, फाइबर, एंटीऑक्सीडेंट्स, और मिनेरल्स होते हैं, जो शरीर को ऊर्जा प्रदान करते हैं। यह हृदय स्वास्थ्य, पाचन, वजन घटाने, और त्वचा की सेहत के लिए भी लाभकारी है।



सुबह उठते ही पिएं लौंग का पानी, ब्लड शुगर से लेकर बॉडी डिटॉक्स तक मिलेंगे ये बेहतरीन फायदे

एंटीऑक्सीडेंट, एंटी इन्फ्लेमेटरी प्रॉपर्टीज और जरूरी पोषक तत्वों से भरपूर लौंग का पानी आपके स्वास्थ्य, त्वचा और बालों के ग्रोथ के लिए बेहद फायदेमंद है। यह नेचुरल तरीके से आपको इस तरह के लाभ पहुंचाता है। आहार विशेषज्ञ और वेट मेनेजमेंट विशेषज्ञ डॉ. प्रत्यक्ष भारद्वाज इसे एंटीऑक्सीडेंट का एक पावरहाउस कहते हैं जो पाचन, प्रतिरक्षा और यहां तक ??कि वेट मेनेजमेंट में भी मदद करता है।

स्वास्थ्य लाभ

पाचन को बढ़ावा देता है और सूजन से लड़ता है : लौंग का पानी आपके पाचन तंत्र के लिए अद्भुत काम करता है। यह सूजन, गैस्ट्रिक समस्याओं और अपच को कम करने में मदद करता है। डॉ. भारद्वाज कहते हैं, फ्रलौंग का पानी सूजन और गैस्ट्रिक समस्याओं के लिए एक प्राकृतिक उपाय है। यह डिटॉक्सिफिकेशन प्रक्रिया का भी समर्थन करता है।

वजन घटाने में मदद करता है : लौंग का पानी आपके मेटाबॉलिज्म को बहुत जरूरी बढ़ावा दे सकता है। इसका एक्टिव कंपाउंड, यूजेनॉल, फ्रैट मेटाबॉलिज्म को बेहतर बनाने में मदद करता है, जिससे यह वेट मेनेजमेंट डेली रूटीन में सहायक होता है। ब्लड शुगर लेवल को कंट्रोल करता है : यदि आप अपने ब्लड शुगर को नेचुरल तरीके से मैनेज करना चाहते हैं, तो लौंग का पानी आजमा कर देश सकते हैं। लौंग में मौजूद यूजेनॉल ब्लड शुगर लेवल को कंट्रोल करने में मदद करता है और ओवरऑल मेटाबॉलिक हेल्थ का समर्थन करता है।

रोग प्रतिरोधक क्षमता को मजबूत करता है : लौंग के पानी में एंटीऑक्सीडेंट की हाई अमाउंट होने के कारण यह आपके रोग प्रतिरोधक तंत्र को मजबूत बनाता है, जिससे आप आम संक्रमणों और बीमारियों से सुरक्षित रहते हैं।

आपके दांतों के लिए अच्छा : लौंग के पानी के एंटी बैक्टीरियल प्रॉपर्टी मुंह में सूजन को कम करके मौखिक स्वास्थ्य में सुधार कर सकते हैं। लौंग के पानी से कुल्ला करने से आपकी सांसें को भी तरोंताजा करने में मदद मिल सकती है।

सौंदर्य लाभ

मुंहासे और दाग-धब्बों से लड़ता है : लौंग के पानी के सूजनरोधी और रोगाणुरोधी गुण मुंहासे पैदा करने वाले बैक्टीरिया से लड़ने, लालिमा को कम करने और साफ त्वचा को बढ़ावा देने में मदद करते हैं।

आपकी त्वचा को चमकदार बनाता है : लौंग के पानी में मौजूद एंटीऑक्सीडेंट मुक्त कणों से लड़ते हैं, जो सुस्ती और समय से पहले बुढ़ापे का कारण बन सकते हैं। नियमित उपयोग से आपकी त्वचा चमकदार और स्वस्थ दिख सकती है।

चिड़चिड़ी त्वचा को आराम देता है : अगर आपकी त्वचा में खुजली या जलन है, तो लौंग के पानी के शांत करने वाले गुण राहत दे सकते हैं।

बालों के लिए लाभकारी

बालों के रोम को मजबूत बनाता है : लौंग का पानी स्कैल्प को पोषण देता है और बालों के रोम को मजबूत बनाता है, जिससे बालों का झड़ना कम होता है और विकास को बढ़ावा मिलता है।

रूसी से लड़ता है : लौंग के पानी के रोगाणुरोधी गुण रूसी और खुजली को कम करने में मदद करते हैं, जिससे आपकी स्कैल्प स्वस्थ रहती है।

बालों में चमक लाता है : लौंग के पानी से अपने बालों को धोने से उनमें प्राकृतिक चमक और कोमलता आ सकती है, जिससे आपके बाल ज्यादा जीवंत दिखते और महसूस होते हैं।



सावधानी बेहद जरूरी

माना कि लौंग के पानी के कई लाभ हैं, लेकिन नियंत्रित मात्रा में इसका सेवन करना बेहद जरूरी है, इसके अधिक इस्तेमाल से जलन या संवेदनशीलता हो सकती है। डॉ. भारद्वाज सलाह देते हैं कि अपनी विशिष्ट आवश्यकताओं के अनुरूप पेशेवर मार्गदर्शन के साथ लौंग के पानी को अपनी दिनचर्या में शामिल करें।

लौंग का पानी कैसे बनाएं

लौंग का पानी बनाना आसान और किफायती है। जानें बनाने की विधि सामग्री

- 1 चम्मच साबुत लौंग
 - 1 कप पानी
- बनाने की विधि
- सबसे पहले एक कप पानी उबालें और इसमें लौंग डालें और उन्हें 10-15 मिनट तक भीगने दें। लौंग निकालने के लिए पानी को छान लें। पीने या अपनी त्वचा या बालों पर इस्तेमाल करने से पहले इसे आरामदायक तापमान पर ठंडा होने दें। अतिरिक्त स्वाद और लाभों के लिए, आप इसमें नींबू का एक टुकड़ा या एक चम्मच शहद मिला सकते हैं। सुबह खाली पेट एक कप लौंग का पानी रोजाना पीने से बहुत लाभ मिलता है।

डायबिटीज के मरीज

भूलकर भी न करें इन फलों का सेवन, बढ़ सकता है ब्लड शुगर का लेवल

डायबिटीज एक गंभीर बीमारी है। आज के समय में इस बीमारी से करोड़ों लोग पीड़ित हैं। इस रोग से पीड़ितों को अपने खानपान का खास खयाल रखना पड़ता है। इसके साथ ही जीवनशैली में भी बदलाव की जरूरत होती है। यह एक ऐसी बीमारी जिसमें डायबिटीज से पीड़ितों का ब्लड शुगर लेवल काफी बढ़ जाता है, जिसके चलते उन्हें कई तरह की स्वास्थ्य समस्या हो सकती है। यहां तक की हाई ब्लड शुगर के चलते कभी-कभी पीड़ितों की जान भी जा सकती है। इसलिए इसको कंट्रोल में रखना बेहद जरूरी होता है। आज हम इस खबर में बताते जा रहे हैं कि डायबिटीज मरीजों को डॉक्टरों के द्वारा चीकू फल खाने से बचने को क्यों कहा जाता है...

डायबिटीज में भूलकर भी ना खाएं चीकू

हम सबको पता है कि चीकू एक ऐसा फल है, जो न सिर्फ खाने में स्वादिष्ट है बल्कि स्वास्थ्य के लिए भी बेहद लाभकारी होता है। खास बात यह है कि इस फल के अलावा बीज और पत्तियां भी काफी गुणकारी हैं। फिर भी डॉक्टरों के मुताबिक, डायबिटीज पेशेंट को चीकू फल खाने से बचना चाहिए, ऐसा इसलिए क्योंकि चीकू में कार्बोहाइड्रेट बहुत हाई अमाउंट में होता है और इस फल में शुगर की मात्रा भी ज्यादा होती है। बता दें, चीकू में मौजूद ज्यादातर कार्बोहाइड्रेट नेचुरल शुगर के रूप में होता है। इसलिए डॉक्टरों के द्वारा हाई ब्लड शुगर से पीड़ित लोगों को चीकू फल नहीं खाने की सलाह दी जाती है। इसके साथ ही डायबिटीज के मरीजों को इन फलों से भी बचना चाहिए। इसमें अनानास, लीची, केला, आम, तरबूज शामिल है।

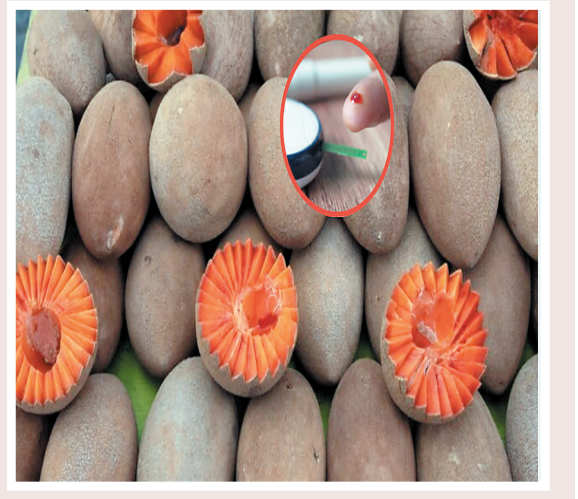
प्री-डायबिटीज में भूलकर भी ना खाएं चीकू

प्री-डायबिटीज पेशेंट को भी म चीकू नहीं खाने की सलाह दी जाती है। बता दें, चीकू में शुगर की मात्रा अधिक होती है, जिससे मरीज का ब्लड शुगर लेवल बढ़ सकता है। चीकू में कैलोरीज भी अधिक होती हैं। बता दें, चीकू का ग्लाइसेमिक इंडेक्स अधिक होने की वजह से इसका सेवन करने से ब्लड शुगर लेवल तुरंत बढ़ने लगता है

ध्यान देने वाली बात

यदि आपको हाई ब्लड शुगर (हाइपरग्लाइसेमिया) है तो आपका फास्टिंग ब्लड शुगर लेवल 130 एमजी/डीएल से ऊपर रहेगा और रैंडम ब्लड शुगर 180 एमजी/डीएल से अधिक रहेगा। यदि आपका ब्लड शुगर लेवल लगातार इन सीमाओं से ऊपर है, तो आपको प्री-डायबिटीज या डायबिटीज हो सकता है। अगर इसे कंट्रोल नहीं किया गया, तो यह हार्ट डिजीज, तंत्रिका समस्याओं और किडनी की बीमारियों जैसी गंभीर चिकित्सा समस्याओं का कारण बन सकता है।

अगर आपको लो ब्लड शुगर (हाइपोग्लाइसेमिया) की समस्या है, तो आपका फास्टिंग ब्लड शुगर लेवल 70 एमजी/डीएल से कम रहेगा और रैंडम ब्लड शुगर 60 एमजी/डीएल से कम रहेगा। आपको लो ब्लड शुगर के कारण चक्कर आना, भ्रम, बेहोशी और दुर्लभ मामलों में दौरे पड़ सकते हैं। यह आमतौर पर इंसुलिन या एंटीडायबिटिक दवा लेने वाले मरीजों में पाया जाता है, या जो बहुत लंबे समय तक फास्टिंग करते हैं या बहुत लंबे समय तक एक्सरसाइज करते हैं।



पैरों से पहचानें ब्लड शुगर बढ़ने के संकेत, दिखाएँ तो तुरंत एक्शन की जरूरत



बीमारियों की बात करें तो डायबिटीज का नाम शायद सबसे पहले लिया जाएगा। बिजी और बिगड़ते लाइफस्टाइल, गलत खानपान के चलते शुगर के मरीजों की संख्या तेजी से बढ़ती ही जा रही है। डायबिटीज यानि कि मधुमेह एक ऐसी बीमारी है जो मरीज के शरीर को अंदर ही अंदर खोखला कर देती है। यह शरीर के बाकी अंगों को प्रभावित करती है। जब बॉडी में शुगर की मात्रा बढ़ती है तो शरीर कई तरह के संकेत देने लगता है। डायबिटीज के कुछ खास लक्षण पैरों में भी दिखने लगते हैं। चलिए आपको उन्हीं लक्षणों के बारे में बताते हैं जिन्हें पहचान कर आपको फॉरन अलर्ट हो जाना चाहिए

डायबिटीज के कारण पैरों में दिखने वाले संकेत

डायबिटीज एक गंभीर रोग है जिसके लक्षण खासतौर पर पैरों में दिख सकते हैं जो हाई ब्लड शुगर के कारण उत्पन्न होते हैं। अगर डायबिटीज को समय रहते नियंत्रित नहीं किया जाए तो यह पैरों की नसों और रक्त संचार को प्रभावित कर सकता है।

पैरों में सूजन : हाई ब्लड शुगर के कारण शरीर में लिक्विड संतुलन बिगड़ सकता है, जिससे पैरों में

सूजन आ सकती है। यह आमतौर पर खराब ब्लड सर्कुलेशन और किडनी की समस्याओं के कारण होता है।

नसों का नुकसान : डायबिटीज के कारण डायबिटिक न्यूरोपैथी हो सकती है, जिससे पैरों में झुनझुनी, जलन या सुन्न होने की समस्या होती है। यह समस्या पैरों में घावों को महसूस करने की क्षमता को भी प्रभावित कर सकती है, जिससे चोट लगने पर देर से पता चलता है। पैरों की त्वचा शुष्क और फटी हुई दिख सकती है क्योंकि हाई ब्लड शुगर के चलते त्वचा की नमी कम हो सकती है। त्वचा में दरारें आने से बैक्टीरिया और फंगल इन्फेक्शन का खतरा बढ़ जाता है।

नाखूनों में फंगल संक्रमण : डायबिटीज के मरीजों में नाखूनों पर फंगल संक्रमण आम होता है, जिससे वे मोटे, पीले और कमजोर हो सकते हैं। इन्फेक्शन बढ़ने पर नाखूनों में दर्द और असहजता हो सकती है।

पैरों में घाव या अल्सर : शुगर मरीज के पैर में चोट या कट लगने के बाद घाव जल्दी नहीं भरता, जिससे अल्सर बनने का खतरा रहता है क्योंकि पैरों में रक्त संचार की कमी होने

लगती है और अगर ध्यान न दिया जाए तो यह गैंग्रीन जैसी गंभीर समस्या में बदल सकता है।

पैरों में बहुत ज्यादा दर्द और ऐंठन : ब्लड सर्कुलेशन खराब होने से पैरों में तेज दर्द, ऐंठन या भारीपन महसूस हो सकता है। यह संकेत रक्त वाहिकाओं में रुकावट की ओर भी इशारा कर सकते हैं।

डायबिटीज के मरीजों को पैरों की देखभाल कैसे करनी चाहिए?

पैरों की नियमित जांच करें, किसी भी कट, सूजन, लाल धब्बे या संक्रमण के संकेतों पर नजर रखें।

पैरों को मॉइश्चराइज करें। फटी त्वचा और रूखेपन से बचने के लिए मॉइश्चराइजर का इस्तेमाल करें। आरामदायक जूते पहनें। टाइट या अनफिटेटेड जूतों से बचें, जो पैरों में चोट पहुंचा सकते हैं।

नाखूनों की सफाई का ध्यान रखें। नियमित रूप से नाखून काटें और संक्रमण से बचने के लिए साफ-सफाई रखें।

ब्लड शुगर कंट्रोल करें। नियमित रूप से ब्लड शुगर लेवल मॉनिटर करें और डॉक्टर की सलाह के अनुसार दवाएं लें।

Manipur's troubles deeper than political fixes

THE Supreme Court's handling of the Ranveer Allahbadia case has offered a glimpse of the tightrope the judiciary walks — between moral indignation and constitutional propriety. The interim relief granted to the influencer came after a tough hearing, where moral outrage took centre stage. The court's decision to protect Allahbadia's personal liberty was correct. Yet, the manner in which the case proceeded will lead to a chilling effect on free speech. Allahbadia, a prominent social media figure, is facing multiple FIRs for his remarks on the show India's Got Latent. The remarks, though intended to be funny, have led to a nationwide furor. An outcry from media houses and politicians has only added fuel to the fire. But as his counsel, Abhinav Chandrachud, rightly argued, the legal question was not whether Allahbadia's language was distasteful — everyone, including his own lawyer, admitted that — it was whether it amounted to a criminal offence under Indian law. The court, however, seemed in no mood to consider such fine distinctions. Throughout the hearing, it expressed visible disgust, calling the language 'dirty', 'perverted' and a 'vomit' from Allahbadia's mind. At one point, the judge asked Chandrachud, "Are you defending this kind of language?" The question, though rhetorical, pointed to a fundamental misunderstanding of a defence lawyer's role: Not to endorse, but to ensure that even the most reviled person receives fair treatment under the law.

The Supreme Court is not a custodian of morality. Its primary duty is to uphold constitutional rights, including free speech and personal liberty. Protection of free speech is not necessary for popular speech. Constitutional protection is invoked only by unpleasant, unpopular speech that gets prosecuted. Chandrachud, in an effort to bring the focus back to legal principles, cited the Apoorva Arora judgment, which held that profanity alone does not amount to obscenity. The test, the court had ruled, was whether the speech appealed to prurient interests and crossed the line to become criminal obscenity. But the court appeared unmoved: "If this is not obscenity, then what is obscenity?" it asked. Courts do not operate in a moral vacuum, but neither should they allow their moral disgust to cloud legal reasoning. By asking if the Arora case provided a "licence to say whatever you want," the court betrayed an unwillingness to separate protection of free speech from its personal sense of decency.

This exchange reminds me of what Justice Potter Stewart of the US Supreme Court wrote in his threshold test for obscenity in *Jacobellis vs Ohio* (1964). Explaining why the material at issue in the case was not obscene, Stewart wrote: "I shall not today attempt further to define the kinds of material I understand to be embraced within that shorthand description ['hard-core pornography'], and perhaps I could never succeed in intelligibly doing so. But I know it when I see it, and the motion picture involved in this case is not that." Taking a cue from this reasoning, stand-up comedians went on to joke that obscenity was whatever aroused a judge. Indian comedians would be well advised not to say that obscenity is whatever angers a judge. The most disturbing aspect of the hearing was the court's near-dismissal of the death threats against Allahbadia. When Chandrachud mentioned that his client was receiving threats, Justice Surya Kant remarked, "If you can try to attain cheap publicity by saying these kind of things, there might be others also who might want to get cheap publicity by making threats." Regardless of how offensive Allahbadia's words were, death threats are not, and should never be, viewed as a predictable consequence — let alone a deserved one. The court's repeated references to the shame Allahbadia had brought upon his parents bordered on moralistic grandstanding. "What embarrassment he has caused to [his] parents!" the judge exclaimed, as though the court's role was to act as a collective moral guardian.

Why Modi-Trump statement has raised Pakistan's hackles

Islamabad might have feared that the Trump administration is now blaming Pakistan for allegedly enabling the 2021 Kabul airport bombing.

The joint statement of PM Modi and President Donald Trump on February 14, 2025, is the strongest Indo-US declaration against terrorism in recent years. It mentions strengthening Indo-US cooperation on terrorism "against threats from groups, including Al-Qaeda, ISIS, Jaish-e-Mohammad and Lashkar-e-Tayyiba, to prevent heinous acts like the attacks in Mumbai on 26/11 and the Abbey Gate bombing in Afghanistan on August 26, 2021."

It highlights the US government's approval of Tahawwur Rana's extradition to India as an example of the commitment of both governments to bring the perpetrators to justice. It then puts Pakistan squarely on the mat with this key sentence: "The leaders further called on Pakistan to expeditiously bring to justice the perpetrators of the 26/11 Mumbai and Pathankot attacks and ensure that its territory is not used to carry out cross-border terrorist attacks."

In the past, the only joint statement between US President Joe Biden and Prime Minister Narendra Modi which mentioned terrorism emanating from Pakistan was on June 22, 2023. Their meetings on September 8, 2023, and September 22, 2024, did not refer to terrorism at all. On June 22, 2023, both leaders "strongly condemned cross-border terrorism, the use of terrorist proxies and called on Pakistan to take immediate action to ensure that no territory under its control is used for launching terrorist attacks". They "reiterated the call for concerted action against all UN-listed terrorist groups including Al-Qaeda, ISIS/Daesh, LeT, JeM and Hizb-ul-Mujahideen." Pakistan reacted sharply to the Modi-Trump declaration and called it "one-sided, misleading and contrary to diplomatic norms" since it ignored "Pakistan's counterterrorism cooperation with the US." It added that this statement cannot "cover up India's sponsorship of terrorism, subversion and extra-judicial assassinations in the region and beyond." It gave a further punch in labelling "India as a safe haven of the perpetrators of hate crimes against Muslims and other minorities." Why did Pakistan react so aggressively? My assessment is that Islamabad might have feared that a global impression might arise that the Trump administration is now blaming Pakistan for allegedly enabling the 2021 Kabul airport bombing too, which had killed 13 US service members and 170 Afghan civilians. The reason for

this unprecedented vitriol against India and anger against the US for "violating diplomatic norms" by ignoring Pakistan's cooperation with the US on terrorism might have been the reason for challenging



the Trump-Modi statement.

This, in turn, leads to a question: Why the 2021 Abbey Gate bombing (Afghan airport), which was in no way related to India, was included in this bilateral joint statement? Two explanations are possible: one, the White House also wanted to convey its deep anguish, like how India had felt at the 26/11 attack. Second, more possible, was to blame the Biden administration for not taking adequate care of US troops during the hurried evacuation on August 28, 2021.

The second impression arises as Trump himself answered a loaded question, originally put to our PM at the White House press meet, on the so-called "inefficient" Biden administration.

Also, the 118th US Congress (previous) was very agitated at the Abbey Gate bombing, which was the largest single loss of lives of US military personnel since 2011. They were particularly upset that this had occurred despite advance intelligence warnings on August 16 on the strong possibility of an ISIS suicide bombing. Despite this, Abdul Rahman Al-Logari, an ISIS-K member who was known to the CIA and kept in coalition custody, could become the suicide bomber wearing a 25-pound suicide vest.

The New York Times (January 1, 2022) said that the CIA had located Al-Logari in India in 2017, planning suicide attacks, and had taken him into custody at the Bagram base near Kabul after secretly

liaising with the Indian agencies. However, he, along with thousands, was released by the Taliban when it took over Kabul on August 15, 2021. This was originally reported by the ISIS mouthpiece, Amaq, on September 19, 2021.

The reason why the Modi-Trump statement included the 2021 Abbey Gate bombing might have been on the initiative of Mike Waltz, US National Security Adviser, as he had challenged the Pentagon conclusions on August 5, 2024, on the attack, while he was a member of the House Foreign Affairs Committee in the previous Congress.

In a letter to the then US Secretary of Defence, Lloyd Austin, the committee had pointed out the apparent discrepancies between the newly reported footage of the Abbey Gate attack, as shown on CNN, and the conclusions of two US Central Command (CENTCOM) investigations into the bombing, which the latter had presented to the committee in April 2024. However, the US Army Central Command defended their stand, saying that a review investigation since September 2023 had found that "the attack could not have been preventable at the tactical level." In this scenario, the Trump administration's permission on Tahawwur Rana's extradition after the US Supreme Court verdict assumes only symbolic importance when compared to the general spectre of terrorism facing us.

As regards Rana, we faced initial judicial setback in our pursuit since 2009 after his arrest in Chicago as the court did not accept our evidence on his involvement in the 26/11 case although he was convicted for aiding the Lashkar's activities, specifically for plotting an attack in Denmark.

Since then, our agencies have been pursuing the case vigorously in US courts. The latest information is that this extradition might be delayed as Rana has appealed and filed a "mercy" petition.

At the same time, no US government could help us by putting pressure on Pakistan to extradite the other known 26/11 plotters and current perpetrators given sanctuary there. We have other problems on the terrorism front which we alone must tackle. The change of government in Bangladesh and the reported visit of a Pakistani ISI delegation to Dhaka on January 21 adds a new dimension, with terrorism emanating from our east, which is already under strain due to the Manipur turbulence.

Judicial overload

The Supreme Court's recent rebuke for the flood of petitions concerning the Places of Worship (Special Provisions) Act, 1991, highlights the growing politicisation of religious disputes. The Act, introduced during the PV Narasimha Rao government, was meant to prevent further communal discord by freezing the religious character of places of worship as of August 15, 1947, with the sole exception of the Ram Janmabhoomi-Babri Masjid dispute. However, it now finds itself at the centre of legal and political manoeuvring. The SC's frustration is understandable. The surge of intervention applications, many filed by political leaders and organisations, reflects an unsettling trend — using the judiciary as a battleground for religious and electoral gains. On December 12, 2024, the SC had already issued an interim order restraining lower courts from entertaining fresh suits or ordering surveys concerning religious sites.



Yet, fresh petitions continue to pour in, prompting Chief Justice Sanjiv Khanna to declare, "Enough is enough."

The court has rightly refused to entertain new pleas unless they raised entirely fresh legal questions. At stake is not just the integrity of the judicial process but also India's secular fabric. The law was designed to ensure communal harmony, yet its very existence is now being challenged by certain groups who argue that it unjustly legitimises historical wrongs. Meanwhile, political parties like the Congress, Samajwadi Party and the AIMIM have intervened in favour of the Act, alleging that legal challenges to it are aimed at targeting Muslim religious sites.

The judiciary must tread carefully, balancing legal scrutiny with the need to prevent communal tensions from escalating. With the hearing deferred to April, the legal battle over the Places of Worship Act is far from over. But one thing is clear — the courts must remain a space for justice, not a stage for political theatrics.

How the Akal Takht became a political tool

December 2, 2024 was the historic day when Sukhbir admitted to his mistakes. It was generally believed that it had set the tone for SAD's revival. However, he messed up the chance.

THE doctrine of miri-piri (co-existence of the spiritual and the temporal) is central to the Sikh philosophy. It envisages an ideal society. It means living in divine consciousness while attending to the mundane, everyday life. It makes a person see divinity in each being and consider reaching out to the needy as his divine duty. It holds the ruler responsible for doing his temporal duty in line with the spiritual and moral ethics. It definitely does not mean using religious institutions for individual political benefits.

Looking back at the history of Sikhs, the Akal Takht was the rallying point for the bickering Sikhs when confronted with a common enemy, the place where they became one, as the "Guru Khalsa Panth". In the 18th century, when the Sikhs were divided into small groups, they would fight with each other. Maharaja Ranjit Singh also fought smaller Sardars to consolidate his kingdom. But no one went to the Akal Takht, seeking its intervention to resolve their differences. Rather, when they met for the Sarbat Khalsa on issues impacting the whole community, they would sort out their personal grudges before gathering at the Akal Takht. The phenomenon of seeking the Akal Takht's intervention to sort out differences among parties with differing views and play a peace-broker started in the late 1970s.

Jathedar Jagdev Singh Talwandi, president of the Akali Dal, and jathedar Gurcharan Singh Tohra, president of the SGPC, called for separate meetings on October 10, 1979 to elect the Akali Dal president. They sent in their resignations to the Akal Takht jathedar, seeking its intervention to unite them.

At that time, their resignations were sent back. The MLAs who had contested on the 'Panthic ticket' were asked to support CM Parkash Singh Badal and a seven-member committee headed by Sant Longowal was formed in view of the upcoming Lok Sabha

elections. The committee was to "make adjustments" with other political parties and choose party candidates. But before the seven-member committee could meet, Jiwan Singh Umranganal announced an alliance with the Janata Party in Ajnala. He was declared 'tankhaiya' and had to seek his forgiveness at the Akal Takht in November, 1979. Thereafter, complaints about politically influential people began to come to the Akal Takht. However, the turning point was the period after Operation Bluestar in 1984.

Many Akali leaders were in jail. Sikhs' passions against the Indian government in general and Indira Gandhi in particular were high. At that juncture, the 'Panj Piare' at the Akal Takht stepped in to provide leadership. Gradually, the Akal Takht institution transformed into a tool in the power struggle for supremacy. Personal enmities and one-upmanship became the unwritten code for most of the complaints coming to the Takht. The court-style hearings gave the Takht the new name of 'sarb-uch kacheri' (supreme court) of the Sikhs.

This practice degenerated into interference in local issues and Punjab-based political statements. The 'jathedar' and the institution of the 'Akal Takht' became synonymous. As the political and religious ground began to slip from under the SGPC's feet, the Akal Takht was used to empower it. Religious issues that were handled by the Dharam Parchar Committee of the SGPC were referred to the Akal Takht jathedar.

On the issue of the Sirsa Dera Sacha Sauda's blasphemy, the SAD discarded any pretence of being a representative party of the Sikhs and went all out to use the Akal Takht for votes in the upcoming Punjab Assembly election. The panthak tradition was



disregarded and a person who had not sought an apology was pardoned. When the Sikhs stood up in defiance, the jathedars had to take back the 'hukamnama', thereby eroding its sanctity. The SAD kept losing ground among the Sikhs in various successive elections, till it became a 'deposit-lost' party. The Akalis knew that the mistake they had committed was backfiring. So, in a damage-control bid, they went to Gurdwara Baba Gurbaksh Singh, which is situated behind the Akal Takht, and sought forgiveness for the sins committed "knowingly and unknowingly." It did not work. Sukhbir Singh Badal, SAD chief, had to appear before the Akal Takht and admitted to being silent supporters of the SAD's non-panthak decisions and sought its forgiveness. December 2, 2024 was the historic day when the unlikely happened. Sukhbir admitted to his mistakes. It was generally believed that it had set the tone for SAD's revival. Most of Sukhbir's detractors

were willing to give him a chance. However, he messed up the chance by first undergoing 'tanhah' selectively and then trying to negotiate the hukamnama.

When that failed, it was time to target the jathedars personally. Giani Harpreet Singh became the first target because he is believed to have been the mastermind, though all five jathedars had taken the decision unanimously. The Sikh tradition was again flouted. Not only was a shameful allegation made against him, no consideration was shown for the Sikh woman who is married to another man after divorce with the complainant for the last 18 years. Another young Sikh woman was targeted, alleging impropriety of attending a programme with Giani Harpreet Singh. Disgusting character assassination!

Not long ago, strangers trusted Sikh men for the safety of their daughters. The next on the agenda is to get Giani Harpreet Singh excommunicated from the Sikh Panth. For this, the tainted Giani Ranjit Singh, jathedar of the Patna Takht, is the front to lodge a complaint at the Akal Takht. An Akal Takht jathedar, Giani Raghbir Singh, has shown his disapproval with the SGPC regarding the dismissal of Giani Harpreet Singh. Taking moral responsibility, SGPC president Harjinder Singh Dhama has chosen to resign. However, his offer to resign from the Akal Takht-constituted seven-member committee raises a question. Is he being pressured to choose between obeying the hukamnama and Sukhbir's diktat?

It is a classic case of the Akal Takht being used selectively for political reasons and "teaching a lesson" to those who do not conform to the Sukhbir group.

EPFO to roll out UPI-based EPF claim withdrawals within 3 months. Check details

New Delhi. Employees' Provident Fund Organisation (EPFO) members may soon be able to withdraw employee provident fund (EPF) claims via United Payment Interface (UPI) as the government aims for faster and seamless fund transfers. EPFO has already prepared a plan and is in discussion with the National Payment Corporation of India (NPCI) to launch the feature on UPI-platforms in the coming 2-3 months, reported The Financial Express. EPFO's UPI integration will not only improve operational efficiency but also improve accessibility for its huge subscriber base of 7.4 million people. In other words, by linking EPF to UPI, the government aims to simplify financial transactions, thereby ensuring seamless and faster claim processing.

HOW WILL IT HELP?

Once integrated, claim amounts can be easily accessed by the subscribers via digital wallets, mention sources. This would minimise the processing time and lead to an enhanced user-friendly experience.

The labour ministry, along with the Reserve Bank of India (RBI) and commercial banks is upgrading EPFO's digital systems. The move will simplify the withdrawal process, reduce delays, minimise paperwork, and improve transparency.

In the last six-seven months, the EPFO has implemented several reforms to improve pension services, upgrade its information technology (IT) systems and ensure smoother claim processing for provident fund (PF) claims. In FY25, the EPFO processed claims of more than 50 million subscribers, marking its highest ever settlement, and has disbursed over Rs 2.05 lakh crore. In FY24, the EPFO witnessed 44.5 million claim settlements, amounting to Rs 1.82 lakh crore.

Creditors take 99% haircut in Reliance Big insolvency resolution case

NEW DELHI Financial creditors of Reliance Big Private Limited, formerly promoted by Anil Ambani, are set to face a 99% haircut as part of the approved resolution plan in its insolvency case. The National Company Law Tribunal (NCLT), Mumbai Bench, has given its nod to the resolution plan submitted by Manoj Kumar Upadhyay through his affiliate firm, ACME Cleantech Solutions Private Limited, for the revival of Reliance Big Private Limited.

As per the resolution plan, secured financial creditors will receive Rs. 3.5 crore against total admitted claims of Rs 484 crore. Meanwhile, unsecured financial creditors, who submitted claims totalling Rs 515 crore, will not receive any payments. The plan also includes an upfront cash infusion of Rs. 4 crore in the form of equity. The total dues to financial creditors were of Rs. 999 crore.

Reliance Big Private Limited, engaged in radio and television activities, including the production of radio and TV programs, entered the Corporate Insolvency Resolution Process (CIRP) in August 2023 after failing to maintain security cover for its debenture obligations. Axis Trustee Services Limited, representing Franklin Templeton Asset Management (India) Private Limited, was the primary secured financial creditor.

Successful resolution applicant Manoj Kumar Upadhyay is founder of ACME Group, which is a renewable energy and independent power producers in India. It has a diversified portfolio of integrated renewable energy solutions. These comprise solar, wind, hybrid, firm, and dispatchable renewable energy projects. The Group was founded in 2003 by Upadhyay, who is also the founding member of the Indian Solar Power Association.

Buy dips in auto stocks amid Tesla's India debut, Trump tariffs: Analysts

New Delhi. Auto stocks to buy: Risks emerging from the United States (US) have left investors holding India auto stocks in India worried. US President Donald Trump has announced 25 per cent tariffs on auto imports, while global electric car maker Tesla has taken first steps towards its foray into India.

While the developments are sentimentally negative for related stocks, it may be too early to draw conclusions on the eventual impact, analysts said. They suggest investors buy auto stocks on a dip for long-term gains.

"Tesla entering the India auto market will have a sentimental effect on the listed electric vehicle (EV) players... Meanwhile, tariffs on auto imports into the US would also affect Indian car makers to a certain extent, but we need to see how sustainable these tariffs are," said independent market analyst Ambareesh Baliga.

On Wednesday, US President Donald Trump said he would levy around 25-per cent import tariffs on automobiles, starting April 2, 2025. He, however, did not clarify whether the import tariffs would be on all countries or specific ones. Separately, Elon Musk's global EV giant Tesla is reportedly looking for land parcel to establish an EV manufacturing facility in India.

On the bourses, the Nifty Auto index has slipped 1.17 per cent in the last three sessions as against a flatish Nifty50 index. Among individual stocks, M&M share price has been the worst hit, sliding 6.3 per cent during the period. Tata Motors share price, and Maruti Suzuki India share price have not moved much during this period. Shaken & stirred According to analysts, Donald Trump's tariff announcement has sent 'shockwaves' across the auto industry; however, the implementation might be tough as it may be inflationary for the US consumers.

Will volatility dampen the IPO market in 2025 Here's what experts predict

New Delhi. Indian primary markets, which saw 331 new offerings raise a combined Rs 1.68 trillion in 2024, have so far been lackluster in calendar year 2025 (CY25). So far in 2025, 9 mainline companies—including Hexaware Technologies, which made its debut on Dalal Street on Wednesday—have raised an estimated Rs 15,108 crore from the markets. However, their subscription levels have been much lower, often in single digits, influenced by the volatility in the secondary markets. That said, data sourced from PrimeDatabase suggests that the IPO pipeline for CY25 continues to remain strong, as 44 companies have already received approval from the Securities and Exchange Board of India (Sebi) for their IPOs, which are estimated to collectively raise approximately Rs 66,095 crore. In addition, 67 other companies have filed their draft papers with Sebi, PrimeDatabase suggests, and are awaiting approval, with the total amount estimated to be raised by these companies pegged at around Rs 1.17

trillion. Market analysts, however, remain divided on the outlook for the primary markets in the months ahead, given the ongoing volatility. The benchmark equity indices, BSE Sensex, have corrected around 11.64 per cent, and Nifty50 has dropped 12.68 per cent from their all-time highs. Independent market analyst Ambareesh Baliga expects the nervousness in the secondary markets to rub-off on the fund raising via the primary markets in the months ahead. Tepid performance of the secondary markets, he said, can see a drop in the demand for fresh paper. Lower subscriptions of the recently closed IPOs, he said, are a testimony to this. "A weak company with weak financials, which earlier would have been easily subscribed to, may not get subscribed now. If any of these IPOs open and are later withdrawn, it will be significantly negative for the IPO pipeline. Whenever this has happened in the past, the number of issues that hit the



primary markets have dropped. Also, a weak listing discourages investors, even the long-term ones," Baliga added.

At the bourses, meanwhile, out of the 9 stocks that debuted at the exchanges in CY25, 3 are trading below their listing as well as their issue price, while 6 are trading above their listing price. Though the fortunes of the primary and secondary markets are inter-linked, Mahavir Lunawat, group founder and managing

director of Pantomath Financial Services, believes that the ongoing volatility will not impact the IPO markets much. Once the dust settles in the secondary markets, he believes primary market activity, too, will gather steam.

Lunawat expects companies to raise around Rs 2 lakh crore from public offerings this year alone and further expects around 1,000 companies to go public in the next two years, compared to 851 IPOs in the last six years.

"Any significant volatility in the primary markets also impacts other market segments. But having said that, the good part is that there is ample liquidity, and the market continues to deepen fundamentally. There is demand for good issues priced reasonably. The moment the secondary market stabilizes and volatility settles, we will likely see an increase in the number of offers," Lunawat added.

Is India's economy set for a strong recovery Here's what RBI says

New Delhi. India's economy appears to be gaining momentum in the latter half of 2024-25, according to the RBI's latest bulletin. Indicators such as vehicle sales, air travel, steel consumption, and GST E-way bills suggest that economic activity is picking up and could sustain this pace. However, the central bank has also flagged some global risks that could derail economic growth. A strong US dollar, propped up by the resilience of the American economy and shifts in trade policy, is putting pressure on emerging markets.

This has led to foreign investors pulling out money and currencies taking a hit. FPIs withdrew \$6.7 billion from India in January 2025, with equity outflows alone at \$8.4 billion. The rupee weakened by 1.5% last month, though

it remained relatively stable compared to other currencies. Domestically, rural demand is holding firm, thanks to a strong agricultural sector. In cities, lower inflation and tax relief from the



Union Budget could give spending a lift. The RBI's Economic Activity Index (EAI), which tracks 27 indicators, also points to steady growth. Globally, economic growth

remains mixed, with markets reacting to inflation worries and trade policy changes. Despite these uncertainties, foreign direct investment (FDI) in India jumped 20.6% to \$62.5 billion between April and December 2024. The banking sector is also seeing some shifts. Public sector banks have been handling a bigger share of transactions, and UPI failures have gone down even as transaction volumes increase. The government's push on capital spending, MSMEs, agriculture, and exports is expected to help the economy in the long run while keeping the fiscal deficit in check. A recent repo rate cut might also support domestic demand. In short, while the Indian economy is showing signs of resilience, external risks remain a challenge.

Will tax cuts for middle class in budget help boost consumption RBI says this

NEW DELHI. The Reserve Bank of India (RBI), in its latest bulletin on February 19, said the tax cuts in the Union Budget 2025, along with cooling inflation, should help people spend more. The new RBI Governor, Sanjay Malhotra, backed this up in the February MPC meeting.

The RBI bulletin pointed out that the government has given a Rs 1 lakh crore tax break to the middle class, which should leave more money in their pockets. "On the direct tax front, the Budget proposes tax relief of Rs 1 lakh crore focused on middle-class taxpayers, which is expected to bolster household disposable incomes, and stimulate consumption, savings, and investment. In the realm of indirect taxation, revised customs duties target tariff simplification and address duty inversions," it stated. The government is planning to collect 12% of GDP in taxes in 2025-26—the highest since 2007-08. "The tax relief is expected to enhance disposable incomes and provide a boost to household consumption and

GenNext less focused on building companies: Uday Kotak

MUMBAI. Veteran banker Uday Kotak has warned that India's economic 'animal spirits' are fading as the next generation of business families focuses more on managing investments than building and running companies.

Kotak also called for a cohesive strategy from policymakers to counter the "vacuum cleaner" effect of US policies, which are pulling foreign capital away, straining the current account, and affecting the exchange rate and liquidity.

Speaking at the group's flagship investor event, Chasing Growth 2025, he said, "What concerns me is that many in this generation are taking the easy way out, especially in the post-Covid world. They claim to be managing family offices and investments, trading in the stock market, allocating funds to mutual funds, and treating it as a full-time job." He added, "If someone has sold a business, they should be thinking about starting, buying, or building another business. Instead, I see many young people saying, 'I'm running my family office.' They should be creating real-world businesses. Why not start

from scratch?," he said. While acknowledging the importance of startup funding, Kotak questioned why individuals at 35 or 40 were not contributing directly. "I would love to see this generation be hungry for success and build operational businesses. Even today, I firmly believe that the next generation must work hard and create businesses rather than becoming financial investors too early in life."

Kotak also highlighted the risks of relatively high stock valuations in India. "Should we continue encouraging retail investors to keep buying? Retail investors in India are funneling money into equities daily, contributing to domestic institutional flows. Money from individuals from Lucknow to Coimbatore is flowing to Boston and Tokyo," he said, noting that the next generation must work hard and create businesses rather than becoming financial investors too early in life.

"The US dollar is acting like a vacuum pump, sucking capital out of emerging markets," Kotak said, pointing to the impact of a strengthening dollar and

rising US Treasury yields above 4.5%, which are drawing capital from global markets. Indian stock valuations remain significantly higher than those in most other global markets.

India's external account has three key components: foreign portfolio investment (FPI) at \$800 billion, foreign direct investment (FDI), including both listed and unlisted capital, at close to \$1 trillion, and \$700 billion in external commercial borrowings. This brings the total repatriable capital stock to \$2.5 trillion, while forex reserves - net of RBI's forward short positions - stand at \$560 billion. India has seen exits from both FPIs and FDI

Companies like Whirlpool and Hyundai are reducing their holdings in Indian arms due to high valuations. In the financial sector, Prudential is looking to sell its stake in Prudential ICICI AMC through an offer for sale. "This \$2.5 trillion has the potential to leave. Of course, not all of it will, but could 5% exit? Could \$100 billion flow out in a year? We have seen that happen before.



investments," the bulletin added.

The Union Budget 2025 raised the tax-free income limit under the new regime from Rs 7 lakh to Rs 12 lakh. The tax slabs have been changed across all income levels. The government expects to lose about Rs 1 lakh crore in direct tax revenue and Rs 2,600 crore in indirect taxes. The RBI bulletin said the Budget is pushing for more spending while keeping an eye on where the money goes. The capital expenditure-to-GDP ratio is expected to rise to 4.3% in 2025-26 from 4.1% in 2024-25 (RE). At the February MPC meeting, Governor Malhotra said, "rural demand continues to be on an uptrend, while urban consumption remains subdued with high frequency indicators providing mixed signals."

He added that "going forward, improving employment conditions, tax relief in the Union Budget, and moderating inflation, together with healthy agricultural activity bode well for household consumption." The MPC also backed this view, saying, "household consumption is expected to remain robust aided by the tax relief in the Union Budget 2025-26

Dalal Street carnage: Top market investors lose over Rs 80,000 crore. Check details

The recent stock market downturn has wiped out over Rs 80,000 crore from the portfolios of some of India's most renowned investors, such as Radhakishan Damani and the Jhunjhunwala family.

New Delhi. In the stock market, investors often look up to the 'big bulls' for inspiration, believing their strategies are nearly foolproof. But Dalal Street has proven yet again that no one, no matter how seasoned, can escape its unpredictable swings. The recent stock market downturn has wiped out over Rs 80,000 crore from the portfolios of some of India's most renowned investors. From Radhakishan Damani's losses in Avenue Supermarts to the late

Rakesh Jhunjhunwala's family portfolio taking a hit, even the market's heavyweights have felt the heat. As stock prices, especially those of midcap and smallcap companies, continue to fall, the wealth of top market players has seen a decline.

Since October 1, the combined value of the top 10 individual investors' portfolios has dropped by nearly Rs 81,000 crore. Some investors have managed to limit their losses, but many have taken a major hit.

D-Mart founder Radhakishan Damani has faced the biggest loss, with his holdings falling by Rs 64,000 crore, or 28%, since October 1. His total portfolio value has dropped from Rs 2.31 lakh crore to Rs 1.67 lakh crore, as per data from Primeinfobase.com, reported The Economic Times (ET). Shares of his flagship company, Avenue Supermarts, have fallen 27%, while Trent, his second-largest investment, has plunged 32% during this period.

The decline in investor wealth is largely due to the broader market selloff. The Nifty index has fallen by 11% since

October 1, while the Nifty Midcap 150 and Nifty Smallcap indices have declined by 17% and 22%, respectively. The selloff has been driven by foreign portfolio investors (FPIs), who have sold Indian equities worth over Rs 2.5



lakh crore. The damage is even deeper in the smallcap segment, where several stocks have plunged between 30% and 80%. The family portfolio of the late Rakesh Jhunjhunwala has also seen a sharp decline of 19% since October 1, excluding the newly listed Inventurus Knowledge Solutions, in which the family holds a 49.54% stake valued at Rs 14,400 crore. Including this holding, the

total portfolio value of the Jhunjhunwala family stands at around Rs 59,709 crore.

Investor Akash Bhanshali has witnessed a 16% erosion in his portfolio value since October. Gujarat Fluorochemicals, his largest holding, has lost 13% during this period. However, his second-largest investment, One 97 Communications (Paytm's parent company), has gained 5%, helping to cushion some of the losses. Former investment banker-turned-entrepreneur Hemendra Kothari has seen his wealth from listed firms decline by 29%. His two biggest holdings, Alkyl Amines Chemicals and Sonata Software, have dropped 28% and 33%, respectively, since October 1.

Despite the market turmoil, some investors have managed to limit their losses. Mukul Agrawal of Param Capital has seen only a 6% decline in his portfolio, mainly due to a 40% rise in BSE shares since October 1. His other top holdings, Neuland Laboratories and Radico Khaitan, have remained stable. Investors such as Ashish Kacholia and Yusuffali Kader have also managed to keep their losses within single digits.

BJP's Vijender Gupta, once thrown out of Delhi Assembly, comes back as Speaker

Vijender Gupta, who won in 2015 and 2020 amid the Kejriwal wave, will chair the proceedings of the Delhi Assembly from where he was once dragged out.

➤ **Vijender Gupta to be Delhi Assembly Speaker, Mohan Bisht his deputy**
 ➤ **Gupta won in 2015 and 2020 amid the Arvind Kejriwal wave**
 ➤ **Defeated AAP's Pradeep Mittal by over 37,000 votes in Rohini**

New Delhi. Dramatic visuals of veteran BJP leader Vijender Gupta being marshalled or dragged out of the Delhi Assembly were a common sight during the 10-year rule of the AAP. Now, with the tables having turned and the BJP back in power after 27 years, Gupta has been named the Speaker -- in a moment of poetic justice.

Interestingly, both the former Speaker, Ram Niwas Goel, and Arvind Kejriwal are no longer part of the Assembly. Vijender Gupta, who won in 2015 and 2020 amid the Kejriwal wave, where



the AAP swept Delhi with a brute majority, will now chair the proceedings of the House from where he was once dragged out. Gupta, who belongs to the Baniya community, won the Rohini Assembly seat for a third consecutive time, defeating

AAP's Pradeep Mittal by over 37,000 votes. The veteran BJP leader, who was the Leader of the Opposition in the Assembly, has also served as the president of the Delhi BJP unit.

Born on August 14, 1963, Vijender Gupta graduated from Shri Ram College of Commerce. He cut his teeth in politics in 1980 with the Janata Vidyarthi Morcha and later became president of BJP's youth wing in 1995. Gupta first tasted electoral success in 1997 when he became a councillor in the Municipal Corporation of Delhi (MCD).

However, he faced defeat in his first Lok Sabha contest, losing to Congress's Kapil Sibal in 2009 from Chandni Chowk. Four years later, he was defeated by Arvind Kejriwal in the 2013 Delhi Assembly elections.

However, Gupta, who wields influence among the trader community, bounced back in 2015 by winning the Rohini seat. That year, he was only one of the three victorious candidates of the BJP.

He retained the seat in 2020 and 2025 and is now set to begin another journey in his political career as Assembly Speaker.

AAP's mohalla bus service set for rebranding



NEW DELHI. The mohalla bus service, a key initiative of the previous Aam Aadmi Party (AAP) government in Delhi, is likely to be rebranded under the newly formed BJP administration, according to officials. The project, which aims to provide last-mile connectivity for Delhi residents, has been delayed for months. Around 200 buses, meant to navigate the city's narrow lanes, have been waiting for clearance at the Kushak Nala depot.

With the new government in place, officials suggest that the long-awaited service may finally be launched, possibly under a different name. The AAP government had envisioned the mohalla bus service on the lines of mohalla clinics, intending to make travel more accessible for people in congested areas.

To determine suitable routes, a survey was initiated months before the assembly elections. A committee, comprising IIT Delhi experts, transport officials and artificial intelligence specialists, was tasked with the planning. However, the final routes were not decided before the elections, causing further delays in launching the service.

With the new administration taking charge, the transport minister is expected to play a crucial role in reviving the project. Sources indicate that the operation of these buses may be included in the government's 100-day action plan. This would involve finalising the routes, conducting technical inspections, and assigning staff to ensure the buses are operational soon. During the election campaign, BJP leaders had criticised the mohalla bus service, calling it a waste of resources.

Activists, academicians unite at Jantar Mantar in solidarity with Jamia students

NEW DELHI. Following the overwhelming solidarity shown by Jamia Millia Islamia students through a class boycott and the submission of a memorandum to the Dean of Students' Welfare, the seventeen suspended students organised a public gathering at Jantar Mantar on Wednesday. The protest saw massive participation from students, civil society members, professors, and activists, all united in their demand for justice and the restoration of democratic rights on campus.

The memorandum, submitted earlier, had given the administration 48 hours to revoke the suspension notices and disciplinary actions against the students and withdraw the oppressive office memorandum issued in August 2022 and other related orders that stifle students' rights to organize and express themselves.



One of the SFI leaders stated, "Despite the deadline, the administration has remained silent, refusing to engage with the students or address their concerns. This lack of response compelled the suspended students to take their struggle to the public, seeking broader solidarity and support." Sakshi, one of the suspended students, SFI Jamia President, and moderator of the event, highlighted how the administration has criminalized students for organizing reading sessions, cultural activities, and other gatherings. She emphasized that the August 2022 memorandum violates students' fundamental constitutional rights to freedom of expression and assembly. Professor Nandita Narain, extending solidarity on behalf of Delhi's academic community, said, "Students are exercising their fundamental constitutional rights and responsibilities as citizens of a democratic India. They have the right to critical and scientific thinking, to question government policies, and to engage in meaningful dialogue. The teachers stand firmly with the students of Jamia in this fight."

Over 30% Decline In Suicide Death Rates In India From 1990 To 2021: Report

New Delhi. India has seen a more than 30 per cent reduction in the suicide death rate in India from 1990 to 2021, according to a study published in The Lancet Public Health on Thursday, marking a significant progress in health strategies. The analysis, based on the results from the Global Burden of Diseases, Injuries and Risk Factors Study (GBD) 2021, showed that the suicide death rate in India was 18.9 per lakh population in 1990, in 2019 it stood at 13.1 lakh per lakh population and 13 per lakh population in 2021.

From 1990 to 2021, the suicide death rate in India declined to 31.5 per cent. The reduction in death rates by suicide was seen more in females than males. In 1990 suicide death rate among females stood at 16.8 per lakh population, which reduced to 10.3 per lakh

population in 2021.

On the other hand, the suicide death rate among men in 1990 stood at 20.9 per lakh population, and it reduced to 15.7 per lakh population by 2021.

"In 2020, in India, the highest suicide death rates were among educated women, with family problems being the most commonly cited contributing factor," said the researchers from the Institute for Health Metrics and Evaluation (IHME) at the University of Washington, US.

Globally, the study showed about 740,000 suicides are reported annually, in other words, one person dies on average every 43 seconds by suicide.

However, in the last three decades, the global age-standardised mortality rate for suicide has declined by nearly 40 per cent -- from about 15 deaths per

lakh population to 9 deaths per lakh population. This indicates that intervention and prevention strategies are working.

For females, the rate declined by more than 50 per cent, while it declined by almost 34 per cent for males. Overall, the mortality rate for suicide was 12.8 per lakh population for males and 5.4 per lakh population for females.

"While the progress made in declining suicide rates is encouraging, it is clear that suicide continues to impact some countries and populations more than others. Removing suicide stigma and barriers to access mental health support systems remain critical measures, particularly among people with mental and substance abuse disorders," said senior author Dr. Mohsen Naghavi with IHME.

Disturbing: Supreme Court pauses Lokpal order on power to probe High Court judges

The Supreme Court took up the matter suo moto following an order passed by the Lokpal last month while it was hearing two complaints filed against a judge of a High Court.

New Delhi. The Supreme Court on Thursday paused an order of the Lokpal which ruled that it had the power to probe High Court judges under the Lokpal and Lokayuktas Act, 2013. Calling the Lokpal order "very disturbing", the Supreme Court issued a notice to the Centre and the Registrar of Lokpal.

The Supreme Court had taken up the matter suo moto following the order passed by the Lokpal, the anti-corruption ombudsman, on January 27 while it was hearing two complaints filed against a sitting additional judge of a High Court. The top court, however, directed the complainant not to disclose the name of the High Court judge.

Solicitor General Tushar Mehta, representing the Centre, said that

Lokpal's interpretation was wrong and High Court judges cannot fall within the ambit of Lokpal.

The Lokpal's ruling came while it was



hearing two complaints that accused a High Court judge of influencing an Additional District Judge and another High Court judge who was dealing with a suit filed against the complainant by a company.

The complainant alleged that the company was earlier a client of the High Court judge while he was an advocate. The Lokpal bench, headed by Justice AM Khanwilkar, ruled that a High Court judge fell under the definition of a "public servant" and the Lokpal and Lokayuktas Act does not exclude judges.

However, the Lokpal had sought the guidance of the Chief Justice of India on the issue and deferred further action on the complaints.

"We make it amply clear that by this order we have decided a singular issue finally -- as to whether the judges of the High Court established by an Act of Parliament come within the ambit of Section 14 of the Act of 2013, in the affirmative. No more and no less," the Lokpal said.

Delhi witnesses light showers; more rain, snowfall likely in north India

Delhi Weather: The squall brought the warmth being recorded in Delhi weather over the past few days down, as temperatures hovered around 16 to 17 degrees Celsius at around 5:30 am on Thursday.

Temperature dropped to around 16-17 degrees Celsius
No reports of waterlogging, traffic movement unaffected
Western disturbance may bring more rain and snow in North India

New Delhi. Delhi woke up to light showers and drizzle on Thursday morning as rain lashed parts of the National Capital Region (NCR) including Gurugram, Ghaziabad, Noida, and Faridabad among others.

The squall brought the warmth being recorded in Delhi weather over the past few days down, as temperatures hovered around 16 to 17 degrees Celsius at around 5:30 am on Thursday, the weather department data showed.

Almost every part of the capital received rain with no reports of waterlogging anywhere, thus hardly affecting vehicular movement in the city.

The rain was attributed to the Southeast-Northwest oriented cloud convection as predicted by



the India Meteorological Department on Wednesday. "Southeast-Northwest oriented cloud convection moving northeastwards may cause Very Light/Light rainfall over Gurugram, Faridabad, Noida and very light rainfall/drizzle over

'Hymen area seems partially broken', say medical reports of five-year-old

NEW DELHI. The medical reports of the five-year-old girl, allegedly sexually assaulted by a Class 12 student of the same city school have revealed that her "hymen area seems partially broken". The accused is son of a Kenyan diplomat posted in New Delhi. According to the parents, the Class 1 student was taken for medical examination twice after the alleged assaults occurred in August last year. "Around the last week of August 2024, our daughter complained of frequent urination during the day, approximately every 30 minutes. For that, we spoke to our paediatrician over the phone, and he asked us to get her tested for UTI. We did the tests, and it turned out to be negative," said the mother of the survivor told this newspaper on Wednesday.

She said that frequent urination along with pain in the same area continued for a few more weeks. They saw another doctor who wrote, "The symptoms (frequency of urination, three weeks, history of manipulation present, local examination normal at present, except that hymen couldn't be visualised)." They visited the two doctors last year on September 16 and 24, respectively.

"After being asked repeatedly, my daughter told us it happened twice by the same person on her school bus. She was terrified and did not give us more details. Our doctor recommended getting the same verified by a gynaecologist, which we did the following day (on September 17) in Apollo Hospital, and she gave us a prescription confirming the same," the mother added.

As per the medical report of Rainbow Children Hospital, accessed by this newspaper, there is a history of manipulation. "Local examination normal except that hymen couldn't be visualised," read the report. In another report from Apollo Hospital, the medical examiners stated that there was no obvious hurt or bleeding in the vaginal area but marked redness around the urethra hymenal area, which seems partially broken.

Delhi taxi owners protest as fitness tests halted over colour-coded stickers



NEW DELHI. Taxi owners in the city are perturbed after the Transport Department suspended fitness checks for vehicles without the mandatory colour-coded stickers. These stickers, required along with the high-security number plate (HSRP), indicate the vehicle's fuel type and emission category.

Taxi unions argue that even vehicles with proof of sticker application are being denied fitness checks despite presenting their receipts. Taxi unions alleged that since last week, the Transport Department has refused to conduct fitness tests on vehicles without these stickers.

They pointed out that even those who have applied for the stickers and are waiting for them to be installed are facing problems. The delay in receiving stickers, which takes 10 to 15 days, has made it difficult for taxi owners to keep their vehicles on the road legally.

Without a valid fitness certificate, these vehicles risk heavy fines if they operate. "It's a total harassment of taxis that even when they have booking receipts for the stickers, the department is not allowing fitness checks. There is no utility of such color coded stickers when all taxis display stripes mandated by the government," RS Rathore, president of the All India Auto-Taxi Transport Congress Union, said. The unions have demanded an extension until March 31 for all vehicle owners to get their stickers. Many states have granted such extensions following court orders, but Delhi has not provided any relief. Taxi unions also plan to meet the Transport Commissioner to raise their concerns. No response was received from the department. According to the rules, vehicles must display colour-coded stickers on their front and rear windshields.

NEWS BOX

Trump freezing US foreign aid could give China opening on the world stage

WASHINGTON. President Donald Trump's restrictions on foreign aid and targeting of a key agency funding programs around the world may be offering an opening to America's biggest adversary—China.

In Cambodia, the contrast could not be sharper than China sending \$4.4 million to support demining operations, as Trump halted a \$6.3 million grant from the State Department's Office of Weapons Removal and Abatement partly meant to clear "US-origin unexploded ordnances as the remnants of war."

Administration officials say it's past time to review how America spends money abroad. Asked if the US was giving China and Russia an opening for greater global influence, national security adviser Mike Waltz denied that, telling NBC's "Meet the Press" recently that "all too often, these missions and these programs ... are not in line with strategic US interests like pushing back on China."

What it means for the US to step back Experts and lawmakers disagree on the impact of the US taking a step back from foreign aid. Lawsuits are challenging the administration's freeze on foreign assistance and moves against USAID, with temporary holds on some of those efforts.

Ice Loss From World's Glaciers Has Accelerated Over Past Decade: Scientists

Paris, France. Ice loss from the world's glaciers has accelerated over the past decade, scientists said on Wednesday, warning that melting may be faster than previously expected in the coming years and drive sea levels higher.

Zemp, who leads the WGMS, said the team's observations and recent modelling studies suggest that glacier melt this century will be faster than projected in the most recent assessment by United Nations IPCC climate experts.

US Declares 8 Drug Cartels, Criminal Gangs As 'Global Terrorist' Groups

Washington, United States. The United States is designating Venezuela's Tren de Aragua, Mexico's Sinaloa Cartel and six other drug trafficking groups with Latin American roots as "global terrorist" organisations, according to a federal notice Wednesday.

The groups targeted include the international crime gang MS-13, with roots in El Salvador, as well as Mexican syndicates the Gulf Cartel, the Jalisco New Generation Cartel, the Northeast Cartel, the New Michoacan Family and the United Cartel.

A public notice by Secretary of State Marco Rubio states that those organizations designated are "foreign persons that have committed or have attempted to commit... acts of terrorism that threaten the security of United States nationals or the national security, foreign policy, or economy of the United States."

On his first day back in office last month, Trump declared a national emergency at the southern US border and vowed to deport "millions and millions" of migrants.

German voters prepare to elect a new parliament. Here's what to expect on and after election day

BERLIN. German voters go to the polls Sunday to elect a new parliament that will determine how the country is run for the next four years. Europe's biggest economy is the 27-nation European Union's most populous nation and a leading member of NATO, as well as the second-biggest weapons supplier to Ukraine, after the United States, following Russia's full-scale invasion in 2022.

Here's a look at what to expect for Sunday and beyond.

What happens on election day?

Polls are due to open at 8 a.m. and close at 6 p.m. Germans can also vote by postal ballot, but their ballot must arrive by the time polling stations close on election day to be counted.



voting ends, and the general picture of the outcome should be clear very quickly. A final official result is expected early Monday.

Who are the contenders?

Four candidates are running to be Germany's next leader: incumbent Chancellor Olaf Scholz, of the center-left Social

Democrats; Friedrich Merz, the candidate of the mainstream conservative Christian Democratic Union party; current Vice Chancellor Robert Habeck, of the environmentalist Greens; and Alice Weidel, of the far-right neo-Nazi, anti-immigration Alternative for Germany, or AfD.

Merz is favored to replace Scholz as chancellor, but it's not yet clear what governing coalitions will be possible after the election. How easy it is to form a government may depend in part on how many parties are in the new parliament.

2 dead after two small planes collide midair in Arizona

World. A midair collision involving two small planes in southern Arizona killed at least two people Wednesday morning, authorities said.



singer Vince Neil after the aircraft veered off a runway in Scottsdale and hit a business jet. Four major aviation disasters have occurred in North America in the last month.

killed when an Army helicopter collided with it in Washington, DC, marking the United States' deadliest aviation disaster since 2001.

Just a day later, a medical transport jet with a child patient, her mother and four others aboard crashed into a Philadelphia neighbourhood on January 31, exploding in a fireball that engulfed several homes.

A multimillion-dollar project was underway to build a tower but delays due to the COVID-19 pandemic pushed back construction.

Hamas to return four Israeli bodies, including a mother and her two young children

KHAN YOUNIS. Hamas is set to return the bodies of four Israeli hostages on Thursday, including a mother and her two children who have long been feared dead and had come to embody the nation's agony following the Oct. 7, 2023, attack.

stage of the ceasefire that have hardly begun. The first phase is set to end at the beginning of March.

Kfir Bibas was just 9 months old, a red-headed infant with a toothless smile, when militants stormed into the family's home on Oct. 7, 2023.



two boys as militants led them into Gaza. Her husband, Yarden Bibas, was taken separately and released this month after 16 months in captivity.

acknowledging that their loved ones were dead. Supporters throughout Israel have worn orange in solidarity with the family—a reference to two boys' red hair—and a popular children's song was written in their honor.

Like the Bibas family, Oded Lifshitz was abducted from Kibbutz Nir Oz, along with his wife Yocheved, who was freed during a weeklong ceasefire in November 2023.

Hamas-led militants abducted 251 hostages, including some 30 children, in the Oct. 7 attack, in which they also killed some 1,200 people, mostly civilians.

It's not clear if the ceasefire will last. Hamas is set to free six living hostages on Saturday in exchange for hundreds of Palestinian prisoners, and says it will release four more bodies next week, completing the ceasefire's first phase.

"The heart of an entire nation breaks," Prime Minister Benjamin Netanyahu said Wednesday in anticipation of the bodies being returned to Israel.

Hundreds of people, mostly masked Hamas fighters, gathered at the handover site on the outskirts of the southern Gaza city of Khan Younis, where large banners had been set up, including one showing an image of rows of coffins draped in Israeli flags.

Israelis have celebrated the return of 24 living hostages in recent weeks under a tenuous ceasefire that paused over 15 months of war. But the handover on Thursday will provide a grim reminder of those who died in captivity as the talks leading up to the truce dragged on for over a year.

Donald Trump's secret peace deal with Russia: What it means for Ukraine

World. US President Donald Trump is pushing for a peace deal with Russia, a move that could significantly impact the ongoing war in Ukraine.

One of the main conditions being considered is Ukraine giving up control of large territories occupied by Russia since 2014. This could include regions currently contested in the war.

2. A Demilitarized Zone between Russia and Ukraine

The plan proposes the creation of a demilitarized zone, which would be monitored by European peacekeepers which may include British troops. No NATO forces.

3. Blocking Ukraine's NATO membership The agreement may also involve blocking Ukraine from joining NATO, a move that could leave Ukraine vulnerable to future military threats.

4. A US-Ukraine trade agreement

A massive trade deal between Ukraine and the US, where America provides security, but in return, gets control over Ukraine's vast mineral wealth, particularly lithium and other valuable resources.

The financial factor: Ukraine paying for US military aid? One of the most controversial

aspects of the proposal involves Ukraine compensating the U.S. for years of military aid. Trump has floated the idea that Ukraine should hand over up to \$500 billion worth

Europe's Response: Concerns over security and stability

European leaders are growing uneasy. UK Prime Minister Keir Starmer has pledged £3 billion annually for Ukraine until 2030, with discussions about British and French troops possibly patrolling a future ceasefire zone.

What's next for Ukraine?

Best-Case Scenario: A stable ceasefire, enforced by European peacekeepers, preventing Russia from further advancing westward. Worst-Case Scenario: A fractured Ukraine, with Russia consolidating power in occupied territories and potentially pushing further into Ukrainian land in the future.



of its mineral reserves to the US as repayment. Ukraine is home to \$12 trillion worth of natural resources — including lithium, a mineral vital for modern technology. However, President Zelensky has strongly opposed the idea, viewing it as an unfair demand.

NEWS BOX

Champions Trophy: Rohit Sharma needs 12 runs vs Bangladesh to achieve historic feat

New Delhi India captain Rohit Sharma is just 12 runs away from reaching a significant career milestone—completing 11,000 runs in One Day Internationals (ODIs). This landmark moment could arrive in India's much-anticipated Champions Trophy opener against Bangladesh on February 20. If Rohit achieves this feat, he will become only the 10th batter in cricket history and the fourth from India to surpass 11,000 ODI runs, joining the elite company of Sachin Tendulkar, Sourav Ganguly, and Virat Kohli. One of India's most prolific ODI batters, Rohit has played 260 innings so far. If he reaches the milestone in the match against Bangladesh, he will become the second-fastest player to do so, surpassing none other than Sachin Tendulkar, who took 276 innings to achieve the feat. Only his long-time teammate and batting stalwart Virat Kohli has reached the mark quicker, doing so in just 222 innings.



Champions Trophy: Full coverage

India enter the Champions Trophy with confidence after a dominant clean-sweep victory over England in their recent home ODI series. Led by Rohit Sharma, the Men in Blue are determined to break their ICC trophy drought and lift the coveted ODI silverware. As they gear up to face Bangladesh at the Dubai International Stadium, Rohit has emphasised that India's spin attack will be crucial to their game plan on the surface of the Dubai International Stadium. India's formidable bowling attack, featuring the likes of Ravindra Jadeja, Kuldeep Yadav, and Varun Chakravarty, will play a key role in dictating terms against the Najmul Shanto-led Bangladesh side.

Speaking about India's preparations, Rohit stated that the team had ticked almost all boxes during the England series and would look to carry forward the ultra-aggressive approach they displayed in the ODI World Cup 2023.

Varun Chakravarty experiment 2.0: Why India fans need to hold their horses

New Delhi India head into the Champions Trophy with their sights set on capturing their long-desired ICC ODI silverware. However, a key factor in their campaign will be the conditions they encounter. India will play all their matches in Dubai, a venue known for being spin-friendly, yet the current surface conditions remain unpredictable. This uncertainty has fueled immense excitement among fans about India's mystery spinner, Varun Chakravarty.

Chakravarty's recent T20I brilliance, highlighted by stellar performances against



Bangladesh, South Africa, and England, has positioned him as one of India's most dependable spinners—or at least that's how fans see him. Boosting his economy to 7.02 since his national comeback, he has picked up 31 wickets in just 12 matches across those three series. His outstanding form earned him a last-minute ODI debut against England, despite not being initially named in the squad.

Yes, these numbers are impressive. But they have also created immense pressure, with fans already expecting him to be India's trump card in the Champions Trophy. The excitement skyrocketed when Chakravarty was drafted into the squad at the expense of Yashasvi Jaiswal, a clear indication that coach Gautam Gambhir and captain Rohit Sharma are backing him. However, it is crucial to remember that Varun is only human. We have seen time and again how fan-driven hype can turn into extreme scrutiny after just one underwhelming performance. Even a bowler of Jasprit Bumrah's calibre was not spared criticism during his injury struggles. While Dubai might offer spin-friendly conditions, expecting Chakravarty to carry India's bowling attack alone is unrealistic.

Mbappe can reach Cristiano Ronaldo's level at Real Madrid: Ancelotti on hattrick hero

Kylian Mbappé's stunning hattrick against Manchester City powered Real Madrid into the Champions League Round of 16, prompting coach Carlo Ancelotti to compare him to club legend Cristiano Ronaldo as Los Blancos chase European glory.

New Delhi Real Madrid fans erupted with joy as Kylian Mbappé delivered a stunning hattrick to propel Los Blancos into the Champions League Round of 16, securing a 3-1 victory over Manchester City on February 20. The win sealed Real Madrid's qualification with an impressive 6-3 aggregate score across both legs, reinforcing their status as serious contenders for European glory. Mbappé, who has long dreamed of wearing the iconic white jersey,



initially had a measured start at Real Madrid, but his sensational performance against Pep Guardiola's City has now elevated him to 28 goals across all competitions this season. The French star's growing influence at the club has drawn widespread praise, none more significant than that of Real Madrid head coach Carlo Ancelotti. Mbappé opened the scoresheet for Real Madrid in just the fourth minute of the game, setting the tone for the night. He doubled the lead in the 33rd minute, capitalizing on City's defensive lapses. His hat-trick goal came in the second

half, on the 66th minute, further deepening City's struggles. Their misery was somewhat softened when new signing Nico González pulled one back for Guardiola's side in stoppage time (90+2), but it was too little, too late. Speaking after the match, Ancelotti lauded Mbappé's brilliance and even made a bold prediction: if the 25-year-old continues to play at his full potential, he could reach the legendary heights of Cristiano Ronaldo at the club. The comparison is a monumental one, as Ronaldo remains Real Madrid's all-time leading goalscorer with 451 goals in

438 appearances, winning four Champions League titles, two LaLiga crowns, two Copa del Rey trophies, and multiple domestic and international honors. Everyone was waiting for this hat-trick from him and it has finally arrived," Ancelotti said. "He has the quality to reach the level of Cristiano [Ronaldo]. He has to work. Cristiano set the bar very high. He's started his career at this club now. I think with his quality, and the excitement he has about playing here, he can reach Cristiano's level, but it won't be easy. He'll have to work at it," he added. While Ancelotti acknowledged that Ronaldo's legacy remains an incredibly high standard for any footballer at Real Madrid, he believes Mbappé has the talent, drive, and consistency to carve his own era of dominance at the Santiago Bernabéu. Given his electric pace, clinical finishing, and big-game mentality, Mbappé has already showcased why he was Real Madrid's most sought-after signing for years.

With Los Blancos eyeing yet another Champions League triumph, Mbappé's rise to prominence comes at the perfect time. If he continues to produce match-winning performances like his hat-trick against City, he could very well be on his way to etching his name among the greatest players to ever wear the famous white shirt.

Champions Trophy 2025: How have India fared at mini-World Cup in the past

India's history at the Champions Trophy: India have been one of the most successful sides in the history of the Champions Trophy. India will enter this year's competition as favourites to win the title once again under the leadership of Rohit Sharma.

New Delhi The ICC Champions Trophy 2025 is well and truly underway, but all eyes will be on the Indian team who will take to the field on Thursday, February 20 for their first match of the tournament. India will be taking on Bangladesh in their campaign opener at the Dubai International Cricket Stadium in Dubai. India come in as the favourites for the tournament with Rohit Sharma and his men boasting a very strong squad. Playing all their matches in Dubai, India will be facing Pakistan in a high-stakes clash on February 23 and New Zealand on March 2. The Indian team will

heavily depend on their batting prowess as stars like Rohit Sharma, Shubman Gill and Virat Kohli will be expected to lead from the front. While Jasprit Bumrah's absence has been a blow, the squad does have Mohammed Shami, Arshdeep Singh and Harshit Rana as the pacers and a strong



spin unit.

ICC Champions Trophy 2025: Full Coverage With the favourites tag firmly on them, let's have a look at how well India have performed in the mini World Cup.

India's history at the Champions Trophy India have won the Champions Trophy twice and made it to 4 finals in the 8 editions of the

Champions Trophy so far. India were joint-winners with Sri Lanka in 2002 and then defeated England to win the title under MS Dhoni in 2013. Bangladesh (1998):

The Champions Trophy started off as the ICC Knockout trophy with teams getting eliminated after a loss. India had a great start to the campaign as they defeated

Australia in their opening match by 44 runs. However, the Mohammed Azharuddin-led side would lose to West Indies in the semi-final by 6 wickets.

Kenya (2000):

The ICC Knockout 2000 saw the Indian team put on a sensational display in the competition. After defeating Kenya in the quarter-final, India went on to defeat Australia thanks to a fine performance from a young Yuvraj Singh, who scored a brilliant 86, which helped India score 265 for 9. Australia were bundled out for 245 runs as India progressed to the semi-finals.

India defeated South Africa to reach the final, where they would fall to New Zealand as Chris Cairns 102 would eclipse the 117 scored by Sourav Ganguly.

Champions Trophy: Who said what as Pakistan capitulate against New Zealand in Karachi

New Delhi Pakistan were hammered by 60 runs in their opening match of the ICC Champions Trophy 2025 on Wednesday, February 19 at National Stadium, Karachi. The hosts were off to a disastrous start in their chase, having been reduced to 22/2 in ten overs. Pakistan were eventually bundled out for 260 in 47.2 overs, losing the game by 60 runs as they got their title defence off to a miserable start.

Following his team's hammering, captain Mohammad Rizwan rued the loss of momentum in the middle overs, crediting Tom Latham and Will Young for their game-changing partnership. He also mentioned how Fakhar Zaman's inability to come out to bat in his original position derailed their chase right from the get-go.

PAK vs NZ Champions Trophy 2025 Highlights I think they made a very good target, we didn't expect they would get 320. We thought around 260 when we took early wickets. The Will Young-Latham partnership was crucial. We tried, but they

played very smartly and that's why they got to that total. The pitch was not easy to bat early on, but Will Young and Latham's innings were crucial. Our execution in the end overs was not good, and that's why they



made that score," said Rizwan in the post-match presentation. "[On Fakhar's injury] Let's see what the result from the [scan] is. We lost momentum twice, first in the death overs and then in the powerplay with the bat. Losing Fakhar Zaman [as opener] was crucial. We didn't want to put pressure on ourselves by thinking we are defending

champions. This match is gone, and the next match is another normal match for us," he added.

On the other hand, New Zealand skipper Mitchell Santner credited Pakistan for bowling well in the middle stages and praised Tom Latham (118*) and Will Young (107) for their game-changing knocks. The duo added 118 runs (126 balls) for the fourth wicket after the Kiwis were on 73/3. Latham also got involved in a 125-run partnership off just 74 balls with Glenn Phillips (61 off 39) to propel his team's score to 320. "I thought Pakistan bowled well, even through the middle stage, but the well Young and Latham rotated the strike and got the odd boundary really set us up. We were thinking 260-280, but it shows what you can do if you have a platform and wickets in hand. After the score we got, the first 10 overs with the ball were outstanding, the way our new-ball guys were able to smash a length. We built the run-rate pressure and were able to chip wickets throughout.



defending champions after they won the title when the tournament took place in 2017 in England and Wales.

SCENARIOS: HOW CAN PAKISTAN QUALIFY

Lose both the remaining games - knocked out. Win one of the two remaining games - Depend on other teams and Net Run Rate to progress.

Win both of their remaining games - Likely to qualify, Net Run Rate might come in the picture. Pakistan's next match is against arch-rivals India on Sunday, February 23 at the Dubai International Cricket Stadium. They will face Bangladesh in their final league game in Rawalpindi on February 27.

Pakistan stutter in Champions Trophy opener After being asked to bat first, New Zealand put up a massive score of 320 for five on the board.

Champions Trophy 2025: India should take the punt with Rishabh Pant over KL Rahul

Champions Trophy 2025: The Indian team management maybe backing KL Rahul as the No.1 wicketkeeper at the moment but the champions trophy could be the right platform to take the punt with Rishabh Pant.

New Delhi When Rishabh Pant made his long-awaited return from injury, a lot was expected from the wicketkeeper-batter. Many were wondering which Pant we would be getting as he had returned after a life-altering car accident. But the 27-year-old remained the same and stuck with his principles. A great return in the IPL 2024 season saw Pant score 446 runs in 13 matches at an average of 40.55 and a strike-rate of more than 155. He carried

this form into the T20 World Cup 2024, where he played a role in India's triumph. The return to Test cricket has seen Pant score 677 runs since the beginning of 2024, with a hundred and 4 fifties to his name. However, in ODIs, Pant still remains an enigma. He has played only one match since his return and he scored just 6 runs off 9 balls against Sri Lanka. Since then, KL Rahul has been keeping wickets for India with Gautam Gambhir even extending his support for the 32-year-old.

Champions Trophy: Full coverage

KL is our No 1 wicketkeeper and this is what I can say at the moment. Rishabh Pant will get his chance but at the moment it is KL who has done well and we cannot play two wicketkeeper-batters," said Gambhir after the England series. While the support has been great for Rahul, the returns haven't really justified his inclusion in the side. Since the start of 2024, Rahul has scored just 83 runs in 5 matches at an average of 16.60. His



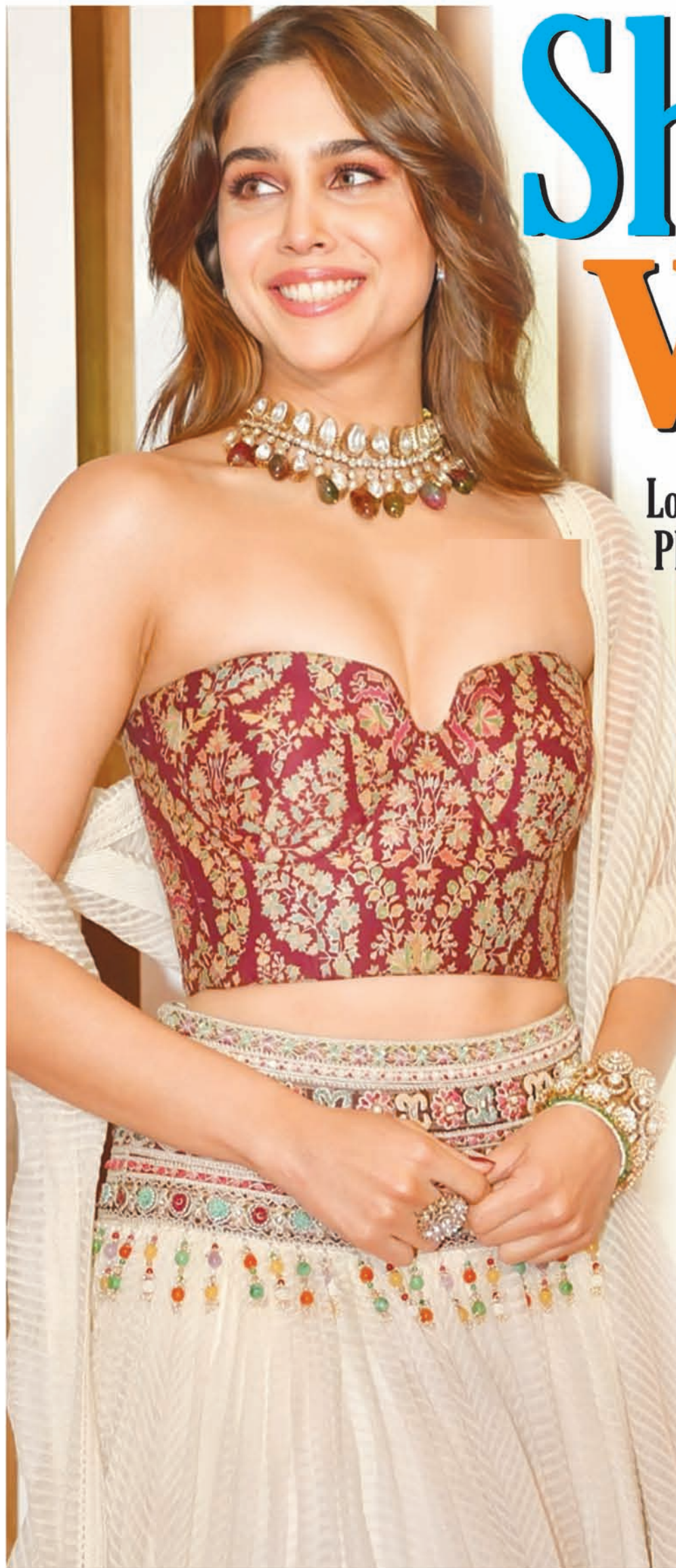
best score of 40 came in the final match of the series against England. So it is time that India takes the punt with Pant in the all-important Champions Trophy ahead of Rahul?

Pant has the X-factor

"He's an X-factor player. So, when you are looking at having an X-factor player in your

team, it's going to be an added advantage all the time." "That's why the expectations are on him, and he's also determined. When you're looking at him and being part of the team, obviously he's there to make it count and have that impact," said Zaheer Khan.

And this is what India might need in the Champions Trophy. Pant will come in at No.5 in a situation when India may need him to play a counter-attacking knock or when they need the 27-year-old to give some momentum to the side. With an array of unorthodox shots and raw power, Pant can easily put the pressure back on the opposition. Rahul, for his elegance and class, has sort of failed in doing this ever since that forgetful day for him during the World Cup 2023 final. Pant has come in at the No.5 spot 7 times in his career and has scored 310 runs at an average of 44.28 and a stunning strike-rate of 136.56.



Sharvari Waggh

Looks Breathtakingly Gorgeous In Latest Photos, Makes Fans' Heart Skip A Beat



Sharvari is one of the prettiest Bollywood stars and there is no doubt about it. Each time she drops photos of herself on social media, she leaves fans in complete awe. On Tuesday too, Sharvari took to her Instagram handle and shared a glimpse of her recent photoshoot, which is now setting fire online. In these latest clicks, Sharvari was seen flaunting her million-dollar smile in a cream-coloured off-shoulder top. The actress kept her tresses open and opted for minimal accessories and glam makeup. Needless to say, Sharvari looked stunning as always.

Soon after the photos were shared, fans rushed to the comments section to praise their favourite rising star. "I love the way she smiles and those moles we should all love to embrace them just like sharvarione of the fans wrote. "The peace her smiling face holds added another. "I feel okay when I see you smile" a third comment read. Check it out here:

Meanwhile, on the work front, Sharvari will soon be seen in Alpha. Directed by Shiv Rawail, the film also stars Alia Bhatt in the lead. Previously, Sharvari talked about being a part of the project and said, "I love action as a genre and I binge-watch action movies with my sister! So, when I was offered Alpha, I jumped! In my head I always wanted to do action as an actor. So, I'm getting to live my dream." She also shared that she always believed that action stars have a really fun shooting experience because of all the stunts that they get to do.

"I'm now experiencing this feeling first hand and I have to admit that it's supremely fun but physically so taxing. I'm putting in my 200 per cent and I hope people love me in Alpha! I want to become an action star in the near future and so, I'm going for it in Alpha!"

Abhay Verma Shares Sneak Peek From His 'Meta Day' With Pehla Nasha 2.0 Co-Star Pragati Nagpal



Abhay Verma has created a name for himself in the entertainment world with his successful horror comedy Munjya and his sincere performance in Ae Watan Mere Watan alongside Sara Ali Khan. The actor was recently seen in Pehla Nasha 2.0, a reimagining of the classic song from 1992's Jo Jeeta Wohi Sikander featuring Aamir Khan and Ayesha Jhulka. Discussing the same, he participated in an interview with Meta along with his co-star from the song Pragati Nagpal. The 26-year-old actor dropped special moments from the same for his Instafam. Sharing the series of pictures and videos, Abhay wrote, "Merry Meta Day." The images featured the actor posing in the studio. One of them also saw him fixing Pragati's makeup during the interview. The Munjya actor looked dapper in a red leather jacket that he layered over a maroon sweater. He paired these with white trousers and sneakers for a trendy look.

The pictures soon caught the attention of Abhay's fans. Reacting to them, one of them wrote, "It's Abhay's world and we are just living in it." Another said, "You look so handsome." Many other fans dropped hearts and fire emojis. Talking about his latest song, Abhay Verma said during an interview with news agency IANS that Pehla Nasha 2.0 was his tribute to Aamir Khan whom he considers his 'idol'. He said, "Pehla Nasha has been like a love language for me. It's an ode to my idol Aamir sir in my own little way. It was an absolute honour to recreate what these legends had done in a responsible and respectful way and I feel more than fortunate to present this tribute as the face of the song."

Pehla Nasha 2.0 is composed by Amaal Mallik and sung by Armaan Malik and Pragati Nagpal. The lyrics are penned by Rashmi Virag. Further on the work front, recent reports suggest that Abhay Verma will be sharing the screen with Shanaya Kapoor for Shujaat Saudagar's next project. Filmfare has reported that the upcoming film would be a love story set in Goa and its shoot would begin in March.

Prateik Babbar And Priya Banerjee Sip Champagne, Pose With Pooja Hegde In Unseen Wedding Photos



Ever since Prateik Babbar and Priya Banerjee tied the knot, their wedding pictures have been all over the internet. On Wednesday too, the latter took to her social media handle and shared some of the unseen pictures from the wedding celebration.

In these new clicks, Prateik and Priya were seen sipping champagne after getting married. Another photo featured the groom dancing his heart out. He was also seen posing with Vir Das in one of the photographs. The pictures also revealed that actress Pooja Hegde also attended the wedding. Priya was also seen sharing a hearty laugh with Hegde in one of the photos. Check it out here:

Prateik Babbar is the son of the late actress Smita Patil and actor Raj Babbar. He married Priya on February 14. However, to everyone's surprise, his father was not invited to the ceremony. Recently, Prateik's half-brother Arya Babbar



expressed his disappointment, questioning what led to this strained dynamic. "Somewhere we as a family must have failed him," Arya told SCREEN and then added, "Not inviting other members of our family, my mother (Nadira Babbar), my sister (Juhi Babbar), or me could be condonable: maybe we have failed him as a family, although we have never treated him as a stepbrother. Lekin chalo, shaayad humse koi bhool ho gayi ho (Perhaps, we made a mistake). But Papa? Not inviting our Papa, his Papa (Raj Babbar)... how can he do this? Papa is very very hurt. By doing this, Prateik has hurt his mother, the great Smita Patilji, as well. If he stops to think for a moment, he would know that his mother, whom he respects and loves so much, must be very hurt. Would she want this?"

Meanwhile, Prateik has not yet revealed why he did not invite his family to his wedding.

Alia Bhatt

Is All Smiles As She Aces The Casual Look In A Chic White Tee And Blue Jeans

Alia Bhatt is loved by fans for not only her stellar acting chops but also for her sense of style. Whether it is high fashion on the red carpet or an easy-going look for her day out in town, Alia Bhatt aces the style game with finesse; her latest casual look is no exception. Alia Bhatt was recently spotted in Mumbai in a casual yet chic look. The actress looked radiant in blue jeans paired with a cream-coloured top. She wore minimal makeup and wore her hair open, framing her face naturally. Have a look here:

Meanwhile, Alia Bhatt has found her latest cinematic obsession, and it's none other than Vicky Kaushal's impressive performance in Chhaava! The actress took to social media to shower praises on Vicky, confessing that she simply can't get over his acting in the historical drama. Ever since Chhaava was released in theatres on February 14, 2025, Kaushal has been receiving praise and love from audiences and celebs alike. The film is also doing great business at the box office. Alia,



who has worked with Vicky Kaushal before in Raazi, took to her Instagram handle to re-share a post of Chhaava. Praising the film, she wrote, "Vicky Kaushal! What are you???? Cannot get over your performance in Chhaava! @vickykaushal09." Alia's praise for Vicky is also special as the two will share the screen soon in Love and War. The film will be directed by Sanjay Leela Bhansali and will also star Ranbir Kapoor as one of the leads. Besides this, Alia Bhatt is gearing up for Alpha, the seventh instalment in YRF's Spy Universe. Directed by Shiv Rawail, it is the first female-led film in the franchise, starring Alia alongside Sharvari. The action thriller also features Bobby Deol, Anil Kapoor, and Ashutosh Rana, who recently confirmed his return as Colonel Sunil Luthra. Alpha is set to release on December 25, 2025.

