

A beginning and an end

It is that time of year again when the weather changes and another long hot season begins. Chaitra, the Indian month of March to you, heralds the start of the Hindu New Year. Strangely, March is officially the signal for closure of the financial year for the government. Schools are busy holding final exams, banks close down for the end of the financial year and mayhem is let loose upon us as urgent requests for the renewal (yet again) of our KYC documents are sent by the bank almost on a weekly basis. Try doing this online and I guarantee you a heart attack: for, one is never sure whether sharing these details online becomes a tool in the hands of a crafty hacker to access your bank accounts and other important private details. Moreover, no bank customer-care phone is ever reachable and as for the banks themselves, they have cut down their staff to the bare minimum so that you can never get across to the person you seek. Finally, when you do manage to find a friendly bank manager and a helpful officer whose phone number you feed into your phone, be prepared to discover that he has moved to another branch or bank when you dial his number for help.

The much-celebrated digitisation of our banking system is touted as the biggest achievement in empowering Indians, but has anyone actually tried to understand what it has developed into? How I long for the old bank manager who stayed for years at his desk, greeted you warmly and shared a friendly cup of coffee as he helped you with your problem. I am sure I'm not the only one who wants the world to go back to that functioning chaos where problems actually got solved instead of creating fresh ones every week. Having got that off my chest, let me now greet the burst of colour in Nature that surrounds us in March. The red silk cotton tree (semul) is in full bloom before it will burst into wispy balls of cotton wool that will create an epidemic of hay fever, as it is joined by the pollen in the air from flowers and plants full of it. I awoke one morning last week to see my bottlebrush tree sprout tiny red blossoms that are a riot of colour now. By next week, they will start falling, making our mali grumble as he sweeps the dead flowers and leaves. By then, the Easter lilies will poke their heads out, making up for the fading winter flowers that are ready to droop and die.

What this teaches me is that each season is both a beginning and an end. As the end of one draws near, the next one is ready to bloom and grow. This is the law of natural growth and regeneration and all pastoral communities celebrate it with different festivals. Holi, Bihu, Holi Mohalla, Baisakhi — all these are markers of harvest and a brief period of rest for the hard-working farmer as he can leave his fields fallow to regenerate. In Kumaon, my natal home, married girls visit their parents and are pampered with sweets and gifts. And, as is common, fun, food, song and dance happen spontaneously as the cold winter days are put behind and blossoms in orchards predict a fruitful time ahead. Sadly, many of these charming local and regional festivals are becoming occasions for riotous and unsocial behaviour. Drinking, smoking hash and consuming thandai generously laced with intoxicants has made it virtually impossible for young girls to participate in the revelry of spraying friends with coloured powders and water. In Uttar Pradesh and doubtless in Bihar, passing trains are covered in mud and dung flung by village rascals at faces seated near the windows. This is a violation of the spirit of the festival but, as they say in UP, 'Bura na mano, Holi hai!' (It's Holi, after all. Let it go!)

From this, let's turn to the world that is going round in mad circles with Trump and Musk playing the tune that has every country tied up in knots. Many like to call him crazy, but there is a canny politician inside the crazy Trump cards being played. Nobody can seriously challenge that the violence and proxy wars being fought were doing the world no good. It was time that the European nations realised that the days of colonial imperialism were seriously numbered and that they could not expect the US to foot the bill all the time. As elsewhere in the world, the old order was winding down and new power centres were sprouting.

The leopards of Jawai, a sanctuary built on trust and respect

Jawai's leopards have adapted to this coexistence in ways unseen elsewhere

Amid the rugged granite hills of Rajasthan's Pali district lies a land unlike any other — a realm where leopards move like whispers in the twilight, their golden coats blending seamlessly into the rocky outcrops. This is Jawai, a sanctuary not by government decree but an unspoken covenant of coexistence, where man and beast share space in an extraordinary truce.

Unlike the famed forests of Ranthambore or Gir, Jawai was never marked on the conservation maps. No fences divide it; no regulations dictate its wild inhabitants. Instead, it thrives as a living testament to a centuries-old understanding between the region's leopards and its human custodians — the Rabari herders. These pastoralists, clad in their signature crimson turbans, have long accepted the presence of these elusive predators as part of their sacred landscape. Jawai's leopards, in turn, have adapted to this coexistence in ways unseen elsewhere. Unlike their cousins in dense forests who slink through shadows, these majestic creatures lounge openly on sun-warmed boulders, casting regal silhouettes against the sky. They descend at dusk, moving like liquid gold through the terrain, while temple bells ring in harmony with the nocturnal hush. There is no fear here — only an ancient rhythm of life and respect.

When researchers first arrived, expecting tales of conflict, they found none. What they encountered instead was an ecosystem where reverence replaced retaliation. This unique harmony has turned Jawai into an ecological wonder, a place where conservation is not imposed but ingrained in the very fabric of its people's beliefs. Here, no shepherd picks up a gun to seek revenge if he loses a goat. They say, "It is the will of the gods. The hills belong to them as much as to us." And so leopards live, not in the fear of man, but in the shelter of their belief.

From the granite hills, the leopards gaze down upon the life below — the Rabari herdsmen with their bright turbans, the slow-moving ox carts tracing patterns on the dusty trails, the temple bells echoing against the rocks. At dusk, when the sky turns amber, the elusive cats descend from their high thrones, gliding like ghosts through the landscape. The villagers see them, their eyes catching the gleam of the leopards' golden coats. But there is no panic, nobody runs for cover. Perhaps, it is the presence of the ancient temples — those hidden sanctuaries dedicated to deities and saints — that has sealed this ancient truce. Or perhaps, it is simply that the leopards of Jawai and the people of these villages have always been part of the same story. In Jawai, the leopards do not roar, silence is the language, and respect is the law that keeps this land in balance. But change, like the desert wind, has begun to sweep through this tranquil land. Word of Jawai's thriving leopards has spread beyond the hills, attracting visitors eager for a glimpse of the 'spotted lords'. Luxury safari lodges have now risen on the fringes of Jawai, their



canvas tents and stone cottages blending with the rugged terrain. Here, men and women sit by fire-lit patios, sipping steaming cups of chai as they wait for the morning Gypsies to take them into the hills. Trained guides, once herdsmen themselves, now lead these expeditions, their keen eyes reading the signs of the wild — fresh pugmarks in the dust, a distant warning call of a langur, the lingering scent of a leopard's passage on the wind. At dawn, the engines rumble to life, and the jeeps begin their climb. The thrill is not just in spotting the cats but in the ride itself — bouncing over rocky trails, clambering up near-vertical 45-degree slopes.

And then, the moment arrives. A flash of gold against the grey and a pair of luminous eyes locking onto human ones: it is a mesmerising moment. The cameras click. A collective breath is held. For a fleeting second, time

stands still. Yet, with fame comes uncertainty. The same outsiders who marvel at Jawai's wonders also bring whispers of development — of fencing the land, imposing regulations, and turning this organic sanctuary into a structured reserve.

Conservationists debate whether such measures will protect or disrupt the delicate balance that has existed for generations. Will bureaucracy replace the unwritten law of mutual respect? Will Jawai's leopards, long accustomed to freedom, find themselves confined? For now, the leopards remain watchers, as they have always been. As the sun dips below the ancient hills and the moonlight bathes the valley in silver, they step out once more — silent, unseen, eternal. Jawai is still theirs, a land not ruled by force but by trust. And perhaps, that is its greatest legacy.

HP's waste woes

Garbage dumps a looming ecological disaster

The Himachal Pradesh government's proposed Policy for Solid Waste Management Facilities in Rural Areas, 2024, though a welcome move, raises pressing concerns about the state's overall waste management strategy. Aiming to streamline waste segregation and disposal at the panchayat level, the policy must be expedited as HP is already grappling with a waste crisis, exacerbated by ineffective execution of past plans. The data is staggering. The state generates approximately 375 tonnes of solid waste daily across 60 urban local bodies (ULBs). The legacy waste backlog stands at over 2.48 lakh tonnes, with only six of the 16 identified sites having been cleared. Meanwhile, the National Green Tribunal has flagged a 9.6-MLD (million litres per day) shortfall in sewage treatment capacity and 20 ULBs still lack sewage management facilities. Shockingly, while some sewage treatment plants are overloaded, a



significant proportion of households remain disconnected, exposing a critical flaw in planning. The government has signed pacts with cement manufacturers for co-processing non-recyclable plastic waste, but this remains a limited solution. A

large proportion of plastic waste — from shampoo bottles to chips packets — continues to clog water bodies and urban landscapes. While over four lakh rural households still await access to proper wet waste disposal, the sheer volume of accumulating garbage suggests that incremental measures will not suffice.

A long-term, action-oriented strategy is needed — one that includes mandatory waste segregation at source, expansion of waste-to-energy projects, stricter plastic production regulations and comprehensive recycling initiatives. The recently announced environmental cell within the Urban Development Department must act decisively to bridge policy gaps. Himachal's fragile ecology cannot withstand poor waste management. The voters must make it a poll issue, pressing upon the government to embrace outcome-driven enforcement. Otherwise, the very hills that attract millions of tourists will soon be buried under mounting waste.

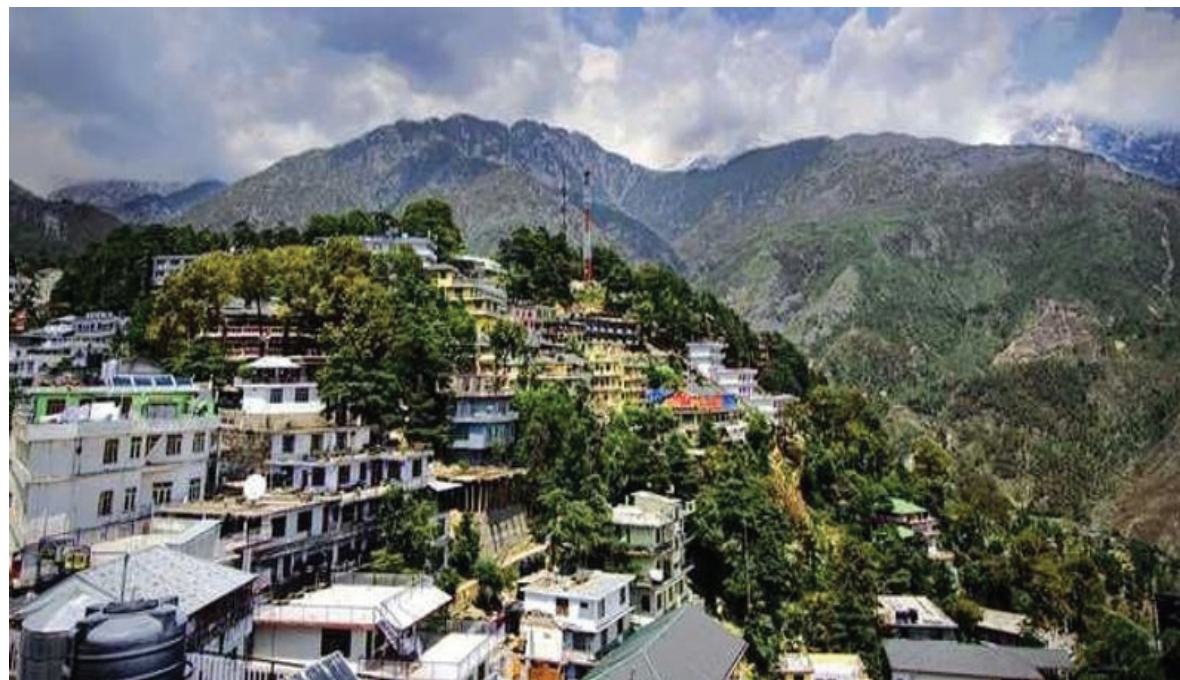
Why hypocrisy is the meat of the matter

While it may be ethically, spiritually and morally desirable, vegetarianism does not necessarily assure one a place in the hallowed halls of goodness

In Spiti, we had stopped at the monastery of Dhankar. A young monk came to us and asked when we would return to Shimla. A little hesitantly, he wondered if we had space in the vehicle, and if so, would we take the Rinpoche, the 'Precious One', the Head Lama of the monastery, with us? He would be en route to McLeodganj, where many of the head monks gathered annually for their winter retreat. We said we would be honoured to. A few days later, we picked the Rinpoche and the young monk, and set off. It's a long drive and my friend, whose car it was, planned to do this non-stop. In between, when we took a break, an absolutely gorgeous little Lhasa Apso would pop out of the monk's deep sleeves, be let out to do his business and then, the little dog would hop back into the arms of his loving master. We were repeatedly offered tsampa, which is made from roast barley flour. This, like buckwheat and other millets, forms the mainstay of plant-based food in the area. Then, there is literally 'hard cheese' called chhurpi in parts of India's northeast and in portions of the Trans Himalaya.

In the Trans Himalaya, given the soil conditions, the climate and high altitude, the number of crops per year is severely limited. Green vegetables are mostly brought in from lower areas. In the way that Chango's famous apples are grown in cold aridity, Kinnaur's peas are prized not only for their flavour, but also for their relative rarity. While communications and supplies have improved considerably and have brought variations in diet, there were times when asking for a vegetable, if any was available, meant that one would get soggy cabbages for breakfast, lunch and dinner.

Traditional dietary options remained limited. The result is that despite the fact that most people of these areas are Buddhists, almost everyone eats meat. The animal is honoured by every part of it being eaten or used. The authoritative biographer of His Holiness the Dalai Lama,



Alexander Norman, notes: "It is characteristic of the Buddhist approach to avoid absolutes. Also, to the dismay of some, the Dalai Lama, though he has often spoken in favour of vegetarianism... is not a vegetarian himself." While it may be ethically, spiritually and morally desirable, vegetarianism does not necessarily assure one a place in the hallowed halls of goodness. Some of the worst humans on our planet have been vegetarians and have touted their supposed saintliness with this, as their only qualification. Take the case of Adolf Hitler. Towards the last years of his life when he committed the greatest atrocities against humans, Hitler

touted his vegetarianism at every given opportunity. A close associate, the minister of armaments and war production, Albert Speer, observed that the Fuhrer gave descriptions of animal suffering and slaughter at meals to try to dissuade his colleagues from eating meat. Robert Payne, biographer of several world leaders, wrote that the Nazi propaganda minister, Joseph Goebbels, portrayed Hitler as "a virtuous man, an ascetic who did not drink, smoke or eat meat". Returning from America and the World Parliament of Religions that had been held in Chicago, in 1893, Swami Vivekananda spoke to the Hindus of Tamil Nadu's Sivaganga. That is where he

made his famous statement: "We are neither Vedantists, most of us now, nor Pauranics, nor Tantrics. We are just 'Don't-touchists'. Our religion is in the kitchen. Our God is the cooking pot, and our religion is, 'Don't touch me, I am holy'."

Exhorting people to change, the words he uttered just before this, have equal import: "Give up all those old discussions, old fights about things which are meaningless, which are nonsensical in their very nature. Think of the last 600 or 700 years of degradation when grown-up men by hundreds have been discussing for years whether we should drink a glass of water with the right hand or the left, whether the hand should be washed three times or four times, whether we should gargle five or six times. What can you expect from men who pass their lives in discussing such momentous questions as these and writing most learned philosophies on them!" While Swami Vivekananda was not speaking in the context of vegetarianism, or its absence, but about false beliefs and rituals, some of these words would have implications in a provocative and inconclusive debate.

Political or social appropriations and misappropriations of both heroes and villains is nothing new. Yesterday's hero is today's villain and the other way round. Should there be praise for the vegetarian and condemnation for the meat-eater? An image from a childhood book has stayed with me. This is of a Mayan hunter praying over an animal he has killed; he says: "I have need."

As one writes this, it may be added that I am what one would call a non-vegetarian in passing. Nor am I a rigorously religious person. But, as a Hindu, I do not eat beef. That does not make me a better or worse human than someone who does. It is simply an acknowledgement of the belief system that I was born into, and one that I accept. It advocates giving up hypocrisy. Here, you, the reader, may be ahead of me.

Centre Updates List Of Terrorist Organisations, Unlawful Groups

New Delhi. An updated list of the Ministry of Home Affairs (MHA) names a group of 67 terrorist organisations and unlawful associations facing a ban under the Unlawful Activities (Prevention) Act for their role in terrorist activities against India, threatening the country's security.

The list released by the Ministry of Home Affairs names 45 organizations that are officially categorized as terrorist organizations under Section 35 of the UAPA and are included in the First Schedule of the Act. The remaining 22 groups are classified as unlawful associations under Section 3(1) of the UAPA. Many of these organizations have been involved in militancy, separatism, and violent activities across India. The MHA keeps on updating such list. The declaration of these banned organisations is part of India's ongoing efforts to curb terrorism and extremist activities within its borders. Organizations listed under the UAPA face strict legal action, including asset freezes and arrests of members involved in unlawful activities. The group of outfits designated as terrorist organisations are Babbar Khalsa International; Khalistan Commando Force; Khalistan Zindabad Force; International Sikh Youth Federation;

Lashkar-e-Taiba or Pasban-e-Ahle Hadis or The Resistance Front and all its manifestations and front organisations; Jaish-e-Mohammed or Tahreek-e-Furqan or People's Anti-Fascist-Front (PAFF) and all its manifestations and front organisations; Harkat-ul-Mujahideen or Harkat-ul-Ansar or Harkat-ul-Jehad-e-Islami or Ansar-ul-Ummah; Hizb-ul-Mujahideen or Hizb-ul-Mujahideen Pir Panjal Regiment; Al-Umar-Mujahideen; Jammu and Kashmir Islamic Front; United Liberation Front of Assam (ULFA); National Democratic Front of Bodoland (NDFB) in Assam; People Liberation Army (PLA); United National Liberation Front (UNLF); People's Revolutionary Party of Kangleipak (PREPAK); Kangleipak Communist Party (KCP); Kanglei Yaol Kanba Lup (KYKL); Manipur Peoples Liberation Front (MPLF); All Tripura Tiger Force (ATTF); National Liberation Front of Tripura (NLFT); Liberation Tigers of Tamil Eelam (LTTE); Students Islamic Movement of India (SIMI); Deendar Anjuman; Communist

Party of India (Marxist-Leninist)-Peoples War, all its formations and front organisations; Maoist Communist Centre (MCC), all its formations and front organisations; Al Badr; Jamiat-ul-Mujahideen; Al-Qaida or Al-Qaida in Indian Sub-Continent (AQIS) and all its

(Security Council) Act, 1947 and amended from time to time; as well as Communist Party of India (Maoist) all its formations and front organisations, Garo National Liberation Army (GNLA), all its formations and front organisations; Kamatapur Liberation Organisation, all its formations and front organisations; Islamic State or Islamic State of Iraq and Levant or Islamic State of Iraq and Syria or Daish, and all its manifestations; National Socialist Council of Nagaland (Khaplang), all its formations and front organisations; The Khalistan Liberation Force and all its manifestations; Tehreek-ul-Mujahideen (TuM); Jamaat-ul-Mujahideen Bangladesh or Jamaat-ul-Mujahideen India or Jamaat-ul-Mujahideen Hindustan and all its manifestations; Jammu and Kashmir Ghaznavi Force (JKGF) and all its manifestations and front organisations; Khalistan Tiger Force (KTF) and all its manifestations and front organisations; and Hizb-ut-Tahrir (HuT) and all its manifestations and front organisations are other terrorist.



Rajasthan minister meets state's top cop, phone-tapping row resurfaces

NEW DELHI. Rajasthan cabinet minister Kirodi Lal Meena met Director General of Police (DGP) U R Sahoo in Jaipur on Sunday, sparking criticism from the opposition. Congress leaders attacked the ruling BJP government over the meeting, questioning why the minister visited the top cop instead of summoning him. State Congress in-charge Sukhjinder Singh Randhawa remarked, "It is the first time that a person who is a cabinet minister is visiting the DGP with his demands. He could have summoned the DGP." Meena raised several issues during the meeting.



He claimed that police personnel did not celebrate Holi this year and urged the DGP to ensure they celebrate Diwali. Additionally, he demanded that Assistant Sub-Inspector (ASI) Surinder Singh, who lost his life while protecting Chief Minister Bhajanlal Sharma last year, be recognised as a martyr and that his family receive financial aid.

Leader of the Opposition Tikaram Jullie mocked Meena, stating that his resignation had been pending for eight months. State Congress chief Govind Singh Dotasra also took a jibe at the minister, saying, "Kirodi wants to change the parchi in Rajasthan for which he met with the DGP in Jaipur today."

Last month, Meena reiterated his accusations of phone tapping and surveillance by the Criminal Investigation Department (CID). "I had hoped that reign will change. When our rule will come, then action will be taken against the corrupt... I am disappointed. CID is keeping a tab on me, my telephone is being recorded."

MoU signed, urban freight services on DMRC network soon

NEW DELHI. In a first-of-its-kind initiative in the entire South Asia Pacific region, the Delhi Metro has signed a Memorandum of Understanding (MoU) with private logistics service provider Blue Dart to transport cargo during non-peak hours.

"By integrating first-mile and last-mile connectivity through metro-enabled logistics solutions and Micro Parcel Hubs, the project enhances supply chain efficiency while alleviating road congestion and urban pollution. Under this initiative, DMRC is leveraging its stations and tracks to establish a sustainable urban



freight network across Delhi-NCR," DMRC Principal Executive Director Anuj Dayal said. The DMRC plans to expand the cargo network to additional metro stations, setting benchmarks in sustainable and seamless freight transportation, Dayal added. Metro systems across the globe are increasingly exploring ways to utilise spare capacity to generate revenue while promoting sustainability.

"Madrid Metro has initiated a pilot project in collaboration with logistic partners to transport parcels via metro trains, thereby reducing road traffic and pollution. DMRC is engaging with Madrid Metro in urban freight transportation," a senior DMRC official said.

Odisha man carries dead Cobra to hospital after being bitten multiple times

NEW DELHI. A man in Odisha arrived at the hospital carrying a dead cobra after being bitten multiple times by it. As per sources, hospital staff promptly seized the snake from the man, Ajit Karmakar, which helped doctors confirm it was a cobra. They administered the necessary neurotoxins immediately.

Dr. Rajkumar Nayak of the hospital explained the importance of Karmakar's quick actions: "We noticed the fang marks and confirmed the snake bite. The man



had bleeding in the bite regions of his body and dilated pupils, which are typical symptoms in such cases. Since he brought the snake with him, we were able to quickly identify that it was a cobra. He was administered appropriate neurotoxins."

As shown in the video, Karmakar is folding the dead cobra snake and putting it in the polythene. Karmakar was reportedly bitten three to four times by the cobra just outside his home. Karmakar managed to kill the snake before packing its carcass in a plastic bag and rushing to the hospital for treatment. He is now recovering under medical supervision.

Delhi HC holds lawyer in contempt for aggressive conduct, directs to give free legal service

NEW DELHI. The Delhi High Court has held advocate Shivanshu Gunwal in contempt of court for his disruptive behaviour during a trial under the Protection of Children from Sexual Offences (POCSO) Act. The court directed Gunwal to provide free legal aid in at least two POCSO cases as a corrective measure. Gunwal was accused of aggressively challenging the judge during a trial at Saket Court on November 23, 2024. Reports suggest that Gunwal raised his voice, pointed at the judge, and questioned the judicial reasoning. Despite multiple warnings, his behavior continued, leading the trial court to refer the matter for contempt proceedings. In its ruling, a division



bench of Justices Prathiba M Singh and Rajneesh Kumar Gupta accepted Gunwal's apology but emphasized the importance of maintaining courtroom decorum. The court ordered that Gunwal render pro bono legal services in at least two POCSO cases, to be assigned by the presiding judge at Saket Court. The incident began when

Gunwal, representing an accused in the POCSO case, made provocative remarks like, "You tell me the law" and "Why don't you convict the accused right now."

After withdrawing from the case, he reportedly remained in the courtroom with his associates, creating an intimidating atmosphere and threatening to file a complaint against the judge. Gunwal appeared before the High Court, expressing regret and explaining that the incident was an exception in his otherwise disciplined career of two decades.

The HC acknowledged his remorse but stressed the need for lawyers to uphold the dignity and respect of the judicial system at all times.

Dust-free Ring Road in Delhi soon as drive against pollution begins

NEW DELHI. With pollution being one of the most pressing problems in the national capital, the Delhi government has launched a comprehensive campaign and planned to take measures like making the entire Ring Road dust-free, planting trees along roads, dividers and reducing traffic congestion on nearly 250 roads. All concerned departments have been directed to implement the steps. The government is committed to scientific and sustainable measures to improve air quality in the city, CM Rekha Gupta said after launching the campaign on Sunday.

Goal of clean and pollution-free city will be achieved through green corridor development, traffic management and improved public transport. The Delhi government is working closely with the Centre,



various agencies, and the public to implement pollution control measures," Gupta said. As part of the campaign, the entire Ring Road will be made dust-free through

mechanised sweeping and use of sprinklers, officials said. Strict enforcement of measures at construction sites will be ensured, they said, adding that a drive to check vehicular pollution would be launched soon. As many as 250 major areas where traffic jam is rampant have been identified and all concerned departments have been instructed to identify the causes of traffic snarls with the help from cops, officials said.

Rationalisation of DTC bus routes are being done to enhance public transport system, officials said, adding a control room is being set up for real-time monitoring of public buses. The aim is to reduce dependence on private vehicles and lower pollution, officials said. It has been decided to step up enforcements on border areas and deployment of sprinklers and smog guns throughout the year, except during the monsoon season. MCD, PWD and DDA have been asked to submit weekly reports on road repairs.

Muslim law board stages protest over Waqf bill, BJP says 'inciting riots'

The Bharatiya Janata Party (BJP) accused the All India Muslim Personal Law Board of "inciting riots" in the name of Waqf.

NEW DELHI. Members of the All India Muslim Personal Law Board (AIMPLB), the apex body of Muslim clerics in India, gathered at Delhi's Jantar Man to stage protest against the Waqf (Amendment) bill, calling it "direct attack" on Muslims. The board said the bill would pave the way for the "usurping" of Waqf properties. "The Muslim community views this Waqf Amendment Bill as a direct attack on the

community," AIMPLB said in a statement last week. The protest, originally planned for March 13, was postponed in view of holidays on account of Holi. The board's spokesperson, Syed Qasim Rasool Ilyas, held a press conference to announce the protest last week and said that the bill amounts to "discrimination".

The protests come after the Union Cabinet, led by Prime Minister Narendra Modi, approved the proposed amendments to the Waqf (Amendment) Bill after incorporating changes recommended by the Joint Parliamentary Committee (JPC).

The approval paves the way for the bill to be tabled in Parliament in the second half of the budget session. AIMPLB general secretary Fazlur Rahim Mujaddidi had said that the board tried to convince the government through all democratic means, but their concerns were not heard. "Now, we have no option but to go on a



protest. The government wants to impose this amendment on us at any cost. We do not want the situation to worsen, but you (the government) want conflicts in every street and neighborhood, especially over mosques and cemeteries. We want to see a developed India, but in these circumstances, our dream cannot come true. This amendment is against the country. The government has misled our innocent Hindu brothers as well,"

Mujaddidi said.

BJP REACTS

Jagadambika Pal, BJP MP and the Chairwoman of the JPC, criticised AIMPLB for its planned protest against the Bill, claiming it could create divisions and challenge Parliament's authority to legislate.

"The Joint Parliamentary Committee and Waqf had called AIMPLB before the committee after this amendment. We took cognisance of the things highlighted by AIMPLB before the committee. Not only that, we also made it a part of our report...so why are they going to hold a protest at Jantar Mantar in Delhi?...after the amendment, a better law is going to be formed...poor, women, widows and children will also benefit from Waqf," Pal told news agency ANI.

BJP leader Shehzad Poonawalla accused the body of using Waqf as an excuse to incite riots in the country and said that they are constantly trying to incite Muslim citizens in the name of Waqf.

Alia Bhatt

Tells Kareena Kapoor How She Lost Postpartum Weight After Raha's Birth: 'Breastfeeding Makes You...'



After their beautiful wedding, Alia Bhatt and Ranbir Kapoor welcomed their first child, a daughter named Raha, in 2022. Shortly after becoming a mother, Alia quickly returned to her career. She got back into shape and soon joined the sets of Rocky Aur Rani Kii Prem Kahaani (2023) to shoot the stunning song Tum Kya Mile with Ranveer Singh. In the song, inspired by classic romantic tunes, Alia looked radiant in chiffon sarees as she danced on the snow-covered mountains of Kashmir. On Kareena Kapoor Khan's talk show, Alia Bhatt was asked how she lost the postpartum weight before her shoot. In a clip that resurfaced, she said it wasn't easy. She explained that while eating healthy, she was breastfeeding for a long time, so she couldn't follow a strict diet. She also mentioned that breastfeeding helped burn calories.

It was not easy, of course. Nothing is easy. But honestly, again people will think that I'm just saying this, but while I was doing everything like eating healthy, I was still feeding. I was breastfeeding for a very long time so I couldn't go on some crazy strict diet or anything like that. And I could only start working out properly after 12 weeks. Breastfeeding actually makes you burn a lot of calories, that I think did half of it. And then in general my choices, even during pregnancy, were not like I was eating sugar everyday and all of that. I was eating little more than I usually eat, or more than I usually eat. By the end of it I was like 'no food is feeling enough for me'. But my choices are naturally healthy."

Meanwhile, on the work front, Alia Bhatt was last seen in Vasant Bala's action-packed Jigra with Vedang Raina. She is currently shooting at night for Sanjay Leela Bhansali's Love and War, also starring Ranbir Kapoor and Vicky Kaushal. She also recently shot for Alpha with Sharvari and Bobby Deol. Alpha will be YRF's standalone female spy-thriller.



Cancer Patient Hina Khan Shares Pic Of Her Discoloured Nails, Calls It 'Side Effect Of Chemotherapy'



Television actress Hina Khan, who is quite vocal about her battle with stage 3 breast cancer, shared another glimpse of the tough journey she is enduring. In her latest Instagram story, the actress posted a picture of her discoloured nails, calling it a "side effect of chemotherapy." The image, showing Hina's darkened and brittle nails, revealed the toll chemotherapy takes on the body. Khan disclosed that she has not painted her nails as many people think so, but her nails have been discoloured due to chemotherapy.

Hina wrote, "Ok a lot of you asking about my nails, including some people in my building. I am not wearing any nail polish hahahahaha. How can I pray with a nail paint on. Thoda Dimaag Lagao mere pyaare saathiyon."

She further added, "Nail discoloration is one of the most common side effect of chemotherapy. My nails have become brittle, dry and, some times lift up from the nail bed. But But Butthth... You know what's the good part... All of this is temporary. And remember we are healing... Alhamdulillah."

Meanwhile, Hina recently embraced the spirit of Ramadan as she proudly completed her first Roza of 2025 and shared snippets of her day—from waking up for sehri to the peaceful moment of breaking her fast at iftaari. Dressed in a beautiful green salwar kameez, with delicate matching jhumkas, she looked every bit graceful. Hina gave a glimpse of her mouth-watering iftaari spread, posing with some delicious treats that looked straight out of a festive feast. The heartwarming pictures also featured her sharing the special moment with her mother. "Ramadan Mubarak... Kaisi lag rahi hoon... Day 1: Sehri se iftaari tak ka khoobsurat safar... Alhamdulillah... Dua mai yaad rakhियega", she captioned the post.

Hina Khan first revealed her cancer diagnosis in June 2024, vowing to fight it with courage. Since then, she has continued to update her followers, shedding light on the mental, emotional, and physical challenges that come with the disease.

IPL 2025 Opening Ceremony: Shraddha Kapoor, Varun Dhawan And Arijit Singh To Perform At Eden Gardens



The 18th season of the Indian Premier League will begin on March 22 at Eden Gardens in Kolkata, with the exciting opening match between Kolkata Knight Riders (KKR) and Royal Challengers Bangalore (RCB). However, the IPL 2025 opening ceremony will bring more than just cricket to the spotlight. Bollywood stars Shraddha Kapoor and Varun Dhawan are set to dazzle the audience with a high-energy performance at the star-studded event. Shraddha, riding on the success of her film Stree 2, will be joining her ABCD 2 co-star Varun to kick off the season with a bang. The ceremony promises to be an unforgettable blend of glitz, glamour and excitement.

Arijit Singh will also perform at the ceremony, singing his popular songs. His performance will be a big highlight and will add to the excitement at the iconic Eden Gardens.

IPL 2025
The excitement will build as the opening ceremony leads into the first match of IPL 2025. On March 22, the much-awaited match between Kolkata Knight Riders and Royal Challengers Bangalore will kick off a month-long cricket celebration. With its mix of stars, cricket, and entertainment, IPL always delivers, and this year's opening will be no different.

The IPL 2025 tournament will run until May 25, ending with a grand finale. With teams from all over the world competing, the competition will be fierce, and fans are already excited.

As the countdown to the IPL 2025 opening ceremony begins, all eyes are on Kolkata, where an unforgettable night of performances and exciting cricket action is set to take place. The combination of thrilling matches and dazzling entertainment is sure to make this IPL season one to remember.

IPL 2025 players
Players like Virat Kohli, Shubman Gill, and Rohit Sharma will be key to their teams' success, bringing their extensive experience and batting prowess to the tournament. In addition to these established names, Rashid Khan from Gujarat Titans and Jofra Archer from Mumbai Indians will be crucial in the bowling department.

Avinash Mishra's

Rumoured GF Bhavika Drops Cryptic Post Amid His Dating Buzz With Eisha Singh: 'Loyalty Isn't...'

Avinash Mishra and Eisha Singh, who shared a strong connection on Salman Khan's Bigg Boss 18, continue to grab attention even after the show wrapped up. From the very first week, their close bond was the talk of the show and they were inseparable, leading to rumours that they were in a

romantic relationship. Meanwhile, TV actress Bhavika Sharma was rumoured to be dating Avinash Mishra. However, his close bond with Eisha Singh sparked rumours of him cheating on Bhavika. While Avinash shared his feelings on the show, Eisha said they were just friends. Bhavika recently posted a cryptic message about 'loyalty' that left fans wondering about their relationship status.

On Saturday, Bhavika shared a mirror selfie on her Instagram story, wearing a yellow outfit. In the caption, she wrote, "Turns out, loyalty isn't forever But looking good? That's forever." Fans saw that Bhavika unfollowed Avinash on Instagram, but he still follows her. When rumours about Bhavika came up, Avinash replied, saying he is single. He added, "I know one name is doing the rounds, and I'm okay with being dragged with one name. If it were five or six, that would've been a problem. But there's no truth to these rumours. What I am doing here is genuine."

The rumours about Avinash and Bhavika reportedly began because the sets of Avinash's TV show were near the sets of Ghum Hai Kisikey Pyaar Meiin. Despite their pictures together and the speculation, neither Avinash nor Bhavika ever confirmed their relationship. Speaking about their stint in the Salman Khan-hosted reality show, the duo was among the top 6 contestants of the season. Both Avinash and Eisha became fan favourites during their Bigg Boss journey. Although they couldn't clinch the win, Eisha finished as the sixth runner-up, while Avinash secured the fourth position. Karan Veer Mehra took home the trophy of Bigg Boss 18, and Vivian Dsena was the first runner-up.

