



दिल्ली से पिथौरागढ़ की रोमांचक यात्रा

घुमने का असली मजा तब आता है, जब रास्ते में प्रकृति के नजारे बदलते चले जाएं और हर मोड़ पर एक नया रोमांच आपका इंतजार कर रहा हो। पहाड़ों की खूबसूरती और शांत वातावरण हमेशा से मुझे आकर्षित करते रहे हैं, इसलिए इस बार मैंने उत्तराखंड के खूबसूरत शहर पिथौरागढ़ जाने का फैसला किया। दिल्ली की हलचल से दूर यह यात्रा मेरे लिए न सिर्फ एक ट्रिप थी, बल्कि एक आत्मिक सुकून की तलाश भी थी। मेरी इस तीन दिन की जर्नी में जानने समझने और देखने के लिए काफी कुछ था, जो आज भी मेरी स्मृतियों में बसा है।

पहला दिन काफी रोमांच भरा था। दिल्ली से पिथौरागढ़ यात्रा का मतलब ही था पहाड़ों की ओर बढ़ते कदम। रात के लगभग 10 बजे थे, जब मैंने दिल्ली से पिथौरागढ़ के लिए अपनी यात्रा शुरू की। मैं बस से जाना चाहता था, ताकि सफर के हर मोड़ का आनंद ले सकूँ। आनंद विहार से निकलने वाली उत्तराखंड परिवहन की बसें देर रात भी उपलब्ध थीं। मैंने हल्द्वानी के लिए बस पकड़ी, जो रात भर का सफर तय करके हमें सुबह हल्द्वानी पहुँचा देती है। हल्द्वानी टंड के बीच बस की खिड़की से बाहर झांकना और सड़क किनारे लगे पेड़ों को तेजी से गुजरते देखना बहुत अच्छा लग रहा था। धीरे-धीरे दिल्ली की चमचमाती रोशनी पीछे छूट गई और सड़कें शांत होती चली गईं।

सुबह 5 बजे मैं हल्द्वानी पहुँचा। यहाँ से पिथौरागढ़ के लिए टैक्सियाँ मिलती हैं, जो 6-7 घंटे में आपको मंजिल तक पहुँचा देती हैं। मैंने एक शेयरिंग टैक्सि ली और सफर आगे बढ़ा। हल्द्वानी से पिथौरागढ़ जाने वाला रास्ता खूबसूरत पहाड़ियों और घुमावदार सड़कों से भरा हुआ था। जैसे-जैसे गाड़ी आगे बढ़ती, हवा में ठंडक बढ़ने लगी और देवदार के पेड़ हमारी राह का हिस्सा बन गए। रास्ते में अल्मोड़ा और बेरीनाग जैसे खूबसूरत हिल स्टेशन भी आते हैं, जहाँ से हिमालय की चोटियों का मनोरम दृश्य दिखता है।

दोपहर 12 बजे मैं पिथौरागढ़ पहुँचा। यहाँ पहुँचते ही एक अलग ही सुकून का एहसास हुआ। शहर छोटा, लेकिन बेहद सुंदर था। मैंने पहले से ही होटल बुक कर रखा था, इसलिए सीधा होटल गया, कुछ देर आराम किया और फिर शहर घूमने निकल पड़ा। शाम को मैंने पिथौरागढ़ किला देखने का फैसला किया। यह किला 18वीं शताब्दी में बनाया गया था और यहाँ से पूरे शहर का खूबसूरत नजारा दिखता है। सूर्यास्त

घुमकड़ की पाती

हल्द्वानी पहुँचा। यहाँ से पिथौरागढ़ के लिए टैक्सियाँ मिलती हैं, जो 6-7 घंटे में आपको मंजिल तक पहुँचा देती हैं। मैंने एक शेयरिंग टैक्सि ली और सफर आगे बढ़ा। हल्द्वानी से पिथौरागढ़ जाने वाला रास्ता खूबसूरत पहाड़ियों और घुमावदार सड़कों से भरा हुआ था। जैसे-जैसे गाड़ी आगे बढ़ती, हवा में ठंडक बढ़ने लगी और देवदार के पेड़ हमारी राह का हिस्सा बन गए। रास्ते में अल्मोड़ा और बेरीनाग जैसे खूबसूरत हिल स्टेशन भी आते हैं, जहाँ से हिमालय की चोटियों का मनोरम दृश्य दिखता है।



संजय शेखर
नई दिल्ली



- हमें अपना फ्रीडबैक, सुझाव या टिप्पणियाँ देने के लिए दिए गए बार कोड को स्कैन करें या मेल करें।
- आप हमें अपनी रचनाएँ, कविता या आलेख भी भेज सकते हैं। जिसे हम अपने आने वाले अंक पर प्रकाशित करेंगे।

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के समय आसमान में फैले रंगों को देखना एक अलग ही अनुभव था। यहाँ कुछ समय बिताने के बाद, मैंने स्थानीय

बाजार का रुख किया, जहाँ पारंपरिक उत्तराखंडी व्यंजन और हस्तशिल्प की चीजें मिल रही थीं।

भट्ट की चुरकानी का नहीं भूलता स्वाद

रात के खाने में मैंने भट्ट की चुरकानी और आलू के गुटके खाए, जो उत्तराखंड का पारंपरिक भोजन है। पहाड़ों में बना खाना हमेशा से ही अलग स्वाद और ताजगी लिए होता है। पहले दिन की यात्रा शानदार रही और मैं अगली सुबह के रोमांच का इंतजार करने लगा।



अस्कोट अभयारण्य : वन्यजीव प्रेमियों का स्वर्ग

दूसरा दिन पिथौरागढ़ के प्राकृतिक और ऐतिहासिक स्थल देखने का दिन था। सुबह 6 बजे मैं उठ गया, क्योंकि पहाड़ों में सुबह जल्दी होती है और मैंने दिन भर के लिए एक लंबी यात्रा की योजना बनाई थी। सबसे पहले, मैं अस्कोट अभयारण्य गया। यह जगह वन्यजीव प्रेमियों के लिए स्वर्ग समान है। यहाँ मुझे हिरण, तीतर और कई प्रकार

के पक्षी देखने को मिले। घने जंगलों और शुद्ध हवा ने इस जगह को और खास बना दिया। इसके बाद, मैं थल के मंदिर गया, जो भगवान शिव को समर्पित है। यह मंदिर ऐतिहासिक और आध्यात्मिक दोनों रूप से महत्वपूर्ण है। मंदिर से जुड़े कई रोचक पौराणिक कथाएँ भी सुनीं, जो यहाँ की सांस्कृतिक विरासत को दर्शाती हैं।

नगरकोट किला : ऐतिहासिक धरोहर

दोपहर में मैंने मोस्टामान मंदिर का दौरा किया, जो एक पहाड़ी की चोटी पर स्थित है। यहाँ से हिमालय की बर्फ से ढकी चोटियों का अद्भुत दृश्य देखने को मिला। मंदिर की शांति और यहाँ की ठंडी हवा ने मन को एक नई ऊर्जा से भर दिया। शाम होते-होते मैं नगरकोट किला पहुँच गया। यह किला पिथौरागढ़ की ऐतिहासिक धरोहरों में

से एक है। यहाँ से पूरे क्षेत्र का विहंगम दृश्य दिखता है। सूर्यास्त के समय आसमान में नारंगी, लाल और गुलाबी रंगों की छटा बिखर गई थी, जो देखने लायक थी। दिनभर की यात्रा के बाद, मैं वापस होटल लौटा और रात को उत्तराखंडी रस और मंडुआ की रोटी का स्वाद लिया। यह पहाड़ी भोजन स्वास्थ्यवर्धक भी था और स्वादिष्ट भी।

कविता



कविता सिंह मीरा
जमशेदपुर

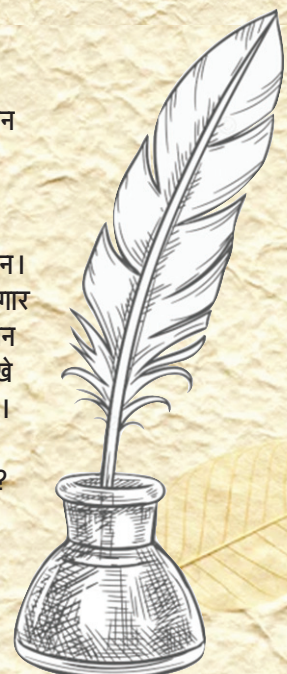
उपालंभ आलोचना, मत करिए सरकार। कविता पढ़कर आप सब, देते रहिए प्यार।।

मेरे शब्दों की छौं तले कभी बैठ जरा क्षण दो क्षण, हृदय में उपजे भावों से सिंथित करती हूँ कण-कण, मेरे अंतर्मन में भावों की बहती रहती नित सरिता, शब्द भाव को बुन-बुन कर, गढ़ देती फिर एक कविता। स्नेह प्रेम अनुराग से विनती करती यह वनिता। क्या मन को छू लेती है मेरी ये भावुक कविता?

लेखनी सफल होगी तभी जब पहुँचे सबके हृदयस्थल तक, माँ शारदे यह करूँ विनती सक्रिय रहे मेरी तूलिका, शब्द भाव का ज्ञान रहे रचती रहूँ बस गीतिका, आहत ना करूँ मर्म को लेखनी में रहे शुचिता अब कह भी दो हे मदने! क्या पूर्ण हुई मेरी कविता?

कहीं बीज में हो अंकुरण कभी कहीं जो खिले सुमन या फूलों के ही पाश में भ्रमर करते रहते गुंजन निज उर के ही भावों का करके रखती थी अवगुणन। न जाने कब निकला उदगार कर बैठी एक नवीन सृजन सच-सच कहना तुम सखे विनती करती यह नमिता। सहमी सकुचाई सविता क्या गढ़ लेती है कविता?

कभी छंद लिखूँ स्वच्छंद लिखूँ सजल गजल दोहा मुक्तक,



ज्ञानपीठ पुरस्कार 2025 से सम्मानित

साहित्य की अनमोल धरोहर : विनोद कुमार शुक्ल

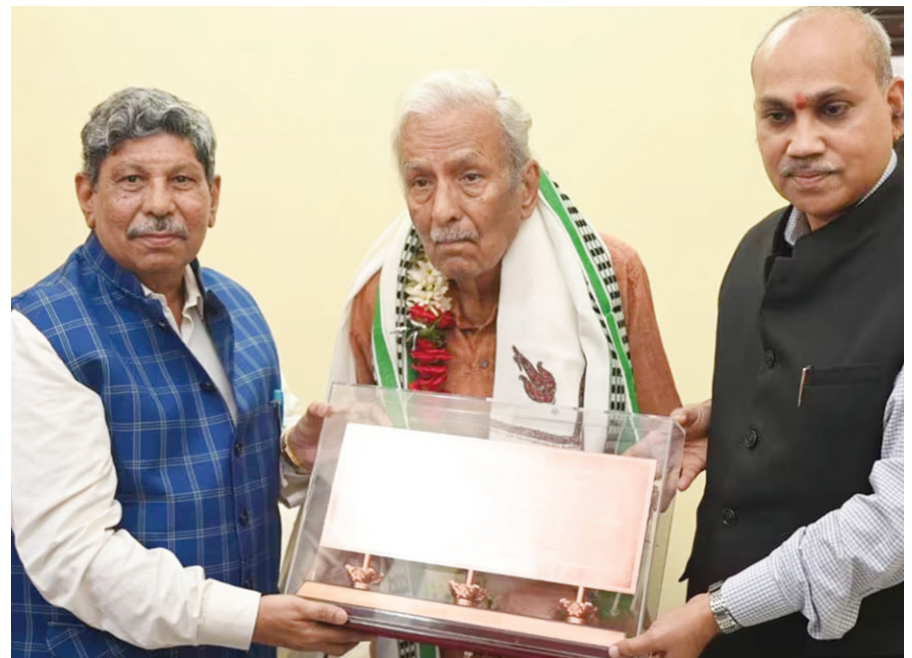
हिंदी साहित्य के विशाल संसार में कोई एक नाम, कोई एक कृति जब बार-बार आपको झकझोरने लगे, आपको संवेदनाएँ झंकृत हो उस साहित्यिक प्रवाह में गंगा की तरह बहती चली जाए, तो निश्चय ही वह नाम कालजयी हो जाता है। ऐसा ही एक नाम जिसे आज 2025 का ज्ञानपीठ पुरस्कार दिया गया है, वह है साहित्य मनीषी आदरणीय विनोद कुमार शुक्ल। उनका व्यक्तित्व बहुत ही सरल सहज, गरिमामयी एवं कृतित्व गहन गांधीय, ज्वलंत, भावप्रवण; संवेदनशीलता जो एकबारगी आपको कभी चौंकाती है, कभी झकझोरती है तो कभी भावनाओं के प्रवाह में बहा ले जाती है। विनोद कुमार शुक्ल हिंदी भाषा के एक साहित्यकार हैं। विनोद कुमार शुक्ल का जन्म 1 जनवरी 1937 को हुआ था। हिंदी भाषा के वरिष्ठ साहित्यकार शुक्ल ने उपन्यास, कविता, कथा सहित सभी विधाओं में साहित्य सृजन किया है। उनका पहला कविता संग्रह 1971 में जय हिन्द नाम से प्रकाशित हुआ था। 1979 में नौकर की कर्मांड नाम से उनका उपन्यास चर्चित रहा था।



पंचा मिश्रा
जमशेदपुर

उपन्यास है तथा निम्न-मध्यवर्गीय जीवन की तस्वीर खींचता है। इस उपन्यास की विशेषता यह है कि इसमें खलनायक नहीं हैं, बल्कि मुख्य पात्रों के जीवन की सादगी, उनकी निरीहता, उनके रहन-सहन, जीवन-यापन, संघर्षों आदि को अत्यंत गहराई से अनुभवों की छाया में लिखा गया है। इसमें दाम्पत्य जीवन, परिवार, आस-पड़ोस, काम करने की जगह, स्नेहिल गैर-संबंधियों के साथ रिश्तों में एक अटूट आस्था और विश्वास की स्थापना की गई है। इस कृति में प्रकृति हर जगह भावनात्मक और मानवीय उदभावनाओं के साथ भी उपस्थित करती है। यह उपन्यास, विनोद कुमार शुक्ल की रचना है, यह साहित्य अकादमी पुरस्कार से सम्मानित

गाएँ हैं जो बगैर उत्तेजक हुए आत्मा को इस आदिम संबंध के सौंदर्य से समृद्ध कर देते हैं। विनोद शुक्ल का काव्य संसार बाहरी चकाचौंध, चमक-दमक और कृत्रिमता से कोसों दूर, मन ने जैसा अनुभव किया, उसका यथावत चित्रण ही है, जो सीधे मन को स्पर्श करता है। उनकी एक कविता जो मुझे बहुत पसंद है, जिसे जितनी बार पढ़ती हूँ, उस रचना के भाव, अर्थ बदलते रहते हैं। हताशा से एक व्यक्ति बैठ गया था व्यक्ति को मैं नहीं जानता था हताशा को जानता था इसलिए मैं उस व्यक्ति के पास गया मैंने हाथ बढ़ाया मेरा हाथ पकड़कर वह खड़ा हुआ



मुझे वह नहीं जानता था मेरे हाथ बढ़ाने को जानता था हम दोनों साथ चले दोनों एक दूसरे को नहीं जानते थे साथ चलने को जानते थे। इस रचना में कवि का मानवीय दृष्टिकोण उभर कर सामने आता है। जीवन में हताशा और निराशा के बीच उम्मीद को एक स्वर्णिम किरण की तरह है यह कविता। एक और कविता जिसे साहित्य जगत में अत्यधिक प्रशंसा और सराहना मिली तथा जिसे आज भी लोग पढ़ना चाहते हैं और याद करते हैं वह है- जो मेरे घर कभी नहीं आयेगे मैं उनसे मिलने उनके पास जाऊँगा

एक उफनती नदी कभी मेरे पास नहीं आवेगी, नदी किनारे जाऊँगा, कुछ तैरूँगा, और दूब जाऊँगा। ज्ञानपीठ सम्मान एक विशिष्ट सम्मान है, जो साहित्य को उच्चता का शीर्ष प्रदान करता है और साहित्य गौरवान्वित होता है। ज्ञानपीठ पुरस्कार मिलने पर विनोद कुमार शुक्ल ने कहा- मुझे लिखना बहुत था बहुत कम लिख पाया, मैंने देखा बहुत, सुना भी मैंने बहुत, महसूस भी किया बहुत, लेकिन लिखने में थोड़ा ही लिखा. कितना कुछ लिखना बाकी है.. इस बचे हुए को मैं लिख लेता अपने बचे होने तक। उनके बचपन के मित्र, साहित्यकार कनक तिवारी ने कहा

-कविता से बड़ा कवि(कविता) से विलग इन्सान, विनोद जी कविता में शब्दों की गांठ बांध देते हैं। उसे खोलो तो शब्दार्थ और भावार्थ की फुलझड़ियाँ छूटती हैं। उनके मित्रों का मानना है कि उनकी आंखों में पता नहीं क्या था, जिस अज्ञात को हम कच्ची उम्र में कैसे समझ पाते। बहरहाल ज्ञानपीठ का यश और महत्व वह इस कवि के सम्मान से ज्यादा ज्ञानपीठ का सम्मान है। यह पूरा साहित्य जगत मानता है। विनोद कुमार शुक्ल आदिवासी बोधमयता के एक महान कवि हैं। साहित्य के इस गौरवशाली सम्मान से सम्मानित होने पर आदरणीय विनोद शुक्ल जी को हार्दिक बधाई और अशेष शुभकामनाएं।

उपासना के नौ दिन

3 प्रकार के नवरात्र

नवरात्र में भक्त देवी की उपासना अपने-अपने तरीके से करते हैं। कोई पूरे व्रत रखता है तो कोई पहला और आखरी। उपासना के आधार पर नवरात्र तीन प्रकार के होते हैं...

पूर्ण नवरात्र: इसमें पहले नवरात्र से लेकर आठवें तक उपवास रखकर देवी की उपासना की जाती है। नवमी को पूर्णाहुति यज्ञ के बाद कन्या पूजन किया जाता है।

एक मुक्त नवरात्र: इसमें पहले और आठवें नवरात्र को उपवास रखकर देवी की उपासना की जाती है। फिर नवमी के दिन पूर्णाहुति यज्ञ के बाद कन्याओं को भोग लगाया जाता है। त्रिरात्रि नवरात्र: इसमें नवरात्र के छठे, सातवें और आठवें दिन उपवास रखकर देवी की आराधना की जाती है। नवमी को पूर्णाहुति यज्ञ के बाद कन्या पूजन किया जाता है।

यूँ करें नवदुर्गा की आराधना

- ▶ दुर्गा पूजा के आरंभ में पवित्र स्थान की मिट्टी से वेदी बनाकर उसमें जौ, गेहूँ बोएं। फिर उसके ऊपर कलश को विधिपूर्वक स्थापित करें।
- ▶ कलश के ऊपर मूर्ति की प्रतिष्ठा करें। मूर्ति यदि कच्ची मिट्टी, कागज या सिंदूर आदि से बनी हो और स्नानादि से उसमें विकृति होने की आशंका हो तो उसके ऊपर शीशा लगा दें।
- ▶ मूर्ति न हो तो कलश के पीछे स्वास्तिक और उसके दोनों भुजाओं में त्रिशूल बनाकर दुर्गाजी का चित्र, पुस्तक तथा शालीग्राम को विराजित कर विष्णु का पूजन करें।
- ▶ पूजन सात्विक हो, राजस और तामस नहीं।
- ▶ नवरात्रि व्रत के आरंभ में स्वस्तिवाचन शांति पाठ कर संकल्प करें और तब सर्वप्रथम गणपति की पूजा कर मातृका, लोकपाल, नवग्रह एवं वरुण का विधि-विधान से पूजन करें। फिर प्रधानमूर्ति का षोडशोपचार पूजन करना चाहिए। अपने ईष्टदेव का पूजन करें। पूजन वेद विधि या संप्रदाय निर्दिष्ट विधि से होना चाहिए।
- ▶ दुर्गा देवी की आराधना अनुष्ठान में महाकाली, महालक्ष्मी और महासरस्वती का पूजन तथा मार्कण्डेयपुराण के अनुसार श्री दुर्गा सप्तशती का पाठ मुय अनुष्ठान कर्तव्य है।

पाठ विधि :

श्री दुर्गा सप्तशती पुस्तक का विधिपूर्वक पूजन कर इस मंत्र से प्रार्थना करनी चाहिए।
ॐ नमो देव्यै महादेव्यै शिवायै सततं नमः।

नमः प्रकृत्यै भद्रायै नियताः प्रणताः स्म ता।
इस मंत्र से पंचोपचार पूजन कर यथाविधि पाठ करें। देवी व्रत में कुमारी पूजन परम आवश्यक माना गया है। सामर्थ्य हो तो नवरात्रि के प्रतिदिन, अन्यथा समाप्ति के दिन नौ कुंवारी कन्याओं के चरण धोकर उन्हें देवी रूप मान कर गंध-पुष्पादि से अर्चन कर आदर के साथ यथारूचि मिष्ठान भोजन कराना चाहिए एवं वस्त्रादि से सलकार करना चाहिए। कुमारी पूजन में दस वर्ष तक की कन्याओं का अर्चन विशेष महत्व रखता है। इसमें दो वर्ष की कन्या कुमारी, तीन वर्ष की त्रिमूर्तिनी, चार वर्ष की कल्याणी, पांच वर्ष की रोहिणी, छह वर्ष की काली, सात वर्ष की चंडिका, आठ वर्ष की शंभवी, नौ वर्ष की दुर्गा और दस वर्ष वाली सुभद्रा स्वरूपा होती है। दुर्गा पूजा में प्रतिदिन की पूजा का विशेष महत्व है जिसमें प्रथम शैलपुत्री से लेकर नवा सिद्धिदात्री तक नव दुर्गाओं की नव शक्तियों का और स्वरूपों का विशेष अर्चन होता है।

क्या करें

नवरात्री में हम जितनी पवित्रता बरतते हैं, देवी उतनी ही प्रसन्न होती हैं। कई घरों में बड़े ही नियम से पूजा पाठ होता है। कुछ लोग बहुत कठोर नियम करते हैं। इन परंपराओं में हमारे संस्कार बसे हैं....

- नवरात्रि के नौ दिनों में यह कार्य अवश्य करें :
- ▶ नंगे पैर रहना।
 - ▶ नौ दिनों तक व्रत रखना।
 - ▶ प्रतिदिन मंदिर जाना।
 - ▶ देवी को जल अर्पित करना।
 - ▶ कन्या भोजन कराना।
 - ▶ बिना लहसुन-प्याज का भोजन बनाना।
 - ▶ शांत रहना।
 - ▶ नौ दिनों तक देवी का विशेष शृंगार करना।
 - ▶ अष्टमी-नवमी पर विशेष पूजा।
 - ▶ अखंड ज्योति जलाना आदि....

पूजा सामग्री घट स्थापना

घट स्थापना और पूजा-पाठ में निम्नलिखित सामग्री की पहले से ही व्यवस्था करके रख लेनी चाहिए। घट स्थापना हेतु गंगाजल, नारियल, लाल कपड़ा, मोली, रोली, चंदन, पान, सुपारी, धूप-बी, धो का दीपक, ताजे फल, फूल माला, बेलपों की माला, चावल, घर के दरवाजे पर बंदनवार के लिए आम के पौ, तांबे या मिट्टी का एक घड़ा, चंदन की लकड़ी, पांच प्रकार के रत्न, देवी की मूर्ति के लिए लाल पात्र, मिठाई, बताशा, सुगंधित तेल, सिंदूर, आरती में लिए कपूर, पांच प्रकार के फल, पंचामृत इत्यादि पूजा सामग्री में रखना आवश्यक है। दुर्गा जी की मूर्ति को हर रोज नव वस्त्र धारण करवाएं। ये सारी सामग्री नौ दिन नव दुर्गाओं को पूजा के दौरान समर्पित की जाएगी।

नौ दिन के नौ विशेष भोग

- ▶ प्रथम नवरात्रि के दिन मां के चरणों में गाय का शुद्ध घी अर्पित करने से आरोग्य का आशीर्वाद मिलता है तथा शरीर निरोगी रहता है।
- ▶ दूसरे नवरात्रि के दिन मां को शकर का भोग लगाएं व घर में सभी सदस्यों को दें। इससे आयु में वृद्धि होती है।
- ▶ तृतीय नवरात्रि के दिन दूध या दूध से बनी मिठाई या खीर का भोग मां को लगाकर ब्राह्मण को दान करें। इससे दुखों से मुक्ति मिलती है और परम आनंद की प्राप्ति होती है।
- ▶ मां दुर्गा को चौथे नवरात्रि के दिन मालपुए का भोग लगाएं और मंदिर के ब्राह्मण को दान दें, जिससे बुद्धि का विकास होने के साथ-साथ निर्णय शक्ति बढ़ती है।
- ▶ नवरात्रि के पांचवें दिन मां को केले का नैवेद्य चढ़ाने से शरीर स्वस्थ रहता है।
- ▶ छठे नवरात्रि के दिन मां को शहद का भोग लगाएं। ऐसा करने से आपकी आकर्षण शक्ति में वृद्धि होगी।
- ▶ सातवें नवरात्रि पर मां को गुड़ का नैवेद्य चढ़ाने व उसे ब्राह्मण को दान करने से शोक से मुक्ति मिलती है एवं आकस्मिक आने वाले संकटों से रक्षा भी होती है।
- ▶ नवरात्रि के आठवें दिन माता रानी को नारियल का भोग लगाएं व नारियल का दान करें। इससे संतान संबंधी परेशानियों से छुटकारा मिलता है।
- ▶ नवरात्रि की नवमी के दिन तिल का भोग लगाकर ब्राह्मण को दान दें। इससे मृत्यु भय से राहत मिलेगी। साथ ही अनहोनी होने की घटनाओं से बचाव भी होगा।

कन्या पूजन

अष्टमी और नवमी दोनों ही दिन कन्या पूजन किया जा सकता है। अतः श्रद्धापूर्वक कन्या पूजन करना चाहिए...

- ▶ सर्वप्रथम मां जगदंबा के सभी नौ स्वरूपों का स्मरण करते हुए घर में प्रवेश करते ही कन्याओं के पांव धोएं।
- ▶ इसके बाद उन्हें उचित आसन पर बैठाकर उनके हाथ में मौली बांधे और माथे पर बिंदी लगाएं।
- ▶ उनकी थाली में हलवा-पूरी और चने परोसें।
- ▶ अब अपनी पूजा की थाली जिसमें दो पूरी और हलवा-चने रखे हुए हैं, के चारों ओर हलवा और चना भी रखें। बीच में आटे से बने एक दीपक को शुद्ध घी से जलाएं।
- ▶ कन्या पूजन के बाद सभी कन्याओं को अपनी थाली में से यही प्रसाद खाने को दें।
- ▶ अब कन्याओं को उचित उपहार तथा कुछ राशि भी भेंट में दें।
- ▶ जय माता दी कहकर उनके चरण छुएं और उनके प्रस्थान के बाद स्वयं प्रसाद खाने से पहले पूरे घर में खेत्री के पास रखे कुंभ का जल सारे घर में छिड़कें।



नवरात्रों में पाएं जीवन की नौ समस्याओं से मुक्ति

नवरात्र मूल प्रकृति आदि शक्ति की उपासना का पर्व है, प्रतिपदा से नवमी तक निश्चित नौ तिथियों, नौ नक्षत्रों, नवग्रहों, नवनिद्धियों, नौ शक्तियों की नवधा का पर्व है। जीवन से जुड़े नवरंग को निखारता है नवरात्र पर्व। नवरात्र पर्व में आदिशक्ति के नौ रूपों कि नौ दिनों में क्रमशः अलग-अलग पूजा को दर्शाता है। जीवन को अगर नौ हिस्सों में विभाजित किया जाए तो जीवन के नवरंग का निर्माण होता है। इन्हीं नवरंग को दर्शाता है नवरात्री का पर्व।

मां कि कोख से जन्म लेने के उपरांत पंचमहाभूतों के यथार्थ में सामने तक का सफर ही जीवनी के नवरंग है। बालपन से लेकर मरणोपरांत तक जीवन के नवरंग इस प्रकृति का ही हिस्सा हैं। ये अवस्थाएं हम सभी के जीवन में आती हैं तथा हर अवस्था से संबंध रखते हैं नवग्रह। इसी भांति नवरात्र कि नौ रातों जीवन के नौ पड़ाव हैं जिनका संबंध हर एक अलग-अलग ग्रह से है। आइए समझते हैं कालचक्र कि इस निश्चित नवधा को।

नवरात्र के दिनों में नौ देवियों का जीवन में अलग अलग स्थान है:

1. शैलपुत्री

मानव मन पर अधिपत्य रखती पहली दुर्गा चंद्र स्वरूपा देवी शैलपुत्री यशाश्वत जीवन में ये स्वरूप हैं उस नवजात शिशु का जो अबोध है, निष्पाप है जिसका मन निर्मल है।

उपाय: मनोविकार से मुक्ति के लिए मां शैलपुत्री को सफेद कनेर के फूल चढ़ाएं।

2. ब्रह्मचारिणी

तामसिक इन्द्रियों पर विजय प्राप्त करती दूसरी दुर्गा मंगल स्वरूपा देवी ब्रह्मचारिणी यशाश्वत जीवन में ये स्वरूप हैं उस बच्चे का जो अब जो अब बड़ा हो रहा

है, विद्यार्थी है और जिसका जीवन ही ज्ञान स्वरूप है।
उपाय: शक्ति प्राप्ति के लिए मां ब्रह्मचारिणी को सिंदूर का चोला चढ़ाएं।

3. चन्द्रघण्टा

कामोत्तेजना को वश में रखती तीसरी दुर्गा शुरु स्वरूपा देवी चन्द्रघण्टा यशाश्वत जीवन में ये स्वरूप हैं उस नवयौवना का जिसमें प्रेम का भाव जागृत है तथा जो व्यसक कि श्रेणी में आ गया है।

उपाय: प्रेम में सफलता के लिए मां चन्द्रघण्टा को चमेली का इत्र चढ़ाएं।

4. कूष्मांड

जीवनी शक्ति का संचरण करती चौथी दुर्गा सूर्य स्वरूपा देवी कूष्मांड यशाश्वत जीवन में ये स्वरूप उस विवाहित स्त्री और पुरुष का है जिसके गर्भ में नवजीवन पनप रहा है अर्थात् जो गर्भावस्था में है।

उपाय: संतति सुख कि प्राप्ति के लिए मां कूष्मांड पर जायफल चढ़ाएं।

5. स्कंदमाता

पालन शक्ति का संचरण करती पांचवीं दुर्गा बुद्ध स्वरूपा देवी स्कंदमाता यशाश्वत जीवन में ये स्वरूप हैं उस महिला अथवा पुरुष का जो माता पिता बनकर अपने बच्चों का लालन पोषण करते हैं।

उपाय: संतान की सफलता के लिए स्कंदमाता पर मेहंदी चढ़ाएं।

6. कात्यायनी

पारिवारिक जीवन का निर्वाहन करती षष्ठम दुर्गा बृहस्पति रूपादेवी कात्यायनी यशाश्वत जीवन में ये स्वरूप हैं उस अधेड़ महिला अथवा पुरुष का जो परिवार में रहकर अपनी पीढ़ी का भविष्य संवार रहे हैं।

उपाय: पारिवारिक सुख शांति के लिए मां कात्यायनी पर साबुत हल्दी कि गांठे चढ़ाएं।

7. कालरात्रि

वृद्धावस्था का अनुभव लिए सप्तम दुर्गा शनि स्वरूपा देवी कालरात्रि यशाश्वत जीवन में ये स्वरूप हैं उस वृद्ध महिला अथवा पुरुष का जो दोहते अथवा पौत्रों का सुख ले रहे हैं और काल (मृत्यु) से लड़ रहे हैं।

उपाय: मृत्यु भय से मुक्ति के लिए मां कालरात्रि पर काले चने का भोग लगाएं।

8. महागौरी

मृतावस्था का चोला पहने अष्टम दुर्गा राहु स्वरूपा देवी महागौरी यशाश्वत जीवन में ये स्वरूप उस मरणोपरांत प्राप्त उस वयोवृद्ध महिला अथवा पुरुष का

जो कफन पहने हैं तथा अर्था पर सवार हो मृत पड़ा है।
उपाय: सदगति कि प्राप्ति के लिए मां महागौरी पर सौंद चढ़ाएं।

9. सिद्धिदात्री

सिद्धार्थ प्राप्त पंचमहाभूत में विलीन नवम दुर्गा केतु स्वरूपा सिद्धिदात्री यशाश्वत जीवन में ये स्वरूप हैं उस

देह त्याग कर चुकी उस आत्मा का जिसने जीवन में सर्व सिद्धि प्राप्त करके स्वयं को परमेश्वर में विलीन कर लिया है।
उपाय: मोक्ष कि प्राप्ति के लिए मां सिद्धिदात्री पर केले का भोग लगाएं।
आचार्य कमल नंदलाल



Pak's unrest stems from internal oppression

FOR decades, Pakistan's ruling class has blamed foreign conspiracies for the country's turmoil, conveniently ignoring the fractures within.

But the truth is, you cannot silence a storm by shutting your windows. The unrest in Balochistan, the resentment in Sindh, and the frustration in Khyber Pakhtunkhwa are not the result of external forces alone; they are the inevitable consequences of a state that has refused to listen, choosing coercion over conversation. The ghosts of our past haunt us still. Mir Ahmad Yar Khan, the last Khan of Kalat, signed the accession under duress, and his people were left without a voice. Nawab Akbar Bugti's assassination did not quell resistance — it turned him into a martyr. Babu Nowroz, who died on a hunger strike in protest; Sardar Ataulah Mengal and GM Syed, once symbols of hope, later labelled as "traitors"; Hyder Bux Jatoi and Rasool Bux Palijo, who dedicated their lives to Sindh's rights but were sidelined — their stories are not mere footnotes. These are chapters in a long history of broken promises and betrayed alliances. Even those who sought peaceful means to bring about change — Khan Abdul Ghaffar Khan, the 'Frontier Gandhi', and his son Abdul Wali Khan — were met with state brutality rather than dialogue. Taj Muhammad Langah's calls for Siraiki identity and Nawabzada Nasrullah Khan's demands for fairness were reduced to mere whispers drowned out by louder accusations of treachery. When allies are treated as adversaries and legitimate grievances are met with bullets, resentment does not disappear — it deepens.

The rise of the Balochistan Liberation Army (BLA), the flames of unrest in the three provinces and the growing anger in south Punjab and the former tribal areas — these are not isolated incidents of 'terrorism'. They are the bitter fruit of policies that have long prioritised suppression over justice. Pakistan remains a country of two realities: in one, the elite of Lahore and Islamabad thrive, enjoying the spoils of development; in the other, Balochistan's minerals are extracted, Sindh's waters are diverted and Khyber Pakhtunkhwa's valleys are exploited, while their people are left in poverty. A rent-seeking economy serves the powerful, while the marginalised are told to tighten their belts. But hunger has no patience for empty slogans. The obsession with kinetic solutions — military operations instead of dialogue, bullets instead of ballots — has only added fuel to the fire. When Bugti was buried after a military operation, when Mengal was thrown into jail and when GM Syed was confined to his hometown, what was expected? That people would remain silent? That they would thank the state for their oppression? A dog kicked too many times will eventually bite back. A people pushed to the brink will rise. This is not a simplistic battle between good and evil. It is a question of fairness. Pakistan was envisioned by Quaid-e-Azam Muhammad Ali Jinnah as a federation, not a fiefdom. Yet, power remains concentrated in the hands of Punjab's elite, while smaller provinces are forced to beg for their rightful share.

A house built on exploitation cannot stand forever. The coerced accession of Kalat, the assassination of Bugti and the marginalisation of the Red Shirts — these are not relics of the past. They are open wounds that continue to fester.

The way forward is clear, but it requires courage. We must start listening instead of lecturing. The state must honour its social contract: give provinces their fair share of resources, respect their cultural identities and replace suspicion with solidarity.

The BLA's guns will fall silent only when the state extends an open hand instead of a clenched fist. As the saying goes, "A wound ignored festers; a wound healed becomes a scar of resilience."

Pakistan's survival depends not on forced uniformity but on unity in diversity. Let Lahore's prosperity be shared with Sindh and Balochistan. Let the institutions responsible for national security protect citizens instead of punishing them.

Why judges can hold office only during 'good behaviour'

While the policy of the government to deal with naxalite activities is comprehensive, setting a timeline to eliminate violence in a low-intensity conflict is best avoided.

The accountability of public officials, including judges is the very essence of a mature democracy. Judicial accountability promotes at least three discrete values: the rule of law, public confidence in the judiciary and institutional responsibility. History has taught us that judicial independence must be tempered with judicial accountability. No one judge can be more valuable than the institution of the judiciary as a whole. But individual judges should certainly be protected against motivated and baseless allegations. Justice Yashwant Varma of the Delhi High Court, who is widely regarded as an outstanding judge, is facing allegations of corruption due to the alleged video of burnt notes found in his outhouse. He was away when a fire broke out in the outhouse and it is alleged that the fire brigade, while dousing the fire, saw piles of burnt notes.

In an unprecedented and prompt action, the Supreme Court collegium, led by Chief Justice Sanjiv Khanna, decided to put the controversial video on the apex court's website and ordered an in-house inquiry. Justice Varma, in the meantime, has been transferred back to the Allahabad High Court, though he won't be given any judicial work. These allegations are now being used by various political parties to target the collegium system. All political parties are against the collegium system and that's why the NJAC constitutional amendment, the first big-ticket reform of the Modi government, was unanimously passed in Lok Sabha. In the Rajya Sabha, the only dissent was from the legendary Ram Jethmalani. The political class wants to have its say in the judicial appointments to the constitutional courts and it does not require any rocket science to know why. Even Vice-President Jagdeep Dhankhar, in the Rajya Sabha on Wednesday, said that had the National Judicial Appointments Commission (NJAC) not been struck down by the Supreme Court, such problems of corruption would not have arisen. This is too sweeping a conclusion. Most of the appointments in the government are exclusively made by the government, yet we have large-scale corruption all over. Even civil servants who are selected by the most rigorous and fair process through the Union Public Service Commission indulge in corruption.

Leading political leaders directly elected by the people have been involved and even convicted of corruption.

Thus, any debate on the collegium and judicial appointments in the current controversy is irrelevant. The central issue is of judicial accountability in cases of corruption. As per the K Veeraswami judgment (1991), if the allegation of corruption is against a judge of the

Supreme Court, the President of India would order an investigation in consultation with the CJI and if the allegation is against the CJI himself, the President would consult other judges and act on their advice.

Prior to this judgment, the Prevention of Corruption Act was applicable only in respect of public servants, not judges. Recently, Lokpal Justice AM Khanvilkar ordered that high court judges are under its jurisdiction, but the Supreme Court promptly stayed it and is slated to hear this issue soon. Unfortunately, short of impeachment, we do not have any statutory mechanism to examine the misconduct of judges. There can be motivated

though some 60 judges have so far been investigated under the impeachment process. In England, no judge has been impeached in the last two hundred years or so.

The Indian Constitution protects the judges against the will of the masses or the will of Parliament and the will of the all-powerful executive. It says that a judge can be impeached by both the Houses of Parliament on the grounds of "proved misbehaviour or incapacity."

The impeachment process is basically a political process with members bound to vote as per the party whip. Justice Ramaswami's impeachment motion did fail in 1993 as the Congress party decided to vote against it. There have been more than one dozen cases of corruption and a couple of cases of sexual harassment, yet no judge has so far been impeached. A few years back, there was a move by the Opposition to impeach the then CJI Dipak Mishra. But this time, the BJP decided to bail him out.

The then Rajya Sabha Chairman, Venkaiah Naidu (former BJP president), rejected the impeachment motion at the introduction stage itself by relying on the minority opinion in the Krishna Swami (1993) case. In earlier cases, such motions were accepted if they were presented to the Chairman with the requisite number of 50 signatures of Rajya Sabha members.

The judges hold office not only in India but also in Britain and the United States during what may be termed "good behaviour". The

Supreme Court has held that the word 'misconduct' is a relative term and it would connote "wrong conduct or improper conduct." Any allegation of corruption or sexual harassment, if proved, will certainly be a 'misconduct' and, thus, the ground of impeachment. Currently, if there is a complaint against a judge of the Supreme Court or a high court, the Chief Justice of India nominates an internal committee to examine the allegations. Even if allegations are proved, the CJI or the President of India does not have any power to admonish, censure, withhold increments or even suspend the judge concerned. He may, in extreme cases, withdraw judicial work. The in-house process can be initiated only by the CJI. The law is silent if the allegation is against the CJI himself.



allegations as well. Allegations against the Madras Chief Justice PD Dinakaran were made by the Madras Bar only when his name was cleared for elevation to the Supreme Court. The Judicial Standards and Accountability Bill, 2010, which was passed by the Lok Sabha in 2012, tried to address these issues, but the Bill eventually could not be passed in the Rajya Sabha and lapsed on the dissolution of Lok Sabha. In any case, the Bill largely dealt with matters like hearing a matter in which a family member of a judge is involved or he/she joins any trade or business or enters a public debate on political questions, etc. The last unsuccessful instance of impeaching a judge in the United States was in 1805 when Justice Samuel Chase of the Supreme Court was impeached by the House of Representatives, but acquitted by the Senate,

Suicidal course

Parents, institutions pushing students too hard

A final-year student of IIT-Ropar died a week after his poor grades — apparently linked to his inadequate language skills — drove him to take poison. In his suicide note, Marymesi Arun apologised to his parents for failing to meet their expectations. This is another tragic case of a young life snuffed out by distress and unbearable pressure. It seems that there is no respite for students even after they enter the portals of India's premier educational institutions. They have to compete ruthlessly and prove themselves all the time. Sadly, their academic journey has been reduced to a Darwinian struggle for survival. And those who are not among the fittest and the strongest simply drop out of the race, or even worse, choose to end their lives.

The Supreme Court rightly observed earlier this week that relentless pressure to perform in a score-based education system and the extreme competition for limited seats in leading institutions



were putting a 'terrifying burden' on students. It has set up a National Task Force to address their mental health

concerns and prevent suicides. The initiative is laudable, but its success will depend largely on whether the key stakeholders — universities, colleges, coaching centres, parents — are willing to introspect and do course correction. It is their obsession with results and achievements that is pushing young people deeper into the mire. The lack of institutional and parental accountability has created a deplorable situation — both sides keep blaming each other for youngsters' woes. It's undoubtedly a collective failure and there is no room for passing the buck. The focus has to be on detecting early signs of stress and taking timely remedial action. The wellbeing of students must take precedence over everything else. A nation that aspires to become Viksit (developed) by 2047 must set itself an immediate goal: safeguarding the welfare and lives of every student. After all, at stake is India's future.

Pull your kids back from the brink

The party organisation has been playing second fiddle to the ruling establishment

ON my daughter Ana's recommendation, I watched the mini-series Adolescence on Netflix. It is about a boy of 13 who stabbed to death a girl — his classmate in school. Since the two teenagers were neither enemies nor friends, it was difficult for the detectives to ascertain the motive for the crime. The police had to requisition the services of a trained psychologist to arrive at a conclusion. The film is set in a typical English town. The boy belonged to a working-class family. The father was a plumber. The mother also worked, but not for as many hours as her husband. The couple was happily married. They had a 17-year-old daughter who, unlike her brother, showed no sign of emotional instability.

I interact with young people occasionally. When my mobility was not impaired, as it has been for the past three or four years, the interaction was almost on a daily basis, except on weekends, which are devoted to the immediate family. Now, it is limited to those who visit me at my home with their woes. Lower middle-class parents expect me to involve the police to drive sense into their teenage wards. I have to explain to them that the police are not trained to deal with emotionally disturbed children or even adults. Any police interference can only complicate matters. During my years in service, I once approached Prof Mrinalini Apte of the Tata Institute of Social Sciences for help. The kind lady placed a girl and a boy in my office from 3 to 6 pm on working days to talk to the parties concerned. The duo succeeded where we, the police, would surely have failed. My wife, who was a trained teacher, worked in Pune at the Shivaji Preparatory Military School when I was stationed there as Superintendent of the city police from 1964 to 1968, at the Cathedral School in Mumbai from 1968 to 1974, at the Central School in Hyderabad from 1974 to 1976 when I was deputed to the CRPF, and at St Columba's School in Delhi, which was my last posting on deputation from 1976 to 1979. She found the children in Mumbai's Cathedral School hardest to handle and those in Hyderabad's Central School the



easiest. The reason was not hard to understand. Emotional health of children of less affluent people in India has not suffered as much as that of the economically advanced ones. In countries like the UK, children were exposed to social media platforms like Facebook and WhatsApp before their arrival in India. Kids exposed to technology are more likely to be influenced by current trends in sexual mores than those who have less access to technological advancements. The 13-year-old protagonist in Adolescence had begun to struggle with his sexual urges, as is natural at that age. The boys in his class had concluded that 80 per cent of the girls were attracted to 20 per cent of the boys. The

protagonist felt that he was 'ugly' and hence not good enough to be noticed by the girls. His father had attempted unsuccessfully to get him interested in sports, especially football. The boy's IQ level was above average. He did well in studies, but was obviously troubled by signs of puberty that his parents had failed to even notice, let alone address.

The parents of the more affluent in Indian cities like Mumbai are absorbed in their own lives. Many do spare time to mentor their kids. The teenagers need answers to their doubts and knowledge about the new urges they experience as they enter puberty. Their fathers have no time to answer, the mothers hesitate to get involved in

such subjects, except to warn their daughters about predatory males. The protagonist used to lock himself in his room and sit on the computer surfing for information he needed to satisfy his curiosity. The post-murder conversation between his parents to determine where they had failed is featured in the fourth and last episode. It totes up the burden that parents have to carry while bringing up kids in this day and age. It is not an easy task, but it can become quite absorbing if both parents devote time to their children every day without making excuses. And if, like the protagonist, there is a child who remains aloof and does not communicate, it's all the more reason for concerned parents to spend time with him or her.

A concomitant issue, not directly related to troubled children, is the molestation of tiny tots in schools. The culprits are sometimes older children but more likely attendants employed by schools for menial jobs, or at times even teachers. Parents and teachers should be constantly reminded of this danger and the school administrators should be alert to this menace. They owe it to the little ones. The Mumbai city police had started the Police Didi programme, under which one policewoman in every police station visited schools under its jurisdiction once a month and sometimes attended parent-teacher meets, if permitted. Police presence reminded all stakeholders of their responsibilities and served as a warning to potential transgressors that the eyes of the authorities were always open. The Public Concern for Governance Trust (PCGT), an NGO of which I am a founder-trustee, had teamed up with the Police Didi Programme and another NGO in the city to work closely on this issue of vital importance. Unfortunately, it died a sudden 'death' when Covid-19 struck. The PCGT is searching for a local sponsor so that one or two trained social workers can be employed to ensure that the project is revived and remains alive in the city. The objective is to generate fear in the minds of potential offenders.

Sensex, Nifty closing: Top stocks that gained and lost on BSE, NSE

New Delhi. The last trading session on FY25 saw Dalal Street ending in red as Sensex and Nifty closed lower on Friday, with auto and IT stocks leading the decline. Investor sentiment was impacted by concerns over new US tariffs, which weighed on global markets.

The S&P BSE Sensex fell by 191.51 points to close at 77,414.92, while the NSE Nifty50 dropped 72.60 points to end at 23,519.35. Vinod Nair, Head of Research at Geojit Financial Services, said that Asian markets are going through a phase of consolidation as the latest US trade measures are expected to affect major manufacturing economies.

"Additionally, a rise in Japan's Consumer Price Index (CPI) has added to market weakness. Domestically, the market's upward movement has slowed as investors assess the impact of these tariffs on auto, ancillary, pharma, and other sectors. Meanwhile, gold prices have hit a new high amid concerns that a deeper trade war could hurt the global economy," he added. The fall in IT and auto stocks is linked to concerns over US reciprocal tariffs, which are set to come into effect on April 2.

Need PAN In 10 Minutes? Here's How To Apply Online Instantly— Check Steps

New Delhi. The Permanent Account Number (PAN) is a vital 10-digit alphanumeric ID issued by the income tax department. It plays a key role in financial transactions. This includes filing income tax returns (ITR), opening bank accounts and investing in the stock market. Having PAN card is essential for managing finances smoothly.

If you need a PAN card urgently but don't have one, you can get it within minutes using the e-PAN facility. Follow these simple steps to apply for an instant PAN card using Aadhaar:

- Step 1: Visit the official Income Tax e-filing website (www.incometax.gov.in).
- Step 2: Click on the 'Instant E-PAN' option under the 'Quick Links' section.
- Step 3: Select 'Get New PAN' to proceed with the application.
- Step 4: Enter your Aadhaar number, check the declaration box, and click 'Continue'.
- Step 5: Enter the OTP sent to your registered mobile number and click 'Validate Aadhaar OTP and Continue'.
- Step 6: Accept the terms and conditions, then click 'Continue'.
- Step 7: Re-enter your OTP, check the confirmation box, and click 'Continue'.
- Step 8: If your email ID is not verified, click 'Validate email ID', check the box, and proceed.

PPF, Post Office FD, SSY: Check Latest Interest Rates On Small Savings Schemes

New Delhi. As the interest rates on small savings schemes like post office deposits, public provident fund (PPF), Sukanya Samridhi Yojana (SSY) and National Savings Certificate (NSC) are revised every quarter, investors keep an eye out on the rate changes. This time, the central government has kept interest rates on such schemes unchanged for the April-June 2025 quarter. "The rates of interest on various Small Savings Schemes for the first quarter of FY 2025-26 starting from 1st April, 2025 and ending on 30th June, 2025 shall remain unchanged from those notified for the fourth quarter (1st January, 2025 to 31st March, 2025) of FY 2024-25," according to a finance ministry notification.

What Are Small Savings Schemes?

Small Savings Schemes are savings instruments managed by the government to encourage citizens to save regularly. The small savings schemes have three categories — savings deposits, social security schemes and monthly income plan. Saving deposits include 1-3-year time deposits and 5-year recurring deposits. These also include saving certificates such as National Saving Certificates (NSC) and Kisan Vikas Patra (KVP). Social security schemes include Public Provident Fund (PPF), Sukanya Samridhi Account and Senior Citizens Savings Scheme. The monthly income plan includes the Monthly Income Account.

Interest rates on small savings schemes like PPF, post office savings and term deposits, NSC and SSY, are reviewed at the end of every quarter and are decided for the next quarter accordingly. The rate review is done on the basis of G-Sec yields of the preceding quarter (October-December 2024 in the latest case).

BYD to build a plant in India: Can it reshape the car and EV market

New Delhi. Chinese electric vehicle (EV) giant BYD is set to establish its first manufacturing plant in India, marking a strategic shift in its global expansion efforts. According to a Business Standard report, the company has identified Rangareddy district in Telangana, about 60 kilometres from Hyderabad, as the site for its proposed EV and battery production unit. The move comes amid rising tariffs in Western markets, forcing Chinese automakers to explore alternative growth opportunities.

Why is BYD entering India now?

BYD's India expansion is driven by escalating trade barriers in key export destinations. The European Union (EU) has imposed tariffs as high as 35.3 per cent on Chinese EVs since September last year, with BYD facing a 17 per cent levy on top of the standard 10 per cent import duty, effectively bringing the tariff to 27 per cent. The United States has also announced steep tariffs on Chinese electric cars, raising duties to 100 per cent from 25 per cent, effectively limiting BYD's ability to compete in these markets. These protectionist measures have prompted BYD to seek new opportunities in emerging economies with growing EV demand.

HC raises concern over tax dept's AI-generated order against assessee

A taxpayer had filed petition against a non-speaking order (order without explanation) issued by tax department, which had declared return filed as invalid due to the non-filing of a tax audit report



New Delhi. The Bombay High Court has admonished the tax department for using AI generated order to reject the contentions of the assessee without giving any reasons. "The principles of natural justice and fairness are too valuable to be sacrificed at the altar of AI and

automation expediency," the court remarked, underscoring that the duty to provide reasons for an adverse order is an established facet of natural justice. The HC advised the revenue department to create a system in which the Centralised Processing Center (CPC) or demonstrates 'thoughtful consideration' and that the essence of orders is not like the "inscrutable face of sphinx."

A taxpayer had filed a petition against a non-speaking order (an order without explanation) issued by the Tax Department, which had declared return filed as invalid due to the non-filing of a tax audit report. The rejection of the taxpayer's contentions came without explanation, leaving them with little recourse except to challenge the decision in court. Hearing the matter, a Division

Bench of Justice MS Sonak and Justice Jitendra Jain took note of a critical flaw in the system: the AI-generated order exhibited no sign of human thought. Instead of engaging with the taxpayer's arguments, the system had mechanically dismissed them—an approach the court found deeply troubling.

The judges warned the Revenue Department that the implementation of AI should not lead to the erosion of fair decision-making. They emphasized that a well-functioning tax system required more than just efficiency—it needed accountability and transparency. The court ultimately relegated the petitioner to an alternate remedy, directing them to seek revisional jurisdiction under Section 264 of the Income Tax Act. The court reasoned that matters involving compliance with Section 44AB and interpretation of ICAI Guidance Notes were best dealt with by the Commissioner of Income Tax (CIT). However, it made it clear that the revisional authority must consider the case fairly and provide the petitioner with an opportunity to be heard.

Elon Musk says xAI startup buying X platform

SAN FRANCISCO. Elon Musk on Friday said his artificial intelligence startup xAI is buying his social networking platform X in a deal valuing the company once known as Twitter at \$33 billion. "This combination will unlock immense potential by blending xAI's advanced AI capability and expertise with X's massive reach," Musk said in a post on his social network. X has more than 600 million users, and its future is "intertwined" with that of xAI, launched two years ago, according to Musk. "Today, we officially take the step to combine the data, models, compute, distribution and talent," Musk said of combining the two companies. "This will allow us to build a platform that doesn't just reflect the world but actively accelerates human progress." The companies are being combined in an all-stock deal that values xAI at \$80 billion and X at \$33 billion, factoring in the social network's \$12 billion debt. Musk bought Twitter for \$44 billion in late 2022 in a transaction that included debt and launched xAI the following year,

spending billions of dollars on high-end Nvidia chips for the venture. xAI in February released the latest version of its chatbot, Grok 3, which the billionaire hopes will find traction in a highly competitive sector



contested by the likes of ChatGPT and China's DeepSeek. Musk has promoted Grok 3 as "scary smart," with 10 times the computational resources of its predecessor that was released in August last year. Grok 3 is also going up against OpenAI's chatbot, ChatGPT — pitting Musk against collaborator-turned-arch rival Sam Altman. Musk and Altman were among the 11-person

team that founded OpenAI in 2015. Created as a counterweight to Google's dominance in artificial intelligence, the project got initial funding from Musk. Musk left three years later, and then in 2022 OpenAI's release of ChatGPT created a global technology sensation — which made Altman a tech world star. Their relationship has become increasingly toxic and litigious ever since. X's billionaire owner, the world's richest person, is a major financial backer of US President Donald Trump and heads a Department of Government Efficiency that has been slashing the ranks of government employees. Industry analysts at Emarketer this week forecast that ad revenue at X will grow this year as brands fear retaliation by politically connected Musk if they don't spend on the platform. "Many advertisers may view spending on X as a cost of doing business in order to mitigate potential legal or financial repercussions," said Emarketer principal analyst Jasmine Enberg.

N Chandrasekaran joins IMF advisory council on entrepreneurship & growth

New Delhi. N Chandrasekaran, chairman of Tata Sons, has joined the International Monetary Fund managing director's Advisory Council on Entrepreneurship and Growth. In a statement, the IMF said as part of the International Monetary Fund's efforts to help create more conducive macroeconomic and financial conditions for strong and durable economic growth, IMF Managing Director, Kristalina Georgieva, convened an inaugural meeting with the new members, including Chandra, as he is popularly known. Chandra is also a member of the Reserve Bank of India board. "The medium-term outlook for world economic growth is at its lowest in several decades," Georgieva noted, adding "Much of the slowdown can be attributed to



declining productivity growth." "The Council brings together a group of leading thinkers and practitioners in business, finance, academia, and policymaking to share their views and

experiences on how macroeconomic and financial policies can provide a supportive environment for innovation, entrepreneurship, and productivity—key ingredients for a thriving private sector and strong economic growth," she added. The IMF managing director's Advisory Council will meet approximately once every three months in structured discussions under Chatham House rules. The discussions with the Council will inform the IMF's analytical agenda and policy research aimed at promoting macroeconomic and financial policies that are conducive to higher productivity growth and can support stronger medium-term economic prospects across its membership.

Patanjali: Championing Indian spiritual values in the global marketplace

Patanjali: Championing Indian spiritual values in the global marketplace



New Delhi. Patanjali is not just a brand but also a spiritual and cultural movement which has played an important role in making the lives of millions of people healthy and balanced. Under the leadership of Yoga Guru Swami Ramdev and Acharya Balkrishna, Patanjali not only revived Indian culture and traditions but also gave them recognition at the global level. International brands focus only on profit and loss. On the other hand, Patanjali incorporates Indian spiritual and cultural values in its brand. Patanjali emphasizes on self-reliance. Unlike the Western consumer, Patanjali promotes the traditional knowledge of India.

Patanjali's spiritual mission

Under the leadership of Swami Ramdev, Patanjali Yogpeeth has worked to make

yoga, Ayurveda and naturopathy reach the masses. He combined the tradition of keeping the body and mind healthy through yoga with modern science, which is benefiting people all over the world. Patanjali's yoga camps and TV programs have inspired millions of people to live a natural and balanced life.

Protecting cultural heritage

In the last few decades, India's traditional medical practices and health methods were being left behind due to the influence of Western lifestyle. But Patanjali worked to save the Indian cultural heritage by

making Ayurveda, Yoga and naturopathy popular again. Patanjali strengthened the Indian roots by promoting Ayurvedic medicines, herbal products and natural lifestyle.

Impact on modern health and lifestyle

Swami Ramdev is not only a promoter of yoga and Ayurveda, but he has strengthened the concept of health and natural lifestyle all over the world. His teachings not only improve physical health, but also show the path to mental peace and spiritual advancement. Thousands of people participate in his

yoga sessions and see improvement in diabetes, blood pressure, obesity and other diseases.

Unique role of Patanjali

Patanjali has made its presence felt not only in the Indian market but also at the international level. Patanjali has played an important role in increasing awareness about Yoga and Ayurveda in countries like America, Canada, Britain, and Australia. Patanjali products are now available in more than 20 countries and it has become a powerful medium to promote Indian culture and lifestyle.

Social change beyond business

Patanjali is not just a business organization, it is also a social and spiritual movement. Swami Ramdev and Acharya Balkrishna have invested a large part of their earnings in social welfare. Many schemes are being run for education, health and help to the poor through Patanjali Yogpeeth and other institutions. Patanjali has not only revived Indian culture, yoga and Ayurveda, but has also given it global recognition. Its spiritual and cultural contribution has changed the lives of millions of people and it will continue to strengthen Indian values in the years to come.

Delhi blows hot and cold: Decoding 7-degree temperature drop in 2 days

The Meteorological Department has forecasted that the temperature will remain below normal but is expected to rise again in the coming week. So, what caused this sudden drop in temperatures? Find out

Just two days back, Delhi's temperature had shot up to 40 degrees Celsius. However, to residents' relief, the weather took an unexpected turn, and by Friday, the temperature did not exceed 32 degrees Celsius. The Meteorological Department has forecasted that the temperature will remain below normal but is expected to rise again in the coming week. So, what caused this sudden drop in temperatures?

BEHIND DELHI'S FLUCTUATING TEMPERATURE

Several weather-related factors bring about a sudden change in the temperature. The rise in mercury followed by a sudden dip is due to an unusual phenomenon -- a difference in air pressure between two regions -- west and east -- resulting in a drop in temperature.

In this case, the air pressure difference of 10 gradient points between Amritsar (west) and Gorakhpur (east) triggered strong winds across Delhi, leading to a drop in temperature.

HOW LONG WILL THIS LAST?

The temperature drop has not only affected



the daytime maximum temperature but has also caused a decrease in nighttime temperatures. On Saturday, the minimum temperature recorded at night was 3 to 5 degrees Celsius below normal. In some areas, wind speeds reached up to 45 kilometres per hour.

Although strong winds will continue on Sunday, their intensity will gradually decrease. As soon as wind speeds drop, the heatwave is expected to return. This means that from the beginning of April, Delhi is likely to experience scorching heat once again.

AAP MLAs suspended amid chaos in Delhi assembly

Speaker accuses Oppn of engaging in 'organised disruption' to avoid discussion on CAG report.

NEW DELHI. The Delhi Assembly witnessed chaos on Friday as Speaker Vijender Gupta suspended several AAP MLAs, including Leader of Opposition (LoP) Atishi, for disrupting the proceedings during the Question Hour.

The Speaker, irked by the constant interruptions from the opposition, ordered marshals to remove the protesting legislators one by one.

By the end of the disruptions, only one AAP MLA, Sahi Ram Pahelwan, remained on the opposition side of the House. The Speaker accused the opposition of engaging in "organised disruption" to avoid participating in a debate on the Comptroller and Auditor General (CAG) report regarding the performance of the Delhi Transport Corporation (DTC) under the previous AAP regime. "I will not allow any indiscipline. If they don't follow instructions, they will be suspended," Gupta said.

Earlier this year, during the second day of the Delhi Assembly's first session in February, a similar incident occurred when 21 out of 22 AAP MLAs were suspended for disrupting the Lieutenant Governor's speech. In another instance, three AAP MLAs were suspended on Thursday after an altercation with PWD Minister Parvesh Verma, although their suspension was lifted after the lunch break.

On the fifth day of the Assembly's budget session, AAP MLAs entered the House with posters and pamphlets demanding answers about the BJP government's unfulfilled promise to provide monthly aid to women ahead of the elections.

The opposition party had accused the BJP of betraying women in Delhi by not depositing the promised Rs 2,500 as the first installment of financial aid, which was supposed to be



delivered on March 8.

AAP MLA Surender Kumar raised the issue in the House, questioning when the promised financial assistance would be provided. The questioning sparked immediate uproar, with multiple AAP MLAs alleging the government's failure to keep its word. In response, Verma explained that a four-member committee had been set up to implement the scheme and that the honorarium would be distributed once the committee's notification and eligibility guidelines were finalised. However, AAP MLA Sanjiv Jha escalated the disruption by displaying a poster, prompting the Speaker to order his removal by the marshals. Subsequently, several other AAP legislators, including Atishi, Mukesh Ahlawat, Jarnail Singh, Vishesh Ravi, and Prem Chauhan, were also removed from the House.

BJP legislators accused the AAP MLAs of laughing and clapping inappropriately, further hindering the House's functioning. They called for a system to prevent such disruptions from recurring.

India Sending Relief Material To Quake-Hit Myanmar

Myanmar Earthquake: The C130J aircraft of the Indian Air Force will shortly take off for Myanmar from the Hindon air force station, they said.



New Delhi. India will send around 15 tonnes of relief materials in a military transport aircraft to earthquake-hit Myanmar on Saturday, sources said. The C130J aircraft of the Indian Air Force will shortly take off for Myanmar from the Hindon air force station, they said.

The relief materials being sent include tents, sleeping bags, blankets, ready-to-eat meals, water purifiers, solar lamps, generator sets and essential medicines, the sources said. A powerful earthquake rocked Myanmar and neighbouring Thailand on Friday, destroying buildings, bridges and a monastery. At least 144 people were killed in Myanmar, where photos and videos from two hard-hit cities showed extensive damage. At least 10 died in the Thai capital, where a high-rise under construction collapsed.

Activists up in arms, flag 'double standards' of food services giant



Sodexo claims to be a sustainability leader, yet it continues to source eggs from cruel battery cages in India while transitioning to cage-free eggs in the West.

NEW DELHI. The Bharat Initiative for Accountability (BIA), a coalition of 15 Indian animal welfare organizations, staged a protest at Jantar Mantar on Friday, demanding that multinational food services giant Sodexo fulfill its global commitment to sourcing cage-free eggs in India. BIA alleges that despite Sodexo's pledge to transition to 100% cage-free eggs worldwide by 2025, the company has made minimal progress in India, with less than 1% of its eggs meeting the standard. Meanwhile, the company has successfully implemented this shift in Europe and North America, according to BIA.

"They made a cage-free commitment in 2016, globally across all operations, and we see that they've made progress in the European Union and the United States. But here in India, they have made only 0.41% progress till the reporting of last year," said Mehak Ahal, Senior Manager of Corporate Engagement at BIA. "We are protesting to remind them that Indians deserve the same as customers abroad."

Ahal further highlighted the plight of the hens, saying, "These egg-laying hens are raised in wire mesh cages where they can't even spread their wings. They spend their entire lives in less than an A4-sized sheet of paper, cramped in with four to eight other hens." With just nine months remaining until the company's self-imposed deadline, BIA is ramping up pressure on multinational corporations to ensure they uphold their commitments in India with the same urgency as they do in other regions. "Sodexo claims to be a sustainability leader, yet it continues to source eggs from cruel battery cages in India while transitioning to cage-free eggs in the West," said Aarti Bhavana, Director of Corporate Engagement at BIA. "This blatant double standard is unacceptable. India is not a dumping ground for unethical products. Sodexo has viable solutions at its disposal—it's time to act before the December deadline." Sodexo is yet to respond to the protest or the allegations.

Delhi govt plans to bring in law on cow shelter mismanagement, stray cattle menace

The BJP government in Delhi plans to introduce legislation with penalties for cow shelter mismanagement and to address the stray cattle problem.

NEW DELHI. The BJP government has proposed to enact a law with penal provisions on the alleged mismanagement of cow shelters and curb stray cattle menace, Urban Development Minister Ashish Sood said on Friday.

Responding to a private member resolution moved by BJP MLA Ashok Goel for setting up more cow shelters, Sood said that the government would bring a bill involving all stakeholders and MLAs to make it foolproof. The resolution was adopted by a voice vote in the Assembly, paving the way for the upcoming legislation.

Sood said that the proposed legislation would include stringent enforcement mechanisms to check exploitation of



cows and curb illegal cattle trade.

"We will bring a law for cow protection after due deliberations. We will make sure that there is no misunderstanding

between different departments and will study relevant sections of the Bharatiya Nyay Sanhita (BNS)," Sood said.

Delhi government's job portals yielded just 2 jobs in 6 years, data reveals

Until 2020, Delhi had only one appointment portal. However, in July 2020, the government launched a second platform named the 'Rozgar Bazaar' portal.

New Delhi. The ongoing budget session of the Delhi Assembly has revealed startling details about the efficacy of the Delhi government's employment policies. In response to two questions raised in the Assembly, the Directorate of Employment disclosed that between 2019 and 2024, only two people secured jobs through two government-run online employment portals. Both placements happened in 2024.

Surprisingly, until 2020, Delhi had only one appointment portal. However, in July 2020, the government launched a second platform named the 'Rozgar Bazaar' portal. Despite being active for less than three years, this portal was shut down in 2023. Yet, two employees are still assigned to maintain the defunct platform.

NO EMPLOYMENT PROVIDED VIA PORTALS BETWEEN 2019 AND 2023 During the height of the Covid-19 pandemic, Delhi's appointment



portals failed to facilitate employment. For five years, not a single job was provided through these platforms. The older employment portal, operational since 2009 (onlineemploymentportal.delhi.gov.in), has five employees for its maintenance, along with six

contracted technical staff. According to the Assembly's response, although the portal has failed to provide jobs, it has incurred an expenditure of approximately Rs 34 lakh since 2021.

JOB FAIRS FAILED TO BENEFIT 10% OF REGISTERED UNEMPLOYED INDIVIDUALS Between 2015 and 2024, around 4.4 lakh unemployed individuals registered with the Delhi government's employment offices. In an attempt to provide employment opportunities, the government organised 10 job fairs in the last 10 years. However, only 36,000 candidates were shortlisted. Furthermore, the government confirmed that no new employment exchanges have been established in the last ten years.

Kapil Dev, Pranav Adani Attend Launch Of Adani-PGTI Golf Training Academy In Ahmedabad

Mr Dev, the President of the Professional Golf Tour of India (PGTI) - the controlling body for professional golf in India - met golfers at the club in Ahmedabad.

New Delhi/Ahmedabad. Adani Enterprises Director Pranav Adani and former India cricketer and 1983 World Cup winning captain, Kapil Dev, today attended the Adani-PGTI golf training academy launch at Belvedere Golf & Country Club in Ahmedabad.

Mr Dev, the President of the Professional Golf Tour of India (PGTI) - the controlling body for professional golf in India - met golfers at the club in

Ahmedabad. Mr Adani wore the golfer's cap and was putting on the greens with the ball going in the hole in one stroke. Meanwhile, the former India captain played a perfect golf shot.

The Adani Group is set to enter Indian professional golf with the launch of 'Adani Invitational Golf Championship 2025', in partnership with the Professional Golf Tour of India (PGTI). The partnership also extends to the establishment of the golf training academy at the Belvedere club.

Pranav Adani seen putting on the greens.

The group said the "Initiative intends to promote and broaden golf's accessibility and elevate its status as a mainstream sport, and also to cultivate the next generation of global champions from India." The inaugural tournament, offering a Rs 1.5 crore prize, will be held

at Jaypee Greens Golf & Spa Resort, Greater Noida, from April 1-4, 2025, marking PGTI's return to the venue after 11 years. "We are delighted to join hands with Kapil Dev and the Professional

golf," said Pranav Adani, Director, Adani Enterprises Limited.

"Our goal is to cultivate Indian global champions in golf. We are committed to enhancing accessibility to golf, promoting greater participation and offering world-class training and playing opportunities."

Mr Dev thanked the Adani Group for extending support to professional golf in India with the launch of the Adani Invitational Golf Championship 2025.

"The backing of the Adani Group, one of the world's biggest business houses, will help the PGTI produce more champion golfers from India who will make the country proud on the international stage. I expect to see golf fans in big numbers following their favourite players on the course during the tournament," he said.



Golf Tour of India (PGTI) to contribute to the growth of Indian professional

NEWS BOX

India embassy in Thailand issues emergency helpline for nationals after massive earthquake

world. The Embassy of India in Bangkok has issued emergency helpline numbers for Indian nationals in Thailand after a 7.7 magnitude earthquake centered in Myanmar, which jolted neighboring Thailand. Indian citizens needing assistance can reach the embassy at the emergency helpline +66 618819218. Taking to X, formerly Twitter, the Indian embassy stated, "After powerful earthquake tremors recorded in Bangkok and other parts of Thailand, the Embassy is closely monitoring the situation in coordination with the Thai authorities. So far, no untoward incident involving any Indian citizen has been reported... All members of the Indian Embassy in Bangkok and Consulate in Chiang Mai are safe." Prime Minister Narendra Modi also took to X to express concern over the situation and said, "Concerned by the situation in the wake of the earthquake in Myanmar and Thailand. Praying for the safety and well-being of everyone. India stands ready to offer all possible assistance. In this regard, asked our authorities to be on standby. Also asked the MEA to remain in touch with the governments of Myanmar and Thailand." At least three people were killed in Bangkok and dozens were buried when a high-rise building under construction collapsed following the quake. In Myanmar, a 7.7 magnitude earthquake, followed by a 6.4 magnitude aftershock, claimed the lives of 144 people.

Private groups work to identify and report student protesters for possible deportation

NEW YORK. When a protester was caught on video in January at a New York rally against Israel, only her eyes were visible between a mask and headscarf. But days later, photos of her entire face, along with her name and employer, were circulated online.

"Months of them hiding their faces went down the drain!" a fledgling technology company boasted in a social media post, claiming its facial-recognition tool had identified the woman despite the coverings. She was anything but a lone target. The same software was also used to review images taken during months of pro-Palestinian marches at US colleges. A right-wing Jewish group said some people identified with the tool were on a list of names it submitted to President Donald Trump's administration, urging that they be deported in accordance with his call for the expulsion of foreign students who participated in "pro-jihadist" protests. Other pro-Israel groups have enlisted help from supporters on campuses, urging them to report foreign students who participated in protests against the war in Gaza to the Immigration and Customs Enforcement Agency. The push to identify masked protesters using facial recognition and turn them in is blurring the line between public law enforcement and private groups. And the efforts have stirred anxiety among foreign students worried that activism could jeopardize their legal status.

"It's a very concerning practice. We don't know who these individuals are or what they're doing with this information," said Abed Ayoub, national executive director of the American-Arab Anti-Discrimination Committee. "Essentially the administration is outsourcing surveillance."

Catch and Revoke': Hundreds of international students in US get emails to self deport for supporting Palestine

world. Hundreds of international students in the US are waking up to the harsh reality of living under the Trump government as the US Department of State (DOS) sent email to students who have participated in pro-Palestine protests to self deport.

Students who 'shared' or 'liked' 'anti-national' (read: pro-Palestine) posts are also the target of these mails, a report quoting an immigration attorney said.

According to the latest Open Doors report, there are 1.5 million student visa holders in the US of which 3.31 lakh are Indian students and 2.77 are from China.

The crackdown is based on social media reviews being conducted by DOS. Thus, even new student applications be it for an F (academic study visa), M (vocational study visa), or J (exchange visa) will also come under social media scrutiny, Times of India reported. Earlier, quoting a senior Justice and State Department officials, Axios reported that the Trump administration is discussing plans to try to block certain colleges from having any foreign students if it decides too many are "pro-Hamas." The idea of prohibiting colleges from enrolling any student visa-holders grew out of Secretary of State Marco Rubio's "Catch and Revoke" program, which now is focusing on students who protested against the war in Gaza, the Axios report said. More than 300 foreign students have had their student visas revoked in the three weeks "Catch and Revoke" has been in operation, the official said. Critics accuse the administration of trampling free speech and due process rights, and of unfairly conflating support for Palestinian rights with backing Hamas, the terror group that rules Gaza.

The Foundation for Individual Rights and Expression (FIRE), a nonpartisan free-speech group, said the concept of decertifying entire universities based on who is "pro-Hamas" is "a worrying escalation." This kind of explicitly viewpoint-driven decision-making is ripe for abuse and risks arbitrary enforcement," FIRE legal director Will Creeley told Axios in a statement.

Trump administration moves to shut down USAID, fires remaining employees

Washington. President Donald Trump's administration told Congress on Friday it would cut nearly all remaining jobs at the US Agency for International Development and shut the agency, even as Trump promised that the US would provide assistance to Myanmar following a devastating earthquake.

Humanitarian aid experts expressed alarm at the new cuts to an agency whose humanitarian aid has gained Washington influence and saved lives across the globe for more than 60 years. USAID plays a major role in coordinating earthquake assistance. Thousands of USAID staff and Foreign Service officers assigned to the agency learned in an internal memo that all positions not required by law would be eliminated in July and September. The memo reviewed by Reuters was sent to staff by Jeremy Lewin, the agency's acting deputy administrator and a member of billionaire Elon Musk's job-cutting Department of Government Efficiency. DOGE oversaw a first round of cuts to USAID last month. The State Department notification to Congress of the job cuts, also

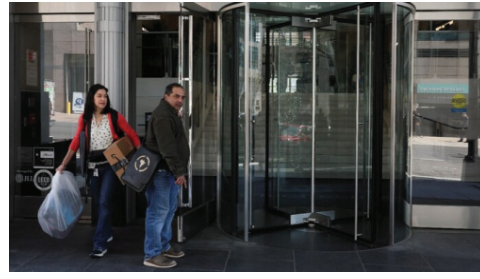
seen by Reuters, said USAID missions worldwide would be closed and the agency's remaining functions would be folded into State. Cuts at the agency have thrown humanitarian efforts around the world into turmoil. The latest notice came on the day that a powerful earthquake hit Thailand and Myanmar, toppling buildings and killing scores of people. USAID has historically played a major role in coordinating disaster relief efforts. A US appeals court on Friday ruled that Musk and DOGE can keep making cuts to USAID while they appeal a lower court order that had barred them from doing so.

US Representative Gregory Meeks, top Democrat on the House Foreign Affairs Committee, said in a statement that closing USAID was illegal and aimed at withdrawing the US "from its global leadership role with as much cruelty and disruption as possible."

FIRINGS INCLUDE FOREIGN SERVICE OFFICERS

The exact number of personnel being fired was not immediately available. As of March 21, there were 869 US direct hire

personnel on active duty and working, while 3,848 others were on paid administrative leave, according to Stand Up for Aid, a grassroots advocacy group. The terminations also included thousands of



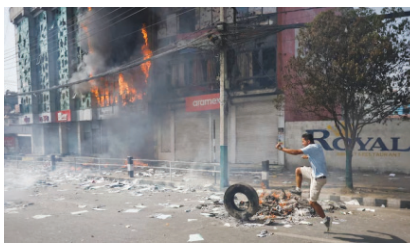
Foreign Service officers on assignment to USAID around the globe, according to a source familiar with the matter. In his memo, Lewin said agency personnel worldwide would shortly receive emailed termination notices giving them the choice of being fired on July 1 or September 2. Over the next three months, the State Department would assume USAID's remaining "life-saving and strategic aid programming," he

said, adding that USAID personnel will not automatically be transferred to the department, which would conduct "a separate and independent hiring process." Trump in January ordered a 90-day freeze of all US foreign aid and a review of whether aid programs were aligned with his policy. He claimed without evidence that Musk had found fraud at the agency, which he said was run by "radical left lunatics." Musk and DOGE gained access to USAID's payment and email systems, froze many payments and told much of its staff they were being placed on leave. On February 3, Musk wrote on X that he had "spent the weekend feeding USAID into the wood chipper." On Friday, a statement from Secretary of State Marco Rubio said the State Department had notified the US Congress of its intent to reorganize USAID, saying the agency had "strayed from its original mission long ago." "We are reorienting our foreign assistance programs to align directly with what is best for the United States and our citizens," Rubio said.

Over 100 pro-monarchy protesters arrested in Nepal after deadly clashes

During the violent demonstration, 14 buildings were set on fire and nine were vandalised. Nine government vehicles were torched and six private vehicles were vandalised.

security personnel and the pro-monarchy protesters. The Army was later called out to control the situation. The curfew imposed since 4.25 pm on Friday has been lifted from 7 am on Saturday, according to a notice issued by Kathmandu District Administration Office. Police have



Kathmandu Authorities in Nepal on Saturday lifted a curfew imposed in the eastern part of Kathmandu following violent clashes between the security personnel and the pro-monarchy protesters, as tensions eased in the area. Parts of Kathmandu on Friday witnessed a tense situation after pro-monarchy protesters pelted stones, attacked the office of a political party, set fire to vehicles and looted shops in the Tinkune area of the capital. Two persons, including a TV cameraman, were killed in the clashes between the

arrested 105 agitators who were involved in burning houses and vandalising vehicles during Friday's violent demonstration.

The protesting monarchists were demanding the reinstatement of the monarchy and a Hindu kingdom. The demonstration turned violent after Durga Prasai, the convener of the agitation, broke the security barricade, riding a bulletproof vehicle, and

headed towards Baneshwor, where the Parliament building is located.

Those arrested included the general secretary of the Rastriya Prajatantra Party Dhawal Shumsher Rana and a central member of the party, Rabintra Mishra, among others. Prasai, the key person behind Friday's violent demonstration, is at large. Superintendent of Police of Kathmandu District Police Range Apil Bohara said. According to the police, 53 police personnel, 22 Armed Police Force personnel and 35 protesters were injured in Friday's incident. During the violent demonstration, 14 buildings were set on fire and nine were vandalised. Nine government vehicles were torched and six private vehicles were vandalised. Protesters also attacked the Kantipuri Television building and Annapurna Media House in the Tinkune area. Nepal's political parties, through a Parliament declaration, abolished the 240-year-old monarchy in 2008 and turned the erstwhile Hindu kingdom into a secular, federal, democratic republic.

'Never talk back': US model claims Andrew Tate thrashed, choked her during sex

world. Self-proclaimed misogynist influencer Andrew Tate, who hardly seems to be free of legal troubles, has got himself embroiled in another one as his former girlfriend Brianna Stern accused him of physically, sexually and psychologically assaulting her while they were together. The lawsuit was filed on March 27 at a court in Los Angeles by the model and influencer, in which she alleged that Tate choked, thrashed, verbally assaulted and even threatened to kill her, during their relationship that began last July. The verbal degradation, while routine in their relationship, took a turn for the worse and became more aggressive and violent, when the former couple stayed at a hotel in California's Beverly Hills this month, the lawsuit added. Stern claimed that Tate, 38, hit her in the face and head, and despite her cries for him to stop, he refused and at one point the pressure on her neck was so strong that it made her lose consciousness. She alleged that the incident happened during a sexual encounter, which though was initially consensual, turned violent soon after. Tate is being investigated by both the UK and Romanian authorities on accusations of human trafficking, money laundering and sex crimes.

Stern detailed the ordeal on Twitter, sharing screenshots of her chats with Tate, which showed him treating her with no respect and calling her his "property". The 38-year-old so-called influencer also said there was no point in him being with her if he was unable to "beat and impregnate her". "You should be thankful," one of the screenshots revealed him justifying his behaviour towards Stern. "This wasn't a joke or an internet faade. This was the reality of my boyfriend and my life, and I needed to take back control. 'You are my property' echoed in my mind, and I knew that was not the future I wanted for myself or my future children," one of Stern's multiple tweets read. The incident at the hotel took place on March 11, and Stern tweeted that the last words Tate told her before she left him at the hotel were, "Shut the f**k up b**ch. You will never backtalk me. You are my property." Following the incident, Stern sought medical attention and was diagnosed with post-concussion syndrome. The lawsuit said she waited for Andrew Tate and his brother Tristan to leave the US because she was afraid of retaliation. The Tate brothers returned to Romania on March 22 for a hearing related to human trafficking there. Stern said that Tate recently texted her, saying if she ever betrayed him, she would "regret it". "He has told me on many occasions before that if I crossed him, he would ruin my life, rape me, or kill me," she tweeted. According to the lawsuit, Stern and Tate met in July 2024. Tate was looking for models to join him in Romania to help promote his crypto meme coin, and Stern needed advice for her own crypto coin. They started a relationship, and Stern alleged in her series of tweets that they discussed plans to build a life together - first in Romania and then in the US when the Tate brothers arrived there. She claimed the misogynist influencer wanted her to have his children. Andrew Tate has, meanwhile, dismissed Stern's allegations, calling them a "blatant cash grab".

Columbia University president quits amid Trump's crackdown over Gaza protests

Columbia University's interim president is returning to lead the university's Irving Medical Center, Columbia University said in a statement on Friday.

Washington., Columbia University's interim president, Katrina Armstrong, has stepped down, the college said, at a time when the New York-based institution is facing intense pressure from both the government and rights advocates over how it responds to last year's Gaza protests. Armstrong is returning to lead the university's Irving Medical Center, Columbia University said in a statement on Friday. It did not give a reason for the change. "Board of

Trustees Co-Chair Claire Shipman has been appointed Acting President, effective immediately, and will serve until the Board completes its presidential search," it said. The administration of President Donald



Trump canceled \$400 million in federal funding for Columbia, saying the university did not do enough to combat antisemitism and student safety amid last year's campus protests

over Israel's war in Gaza. Columbia last week agreed to make changes demanded by the Trump administration, sparking anger from rights advocates, who called it an assault on free speech.

In a campus-wide email at the time, Armstrong wrote that her priorities were "to advance our mission, ensure uninterrupted academic activities, and make every student, faculty, and staff member safe and welcome on our campus." Columbia was at the center of Gaza encampment protests in the summer of 2024 that spread around the United States. Protesters demanded an end to Israel's military assault on Gaza and urged their colleges to divest from companies with ties to Israel.

US university cites 'academic freedom' amid row over Lived Hindu Religion course

world. The University of Houston has reaffirmed its commitment to academic freedom following a student's complaint about a course titled 'Lived Hindu Religion', which he alleged of being "Hinduphobic" and "distorting India's political landscape".

"The University of Houston values academic freedom, which includes allowing faculty to explore complex and sometimes challenging topics in their teaching. While UH does not typically review individual lectures, the university maintains oversight of the curriculum to ensure it meets established academic and pedagogical standard," news agency ANI reported, citing an official statement by the university. The university's dean and the director of religious studies discussed the issues raised by Vasant Bhatt, a political science major and Hindu-American activist, with the instructor. The statement further said that the course is grounded in the "academic discipline of religious

studies, which uses specific terminology -- such as 'fundamentalism' -- as analytical tools to understand religious movements across traditions, including those rooted in Christianity, Islam, Buddhism and Hinduism". "In religious studies, fundamentalism refers to a movement that claims to preserve the 'true' or original version of a religion -- asserting a strict, ahistorical, literal interpretation of scripture, dogmas or ideologies -- often in reaction to modern changes. Studying fundamentalism is not an act of judgment or bias but a way to understand how religions evolve and identify through discourse analysis," the university explained in the statement. It added that academic terms such as fundamentalism and others can carry different meanings from how they are used in "public or political discourse, which sometimes leads to misunderstandings". The University of Houston explained that the course applies



academic frameworks to evaluate how Hinduism has "developed in historical, social and political contexts".

"Professors are encouraged to connect course content to current events when appropriate, as long as it is done in a balanced way that improves understanding of course content. For example, discussing the political rise of Hindu nationalism in India is part of understanding how religion and religious discourse function in the modern world, but it is not a critique of Hinduism as a

whole," the statement added. The course is offered to students online, and delivered by Professor Aaron Michael Ulley weekly. Vasant Bhatt spoke to India Today Digital earlier, and shared a quote from the syllabus that said the word 'Hindu' is recent and "not found in scriptures". "Hindutva, or 'Hindu-ness', is a term that Hindu nationalists, those who believe Hinduism should be the official religion of India, use to designate their religion and denigrate others, namely Islam," the quote said. Aaron Michael Ulley, however, told ANI that the quotes highlighted in the media were taken out of context and fail to reflect the true intent or nature of the course. "Hinduism... was not an ancient, lived tradition but a colonial construct, a political tool weaponised by Hindu nationalists, and a system of oppression against minorities," he said, adding, "I did not say anything like this. I never refer to Hinduism as anything essential".

NEWS BOX

Getting three CSK wickets during their powerplay was game-changing: RCB captain Patidar

CHENNAI. Royal Challengers Bengaluru captain Rajat Patidar hailed his bowlers for delivering three crucial Powerplay wickets, calling it the turning point in their 50-run victory over Chennai Super Kings in the IPL on Friday. Josh Hazlewood (3/21) removed CSK opener Rahul Tripathi and captain Ruturaj Gaikwad, while Bhuvneshwar Kumar dismissed Deepak Hooda, reducing the home side to 30 for 3 at the end of six overs while chasing 197. "It was game-changing because we got two-three wickets in the first six overs. Amazing to see how they kept it on the hard length because the ball wasn't coming on to the bat easily," Patidar said at the post-match presentation.

"This track was pretty helpful for spinners, so I



was just keeping it in my mind that I could use my spinners at the early stage. Especially Livingstone, the way he came in and bowled four overs was incredible." Patidar, who was adjudged Player of the Match for his 51 off 32 balls in RCB's total of 196 for 7, said he was confident the score would be difficult for CSK to chase. "If I talk about this match, it was a good total on this surface because the ball was stopping a bit, and it wasn't easy for batters to hit fours and sixes. It's always special playing in Chepauk because of the fans, the way they support their teams."

Reflecting on his innings, he added, "I think it was very important because we were targeting 200, as that wouldn't be easy to chase. My goal was clear that as long as I was there, I would maximise every ball."

Hazlewood noted that RCB has been improving steadily since their seven-wicket win against Kolkata Knight Riders in the season opener. "Feeling nice and fresh. As a group tonight, we were outstanding. Improved from our last game against KKR. Made good use of the conditions and did well as a pace and spin unit," he said. "I think with this wicket here, you get a little bit of up and down, a little two-paced, so the fuller ball is easier to face. Just hitting that 8-10m length worked well. The energy was great, the effort from the fielding group was excellent—saving runs and taking catches."

Pakistan's horrible batting collapse gives New Zealand thumping win in Napier ODI

New Delhi. Pakistan lost seven wickets for just 22 runs, slumping to a 73-run defeat in their first ODI against New Zealand on Saturday at McLean Park, Napier. With 96 runs needed off 69 balls and a well-set Babar Azam at the crease, Pakistan appeared on track to chase down a challenging target of 346. However, a flurry of wickets quickly halted their momentum. Mark Chapman, Nathan Smith, and Muhammad Abbas were the standout performers for New Zealand. Chapman scored a brilliant 132 off 111 balls, while Abbas marked his ODI debut with the fastest fifty off just 24 balls. Smith also impressed, taking four wickets as New Zealand bowled Pakistan out for 271 in 44.1 overs.

Chapman shines for New Zealand

Asked to bat first, New Zealand posted a massive total of 344/9. Chapman led the charge with an outstanding 132-run knock, featuring 13 fours and six sixes. He formed a vital 199-run partnership with Daryl



Mitchell, after the hosts had lost three early wickets, leaving them at 50/3 in 12.4 overs. Mitchell contributed with 76 runs off 84 balls, including four fours and as many sixes. In the final overs, Abbas added a quickfire 52 runs off 26 balls. For Pakistan, Irfan Khan took three wickets but conceded 51 runs at an economy rate of 10.20. Haris Rauf, who was added to the ODI squad, bowled well, taking 2 wickets for 38 runs off 10 overs.

Babar's knock in vain

Pakistan's run chase was built on solid contributions from Abdullah Shafique (36) and Usman Khan (39), who shared an 83-run stand off 12.4 overs. However, their quick departures, followed by Rizwan's dismissal for 30 runs off 34 balls, put Pakistan on the back foot. Babar Azam fought back, reaching fifty off 65 balls and finishing with 78 runs off 83 balls. But once Will O'Rourke dismissed Babar, Pakistan's chase faltered completely. Salman Ali Agha made a valiant 58 runs off 48 balls, but his efforts proved insufficient. Nathan Smith took four wickets, though he was slightly expensive.

At CSK you can't complain: Pujara surprised by Fleming's comments on Chennai pitch

New Delhi. Cheteshwar Pujara expressed surprise at Stephen Fleming's comments regarding the Chennai Super Kings' (CSK) lack of a home advantage when playing at the MA Chidambaram Stadium. On Friday, CSK suffered a 50-run defeat to Royal Challengers Bangalore (RCB) in their IPL 2025 match at Chepauk.

In the post-match press conference, Fleming mentioned that CSK had struggled to read the conditions in Chennai and that the team's clumsiness on the field contributed to their downfall. Pujara, who was part of the five-time champions in the 2021 edition, stated that in a franchise like CSK, where Chepauk has traditionally been a stronghold, complaining about the conditions was not an option. "It is [surprising] because at CSK you can't complain, it's one franchise where they've been preparing pitches according to their strengths. You should [use home advantage]; if he's saying that [there is no home advantage] they don't have a say, then I'm quite surprised," Pujara said on ESPNcricinfo's TimeOut show. IPL 2025 Coverage | IPL Points Table | IPL Schedule | If you speak about MI, CSK, KKR - I don't think that's the case [then not getting pitches they ask for]. Any other franchise, I can still understand. Those



[three] franchises make sure they get what they want. Their strength has been when they play at home," Pujara added.

IPL 2025, CSK vs RCB: Updates | Full Scorecard

On Friday, after being asked to bat first, RCB

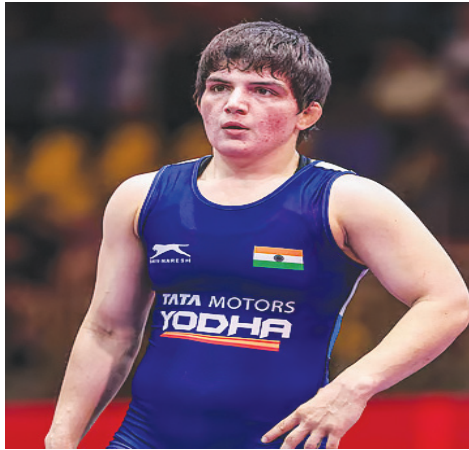
posted a solid total of 196/7. Captain Rajat Patidar led the way with a quickfire 51 runs off 32 balls, including four fours and three sixes. Tim David's unbeaten 22 off 8 balls helped RCB get closer to the 200-run mark. In their run chase, CSK struggled and could

only manage 146/8. Barring Rachin Ravindra, who scored 41 runs, none of their batters looked settled. The Super Kings will look to bounce back in their next match against Rajasthan Royals on March 30 at the Barsapara Stadium in Guwahati.

After three consecutive bronze, Asian gold for wrestler Manisha

CHENNAI. Manisha Bhanwala and Mansi Ahlawat train at the Sir Chhotu Ram Stadium in Rohtak, Haryana. Always proving to be quality sparring partners for each other, most of the time, they are up against each other to find a place in the national squad in the 62kg weight category.

In March last year, Mansi won a close bout in the selection trials held to pick the national team for the Olympic Games Qualifiers (Asian and World). Unfortunately, Mansi couldn't qualify for the Paris Games. Early this month, Manisha returned the favour by beating Mansi in the trials held to select the team for the 2025 Asian Championships in Amman, Jordan. "It's a healthy rivalry I will say," Mandeep Singh, who coaches the duo, told this daily. Adding further, the coach said, "It's not not the case only with Manisha and Mansi as in our academy we have at least two good wrestlers in each weight category. Sparring with good partners keeps you ready for any challenge and in that way Mansi and Manisha help each improve." It did help Manisha at the Asian meet as she outclassed her seeded rivals one after another to clinch a gold medal in the 62kg on Friday. The yellow metal was also India's first in the tournament so far. The world No 10 Manisha was unseeded in the event but that hardly mattered as she won her



qualification bout 11-0 against Tynys Dubek of Kazakhstan. She then registered a comprehensive win by a fall against world No 2 Hanbit Lee of Korea in the quarterfinal. The semifinal bout against Kalmira Bilimbek Kyzy of Kyrgyzstan, the No 3 seed, was no different as she won the match 5-1 to storm into the final. The final against Ok Ju Kim of North Korea, world No 7, turned out to be the toughest bout Manisha has had but in the end she won the contest 8-7.

"Manisha is always focussed and knows 62kg is a competitive division as it's also an Olympic weight category. She won a bronze

each in the 2022, 2023 and 2024 editions of the Asian Championships. The gold after three bronze is really what she was aiming for," said the coach.

Bronze for Antim

Competing in her first international event after a disappointing show at the 2024 Paris Olympics, Antim Panghal, India's first U20 world champion, bagged a bronze medal in the 53kg weight category. The Haryana wrestler, seeded third for the continental tournament, started with a 10-6 win over Jin Zhang of China in the quarterfinal but lost 10-0 against her No 2 seed Japanese rival, Moe Kivooka in the semifinal.

The 20-year-old then made a strong comeback in the bronze medal bout to beat Meng H Hsieh of Chinese Taipei (10-0) by technical superiority. The contest ended in the first 24 seconds of the second period.

Other Indian women wrestlers — Neha Sharma (57kg), Monika (65kg) and Jyoti Berwal (72kg) — in action on Friday could not reach the medal rounds. India have so far won seven medals in the tournament. The Greco-Roman wrestlers from the country bagged two bronze while women grapplers won a gold, a silver and three bronze. All eyes will be on the Tokyo Olympian Deepak Punia when the men's freestyle competition begins on Saturday.

Fire under Flower: Rajat Paridar's RCB live up to play bold tagline in IPL 2025

New Delhi. Chennai Super Kings fell to one of the most embarrassing defeats in their franchise history on Friday, March 28. Playing at the fortress Chepauk, CSK lost by a massive margin of 50 runs against a new-look Royal Challengers Bangalore, under the captaincy of Rajat Patidar. It was such an embarrassing defeat that former CSK apologist, former cricketer Ambati Rayudu, slammed CSK's batting unit, asking for a complete overhaul in personnel. Rayudu said that CSK simply did not have any quality middle-order batters and needed to rethink their approach if they are to secure a good run in this tournament. But what happened? Is this not the same CSK team that beat Mumbai Indians in their first match

of the tournament? Is this not the same CSK team that looked very strong under the leadership of Ruturaj Gaikwad? Before we go any further, it needs to be stated that CSK's domination at home is based on how much the ball spins on that Chepauk surface. It spun vociferously against Chennai, and it also played several tricks against RCB as well. But what was the difference? Guts, felt Ambati Rayudu. RCB showed the guts to play aggressively against CSK on a tricky pitch in Chennai, and that intent took the five-time champions by surprise because they knew that they themselves could not come out and attack the bowlers like this on Friday's surface. "The intent that they showed in that innings... you know, on this

surface, coming in with that sort of intent... they knew that it was not easy to bat. They knew that they might get out, but still, every single individual that came out with attacking intent. It looks like the plan that they have, and they are very dangerous as a batting side. No one is playing for themselves, and this is a very different RCB side," Ambati Rayudu said on the broadcast after the conclusion of the game. Kane Williamson furthered Rayudu's point, speaking in depth about the batting unit, stating that RCB played as a team. In previous seasons, RCB banked a lot on Virat Kohli's prowess to gauge the winning total on the pitch. Virat batted at his pace, while the players around him tried.

Nationals' 'Best Boxer' Jaismine's quest to elevate her game

CWG medallist says that she has been looking to be more aggressive and improve the tactical side of the sport

CHENNAI. Jaismine Lamboria was a cut above the rest during the just-concluded women's national boxing championship in Greater Noida. The 23-year-old wiped the floor during the elite domestic competition to capture the gold medal. For her dominant effort, the Bhiwani girl was adjudged the 'Best Boxer' of the tournament. It's a start full of promise, especially after her tame effort in the 2024 Paris Olympics. Such was her dominance in Noida that the referee was forced to stop the contest at least twice during her gold-winning campaign. Jaismine, who plies her trade in the 54-57kg category, is obviously pleased with her effort and intent on building her game further ahead of more-challenging competitions in the months to

come.

Paris Games was bittersweet for the 23-year-old. Having secured her Olympic dream in the eleventh hour, she had suffered an early exit during the marquee competition. With the other Indians also failing to obtain the coveted medal, it was a significant blow for someone like Jaismine then. But the youngster, who has evolved to take setbacks in her stride, is just looking to build on her most-recent success and become a more-rounded operator. "Taking part in the Paris Olympics was a massive step in my journey. Now, from every competition, every bout, I get to learn something or the other. I got to learn a great deal from Paris Games and I got to learn a lot from the nationals as well," Jaismine said. Competitions have been at a premium for the likes of Jaismine with the Boxing Federation of India (BFI) focussed on its elections. However, Jaismine had been doing her homework. She had been training at the Army Sports Institute in Pune under the watch of some well-known coaches like Chhote Lal, who formerly used to guide MC Mary Kom. Indians boxers have been accused of being reactive in the ring,

especially at the elite level. That is something Jaismine has been looking to address in recent times.

"I have been working to add strength to my punches and be more aggressive. I'm also looking to improve the tactical side of the



game. In regards to that, I'm looking at things like how I should manage a bout, depending on my opponent. I also want to be able to impose my game. Those are aspects that I'm looking to elevate. If I can improve on those aspects, I can certainly go higher," Jaismine,

who's backed by Olympic Gold Quest, said.

Coming from a sporting family, boxing is in her blood. She has medalled at competitions like Commonwealth Games (2022) and Asian Championships (2021) and her talent is unquestionable. However, there have been times when she has seemed frozen inside the ring when the stakes were high. The 2023 World Championships in New Delhi and the Asian Games in Hangzhou were two such instances. After that, she was in the background and not considered No 1 (India rankings). "My door seemed shut and I was not part of the equation but I was not perturbed. I just wanted to focus on my game and target the World Championships," she recalled. Like many sports at the elite level, it's the fine margins that generally tend to separate the best from the rest. Her performance during the Olympics might have been a blur but she has taken notes of values that could take her a long way. "Watching some of the top athletes, I have learnt to stay cool over the years. I continue to keep faith in myself and I know that eventually, I'll get what I want. I just look to give my best and don't focus too much on the outcome."



last couple of years, he has consistently shown that he's still batting beautifully. I truly believe he should be promoted up the order so we can see the full extent of his skills." However, this is not a new phenomena as Dhoni, after having retired from the game, he had batted lower down the order even in the previous edition. The top and middle order of the CSK crumbled as skipper Gaikwad endured four-ball-duck batting at number three on Friday night. "It was disappointing to see certain decisions, like Rahul Tripathi opening the batting. Ruturaj Gaikwad is a quality opener, yet he had to come in later. Even one of the shots Ruturaj played, where he gave himself room against Hazlewood, was uncharacteristic," Watson said. "Normally, he stands still and reacts, but this showed he was under pressure. Deepak Hooda, at the moment, just isn't up to it; he played each ball as if he was trying to survive."

Shreya Ghoshal

Announces Mumbai Leg Of All Hearts Tour: Check Date, Venue, Ticket Prices

Playback singer Shreya Ghosal is all set to win over Mumbaikars with her 'All Hearts Tour'. The beloved singer recently announced the Mumbai leg of her much-awaited concert on social media. Having long wished to perform this special tour in her home country, Shreya promises to deliver fans a memorable night of melody, nostalgia and emotions in the city she holds close to her heart. Expressing her excitement on Instagram, Shreya described the upcoming Mumbai concert as a dream come true. In her post, she penned, "Mumbai... it's finally happening!! The All Hearts Tour is coming home, and I couldn't be more thrilled to announce that we're bringing the magic to my very own city — Mumbai! From city to city, your love has been overwhelming, and now it's time to feel that same energy with my home crowd. I've dreamt of this moment — singing my heart out, surrounded by familiar faces and the vibrant spirit of this incredible city."

If you are excited to witness the magic unfold, here's everything you need to know about Shreya Ghosal's concert in Mumbai. Where will Shreya Ghosal's Mumbai concert be held?

As per the singer's post on Instagram, the concert will be held at the Jio World Garden, Bandra Kurla Complex, Bandra East in Mumbai. What is the date and timing of Shreya Ghosal's Mumbai concert? The timing for Shreya Ghosal's Mumbai concert on May 10 is 7 pm. The gates at the venue are expected to open half an hour before the show begins. Where to buy Shreya Ghosal's Mumbai concert tickets? The tickets for Shreya Ghosal's Mumbai concert are now live on BookMyShow. The show offers a variety of pricing options, ensuring that no fan is left behind.

What is the price of Shreya Ghosal's Mumbai concert tickets? According to the booking platform, the ticket price begins at Rs 1,199 and goes up to Rs 10,000 for those looking to enjoy the concert from the premium seats of the venue. In the Homecoming Concert, get ready to go head over heels as Shreya Ghosal is all set to deliver a mesmerising setlist, featuring some of her timeless classics like Mere Dholna, Ve Kamleya and others from her musical journey. Talking about the All Hearts Tour, the electrifying concert began in September 2023. The show, held at more than 40 sold-out concerts across multiple countries, has been nothing short of a global sensation. From soul-stirring melodies to upbeat dance numbers, Shreya Ghosal's has left a trail of unforgettable memories in her fans' hearts.



Selena Gomez

Reveals The Song That Left Taylor Swift And Her Mom Andrea In Tears

It's no secret that Selena Gomez and Taylor Swift, two of the biggest names in the industry, are BFFs. So, it came as no surprise that when the Who Says singer decided to release a song years back, she deemed it perfect to make her bestie listen to the track before dropping it and getting her approval. In a new interview, Selena recalled how Taylor reacted upon listening to Lose You To Love Me. In a heartfelt moment, the Only Murders in the Building revealed that she first played her 2019 hit, Lose You To Love Me, the lead single of her third studio album Rare, to Taylor and her mother, Andrea Swift, before its release. "When I played her 'Lose You to Love Me,' right before it came out, she and her amazing mom started to cry," Selena said in an interview with iHeartRadio, before adding, "Then I started crying. You know, it's very sweet."

In the same conversation, the 32-year-old singer elaborated on why she appreciates and values the Cruel Summer crooner's advice on her music, saying, "I value her opinion so much because she's super honest." Selena continued, "It's very helpful, and I love people who are honest."

Speaking of Selena and Taylor's friendship, the two have shared a strong bond since the 2000s. The pop singers first crossed paths when they were each dating a Jonas brother. While Taylor was with Joe, Selena dated Nick back then. They ended up becoming close friends as a result. Over the years, they have given their fans many glimpses at their close friendship, including cheering each other on award shows or hyping up one another's projects.

The latest example of their enduring friendship is when Taylor broke her social media hiatus to give a shoutout to her best pal's new album, I Said I Love You First, which came out on March 21. Selena released her fourth studio album with her fiancé, Benny Blanco. Taking to her Instagram Stories upon its release, the 35-year-old global pop sensation wrote, "Selena Gomez & Benny Blanco, I LOVE THIS ALBUM SO MUCH OH MY GODDDDDDDDDDD." FYI, Selena and Benny released their first collaborative album through SMG Music LLC, Friends Keep Secrets, and Interscope Records. The 15-track album also features guest appearances from Gracie Abrams, Charli XCX, The Marias, Tainy, and J Balvin, with additional contributions from GloRilla.

Rekha, In A Classic White Manish Malhotra Saree, Looks Like She Hasn't Aged A Day



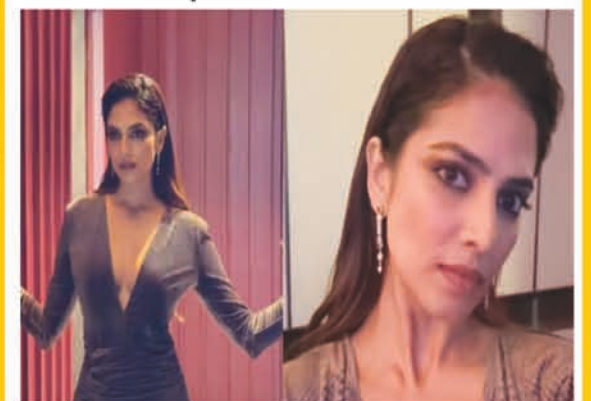
Rekha is often referred to as an evergreen beauty, and the seasoned actress has proven that age is just a number. Her recent photoshoot for celebrity designer, Manish Malhotra, has left fans mesmerised. She wore a magnificent saree from the designer's collection and regal is the only word to describe her look. Even the designer could not stop himself from praising her charm and iconic beauty.

In the picture, Rekha wore an all white silk saree with a matching pair of full sleeved blouse. While there were no embellishments of the saree, just Rekha adorning the piece made it all the more glamorous. The actress went for a heavy golden traditional necklace and some stacked bangles to complete her look. You cannot miss out on her chic sunglasses that elevated the entire look. In the caption, the designer wrote, "Classic Pure White and the Stunning Beauty of Iconic #REKHA... is a vision of Sublime Grace." Fans were simply in awe of her look. While one stated, "Isn't she a painting!" another mentioned, "You can put any young woman to shame with your beauty."

Some days back, Dabboo Ratani shared a series of images featuring Rekha in another stunning look. Rekha was seen posing in a pink Anarkali with bright makeup. Her luxurious Anarkali, featured elaborate gold embroidery, delicate floral motifs and gorgeous paisley designs, offering it an air of old-world elegance. The floor-length silhouette, embellished with sparkling zari work, cascaded down elegantly. Paired with a matching churidar, the outfit's precise detailing exemplified Indian couture's signature craftsmanship. A sheer, gold-embellished dupatta draped delicately over her head finished the look with a classic touch. She finished the appearance with the traditional jewelry. "Regal, Radiant & Resplendent Rekha Ji. Every frame is an ode to her unmatched aura," read the caption.

Rekha attended the IIFA Awards 2025 in Jaipur, where she wore a majestic golden Kanjeevaram saree. The veteran actress warmed hearts when she accepted a handmade doll from a fan, responding with a warm smile.

Malavika Mohanan's Bold Look Is A Bigger Head-Turner Than A Tollywood Plot Twist



Malavika's upcoming film, *The Raja Saab*, directed by renowned filmmaker Maruthii, promises a unique blend of horror and comedy and has created buzz.

Malavika Mohanan is gearing up to make her Telugu debut in the highly anticipated film *The Raja Saab*. Malavika, who stars opposite famed actor Prabhas, is preparing to dazzle audiences in the flick. Fans are excited to see the powerful on-screen chemistry between these two talented performers. While Malavika's fans wait to see her on screen soon, the actress was recently spotted at an event in town and we bet you can't get over her bold look. Malavika was spotted in a silver and black dual-toned dress for the night. The outfit featured a checkered pattern with a deep V-neckline and full sleeves. The actress sported a backswept wet hairstyle while opting for minimal dangles to complete her look.

Meanwhile, Malavika's upcoming film, *The Raja Saab*, directed by renowned filmmaker Maruthii, promises a unique blend of horror and comedy, has created a lot of buzz. Nidhi Agerwal, and Prabhas will all play key roles in the movie along with Malavika. Viswa Prasad is producing the film under the People Media Factory banner. Thaman S is composing the film's soundtrack, which will be released in five languages: Telugu, Hindi, Tamil, Kannada, and Malayalam.

The actress will soon make her Bollywood debut with Yudhra, starring Siddhant Chaturvedi, solidifying her presence as a pan-India star. Speaking about the film and her role, she stated, "In comparison to *Thangalaan*, it is a whole different world. That's also exciting for me. All of these roles are so different from each other that it is nice for an actor to be a part of so many versatile films.

I hope more makers see me so that they see how I fit into different roles." Malavika Mohanan has slowly established herself in the Indian film business with her outstanding performances in a variety of regional films. She began her career in Malayalam with *Pattam Pole* (2013) before moving on to notable roles in Tamil and Hindi films. Her most recent films are *Thangalaan* (2024) and *Christy* (2023).