



स्वस्थता के लिए बेहद लाभदायक है नींबू पानी

नींबू पानी को अगर देशी कोल्ड्रिंक कहा जाए, तो इसमें कुछ गलत नहीं होगा। प्रोटीन, कार्बोहाइड्रेट, विटामिन और मिनेरल्स से भरपूर यह पेय स्वस्थ और सौंदर्य से जुड़े इतने फायदे देता है, जितने आप सोच भी नहीं सकते। जानिए नींबू पानी के कुछ ऐसे ही फायदे जो आपकी स्वस्थता के लिए बेहद लाभदायक हैं -

नींबू विटामिन सी का बेहतरीन स्रोत है। साथ ही, इसमें विभिन्न विटामिन्स जैसे थियामिन, रिबोफ्लोविन, नियासिन, विटामिन बी-6, फोलेट और विटामिन-ई की थोड़ी मात्रा मौजूद रहती है। यह खराब गले, कब्ज, किडनी और मसूड़ों की समस्याओं में राहत पहुंचाता है। साथ ही ब्लड प्रेशर और तनाव को कम करता है। त्वचा को स्वस्थ बनाने के साथ ही लिवर के लिए भी यह बेहतर होता है। पाचन क्रिया, वजन संतुलित करने और कई तरह के कैंसर से बचाव करने में नींबू पानी मददगार होता है। नींबू पानी में कई तरह के मिनेरल्स जैसे आयरन, मैग्नीशियम, फास्फोरस, कैल्शियम, पोटेशियम और जिंक पाए जाते हैं।

किडनी स्टोन

नींबू पानी का स्वास्थ्य पर पड़ने वाला सबसे महत्वपूर्ण फायदा है, इसका किडनी स्टोन से राहत पहुंचाना। मुख्यरूप से किडनी स्टोन शरीर से बिना किसी परेशानी के निकल जाता है, लेकिन कुछ मामलों में यह यूरिन के बहाव को ब्लॉक कर देते हैं जो अत्यधिक पीड़ा का कारण बनता है। नींबू पानी पीने से शरीर को रिहाइज़ेट होने में मदद मिलती है और यह यूरिन को पतला रखने में मदद करता है। साथ ही यह किडनी स्टोन बनने के किसी भी तरह के खतरे को कम करता है।

डायबिटीज

नींबू पानी, हाई शुगर वाले जूस व ड्रिंक का बेहतर विकल्प माना जाता है। खासतौर से उनके लिए जो

डायबिटीज के मरीज हैं या वजन कम करना चाहते हैं। यह शुगर को गंभीर स्तर तक पहुंचाए बिना शरीर को रिहाइज़ेट व एनर्जाइज करता है।

पाचनक्रिया में फायदेमंद

नींबू पानी में मौजूद नींबू का रस हाइड्रोक्लोरिक एसिड और पित्त सिक्रेशन के प्रोडक्शन में वृद्धि करता है, जो पाचन के लिए आवश्यक है। साथ ही यह एसिडिटी और गठिया के खतरे को भी कम करता है। जो लोग आमतौर पर पाचन-संबंधी समस्याओं जैसे एबडॉमिनल क्रैम्प, ब्लॉटिंग, जलन और गैस की समस्या आदि से परेशान होते हैं, उन्हें नियमित रूप से नींबू पानी का सेवन करना चाहिए।

कब्ज

अगर आपको कब्ज की समस्या है, तो नींबू पानी आपके लिए बेहद फायदेमंद है। प्रतिदिन सुबह गर्म नींबू पानी पिएं और पूरे दिन कब्ज की समस्या से दूर रहें।

इम्यून सिस्टम

नींबू पानी बायोफ्लेवोनॉयड, विटामिन सी और फाइटोन्ट्रिप्टॉस का बेहतरीन स्रोत है जो शरीर की प्रतिरोधक क्षमता को शक्ति बढ़ाने में मदद करता है। इसमें मौजूद आवश्यक विटामिन्स और मिनेरल्स के कारण यह शरीर के एनर्जी लेवल को बढ़ाने में मदद करता है।

खराब गला

नींबू पानी को गुनगुना करके पीने से गले की खराबी या फेरिन्जाइटिस में आराम पहुंचाता है।

वजन

हर सुबह शहद के साथ गुनगुना नींबू पानी पीने से अतिरिक्त वजन आसानी से कम किया जा सकता है।

मसूड़ों की समस्या

नींबू पानी पीने से मसूड़ों से संबंधित समस्याओं से राहत मिलती है। नींबू पानी में एक चुटकी नमक मिलाकर पीने से बेहतर परिणाम मिलते हैं।

कैसे पहचानें कि इम्यून सिस्टम है कमजोर

अगर आपको लगता है कि आप बार-बार बीमार हो रहे हैं और जुकाम की शिकायत रहती है। बार-बार सर्दी हो जाना और यदि आपके आस-पास ऐसा कोई व्यक्ति है जिसे खांसी है और आपको भी इससे जल्दी खांसी या सर्दी हो जाती है तो आपका इम्यून सिस्टम कमजोर है। बदलते मौसम का आपको बीमार करना आपके कमजोर इम्यून सिस्टम को दर्शाता है। यदि आप मौसम के बदलने पर बीमार हो रहे हैं तो आपका इम्यून सिस्टम कमजोर है। व्यायाम करते समय सांसों का फूलना व जल्दी थक जाना यह कमजोर इम्यून सिस्टम की निशानी है। नींद न आना, आंखों के नीचे काले घेरे, थकान महसूस होना-यह भी कमजोर इम्यून सिस्टम की निशानी है। अगर आपको लगता है कि आप दूसरों की अपेक्षा बार-बार बीमार होते हैं, जुकाम की शिकायत रहती है, खांसी, गला खराब होना या रिक्त रेशो जैसी समस्याएं रहती हैं तो बहुत पॉसिबल है कि यह आपके इम्यून सिस्टम की वजह से हो। कैडिडा टेस्ट का पॉजिटिव होना, बार-बार यूटीआई, डायरिया, मसूड़ों में सूजन, मुंह में छाले वगैरह भी खराब इम्यूनिटी के लक्षण हैं।



आयुर्वेद के अनुसार तेज भूख लगने पर कभी खाली पेट न खाएं ये चीजें

कभी-कभी ऐसा होता है कि हमें बहुत तेज भूख लग जाती है और हम उस वक्त हमें जो भी उपलब्ध होता है, वो खाने लग जाते हैं लेकिन ऐसा करना आपके लिए घातक हो सकता है। आयुर्वेद के मुताबिक तेज भूख लगने पर कुछ ऐसी चीजें हैं, जिन्हें नहीं खाना चाहिए। आइए, जानते हैं कौन-सी हैं वो चीजें-

अमरूद

अमरूद एक ऐसा फल है, जिसे अलग-अलग स्थितियों में खाने पर अलग-अलग परिणाम देखने को मिलते हैं यानी अगर आप सर्दियों में सुबह के वक्त खाली पेट अमरूद खाएं, तो आपको पेट दर्द की शिकायत हो सकती है। वहीं, गर्मी में खाली पेट अमरूद खाएं, तो यह फायदा देता है। ऐसे में आपको खाली पेट अमरूद नहीं खाना चाहिए।

सेब

सर्दियों में खाली पेट सेब खाने से बीपी बढ़ सकता है, अगर सुबह सबसे पहले यानी बिना कुछ खाए आप सेब खा लें, तो इस

दिवकत का सामना आपको करना पड़ सकता है लेकिन गर्मी में आप खाली पेट सेब खा सकते हैं।

टमाटर

टमाटर की तासीर गर्म होती है। इसे आप सर्दी के मौसम में तो खाली पेट खा सकते हैं लेकिन गर्मी के मौसम में ऐसा करने पर पेट में या सीने में जलन की समस्या हो सकती है। आपको सुबह के समय टमाटर खाने से परहेज करना चाहिए।

चाय-कॉफी

चाय या कॉफी को खाली पेट पीने से बचना चाहिए। आप चाय या कॉफी को बिस्किट, ब्रेड के साथ ले सकते हैं लेकिन खाली पेट या तेज भूख लगने पर सिर्फ चाय-कॉफी न लें, इससे आपके पेट में गैस बन सकती है।

दही

बहुत से लोग ऐसे होते हैं, जिन्हें दही फायदे की जगह पर हानि पहुंचा देती है। ऐसे में दही को सुबह के समय खाली पेट खाने से बचना चाहिए, वरना आपकी सेहत बिगड़ सकती है।

अमृत है आंवला 10 बेहतरीन फायदे

विटामिन-सी से भरपूर आंवला, हर मौसम में लाभदायक होता है। यह आंखों, बालों और त्वचा के लिए तो फायदेमंद है ही, साथ ही इसके और भी कई फायदे हैं, जो आपके शरीर को स्वस्थ बनाए रखने में मदद करते हैं। आमतौर पर आंवले का प्रयोग अचार, मुरब्बा या चटनी के रूप में किया जाता है, लेकिन इसका अलग-अलग तरह से सेवन आपके लिए बेहद उपयोगी है। अगर आप नहीं जानते इस अनमोल फल के बारे में तो जरूर पढ़िए -

- डायबिटीज के मरीजों के लिए आंवला बहुत काम की चीज है। पीड़ित व्यक्ति अगर आंवले के रस का प्रतिदिन शहद के साथ सेवन करे तो बीमारी से राहत मिलती है।
- एसिडिटी की समस्या होने पर आंवला बेहद फायदेमंद होता है। आंवला का पाउडर, चीनी के साथ मिलाकर खाने या पानी में डालकर पीने से एसिडिटी से राहत मिलती है। इसके अलावा आंवले का जूस पीने से पेट की सारी समस्याओं से निजात मिलती है।
- पथरी की समस्या में भी आंवला कारगर उपाय साबित होता है। पथरी होने पर 40 दिन तक आंवले को सुखाकर उसका पाउडर बना लें, और उस पाउडर को प्रतिदिन मूली के रस में मिलाकर खाएं। इस प्रयोग से कुछ ही दिनों में पथरी गल जाएगी।
- रक्त में हीमोग्लोबिन की कमी होने पर, प्रतिदिन आंवले के रस का सेवन करना काफी लाभप्रद होता है। यह शरीर में लाल रक्त कोशिकाओं के निर्माण में सहायक होता है, और खून की कमी नहीं होने देता।
- आंखों के लिए आंवला अमृत समान है, यह आंखों की रोशनी को बढ़ाने में सहायक होता है। इसके लिए रोजाना एक चम्मच आंवला के पाउडर को शहद के साथ लेने से लाभ मिलता है और मोतियाबिंद की

- समस्या भी खत्म हो जाती है।
- बुखार से छुटकारा पाने के लिए आंवले के रस में छौंक लगाकर इसका सेवन करना चाहिए, इसके अलावा दांतों में दर्द और कैविटी होने पर आंवले के रस में थोड़ा सा कपूर मिला कर मसूड़ों पर लगाने से आराम मिलता है।
- शरीर में गर्मी बढ़ जाने पर आंवला सबसे बेहतर उपाय है। आंवले के रस का सेवन या आंवले को किसी भी रूप में खाने पर यह ठंडक प्रदान करता है। हिचकी तथा उल्टी होने पर आंवले के रस को मिश्री के साथ दिन में दो-तीन बार सेवन करने से काफी राहत मिलेगी।
- याददाश्त बढ़ाने में आंवला काफी फायदेमंद होता है। इसके लिए सुबह के समय आंवला के मुरब्बा गाय के दूध के साथ लेने से लाभ होता है, इसके अलावा आप प्रतिदिन आंवले के रस का प्रयोग भी कर सकते हैं।
- चेहरे के दाग-धब्बे हटाने के लिए आंवला कारगर उपाय साबित होता है। इसका पेस्ट बनाकर चेहरे पर लगाने से त्वचा साफ, चमकदार होती है और झुर्रियां भी कम हो जाती हैं।
- बालों को काला, घना और चमकदार बनाने के लिए आंवले का प्रयोग होता है, इसके पाउडर से बाल धोने या फिर इसका सेवन करने से बालों की समस्याओं से निजात मिलती है।



नाश्ते में इन पांच चीजों को खाने से तेजी से बढ़ता है वजन, ज्यादातर लोग करते हैं सेवन



फिटनेस पाने के लिए लोग क्या-क्या जतन करते हैं। कई सर्वे के अनुसार आप शरीर पर चर्बी होने के कारण कई बीमारियों का शिकार हो सकते हैं। ऐसे में आपको बैली फैट कम करने के साथ फिट रहने की कोशिश करनी चाहिए। खुद को फिट रखने में ब्रेकफास्ट का भी अहम रोल होता है, ऐसे में आपको अगर हमेशा स्लिम ट्रिम रहना है, तो ऐसी 5 चीजें हैं, जो आपको नाश्ते में बिल्कुल नहीं खानी चाहिए -

वाइट ब्रेड - ब्रेड ज्यादातर भारतीय घरों में खाई जाती है लेकिन आपको बता दें कि ब्रेड का ज्यादा सेवन करना न सिर्फ आपकी सेहत को नुकसान पहुंचाता है बल्कि इससे आपका वजन भी बढ़ता है। ऐसे में कोशिश करें कि वाइट की जगह ब्राउन ब्रेड का सेवन करें।

प्रोसेस्ड फूड - ऐसे खाद्य पदार्थों को कई बार पकने की क्रिया से गुजरना पड़ता है। साथ ही तेल, मसाले, घी होने की वजह से ये सेहत के लिए भी अच्छे नहीं होते। आपको चिप्स, पॉपकॉर्न, ड्राई फ्रूट्स, स्नेक्स आदि से दूर रहना चाहिए।

केक, कुकीज - केक और कुकीज में मैदे के अलावा घी और क्रीम का इस्तेमाल होता है, जो आपकी फिटनेस के हिसाब से बिल्कुल भी सही नहीं है इसलिए आपको नाश्ते में इन चीजों को नहीं खाना चाहिए।

नूडल्स - नूडल्स खाने में तो बहुत अच्छे लगते हैं लेकिन इसे हेल्दी ब्रेकफास्ट नहीं माना जा सकता है, इसी वजह से आपको नूडल्स नाश्ते में बिल्कुल नहीं खाने चाहिए।

फ्रूट जूस - आपको कोशिश करनी चाहिए कि मार्केट में उपलब्ध फ्रूट जूस बिल्कुल न पिएं बल्कि आप घर में ही फलों का जूस निकालकर पी सकते हैं। आपके पास अगर जूस की जगह फल खाने का समय है, तो नाश्ते के लिए सबसे बेहतरीन रहेगा।

पकोड़े-कचौड़ी - सुबह-सुबह तली चीजें खाना बिल्कुल भी सही नहीं है। आप पकोड़े और कचौड़ी जैसी तली हुई चीजें सुबह नहीं खाएं, तो आपकी सेहत के लिए अच्छा रहेगा।

आंखों को थकान से राहत देगा गुलाब जल, कम होगा तनाव

वर्क के दौरान लैपटाप का ज्यादा इस्तेमाल न केवल आपके पूरे स्वास्थ्य पर असर डालता है बल्कि इसका असर आपकी नाजुक आंखों पर भी पड़ता है।



वर्क के दौरान लैपटाप का ज्यादा इस्तेमाल किया जा रहा है, वहीं इसी के साथ ही मोबाइल के संपर्क में भी हम ज्यादा रह रहे हैं जिससे आंखों में जलन, धुंधला दिखना व खुजली जैसी समस्याओं का सामना करना पड़ रहा है। इसलिए जरूरी है कि हम अपनी आंखों की देखभाल करें और जब भी आंखों पर दबाव महसूस करें तो स्क्रीन से दूर हो जाएं और बीच-बीच में आंखों को ठंडे पानी से भी धोते रहें। आंखों की जलन को परेशानी ज्यादा बढ़ जाती है। भले ही इस वक्त आप घर पर हैं लेकिन आंखों में जलन आप महसूस करते होंगे। इसलिए इन समस्याओं से निजात पाने के लिए आपको अपनी आंखों की सही देखभाल की जरूरत है, वहीं गुलाब जल का इस्तेमाल आपको आंखों की समस्या से निजात दिला सकता है। गुलाब जल के इस्तेमाल से आंखों को ठंडक मिलती है, साथ ही ताजगी महसूस होती है। ओवरटाइम काम करने के दौरान आंखों में तनाव महसूस होता है इसके लिए खुद को रिलेक्स करना बहुत जरूरी है। इसके लिए आप कॉर्टन में गुलाब जल डालें और इसे अपनी आंखों पर रखकर कुछ देर के लिए आंखों को आराम दें। गुलाब जल को आंखों में डालने से भी तुरंत राहत मिलती है, साथ ही फ्रेश महसूस होता है। अतः अपने आंखों का ध्यान रखें और समय-समय पर अपनी पलकों को झपकाते रहें।



इम्यून सिस्टम के मजबूत होने पर हम बीमारियों से लड़ सकते हैं। यदि हमारा इम्यून सिस्टम मजबूत है तो बीमारी हम पर हावी नहीं हो सकती। अगर हमारी इम्यूनिटी मजबूत है तो यह हमें न सिर्फ सर्दी और खांसी से बचाती है बल्कि हैपेटाइटिस, लंग इन्फेक्शन, किडनी इन्फेक्शन सहित और कई बीमारियों से हमारा बचाव होता है। लेकिन हमारा इम्यून सिस्टम कमजोर है तो हम इसको कैसे पहचान सकते हैं, क्योंकि कई बार यह होता है इम्यून सिस्टम कमजोर तो होता है, पर हम इसे समझ ही नहीं पाते। आखिर कैसे पहचान करें कि आपका इम्यून सिस्टम कमजोर है, आइए जानते हैं।

Pakistan's crisis is South Asia's crisis

Pakistan remains in the news for all the wrong reasons. The fifth Baloch insurgency that has continued with varying intensity since 2005 has taken an ominous turn with attacks of ever-growing ferocity and sophistication by pro-independence Baloch militias. A train carrying around 400 passengers, including several army personnel, was hijacked recently by the Balochistan Liberation Army (BLA), resulting in a two-day battle with the security forces and multiple killings. The stranglehold of the Punjabi-dominated Pakistani establishment has alienated smaller ethnicities, including the Baloch, over the years. The province has seen little growth and gross exploitation of its resources. Repeated attempts by the Baloch to claim their political and economic rights have been crushed with brutal force. Their pent-up anger is now on full display. Besides underground militias, there is a mass movement led by human rights activist Mahrang Baloch. The resulting volatility has been accentuated by a fierce geopolitical contestation in this resource-rich territory abutting the Arabian Sea, close to the oil transit choke point of the Strait of Hormuz, Iran and Afghanistan. China has strengthened its foothold in Balochistan through the China-Pakistan Economic Corridor (CPEC), its exit to the sea bypassing the maritime choke points in the east and a potential staging point for its navy. The Baloch see China as complicit in their exploitation and the Chinese designs alarm some other countries. Pakistan's security challenge has multiplied owing to its fraught relationship with its erstwhile protégé — the Afghan Taliban. The Taliban flatly deny the Pakistani charge that Tehreek-e-Taliban Pakistan (TTP) and Baloch insurgents operate from the Afghan soil. This has seriously impacted Pakistan's Pakhtun belt, a vulnerable area due to the Pakhtun pull from the other side of the Durand Line, which no Afghan government has accepted to date.

Pakistan has no easy answers. The number of terror attacks in the country (mainly in Balochistan and Khyber Pakhtunkhwa) doubled last year and the death toll surged by around 50 per cent. The sharp political polarisation since Imran Khan's ouster from power in 2022 remains unresolved. It impairs the ability of the state to respond to its other challenges. The rancour between army chief Asim Munir and Imran Khan all but rules out a rapprochement. The economy has stabilised somewhat with inflation down and the threat of a sovereign default warded off, but it is far from out of the woods. While the government has carried out some economic reforms under IMF pressure, its ability to sustain the process remains suspect.

The establishment has shown little inclination to course-correct, either by changing its self-defeating posture towards India or addressing politically the grievances of the smaller ethnicities. Asim Munir has called for Pakistan turning from a soft to a hard state, as if it has not already inflicted enough violence on its people. The reaction in India to Pakistan's complex challenges, particularly the terror wave, has ranged from Schadenfreude to predictions of its disintegration. This is not unexpected due to the history of the relationship and its current impasse.

The ruling narrative in Pakistan is that India is not interested in improving the relationship, foments terror and should reverse its Article 370 move for bilateral engagement. The predominant feeling in India is that the no-dialogue, punitive approach of the last few years has succeeded in reducing Pakistan-sponsored violence in J&K appreciably; though it is due, inter alia, to Pakistan's self-absorption and changed geopolitical circumstances. Consequently, we are now completely dependent on a security-centric approach. Though indispensable in our relationship with Pakistan, deterrence and coercion cannot build peace, let alone manage the relationship at an acceptable level of volatility indefinitely; and it must, therefore, be complemented by diplomacy in order not to become instruments of perennial conflict.

Trump 2.0 will follow a tough policy towards China

The Trump administration has taken steps to strengthen relations with the key countries in the Indo-Pacific that can be useful in case of a major conflict with China

There has been some mixed and contradictory signalling from Washington since the Trump 2.0 administration took over in January 2025 on whether it would follow a softer policy towards China to seek a "grand bargain" in pursuit of its political and economic interests. During his confirmation hearing as new Assistant Secretary for Defence, Elbridge Colby had also stated that though Taiwan was "very important" to the USA, it was not an "existential interest." President Trump increased tariffs from 10 per cent to 20 per cent on the import of Chinese goods even as he went at length in extolling his personal relationship with Chinese President Xi Jinping. He directed his Justice Department to not enforce a law banning Chinese social media app TikTok (on which Trump has 14 million followers and which American billionaire Elon Musk wants to buy) and welcomed more Chinese investment in the country.

The numerous initiatives taken by the Trump administration show that President Trump intends to take a tough approach towards China, like Trump 1.0. For instance, Trump is actually shifting the US priority from Europe to the Indo-Pacific (IP) by telling the Europeans that they have to take charge of their own security and Ukraine would have to pay for whatever assistance it had got from the USA in the past. He has ruled out any substantive US military assistance to Ukraine.

Trump has also taken a hard line against the neighbouring countries such as Canada and Mexico — which China has co-opted for local manufacturing and assembling to dump its cheap goods in the USA — by insisting that they must buy from the USA to eliminate the trade deficit. They, too, have been slammed with higher tariffs.

The Trump administration has criticised the increasing Chinese influence on the Hong Kong-based Hutchinson group of companies which control the Panama Canal, which was built with US assistance. Though China has blocked the bid of the US-based Blackrock group to buy these companies, Trump has stated that it would ultimately take over control of the Panama Canal by military means, if necessary. Now that the ice in the Arctic Ocean has started melting rapidly and it is emerging as a shorter trade route from Europe to China than the Atlantic, the Trump administration has conveyed its interest in taking over Greenland, which occupies a pivotal position in the strategic control of this trade route. Trump has unequivocally come out in support of Israel and told Iran in clear terms that it would not be allowed to acquire nuclear weapons. The USA has stationed its B-2 bombers at its Diego Garcia base in the Indian Ocean to strike at Iran's nuclear facilities to back up its firm resolve. Using Israel's success in undercutting the influence of the Iranian proxies in West Asia, Trump



appears keen to eliminate Iran's influence in the region further. On Taiwan itself, a number of small but significant changes have been made by the Trump administration. Earlier this month, the State Department edited its website to remove the phrase "we do not support Taiwan independence" from its page on the USA-Taiwan relations, which China took note of and criticised. Chief Executive of Taiwan Semiconductor Manufacturing Company CC Wei appeared in the White House with Trump earlier this month and announced a \$100-billion investment in the USA. On March 28, Taiwan's Deputy Defence Minister Alex Po attended a ceremony in South Carolina for the handover of F-16V jetfighters as part of a \$8-billion purchase deal. Alaska's Governor recently visited Taiwan to sell natural gas to energy-starved Taiwan. The Trump administration sailed two naval ships through the Taiwan Strait. Trump has maintained the US strategic ambiguity and kept China guessing about his plans to intervene in Taiwan. American military trainers have continued their training activities in Taiwan. The Pentagon circulated earlier this month an interim internal guidance document, calling for a more robust deterrence of China to defend Taiwan against an invasion. Marc Rubio, US Secretary of State, in an interview recently reaffirmed the traditional position that "the status of Taiwan should not be changed by force, extortion or compelled in any way." The Trump administration has taken steps to strengthen relations with the key countries in the Indo-Pacific which could be

useful in the eventuality of a conflict with China. A meeting of the Quad Foreign Ministers was held in Washington immediately after the taking over of President Trump in January 2025. A Quad Leaders' Summit is expected to be held in India later this year. US Defense Secretary Pete Hegseth recently visited the Philippines and Japan and assured them that the USA was committed to their security against Chinese aggression. The USA and Japan agreed to upgrade the military command in Japan to a new "war fighting headquarters", jointly produce Advanced Medium Range Air-to-Air Missiles and SM-6, Surface-to-Air Missiles. The Trump administration is working on holding a summit-level meeting with China shortly to work out a deal on critical political and economic issues. The latter may include issues related to imports from the USA, market access, subsidies, exchange rate, fentanyl, TikTok and political issues like ending the Ukraine war, Iran, Taiwan and others. If this agreement works out, it may reduce tariffs and sanctions on China, encourage more Chinese investment in the USA, people-to-people exchanges and other cooperative measures. If the deal does not work, the USA would resume its tough rhetoric on China, with the deployment of more American military ships, aircraft and personnel in the region. The Trump administration appears determined to intensify its competition and rivalry with China, thwart the latter's escalating grip on global manufacturing, technological and military ascendancy and strengthen its own global dominance.

Balancing trade

India's strategic act amid US tariffs

With the April 2 deadline ending today, the US is set to impose reciprocal tariffs, arguing that India's 100 per cent duty on American agricultural goods is among the many unfair trade practices harming its economy. While New Delhi is expected to take a trade hit, its diplomatic manoeuvring signals a broader strategy. By proposing amendments to its nuclear liability law, India is looking beyond immediate trade friction to secure long-term economic and strategic gains.

President Trump's aggressive tariff policy aims at enforcing reciprocity, a doctrine he has long championed. His latest move is being framed as a correction to perceived economic imbalances. However, India's tariff structure is rooted in the need to protect its domestic industries and rural livelihoods. A sudden rollback without corresponding US market access could hurt Indian farmers and manufacturers. India exported goods worth \$77 billion



to the US in 2024, making it its largest export destination, while importing \$55 billion worth of American goods, resulting in a trade surplus of \$22

billion. The latest tariff retaliation, which could impact over \$10 billion worth of Indian exports, is a sharp escalation in trade tensions. Yet, while India resists trade concessions, it appears more willing to accommodate US interests in another critical domain — nuclear energy. The Modi government's plans to amend the Civil Liability for Nuclear Damages Act mark a significant shift from its earlier stance. If the changes align with US expectations, they could revive stalled nuclear deals with US energy group Westinghouse, unlocking \$20 billion in investments. France's EDF, too, stands to benefit, making this a move of geopolitical and economic significance. India's strategy is clear: absorb the trade shock in the short term but widen the field by offering nuclear incentives.

Another Nargis moment in Myanmar

2008 cyclone was a tipping point; now, BIMSTEC should convey some home truths to the junta

THE 7.7-magnitude earthquake in Myanmar has destroyed cities and townships and taken a heavy human toll. The historic city of Mandalay, the epicentre of the quake, has been devastated. The towering Yadanabon bridge over the broad sheet of the Irrawaddy river is broken. South of Mandalay, the capital Naypyidaw, the pride of the junta, with its shimmering eight to 20-lane roads, has not been spared either. The control tower collapsed at the international airport, the closest to the areas of maximum destruction, hindering rescue and aid efforts. The junta has put out a death toll of 1,600, with 3,000 or more injured. The true extent of the casualties, the destruction and the humanitarian crisis may take weeks, if not months, to emerge. The humanitarian emergency can only deepen Myanmar's other crisis, ongoing since the 2021 military coup. Myanmar has been in a state of civil war for over four years, because people refused to surrender to the military's power grab. Civilian "people's defence forces" (PDFs) control swathes of territory. Several ethnic armed groups with their own agendas joined in on the side of the people. The PDFs are the declared armed wing of the National Unity Government (NUG), a parallel dispensation set up in exile by hundreds of parliamentarians elected in 2021 but pre-empted by the coup from taking their places in parliament. The junta's chosen means of retaliation to retain its increasingly fragile hold is aerial bombardment of townships and villages. This extraordinary cruelty of the junta has come to the fore again. On March 28, when the disaster struck, the junta reportedly carried out air raids in several quake-hit areas, including in Sagaing, in the northern Shan, and in areas south along the Thai border. The NUG claims that till March 31, the junta carried out 20 attacks, aerially and with artillery, in which 12 people were killed. The capacity of the junta to inflict suffering on the people they claim to represent is reminiscent of the conduct of a previous military regime in Myanmar. In 2008, when Cyclone Nargis tore into Myanmar, destroying everything in its path and killing

close to 85,000 people, the junta, then led by 'Senior General' Than Shwe, diverted critical resources to hold a shotgun referendum for a new constitution that the regime had drawn up, giving itself a dominant role in an elected government. The saving grace this time is that the junta, aware of its own limitations and its lack of access to many areas, requested international assistance straightaway. India is among several countries that responded swiftly. But Cyclone Nargis was also a tipping point. A world shocked by the callousness of the regime put pressure on the junta to permit international aid workers from the UN and other agencies, which it did on realising that it had no capacity to rebuild the country, and that people were getting restive. It was in the economic and humanitarian struggles after Nargis that the junta began loosening its grip on the country. Aung San Suu Kyi was released two years later, and after several calibrated steps in which the Barack Obama administration played a key role, the country held its first full election. Suu Kyi's National League for Democracy won, but had to form a hybrid civilian-military government. That experiment collapsed under the weight of its contradictions in 2021. Could the quake be a new tipping point to restore peace and reboot the rudely interrupted democratic transition? Over the last four years, neither ASEAN nor any other country has been able to persuade the junta to draw back from its hardline stance against pro-democracy groups. The military stalemate in Myanmar has been punishing for civilians. The quake has further exposed the junta's capabilities.

When Prime Minister Narendra Modi flies to Bangkok for the BIMSTEC (Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation) summit on April 3-4, he and other leaders have the opportunity to make this quake another Nargis moment in Myanmar's political evolution. This will be the grouping's first in-person summit since 2018, with Thailand, also rattled by

the quake, saying that the summit will be held as scheduled. BIMSTEC comprises Bangladesh, Bhutan, India, Myanmar, Nepal, Sri Lanka and Thailand. For years, India has pushed the idea that BIMSTEC, a grouping without Pakistan, is a more viable regional platform than SAARC. Bangladesh used to be a key ally of India in BIMSTEC. After Sheikh Hasina's ouster, the Delhi-Dhaka relationship is on the rocks. Since the 2022 virtually held summit, Sri Lanka, too, has been through its catharsis, and is now a known unknown for India. In



Nepal, Prime Minister KP Sharma Oli has accused India of fanning pro-monarchy protests in his country. This means that BIMSTEC is no longer the same group of nations whose leaders gathered for a retreat in Goa hosted by PM Modi in 2016, and from where Delhi thumbed its nose at Islamabad and SAARC.

In the changed circumstances, BIMSTEC runs the risk of becoming another SAARC, hijacked by India-Bangladesh hostility, just as SAARC was held hostage by India-Pakistan feuds. It is a moment of truth for BIMSTEC. This summit would be meaningful only if it was about Myanmar. Nothing else is more important.

Since 2021, thousands of refugees have fled to border areas in Thailand and India, where only Mizoram welcomes them warmly, as most arrivals are from Chin state, and share their ethnicity with the people of Mizoram. After a Myanmar national died in the Imphal jail recently, other prisoners there want to be shifted to Mizoram, hoping that they would get better treatment and access to medical facilities there. Bangladesh hosts nearly a million Rohingya people. The point is that what happens in Myanmar does not stay in Myanmar. India shares a 1,643-km border from the India-Myanmar-China trirajion in Arunachal Pradesh to the India-Myanmar-Bangladesh trirajion in Mizoram. When India's political leaders blame the fires in Manipur on the cross-border influx, they ignore the failures of a chief minister who was permitted to preside over the troubles for nearly two years. But they also disregard the reason more people have crossed over using the "free movement regime" between the two countries — the unrest and violent chaos triggered by the military coup next door. In the wake of the earthquake, more refugees, especially from the badly affected Sagaing, will arrive at India's doorstep. A founding principle of the grouping is non-interference in the politics of members, but its charter holds members to the commitment to make BIMSTEC a "dynamic, effective and result-oriented regional organisation for promoting a peaceful, prosperous and sustainable Bay of Bengal region through collective efforts..."

'Senior General' Min Aung Hlaing, expected to attend the summit, needs to hear some home truths from BIMSTEC partners: Myanmar is not contributing to the peace of the region; it is, in fact, the biggest source of instability. The coup was a bad idea, and it is even worse to hold an election to sanctify the power grab, as he plans to do later in the year. Instead, the junta must declare a truce with the people so that they can rebuild their lives. It must release all political prisoners. First steps always lead to more.

Vipul Organics Announces Rights Issue Oversubscribed by 80%; Shares Trade Higher

New Delhi. Shares of Vipul Organics Limited were trading higher on Thursday, despite dull market sentiments after the US President Trump announced reciprocal tariffs on about 60 countries globally, including India. At 12.55 pm, shares of Vipul Organics was trading higher by 3.49 percent at Rs 140.95 apiece in BSE. Intraday, the company's shares touched a high of 3.9 percent at Rs 141.50. The uptick in shares of the BSE listed Specialty Chemicals company in the pigments and dyes segment, follows its announcement of successful closure of the Rights Issue, which opened on 21 March, 2025. At the end of the day on the 2 April (issue closure date, the issue was oversubscribed by 80%. The Rights issue offered 44,37,291 shares of Rs. 10 face value at Rs. 46 per share (including premium of Rs. 36 per share), totalling Rs. 2041.15 Lakhs. The issue garnered applications for 79,88,227 shares, amounting to Rs. 3674.58 Lakh, resulting in subscription of 1.8 times the issue size.

"We are overwhelmed by the shareholder response to our rights issue. The market conditions notwithstanding, the shareholders belief in their company and its growth trajectory has made them oversubscribe the issue by 80%. We stay committed to providing value to all our stakeholders and the money raised will be used for our greenfield project, the Sayakha facility to take wings", Vipul P Shah, MD, Vipul Organics Limited said.

Tesla sales tumble 13% as Musk backlash, competition and aging lineup turn off buyers

NEW YORK. Tesla sales fell 13% in the first three months of the year, another sign that Elon Musk's once high-flying car company is struggling to attract buyers. The leading electric vehicle maker has faced a growing backlash from Musk's embrace of right-wing politics and his role in the Trump administration. Opponents have staged protests at Tesla showrooms in the U.S. and in Europe, where the sales declines have been steeper. Tesla's line-up is aging, and some consumers may have held off from buying its bestselling Model Y while waiting for an updated version. The Austin, Texas, company also faces fierce competition from other EV makers offering vastly improved models, including those of China's BYD. Tesla reported deliveries of 336,681 globally in the January to March quarter. The figure was down from sales of 387,000 in the same period a year ago. The decline came despite deep discounts, zero financing and other incentives and could be a warning that the company's first-quarter earnings report later this month could disappoint investors.

Dan Ives of Wedbush said Wall Street financial analysts knew the first quarter was likely bad, but turned out even worse than expected. He called the sales results a "disaster on every metric." "The brand crisis issues are clearly having a negative impact on Tesla...there is no debate," he said. Musk has been President Donald Trump's point man in his effort to cut government spending. As criticism of Musk mounted and Tesla's sales and stock price slumped, Trump last month held an extraordinary press conference outside the White House in which he praised Tesla, blasted boycotts against the company and bought a Tesla himself while TV cameras rolled. Tesla investors have complained Musk's work at the Department of Government Efficiency has diverted his focus from running Tesla. On Tuesday, New York City's comptroller overseeing pension funds holding Tesla stock called for a lawsuit accusing a distracted Musk of "driving Tesla off a financial cliff."

Asian markets slip following Trump's announcements of big tariff hikes

BANGKOK. Asian markets and U.S. futures tumbled Thursday following U.S. President Donald Trump's announcement of big increases in tariffs on imports of goods from around the world.

Tokyo's Nikkei 225 index initially dipped more than 4%, but recovered slightly. It was down 2.9% at 34,675.97. Trump said he was imposing a 24% "reciprocal tariff" on Japan, one of the United States' closest allies. South Korea, also an ally, was hit with a 25% tariff. Its benchmark Kospi slumped 1.5% to 2,468.97. Hong Kong's Hang Seng lost 1.4% to 22,887.03, while the Shanghai Composite index edged less than 0.1% lower, to 3,348.67.

The announcement came as a "major shock," Yeap Junrong of IG said in a commentary. "China, in particular, was hit with an additional 34% tariff, bringing its total tariff burden to 64% when accounting for previous measures." However, losses might be blunted by expectations of further economic stimulus from Beijing to offset the impact of the higher tariffs. In Australia, the S&P/ASX 200 fell 1.3% to 7,830.30. The future for the S&P 500 dropped 3% while that for the Dow Jones Industrial Average lost 2%, auguring potential losses when U.S. markets reopen on Thursday. On Wednesday, U.S. stocks whipped through another dizzying day before Trump's unveiling of his "Liberation Day" tariffs. The S&P 500 rose 0.7% to 5,670.97 after careening between an earlier loss of 1.1% and a later gain of 1.1%. It's had a pattern this week of opening with sharp drops only to finish the day higher.

The Dow Jones Industrial Average added 0.6% to 42,225.32, and the Nasdaq composite climbed 0.9% to 17,601.05. Elon Musk's Tesla helped knock the market around after initially falling more than 6% following a report that it delivered fewer electric vehicles in the first three months of the year than it did in last year's first quarter. It closed 5.3% higher.

Tesla is one of Wall Street's most influential stocks because of its immense size, and it's faced backlash due to anger about CEO Elon Musk's leading the U.S. government's efforts to cut spending.

SBI, Citi Unveil \$295 Million Social Loan To Empower Local Smallholder Farmers In India

The financing is specifically directed towards smallholder farmers in India, to support them to improve their agricultural productivity, enhancing their financial well-being, the banks said in a statement.

Mumbai. State Bank of India (SBI) and Citi on Thursday announced a social loan facility of \$295 million to support smallholder farmers in India. The financing is specifically directed towards smallholder farmers in India, to support them to improve their agricultural

productivity, enhancing their financial well-being, the banks said in a statement. The SBI will utilise the facility to finance its Kisan Credit Card loan portfolio, to help meet the credit requirements of the agricultural sector, and within this, smallholder farmers. Jayati Bansal, Dy Managing Director (International Banking Group), SBI, said that leveraging our extensive network, "we aim to reach small and marginal farmers who are at the core of India's agriculture sector but often lack access to essential credit resources". "This initiative will empower these farmers by enhancing their access to financing, helping them improve productivity and create sustainable livelihoods. At SBI, we believe that supporting the underserved farming community is key to strengthening rural economies and fostering long-term economic inclusion," said

Bansal. Smallholder farmers contribute a significant segment of India's agricultural sector, yet face pronounced social and economic difficulties. Limited income and restricted access to credit hinder their

thereby contributing towards livelihood enhancements and promoting economic inclusion for this underserved community. Mayank Gupta, Asia South Head of Trade and Working Capital Solutions, Citi said that this agreement with SBI will utilise "the depth of our trade and working capital loan solutions to unlock positive social impact and economic growth." The SBI is actively driving positive change through various initiatives across its operations, products, and services that prioritise environmental and social causes. It supports its community by expanding access to banking services, promoting financial literacy.

Globally, Citi has committed USD\$1 trillion to sustainable finance by 2030 and expanding access to basic services for 15 million underserved and low-income households, including 10 million women.



Trump tariffs roil Dalal Street: Sensex, Nifty fall as IT stocks worst hit

The S&P BSE Sensex fell 344.27 points to 76,273.17, while the NSE Nifty50 lost 80.60 points to 23,251.75 as of 9:31 am.

New Delhi. Benchmark stock market indices tanked in early trade, reacting to uncertain global cues with US President Donald Trump announcing tariffs on Wednesday. IT sector stocks were the worst hit. The S&P BSE Sensex fell 344.27 points to 76,273.17, while the NSE Nifty50 lost 80.60 points to 23,251.75 as of 9:31 am. In today's opening session on Sensex, Sun Pharma surged 5.40%. NTPC followed with a solid gain of 1.36%, while Power Grid Corporation rose 1.34%. Bajaj Finance and Bajaj Finserv rounded out the top five

gainers, advancing 0.66% and 0.52% respectively. On the losing front, TCS faced the steepest decline, dropping 2.46%. Infosys wasn't far behind with a fall of 2.38%, followed by HCLTech sliding 2.32%. Tech Mahindra tumbled 2.25%, while Tata Motors dropped 1.60%. Aditya Gaggar, Director of



Progressive Shares, said that for Nifty50, immediate resistance and support levels are at 23,250 and 23,000, respectively. "Meanwhile, for BankNifty, support is seen at 50,740, with the upside likely capped at 51,100. Across various sectors, most are trading within their respective ranges, but we will wait for the reaction

of the market participants on such announcements before making further decisions," he added. Nifty Midcap 100 faced selling pressure, declining by 0.38%. Nifty Smallcap 100 managed to stay marginally positive with a slight gain of 0.02%, showing relative resilience in the smaller companies segment. Dr. VK Vijayakumar, Chief Investment Strategist, Geojit Investments Limited, said that the worse-than-expected reciprocal tariffs announced by President Trump will have a negative impact on markets globally. "The biggest concern is that this will trigger retaliatory tariffs from other countries resulting in a full blown trade war, impacting global trade and global growth. Higher inflation in the US will put the Fed in a tight spot; it would be difficult for the Fed to deliver the rate cuts expected by the market in 2025. The probability of a US recession by the end of 2025 has increased. This is bad news for the global economy and markets," he added.

US tariff may impact growth of India's medical device industry

NEW DELHI. The imposition of 26 percent reciprocal tariff on medical device exports to US may pose challenges to the sector's growth, Association of Indian Medical Device Industry (AiMED) said on Thursday. President Donald Trump on Wednesday announced reciprocal tariffs on about 60 countries in a historic measure to counter higher duties imposed globally on American products. "Historically, India has been a key supplier of cost-effective, high-quality medical devices to the US, primarily in low-value, high volume consumables categories," AiMED Forum Coordinator Rajiv Nath said in a statement.

The new tariff may possibly impact Indian medical device exports, and the industry will have to explore windows of opportunities where the US has been seeking to diversify its supply chain dependence on any one nation, he added.

In 2023-24, India's medical device exports to the US stood at USD 714.38 million, while imports from the US to India were significantly higher at USD 1,519.94 million, as per data shared by the Export Promotion Council of Medical Devices. India faces



lower duty than other countries like China (34 percent), Vietnam (46 percent) and Taiwan 32 (percent). "While India may seemingly gain a marginal price advantage over China (8 per cent) in certain low-risk, high-volume consumables, the real impact may not be significant if our prices were higher than 15 per cent and the impact has to be further studied compared to other competing nations," Poly Medicure MD Himanshu Baid stated. Despite the tariff challenges, India's primary obstacle remains non-tariff barriers rather than tariffs themselves, he added. "Regulatory hurdles in the US are steep, with FDA approval costs ranging from USD 9,280 to over USD 540,000, whereas US exporters face relatively minimal costs when entering India. Addressing these imbalances through bilateral collaboration is crucial," Baid stated. Nath sought government support in bilateral negotiations for a balanced approach to tariffs and regulatory policies as an essential requirement to position India as a competitive global player in the medical device industry.

Manufacturing activity in March expands at fastest pace in 8 months

New Delhi: Public Provident Fund (PPF) will fetch an interest rate of 7.1 percent for the April-June quarter. Interest rates on small savings schemes has once again been unchanged by the government for April-June 2025 Quarter. The interest rates on these schemes ranging to PPF, Sukanya Samridhi and NSC, has been kept on hold for the fifth straight quarter beginning April 1, 2025. The interest rates for Public Provident Fund account are calculated between the fiscal year beginning 1st April to 31st March every year. Interest on PPF is calculated every month depending on the monthly balance that an individual has in his or her account between the 5th and the last day of every month. Hence, if you invest before April 5 i.e just at the

beginning of a fiscal year, you will reap maximum interest on your Public Provident Fund. Conversely, if you are a subscriber of Public Provident Fund, March 31 deadline is also equally significant for you. The Minimum



Amount for opening of account and maximum balance that can be retained

for PPF is the end of a financial year. Hence, it is mandatory that you deposit the minimum balance before the end of the financial year which is March 31. Interest rates of these small savings scheme will remain unchanged for the first quarter of the next fiscal, beginning April 1, 2025, a notification issued by the finance ministry has said. "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," said a finance ministry notification.

Why Russia, Canada and these countries were not part of Trump's tariff hit list

**Mexico, Canada already face prior US trade penalties and levies
Russia, North Korea excluded due to existing US economic sanctions
Experts surprised by high tariffs on Japan and Vietnam**

New Delhi. US President Donald Trump's latest round of reciprocal tariffs has hit multiple countries hard, with rates ranging from 10% to as high as 50%. However, some nations—Russia, Canada, Mexico, North Korea, and Cuba—were left out of the list.

The exclusion has raised eyebrows, especially as major trade partners like India (27%), the European Union (20%), and Vietnam (46%) have been slapped with hefty duties. So why were these countries spared? While Canada and

Mexico weren't included in Trump's April 2 tariff announcement, it doesn't mean they've escaped trade penalties altogether. The US had already imposed a 25% tariff on imports from both countries earlier this year, with a lower 10% rate on Canadian energy and potash. Additionally, goods entering the US under the US-Mexico-Canada Agreement (USMCA) remain exempt from these new duties. However, auto parts and other products will face new levies starting Thursday. "We are going to fight these tariffs with countermeasures. We are going to protect our workers," Canadian Prime Minister Mark Carney told Bloomberg. Mexico is also preparing a response. President Claudia Sheinbaum is expected to address the issue in a press conference on Thursday. Russia, North Korea, Cuba, and Belarus were also not included in Trump's latest tariff list. A White House official, speaking anonymously to the New York Times, explained that these countries are already subject to extensive sanctions that make trade with the US minimal. "These countries already face extremely high



tariffs and our previously imposed sanctions preclude any meaningful trade with them," the official said. Saurav Ghosh, co-founder, Jiraaf- a bond investment platform, pointed out another possible reason for Russia's exemption: ongoing negotiations between Trump and Russian President Vladimir Putin. "Given the existing sanctions on Russia, the trade between the US and Russia had already come down," Ghosh said. "Moreover, if President Trump is still negotiating with President Putin on ending the Ukraine war, he would need a supportive Russia." It also remains unclear whether Trump will modify his stance on countries buying Russian oil and gas. Trump's new tariff strategy appears to be aimed at nations

with a high trade surplus with the US. China, which recorded a \$295 billion surplus with the US in 2024, has been hit with a 34% tariff. "Asian countries have a higher trade deficit with the US along with the EU, so it is natural that they are higher on the list," Ghosh explained. "Further, President Trump said that non-tariff barriers, including domestic VAT and unfair currency rates, have played a part in determining reciprocal tariffs. It seems that driving trade balance has been the key criteria rather than any other underlying calculation." One of the biggest surprises in Trump's tariff list, according to Ghosh, was the aggressive stance against Japan (24%) and Vietnam (46%).

"The most surprising element is the strong tariff on Japan and Vietnam," he said.

With Trump's tariffs already shaking up global trade, more countries could retaliate. Canada and Mexico are weighing their responses, while Asian and European nations are bracing for impact.

For now, Russia and North Korea are out of Trump's crosshairs—but that could change depending on how diplomatic ties unfold in the coming months.

Gujarat man kills friend, dismembers body over his wife's private photos

A man in Gujarat killed his friend after discovering he had obtained private photos of his wife and was blackmailing him. He dismembered the body into nine pieces to avoid identification.

NEW DELHI. Gujarat Police has arrested a man from Uttar Pradesh for murdering his friend by dismembering his body into nine pieces after he discovered that he had obtained private photos of the accused's wife and blackmailed him for money.

Gujarat police have arrested Shailendra from Uttar Pradesh, four days after human body parts were discovered in different areas of Bharuch. Shailendra confessed to murdering his friend Sachin and dismembering the body into nine pieces to prevent identification.

On March 29, a severed head was found in a drain in Bharuch. Over the next three days, more human body parts were recovered from various locations. Police identified the victim as Sachin Chauhan through a



tattoo on his hand. Sachin, originally from Bijnor, Uttar Pradesh, was married with a four-year-old son and worked in Dahej, Bharuch. His friend Shailendra Chauhan, also from Bijnor, lived in Bharuch as well. Both their families had gone to their

village for Holi, leaving the two friends alone in Bharuch when the incident occurred.

Police received a missing person report for Sachin on March 28. After examining photos and matching the recovered body parts, they called Sachin's brother to confirm the identification. Investigations revealed that Sachin was last seen with Shailendra.

Further probing showed that Shailendra had travelled to Bijnor and Delhi with Sachin's phone, sending messages to Sachin's family to create the illusion that he was alive. Shailendra even left Sachin's ATM card with its PIN on a train, hoping someone would use it and mislead the police with false locations.

In one instance, he disguised himself as a woman, wearing a gown while riding an Activa scooter to discard the body parts. Despite his efforts, the police tracked him down and arrested him.

Upon arrest, Shailendra admitted to the crime, revealing that Sachin had obtained private photos of Shailendra's wife and blackmailed him for money. On March 24, after a night of drinking, an argument over the photos escalated, leading Shailendra to kill Sachin. He kept the body at his home for three days, dismembered it into nine pieces, and disposed of them in various locations to avoid detection.

Deputy Superintendent of Police, CK Patel, commenting on the crime, said, "a dismembered body was found in Bharuch. After investigation, we arrested Shailendra Chaudhary for committing the crime"

Panchayat secretary posts vacant in villages since 2018

NEW DELHI. The crucial post of Panchayat Secretary, meant to serve as a bridge between the rural populace and the Delhi administration, has remained vacant across the capital's 49 rural villages for several years.

The prolonged absence of these officials has severely impacted governance and service delivery, leaving residents without a key administrative link. The Centre for Youth Culture Law and Environment (CYCLE), an NGO advocating for rural governance, has repeatedly raised concerns over these vacancies.

In a letter addressed to the Lieutenant Governor, Chief Minister, and Chief Secretary of Delhi, the organisation criticised the inaction of the Revenue Department, which has failed to fill these positions. However, the NGO has yet to receive a response from the department.

Despite the post never being officially abolished, residents continue to highlight the absence of Panchayat Secretaries in their villages. In response to an RTI filed by a resident of North Delhi's Palla village, the Block Development Officer (North) confirmed that no Panchayat Secretaries have been posted in the area since 2018. A revenue department official, speaking on condition of anonymity said, "After 1996, the position of Panchayat Secretary was gradually phased out through transfers, promotions, and retirements."

Paras Tyagi, a representative from CYCLE, emphasized the impact of these vacancies. "The issue not only hampers rural development but also undermines the rights and needs of villagers, depriving them of essential government services and coordination," he said.

The Panchayat Secretary role was abolished in 1989 following the dissolution of panchayats in Delhi, but was later reinstated to bridge the administrative gap in rural areas. However, its continued absence has left governance in limbo.

Manipur insurgent arrested over transnational terror plot denied bail

NEW DELHI. The Delhi High Court has denied bail to Moirangthem Anand Singh, who was arrested by the National Investigation Agency (NIA) in connection with a transnational conspiracy allegedly orchestrated by Myanmar-based leadership of terror outfits to wage war against the Government of India by exploiting the ongoing ethnic unrest in Manipur.

A bench of Justice Prathiba M Singh and Justice Amit Sharma, while pronouncing the order on Wednesday, observed that the allegations against Singh were of a grave nature, involving offences with far-reaching consequences for public order and national security.

As per reports, Singh is a former cadre of the banned insurgent group, the People's Liberation Army (PLA) of Manipur. He has a history of multiple arrests, having been taken into custody in 1997, 2001, 2002, 2004, 2005, and 2009. Subsequently, he joined the Kangleipak Communist Party (Noyon) Group and was arrested again in 2010 by Lamphel Police Station, following which he was detained under the National Security Act (NSA).

Singh, who was arrested in September 2023, had challenged the impugned order dated August 24, 2024, in the High Court by which his bail application had been dismissed by the Special NIA Court. The Ministry of Home Affairs (MHA), through an order dated September 21, 2023, had transferred the case from the Manipur Police to the NIA, New Delhi, after widespread protests erupted demanding Singh's unconditional release.

However, advocate M Gunedhor Singh, appearing for the accused, argued that the allegation of a transnational conspiracy was not supported by any credible evidence. "There is no evidence placed on record to explain how the alleged incident of being caught in camouflaged attire along with weapons relates to a transnational conspiracy as claimed by the NIA," he contended. His counsel maintained that no admissible evidence or direct admission by the appellant established his membership in the PLA. However, Special Public Prosecutor Rahul Tyagi, representing the NIA, strongly opposed the bail plea.

Delhi HC directs Customs to ensure old jewellery of air travellers are not detained unnecessarily at airports

The court was hearing a batch of petitions raising issues on the procedure for detention of goods belonging to the tourists travelling to India, of both Indian and foreign origin, by the Customs department.

NEW DELHI. The Delhi High Court has directed Customs officials to ensure that old and personal jewellery of travellers, including ornaments being worn by them during travel, are not unnecessarily detained at airports and they are not harassed.

A bench of Justices Prathiba M Singh and Rajneesh Kumar Gupta passed the direction after being informed by the Customs that a detailed stakeholder consultation is being carried out by the Central Board of Indirect Taxes and Customs (CBIC) and some more time was needed to amend the Baggage Rules.

The court was hearing a batch of more than 30 petitions raising issues on the procedure for detention of goods belonging to the tourists travelling to India, of both Indian and foreign origin, by the Customs department.

"Since the CBIC and the Customs department are now seeking further time to amend the Baggage Rules and to place the same before this court, a sensitisation initiative shall be carried out by the Customs department for all its officials. "The Customs officials shall ensure that old jewellery of even Indian travellers, personal jewellery which is being worn by the travellers during travel or used jewellery are not unnecessarily detained in a routine manner, so as to ensure that no harassment is caused to the travellers coming to India," the bench said.

It added that if the Baggage Rules can't be amended by the next date of hearing, a standard operating procedure (SOP) should be placed on record by May 19, which shall be followed by the Customs department till the time the rules are amended. In

the petitions, the court noticed that various travellers, tourists, and Indian citizens coming back from foreign countries were being intercepted and various items which they were wearing, including jewellery, were being detained.

The court considered the Baggage Rules, 2016, and the Indian Customs Declaration form and the Guide for Travellers prepared by the CBIC and observed that the rules were quite outdated and archaic, considering the increase in the price of gold in the last several years. It noted that the Baggage Rules date back to 2016, i.e., more than nine years old and considering the present market realities, they need a re-look. The bench, in its March 27 order, said the SOP should cover all the issues, which have been highlighted by the court.

Parents of five-year-old say accused Kenya diplomat's son already left India

The survivors father told this newspaper that despite sexually assaulting at least six children and having three FIRs registered against him, the accused has left the country without facing any charges.

NEW DELHI. The parents of a five-year-old girl, who was allegedly sexually assaulted by a Class 12 student, who is a Kenyan diplomat's son, have claimed that the accused had already left the country without facing any charges. Both the accused and the survivor attended the same school.

"The Kenya High Commission has not revoked the diplomatic immunity of the accused. Instead, the boy has left the country without facing any charges, despite sexually assaulting at least six children and having three FIRs registered against him," the survivor's father told this newspaper on Wednesday. Government sources said a diplomatic

immunity matter is pending with Kenya and since the matter is sub-judice, no further comments can be

Nyaya Sanhita (BNS) and Section 10 (aggravated sexual assault) of the Protection of Children from Sexual Offences (POCSO) Act.

Last month, the minor's parents moved Delhi High Court and the hearing is slated for April 7. The plea alleges that the school failed to exercise due vigilance in preventing and reporting child sexual abuse. The petition says the school has not complied with government-mandated child protection measures, including the Manual on Safety and Security of Children in Schools (2021) developed by the National Commission for Protection of Child Rights.



made. The incident took place in last August and an FIR was lodged on September 18 at the Greater Kailash police station under Section 75(2) (sexual harassment) of the Bharatiya

Delhi Budget Session: Speaker suspends 12 AAP MLAs

The AAP legislators, carrying placards and raising slogans, stormed into the well of the House, prompting the Speaker to remove them from the Assembly floor.

NEW DELHI. The final day of the first Budget Session of the newly constituted eighth Assembly saw high drama as Speaker Vijender Gupta suspended 12 AAP MLAs after they created a ruckus demanding the resignation of Delhi Law and Justice Minister Kapil Mishra.

The AAP legislators, carrying placards and raising slogans, stormed into the well of the House, prompting the Speaker to remove them from the Assembly floor. In addition to the protest in the Assembly, AAP leaders staged a demonstration near the Mahatma Gandhi statue in the Assembly complex, holding banners that read "Kapil Mishra Istifa Do" and chanting slogans.

The opposition party accused the BJP government of shielding someone



allegedly involved in inciting riots and suppressing voices within the Assembly. AAP leader Atishi vowed that the party would not remain silent, vowing to continue the fight for Kapil Mishra's resignation and arrest. Delhi Assembly Leader of Opposition (LoP), Atishi, referenced a court's order for an FIR against Kapil Mishra in connection with

the 2020 Delhi riots. She stated, "The entire country saw how Kapil Mishra incited riots. Fifty-three people lost their lives in the Delhi riots—their blood is on his hands. He was the one who instigated the violence."

Today, all those who have FIRs for the riots are in Tihar Jail. Then why is the Delhi Police not arresting him? Why is Chief Minister Rekha Gupta not removing him from her Cabinet?"

Atishi further questioned Gupta's remarks on communal harmony, stating, "She speaks of harmony, saying 'Divali mein Ali aur Ramzan mein Ram.' Then why is a minister, against whom the court has ordered an FIR for inciting riots, still in the Cabinet?"

The Delhi LoP called for Mishra's immediate resignation, emphasizing, "How can someone involved in riots remain a minister? Kapil Mishra is responsible for the 2020 Delhi riots, where 53 people were killed, hundreds were injured, and property worth crores was destroyed. The entire nation saw how he incited violence, leading to the tragic loss of lives." She added, "Why is the BJP shielding him? If Kapil Mishra resigns, AAP MLAs will return to the Assembly. But why is the BJP protecting him? Was the BJP complicit in the riots? Is that why they are saving him?"

Earlier in the week, opposition MLAs had walked out of the Assembly during a session, alleging power cuts in the national capital.

Relief from inflated water bills soon: Government



NEW DELHI. In a move aimed at providing relief to several residents, the Delhi government is likely to come up with an amnesty scheme to waive off inflated water bills during the previous AAP dispensation. The government has said that till the completion of an investigation into inflated bills, water connection of any house will not be cut.

Water Minister Parvesh Verma told the Assembly on Wednesday that the government would resolve the issue on a priority basis. "A solution will be found soon," Verma added.

According to an estimate, nearly 1.6 million (40%) of 2.7 million consumers have received inflated bills in the last few years and many of them stopped paying the bills to the Delhi Jal Board, reducing the water utility's revenues. The AAP government had promised to bring a one-time settlement scheme last year, but nothing was done. During the Budget session of the Assembly, several BJP MLAs raised concerns about the residents' struggle due to inflated water bills. They said that inflated bills were generated during the COVID-19 pandemic and the situation worsened in the last couple of years of the AAP rule. They claimed that consumers living in a 25-yard house have got water bills of 2 lakh and even more. Speaker Vijender Gupta suggested that an amnesty scheme can provide relief to the affected residents.

Public Works Department asked to conduct fire safety audit of government buildings

NEW DELHI. The Delhi government has initiated a large-scale fire safety audit of its buildings, prioritising hospitals and healthcare centres to enhance emergency preparedness. The Public Works Department (PWD) has been tasked with conducting the assessment, focusing on identifying fire hazards, ensuring compliance with safety norms, and verifying the functionality of prevention measures, officials said Wednesday. The audit will assess the presence and operational status of fire alarms, sprinklers, extinguishers, and other essential fire safety systems. It will also evaluate emergency evacuation protocols and identify areas that require corrective action.

"The fire audit should focus on assessing the fire safety measures in place, identifying potential fire hazards, and recommending corrective actions to ensure compliance with fire safety norms," the PWD principal secretary stated in an official order. The exercise must be completed by April 15, the directive added.

As part of the initiative, PWD officials have been instructed to inspect and verify the effectiveness of fire detection and alarm systems, ensuring they undergo regular testing and maintenance.

Evacuation plans will also be reviewed to confirm that they are well-structured, routinely practiced, and clearly communicated to building occupants. Officials emphasized that raising fire safety awareness among employees and visitors will be a critical aspect of the audit. A team of fire safety professionals and engineers will be deployed to conduct the inspections using a detailed checklist covering all fire prevention and response measures. Once the audit is completed, a comprehensive report outlining findings and necessary corrective actions will be submitted to both the Delhi Fire Services (DFS) and the PWD for further action, officials said. Director of Fire Services Atul Garg highlighted the urgency of such measures, noting that nearly 70 percent of fire incidents, especially in hospitals, are caused by faulty electrical wiring and system.



NEWS BOX

Israeli strikes on Gaza overnight leaves more than 50 Palestinians dead

DEIRALBALAH: Overnight strikes by Israel killed at least 55 people across the Gaza Strip, hospital officials said Thursday, a day after senior government officials said Israel would seize large areas of Gaza and establish a new security corridor across the Palestinian territory. Israel has vowed to escalate the nearly 18-month war with Hamas until the militant group returns dozens of remaining hostages, disarms and leaves the territory. Israel has imposed a month-long halt on all imports of food, fuel and humanitarian aid that has left civilians facing acute shortages as supplies dwindle.

Officials in Khan Younis, in the southern part of the strip, said the bodies of 14 people had been taken to Nasser Hospital — nine of them from the same family. The dead included five children and four women.

The bodies of another 19 people, including five children aged between one and seven years and a pregnant woman, were taken to the European hospital near Khan Younis, hospital officials said. In Gaza City, 21 bodies were taken to Ahli hospital, including those of seven children.

On Wednesday, Prime Minister Benjamin Netanyahu announced Israel was establishing a new security corridor across the Gaza Strip to pressure Hamas, suggesting it would cut off the southern city of Rafah, which Israel has ordered evacuated, from the rest of the Palestinian territory. Netanyahu referred to the new axis as the Morag corridor, using the name of a Jewish settlement that once stood between Rafah and Khan Younis, suggesting it would run between the two southern cities. He said it would be "a second Philadelphia corridor" referring to the Gaza side of the border with Egypt further south, which has been under Israeli control since last May. Aeli border to the Mediterranean Sea.

Netanyahu is rocked by new scandal linking his close advisers with Qatar to boost its image

TEL AVIV. Israel Prime Minister Benjamin Netanyahu's office is once again ensnared in scandal after police arrested two of his close associates this week on suspicion of accepting money from Qatar to promote a positive image of the Gulf Arab state in Israel. The affair has gripped Israelis because Qatar, a country that many view as a patron of Hamas, and which has no formal diplomatic ties to Israel, appears to have penetrated the highest corridors of power.

Qatar, which is a key mediator for Hamas in its ceasefire negotiations with Israel, denies backing the militant group. Netanyahu has given a statement to police on the matter but is not a suspect in the case, which he says is baseless and meant to topple his rule.

The investigation is just the latest scandal to roil Netanyahu, who is the subject of a long-running corruption trial and regularly rails against a "deep state" that is out to get him. Critics say Netanyahu, the country's longest-serving prime minister, has worked in recent years to undermine Israel's state institutions, including its judiciary. Most recently, they point to his attempt to dismiss the head of Israel's domestic security agency, which is also investigating his office's alleged links to Qatar.

Myanmar Junta Declares Ceasefire To Aid Quake Relief Efforts As Deaths pass 3,000



Bangkok. The deaths from the massive earthquake that hit Myanmar nearly a week ago rose Thursday to 3,085 as more bodies were found by search and rescue teams, the military-led government said.

In a short statement, the military said another 4,715 people have been injured and 341 are missing.

The epicenter of Friday's 7.7 magnitude earthquake was near Mandalay, Myanmar's second-largest city. It brought down thousands of buildings, buckled roads and destroyed bridges in multiple regions.

Local media reports of casualties have been much higher than the official figures and with telecommunications widely out and many places difficult to reach, it's thought the numbers could rise sharply as more details come in. Myanmar's military seized power in 2021 from the democratically elected government of Aung San Suu Kyi, sparking what has turned into a civil war. The quake worsened an already dire humanitarian crisis, with more than 3 million people had been displaced from their homes and nearly 20 million were in need even before it hit, according to the United Nations. Amid growing fears that ongoing fighting could hamper humanitarian aid efforts, the military declared a temporary ceasefire Wednesday, through April 22. The announcement followed unilateral temporary ceasefires announced by armed resistance groups opposed to military rule. In the military's announcement, it said it would still take "necessary" measures against those groups if they use the ceasefire to regroup, train or launch attacks. ing.

Is Elon Musk's Political Career Coming Back To Earth

Washington, United States. Elon Musk's rise as President Donald Trump's all-powerful wingman was as rapid and unstoppable as one of his SpaceX rockets. But reports Wednesday are fueling speculation that the billionaire's political career may be coming back to Earth. Politico and ABC News quoted unnamed sources saying Musk could step away from an unprecedented role in which he is spearheading brutal cuts to US government services and has emerged only second to Trump as the face of the administration.

White House Press Secretary Karoline Leavitt called Politico's report "garbage." Another spokesman, Harrison Fields, said Politico is a "tabloid paper that would rather run fake news for clicks than real reporting." However, there has been speculation from day one over how long Musk can maintain his extraordinary position, one that has seen him get so close to Trump that critics dub him the "co-president." For two months, the world's richest person has overseen an ideologically driven crusade by the so-called Department of Government

Efficiency, or DOGE. While DOGE aims ostensibly to save money, Musk has triggered widespread alarm by crippling US foreign aid programs and scientific research almost overnight.

And his prominence inside the White House has reportedly created friction in Trump's inner circle. Not only was the South Africa-born tech mogul given a leading voice at a much-publicized cabinet meeting — despite having no official cabinet position — but he regularly appears with Trump in the Oval Office and flies with the president on weekends to his Florida golf resort.

Trump hinted at a gradual break-up this week, telling reporters that "at some point Elon's going to want to go back to his company."

"He wants to. I'd keep him as long as I could keep him," Trump said.

Musk loses 'referendum' The reports of tension inside the White House have been growing gradually, as have questions over how long Trump — not known for liking to share the limelight — could put up with such an out-sized personality. But Trump officials may want to give the Tesla,

SpaceX and X magnate a harder push after his resounding flop in trying to tilt an important election in the American heartland. Tuesday's contest to fill a vacant seat on the Wisconsin Supreme Court quickly took on national implications after



Trump and especially Musk threw their weight behind the conservative candidate, Brad Schimel. Reprising his successful 2024 campaign tactics for Trump, Musk doled out cash to voters to drum up publicity and turnout for Schimel. In all, he

poured some \$20 million into Wisconsin's race and campaigned in the state over the weekend. Yet all for nothing: the Democrats' favored candidate, Susan Crawford, won handily. There was more bad news for Musk on Wednesday when his beloved Tesla posted a 13 percent drop in worldwide first quarter results — a slump that follows steadily declining share prices for the once stellar brand. There's a purely bureaucratic reason Musk may have to leave the White House and his DOGE role — his current legal status as a "special government employee" is theoretically set to expire by early June. But analysts say the entrepreneur's political future may be decided on another level. Andrew Koneschusky,

political communications expert and former press secretary to Senate Democratic leader Chuck Schumer, called the Wisconsin vote a "referendum" on Musk.

Nowhere on earth is safe': Trump slaps tariffs on uninhabited Antarctic islands

Donald Trump's latest trade tariff salvo extended to Australia's remote Heard Island and McDonald Islands — an uninhabited territory where the only residents are penguins.



world. In an unexpected twist in Donald Trump's trade war, a set of remote, uninhabited volcanic islands near Antarctica — home only to glaciers and penguins — has been slapped with a 10 per cent tariff on goods along with mainland Australia. Heard Island and McDonald Islands, an external Australian territory, rank among the most isolated places on Earth. Reaching the islands requires a gruelling two-week boat journey from Perth, and no human has reportedly set foot there in nearly a decade. The move triggered a sharp retort from Australian

Prime Minister Anthony Albanese, who said, "Nowhere on earth is safe." The (Trump) administration's tariffs have no basis in logic and they go against the basis of our two nations' partnership. This is not the act of a friend," Albanese said, while maintaining that Australia will not impose reciprocal tariffs on the United States. "We will not join a race to the bottom that leads to higher prices and slower growth," Albanese said. According to the Australian Antarctic Program, it takes approximately 10 days to reach Heard Island by ship from Fremantle in Western Australia, depending on

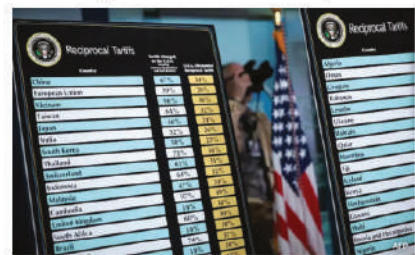
weather conditions. The island hosts colonies of penguins, seals, and various bird species, some of which hold national and international conservation status. In a much-awaited White House address earlier in the day, Trump (78) announced "kind" and discounted "reciprocal" tariffs on as many as 180 countries, saying it would make America "wealthy again" and bring jobs "roaring back." During his address, Trump showcased a chart detailing tariffs imposed by countries including India, China, the European Union, Japan, Taiwan, South Korea, Bangladesh, Sri Lanka, and Pakistan on American products. He emphasised that these nations would now face reciprocal levies in response.

Trump also referenced the chart showing India levying a 52 per cent tariff on US goods — allegedly including currency manipulation and trade barriers — while the US would now implement "discounted reciprocal tariffs" at 27 per cent.

"Reckless": Indian-American Lawmakers Criticise Trump's Reciprocal Tariffs

New York. Indian-American members of the US Congress and the diaspora community criticised the reciprocal tariffs imposed by President Donald Trump, calling them "reckless and self-destructive," urging leaders in both countries to engage in dialogue to address these challenges.

On Wednesday, Trump imposed a 26 per cent "discounted reciprocal tariff" on India. While making the announcement, he said "India charges us 52 per cent so we will charge them half of that - 26 per cent." President Trump, in a historic measure to counter higher duties on American products imposed globally, announced reciprocal tariffs on about 60 countries. The lawmakers also said that Trump's tariffs will likely make Indian goods less competitive. Congressman Raja Krishnamoorthi said Trump's blanket tariffs are a tax on working families so that he can cut taxes for the wealthiest Americans. "These latest so-called 'Liberation Day' tariffs are reckless and self-destructive, inflicting financial



pain on Illinois at a time when people are already struggling to keep their small businesses afloat and put food on the table." Krishnamoorthi, a Democratic lawmaker from Illinois, said the tariffs isolate the United States on the global stage, alienate America's allies, and empower its adversaries — all while forcing America's seniors and working families to bear the brunt of higher prices. Urging Americans to call on Trump to end his "disastrous" tariff policies before he sends the country into a recession, Krishnamoorthi said the tariffs do nothing to strengthen the American economy or national security. Congressman Ro Khanna said

in a video posted on his social media handle that the tariffs announcement "isn't an April Fool's joke. Trump is literally trying to destroy our economy with his Liberation Day tariffs slapped overnight, no strategy, no consultation, no congressional input. 'What does this mean? Prices are going to go up. Prices for cars are going up. Prices for groceries are going up. Prices for home repairs and home building are going up, and there's total uncertainty," Khanna said. He added that businesses don't know whether to invest, the stock market is down and "people are saying we could have a recession. We could have stagflation, meaning slow growth and higher inflation, all because of Trump's incoherent, incompetent economic policy." Indian-American Congressman Dr Ami Bera said in a post on X "Let me be clear: these tariffs will not make America wealthy again. These costs will be passed onto YOU — the American consumer. This is not a tax cut. This is a tax hike.

Americans will pay the biggest price: How world reacted to Trump's tariffs

Trump announces tariffs sparking global trade tensions
India, China, EU, Japan hit with significant tariffs
Countries prepare responses to US trade measures

world. United States President Donald Trump's reciprocal tariffs, announced on Wednesday, triggering broader trade wars and threatened to upend the global economy. The tariffs, which Trump called "kind reciprocal", also target India, which the US President has called the country the

'king of tariffs' in the past and has now charged India 26 per cent of its imports. China will face a 34% tariff, while the European Union and Japan will be subject to rates of 20% and 24%, respectively. India's import duty will be set at 27%. Shortly after the tariffs were announced, global leaders reacted strongly and vowed to fight back. Here's how much each country would be charged on imports.

INDIA "It is a mixed bag and not a setback for India," a commerce ministry official said, as quoted by news agency PTI, indicating that while the tariffs pose challenges, they also open the door for negotiations.

CHINA China is one of the countries deemed the "worst offenders" by Trump, with a 54% tax rate added to its goods. China's Commerce Ministry said on Thursday that #China strongly opposes the move and will firmly take countermeasures to safeguard its own interests. "There is no winner in a trade war, and protectionism leads nowhere. China urges the #US to



immediately remove unilateral tariffs and resolve differences with trade partners through dialogue," a ministry spokesperson said.

JAPAN Japan's top government spokesperson called the larger-than-anticipated 24% tariffs on its goods imposed by the United States "extremely regrettable", and said they have "strongly requested that they be reconsidered". "We will swiftly set up a special consultation department and provide support for cash flow and assistance," said Yoshimasa Hayashi, Japan's Chief Cabinet Secretary.

AUSTRALIA Australia PM Anthony Albanese said Americans would end up paying the biggest price for what he called "unjustified tariffs". However, he also said his government would not impose reciprocal measures. "It is the American people who will pay the biggest price for these unjustified tariffs. This is why our government will not be seeking to impose reciprocal tariffs. We will not join a race to the bottom that leads to higher prices and slower growth," he said.

SOUTH KOREA South Korea's acting President Han Duck-soo has ordered emergency support measures for businesses that will be impacted by the imposition of US tariffs, including automobiles, reported by Reuters.

EUROPEAN UNION European Commission President Ursula von der Leyen said Donald Trump's latest tariffs are a major blow to the world economy and will hurt vulnerable people the most.

NEWS BOX

Virat Kohli is fine: RCB coach Andy Flower gives update on batter's finger injury

New Delhi. Royal Challengers Bengaluru (RCB) head coach Andy Flower has given an update on Virat Kohli's finger injury which he suffered against Gujarat Titans (GT) on Wednesday, April 2 at M. Chinnaswamy Stadium, Bengaluru. The incident occurred when he tried to stop a boundary on the fifth ball of the 12th over of GT's run chase.

The ball went through his hands at deep mid-wicket as he tried to field a drive from Sai Sudharsan's bat. As the ball reached the boundary, Kohli looked in discomfort and was immediately attended by the team's physio. However, he continued to field after receiving the treatment. Following the game, Andy Flower gave an update on Kohli's fitness and revealed that the star batter is fine. Kohli didn't have a memorable outing with the bat as he got dismissed for just 7 (6) by Arshad Khan. It was the first time that the RCB opener got out without crossing the 40-run mark. He tried to pull the GT seamer but holed out to deep backward square leg.



Phil Salt (14 off 13), Devdutt Padikkal (4 of 3), Rajat Patidar (12 off 12) also departed cheaply, leaving RCB reeling at 42/4 in 6.2 overs. Their innings was rescued by Jitesh Sharma (33 off 21) and Liam Livingstone (54 off 40), who added 52 runs for the fifth wicket off 38 balls. Tim David (32 off 18) also played a quick-fire cameo at the end to give the perfect finish to the innings. Mohammed Siraj ran through RCB batters, registering figures of 3/19 in four overs. In reply, GT chased down the target in 17.5 overs as Sai Sudharsan (49 off 36) and Jos Buttler (73* off 39) top-scored for their sides. As a result, GT won the match by eight wickets and RCB suffered their first loss of the season.

IPL 2025: 'Surface' tension irks franchises

NEW DELHI. The absence of any discernible 'home advantage' has become a talking point in the early stages of the Indian Premier League (IPL) season. Barely two weeks in, there is growing discontent among franchises over local curators not preparing pitches according to the host team's strengths. On Tuesday evening, Lucknow Super Giants mentor Zaheer Khan caustically remarked that the pitch at the Ekana Stadium looked as if it had been prepared by a "curator from Punjab". The pitch offered decent seam movement that made it tough for the LSG top order to get going up. The surface was also not suited to the team's bowling strengths.

Go Beyond The Boundary with our YouTube channel. SUBSCRIBE NOW! What was a little disappointing for me here, considering



it's a home game, and you know, in IPL you've seen how teams have looked at taking a little bit of home advantage, you know," Zaheer said after his team lost in a one-sided contest against Punjab Kings. "From that point of view, you've seen the curator is not really thinking that it's a home game. I think maybe it looked like, you know, it was (the) Punjab curator out here," he added. There have also been reports of Kolkata Knight Riders demanding a pitch with more assistance for spinners at the Eden Gardens. TOI understands that the Delhi Capitals management too was not happy with the BCCI curator overseeing preparation in their first two home matches in Vizag. The issue has set BCCI and IPL franchises on a collision course. The Delhi Capitals management was clearly informed by BCCI that the authority to make pitches lay with the designated board curator. BCCI guidelines clearly state that franchises and players must not have any say in the preparation of pitches. BCCI's clear instruction to curators for the IPL is to prepare pitches that don't offer excessive seam or spin. Having said that, franchises have often worked in tandem with state associations to create a team best suited to local conditions. In 2019, the pitch in Chennai aided excessive turn, which resulted in BCCI deploying neutral curators at venues.

Premier League: Liverpool inch closer to title with Merseyside Derby win vs Everton

New Zealand beat Pakistan by 84 runs in the second ODI of the three-match series on Wednesday, April 2 at Seddon Park, Hamilton. Mitchell Hay (99) and Ben Sears (5/59) guided hosts to a comprehensive win.

New Delhi. Liverpool strengthened their Premier League title bid with a 1-0 victory over Everton in the Merseyside derby on Wednesday, while Manchester City defeated Leicester 2-0 to enhance their Champions League prospects, with Liverpool now sitting 12 points clear of second-placed Arsenal with eight games remaining in the 2024-25 season.

Liverpool bounced back from consecutive losses in the League Cup final against Newcastle and Champions League last 16 against Paris Saint-Germain to edge closer

to their record-equalling 20th English title. Go Beyond The Boundary with our YouTube channel. SUBSCRIBE NOW!

Diogo Jota ended his two-month goal drought in the 57th minute, converting Luis Diaz's flick to secure the win for Liverpool. Everton defender James Tarkowski received a yellow card for a dangerous challenge on Alexis Mac Allister early in the match.

The victory was particularly meaningful for Liverpool following their previous 2-2 draw at Everton in February, which saw David Moyes' team score a late equaliser. According to the rules it was a goal so no-one can complain. It is a clear goal," Slot said regarding Moyes' complaints about Jota's winner being offside. "We are chasing down the best possible season we can have. As long as the players give everything like today then we are in a very good position," Slot added.

Manchester City managed well without injured striker Erling Haaland, who faces up to seven weeks out with an ankle injury sustained during Sunday's FA Cup quarter-final victory at Bournemouth.

Jack Grealish scored his first league goal since December 2023 after just two minutes, finishing from close range following combination play between Jeremy Doku and Savinho. Omar Marmoush doubled City's lead in the 29th minute, capitalizing on goalkeeper Mads Hermansen's error from



Ruben Dias' pass. "After the tough game in Bournemouth, to come here after just three days, it helped us to score early. We missed the third goal that's all. The rest was good," Guardiola said. Newcastle continued their celebrations after their League Cup triumph with a 2-1 win over Brentford at St James'

Park. Alexander Isak opened the scoring in first-half stoppage time, connecting with Jacob Murphy's cross. Bryan Mbeumo equalised from the penalty spot after Newcastle goalkeeper Nick Pope fouled Yoane Wissa, but Sandro Tonali secured the win with a 74th-minute strike.

Aston Villa maintained their Champions League pursuit with a 3-0 victory at Brighton, with Marcus Rashford, Marco Asensio, and Donyell Malen scoring. Southampton's hopes of avoiding the worst Premier League record were dented after a 1-1 draw with Crystal Palace.

Paul Onuachu gave Southampton the lead with a header from Mateus Fernandes' cross, but Matheus Franca's stoppage-time equalizer left them two points short of Derby's record low of 11 points from 2007-08. Southampton face relegation this weekend if they lose at Tottenham and Wolves defeat Ipswich. Ipswich kept their survival hopes alive with a 2-1 win at Bournemouth through goals from Nathan Broadhead and Liam Delap, with Evanilson scoring for Bournemouth.

KKR vs SRH, pitch, weather report IPL 2025: High-scoring thriller in Kolkata

← **KKR eye momentum after shaky IPL 2025 start at home**

← **SRH seek revenge for last season's final defeat**

← **Humid conditions and dew to challenge bowlers in Kolkata**

New Delhi. The Kolkata Knight Riders (KKR) are set to face their arch-rivals and Indian Premier League (IPL) 2024 final opponents, Sunrisers Hyderabad (SRH), at the iconic Eden Gardens in Kolkata on April 3. Both teams have endured a bumpy start to their IPL 2025 campaign, losing two of their three matches and managing just one win so far. Despite this, the rivalry between these two sides—albeit one-sided in KKR's favour—has intensified since last season, raising the stakes for Thursday's high-voltage encounter. As both teams look to build winning momentum after their erratic starts, fans can expect a thrilling battle

between two sides known for their aggressive approach and penchant for posting big totals. The pitch conditions at Eden Gardens will play a crucial role in determining the outcome, given its



reputation for being both a run-fest and occasionally favouring spinners.

After losing all their matches against KKR in IPL 2024, including the final, SRH will be desperate to get one over their rivals and secure a morale-boosting victory. For the defending champions, the challenge will be to bounce back and find consistency, especially in front of a passionate home

crowd.

KKR vs SRH, IPL 2025: Kolkata pitch report

The Eden Gardens pitch has already sparked controversy this season, particularly with KKR expressing dissatisfaction over not getting the spin-friendly track they desired. However, some matches have seen turn and grip, as evidenced by RCB's Krunal Pandya making an impact with spin in the season opener. Despite this, Eden Gardens remains a batting paradise, with short boundaries and flat tracks that promise plenty of runs. Historically, out of 93 IPL matches held here, teams batting first have won 38 times, while those chasing have succeeded on 56 occasions.

KKR vs SRH, IPL 2025: Weather forecast

According to AccuWeather, Kolkata is expected to be noticeably hot and humid on April 4, with temperatures ranging from 30 to 27 degrees Celsius during match time. Dew could become a decisive factor, with humidity levels set to be very high, around 60%-80% throughout the evening, making bowling in the second innings challenging.

Andhra Cricket Association bids to make Visakhapatnam new home of Sunrisers Hyderabad

VIJAYAWADA. The Andhra Cricket Association (ACA) has formally extended an invitation to Sunrisers Hyderabad (SRH) to consider Visakhapatnam as their new home ground, should they relocate from Hyderabad. According to sources, the ACA has offered to host the remainder of SRH's matches in Visakhapatnam. Additionally, the ACA has proposed hosting the team mid-tournament, and providing tax incentives to the IPL franchise. The ACA's offer comes amid an ongoing dispute between the Hyderabad Cricket Association (HCA) and SRH regarding complimentary tickets.

SRH has alleged that the HCA management has been harassing the team for free tickets, prompting the team to threaten relocation from their current home ground in In response, Telangana Chief Minister A Revanth Reddy has ordered a vigilance probe into the matter. Against this backdrop, the ACA swiftly reached out to the SRH management, led by Kavya Maran, offering

support if they decide to leave Hyderabad. The Rajiv Gandhi International Cricket Stadium in Uppal has been SRH's home ground. Meanwhile, the ACA-VDC International Cricket Stadium in Visakhapatnam serves as the secondary home ground for Delhi Capitals, owned by the GMR Group.

This season, Visakhapatnam hosted two IPL matches - DC vs LSG and DC vs SRH - which drew sizable crowds. Port City likely to host inaugural match of Women's World Cup 2025. Recently, the ACA renovated the Visakhapatnam Stadium, enhancing basic amenities like toilets and luxury facilities like corporate boxes. "Since the Vizag stadium has only 28,000 seating capacity, IPL franchises may incur loss of around Rs 3 crore per. To mitigate this, we've offered a SGST tax benefit of up to Rs 1 crore per match at the Vizag Stadium," an ACA official revealed to TNIE, requesting anonymity. If SRH decides to shift their

home ground, they need to alter the stadium's colour theme to match their brand identity. To rebrand the stadium with SRH's theme, an estimated Rs 10 crore would be required. Currently, the stadium bears the theme of Delhi Capitals. In another development, India is set to host the Women's Cricket World Cup 2025, with Visakhapatnam potentially hosting the inaugural match. The State government and ACA are in talks with the BCCI and the ICC to bring this prestigious international event to AP. Recently, HRD Minister Nara Lokesh met ICC chief Jay Shah on multiple occasions to discuss key initiatives, including the construction of a new cricket stadium, upgrading infrastructure, and attracting more matches to the State. Jay Shah was reportedly impressed with the renovations at the Vizag Stadium, and assured priority scheduling for Vizag in future cricket matches. If the talks yield positive results.



contract can do their recovery free of cost at the National Cricket Academy. They also get travel reimbursements and access to the world-class training facility at the Centre of Excellence in Bengaluru. BCCI Central Contracts Eligibility The central contract is given to players who have either participated in 3 Test matches or 8 ODIs or 10 T20Is. Fulfilling just one of the criteria makes you eligible for the retainership. Indian Players with BCCI Contract in 2023-24 Grade A+: Rohit Sharma, Virat Kohli, Jasprit Bumrah and Ravindra Jadeja. Grade A: R Ashwin, Mohd. Shami, Mohd. Siraj, KL Rahul, Shubman Gill and Hardik Pandya. Grade B: Suryakumar Yadav, Rishabh Pant, Kuldeep Yadav, Axar Patel and Yashasvi Jaiswal.

IPL 2025: MS Dhoni, Rohit Sharma and the inevitable ravages of age

← **MS Dhoni, 43, still remains a spectacle in the Indian Premier League**

← **Unlike Rohit, Dhoni's presence alone keeps him relevant in the IPL**

← **Their batting is a poignant reminder of what they were at their peak**

New Delhi. In the summer of 1895, a 47-year old portly man with a flowing beard that had never been shaved walked out to bat for his county Gloucestershire. His knees were dodgy and his belly, as PG Wodehouse wrote, had turned into the mezzanine floor of his body. He lived the perfect British life—ate whatever he could and drank copiously, sometimes during the lunch break of a match. About him a wicket-keeper, who had the misfortune of standing behind him for long

hours, said he had the dirtiest neck ever. Rotund and huge as he was, his trousers were always strapped high on his waist with what resembled a necktie, lest they fall while he bowled and batted. In the second match of the English County season, he scored his first century—his 99th in first-class cricket. By the time the first fortnight of the season ended, he had scored two double-hundreds. And by the end of the first month, he had crossed 1000 runs, the first batter to do so in the history of county cricket. If you do not know the name of this great cricketer, it is worth finding out. Because, if ever there was a walking embodiment of the maxim, age is just a number, it was him. This story is worth remembering because of India's current obsession with MS Dhoni's batting and Rohit Sharma's lack of it.

Dhoni is in his 43rd year and Rohit will be 38 by the end of this month. In the ongoing season of the Indian Premier League, both are struggling with an enemy that has spared none in the history of civilization—ageing. On current evidence, their batting is a poignant reminder of what they were at their peak, and prognosticator of what they could never again be. Should MS Dhoni retire from the IPL? Absolutely not. Should Rohit Sharma



say bye-bye to cricket? Absolutely yes. Why, you'd ask, a Commodus-type thumbs-up for Dhoni and a thumbs-down for the other, the younger, gladiator in the cricketing arena? Hint: Amazing Grace. Chronic diseases and age are the cruelest reminders of our mortality. Some call the process of ageing itself a disease. It nurtures our desires but takes away our ability. With time, we turn into a caricature of ourselves. Pale shadows of our brighter past. Thus the dreaded comparison with life on sunset boulevard. There are only three known ways of dealing with the ravages of age and illness. Some, like Sunil Gavaskar, accept it with prescience and dignity and move on from their past to a different future. Some, like the

actor Suchitra Sen, who completely disappeared from public life, are unable to accept its horrors and retreat into a dark corner, where they continue to live in the company of their past. And some continue to fight. Like Dhoni, Rohit Sharma and the portly man who broke records at the age of 48—the English legend WG Grace. There is always just one winner of the fight between mortality and humans. But, the problem with this doomed battle is that it can turn the embattled human first into a subject of pity, and later into scorn. When Harvey Dent said in the Dark Knight that either you die a hero or live long enough to become the villain, he perhaps had these hapless warriors in mind. Nobody is immune to the laws of Harvey Dent. India's greatest all-rounder Kapil Dev was on the path to becoming a villain from a joke when he overstayed his welcome in the quest for his 432nd wicket—an achievement that seemed the holy grail of bowling back then but turned out to be a minor piece of bronze. Sachin Tendulkar managed to avoid jeers and boos as his career stretched on in search of the 100th 100 only because he had a huge balance of goodwill to draw from.

Rashmika Mandanna

Opens Up About Turning 29: 'The Older You Get, You Start Losing...'

Rashmika Mandanna is turning 29 this month and the actress cannot keep calm! Rashmika Mandanna recently took to Instagram to share her feelings about her birthday. She is not only going to celebrate her birthday but is also excited for her birthday month. The actress also shared an adorable selfie with her note. Rashmika wrote, "It's my birthday month and I'm so excited. I've always heard that the older you get... you start losing interest in celebrating your birthday... but clearly it's not the same in my case... the older I'm getting the more excited I am to celebrating my birthday. I can't believe I am already turning 29... I made it one more year healthier and happier and safely! Now that's worth celebrating!"

Meanwhile, on the work front, Rashmika Mandanna is currently seen in Sikandar with Salman Khan. News18 Showsha gave the film 3.5 stars. Our review read, "Sikandar heavily relies upon Salman Khan's mass-appeal roots. With multiple whistle-blowing scenes, it's impossible not to get swept away in the excitement and cheer for Bollywood's 'Bhai' in theatres. His action



sequences are specially crafted to showcase his signature style, and his swag is on full display. The film's direction is also intentionally done to cater to his fan base, and it's clear that every frame is designed to make fans compelled to cheer."

The review also read, "However, Salman Khan lacks emotional connection in the scenes where he is trying to deal with the grief of his wife's death. Such scenes look very disconnected and will not speak to you. When it comes to action, the film is packed with it to the brim but it's its emotional quotient that becomes its weakest link."

"Rashmika Mandanna, on the other hand, is a delight to watch. She plays the role of Salman's wife and while the makers try their best to portray her as a strong woman, you often question her agency from time to time. Her chemistry with Salman is impressive, but there is only one weak point - she isn't given more screen time. Maybe we know why. It may be time for her to rethink the roles she's been taking on. Rashmika perhaps needs to choose projects that give her the opportunity to shine and truly display her acting abilities, without being overshadowed," the review also mentioned.

Parineeta Chopra

Just Like Us, Loved Netflix's Adolescence

Parineeti Chopra is the latest Bollywood star to back Adolescence, the gripping Netflix drama, written by Jack Thorne. As discussions around digital well-being and teenage smartphone use grow, Chopra added her voice to the debate by sharing her support on Instagram. Jack Thorne, known for This Is England, Help and National Treasure, has a knack for addressing tough social issues. His latest work, Adolescence, has not only topped



Netflix charts but also sparked conversations about smartphone addiction and the toxic influence of online spaces on teenagers. Bollywood celebrities have been vocal about the mini series' message, using social media to stress the importance of limiting smartphone access for young children. Parineeti joined the conversation by sharing an article in which Thorne revealed he won't be giving his eight-year-old son a smartphone until he turns 14.

Chopra simply wrote "Yes", showing her full agreement with his stance.

The gripping show follows the seemingly ordinary Miller family, whose 13-year-old son, Jamie, falls prey to radical online misogyny, ultimately committing a horrifying act of violence against a female classmate. In researching the show, Thorne delved into the dark corners of the internet, showing the alarming ease with which young minds can be manipulated. The series has

become a cultural phenomenon, spurring discussions among parents, educators and policymakers worldwide. Thorne himself has been vocal about his concerns regarding smartphone use among children.

He has stated that while he does not want to isolate his son from his peers, he believes keeping smartphones out of bedrooms until kids are old enough to handle them responsibly is crucial. He even went a step further, advocating for a nationwide ban on smartphone sales to children under 16, likening their regulation to

cigarette sales. "Why do kids need smartphones? They can have phones - but not smartphones," he argued in his interview with The Times.

As for Parineeti Chopra, she has an exciting lineup of projects ahead. The actress is gearing up for her debut in the OTT space with an upcoming Netflix series. Additionally, she is said to be working on a romantic comedy, which will be directed by Dhruv Tripathi.



Nayanthara Arrives In Mumbai For Yash Starrer Toxic Shoot, Gets Papped With Kids At Airport



Nayanthara was recently spotted at the Mumbai airport with her twin sons as she arrived in the city for the shoot of Yash starrer Toxic. The highly anticipated film has been grabbing attention for a long time. The actress was seen in a casual yet stylish look, holding her little ones close as paparazzi captured the moment. The video has gone viral.

In the video, shared by Snehzala, we can see Nayanthara wearing a black colour co-ord set. She looks graceful with minimal makeup. Fans were delighted to see the actress balancing work and motherhood effortlessly. Last month, Yash was also spotted arriving to complete the shoot. On Saturday, March 22, the 'Rocking Star' announced the release date of his upcoming film, Toxic - March 19, 2026. He also treated fans to a brand-new poster from the film.

Toxic releases on the Ugadi, Gudi Padwa, and Eid weekend next year. In the poster, the actor wore a black leather jacket and a hat, and carried a gun in his hand. Behind him, was a photo of a whole town burning down and the actor walking away from the site unaffected. Reportedly, the film might face a major clash from Alia Bhatt, Ranbir Kapoor and Vicky Kaushal-starrer Love & War. An official confirmation from filmmaker Sanjay Leela Bhansali's team is awaited.

Meanwhile, Yash recently surprised fans by making an appearance at Yo Yo Honey Singh's Millionaire India Tour concert in Bengaluru. In a video going viral, Honey introduced Yash, saying, "We have a common story. When we were sharing with each other, it felt like a true brotherly moment. I have found my moment in Karnataka. Brothers for life, everybody!"

Reacting to it, Yash replied, "So inspiring, his story is inspiring, we were discussing, the way he has come up in his life and the place he is today.

Everybody goes through struggles and fame, but what matters is the love. People love and respect you. Keep flying."

Kajol's Post On Ajay Devgn's Birthday Makes Fans Say, 'Your Sense Of Humour Will Always Keep Your Husband Happy'



Bollywood actor Ajay Devgn turned a year older on April 2, 2025. The Singham and Drishyam star got many heartfelt wishes from his fans and Industry friends. However, it was an adorable wish from his doting wife, Kajol that caught everyone's attention. On her Instagram handle, Kajol posted a lovely photo featuring herself and her husband, Ajay Devgn. Their candid snap radiated pure love. In the throwback moment, Kajol stunned in a printed top. On the other hand, Ajay looked handsome in a black t-shirt teamed with denim pants. Alongside the photo, Kajol penned a heartfelt wish for the birthday boy. Using her signature wit the actress wrote, "All the cool people were born in August but



we don't mind wishing u a happy birthday thank u for always being older than me (folded hands emoji)," hinting at her birthday on August 5.

After taking a look at the image, fans could not help but post reactions in the comments section. One user wrote, "Your sense of humour will always keep your husband happy. Happy birthday To Ajay Devgn." Many simply wished the actor on his special day. Someone said, "Hahaha!! Happiest birthday to Ajay sir!" Another person mentioned, "Wishing you a very happy birthday, Sir, lots of love." "Cutest couple," read a comment.

For the unversed, Ajay and Kajol's love story began on the sets of the 1995 film Hulchul. The lovebirds got married in 1999. The couple are proud parents to two kids - daughter Nysa and son Yug.

Coming to their work front, Ajay was last seen in Azaad, directed by Abhishek Kapoor. Produced by Ronnie Screwvala and Pragya Kapoor, it starred Diana Penty alongside debutants Aaman Devgan and Rasha Thadani. The Padma Shri and four-time National Film Award winner has two films in his pipeline - Raid 2 and Son of Sardaar 2. On the other hand, Kajol, who last appeared in Do Patti, will be next seen in Sarzameen and Maharagni- Queen of Queens in her kitty.

