



Sonakshi Sinha's Husband Zaheer Iqbal...

SHARE	
सेंसेक्स	: 80,218.37
निफ्टी	: 24,328.50

SARAF	
सोना	: 9,115
चांदी	: 111.0

(नोट : सोना 22 कैरेट प्रति ग्राम)

BRIEF NEWS

यूपी के कौशांबी में खोदाई के दौरान टीला धंसा, पांच महिलाओं की मौत

KAUSHAMBI : उत्तर प्रदेश के कौशांबी जिले में आज खोदाई के दौरान मिट्टी का टीला ढहने से पांच महिलाओं की दबकर मौत हो गई। तीन अन्य घायलों को इलाज के लिए अस्पताल में भर्ती कराया गया है। मुख्यमंत्री योगी आदित्यनाथ ने शोक संतपन परिजनों के प्रति संवेदना व्यक्त की है। उन्होंने घायलों को तत्काल अस्पताल पहुंचाकर जिला प्रशासन के अधिकारियों को उनके समुचित उपचार के निर्देश दिए। साथ ही घायलों के शीघ्र स्वस्थ होने की भी कामना की है। मुख्यमंत्री ने पांच-पांच लाख रुपये की राहत राशि देने की घोषणा की है।

भारत से नेपाल जाने के लिए अब आधार कार्ड या पहचान-पत्र जरूरी

BAGHAH : भारत-नेपाल अंतरराष्ट्रीय सीमा के वाल्मीकिनगर बॉर्डर पर सीमा सुरक्षा में तैनात सशस्त्र सीमा बल 21वीं वाहिनी गंडक बराज के अधिकारियों द्वारा पहलगाम में हुए आतंकी हमला के बाद सुरक्षा कार्रवां से व्यवस्था सख्त कर दी गई है। अब किसी भी भारतीय नागरिक को नेपाल जाने से पहले उसे अपना आईडी प्रूफ,आधार कार्ड, पहचान-पत्र दिखाना होगा। बिना पहचान- पत्र के किसी भी व्यक्ति को भारतीय सीमा से नेपाल क्षेत्र में जाने की अनुमति नहीं दी जायेगी। सहायक कमांडेंट चलते बोग ने बताया कि सुरक्षा बिंदुओं को ध्यान में रखकर नेपाल जाने वाले सभी लोगों को आईडी प्रूफ दिखाना अनिवार्य कर दिया गया है।

झारखंड में मौसम के बदलाव से तापमान में 10 डिग्री की गिरावट

RANCHI : काल बैसाखी के चलते मौसम में बदलाव से तापमान में 10 डिग्री की गिरावट दर्ज की गई। इससे लोगों को ठंड महसूस हुई। राजधानी रांची में तापमान में 10 डिग्री की गिरावट दर्ज की गई। इसके अलावा अन्य जिलों में भी तापमान में भारी गिरावट दर्ज की गई है। इनमें जमशेदपुर में 10 डिग्री, डाल्टेनगंज में तापमान सात डिग्री, बोकारो के तापमान में तीन डिग्री और चाईबासा के तापमान में भी 10 डिग्री गिरावट दर्ज की गई है। वहीं सोमवार को रांची और आसपास के इलाकों में मौसम साफ रहा। मौसम साफ होने से तापमान में फिर वृद्धि दर्ज की गई। रांची में अधिकतम तापमान 35 डिग्री रिकॉर्ड किया गया।

AGENCY NEW DELHI : सोमवार को भारत-फ्रांस के बीच 26 राफेल समुद्री लड़ाकू विमानों की खरीद के लिए 63 हजार करोड़ रुपये के सौदे पर हस्ताक्षर हो गए। नई दिल्ली में भारत में फ्रांस के राजदूत के बीच हुए इस सौदे से भारतीय नौसेना की लड़ाकू ताकत और ज्यादा मजबूत होगी। भारतीय पक्ष का प्रतिनिधित्व रक्षा सचिव राजेश कुमार सिंह ने किया, जबकि नौसेना के उप प्रमुख वाइस एडमिरल के स्वामीनाथन भी मौजूद थे। भारत और फ्रांस ने आज 26 राफेल मरीन विमान खरीदने के लिए 63 हजार करोड़ रुपये के

बड़े सौदे पर हस्ताक्षर किए। बता दें कि प्रधानमंत्री नरेंद्र मोदी की अध्यक्षता वाली सुरक्षा मामलों की केंद्रीय कैबिनेट समिति (सीसीएस) ने इसी माह 09 अप्रैल को फ्रांस से 26 राफेल मरीन लड़ाकू विमान खरीदने के लिए मेगा डील को मंजूरी दी थी। इस सौदे के तहत भारतीय नौसेना को 22 सिंगल-सीटर और चार दिवन-सीटर विमान मिलेंगे। इससे भारतीय नौसेना की लड़ाकू ताकत और ज्यादा मजबूत होगी। फ्रांस को अनुबंध के तहत सौदे पर हस्ताक्षर करने की तिथि से 37 महीनों के भीतर पहला राफेल मरीन विमान देने की बाध्यता होगी।

26 राफेल समुद्री लड़ाकू विमानों की खरीद का भारत फ्रांस के बीच कंप्लीट हुआ सोलू



पिछले साल जनवरी में किया गया था परीक्षण
विमानवाहक आईएनएस 'विक्रान्त' के लिए भारतीय नौसेना ने पिछले साल जनवरी में गोवा स्थित आईएनएस हंसा में समुद्री लड़ाकू विमान 'राफेल मरीन' का परीक्षण किया था। वायु सेना के राफेल जेट और समुद्री संस्करण 'राफेल मरीन' में एक अंडरकारेज और नोज डील, एक बड़ा अरेस्टर हुक, एक एंकीवत सीडी जैसे कई अन्य मामूली अंतर हैं। 'राफेल मरीन' स्की टेक-ऑफ के लिए चार-पांच टन तक बाहरी भार (पूर्ण आंतरिक ईंधन के साथ) ले जा सकता है।

भारत में फ्रांस के राजदूत ने 63 हजार करोड़ रुपये के सौदे पर किए हस्ताक्षर

भारतीय नौसेना को मिलेंगे 22 सिंगल सीटर और चार दिवन सीटर विमान

युद्धपोत आईएनएस विक्रान्त के लिए उपयुक्त

राफेल बनाने वाली कंपनी डसॉल्ट एविएशन को भरोसा है कि राफेल एम भारतीय नौसेना के युद्धपोत आईएनएस विक्रान्त के लिए उपयुक्त होगा। राफेल एम का इस्तेमाल अभी भी ग्रीस, इंडोनेशिया और युएई की सेनाएं कर रही हैं। भारतीय नौसेना का मानना है कि राफेल उसकी जरूरतों को काफी बेहतर तरीके से पूरा कर सकता है। भारतीय नौसेना 43 पुराने रूसी फाइटर जेट मिग-29के और मिग-29के यूपी को अपने बेड़े से हटाना चाहती है।

लंबे समय से चल रही थी बातचीत

भारतीय नौसेना ने स्वदेशी विमान वाहक पोत आईएनएस विक्रान्त के लिए बोइंग एफ/ए-18 सुपर हॉर्नेट की जगह फ्रांसीसी राफेल मरीन को चुना है। भारत और फ्रांस के बीच इस बारे में लंबे समय से चल रही बातचीत पूरी हो चुकी है। पहले इस वित्तीय वर्ष में ही सौदे पर हस्ताक्षर करने की योजना थी, लेकिन संसद के बजट सत्र के कारण इसमें देरी हुई है। भारतीय नौसेना के मल्टी-रोल कैरियर बॉर्न काइटर के लिए आपातकालीन खरीद नीति के तहत सरकार-से-सरकार सौदे के माध्यम से 26 एयरक्रफ्ट प्राप्त किए जाएंगे। पहले इस तरह के 57 विमान खरीदे जाने थे, लेकिन बाद में यह संख्या घटाकर 26 कर दी गई है। भारत की जरूरतों के लिहाज से फ्रांसीसी कंपनी ने परमाणु सक्षम एक 'राफेल मरीन' स्की-जंप करने की क्षमता का प्रदर्शन करने के लिए भारत भेजा था।

हार्ड एक्शन : पहलगाम आतंकी हमले की रिपोर्टिंग को लेकर उठाया गया सख्त कदम

पाकिस्तान के 17 यू-ट्यूब चैनलों पर भारत ने लगाया प्रतिबंध

AGENCY NEW DELHI : सोमवार को पहलगाम अटैक की रिपोर्टिंग को लेकर भारत ने सोमवार को 17 पाकिस्तानी यू-ट्यूब चैनल्स पर बैन लगा दी है। प्रतिबंधित किए गए प्लेटफॉर्म में समाचार आउटलेट डॉन, समा टीवी, एआरवाई न्यूज, बोल न्यूज, रफ्तार, जियो न्यूज और सुनो न्यूज के यूट्यूब चैनल शामिल हैं। पत्रकार इश्दाद भट्टी, अस्मा शिराजी, उमर चीमा और मुनीब फारूक के यूट्यूब चैनल भी प्रतिबंधित किए गए हैं। जिन अन्य हैंडल पर प्रतिबंध लगाया गया है उनमें द पाकिस्तान रेफरेंस, समा स्पोर्ट्स, उजैर क्रिकेट और रजी नामा शामिल हैं। सरकार का कहना है कि ये चैनल्स भारत और सुरक्षा एजेंसियों के खिलाफ झूठी और भ्रामक खबरें चला रहे हैं। बीबीसी को भी चेतावनी दी गई है। पहलगाम हमले की रिपोर्टिंग के दौरान बीबीसी आतंकवादियों को उग्रवादी बता रहा था।

भारत और सुरक्षा एजेंसियों के खिलाफ फैलाई जा रही थीं झूठी व भ्रामक खबरें	बीबीसी को भी एक पक्षीय खबरें कवर करने को लेकर दी गई है चेतावनी	रिपोर्टिंग के दौरान आतंकवादियों को बताया जा रहा उग्रवादी	गृह मंत्रालय की सिफारिश के बाद की गई है कार्रवाई
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- प्रधानमंत्री नरेंद्र मोदी और रक्षा मंत्री राजनाथ के बीच हुई अहम मीटिंग
- शुरुआती जांच में खुलासा, आतंकियों ने लोकल हैंडलर-झोन से की रेकी
- पाकिस्तान ने नियंत्रण रेखा पर फिर किया संघर्ष विराम का उल्लंघन
- चारधाम-हेमकुंड यात्रा के लिए 77 पाकिस्तानियों के रजिस्ट्रेशन कैंसिल



रक्षा मंत्री ने पीएम मोदी को दी विस्तृत जानकारी

प्रधानमंत्री नरेंद्र मोदी और रक्षा मंत्री राजनाथ के बीच एक अहम मीटिंग हुई। 40 मिनट तक चली इस मीटिंग में राजनाथ ने प्रधानमंत्री को पहलगाम अटैक पर विस्तार से जानकारी दी। रक्षा मामलों की संसदीय स्थायी समिति की बैठक पार्लियामेंट एनेक्सी बिल्डिंग में बैठक हुई है। इसमें आगे की रणनीति पर विचार किया गया।

अब मिलने लगे साजिश के सबूत

पहलगाम हमले के एक हफ्ते बाद अब धीरे-धीरे जांच एजेंसियों को आतंकी हमले की साजिश के सबूत मिलने लगे हैं। एजेंसियों को प्राइमरी इवॉल्यूशन जांच और बुद्धिमान जानकारी के मुताबिक, हमले से पांच दिन पहले बैसरन एरिया में एक अज्ञात वैन में बना डीजेआई झोन उड़ता देखा गया था। इसके अलावा घोंघेवालों से रेकी करवाने का शक भी है। जांच में ऐसे कई अहम खुलासे हुए हैं। बैसरन घाटी पर हमले से 5 दिन पहले झोन उड़ते देखा गया। जांच एजेंसी के मुताबिक, आशंका है कि इसका रेकी करने और संभावित भीड़ का आकलन करने के लिए किया गया।

झोन से पहुंचाई गई हथियारों की खेप

ऐसा अनुमान है कि हथियारों की खेप भी झोन से घाटी में पहुंचाई गई। एजेंसियों को शक है कि आतंकियों ने घोंघेवालों को पैसे देकर क्षेत्र की रेकी करवाई थी। पर्यटकों के बीच घुलने-मिलने के लिए स्थानीय वेशभूषा और लोकल आईडी कार्ड इस्तेमाल किए। हमले के बाद आतंकी बैसरन से आरू-नामबल के ऊपरी घने इलाकों की तरफ बढ़े,जहां से सीधा नागबल नाला और फिर पश्चिम की तरफ खिरम और श्रीशैलम के इलाकों तक जाया जा सकता है। वहीं आरू के ऊपर स्थित छोटें ट्रैकिंग रूट्स से नीचे घाटी के घने इलाकों में पुलवामा या अनंतनाग की ओर रास्ते हैं।

धनबाद से गिरफ्तार चारों संदिग्ध निकले आतंकी

- आईएसआई समेत दूसरे टैरर ग्रुप के लिए स्लीपर सेल कर रहे थे तैयार
- झारखंड एटीएस ने किया था गिरफ्तार, पूछताछ में हुआ खुलासा



PHOTON NEWS RANCHI : धनबाद के वासेपुर से गिरफ्तार चार संदिग्ध आतंकवादी संगठन के सदस्य निकले हैं। झारखंड एटीएस ने चारों संदिग्धों को शनिवार को गिरफ्तार किया था। गिरफ्तार संदिग्धों में गुलफाम हसन, आयान जावेद, शहजाद और शबनम परवीन थे। एटीएस की पूछताछ में खुलासा हुआ है कि ये सभी आतंकी संगठन

हिज्ब-उत-ताहिर (एचयूटी), अलकायदा इंडियन सब कॉन्टिनेंट (एक्यूआईएस), आईएसआई और अन्य प्रतिबंधित संगठनों के लिए स्लीपर सेल तैयार कर रहे थे। पुलिस ने बताया कि ये सभी सोशल मीडिया की मदद से युवाओं को गुमराह कर रहे थे। पूछताछ के बाद चारों को जेल भेज दिया गया है।

कर रहा है। अब झारखंड के धनबाद में भी इस संगठन से जुड़े संदिग्धों को गिरफ्तार किया गया है। संभावना है कि इस मामले में एनआईए की एंटी हो सकती है। धनबाद से गिरफ्तार चारों संदिग्ध युवा हैं। सभी की उम्र 30 साल से कम है।

आयान और शबनम कंप्यूटर के एक्सपर्ट : पुलिस सूत्रों ने बताया कि गिरफ्तार आयान और शबनम कंप्यूटर के एक्सपर्ट हैं। ये दोनों स्लीपर सेल को हैंडल करने की जिम्मेदारी थी। एटीएस ने उनसे पेन ड्राइव, कंप्यूटर का हार्ड डिस्क, मोबाइल समेत कई इलेक्ट्रॉनिक डिवाइस जब्त किया है।



कोर्ट ने तहकुर राणा की 12 दिनों के लिए बढ़ाई एनआईए हिरासत

NEW DELHI : सोमवार को दिल्ली की एक अदालत ने 26/11 मुंबई हमले के आरोपी तहकुर हुसैन राणा की एनआईए हिरासत 12 दिन के लिए और बढ़ा दी। विशेष एनआईए न्यायाधीश चंद्रजीत सिंह ने राणा की हिरासत अवधि बढ़ाने के एनआईए के अनुरोध को स्वीकार कर लिया। एनआईए ने राणा को 18 दिन की रिमांड अवधि समाप्त होने के बाद अदालत में पेश किया तथा उसकी हिरासत 12 दिन के लिए और बढ़ाए जाने का अनुरोध किया। राणा को कड़ी सुरक्षा के बीच चेहरा ढककर अदालत में पेश किया गया। एनआईए ने कहा कि राणा का विभिन्न साक्ष्यों के साथ-साथ बड़ी मात्रा में दस्तावेजोंह्दह से सामना कराया जाना है और इसके लिए उससे आगे पूछताछ की आवश्यकता है। जांच एजेंसी ने न्यायाधीश को बंद कमरे में हुई कार्यवाही के दौरान राणा की हिरासत मिलने के बाद पिछले 18 दिन में की गई अपनी जांच के बारे में भी अवगत कराया। वरिष्ठ अधिवक्ता दयान कृष्णन और विशेष लोक अभियोजक नरेन्द्र मान ने इस मामले में राष्ट्रीय अन्वेषण अभिकरण (एनआईए) की ओर से दलीलें रखीं।

न्यू स्टडी

लिंग और वातावरण का श्रवण शक्ति पर पड़ता है असर

पुरुषों की अपेक्षा महिलाओं में बेहतर होती है सुनने की क्षमता

PHOTON NEWS @ RESEARCH DESK :

वैज्ञानिक दृष्टि से देखा जाए तो पुरुषों और महिलाओं में सामान्य रूप से सभी संवेदी अंग एक ही प्रकार से काम करते हैं। मनुष्य का कान ऐसा संवेदी अंग है, जो सुनने के साथ ही शारीरिक संतुलन बनाए रखने में भी महत्वपूर्ण भूमिका निभाता है। अगर सुनने की क्षमता में कमी या कमजोरी आती है, तो इसका मतलब कानों में गड़बड़ी है। हाल के रिसर्च में यह एक अत्यंत चौकाने वाली बात सामने आई है कि सुनने की क्षमता पर जेंडर यानी लिंग और वातावरण का भी असर होता है। नए रिसर्च में यह बताया गया है कि सामान्य रूप से महिलाओं की सुनने की क्षमता पुरुषों की अपेक्षा बेहतर होती है। साइंटिफिक रिपोर्ट्स जर्नल में प्रकाशित रिपोर्ट में वैज्ञानिकों ने पुरुष की है कि लिंग (जेंडर) और वातावरण, दोनों ही किसी व्यक्ति की सुनने की क्षमता को प्रभावित करते हैं। शोधकर्ताओं का कहना है कि महिलाएं ओस्रटन पुरुषों से लगभग दो डेसिबल ज्यादा बेहतर सुन सकती हैं। इसके पीछे कारण गर्भावस्था के दौरान होने वाले हार्मोनल बदलाव और कान की बनावट में अंतर हो सकते हैं।

बाहरी या मध्य कर्ण में संक्रमण और कान में जमी हुई गंदगी से सुनने में होती है परेशानी

सुनने की समस्या का मूल » तात्पर्य कम सुनाई पड़ने तक ही नहीं होता है सीमित	मेनिनजाइटिस जैसी बीमारियां भी सुनने की क्षमता पर डालती हैं असर	श्रवण हानि तीन तरीकों से किन्हीं व्यक्ति को कर सकती है प्रभावित	दूसरों के साथ संवाद करने में कठिनाई के कारण आत्मविश्वास में आती है कमी
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भावनात्मक समस्याएं भी बड़ा कारण

सुनने की समस्या से तात्पर्य कम सुनने से है, जो कई कारकों के कारण हो सकता है। यह कम सुनाई पड़ने के अलावा अन्य समस्या की ओर भी इंगित करता है। यह देखा जाता है कि श्रवण हानि किसी व्यक्ति को तीन मुख्य तरीकों से प्रभावित कर सकती है। पहली, संचार संबंधी समस्या के कारण शिक्षा और नौकरी के अवसर कम होते हैं। दूसरा, सेवाओं तक पहुंच में कमी और दूसरों के साथ संवाद करने में कठिनाई के कारण सामाजिक अलगाव, आत्मसम्मान और आत्मविश्वास में गिरावट के कारण होने वाली भावनात्मक समस्याएं हो सकती हैं।



» आंतरिक कान में बाल कोशिकाओं को नुकसान पहुंचने से बहरापन की आती है स्थिति

ध्वनि प्रदूषण पर नियंत्रण जरूरी
शोककताओं का कहना है कि संग्रहक भ्रवण हानि बाहरी या मध्य कान में अवरोध या खराबी के कारण होती है। यह बाहरी या मध्य कान में संक्रमण और खराबी, क्षतिग्रस्त कान के परदे अथवा कान में जमे हुए मोम की वजह से हो सकती है। संसॉरिनेयूरल श्रवण हानि यानी तांत्रिक बहरापन आंतरिक कान में बाल कोशिकाओं को नुकसान पहुंचने के कारण होती है। यह उम्र बढ़ने, तेज शोर के संपर्क में आने जैसे मशीनरी या तेज संगीत के कारण हो सकती है। ध्वनि प्रदूषण सुनने की क्षमता को काम करता है।

श्रवण हानि का मतलब

विश्व स्वास्थ्य संगठन के अनुसार, ऐसा व्यक्ति जो सामान्य सुनने वाले व्यक्ति की तरह नहीं सुन पाता है, दोनों कानों में 20 डीबी या उससे बेहतर सुनने की सीमा से कम सुनता है, उसे श्रवण हानि कहा जाता है। दुनिया की 5 कीसदी से ज्यादा आबादी या 430 मिलियन लोगों को श्रवण हानि को दूर करने के लिए पुनर्वास की जरूरत है। इसमें 34 मिलियन बच्चे शामिल हैं। यह अनुमान लगाया गया है कि 2050 तक 70 करोड़ से ज्यादा लोग या हर 10 लोगों में से 1 व्यक्ति अक्षम करने वाली श्रवण हानि से पीड़ित होंगे।

राष्ट्रपति द्रौपदी मुर्मु ने 71 प्रमुख हस्तियों को पद्म पुरस्कारों से किया सम्मानित

NEW DELHI @ PTI : राष्ट्रपति द्रौपदी मुर्मु ने सुजुकी मोटर के पूर्व प्रमुख दिवंगत ओसामु सुजुकी, प्रसिद्ध गायक दिवंगत पंकज उधवास और बिहार के पूर्व उपमुख्यमंत्री दिवंगत सुशील कुमार मोदी समेत 71 प्रमुख हस्तियों को सोमवार को पद्म पुरस्कारों से सम्मानित किया। इस साल 25 जनवरी को 76वें गणतंत्र दिवस की पूर्व संस्था पर कुल 139 प्रतिष्ठित व्यक्तियों को देश के नागरिक पुरस्कारों - पद्म विभूषण, पद्म भूषण और पद्म श्री - के लिए नामित किया गया था। इनमें से 71 को सोमवार को उपराष्ट्रपति जगदीप धनखड़, प्रधानमंत्री नरेंद्र मोदी, केंद्रीय गृह मंत्री अमित शाह सहित अन्य की उपस्थिति में राष्ट्रपति भवन के भव्य दरबार



हॉल में ये पुरस्कार प्रदान किए गए, जबकि शेष को शीघ्र ही एक अलग समारोह में ये अलंकरण प्रदान किए जाएंगे। वरिष्ठ अभिनेता एवं निर्देशक शेखर कपूर, एशियन इंस्टीट्यूट ऑफ मैनेज्मेंटोलॉजी और एआईजी हॉस्पिटल्स के अध्यक्ष डी. नागेश्वर रेड्डी, वायलिन वादक लक्ष्मीनारायण सुब्रमण्यम और तेलुगु सुपरस्टार नंदमुरी बालकृष्ण, जिन्हें बलैया के नाम से भी जाना जाता है, अन्य प्रमुख हस्तियों में शामिल हैं, जिन्हें राष्ट्रपति द्वारा पद्म पुरस्कार प्रदान किए गए।

गर्मियों में इस तरह बनाएं मखाना रायता, स्वाद और सेहत के लिए है बेहद फायदेमंद

मखाना खाना सेहत के लिए बहुत फायदेमंद होता है. इसे अंग्रेजी में फॉक्स नट के नाम से जाना जाता है. मखाना कमल के बीजों से बनता है और यह कई पोषक तत्वों से भरपूर होता है. इसे स्थानीय भाषा में मखाना कहते हैं. कई लोग इसके नाम से भी परिचित नहीं होंगे, लेकिन यह कई गुणों से भरपूर होता है. यह कई देशों में भी लोकप्रिय है. मखाना वजन कम करने में खा, भूमिका निभाता है, इसके अलावा यह ब्लड प्रेशर और ब्लड शुगर को नियंत्रित रखने में भी खास भूमिका निभाता है. विशेषज्ञों का कहना है कि इसमें मौजूद प्रोटीन, फाइबर, एंटीऑक्सीडेंट, कार्बोहाइड्रेट और मिनरल्स शरीर के लिए बहुत लाभकारी होते हैं. 2017 में जर्नल ऑफ फूड साइंस में प्रकाशित % मखाना (यूरीएल फेरोक्स सेलिसब) का पोषण और फाइटोकेमिकल

विश्लेषण शीर्षक वाले एक अध्ययन में भी यह बात सामने आई थी. वैसे तो मखाने को आप अपने डाइट में कई तरह से शामिल कर सकते हैं, लेकिन गर्मियों में इसका रायता बनाकर खाना न सिर्फ स्वादिष्ट होता है बल्कि ये सेहत के लिए भी बहुत फायदेमंद होता है. गर्मियां शुरू होते ही हर कोई दही को किसी न किसी रूप में अपनी रोजाना आहार में शामिल कर लेता है. बता दें, गर्म मौसम में दही शरीर को हेल्दी रखने में बहुत मददगार होता है, वहीं मखाने के फायदों को कौन नहीं जानता है, ऐसे में अगर मखाना और दही का कॉम्बिनेशन एक ही रेसिपी में मिल जाए तो क्या ही कहना. मखाना का रायता बनाने के लिए सामग्री 1 कप दही 2 कप मखाना

1 छोटा चम्मच रायता मसाला स्वादानुसार लाल मिर्च पाउडर 1 छोटा चम्मच चाट मसाला 1 छोटा चम्मच गरम मसाला 1 चम्मच देसी घी बारीक कटा हुआ धनिया 1 चम्मच स्वादानुसार नमक बनाने की विधि मखाना का रायता बनाने के लिए सबसे पहले एक पैन लें और मध्यम आंच पर गर्म करें. फिर इसमें एक चम्मच देसी घी डालकर थोड़ा गर्म होने पर इसमें मखाने डालकर भूनें. जब मखानों का रंग हल्का सुनहरा हो जाए तो गैस बंद कर दें और मखानों को एक प्लेट में निकाल कर अलग रख लें. जब मखाने ठंडे हो जाएं तो इन्हें मिक्सर में डालकर दरदरा कर पीस लें. अब एक बर्तन लें और इसमें दही



डालकर अच्छे से फेंट लें. आप चाहें तो दही को मिक्सर ग्राइंडर में डालकर भी फेंट सकते हैं. जब दही अच्छे से मिक्स हो जाए तो इसमें चाट मसाला, गरम मसाला, लाल मिर्च पाउडर, रायता मसाला और स्वादानुसार नमक डालकर अच्छे से मिला लें. अब इसमें में दरदरा पिसा हुआ मखाना डालकर

मिला लें. यदि रायता बनने के बाद गाढ़ा लग रहा हो तो इसमें अपनी जरूरत के हिसाब से पानी मिला लें. आपका स्वादिष्ट मखाना रायता बनकर तैयार है. अब इसे हरा धनिया डालकर गार्निश करें और सर्व करें.

गर्मियों में बढ़ जाती है पेट खराब होने की समस्या, डाइट में शामिल करें ये चीजें, मिलेगी राहत

गलत जीवनशैली और खानपान के कारण लोग कई स्वास्थ्य समस्याओं का शिकार हो रहे हैं. इनमें पेट से संबंधित समस्याएं भी शामिल हैं. पेट से संबंधित समस्याओं के दौरान आपको कब्ज, बवासीर और दस्त का सामना करना पड़ सकता है. इन समस्याओं से छुटकारा पाने के लिए आप अपनी डाइट में कुछ हेल्दी चीजों को शामिल कर सकते हैं, जो पेट से जुड़ी कई समस्याओं से राहत दिलाने में आपकी मदद करेंगी. डॉ. चैताली राठौड़ ने अपने ऑफिशियल इंस्टाग्राम पर एक वीडियो शेयर किया है, जिसमें उन्होंने पेट से जुड़ी समस्याओं से राहत पाने के लिए डाइट में कुछ खास चीजों को शामिल करने की सलाह दी है.

पेट से संबंधित समस्याओं से राहत पाने के लिए आहार

गरम पानी- दिनभर गर्म पानी पीने से पेट की समस्याओं और कब्ज से राहत मिलती है.

धनिया के बीज- धनिया की तासीर प्राकृतिक रूप से ठंडी होती है धनिया के बीज पेट और एसिडिटी की समस्याओं को रोकते हैं.

अदरक- अपने आहार में अदरक को शामिल करें । इससे पाचन संबंधी समस्याओं से राहत मिल सकती है.

गाय का घी- अपने भोजन में 1 बड़ा चम्मच गाय का घी मिलाएं । इससे पाचन तंत्र मजबूत होता है.

पुदीने की चाय- वात और पित दोषों को संतुलित करने के लिए दिन में एक या दो बार पुदीने की चाय पिएं । पुदीने की पत्तियों को 1 कप पानी में उबालें । आप पुदीने की पत्तियों को चबाकर या छानकर भी भोजन से पहले पी सकते हैं.

मूंग की दाल- हरी मूंग दाल प्रोटीन और फाइबर का अच्छा स्रोत है. इसे अपने आहार में शामिल करके आप पेट से जुड़ी समस्याओं से छुटकारा पा सकते हैं.

अंजीर- भीगे हुए अंजीर कब्ज और हाइपरएसिडिटी से राहत दिला सकते हैं. काला नमक- काला नमक गैस, सूजन और भूख जैसी समस्याओं में सुधार करता है.

अनार- अनार में कई पोषक तत्व और स्वास्थ्य लाभ होते हैं । मीठा अनार पाचन में सहायता करता है, आयरन बढ़ाता है, और हार्मोनल स्वास्थ्य में मदद करता है.

गुलकंद- गुलकंद आर्बीएस, कब्ज, हाइपरएसिडिटी और बांझापन में मदद करता है । इसके साथ ही गुलकंद पित और वात दोषों को संतुलित करता है. सर्वोत्तम परिणामों के लिए इसे दिन में दो बार 1-2 चम्मच लें.



चेहरे पर पार्लर जैसा निखार लाने के लिए काफी है सिर्फ एक टमाटर, ऐसे करें इस्तेमाल

आप शायद पहले से ही जानते होंगे कि टमाटर कई कारणों से एक सुपरफूड है. यह न केवल आपके पेट के स्वास्थ्य के लिए बहुत अच्छा है, बल्कि आपकी त्वचा के लिए भी चमत्कारी है. टमाटर उन लोगों के लिए एक बेहतरीन विकल्प है जो बिना अधिक पैसे खर्च किए बहुत आसानी से सुंदर और आकर्षक दिखना चाहते हैं. टमाटर में चेहरे की चमक बढ़ाने और त्वचा की कई समस्याओं को ठीक करने की क्षमता होती है. इसमें विटामिन ए, सी और के भरपूर मात्रा में होते हैं. ये विटामिन त्वचा के लिए बहुत फायदेमंद होते हैं.

आपको बता दें, टमाटर में ऐसी खटास होती है जो आपकी त्वचा के रोमछिद्रों को खोलने में मददगार होती है और मुंहासों के इलाज में मदद करती है. टमाटर का इस्तेमाल हेल्दी स्किन सेल्स को प्रदूषित करने वाले फ्री रेडिकल्स को हटाने के लिए भी किया जा सकता है. बहुत से लोग अपनी बिजी लाइफस्टाइल के कारण त्वचा की देखभाल पर ध्यान नहीं देते हैं. ऐसे लोगों के लिए घर पर टमाटर का फेस पैक बनाना बहुत आसान है. चेहरे पर काले धब्बे, पिगमेंटेशन, झुर्रियां और एक्स्ट्रा ऑयल को हटाने के लिए यह एक बेहतर उपाय है. टमाटर स्किन को जवां बनाए रखने में भी कारगर है. इस बारे में स्किन एक्सपर्ट ने कुछ खास टिप्स बताए हैं.

इसके लिए सबसे पहले एक ताजे टमाटर को आधा काट लें और फिर इसे अपनी त्वचा पर हल्के हाथों से मसाज करें. 15 से 20 मिनट बाद इसे धो लें. ऐसा करने से स्किन पिगमेंटेशन दूर करने में मदद मिलेगी.

दूसरा तरीका यह है कि एक टमाटर लें और उसे अच्छी तरह से मैश करें और उसमें एक बड़ा चम्मच दही मिलाएं. इसे अच्छी तरह से मिलाएं और अपने चेहरे पर लगाएं. 15 मिनट बाद इसे गुनगुने पानी से धो लें. यह मुंहासों को रोकने के लिए एक बेहतरीन मास्क है.

वहीं, तीसरा तरीका यह है कि 2 से 3 चम्मच टमाटर की प्यूरी लें और इसमें 1 चम्मच नींबू का



रस डालें और मिला लें. अब इस मिश्रण को त्वचा पर लगाकर 10 से 15 मिनट बाद धो लें. यह स्किन पर काले धब्बे और पिगमेंटेशन को हटाने और त्वचा को चमकदार बनाने में मदद करेगा. चौथा तरीका यह है कि एक टमाटर को पीसकर मुलायम पेस्ट बना लें. इसमें आधा चम्मच

हल्दी पाउडर डालें और मिला लें. इस मिश्रण को अपने चेहरे पर लगाएं और 15 मिनट बाद धो लें. यह मास्क त्वचा की सूजन और रंग परिवर्तन जैसी समस्याओं को दूर करने में प्रभावी है. यह सूर्य की रोशनी से होने वाली त्वचा की क्षति की मरम्मत में भी मदद करेगा.

पांचवा तरीका यह है कि एक टमाटर को आधा काटें और उसपर थोड़ा चीनी छिड़क दें. आप इसका उपयोग अपने चेहरे और गर्दन पर तीन मिनट तक गोलाकार गति में धीरे-धीरे मालिश करने के लिए कर सकते हैं. फिर इसे ठंडे पानी से धो लें. यह डेड स्किन सेल्स को हटाने और त्वचा को नरम बनाने के लिए सबसे अच्छा है. ऐसा करना भी चेहरे की चमक बढ़ाने में कारगर है.

बहुत ज्यादा टेंशन होने पर कैसे करें मन शांत, जानिए काम आने वाले 5 तरीके

रोजाना के बिजी शेड्यूल की वजह से ज्यादा तर लोग खुद के लिए समय नहीं निकाल पाते । भागदौड़ भरी जिंदगी में बहुत से लोग तनावग्रस्त हैं । तनाव की वजह से मन अशांत रहता है और बड़े फैसले लेना मुश्किल होता है । टेंशन के बीच मन को शांत रखना सरल काम नहीं है, लेकिन नामुमकिन भी नहीं है । छोटे-छोटे तरीकों को अपनाकर आप टेंशन में भी मन को शांत रख सकते हैं । गहरी सांस लेना अपनी नाक से गहरी सांस लें और फिर कुछ सेकंड के लिए रोककर रखें बाद में अपने मुंह से धीरे-धीरे सांस छोड़ें । ऐसा करते समय अपनी सांस की अनुभूति पर ध्यान केंद्रित करें । माइंडफुलनेस प्रैक्टिस आणगी काम अपने आस-पास के माहौल और शरीर की संवेदनाओं पर ध्यान दें । आप 5-4-3-2-1 तकनीक को आजमा सकते हैं । इसके लिए 5 ऐसी चीजें पहचानें जिन्हें आप देख सकते हैं, 4 ऐसी चीजें जिन्हें आप छू सकते हैं, 3 ऐसी चीजें जिन्हें आप सुन सकते हैं, 2 ऐसी चीजें जिन्हें आप सूँघ सकते हैं और 1 ऐसी चीज जिसे आप चख सकते हैं ।

टहलने से मिलेगी मदद टेंशन के बीच मन को शांत रखने का सबसे अच्छा तरीका है कुछ मिनटों के लिए बाहर निकलें और वॉक करें । इस दौरान अपने आस-पास के वातावरण पर ध्यान केंद्रित करें । शांत करने वाले म्यूजिक को सुनें बहुत ज्यादा टेंशन के बीच ऐसा करना थोड़ा मुश्किल हो सकता है । लेकिन अगर आप गलत फैसले लेने से बचना चाहते हैं तो मन शांत करने के लिए शांत करने वाले म्यूजिक को सुनें । म्यूजिक हृदय गति और ब्लडप्रेशर को कम करने में मदद कर सकता है । च्युइंग गम आणगी काम बहुत से लोग इसे खाना पसंद नहीं करते हैं लेकिन स्ट्रेस के बीच मन शांत करने में ये आपकी मदद कर सकती है । जब भी आपको तनाव महसूस हो तो च्युइंग गम चबाना शुरू कर दें । दरअसल च्युइंग गम चबाने से तनाव से जुड़े हार्मोन कोर्टिसोल के लेवल को कम करने में मदद मिलती है , जिससे यह तनाव को जल्दी से मैनेज करने में मदद करता है ।

बिना एक बूंद तेल डाले सिर्फ 10 मिनट में बनाएं ये तीखी और स्वादिष्ट चटनी

अक्सर ऐसा होता है कि हमारे पास सब्जी का ऑप्शन नहीं होता या सब्जी बनाने का समय नहीं होता, ऐसे में महिलाओं के सामने सवाल होता है कि अब किचन का क्या करें. ऐसे मौकों पर ज्यादातर घरों में आटे या दाल से बनी चीजें बनती हैं. लेकिन आज हम आपके लिए एक अलग ऑप्शन लेकर आए हैं. अगर आपके घर में सब्जी का ऑप्शन नहीं है तो आप ये रेसिपी ट्राई कर सकती हैं.

चटनी बनाने की सामग्री हर किसी के घर में मौजूद होती है. कुछ लोग मिक्सी में पीसकर किसी तरह की चटनी बना लेते हैं या फिर कई तरह की सामग्री और तेल मिलाकर चटनी बना लेते हैं. लेकिन एक ऐसी चटनी भी है जो बिना तेल के बनती है. इसके लिए आपको चूल्हा जलाने की भी जरूरत नहीं है. इसके अलावा इस चटनी को बनाने में ज्यादा मेहनत भी नहीं लगती. ये स्वादिष्ट चटनी बहुत कम सामग्री और बहुत कम समय में बनकर तैयार हो जाती है.



आइए जानते हैं 10 मिनट में बनने वाली प्याज और मिर्च की चटनी बनाने की विधि...

प्याज हरी मिर्च चटनी के लिए आवश्यक सामग्री हरी मिर्च – 10 से 12 बड़े प्याज – 1 जीरा – 1 छोटा चम्मच इमली – आवश्यकता अनुसार छिली हुई लहसुन की कलियां – 10 धनिया पत्ती – आवश्यकता अनुसार नमक – स्वाद अनुसार बनाने की विधि

ऐसी मोटी हरी मिर्च चुनें जो आपके द्वारा प्रतिदिन उपयोग की जाने वाली गहरी हरी मिर्च की तुलना में कम हरी हो । क्योंकि मोटी मिर्च पतली मिर्च की तुलना में कम तीखी होती है.

अब मिर्च को बारीक काट लें. यदि आप चटनी को तीखा बनाना चाहते हैं तो आप इसमें दो या तीन गहरे हरे मिर्च भी डाल सकते हैं. इमली के टुकड़े लें और उन्हें एक कटोरे में भिगो दें. लहसुन की कलियां छीलकर अलग रख दें. अब एक बड़ा प्याज लें और उसे मध्यम आकार के टुकड़ों में काट लें.

फिर उपरोक्त सभी सामग्री को एक कटोरे में डालें और इसमें एक चम्मच जीरा डालें.

इस मिश्रण में भिगोई हुई इमली का पानी डालें और अच्छी तरह मिला लें.

इस मिश्रण को मिक्सर में पीस लें, लेकिन ध्यान रखें कि आपको पूरा थोड़ा दरदरा पीसना है या फिर आपको पास कटूने के लिए ओखली और मूसल सेट है तो उसमें अच्छे से कूट लें चटनी अगर मोटी होगी तो ही खाने पर उसका स्वाद बेहद अच्छा लगेगा.

अब स्वादिष्ट चटनी तैयार है. इस चटनी को आप रोटी या गरम चावल के साथ खा सकते हैं.

न्यायिक नियुक्ति आयोग के खात्मे का दर्द नहीं भूली केंद्र सरकार



योगेन्द्र योगी

सुप्रीम कोर्ट केंद्र सरकार की इस मंशा को भाप गया था। वर्ष 2015 में दिए गए फैसले में सुप्रीम कोर्ट ने आयोग को असंवैधानिक बताते हुए निरस्त कर दिया था। सुप्रीम कोर्ट ने कहा था कि जजों की नियुक्ति में न्यायपालिका की स्वतंत्रता को बनाए रखना महत्वपूर्ण है और न्यायिक आयोग इस स्वतंत्रता को खतरे में डालता है। इस फैसले पर भी खूब वाद-विवाद हुआ था। न्यायिक आयोग के जरिए केंद्र सरकार पर सुप्रीम कोर्ट में दखलंदाजी करने और इसे राजनीतिक अखाड़ा बनाने की बात कही गई थी। दूसरी तरफ न्यायिक आयोग की पैरवी करने वाले केंद्र सरकार के पैरवीकारों का कहना था कि न्यायाधीशों की नियुक्ति में भाई-भतीजावाद हावी है। आयोग के निरस्त होने का रंज केंद्र सरकार को अभी तक है। इसी वजह से राज्यपाल और राष्ट्रपति के बिल रोकने के मामले में सुप्रीम कोर्ट के फैसले से केंद्र सरकार से छत्तीस का आंकड़ा बन गया है। तमिलनाडु बनाम राज्यपाल मामले में सुप्रीम कोर्ट ने राज्यपाल की तरह राष्ट्रपति के लिए भी दी समय-सीमा बताई है। सुप्रीम कोर्ट ने फैसले में कहा कि राष्ट्रपति को राज्यपाल द्वारा सुरक्षित रखे गए विधेयकों पर 3 महीने के भीतर फैसला लेना होगा। राज्य राष्ट्रपति की निष्क्रियता के



खिलाफ अदालत जा सकते हैं। इस अवधि से अधिक किसी भी देरी के मामले में, उचित कारणों को दर्ज करना होगा और संबंधित राज्य को बताना होगा। राज्यों से यह भी अपेक्षित है कि वे सहयोगात्मक बनें तथा उठाए जाने वाले प्रश्नों के उत्तर देकर सहयोग प्रदान करें तथा केंद्र सरकार द्वारा दिए गए सुझावों पर शीघ्रता से विचार करें। सुप्रीम कोर्ट के इस फैसले के बाद राजनीतिक बवंडर आ गया। उप राष्ट्रपति जगदीप धनखड़ ने सुप्रीम कोर्ट के एक फैसले को लेकर न्यायपालिका के बारे में सख्त टिप्पणी कर दी। उन्होंने कहा कि अदालतें राष्ट्रपति को आदेश नहीं दे सकतीं। उप राष्ट्रपति ने इसकी ओर इशारा करते हुए कहा कि संविधान का अनुच्छेद 142 एक ऐसा परमाणु मिसाइल बन गया है जो लोकतांत्रिक ताकतों के खिलाफ न्यायपालिका के पास चौबीसों घंटे मौजूद रहता है। उन्होंने कहा कि देश में ऐसी स्थिति नहीं हो सकती कि आप राष्ट्रपति को निर्देश दें। सुप्रीम कोर्ट को ये अधिकार किसने दिया है और वो किस आधार पर ऐसा कर सकता है।

गौरतलब है कि संविधान का अनुच्छेद 142 सुप्रीम कोर्ट को ये अधिकार देता है कि वो पूर्ण न्याय करने के लिए कोई भी आदेश, निर्देश या फैसला दे सकता है चाहे वो किसी भी मामले में क्यों न हो। लेकिन उप राष्ट्रपति ने कहा कि सुप्रीम कोर्ट सिर्फ संविधान की व्याख्या कर सकता है। धनखड़ ने कहा कि हमारे पास ऐसे जज हैं जो अब कानून बनाएंगे, कार्यपालिका का काम करेंगे और एक सुपर संसद की तरह भी काम करेंगे और कोई जिम्मेदारी नहीं लेंगे, क्योंकि इस देश का कानून उन पर लागू तो होता नहीं। उप राष्ट्रपति ने हाई कोर्ट के जज यशवंत वर्मा के दिल्ली आवास से कथित तौर पर जले नोट मिलने के बाद भी एकआईआर दर्ज न होने पर सवाल उठाया। उन्होंने कहा कि ये घटना किसी आम आदमी के घर में होती तो बिजली की गति से कार्रवाई होती। लेकिन यहां तो बैलगाड़ी की रफ्तार से भी कार्रवाई नहीं हो रही है। उन्होंने कहा कि विधानसभा का चुनाव हो या लोकसभा का हर सांसद, विधायक और उम्मीदवार को अपनी संपत्ति घोषित करनी

होती है लेकिन वे (जज) ऐसा कुछ नहीं करते। इस पर पलटवार करते हुए डीएमके राज्यसभा सांसद तिरुचि शिवा ने कहा कि संविधान की रक्षा करने का अधिकारी होने से किसी व्यक्ति को ये अधिकार नहीं मिल जाता कि वो संसद में पारित विधेयकों को अनिश्चित काल तक रोक कर रख सकता है। सीपीआई नेता डी राजा ने कहा कि लोकतांत्रिक ढांचे को बचाए रखने लिए चेक एंड बैलेंस जरूरी है। संविधान का अनुच्छेद 74(1) यह साफ कहता है कि राष्ट्रपति मंत्रिपरिषद की सहायता और सलाह से बंधे हैं। राष्ट्रपति सर्वोच्च संवैधानिक पद पर रहते हुए, ऐसे मामलों में स्वतंत्र विवेक का इस्तेमाल नहीं करते। उन्होंने कहा कि उपराष्ट्रपति की टिप्पणी आरएसएस-भाजपा की ओर से विपक्ष के नेतृत्व वाली राज्य सरकारों को कमजोर करने के लिए राज्यपाल की शक्तियों के दुरुपयोग को सही ठहराती है। हाल के वर्षों में ऐसी प्रवृत्ति खतरनाक ढंग से बढ़ी है। सीनियर एडवोकेट और राज्यसभा सांसद कपिल सिब्बल ने कहा कि अगर कार्यपालिका अपना काम नहीं कर रही है, तो न्यायपालिका को हस्तक्षेप करने का पूरा अधिकार है। सिब्बल ने उपराष्ट्रपति के बयानों को राजनीतिक करार देते हुए कहा कि उन्होंने आज तक किसी राज्यसभा सभापति को ऐसे बयान देते नहीं देखा। उन्होंने कहा कि राष्ट्रपति केवल नाममात्र की प्रमुख हैं। वे कैबिनेट की सलाह और स्वीकृति पर कार्य करते हैं। उनके पास कोई व्यक्तिगत निर्णय की शक्ति नहीं होती। सिब्बल ने कहा कि अगर कार्यपालिका अपना काम नहीं कर रही है, तो न्यायपालिका को हस्तक्षेप करना चाहिए। ऐसा करना उनका अधिकार है। उन्होंने कटाक्ष करते हुए कहा कि न्यूक्लियर मिसाइल तो नोटबंदी थी, तब किसी को तकलीफ नहीं हुई? दरअसल सत्तारूढ़ राजनीतिक दलों के राजनीतिक उद्देश्य होते हैं, जब ये संविधान के दायरे में पूरा नहीं होते तब अदालतों से टकराहट की नौबत आती है। इसकी पुनरावृत्ति निश्चित तौर पर लोकतांत्रिक व्यवस्था के लिए घातक है। ऐसे विवादस्पद मुद्दों को सभी पक्षों को मिलबैठ कर निपटाने से ही देश की संवैधानिक विविधता और एकता-अखंडता मजबूत रहेगी।

भारतीय नौसेना ने दिया परिचालन क्षमता का परिचय

संपादकीय

बैकफुट पर पाकिस्तान

पाकिस्तान ने पहलगाम आतंकवादी हमले की किसी भी 'तटस्थ और पारदर्शी' जांच में शामिल होने की शनिवार को पेशकश की। मंगलवार को हुए इस हमले में 26 लोग मारे गएथे। पाकिस्तान के प्रधानमंत्री शहबाज शरीफ ने खैबर-पख्तुनख्वा के काकुल में पाकिस्तान सैन्य अकादमी में सेना के कैडेट्स की 'पासिंग आउट परेड' को संबोधित करते हुए कहा, 'पहलगाम की हालिया घटना निरंतर दोषारोपण के खेल का एक और उदाहरण है, जिसे पूरी तरह बंद किया जाना चाहिए। जिम्मेदार देश के रूप में अपनी भूमिका को जारी रखते हुए पाकिस्तान किसी भी तटस्थ, पारदर्शी और विश्वसनीय जांच में भागीदारी करने के लिए तैयार है।' उधर, लाहौर में संवाददाता सम्मेलन में पाकिस्तान के गृह मंत्री मोहसिन नकवी ने कहा कि पाकिस्तान पहलगाम हमले की गहन जांच के साथही पिछले महीने महीने हुई जाफर एक्सप्रेस ट्रेन अपहरण घटना और इसमें भारत की कथित सल्लाहा की जांच भी चाहता है। दरअसल, पहलगाम आतंकी हमले के बाद भारत ने ताबड़तोड़, डिप्लोमेटिक कार्रवाई करके पाकिस्तान को बैकफुट पर ला दिया है। प्रधानमंत्री नरेन्द्र मोदी ने स्पष्ट



कहा है कि हमले के दोषियों को किसी सूरत बख्शा नहीं जाएगा। इस घटना से समूचे देश में नाराजगी है, और विपक्ष भी सरकार के साथ एकजुट हो गया है। रविवार को भी अपने मासिक 'मन की बात' कार्यक्रम में प्रधानमंत्री मोदी ने कहा कि हमले की तस्वीरें देख कर हर भारतीय का खून खौल रहा है। उन्होंने हमले के जिम्मेदार आतंकवादियों और हमले की साजिश में शामिल लोगों को कड़ी से कड़ी सजा दिए जाने का संकल्प दोहराया। देशवासियों और प्रधानमंत्री मोदी के तेवर से यकीनन हमले के साजिशकर्ताओं में घबराहट होगी। संभव है कि पाकिस्तान की 'तटस्थ जांच' में शामिल होने का आदेश ब्रम पैदा करने का प्रयास हो। पाकिस्तान पर भरोसा नहीं किया जा सकता। शहजाब शरीफ के बयान से लगता है कि वह खुद को अंतरराष्ट्रीय मंच पर पोक-साफ दिखाने की कोशिश कर रहे हैं। मुंबई हमले को नहीं भूला जा सकता। तब भी पाकिस्तान ने दावा दिया था कि उसका मुंबई हमले में कोई हाथ नहीं था, लेकिन समय ने सब कुछ उजागर कर दिया। दरअसल, पाकिस्तान की आदत हो गई है कि वह हर आतंकवादी हमले से पल्ला झाड़-लेता है, इसलिए उस पर भरोसा नहीं किया जा सकता। भारत किसी ब्रम में न पड़े, और पहलगाम के पीड़ितों को त्वरित न्याय सुनिश्चित करे।

चिंतन-मनन

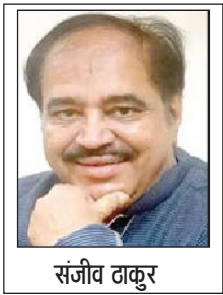
धन का भार

पाटलिपुत्र में नाभिकुमार की गिनती सबसे संपन्न लोगों में होती थी। लेकिन अपार धन-संपत्ति होते हुए भी उन्होंने कभी दान नहीं दिया था। कई लोगों ने उन्हें इस बारे में कहा था पर उन्होंने ध्यान नहीं दिया। एक रात उनके घर चोर ने सेंध लगाई। उसने सावधानी से घर का कीमती सामान एकत्र किया और उसकी एक बड़ी पोटली बनाई। पोटली सिर पर रखते ही वह गिर गई और आवाज होते ही नाभिकुमार की आंखें खुल गईं। ह चोर के पास आए और पोटली उठाने में उसकी मदद करने लगे। चोर को डर से कांपते हुए देखकर नाभिकुमार ने उससे कहा-डरो मत, तुम यह सब ले जा सकते हो। मगर तुम भी मेरे ही जैसे लगते हो। मैंने भी अपने जमा धन से किसी और के लिए कुछ नहीं निकाला। इसलिए मेरा धन भी मुझ पर भार की तरह है। अगर तुम भी मेरी तरह नहीं करते और पोटली में से थोड़ा सामान निकाल लिए होते तो तुम्हारे लिए इसे उठाना आसान हो जाता। खैर, तुम अब यह सामान ले जा सकते हो। चोर यह सुनकर दंग रह गया। उसने प्रार्थना करने के उद्देश्य से कहा- आप यह सब वापस ले लीजिए और मुझे क्षमा कीजिए। नाभिकुमार ने कहा- तुम्हें एक ही शर्त पर क्षमा किया जा सकता है। तुम इसमें से कुछ धन ले लो और कोई काम-धंधा शुरू कर दो। इस प्रकार मेरा धन परोपकार के काम में लग जाएगा और तुम्हारा जीवन भी सुधर जाएगा। चोर ने वैसा ही किया। नाभिकुमार उस दिन से हर किसी की सहायता करने लगे।



सुनील कुमार महला

जम्मू-कश्मीर के पहलगाम में हुए भीषण आतंकी हमले(22 अप्रैल 2025) के बाद भारत और पाकिस्तान के बीच तनाव अपने चरम पर पहुंच गया है। गौरतलब है कि इस हमले में 26 निर्दोष नागरिकों की जान चली गई थी।इस हमले(पहलगाम हमले) के बाद भारत ने सिंधु जल समझौता समेत पाकिस्तान के साथ सभी अहम समझौतों को निलंबित कर दिया और पाकिस्तानी नागरिकों को देश छोड़ने का आदेश दिया। इस बीच पाकिस्तान ने भी भारत के साथ सभी द्विपक्षीय समझौतों को निलंबित कर दिया है। सच तो यह है कि हमले के बाद भारत ने पाकिस्तान के खिलाफ अनेक सख्त कदम उठाए हैं। इसी बीच भारतीय नौसेना ने अपनी सैन्य ताकत का भी प्रदर्शन किया है। पाठकों को जानकारी देना चाहूंगा कि भारतीय नौसेना ने आइएनएस सूरत से मध्यम दूरी की सतह से हवा में मार करने वाली मिसाइल का सफल परीक्षण किया, जो उसकी उच्च परिचालन तत्परता को दर्शाता है। गौरतलब है कि प्रोजेक्ट 15बी गाइडेड मिसाइल डिस्टैंयर कार्यक्रम का हिस्सा आइएनएस सूरत, दुनियाभर में सबसे एडवांस्ड युद्धपोतों में से एक है, जिसमें 75 प्रतिशत स्वदेशी सामग्री है और यह अत्याधुनिक हथियार और संसर सिस्टम से लैस है। दरअसल, भारतीय नौसेना के इस अभ्यास का उद्देश्य समुद्र में सटीक आक्रामक हमलों के लिए प्लेटफार्मी, प्रणालियों और क़ू को फिर से तैयार करना था। उल्लेखनीय है कि भारतीय नौसेना ने कोलकाता क्लास के विध्वंसक और नीलगिरि और क्रिवाक क्लास के फ़्रिगेट सहित युद्धपोतों के बेड़े से ब्रह्मोस एंटी-शिप और एंटी-सरफेस क्रूज मिसाइलों को लॉन्च किए जाने के दृश्य शेयर किए। यहां यह गौरतलब है कि नौसेना ने अपनी एक्स (पूर्व में टिवटर) पर एक



संजीव टाकुर

जब हम अपने विकास का इतिहास देखते हैं, तो ब्रिटिश सत्ता के दौरान हमारे संसाधनों का, प्रकृति का अंधाधुंध दोहन होता रहा है। आजादी भी मिली है यानी मानव को आजादी मिली परंतु प्रकृति आजादी से अछूती रही है। अमूमन हमारी जरूरत रोटी, कपड़ा, मकान और जल की है। इसलिए हमको उद्योग-धंधों का विकास तीव्र गति से करना पड़ा। मशीनें जितनी बड़ी से बड़ी होती गईं, आदमी उतना ही बौना होता चला गया। कृषि में नई-नई तकनीक ट्रैक्टर, रासायनिक उर्वरक, कीटनाशकों के प्रयोग से भूमि बंजर होकर कार्हाने लगी। विकास का सही मायने में मानवीय शक्तियों के साथ ऊर्जा और उसकी शक्ति तथा सामर्थ्य का सही उपयोग ही होगा। जब से हमने विकास के पथ पर उड़ान भरी, उद्योगों की चिमनियाँ को ऊपर उठाया, मोबाइल क्रांति का बटन दबाया, ई-मेल पर सवार

होकर विश्व सदेश को सुना तब से हमारे झरनों का कल कल स्वर और संगीत बंद हो गया, पक्षियों का कलरव बंद हो गया। पक्षी अब चीत्कार कर रहे हैं। नदी-नाले सूख कर मृतप्राय हैं। समुद्र की लहरों की झंकार विलुप्त हो गई है, और पानी खारा और खारा हो गया है।

अब हमें यह सोचना है कि विकास के नाम पर हमें ग्रीन इंडिया चाहिए या इंटरनेट की सवारी कर डिजिटल इंडिया चाहिए। बच्चों की झोली में इंटरनेट को डाल कर डिजिटल जेनेरेशन का सपना देखना चाहिए या प्रकृति की गोद में सुगंधित वायु की लहरों में खो जाना चाहिए। झरनों में बैठ कर नौका विहार का आनंद लेना चाहिए या कंप्यूटर में बैठ कर नेट खोल कर नन्हे-नन्हें को आंखों पर जोर डाल कर उन्हें चश्मे वाला बनाना चाहिए। हरा-भरा हिन्दुस्तान यानी ग्रीन इंडिया और डिजिटल इंडिया का सपना नदी के दो कभी न मिलने वाले किनारे हैं। विकास के नाम पर असीमित उद्योग-धंधों की बाढ़ आ गई है। भूमि समाप्त हो रही है। साथ ही हमारी वायु भी विषैली हो गई है। रात में शहरी मकानों में बिजली के झालरों के सामने आकाश में रात्रि के तारों की चमक फीकी पड़ गई है। जलों को हम ऐसे साफ करते गए जैसे सड़क पर रोड रोलर चला रहे हैं। नगर बने, महानगर बने, मकान बने किंतु अब घर गायब होते गए, हमें तब सुघ आई जब चिड़िया चुग गई खेत, हमें विकास के नाम पर मानव सभ्यता से जुड़ी जमीन, पानी, हरियाली, पक्षी, जानवर

सब चाहिए केवल अंधाधुंध कंक्र्रीट का विकास या इंटरनेट की रफ्तार नहीं चाहिए। इसके लिए हमें संसाधनों के अंधाधुंध प्रयोग पर अंकुश लगाना होगा। संसाधनों का इस्तेमाल अतिरिक्त में नहीं होना चाहिए। महात्मा गांधी ने खुद कहा है कि पृथ्वी पर सभी की आवश्यकताओं को पूरा करने के लिए संसाधन हैं, किंतु मानव के लालच को पूरा करने का कोई साधन नहीं है। हम प्राकृतिक परियोजना तथा परिस्थितिकीय परियोजनाओं का स्वागत करना होगा, सम्मान करना होगा। हमें अंतरराष्ट्रीय स्तर पर सौर, पवन, बायोगैस, ज्वार तरंग लहरों को ऊर्जा का आधार बनाना होगा। भारत में परिस्थितियां बड़ी विषम हैं। एक तरफ सोडियम लाइट से नहाती दिल्ली, मुंबई, बेंगलुरु की रंगीन सड़कें हैं, ऊंची-ऊंची इमारतें हैं, तेज गति की मेट्रो है, वीडियो कॉन्फ्रेंसिंग का लुप्त उठाते युवक-युवतियां हैं, दूसरी तरफ पत्तों से भीगा हुआ किसान है। कैरोसिन की चिमनी में बच्चों को कहानी सुनाती माताएं हैं यानी इतनी डिजिटल विषमताएं भारत के अलावा विश्व के किसी भी कोने में नहीं हैं। भारत में विकास के नाम पर डिजिटलाइजेशन करने की आवश्यकता जरूर है पर गांवों, जंगलों, नदियों और प्राकृतिक संसाधनों के निरस्तीकरण और विनाश की कीमत पर नहीं। हमें साबित करना होगा कि भारत के विकास की हरित क्रांति के साथ-साथ डिजिटल इंडिया भी विकास की गति को बढ़ा रहे हैं। इसमें कोई संदेह नहीं कि भारत की हरित क्रांति का



विकास ही डिजिटल इंडिया के स्वप्न को भी पूरा करेगा। इसके लिए स्वच्छ, साफ-सुथरे संसाधन जैसे जल, खनिज, यूरैनियम, थोरियम नहीं होंगे तब तक नाभिकीय रिएक्टर की भट्टियां कैसे चलेंगी। किसी कवि ने कहा है- जो घर बनाओ तो एक पेड़ भी लगा लेना, पंछी सारे उपवन के चहचहा उठेंगे। विकास का जो भी रास्ता या नक्शा हम तैयार करेंगे, निश्चित तौर पर वह मार्ग हरित क्रांति या हरित विकास से होकर गुजरेगा जिससे हम अपनी 141 करोड़ जनसंख्या को स्वच्छ वातावरण दे पाएंगे और एक नये भारत की कल्पना को साकार कर पाएंगे।

Universe: Controlling the mind

In chapter 296 of Aranyak Parva of the ‘Mahabharata’, Yaksha asks Yudhishthira 125 questions relating to gods, metaphysics, philosophy, individual and society. In Shloka 40, he asks, “What is swifter than the wind?” Yudhishthira’s reply is: “The mind is fleetier than the wind, and our thoughts are more numerous than grass.”To attain moksha — freedom from the cycles of birth and rebirth — and tranquility, one has to subdue one’s senses, give up all desires, see everyone with equal vision, focus the mind upon God alone, and meditate upon Him with an unwavering mind. All these can be achieved by controlling the mind. Without control of the troublesome mind, Arjuna says, none of them is achievable, and the methods taught by different kinds of Yoga — Jnana, karma and Bhakti, become impractical. They are unattainable and unviable because of the restlessness (chanchalta) of the mind. Due to the wavering nature of the mind, ‘steady continuance’ and concentration on the goal is impossible.In ‘Bhagvadagita’ 6.34, Arjuna describes the mind as “very restless, turbulent, strong and obstinate”, and asserts that the mind “is more difficult to control than the wind”. The mind is restless because it keeps flitting in different directions. It is turbulent because it creates upheavals in one’s consciousness, such as hatred, anger, lust, greed, envy, anxiety, fear, attachment, etc. It is strong because it overpowers the intellect with its vigorous currents and destroys the faculty of discrimination. It is obstinate because it clings to a harmful thought and continues to ruminate



over it even to the dismay of the intellect. Krishna, endorsing Arjuna’s view fully, says in ‘Bhagvadagita’, 6.35, “O mighty-armed son of Kunti, what you say is correct; the mind is indeed very difficult to restrain. But by practice — abhyasa, and detachment — vairagya, it can be controlled.”Patanjali, in his ‘Yog Darshan’ 1.12, reiterates the same instruction: “The perturbations of the mind can be controlled by constant practice and detachment.”An old habit can be changed, and a new habit can be developed and perfected by practice, or a concerted and persistent, planned and deliberate effort. In all fields of human endeavour, practice is the key that opens the door to mastery and excellence. Take, for example, a mundane activity such as typing. The beginners can type with only one finger; they can type one or two words in a minute. They are very conscious of the keyboard and search for each alphabet before they press it. However, after due and consistent practice of typing, they do not look for the alphabet on the keyboard, and their fingers fly on the keyboard at a considerable speed.This proficiency comes solely through practice. Similarly, the obstinate and turbulent mind has to be made to rest on the lotus feet of the Supreme Lord through abhyas.Vairagya — detachment from the objects of the world surrounding us — is the second requirement for controlling the mind from fleeting from one object to the other. We observe that the mind runs toward the objects of its attachment, toward the direction it has been habituated to running in the past. The elimination of attachment eradicates the unnecessary wanderings of the mind.

ICYMI #TribuneOpinion: Pahalgam terror attack has the entire nation on the edge

This week’s focus was on Pahalgam, domestic issues and the region

The scenic charm of Baisaran, Pahalgam, the famous tourist destination in Jammu and Kashmir, was replaced and overshadowed by the tragic news of the killing of 26 tourists. The public angst and the pain of the families who lost their near and dear ones were insurmountable. Giving an in-depth analysis of the terror attack, The Tribune had its OP-ED pages full of information and strategic analysis of what next after the attack.In ‘Clarion call for action against Pakistan’, Lt Gen Dushyant Singh (Retd) wrote how the Pahalgam attack marked a calculated escalation in the ongoing proxy war. He called for strengthening intelligence-sharing partnerships with the US, Israel and the EU to employ technologically advanced surveillance systems and rerouting regional commerce through alternative trade routes to isolate Pakistan. In a related article by former MEA secretary, Vivek Kajtu, ‘Pahalgam terror: Govt at strategic crossroads’, he assesses the reasons for the Pak-sponsored terror attack. The Pakistani generals are not happy about two things -- the progress of India’s relations with the Afghan Taliban, and the accusation that India is responsible for the attack on the Jaffar Express in Quetta on March 11.As long as Pakistan exists as a nation where the military has a country and not a country that has a military, state-sponsored terrorism will not go away. That’s the hard reality, writes Lok Sabha MP Manish Tewari in his OPED piece ‘India must prepare for Pak endgame’. As far as the Indian response is concerned, there has to be a broad national and political consensus for the long haul in dealing with Pakistan, he writes. Our neighbour has mistakenly believed that the people of Kashmir will tolerate bloodshed for the love of Islam and the affinity with Pakistan, writes Lt Gen Syed Ata Hasnain (retd.) in his article ‘Pak’s renewed terror focus is a calculated shift’.Moving to another neighbour of ours, Nepal’s King Gyanendra is trying to make the most of the public disaffection against KP Oli-led regime, which has been accused of maladministration, crony capitalism and corruption, writes former Ambassador to Nepal Jayant Prasad in his article ‘Nepal can ill afford the return of monarchy’. He believes the Nepalese will overlook his past behaviour when he throttled democracy and take his supposed makeover at face value, and in India too, certain fringe elements favouring ‘Hindutva’ think that monarchy has been the prime defender of the Hindu faith and Gyanendra will continue to represent it. Meanwhile, after prolonged Manipur violence, finally some good news is coming from the North-east. Sanjoy Hazarika writes in his article ‘Safer roads can spur North-east’s march’ that highways and better road infrastructure have made travel easier, shortened distances, and given a boost to India’s Act East policy.From roads and infrastructure, let’s shift our focus to education. In a soul-



stirring article by sociologist Avijit Pathak, he raises a valid point in his OPED piece ‘Education for sale: Middle-class contradictions’. He questions parents raising slogans against arbitrary fee hikes: did they not know about the commodification of education when they got their children admitted to fancy public schools? Why do we, as a society, never bother to pressure the government to equip government schools with facilities to provide good education to our children? Due to intense focus on the region, after a long time Donald Trump found himself relegated to the inside pages this past week. He has vowed to prevent Iran from possessing a nuke, while Iran is adamant on exercising its right to nuclear enrichment, says our OPED piece ‘Putting Iranian nuclear genie back is easier said than done’ by

distinguished fellow, Observer Research Foundation, Manoj Joshi.In ‘Good governance is not a show, it’s a daily grind’, former Manipur Governor and ex-J&K DGP Gurbachan Jagat comes down heavily on officers who hold meaningless flag marches, hold press conferences and like to get photographed but fail to coordinate and get things done at the grassroots level. Senior finance journalist Sushma Ramachandran in her incisive article ‘BluSmart jolt sums up startup blues’ warns the startup ecosystem to maintain their march on the right path after EV-based taxi startup BluSmart had to shut operations following SEBI’s rap for diversion of loan funds to the owners’ personal coffers. The BluSmart saga is being cited as evidence of the dismal state of startups in the country

Leave Neeraj alone

It’s shameful to doubt the icon’s patriotism



Neeraj enjoys a healthy rivalry with Nadeem, who had outshone him to clinch the gold at the Paris Olympics last year. But he has clarified that the recent invitation was “from one athlete to another — nothing more, nothing less”. It’s a new low that Neeraj has been provoked into stating the obvious — that his country and its interests will always come first for him. What’s even worse, the great sportsperson’s mother is being targeted for her emotional statement after the Paris Games that Arshad was like her son; her noble gesture had been reciprocated by the Pakistani athlete’s mother, who had said that the two competitors were like brothers. It was hoped that this heartwarming display of cross-border amity would inspire both nations to rise above their long-festering differences and reach out to each other. But the Pahalgam massacre has rudely dashed that hope. However, hurling abuse at Neeraj, who has done the nation proud time and again, is a sign of sheer ingratitude and shamefulness.

Touchstones: The sweetest of languages

It is laughable that the language fundamentalists are trying to project Urdu as an Islamic (or Pakistani) tongue

Since my last column, when I spoke of languages and the complex relationship they share with people and power, I have been reading with great interest what several eminent writers and public intellectuals have to say about a determined campaign led by right-wing Hindu gangs (this is what they appear to be, for they have nothing but hatred for Muslims and their tongue as a weapon in their arsenal) against Urdu. They seem determined to drag out one of the sweetest and most civil languages of this country and flog it to death. For someone who has grown up in Uttar Pradesh and admired the gentle tones of public speech and the terms of address that Urdu brought into everyday street-speak, I am aghast at the crudeness with which this language is being attacked.Renowned writer and poet Javed Akhtar has often pointed out that languages do not belong to one region or country. Since Urdu, and its many variations, is spoken by people who may not practice Islam, it is laughable that the language fundamentalists are now trying to project Urdu as an Islamic (or Pakistani) tongue and Hindi as a pure Bharatiya language which evolved from Sanskrit, the language of the gods. If this is their line of attack, then why do we not apply the same logic to English (widely spoken across every part of India) that was equally a foreign tongue and thrust upon us by the British?Truth be told, English has wiped out more local languages and bhashas than any other and yet, we all admire and try to speak it to prove how well-educated we are. Its vocabulary and grammar are completely alien to any Indian language,



unlike Urdu, that has the same rhythm, grammar and sentence structure as most Indian languages, particularly Hindi. Urdu celebrates the syncretic ethos of this country in ghazals, qawwalis and dohas and is understood by many more than the kind of Sanskritised Hindi that is being tried to be placed in its stead.Look no further than the Bombay film industry. All of you will agree that the songs of the 1950s and 1960s are undying and our go-to choice when we wish

to hear good poetry and divine music. And why was this? Because most of the lyricists were poets who drifted to the Bombay film industry as their royal patrons were unable to sustain court poets. The rise of the left-leaning Progressive Writers Association was another reason. So, we had an effulgence of superb love poetry, set to beautiful musical scores, and magic was created. Sahir Ludhianvi, Shakeel Badayuni, Kaifi Azmi, Shailendra, Gulzar, Javed Akhtar... I could go on.

Let us come now to Punjabi and how different and sweeter it is, especially the Punjabi spoken across the border. Here again, poets and writers who were educated in Urdu-medium schools and who composed their poetry in the Urdu script, composed songs and love-poetry in the ghazal tradition. Contrast this with the crudeness that has now become a necessary part of the Punjabi music industry, particularly in India and you will see how the gradual decline of Urdu has resulted in the rise of a kind of writing that is devoid of soft registers and the sweetness of pain.Let me relate a small story here. One of Lucknow’s most respected personalities, an erstwhile nawab who was also an eminent physicist and taught at Cambridge for many years, fell in love with a Hindu girl who belonged to an equally distinguished Rajasthani family. When I met

her many years later, her head was covered with a dupatta. Taken aback at this surrender to purdah by a woman who had studied at some of the most liberal schools and universities abroad, I couldn’t help asking, ‘Tumhain purdah karna parta hai?’ (Do you have to follow the purdah system?). Her reply, in the gentlest voice, was, ‘Humare yahan zubaan ka bhi purdah hota hai.’ (Loosely translated, this means that in our family, even the tongue is restrained). This kind of civility is exactly what we have lost as we have allowed Urdu to recede from public dialogue. Listen to the crude slogans and even cruder language used to run down those who speak it. The zubaan ka purdah that prevented the use of abusive slurs while arguing in courts and workplaces, extended to neighbourhoods and the street.I can still hear the sing-song voices of hawkers who sold vegetables and fruit in Lucknow, or the rickshaw-puller asking, ‘Kahan chaliyega?’, instead of ‘Kahan jana hai?’ This nazaqat (grace) was quintessentially the Lucknowi andaaz (style) that is still celebrated in period films and missed by all those of my generation who grew up hearing it. It instilled in us a deep respect for the Other, and never did we ever use words or refer to customs that separated us. We shared our tiffins and hearts in schools and have kept in touch throughout these years, even though some of us may have embraced different ideologies now. Yet, we never forget to wish each other on festivals and zealously preserve that core of humanity that binds all of us who live in this country. Remember that the kind of Urdu we speak here is unique: it is not a tongue spoken in any other country. No, not even in Pakistan where languages and linguistic identities have riven the country asunder. Do we need to follow them to perdition?

Old Vs New Tax Regime: I Have Chosen Old Tax Regime In My Office Investment Declaration For Current Fiscal, Can I Choose New Tax Regime While Filing ITR

New Delhi. Several instances have come up where an individual tax fil has chosen Old Tax Regime in his or her office investment declaration but would want to know if he or she can file ITR under New Tax Regime during actual filing.

CA Kinjal Bhuta, secretary, Bombay Chartered Accountants' Society told Zee News that the switch between the regimes is possible only for those individuals who do not have any business income. A salaried individual can make a choice of tax regime every year before the return filing season. However, what generally happens is that a salaried individual has to choose the tax regimes much earlier closer to the start of the financial year with the employer. Since the taxation slabs and rates of tax are different under the old regime and new regime, the employer shall need the choice from every employee at the beginning of the year itself so as to make an estimate of total income and taxes thereon," Bhuta says. The prior understanding, Bhuta adds, is necessary for the employer, for deducting tax at source from the salary income every month. Further, some most peculiar differences between the old regime and new regime are the deductions available under chapter VIA under the old regime, he adds.

Are There Any Difficulty While Shifting From Old To New Tax Regime And Vice Versa During ITR Filing?

Bhuta adds that there are certain cases, where the salaried taxpayer may have selected the old tax regime with the employer at the time of investment declarations and then while filing ITR realized that the new tax regime is more beneficial. In that case the tax-payer can very well decide to choose the new tax regime at the time of filing return of income.

India offers strong growth and stability to investors seeking long-term value: RBI Governor

New Delhi. Amid the uncertainties faced by major global economies due to tariff-related risks, India offers a strong growth and stability to investors looking for long-term value and opportunity, Reserve Bank of India (RBI) Governor Sanjay Malhotra said.India continues to be an economy supported by stability — monetary, financial and political; policy consistency and certainty; congenial business environment; and strong macroeconomic fundamentals, the Governor said.“At a time when many advanced economies are facing economic headwinds and a deteriorating economic outlook, India continues to offer strong growth and stability making it a natural choice for investors seeking long term value and opportunity,” Malhotra said in his address at the US-India Economic Forum, organised by Confederation of Indian Industry (CII) and US India Strategic Partnership Forum (USISPF), Washington DC on April25.

STORY CONTINUES BELOW THIS AD

“Our strong domestic demand and relatively lower dependence on exports cushions the Indian economy from external spillovers,” he said.

India’s domestic demand contributes about 90 per cent to GDP whereas merchandise exports contribute about 12 per cent of GDP, which is much lower compared to some of our peers.

India may seek parity with US on tech access in bilateral trade pact talks: Sources

New Delhi. India is likely to ask the US to ease export controls and grant it access to critical technologies on par with key American allies like Australia, the UK, and Japan under the proposed bilateral trade agreement (BTA), sources said.They added that India may seek these easing for sectors like telecom equipment, biotechnology, AI (artificial intelligence), pharmaceuticals, quantum computing and semiconductors.The country is also seeking duty concessions for labour-intensive sectors like textiles, gems and jewellery, leather goods, garments, plastics, chemicals, shrimp, oil seeds, chemicals, grapes and bananas in the proposed pact with America.On the other hand, the US wants duty concessions in sectors like certain industrial goods, automobiles (electric vehicles particularly), wines, petrochemical products, dairy, agriculture items such as apples, and tree nuts, they said.As part of the proposed BTA, one of the sources said, India may request the US to place it on par with other key US allies including Australia, UK and Japan regarding access to technology through easing of export controls particularly in key areas like telecom equipment, biotechnology, and AI.Easy access to cutting-edge technologies in these sectors would help boost India’s innovation capabilities, enhance its technological infrastructure, and further push the country’s economic growth.The commerce ministry, which is leading the negotiations for the agreement, declined to comment when asked about these issues.

According to think tank GTRI, the US has eased export controls to strengthen technology partnerships with close allies like Australia, the United Kingdom, and Japan. The changes are designed to make collaboration easier in critical sectors.It said that as part of the AUKUS security pact, the US has simplified rules for sharing defence and dual-use technologies with Australia and the UK.

Ather Energy IPO opens for bidding: Should you subscribe Check latest GMP

New Delhi The initial public offering (IPO) of Ather Energy Limited will open for bidding on Monday, marking the first mainboard IPO after a gap of two months. The public listing will remain open for subscription until April 30.

Ather Energy IPO is a book-built issue worth Rs 2,980.76 crore. It includes a fresh issue of 8.18 crore shares aggregating to Rs 2,626.30 crore, and an offer for sale (OFS) of 1.11 crore shares worth Rs 354.76 crore.

The price band for the IPO has been set between Rs 304 and Rs 321 per share. Retail investors need to apply for a minimum of one lot, which consists of 46 shares. The minimum investment required is Rs 13,984. However, it is advised that investors bid at the cutoff price, making the amount around Rs 14,766 to increase their chances of allotment in case of oversubscription.

For small non-institutional investors (sNII), the minimum investment is 14 lots or 644 shares, which amounts to Rs 2,06,724. For big non-institutional investors (bNII), the minimum application is 68 lots or 3,128 shares, amounting to Rs 10,04,088.

Ather Energy Limited, established in 2013, designs, develops, and assembles electric two-wheelers (E2W) along with battery packs, charging stations, and software systems. The company follows a vertically integrated model and is heavily focused on product and technology development.

SHOULD YOU SUBSCRIBE?

Bajaj Broking Research said that Ather Energy is in the process of expanding its manufacturing capacity by setting up a new unit in Maharashtra."Despite its growth initiatives, the company has been consistently posting losses and carries



significant accumulated losses. Its financial performance has resulted in a negative Price-to-Earnings (PE) ratio, and its borrowings stood at over Rs 1,121 crore as of December 31, 2024, which is a point of concern. However, the company benefits from strong parentage, which remains its key strength," said Bajaj Broking Research."Considering its current financials, this appears to be a long-term investment story, and therefore, only well-informed investors with surplus funds and a long-term

perspective may consider investing moderately," Bajaj Broking Research added. On the other hand, Ventura Securities Limited gave a different view."We recommend subscribe for listing gains. Its premium focus, Ather Grid and R&D driven innovation differentiates it from competitors. Company is going through major capex with its Ather Factory 3.0 (will have 10 lakh unit capacity by mid FY26). This comes despite challenges such as subsidy cuts and low-capacity utilization," said Ventura Securities Limited.

LATEST GMP

As of April 28, 2025, the last reported grey market premium (GMP) for the Ather Energy IPO is Rs 0. With the price band set at Rs 321, the estimated listing price is expected to be around Rs 321 as well. This suggests a 0.00% expected gain or loss on listing based on today's GMP.

Caveat Emptor — Financial Educator or Predator Sensex gains over 800 points. Why is stock market rising

NEW DELHI. In most of my B-School classes, my students would be asked to maintain a simulated real-time portfolio. One of the key lessons they self-learned in the process by the end of the year is that wealth creation is a process and not akin to striking the lottery jackpot overnight, the possibility of which too is one in a million to put it figuratively.

I have read several news stories in the pink papers of market operators in the guise of market educationists duping their ‘student subscribers’ via a chat room where they are ostensibly educated on the technique of getting 1000% returns. I honestly do not feel too sympathetic about these gullible subscribers. If they were greedy and naïve enough at the same time to believe that such returns are possible or that there is some technique to do it repeatedly, good old Warren Buffet, the revered Oracle of Omaha might have been unheard of. Friends, professional acquaintances and even patrons at times forward opinions of self-appointed market experts on mobile phone groups and at times even ‘research’ reports from ‘reputed’



brokerage houses suggesting the possibility of raking in abnormal returns. This, to my mind, is the most basic of mistakes investors make, led on by those preying on their naivety and greed. A directive in the past by the regulator was to ask certain entities registered with it to affix its logo, address and even a line on investments being subject to market risk in all its market communications. Well, I may have been cynical but I felt even then that unless the intent was something else altogether the majority of the predators mentioned above would be unregistered fly-by-night operators who shed old and assume new identities rapidly. Hence, further regulating the already regulated and also largely compliant, while these

operators continue to remain unregulated and unfettered simply because they prey on the greed of investors, is akin to missing the woods for the trees. Without getting into the relative impossibility of monitoring the proliferation of blatantly loaded messages by such fly-by-night operators, it would suffice to say that this is a menace that shows no sign of abating. While the Securities Exchange Board of India (SEBI) maintains surveillance to flush out and punish such ‘educators’, it remains a cumbersome task. As is inevitable on the world wide web, such predators invariably seem a step ahead. On our part, we repeatedly remind anyone who bothers to ask, that if only the art of investing was so easy that one could act on such pearls of wisdom (of which there is no dearth, courtesy of the hyperactive social media) and profit, then everyone ought to be doubling their wealth monthly. Alas, that must remain a pipe dream. Hence, all we can do is once again remind investors of the Latin phrase, Caveat Emptor- Let the Buyer Beware.

NEW DELHI. Benchmark stock market indices jumped sharply in early trade on Monday, staging a solid turnaround from the previous session's weakness.

At around 10:15 am, the S&P BSE Sensex was trading 849.30 points higher at 80,061.83, while the NSE Nifty50 rose 237.10 points to 24,276.45. All broader market indices were also firmly in positive territory, signalling the potential for a strong session ahead. Today's bull run on Dalal Street is being powered by strong gains in heavyweight stocks like Reliance Industries, M&M, and a clutch of other blue-chips. Shares of major banking and financial services companies also rallied sharply, adding more muscle to the market's upward momentum. Dr. VK Vijayakumar, Chief Investment Strategist at Geojit Financial Services, said the resilience of Indian markets amid rising global uncertainty was noteworthy. "The heightened uncertainty relating to Indo-Pak tensions will weigh on the markets. However, it is important to remember that markets have an uncanny ability to climb many walls of worry," he said.

He pointed out that a major positive force behind the current market rally is the strong comeback of foreign institutional investors (FIIs). "FIIs have turned sustained buyers in a dramatic reversal of their selling strategy, pumping in Rs 32,465 crore over the last eight days," he said.

According to Vijayakumar, weakening US economic indicators and a softening dollar are driving global capital flows into emerging markets like India, keeping domestic equities well-supported. Adding to the positive outlook, Anand James, Chief Market Strategist at Geojit Financial Services, shared his technical view on the Nifty. An evening star pattern followed by Friday's steep fall signals the potential for a short-term correction after the relentless uptrend that started on April 7. James said the immediate support lies near 23,670, and ideally, the correction could extend towards the 23,300–23,050 zone. However, the pullback seen late on Friday from the March peak provides some hope for an early resumption of the uptrend. "For that to happen, Nifty needs to stay above 24,190," James said, adding that if this level holds, targets of 24,500–24,850 could come back into the frame. For early trades, he pegged 23,950–24,070 as the key pivot zones.

Explained: How Pakistan could lose millions after closing airspace for India

New Delhi. Pakistan shut its airspace to Indian flights after the Pahalagam terror attack, hoping to hurt the aviation sector of its neighbouring country. But instead of causing major trouble for India, it looks like Pakistan has shot itself in the foot. While the move was meant to trouble India, it may actually cost Pakistan millions of dollars in lost aviation revenue.

With Indian flights now avoiding Pakistani skies, the money earned from overflight fees charged to aircraft crossing a country's airspace is likely to disappear. A Pakistani user posted a video on social media showing an Indian flight taking a longer route to avoid Pakistan. She commented, "Aur lo Panga." Responding to her post, X

user Naren Menon pointed out the financial impact of Pakistan's move. He wrote, "Pakistan loses 'overflight fees' from the 3rd largest (and fastest growing) aviation market in the world. That's easily hundreds of millions of USD every year. Never in the history of mankind has there been so much collective stupidity in a land." Menon explained that the large number of flights from India, especially westwards towards Europe and North America, meant that blocking Indian carriers would be very costly for Pakistan. Some users suggested that Pakistan would still earn from foreign airlines. However, Menon clarified that most westbound flights from India are operated by Indian airlines like Air India and IndiGo. Therefore,

Pakistan stands to lose a major part of its overflight income. While Indian airlines are preparing for higher fuel costs and longer flight times because of the diversions, Pakistan is facing a direct hit on its aviation income.

This is not the first time such a situation has happened. In July 2019, Hindustan Times reported that Pakistan had lost nearly \$100 million when it had closed its airspace after the Pulwama terror attack. Around 400 flights were affected every day during that time, causing huge losses to Pakistan's Civil Aviation Authority (CAA) and Pakistan International Airlines (PIA). Studies showed that a Boeing 737 flying over Pakistan would pay about \$580 in overflight fees. For bigger planes, the fees were even higher.

Reliance shares rise 3% after strong Q4 show. Should you buy, hold or sell

The Mukesh Ambani-led conglomerate reported a 2% rise in consolidated net profit to Rs 19,407 crore, beating analysts' expectations of around Rs 18,471 crore. Revenue from operations for the quarter grew 10% year-on-year to Rs 2.64 lakh crore.

New Delhi. Reliance Industries Ltd (RIL) shares climbed over 3% to an intraday high of Rs 1,343 on Monday, after the company posted stronger-than-expected earnings for the March quarter. The company's shares were trading 2.66% higher at Rs 1,334.65 on the Bombay Stock Exchange (BSE) at around 9:32 am. It may be noted that Reliance's share price has rallied 10% this year. The Mukesh Ambani-led conglomerate reported a 2% rise in consolidated net profit to Rs 19,407 crore, beating analysts' expectations of around Rs 18,471 crore. Revenue from

operations for the quarter grew 10% year-on-year to Rs 2.64 lakh crore. Sequentially net profit rose 5% from the December quarter, while revenue was up 8%. EBITDA for the quarter stood at Rs 48,737 crore, up 4% year-on-year, highlighting the company's resilience despite a tricky global backdrop.

"FY25 has been a challenging year for the global business environment, with weak macroeconomic conditions and a shifting geopolitical landscape," said Chairman Mukesh Ambani. "Our focus on operational discipline, customer-centric innovation, and fulfilling India's growth requirements has helped Reliance deliver a steady financial performance." Business segment performances were a mixed bag. The company's crucial oil-to-chemicals (O2C) unit — traditionally Reliance's cash cow — reported a 10% drop in EBITDA to Rs 15,080 crore, hurt by lower transportation fuel margins and a weak polyester chain. But revenue for the segment rose 15% year-on-year to Rs 1.64 lakh crore, helped by higher volumes and tight cost controls.

Meanwhile, Jio Platforms continued its steady growth streak. Revenues rose 18%

to Rs 39,853 crore, while EBITDA was up by the same percentage to Rs 17,016 crore. Net profit jumped 26% to Rs 7,022 crore. Average revenue per user (ARPU) improved to Rs 206.2, boosted by earlier tariff hikes and a better-quality subscriber



base. Data traffic on Jio's network grew a staggering 24% year-on-year to 184.5 exabytes, with the total user base crossing 488 million, including 191 million 5G customers. Reliance Retail, another key engine of growth, delivered a strong performance too. Revenue rose 16% year-on-year to Rs 88,620 crore, while EBITDA was up 14% at Rs 6,711 crore. Net profit jumped 29% to Rs 3,519 crore, driven by strength in consumer electronics and grocery segments.

"Reliance Retail delivered strong growth in revenue and profits, powered by improved efficiencies, innovative formats, and continued tech investments," said Isha Ambani, Executive Director of Reliance Retail Ventures. On the flip side, the oil and gas business — which includes production from the KG-D6 block — posted a small slip. Revenue dipped 0.4% year-on-year to Rs 6,440 crore, while EBITDA fell 9%. That said, production volumes remained healthy, with daily gas output at 26.73 million metric standard cubic metres per day. Should you buy, sell or hold Reliance shares? The mood among brokerages is upbeat. Motilal Oswal reiterated its 'Buy' call with a slightly revised target price of Rs 1,515, noting strong retail growth and a cooling off in capex. CLSA maintained its 'Outperform' rating with a target of Rs 1,650, highlighting the company's plans to enter quick commerce as a fresh trigger. Nomura also raised its target to Rs 1,650, pointing to upcoming tariff hikes at Jio, the new energy business, and a potential Jio listing as big catalysts. Global heavyweights JPMorgan and Morgan Stanley both have 'Overweight' ratings.

Jute makeover for Delhi parks: DDA to curb dust, boost green cover on Yamuna tracks

According to DDA officials, Saxena has directed that jute carpeting be used not only at Asita Park but also inside the Northern Ridge, where restoration work is underway following his recent visit.

NEW DELHI. The Delhi Development Authority (DDA) has started using jute carpeting on pathways and walking/cycling tracks in its parks, particularly those located on the Yamuna floodplains. The development came to light after Lieutenant Governor VK Saxena inspected Asita Park on Sunday, where jute pathways are currently being laid. The move aims to prevent dust pollution, curb soil erosion, and naturally support grass growth, while also promoting the jute farming sector and industry. According to DDA officials, Saxena has directed that jute carpeting be used not only at Asita Park but also inside the Northern Ridge, where restoration work is underway following his recent visit. Drawing on his experience with the Khadi and Village Industries Commission (KVIC), Saxena, who has spearheaded the creation of several green spaces along the Yamuna, instructed the DDA to opt for jute on walking, cycling, and even driving tracks across the floodplains, including Asita Park opposite ITO.



In a statement, the DDA said that while Saxena had earlier prohibited concretisation within the parks on the Yamuna floodplains, the resulting earthen tracks generated considerable dust during use, creating inconvenience for walkers

and cyclists and contributing to environmental pollution. "To address this, Saxena asked the DDA to employ loosely knitted jute carpeting on the tracks. Its use at Asita has already produced desired results, including significant dust mitigation," the DDA stated. "Moreover, the technique has encouraged grass growth through the gaps in the jute, naturally binding the carpeting to the ground and strengthening the track surface." Following the success at Asita, Saxena has now directed that the method be replicated across the Northern Ridge parks as well. Later, taking to X (formerly Twitter), the L-G said, "DDA will be using jute carpeting on all earthen walking tracks in its parks on the Yamuna and inside the Delhi Ridge. The successful experiment at Asita ensured dust mitigation and resulted in multiple benefits for walkers and cyclists." He added, "The thick, loosely knitted jute carpeting allows grass to grow through it, binding the eco-friendly material to the earth. It will also help promote jute artisans."

Left alliance retains dominance in JNUSU elections; ABVP breaks decade-long absence with Joint Secretary win



NEW DELHI. JNU witnessed vibrant celebrations as red and saffron flags dotted the campus following the Jawaharlal Nehru University Students' Union (JNUSU) elections. While the Left Unity panel claimed three central posts, the Akhil Bharatiya Vidyarthi Parishad (ABVP) made a historic comeback after a nine-year hiatus, securing the Joint Secretary position. The post of President went to Nitish Kumar from AISA, Vice-President was secured by Manisha from DSF, and the General Secretary position was won by Muntaha, also from DSF. This year, the All India Students' Association (AISA) allied with the Democratic Students' Federation (DSF) following a split with the Students' Federation of India (SFI). Meanwhile, BAPSA-SFI panel failed to make a mark in the panel this year. BAPSA though had made a clean sweep in the JNUSU election 2024. The newly elected Vice President, Manisha, expressed her gratitude, saying, "The credit for this win goes to the university... JNU laal tha aur laal hi rahega... We always worked for the students and raised their voices, and we will continue doing this work in the future too."

ABVP's Vaibhav Meena made history by winning the Joint Secretary post, marking the first time in recent history that ABVP has won a central panel seat at JNU. The organization also secured 24 councillor seats out of 42. On Sunday afternoon when half of the votes were counted, ABVP was leading across all the seats especially with a good margin on President and Vice President seat.

However winning one seat in the central panel for ABVP was a historic win at JNU. The Varsity was apparently abuzz with loud slogans by the ABVP leaders. The organisation posted on X saying, "The victory marks a significant achievement. This victory reflects the trust and confidence of the student community in the vision and dedication of ABVP. A new era of leadership begins!" There were congratulatory messages to ABVP asking then to not to allow the dafli gang to drag JNU their way.

Meanwhile Amit Malviya, BJP's Information and Technology Incharge while wishing the ABVP leaders said, "And it doesn't stop there. ABVP has delivered an unprecedented performance in the JNUSU elections, winning 23 out of 42 councillor seats across 16 schools and special centres — the highest number of seats won by any student organization."

The Jawaharlal Nehru University Students Union (JNUSU) polls on Friday had witnessed a voter turnout of 68.3%, a decline of 5% from the previous year's voting. In 2024 polls, the JNU had witnessed 73% voting which was the highest in the past 12 years. However this year, out of 7906 number of voters, 5400 votes were polled on Friday.

Cheetah Nirva gives birth to 5 cubs, Kuno's big cat count rises to 29

New Delhi. Kuno National Park witnessed a new milestone in India's cheetah conservation efforts as the cheetah Nirva gave birth to five cubs. Madhya Pradesh Chief Minister Dr Mohan Yadav and Union Minister for the Environment Bhupender Yadav shared the news on X. The Chief Minister said, "The success of the cheetah project symbolises the enrichment of biodiversity in India. Under the leadership of Prime Minister Narendra Modi, India is achieving historic milestones in the conservation of its natural heritage." With this development, India's total cheetah population now stands at 31. The Kuno park now houses 29 cheetahs, including 19 cubs and 10 adults. Two male cheetahs from Kuno, Pawak and Prabhsh, were recently relocated to Gandhi Sagar wildlife sanctuary in Madhya Pradesh.



Kuno National Park officials confirmed that Nirva gave birth on April 25, but the presence of the cubs was verified on Sunday through video footage

recorded by veterinarians. Nirva, who was brought from South Africa in February 2023, is five-and-a-half years old. She had been residing in a large enclosure when she gave birth on Sunday. Last year too, she gave birth to two cubs, but unfortunately, they did not survive. In September 2022, eight cheetahs from Namibia — five females and three males — were released into Kuno National Park, marking the first-ever intercontinental relocation of the species. In February 2023, twelve more cheetahs arrived from South Africa. Prior to the recent birth of five cubs, Kuno was home to 24 cheetahs, including 14 cubs born in India.

Rohini tragedy: Strong winds caused jhuggi blaze to spread rapidly

NEW DELHI. A massive fire ripped through 800 jhuggis at a JJ cluster near Shri Niketan Apartments in Rohini's Sector 17 Sunday, claiming the lives of two toddlers and leaving a 28-year-old man battling critical injuries. Some 2,500 people were left homeless in the blaze that engulfed a five-acre area densely packed with jhuggis. The bodies of the victims, a two-and-a-half-year-old girl and a three-year-old boy, were recovered from separate shacks. Both were declared 'brought dead' in hospital. A 28-year-old man, Shabul Sheikh, suffered serious burns. Firefighters battled for over three hours to douse the blaze. The slum cluster, mainly populated by ragpickers, is surrounded by apartment buildings on all sides, making access difficult. According to Delhi Fire Services (DFS), a call regarding the fire was received at 11.55am. "Immediately, 26 fire tenders were dispatched, and around 150 firefighters were involved in the firefighting operation," a DFS official said. Fire tenders could not reach the interior lanes and had to be stationed on the main road, with water pipes extending deep into the cluster. "The flames leapt from one jhuggi to the next in no time. There were highly flammable substances inside the homes. Small gas cylinders, which residents used for cooking, also exploded inside several shacks. Some homes were connected to a gas pipeline as well, which had to be immediately shut down to prevent an even official added. Strong winds also helped in spreading the fire. Many trees and electric poles were also engulfed in the conflagration, adding to its intensity. "There was a real fear that the fire would spread to the surrounding apartments. It did catch onto the exterior of some buildings, but fortunately did not enter the flats," the official said. "Adding to the danger, many residents, primarily ragpickers, stored scrap materials such as plastic bottles and other combustible waste near their homes, which fueled the fire further."

CM Rekha Gupta urges Delhiites to switch to rooftop solar, 5-star appliances

Citing government subsidies and long-term savings, chief minister calls for eco-friendly choices to make Delhi clean and energy-efficient.

NEW DELHI. Chief Minister Rekha Gupta has called upon residents to embrace energy efficiency by adopting rooftop solar installations and using 5-star rated electrical appliances. In a public appeal, she reaffirmed her government's commitment to making Delhi clean, green and energy-efficient. In her letter to Delhi residents, the CM praised the city's citizens for their growing awareness over the years, citing their shift towards solar energy, energy-efficient appliances and pollution control measures. "These efforts are not only beneficial at an individual level but are invaluable for future generations," she said. Highlighting the financial viability of solar energy adoption, Gupta pointed to the Pradhan Mantri Surya Ghar

Muft Bijli Yojana launched by the central government, supplemented by Delhi government's capital subsidy and Generation-Based Incentive



(GBI) for five years. "With these initiatives, installing rooftop solar has become more affordable than ever. Banks are also offering loans with easy terms, repayable over ten years at an interest rate of 6.5-7%," she said. Providing a detailed example, the CM

explained that installing a 3 kW rooftop solar plant would cost approximately Rs 2 lakh. Of this, the government would offer a subsidy of about Rs 1.08 lakh, bringing the consumer's share down to Rs 92,000. For a household with a monthly electricity consumption of 500 units, the solar plant could bring the electricity bill down to zero, resulting in monthly savings of around Rs 2,904-3,282, along with an additional monthly GBI benefit of Rs 900 for five years. "I appeal to all Delhiites to adopt rooftop solar and energy-efficient appliances and make smart, eco-sensitive decisions in their homes. These small steps will not only reduce your electricity bills but will also contribute to making Delhi clean and beautiful," the chief minister said.

Delhi government to launch survey and financial scheme for cow shelters

NEW DELHI. In a move aimed at addressing the problem of stray cattle on the city's roads, the Delhi government has decided to conduct a survey of cow shelters and formulate a scheme to extend financial support for their smooth operation. Chief Minister Rekha Gupta announced the decision during a public gathering at the Gramin Gaushala in Bawana, emphasizing that she, her ministers, and BJP MLAs regard cows as a mother figure ("Gau Mata"). "It is a matter of great pain for us to see cows roaming the roads and sometimes meeting with accidents. The fault lies with those who abandon them after milking," Gupta said. She reminded



cattle owners that rearing cows within city limits is prohibited and suggested that bovines be housed in designated areas such as Ghoga Dairy, located about 50 kilometers from Central Delhi. "It is unbearable to see even a single cow wandering the streets. The

government and philanthropists are committed to ensuring fodder and shelter for the cows," the Chief Minister said. Gupta said the government would soon undertake a comprehensive survey of all cow shelters in Delhi, following which a scheme would be framed to provide financial assistance to these facilities for holistic cow care. She further stated that it is the government's duty to take care of old and ill cows abandoned on the roads and reiterated her administration's commitment to fulfilling this responsibility.

In pics: Members of Indian community abroad hold protests against Pahalgam attack

Members of Indian communities in different countries are taking to the streets to express grief, resentment and anger against the incident, also holding protests.

New Delhi. With the world rallying behind India over its stand against Pakistan in the wake of the recent Pahalgam terror attack, which killed 26 people, members of Indian communities in different countries are taking to the streets to express grief, resentment and anger against the incident, also holding protests.



Over the past few days, Indian-origin people in some European countries held peaceful demonstrations, expressing solidarity with the families of the victims. Members of the Indian community held protests outside the Pakistan High Commission in London. People could be seen holding the Indian tricolour in their hands as they raised slogans

against the Pakistani mission in the UK. Indian expatriates in Finland's capital, Helsinki, also held a demonstration outside Senate Square, holding placards demanding justice for the victims. They also observed silence in honour of those who perished in the dastardly attack. An appeal made to invite Indian people to join the demonstration in Helsinki read



"To the innocent lives lost in the terrorist attack in Pahalgam, Kashmir, India". On April 22, at least 26 people, 25 of whom were tourists enjoying the scenic beauty of the Baisaran meadows in Jammu and Kashmir's Pahalgam, were gunned down by terrorists belonging to The Resistance Front (TRF), an offshoot of the Pakistani terror group Lashkar-e-Taiba (LeT).

NEWS BOX

US urges India, Pak to work towards 'responsible solution' after Pahalgam attack

WORLD. The United States on Sunday urged India and Pakistan to pursue a "responsible resolution" following a deadly terror attack in Jammu and Kashmir's Pahalgam, while affirming its support for India.

The US State Department said it has been in contact with both governments at multiple levels as tensions escalate after the April 22 attack, which left 26 people dead. Following the dastardly attack, India announced a diplomatic offensive against Pakistan, with Prime Minister Narendra Modi vowing to identify, track and punish the terrorists and conspirators behind the attack.Pakistan responded with tit-for-tat moves and called for an independent investigation while its minister openly issued threats to India. Given the ongoing tensions, US has urged both countries to "work towards a responsible resolution"."This is an evolving situation, and we are monitoring developments closely," a State Department spokesperson said in an emailed statement to news agency Reuters."The United States encourages all parties to work together towards a responsible resolution."

The spokesperson reiterated US condemnation of the attack, saying Washington "stands with India," echoing similar remarks from President Donald Trump and Vice President JD Vance.Washington views New Delhi as a key partner in its efforts to counter China's growing influence in Asia. Although Pakistan remains a US ally, its strategic importance has lessened following the 2021 American withdrawal from Afghanistan.Meanwhile, China on Sunday backed Pakistan's call for an "impartial probe" into India's allegations. Beijing's Ministry of Foreign Affairs said it supports a neutral investigation, following a call between Pakistan's Deputy Prime Minister Ishaq Dar and Chinese Foreign Minister Wang Yi. Islamabad proposed that an investigative team could include experts from China, Russia, or Western countries.

Pakistan Prime Minister Shehbaz Sharif also said his government is open to participating in any neutral enquiry into the Pahalgam attack.

Russia launches 150 drones on Ukraine as Trump doubts Putin's desire for peace

WORLD. Russia launched a sweeping drone assault and airstrikes across Ukraine early Sunday, killing at least four people, officials said, after US President Donald Trump cast doubt over Russian President Vladimir Putin's willingness to end the war.

Three people died and four were wounded in airstrikes on Kostyantynivka in the Donetsk region of eastern Ukraine, the regional prosecutor's office said. Another person died and a 14-year-old girl was wounded in a drone attack on the city of Pavlohrad in the Dnipropetrovsk region, which was hit for the third consecutive night, Gov. Serhii Lysak said.

The attacks came hours after Russia claimed to have regained control over the remaining parts of the Kursk region that Ukrainian forces seized in a surprise incursion in August 2024. Ukrainian officials said the fighting in Kursk was still ongoing.Trump said Saturday he doubts Putin wants to end the more than 3-year-old war, expressing new skepticism a peace deal can be reached soon. Only a day earlier, Trump had said Ukraine and Russia were "very close to a deal." "There was no reason for Putin to be shooting missiles into civilian areas, cities and towns, over the last few days," Trump wrote in a social media post as he flew back to the US after attending the funeral of Pope Francis at the Vatican, where he met briefly with Ukrainian President Volodymyr Zelenskyy. Trump also hinted at further sanctions against Russia.On Sunday evening, as he left his golf club in New Jersey, Trump told reporters he remained "disappointed" in Russia's attacks. Trump said of Putin: "I want him to stop shooting, sit down and make a deal." Asked what he would do if Russia does not stop its attacks, Trump replied: "I have a lot of things that I can do."

Vancouver festival attack suspect charged with murder as toll rises to 11

WORLD. Murder charges were filed Sunday against a suspect after a car ramming attack killed 11 people at a Filipino heritage festival in South Vancouver. The suspect, 30-year-old Kai-Ji Adam Lo, has been charged with eight counts of second-degree murder, and prosecutors say additional charges are expected.

The victims, whose ages ranged from 5 to 65, were among the dozens injured, many of them critically, during the attack on Saturday night.Lo, a resident, appeared in court and remains in custody, the Associated Press reported citing prosecutors. Authorities said the attack does not appear to be terrorism-related but confirmed the suspect has a documented history of mental health issues and past interactions with police and healthcare professionals.

The tragedy unfolded shortly after 8 p.m. during the Lapu Lapu Day festival. Witnesses reported that a black Audi SUV slowly passed a barricade before the driver suddenly accelerated into a crowded street lined with food trucks and festival goers.Kris Pangilinan, a vendor at the event, described the horrifying moment. "He sideswiped someone on his right side and I was like, 'Oh, yo yo.' And then he slammed on the gas," Pangilinan was quoted as saying by AP. "And the sound of the acceleration, it sounds like an F1 car about to start a race," he further said.The SUV's front end was heavily damaged by the impact, and scenes of chaos followed. Attendees rushed to help the wounded, while others tackled and detained the driver until police arrived.

North Korea Admits Sending Troops To Fight For Russia In War Against Ukraine

Seoul. North Korea confirmed for the first time it had deployed troops to Russia, with state news agency KCNA on Monday reporting that Pyongyang's soldiers helped Moscow reclaim territory under Ukrainian control in the Russian border region of Kursk.The admission comes just days after Russia confirmed the North's participation, with South Korean and Western intelligence agencies having long reported that Pyongyang sent more than 10,000 soldiers to help in Kursk last year.

"The sub-units of our armed forces," the North's Central Military Commission said in the KCNA report, had "participated in the operations for liberating the Kursk areas according to the order of the head of state of the Democratic People's Republic of Korea".North Korean leader Kim Jong Un's decision to deploy the troops, it said, was in accordance with a mutual defence treaty."They who fought for justice are all heroes and representatives of the honour of the motherland," Kim said according to

KCNA.

Kim added that a monument to the "battle feats" would soon be built in the capital, and referred to "the tombstones of the fallen soldiers", publicly confirming that North Korean troops had been killed in combat.

The country must "take important national measures to specially honour and care for the families of war veterans," said Kim.

According to the Central Military Commission, "the operations for liberating the Kursk area to repel the adventurous invasion of the Russian Federation by the Ukrainian authorities were victoriously concluded".Russian Chief of Staff Valery Gerasimov on Saturday hailed the "heroism" of the North Korean soldiers, who he said "provided significant assistance in defeating the group of Ukrainian armed forces".

South Korea's Ministry of Defence said Monday during a regular press briefing that



North Korea's troop deployment violates UN Security resolutions.

"By officially acknowledging it, (the North) has admitted to its own criminal acts," their spokesperson said.

'Ease internal backlash'

Experts believe the decision to publicly disclose the deployment had been agreed on in advance by North Korea and Russia."The two countries agreed to disclose the deployment because they judged that the benefits of compensation

for the troop deployment outweighed the potential damage to their international image," Yang Moo-jin, president of the University of North Korean Studies in Seoul, told AFP.By promising state benefits to the deployed troops, North Korea could also "sufficiently ease internal backlash," he said, adding that the move reflected Pyongyang's confidence.

"North Korea likely aimed to showcase that victory was achieved thanks to their involvement, thereby securing greater rewards from Russia," Yang added.Despite Moscow claiming the "liberation" of its western region, Ukrainian President Volodymyr Zelensky said Sunday that Ukraine's army was still fighting in Kursk.

Pyongyang's Central Military Commission said the operation was proof of the "firm militant friendship between the two countries of the DPRK and Russia", using an acronym for North Korea's official name.

Ignoring instructor, Army pilot's risky move led to deadly Washington crash: Report

WORLD. A risky flying manoeuvre, a series of miscommunications, and ignoring her co-pilot's warnings led to the Black Hawk helicopter crashing into an American Airlines flight over the Potomac River in the US - resulting in the deaths of 67 people aboard, including all three members of the chopper - according to a report by The New York Times.The helicopter was flying at 278 feet, way above its permissible limit of 200 feet, while the plane - flying at an altitude of 313 feet - was heading towards runway 33 at the Ronald Reagan Washington National Airport in Virginia when they collided mid-air at an altitude of about 300 feet at 8:48 pm (local time) on January 29, 2025."Not only was the Black Hawk flying too high, but in the final seconds before the crash, its pilot failed to heed a directive from her co-pilot, an Army flight instructor, to change course," read the NYT report.The report further

blames the air traffic controller for lacking both clarity and urgency in its communication with the chopper.

Captain Rebecca Lobach failed to follow her co-pilot and instructor Andrew Eaves's order to turn left in a bid to avoid the descending aircraft, ignoring his instructions just 15 seconds before the crash.The crash has also put additional focus on a flying manoeuvre - known as visual separation - which was deployed by the chopper, which was on an army training mission to take government officials to safety in case of an attack. Visual separation is often seen as a technique used by small aircraft and choppers to evacuate top government officials in case of an emergency.As per the report, the visual separation technique was not executed properly. In visual separation, the pilot assumes the responsibility of detecting and steering clear of nearby air traffic rather than only depending on radar

separation using radar surveillance - which is used to maintain a safe distance between aircrafts in a bid to avoid any collision.The practice has its limitations - poor visibility and limited range of vision from the cockpit, among others. Hence, it is allowed only under controlled conditions.In air traffic control, visual separation means that air traffic controllers use the fact that pilots can see each other and their own aircraft to ensure that they are kept apart, rather than relying solely on radar separation. This method is used in controlled airspace, especially during approaches and departures, when visual separation is deemed safe.

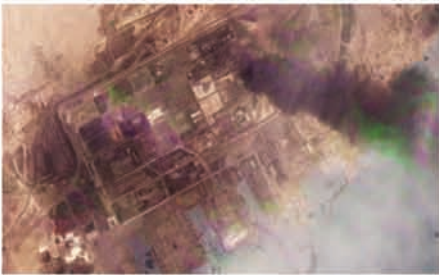
Roughly two minutes before the crash, the air traffic controller had given the chopper permission for visual separation. From that moment on, the chopper had to rely more on its own visuals than on air control's instructions to avoid any collisions.

Iran port blast toll climbs to 40, government refutes missile cargo link

DUBAI The death toll from a powerful explosion at Iran's biggest port of Bandar Abbas has risen to at least 40, with more than 1,200 people injured, state media reported on Sunday, as firefighters worked to fully extinguish the fire.Saturday's blast took place in the Shahid Rajaei section of the port, Iran's biggest container hub, shattering windows for several kilometres around, tearing metal strips off shipping containers and badly damaging goods inside, state media said.The incident occurred as Iran held a third round of nuclear talks with the United States in Oman.Fires kept breaking out in different parts of the affected area as of Sunday night, according to state media, with helicopters and fire fighters continuing efforts to extinguish them.

Chemicals at the port were suspected to have fuelled the explosion, but the exact cause was not clear and Iran's Defence Ministry denied international media reports that the blast may be linked to the mishandling of solid fuel used for missiles.A spokesperson for

the ministry told state TV the reports were "aligned with enemy psyops", saying that the blast-hit area did not contain any military cargo.The Associated Press cited British security



firm Ambrey as saying the port in March had received sodium perchlorate, which is used to propel ballistic missiles and whose mishandling could have led to the explosion.The Financial Times newspaper reported in January the shipment of two Iranian vessels from China containing enough of the ingredient to propel as many as 260 mid-range missiles, helping Tehran to

replenish its stocks following its direct missile attacks on its arch-foe Israel in 2024.Plumes of black smoke rose above the site on Sunday and pieces of twisted metal and debris lay scattered across the blast site.By early afternoon, the head of Iran's Red Crescent Society told state media the fire was 90% extinguished and officials said port activities had resumed in unaffected parts of Shahid Rajaei.A spokesperson for the country's crisis management organisation appeared on Saturday to blame the explosion on poor storage of chemicals in containers at Shahid Rajaei, adding that earlier warnings had highlighted potential safety risks.Government spokesperson Fatemeh Mohajerani cautioned against "premature speculation", saying final assessments would be shared after investigations.Negligence has often been blamed in a series of deadly incidents that have hit Iranian energy and industrial infrastructure in recent years."Did we really have to hold the

Lufthansa flight makes emergency landing in Boston after iPad gets stuck in seat

UPDATED. A Lufthansa flight bound for Munich from Los Angeles was forced to make an unscheduled landing after a passenger's iPad jammed in a business-class seat. The Airbus A380, carrying 461 passengers, was on its way to Munich when the incident occurred roughly three hours into the flight, on Wednesday, April 23.

The flight was diverted to Boston Logan International Airport early Thursday morning after the tablet showed visible signs of deformation due to the seat's movement. A Lufthansa spokesperson told Business Insider that the decision to divert the flight was made to eliminate any potential risk, particularly concerning the possibility of the device overheating.Lithium-ion batteries,



commonly found in tablets and other electronic devices, can pose serious safety risks if damaged, including the potential for thermal runaway, which could cause the battery to catch fire or even explode.The diversion was a precautionary measure, according to Lufthansa, with both the flight crew and air traffic control agreeing on the decision.After landing in Boston, a Lufthansa Technik team boarded the aircraft to safely remove and inspect the iPad. Once the device was deemed no longer a threat, the flight resumed its journey and ultimately arrived in Munich at 4:35 pm local time on Thursday, about three hours later than scheduled.This incident highlights the growing safety concerns regarding electronic devices on flights. The quick response from Lufthansa ensured the safety of all passengers and crew.

This is not the first time a passenger's electronic device has led to a flight diversion. Recently, an Air France flight was forced to return to Paris after a passenger lost their mobile phone onboard, highlighting the importance of safety when it comes to electronic

Hunger breaks everything': Desperate Gazans scramble for food

➡**The humanitarian crisis in Gaza has worsened significantly since Israel blocked all aid from entering the territory on March 2, days before resuming its military campaign following the collapse of a ceasefire.**

GAZA CITY. At the break of dawn, 10-year-old Youssef al-Najjar races barefoot, clutching a battered pot, to a community kitchen in Gaza City, only to find hundreds of others already queuing."People push and shove out of fear of missing their turn. There are little children who fall," said Youssef, his voice barely rising above a whisper.Thousands of Gazans, including many children, rush to community kitchens

every day in the hope of securing food for their families.The humanitarian crisis in Gaza has worsened significantly since Israel blocked all aid from entering the territory on March 2, days before resuming its military campaign following the collapse of a ceasefire.Supplies are dwindling and the UN's World Food Programme (WFP) on Friday said it had sent out its "last remaining food stocks" to kitchens.The weight of responsibility fell on Youssef's shoulders after his father was killed in the war.He dreams not of toys or games, but of something achingly simple: to sit at a table with his mother and sister, eating peacefully.For that, each morning, he races to the community kitchen."Sometimes, in the chaos, my pot slips from my hands, and the food spills onto the ground," he told AFP.

"I return home empty-handed... and that pain is worse than hunger."AFP footage from a community kitchen in Gaza City shows scores of boys and girls crowded outside the facility, pushing their pots and pans

forward in a desperate attempt to secure whatever food they can.One young man is even seen hitting a boy with a metal pot as he approaches a container of freshly-cooked rice."I have been waiting for over



five hours to get a plate of rice for the children to eat," said Mohammed Abu Sanad, a displaced Gazan, at another such facility."I have no income, and if we get food from the free kitchen, we eat. If not, we'll die of hunger."The WFP, one of the main providers of food assistance in Gaza,

said these kitchens were expected to run out of food "in the coming days".


'I wished I would die'

For Aida Abu Rayala, 42, the need was greater than ever."There is no flour, no bread, no way to feed my children. We stand for hours under the blazing sun and sometimes in the freezing cold," said Rayala, from central Gaza's Nuseirat area."Some days, after hours of waiting, the food runs out before my turn comes."

Rayala's home was destroyed in an air strike, and the family now lives in a tent of thin nylon sheets.One day, she waited for three hours, her feet blistering from standing.When she finally reached the counter, there was no food left."I went home with empty hands. My children cried... and in that moment, I wished I would die rather than see them hungry again."At the heart of Gaza's food assistance is Faten al-Madhoun, 52, a volunteer chef who runs a charity kitchen in Beit Lahia, northern Gaza.She and her 13 volunteers cook by hand


NEWS BOX

Alexander Zverev, Aryna Sabalenka Battle Through In Madrid Open




New Delhi. World number two Alexander Zverev was taken to the limit by Alejandro Davidovich Fokina in a gripping Madrid Open third round battle on Sunday, progressing 2-6, 7-6 (7/3), 7-6 (7/0). The Spaniard, roared on by the partisan home crowd, broke in the first and third games to claim the first set with ease. Zverev fought to get back on serve after falling a break behind at the start of the third, and saved two break points in the ninth game before a tie-break. The German won it and was stronger in the third set, breaking for a 5-4 lead. However serving for the match, Zverev was broken to love by the in-form Davidovich Fokina, ranked 29th, but it was his last hurrah as the top seed dominated the second tie-break. "The first set wasn't my best tennis, but in sport it can change very quickly, I was down a set and a break but I kept fighting and I'm very happy for the win," Zverev told TVE. "It was a very tough win... Alex was playing unbelievable tennis, the best tennis of his life." The two-time Madrid champion will face Francisco Cerundolo in the last 16, after the Argentinian overcame his compatriot Francisco Comesana in straight sets. Zverev was warned by the umpire after he took a photograph during the match of a ball mark, debating an electronic line-call which said one of the Spaniard's shots was in. "I honestly think there was a defect in the system," he told reporters. "I'm a fan of the electronic line calling, but the ball was not like a little bit, one millimetre in, one millimetre out, it was like four, five centimetres (out)."

Rishabh Pant fantastic as LSG captain, batting dip not due to price tag: Zaheer Khan




New Delhi. Former India fast bowler and Lucknow Super Giants mentor Zaheer Khan jumped to the defence of Rishabh Pant, saying the wicketkeeper-batter will return to form sooner rather than later and that the team management has full faith in him. Pant has been enduring one of the leanest patches of his career, managing just 110 runs in nine innings at an average of 12. After Rishabh Pant said he was not overly concerned about his form, mentor Zaheer Khan also played down suggestions that the captain's struggles were due to the pressure of his hefty price tag. Pant was bought by LSG for Rs 27 crore - the costliest signing in IPL history. Pant has appeared low on confidence with the bat, struggling to find any rhythm during his innings. More often than not, he has failed to give himself enough time at the crease, trying to do too much too early. Barring a fifty against Chennai Super Kings, Pant has not crossed the 25-run mark in any of his other eight innings in IPL 2025. "I wouldn't relate it to anything like that. He is a leader and he has been fantastic as a leader, that's something I can vouch for," Zaheer said after LSG's 54-run defeat to MI at Wankhede Stadium on Sunday. "The kind of efforts he has been taking to ensure each and every individual in the group is comfortable, is heard, and that the planning around everything in the IPL is spot on. "As a leader, he is ticking all the boxes. As a batter, the middle order is dependent on Rishabh and I am very confident that the impact we want from him will come. It's just about something clicking," he added. Pant had an opportunity to lead LSG's chase after they slipped to 60 for 2 in the seventh over, losing Aiden Markram and Nicholas Pooran - two of their most consistent batters this season. LSG needed someone to anchor the innings in a mammoth chase of 216, but Pant threw his wicket away on the second ball he faced, attempting a reverse sweep against part-time off-spinner Will Jacks.

IPL 2025: Underrated Krunal Pandya proves his worth in stellar stint with RCB




Challengers Bengaluru, Krunal Pandya is a man transformed. The 34-year-old all-rounder has rediscovered his verve, thriving in a team that finally feels greater than the sum of its parts. On Sunday, during RCB's record-breaking sixth consecutive away win of IPL 2025, Krunal took centre stage. First with the ball - where he was miserly and menacing - conceding just 28 runs in his four overs and snaring the prized wicket of Faf du Plessis. In tandem with the promising young leg-spinner Suyash Sharma, Krunal applied the spin chokehold on Delhi Capitals on a sluggish, two-paced surface at the Arun Jaitley Stadium. It was an all-round bowling effort that restricted Delhi to a modest 162 for 8 from their 20 overs - and laid the platform for what was to come. Krunal, long regarded for his utility, shone brightly with the bat as well. Registering his first fifty-plus score in the IPL since the 2016 season, he hit an unbeaten 73 off just 47 balls. Alongside the ever-reliable Virat Kohli, Krunal stitched a decisive 119-run partnership that turned a rocky start - RCB had slumped to 26 for 3 in the powerplay - into a composed, confident chase, completed with an over to spare. Krunal has always been a wholehearted trier, leaving nothing behind on the field. This time, however, his hard work was rewarded with numbers - and impact - for all to see. "It is always good to see the results. Sometimes, when you have put the hard work in behind the scenes, it feels good when it comes off. It is quite satisfying," Krunal said after the match. The opportunity to bat higher up the order came following Rajat Patidar's unfortunate run-out. With RCB seeking to maintain a left-right combination, Krunal was promoted to No. 5 - and he seized the moment. The Baroda all-rounder took his time settling in, scratching his way to 24 off 26 balls. But once the gears shifted, he was unstoppable - dispatching Mukesh Kumar, Kuldeep Yadav, and Dushmantha Chameera to all parts. With Kohli anchoring from the other end, Krunal grew in authority, timing the ball sweetly and finding gaps at will. His unbeaten 73 - peppered with timing, placement, and resolve - was a statement innings. **KRUNAL'S MOST SUCCESSFUL SEASON WITH BALL** While his batting resurgence is encouraging, it is Krunal's bowling that has been his standout contribution this season. Across 10 matches, Krunal has already collected 13 wickets - the most he has managed in any IPL season. The left-arm spinner has matured into a complete operator, mixing aggression and containment with impressive poise. **Shane Bond rues not seizing 'key moments' as RR aim for good finish to the season**

T20I comeback for KL Rahul? Kevin Pietersen backs DC star at No. 4 for India




New Delhi. Delhi Capitals (DC) mentor Kevin Pietersen said KL Rahul is the ideal choice for India's No. 4 spot in T20Is. After joining the franchise for Rs 14 crore, the right-handed batter has delivered strong performances, scoring 364 runs in eight games at a strike rate of 146.18 and an average of 60.66, including three half-centuries. Rahul, who has two T20I centuries for India, has not featured for the national side since the T20 World Cup 2022 semi-final against England at the Adelaide Oval. Speaking after DC's six-wicket loss to Royal Challengers Bengaluru (RCB) on Sunday, Pietersen emphasised that, given Rahul's current form, he deserves a comeback to the Indian team. "I would back KL at four for India in T20 cricket. I think you guys have got plenty of opening batters. You've got Rohit (Sharma), you've got Surya (Suryakumar Yadav) who bats at the top, you've got all of these guys. But the way that KL Rahul is playing cricket now — he would be my first choice to bat at four and keep wicket for India," Pietersen was quoted as saying in the post-match press conference. Rahul scored 41 runs off 39 balls, hitting three fours, to help DC post 162 for eight in 20 overs. However, his efforts went in vain as RCB chased down the target with nine balls to spare. **"Rahul is so positive"** Pietersen praised Rahul for his positive approach and highlighted his strong performances in the Champions Trophy, where he amassed 140 runs at an average of 140, with a top score of 42* against Australia in Dubai. Pietersen added that he has had discussions with Rahul about making adjustments to his technique to better handle the demands of T20 cricket. "I don't think that they've changed their way necessarily just since I've joined the franchise. They changed — certainly KL has been playing in a very positive manner since late last year, mid to late last year. We saw how he finished off a couple of the games for India and almost sealed the deal for you guys in the Champions Trophy in Dubai," Pietersen said.

Mikel Arteta Faces Champions League Showdown With Mentor Luis Enrique



New Delhi. Arsenal boss Mikel Arteta will have to beat one of the most influential figures in his football life when the Gunners face Luis Enrique's Paris Saint-Germain in the Champions League semi-finals. Arteta's side host PSG in the first leg on Tuesday as the Spaniard aims to lead Arsenal to only the second Champions League final appearance in their history. Standing in his way is a close friend who, along with Manchester City boss Pep Guardiola, played a major role in his compatriot's impressive transition from the pitch to the dug-out. Luis Enrique was a senior star at Barcelona when Arteta started his playing career at the Camp Nou, a period that had a major impact on his managerial philosophy with Arsenal. "He was extremely supportive with the young players, he was one of the main characters by far. I have really good memories of him," Arteta said. "What I love about him is wherever he's been, as a player or a manager, his fingerprints are all over the place. "You can sense it's his team with the way his players behave, the way they want to attack and dominate games." The pupil has already got the better of his mentor once this season, when Arsenal eased to a 2-0 win over PSG in the league phase at the Emirates in October. But PSG have improved dramatically since then, in large part because Luis Enrique's decision to drop Ousmane Dembele against Arsenal for disciplinary reasons has inspired the France forward's superb run of form. It was the kind of ruthless gamble that Arteta is willing to take himself. "I admire his honesty. He will look in your eyes and tell you what he thinks. In the end, players appreciate that," Arteta said. "An unbelievable personality, huge character, huge energy. I learnt a lot of things from him. "For me he's one of the best coaches in the world and someone who helped me a huge amount. I have the utmost respect both for how he is as a person and his way of working." The feeling is mutual, with Luis Enrique saying: "He is one of the best coaches at the moment. "He changed Arsenal's fortunes from a somewhat winless streak to one of the best teams in the world that is competing for titles."

How Arne Slot's Liverpool won a Premier League race that felt different



In a Premier League season shaped by Liverpool's dominance, it was the fierce, unforgiving chase between the chasing pack that truly brought the heartbeat and drama week after relentless week. **New Delhi.** Liverpool clinching their second Premier League title and 20th domestic crown might invite talk of a fierce title race — but under Arne Slot's stewardship, the story was significantly different from seasons past. While many spoke about a "title race," the points tally told a very different tale. At first glance, the answer seems straightforward. Liverpool, with 82 points and four matches still left to play, looked far ahead of the chasing pack. Arsenal, sitting second with 67 points, appeared distant enough to suggest a one-sided procession. But once you look beyond the top two, the entire perspective shifts dramatically. **A fight of slender margins** While Slot's Liverpool charged towards the Premier League crown with authority, the real heartbeat of the season was the fierce, razor-thin battle that raged below them. Arsenal held second place with 67 points — yet Newcastle (62), Manchester City (61), and Chelsea (60) were stacked tightly behind. Nottingham Forest, with 60 points and a game in hand, lurked dangerously close, while Aston Villa, on 57, stayed just one win away from the European spots. This campaign hasn't just been about Liverpool's brilliance. It thrived on a breathless, no-margin-for-error chase among the rest — where every twist, every stumble, and every late goal reshaped the narrative. **How is it different from the past?** Every slip or surge this season carried far greater consequences than in previous years. Compare that to past seasons, and the contrast is stark: 2023-24: Manchester City dominated with 91 points, with only Arsenal (89) within reach. Aston Villa, fourth, trailed far behind on 68. 2022-23: Manchester City again led comfortably with 89 points, Arsenal followed with 84, while Manchester United and Newcastle were spaced out on 75 and 71. 2021-22: City narrowly edged Liverpool 93 to 92, but Chelsea (74) and Tottenham (71) were safe in third and fourth, respectively. 2019-20: During Liverpool's previous title win, they stormed to 99 points, leaving Manchester City (81) and the rest far adrift. In contrast, the 2024-25 season offered no such breathing room. Smaller sides rose, traditional giants stumbled, and the race for Europe — and pride — became ruthlessly unforgiving.

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Sonakshi Sinha's

Husband Zaheer Iqbal Reveals Why He Married Her: 'Because You Are...'

Sonakshi Sinha and Zaheer Iqbal made a lot of heads turn as they walked the ramp as a couple for the first time during Bombay Times Fashion Week for Aynaa World. Sonakshi used her YouTube channel to give us an insight into the behind-the-scenes fun before walking the ramp. As Sonakshi is getting her hair done, Zaheer enters the room and says, “Kya sunhera waatavaran hain” (what a nice ambiance). To which, Sonakshi points out, “Sunhera means golden”. Stressing that he knows what sunhera means, Zaheer replies, “that’s why I married you because you are sunhera, Golden.”

As Zaheer was getting his makeup done he cracked some jokes, entertaining everyone with his usual sense of humor. Before Sonakshi wore her outfit, the team shot an elaborate video of it, which was also seen in the YouTube video on Sonakshi’s channel. From choosing her jewelry to taking fun digs at each other, to turning partners in crime to scar a member of their staff, Sonakshi and Zaheer most definitely enjoyed their time getting ready for the event.

The clip ends with Sonakshi and Zaheer having a fun banter about who got ready first.

Flaunting the showstopper outfit, Sonakshi was a sight for the sore eyes in a glamorous golden and beige lehenga set. The diva paired a golden blouse with a matching skirt that included floral detailing and golden embellishments, and a matching sheer dupatta that was worn like a cape. Sonakshi’s look was further enhanced with a diamond necklace, earrings, and ring. She tied her look with a glowy base, heavy blush and highlighter, contoured cheeks, mascara-coated lashes, winged liner, shimmery lids, and glossy nude lips.

Meanwhile, Zaheer accompanied Sonakshi in a matching three-piece shervani set. Sonakshi and Zaheer are always seen having a good time with one another. Their Instagram feed is also full of such fun banter between the two.



Farah Khan's Cook Dilip Tries Impressing Archana Puran Singh's Cook, Says 'I'm Salman Khan': 'Kis Angle Se?'



Bollywood’s favourite vlog queens, Archana Puran Singh and Farah Khan, teamed up for a super fun video recently. Farah took a ferry all the way to Archana’s fancy mansion in Madh, bringing along her go-to chef, Dilip. And Dilip was shook by how huge and gorgeous the place was! It was Farah’s first time there too, and she told Archana she’s super proud of all she’s achieved. Archana’s whole family — hubby Parmeet and sons Ayushmaan and Aaryamann — welcomed them warmly. But then came the tea... the boys spilled that Archana can’t cook at all! She once tried to toast bread in an air fryer because she couldn’t find a toaster.

One of Archana’s sons offered to make Farah his special vegan pasta with a sauce made from cauliflower. Farah wasn’t sure about it at first and made a face, but agreed to try it. She was surprised when the sauce tasted just like Alfredo, even without any cheese or cream. While the food was cooking, Farah joked around with Dilip. She asked Archana if she had her own “Dilip,” and Archana laughed and said, “Yes, Bhagyashree. Shall we call her as well?”

Bhagyashree came into the kitchen, and Farah asked Dilip if he knew her. Dilip said he knew the actress Bhagyashree. Farah joked, “Is there just one Bhagyashree in the world?” Dilip looked at Archana’s cook and asked if she was married, which left her shocked. Dilip pretended to be upset and said, “If she’s Bhagyashree, then I’m Salman Khan.” The cook quickly replied, “Kiss angle se?”

Farah Khan had previously teased Dilip’s upcoming shoot with Shah Rukh Khan in an earlier vlog featuring actor Karan Patel but had kept the details under wraps until now. Dilip rose to fame from Farah’s vlogs and is popular for his quick-witted humour.

Nikita Dutta Posts Hot BTS Pics With Saif Ali Khan, Jaideep Ahlawat From Jewel Thief Sets



Nikita Dutta shared BTS photos from Netflix's Jewel Thief with Saif Ali Khan and Jaideep Ahlawat. The film released on April 25.

Nikita Dutta has shared screen space with Saif Ali Khan and Jaideep Ahlawat in Netflix’s Jewel Thief. Since the film’s release, the actor has treated fans to fun behind-the-scenes (BTS) photos from the heist thriller. On Sunday, she yet again dropped multiple glimpses from the sets featuring both her co-stars, all clicked on her phone by her team. From her makeup sessions, to selfies with her co-star, to how important scenes in the film were shot, Nikita Dutta bared it all out for her fans. She also mentioned, “My phone camera BTS edition.” Take a look at her photos here:

Recently, Nikita Dutta spoke about Jaideep Ahlawat and shared insights into his off-screen personality. She told Instant Bollywood, “He is not serious like that as a personality off-camera. He is actually a lot of fun. There was one scene in which I had to hold a cigarette, and I don’t smoke at all. So I was really struggling with how to hold it. And I was really struggling with what was looking nicer on camera, what is comfortable kya hai, and whether I should blow here or there. So, I was so lost in that, and then he just casually gave me some suggestions where I didn’t even have to, like, do anything. He did something. After that, I was like, How?”

Elaborating further, she said that this was not the first time Jaideep gave her random suggestions. “This isn’t once. Inhone do teen baar unhone mujhe aise hi random suggestions diye ki aap aise karke dekh lo. Wo bade quietly aakar bol dete hai, bade casually. (This isn’t once. Two or three times he gave me random suggestions like this, that you should try this. He comes and gives the suggestions very politely, very casually),” she added.

About Jewel Thief: The Heist Begins, the Netflix heist thriller is directed by Kookie Gulati and Robbie Grewal. The high-octane heist thriller, spanning exotic locales—Budapest, Istanbul, and Mumbai—is penned by Sumit Arora and produced by Siddharth Anand and Mamta Anand under their Marflix production. Jewel Thief stars Saif Ali Khan, Jaideep Ahlawat, Kunal Kapoor, and Nikita Dutta in lead roles. It is streaming on Netflix from April 25.

Shruti Haasan

Reacts To People Asking Her 'Which Number Boyfriend Is This': 'I Failed At Having The Love...'

Shruti Haasan has always been open about her relationships, including her past with actor Michael Corsale and artist Santanu Hazarika. In a recent interview with Filmfare, she said she has no regrets and spoke about how people sometimes ask her, “Which number boyfriend is this?” When asked if there’s anything she would change in her life, Shruti



said she doesn’t regret her choices but feels bad about hurting a few people who mattered to her. She said she made mistakes, but that’s part of life, and now spends time saying sorry to those she may have hurt.

She said, “I have hurt some people and I wish I didn’t do that. Everything else, I have like zero regrets. I’m like, okay, I was a clown, it’s fine. Just some people that were very valuable to me, I hurt them by mistake and I always now spend

my time saying sorry for it.” Shruti Haasan shared that she often wishes she hadn’t been so influenced by her relationships. She admitted this hasn’t changed much over time. She said that while everyone has that one “dangerous ex,” she generally moves on without regret. Addressing comments about her dating life, she said, “We all have that one

dangerous ex, apart from that, I do close the chapter with no regrets. That’s why when people say, oh, which number boyfriend is this? You’re not understanding – for you it’s a number, for me it’s the number of times I failed at having the love I want. So, I don’t feel bad about it...but I feel a little bad. Of course, I’m human.”

Shruti Haasan said she doesn’t blame her partner when a relationship ends because people change differently. She added that she’s always been loyal and good in her relationships and doesn’t feel the need to explain herself if she decides to move on. Shruti Haasan was last seen in the 2023 films Veera Simha Reddy, Waltair Veerayya, The Eye, Hi Nanna, and Salaar: Part I – Ceasefire. She is currently working on Coolie, Jana Nayagan, and Train.

