

अब मोदी की नसों में खून नहीं, गर्म सिंदूर बह रहा : प्रधानमंत्री

BIKANER : ऑपरेशन सिंदूर के बाद गुरुवार को पहली बार प्रधानमंत्री नरेंद्र मोदी राजस्थान के बीकानेर पहुंचे। जिला मुख्यालय से 22 किमी दूर देशनोक के पलाना में हुई सभा में मोदी करीब 40 मिनट बोले। उन्होंने साफ कर दिया कि पाकिस्तान की हर हरकत का करारा जवाब दिया जाएगा। भारतीयों की जान से खेलने वालों को कतई बख्शा नहीं जाएगा। एटम बम की गोदड़ भभकियों से भारत डरने वाला नहीं है। हिंदुस्तान का लहू बहाने वालों को कतर-कतर का हिसाब चुकाना पड़ेगा। पाकिस्तान भारत से कभी सीधी लड़ाई नहीं जीत सकता। इसलिए आतंकवाद को भारत के खिलाफ हथियार बनाया है। पाकिस्तान एक बात भूल गया कि अब मां भारती का सेवक मोदी यहां सीना तानकर खड़ा है। मोदी का दिमाग टंडा है, टंडा रहता है, लेकिन मोदी का लहू गर्म है। अब तो मोदी की नसों में लहू नहीं, गर्म सिंदूर बह रहा है। संबोधन के पहले प्रधानमंत्री मोदी ने पाकिस्तान की सीमा के नजदीक देशनोक से देश के 103 रेलवे स्टेशनों का उद्घाटन किया। बीकानेर-बांद्रा ट्रेन को हरी झंडी दिखाई। इसके साथ ही 26 हजार करोड़ रुपये के अन्य विकास कार्यों का शिलान्यास और उद्घाटन भी किया।

SHARE	
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सोना	: 9,155
चांदी	: 112.00
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BRIEF NEWS

मणिपुर में सात उग्रवादी गिरफ्तार, हथियार जब्त

IMPHAL : मणिपुर में सुरक्षा बलों का अवैध हथियारों और उग्रवादियों के खिलाफ अभियान जारी है। पश्चिम इंगाल और काकचिंग जिले के विभिन्न स्थानों पर अभियान चलाकर पुलिस ने भारी मात्रा में अत्याधुनिक अवैध हथियार जब्त किया है। साथ ही सात उग्रवादियों को गिरफ्तार किया है। राज्य पुलिस मुख्यालय के अनुसार पश्चिम इंगाल जिले के कंजीपुर में अभियान चलाकर पुलिस ने दो पीएलए उग्रवादियों को गिरफ्तार किया।

सलमान के घर में घुसने का प्रयास, एक महिला अरेस्ट

MUMBAI : गुरुवार को बॉलीवुड स्टार सलमान खान के घर में अवैध रूप से घुसने की कोशिश करने वाली महिला को मुंबई पुलिस ने अरेस्ट कर लिया है। पुलिस महिला से पूछताछ कर रही है। सलमान के घर में घुसने की कोशिश करने वाली यह महिला आखिर कौन है। उसने सलमान के गैलक्सी अपार्टमेंट में घुसने की कोशिश की थी, इस बारे में अभी तक कोई जानकारी सामने नहीं आई है।

न्यायिक हिरासत में भेजे गए शराब घोटाला के तीन आरोपी आईएएस विनय चौबे की बिगड़ी तबीयत, रिस्स में कराए गए भर्ती

PHOTON NEWS RANCHI : गुरुवार को शराब घोटाला मामले में गिरफ्तार जेएसबीसीएल के तत्कालीन फाइनेंस हेड सुधीर कुमार दास, वर्तमान जीएम सुधीर कुमार और मेन पावर स्प्लाइ कंपनी के कर्मचारी नीरज कुमार सिंह को कड़ी सुरक्षा के बीच एसीबी की विशेष अदालत में पेश किया गया। इसके बाद कोर्ट ने सभी आरोपियों को न्यायिक हिरासत में भेज दिया है। दूसरी ओर इस मामले के आरोपी आईएएस अधिकारी विनय चौबे

विनय चौबे को तबीयत खराब होने के कारण रिस्स में भर्ती कराया गया। विनय कुमार चौबे को रिस्स में उच्च रक्तचाप व गुर्दा संबंधी परेशानी के कारण रिस्स में भर्ती किया गया है। उन्हें मेडिसिन विभाग के सह प्राध्यापक डॉ. ऋषि तुहिन गुड़िया की देखरेख में भर्ती किया गया है।

देशनोक से देश के 103 रेलवे स्टेशनों का किया उद्घाटन कहा- पाक की हर हरकत का दिया जाएगा करारा जवाब



22 मिनट में तबाह किए आतंकी ठिकाने

अपने संबोधन में पीएम ने कहा, 22 अप्रैल को आतंकवादियों ने धर्म पुछकर हमारी बहनो का सिंदूर उजाड़ा था। गोलिएया पहलगाम में वली थी, उन गोलियों से 140 करोड़ देशवासियों का सीना छलनी हुआ था। तीनों सेनाओं को खुली छूट दे दी थी और तीनों सेनाओं ने पाकिस्तान को घुटने

झारखंड के तीन रेलवे स्टेशनों का भी किया उद्घाटन, इनमें खूंटी का गोविंदपुर, साहिबगंज का राजमहल व देवघर का शंकरपुर स्टेशन शामिल

RANCHI : झारखंड के तीन रेलवे स्टेशन अमृत भारत स्टेशन योजना के तहत पुनर्विकसित किए गए हैं। इन सभी स्टेशनों में अत्याधुनिक सुविधाएं डेवलप की गई हैं। गुरुवार को प्रधानमंत्री नरेंद्र मोदी ने अन्य स्टेशनों के साथ झारखंड के जिन 3 स्टेशनों का वरुअली शुभारंभ किया है, उनमें खूंटी का गोविंदपुर रोड स्टेशन, साहिबगंज का राजमहल और देवघर का शंकरपुर स्टेशन शामिल हैं। इन तीनों स्टेशनों पर करोड़ों रुपए खर्च कर इन्हें डेवलप किया गया है। खूंटी के गोविंदपुर रोड स्टेशन को 6.65 करोड़ रुपये, साहिबगंज के राजमहल स्टेशन को 7.03 करोड़ रुपये और देवघर जिले के शंकरपुर स्टेशन को 7.7 करोड़ रुपये की लागत से तैयार किया गया है। शंकरपुर स्टेशन को देवघर एम्स के नजदीकी रेलवे स्टेशन के रूप में शंकरपुर हॉटल को विकसित किया गया है।

तीनों स्टेशनों पर करोड़ों रुपये खर्च कर किया गया है डेवलप

राजमहल स्टेशन बना एयरपोर्ट जैसा

पूर्व रेलवे के मालदा मंडल में आने वाला राजमहल रेलवे स्टेशन अब पूरी तरह नए रूप में तैयार है। स्टेशन को आधुनिक सुविधाओं से लेस किया गया है। स्टेशन भवन आकर्षक रंगीन और डिजाइन से सजा है। प्लेटफॉर्म को लंबा किया गया है। अब लंबी ट्रेनें आसानी से यहां खड़ी हो सकेंगी।

नया रेल कनेक्शन बना शंकरपुर स्टेशन

देवघर में जसीडीह-मधुपुर रेलखंड पर स्थित शंकरपुर रेलवे स्टेशन का अमृत भारत योजना के तहत आधुनिकीकरण किया गया है। देवघर एम्स के नजदीकी रेलवे स्टेशन के रूप में इसे विकसित किया गया है। यात्रियों की सुविधा के लिए कई नए बदलाव किए गए हैं।

रांची, खूंटी और राउरकेला को जोड़ता है गोविंदपुर रोड स्टेशन

गोविंदपुर रोड रेलवे स्टेशन हटिया-राउरकेला लाइन पर है। यह एकमात्र ऐसा स्टेशन है जो रांची, खूंटी और राउरकेला जैसे बड़े शहर को एक लाइन में जोड़ता है। रेलवे की ओर से बताया गया कि इस स्टेशन से वर्तमान में तीन एक्सप्रेस ट्रेन और दो पैसेंजर ट्रेन गुजरती है।

हेमंत की अध्यक्षता में हुई स्टेट कैबिनेट की मीटिंग, 10 प्रस्तावों पर मुहर

41755 छात्रों को दी जाएंगी फ्री पाठ्य पुस्तकें व कॉपियां

9वीं से 12वीं तक के छात्रों को विज्ञान विषय पर आधारित मिलेगी मासिक पत्रिका

- 11वीं-12वीं के छात्रों को प्रतियोगी परीक्षा की तैयारी के लिए दी जाएगी विशेष पत्रिका
- राज्य में जल संसाधन आयोग के गठन के प्रस्ताव को मिली मंजूरी
- राज्य के विकास आयुक्त संमालेंगे आयोग के अध्यक्ष की जिम्मेदारी
- जल की उपलब्धता, संरक्षण, सतत उपयोग तथा नीति निर्धारण में मदद करेगा आयोग
- आउटसोर्स कर्मियों के लिए वार्षिक तीन प्रतिशत वेतन वृद्धि को दी गई स्वीकृति



शिक्षा क्षेत्र को सशक्त बनाने के लिए अहम निर्णय

इस बैठक में शिक्षा क्षेत्र को सशक्त बनाने के लिए भी अहम निर्णय लिए गए। राज्य के अल्पसंख्यक, मदरसा और संस्कृत विद्यालयों में कक्षा 9वीं और 10वीं में पढ़ने वाले 41,755 छात्रों को निःशुल्क पाठ्य पुस्तकें और कॉपियां देने की योजना को मंजूरी दी गई। इस पर वार्षिक 4.84 करोड़ का

मैनपावर आउटसोर्सिंग रेगुलेशन नीति मंजूर

राज्य सरकार ने झारखंड मैनपावर आउटसोर्सिंग रेगुलेशन नीति को भी स्वीकृति दी है। इस नीति के तहत आउटसोर्स कर्मियों को न्यूनतम 5 वर्षों की सेवा, उसके बाद 3 वर्ष का विस्तार, वार्षिक 3 प्रतिशत वेतन वृद्धि, न्यूनतम वेतन की अनिवार्यता, ग्रुप एक्सीडेंट इश्योरेंस और आरक्षण नीति का पूर्ण पालन सुनिश्चित किया जाएगा। न्यायिक सेवा क्षेत्र में भी एक महत्वपूर्ण निर्णय लिया गया, जिसके तहत झारखंड वरीय न्यायिक सेवा में विदेशी को जिला न्यायाधीश के पद पर सीधी भर्ती के माध्यम से नियुक्त करने की स्वीकृति दी गई। इसी प्रकार, दो लिफ्टों को क्षेत्रीय सर्गम से सचिवालय सेवा सर्गम में स्थानांतरित करते हुए नई नियुक्तियों को मंजूरी दी गई।

निर्धारण में सहयोग देना होगा। विकास आयुक्त होंगे, जबकि जल संसाधन विभाग के सचिव कार्यकारी समिति के सचिव बनाए जाएंगे। आयोग में तकनीकी विशेषज्ञों को भी शामिल किया जाएगा।

सीजेआई बीआर गवर्नर व जस्टिस अगस्टीन जॉर्ज मसीह की बेंच में तीन दिनों तक चली हियरिंग वक्फ कानून पर सुनवाई पूरी, अंतरिम फैसला रिजर्व

NEW DELHI : गुरुवार को सुप्रीम कोर्ट ने वक्फ (संशोधन) अधिनियम 2025 की वैधता को चुनौती देने वाली याचिकाओं पर सुनवाई पूरी करली। तीन मुद्दों पर अपना अंतरिम आदेश सुरक्षित रख लिया है। इन मुद्दों में कोर्ट द्वारा वक्फ घोषित संपत्तियों को डिनोटिफाइड करना, वक्फ-बाय-यूजर या वक्फ बाय डीड शामिल है। फैसला सुरक्षित रखने से पहले सीजेआई बीआर गवर्नर और जस्टिस अगस्टीन जॉर्ज मसीह की बेंच ने लगातार तीन दिनों तक वक्फ कानून का विरोध करने वाले याचिकाकर्ताओं के वकील कपिल सिब्बल, राजीव धवन, अभिषेक सिन्घवी और सरकार की तरफ से सॉलिसिटर जनरल तुषार मेहता की दलीलें सुनीं।

कपिल सिब्बल बोले- 200 साल पुराने कब्रिस्तान भी छिन जाएंगे

- सरकार नहीं उठा सकती है अपनी गलती का फायदा
- अभिषेक मनु सिंघवी ने कहा, भगवान नहीं बन सकता कोई कानून

जमीन का रजिस्ट्रेशन क्यों नहीं कराया गया : सीजेआई

सुनवाई के दौरान याचिकाकर्ताओं की तरफ से पेश वकील कपिल सिब्बल ने कहा कि वक्फ के दर्जे को लेकर एक बार जांच शुरू हो जाए तो रिपोर्ट आने तक वक्फ का दर्जा खतम हो जाता है। 200 साल से भी पुराने

सरकारी जमीन पर किसी का नहीं हो सकता कोई हक

बुधवार की सुनवाई में केंद्र की तरफ से सॉलिसिटर जनरल (तुषारजी) तुषार मेहता ने कोर्ट से कहा था कि सरकारी जमीन पर किसी का कोई हक नहीं हो सकता, चाहे वो वक्फ बाय यूजर के आधार पर ही क्यों न हो। सॉलिसिटर जनरल ने तर्क दिया था, वक्फ एक इस्लामी अवधारणा है, इस पर कोई विवाद नहीं है, लेकिन वक्फ इस्लाम का अनिवार्य हिस्सा नहीं है। जब तक यह साबित न हो जाए, बाकी तर्क विफल हो जाते हैं।

बड़ा फैसला परमाणु ऊर्जा क्षेत्र को नियंत्रित करने वाले कानूनों में होगा अमेंडमेंट

भारत में न्यूक्लियर पावर सेक्टर में भी निजी निवेश का मिलेगा मौका

PHOTON NEWS @ RESEARCH DESK : मोदी सरकार अपने तीसरे कार्यकाल में विकास के चारों नए आयामों को आगे बढ़ा रही है, जो पहले बंद पड़े थे। आर्थिक सुधार की दृष्टि से विकास के लिए आयाम संपूर्ण अर्थ प्रणाली को नया बूस्टर डोज दे सकते हैं। हाल में यह महत्वपूर्ण जानकारी सामने आई है कि अब न्यूक्लियर पावर सेक्टर में भी निजी निवेश को एक सीमा तक मान्यता दी जाएगी। परमाणु ऊर्जा विभाग के अधिकारियों ने हाल ही में कहा कि परमाणु ऊर्जा मिशन का उद्देश्य भारत की बढ़ती ऊर्जा मांग को पूरा करने के लिए निजी क्षेत्र की भागीदारी का लाभ उठाना, नियामक ढांचे को सरल बनाना और परमाणु ऊर्जा उत्पादन को बढ़ाना है। इसे लेकर केंद्र सरकार परमाणु ऊर्जा क्षेत्र को नियंत्रित करने वाले कानूनों में महत्वपूर्ण संशोधन करने पर विचार कर रही है। ऐसा करने के पीछे सरकार की मंश परमाणु ऊर्जा क्षेत्र में निजी निवेश को आकर्षित करना और निजी क्षेत्र की भागीदारी सुनिश्चित करना है। इसके लिए सरकार संसद के आगामी मानसून सत्र में संशोधन पेश कर सकती है।

इसी साल मानसून सत्र में संशोधन विधेयक पेश किए जाने की संभावना अभी से 2047 तक कम से कम 100 गीगावाट परमाणु ऊर्जा उत्पादन है लक्ष्य

ऊर्जा संयंत्रों के निर्माण के लिए उपकरणों के आपूर्तिकर्ताओं के दायित्व भी होंगे निर्धारित परमाणु क्षति के लिए नागरिक दायित्व अधिनियम में भी बदलाव की है तैयारी

भारतीय परमाणु ऊर्जा निगम लिमिटेड देशभर में परमाणु ऊर्जा संयंत्रों का करता है संचालन

भारतीय राष्ट्रीय अंतरिक्ष संवर्धन व प्राधिकरण केंद्र के मॉडल का हो रहा मूल्यांकन

इस क्षेत्र में ऊर्जा उत्पादन में वृद्धि के कारण प्रदूषण की समस्या होगी नियंत्रित

मृतक के परिजनों ने लगाया मारपीट का आरोप पुलिस कस्टडी में साइबर क्राइम के आरोपी की मौत, जमकर हुआ हंगामा

PHOTON NEWS DEOGHAR : गुरुवार को देवघर में साइबर क्राइम के एक आरोपी को पुलिस कस्टडी में मौत के बाद जमकर हंगामा हुआ। मृतक के परिजनों ने पुलिस पर मारपीट का आरोप लगा सड़क जाम कर विरोध प्रदर्शन किया। प्रदर्शनकारियों ने पथराव भी किया। इसके बाद पुलिस ने लाठी भाज कर भीड़ को गैसर-बितर किया। पुलिस को आंसू जैस के गोले भी छोड़ने पड़े। जानकारी के अनुसार, साइबर थाना और स्थानीय पुलिस ने पालोजोरी थाना क्षेत्र के दुधनी गांव में छापेमारी कर 4 युवकों को हिरासत में लिया था। पृष्ठताछ के क्रम में 35 वर्षीय मेराज अंसारी की तबीयत अचानक बिगड़ गई।



सड़क जाम कर प्रदर्शनकारियों ने किया पथराव, पुलिस ने मांजी लाठियां, छोड़े आंसू जैस के गोले

उसे सदर अस्पताल ले जाया गया, जहां डॉक्टरों ने उसे मृत घोषित कर दिया। पोस्टमॉर्टम के बाद जब शव को पालोजोरी ले जाया गया तो आक्रोशित ग्रामीणों और परिजनों ने सड़क जाम कर विरोध प्रदर्शन किया। स्थिति तनावपूर्ण हो गई।

● **ફોટોન ન્યૂજ**

पोषक तत्वों से भरपूर भिंडी, गर्मी के लिए है बेस्ट



हरी और लंबी-लंबी सब्जी जिसे लेडीज फिंगर या भिंडी और कई जगह ओकरा भी कहते हैं न केवल स्वाद में बेहतरीन बल्कि पोषक तत्वों से भी भरपूर होती है। भिंडी में पर्याप्त मात्रा में फाइबर के साथ विटामिन ए, सी के साथ पोटेशियम और मैग्नीशियम जैसे खनिज तत्व के साथ एंटीऑक्सिडेंट भी पाए जाते हैं। सुपाच्य और ठंडी तासीर की वजह से यह गर्मी के मौसम के लिए बेहतरीन सब्जियों की लिस्ट में शामिल है। गर्मियों में भिंडी बाजार में आसानी से मिल जाती है, इसलिए इस सीजन में लोग भिंडी का सेवन करते हैं। यह स्वादिष्ट होने के साथ ही सुपाच्य भी होती है। स्वाद से भरपूर भिंडी खाने से कई फायदे भी मिलते हैं।

अमेरिका की नेशनल लाइब्रेरी ऑफ मेडिसिन में प्रकाशित एक अध्ययन (2021) में इसकी महता बताई गई है। स्टडी के अनुसार, ओकरा की उत्पत्ति इथियोपिया के पास हुई थी, जहां 12वीं शताब्दी के दौरान मिस्र में इसे उगाया जाता था और उसके बाद पूरे मध्य पूर्व और उत्तरी अफ्रीका में इसकी खेती होने लगी। ओकरा को ज्यादातर उष्णकटिबंधीय और उपोष्णकटिबंधीय क्षेत्रों में उगाया जाता है और यह एक लोकप्रिय फसल है। यह व्यापक रूप से उगाई जाने वाली खाद्य फसल है और विश्व स्तर पर अपने स्वाद के लिए जानी जाती है। भिंडी की हरी फली की आमतौर पर सब्जी बनाई जाती है, जबकि फली का अर्क सूप के साथ-साथ सॉस के कई व्यंजनों में उनकी चिपचिपाहट बढ़ाने के लिए या फिर गाढ़ा करने वाले एजेंट के रूप में भी काम करता है। भिंडी के फल का एक और उल्लेखनीय प्रयोग अचार उद्योग में किया जाता है।

भिंडी के सेवन से पाचनतंत्र मजबूत होता है और यह कई समस्याओं को दूर करने के साथ सेहत भी दुरुस्त रहती है। इसमें विटामिन सी, मैग्नीशियम के साथ ही कई पोषक तत्व मौजूद होते हैं। सोडियम, फास्फोरस, कैल्शियम, आयरन, जिंक जैसे पोषक तत्वों से भरपूर भिंडी की तासीर ठंडी होती है। भिंडी में प्रोटीन, विटामिन, मैग्नीशियम, फाइबर के साथ ही एंटीऑक्सिडेंट समेत अन्य पोषक तत्व भी पाए जाते हैं। इसे आप किसी भी समय खा सकते हैं। भिंडी का पानी पीने से यह आपके पेट को ठंडा रखता है।

भिंडी में फाइबर भरपूर मात्रा में पाए जाते हैं। यह पाचनतंत्र को मजबूत करने के साथ पेट से जुड़ी तमाम समस्याओं को भी दूर करती है। कब्ज, वात, कच्ची डकार में राहत मिलती है। पेट के साथ ही भिंडी हृदय के लिए भी फायदेमंद है। इसके सेवन से कोलेस्ट्रॉल की समस्या दूर होने के साथ ही हार्ट की सेहत दुरुस्त रहती है। यदि आपको मधुमेह की शिकायत है, तो भिंडी का सेवन जरूर करें। इसमें ग्लाइसेमिक नाम का तत्व पाया जाता है, जिसके सेवन से मधुमेह नियंत्रित होता है। भिंडी शरीर की रोग प्रतिरोधक क्षमता को भी मजबूत बनाती है।



योग भारत की अमूल्य धरोहर, आधुनिक जीवन का आधार

भारत की प्राचीन सांस्कृतिक धरोहर योग आज विश्व स्तर पर शारीरिक और मानसिक स्वास्थ्य का पर्याय बन चुका है। संस्कृत शब्द युज से उत्पन्न योग का अर्थ है जोड़ना, जो शरीर, मन और आत्मा के बीच सामंजस्य स्थापित करता है। महर्षि पतंजलि के योगसूत्र में इसे चित की वृत्तियों का निरोध कहा गया है, जिसका अर्थ होता है, मन को नियंत्रित कर शांति और आत्म-साक्षात्कार की अवस्था प्राप्त करना

योग केवल शारीरिक व्यायाम नहीं, बल्कि एक समग्र जीवनशैली है, जो तनाव, बीमारियों और आधुनिक जीवन की चुनौतियों से निपटने में सहायक है। प्राचीन काल में ऋषि-मुनियों द्वारा विकसित यह विद्या आज वैश्विक स्तर पर स्वास्थ्य और कल्याण का प्रतीक बन चुकी है। विशेषज्ञों का मानना है कि योग न केवल शारीरिक लचीलापन और ताकत बढ़ाता है, बल्कि मानसिक स्वास्थ्य को भी बेहतर बनाता है। योग के विभिन्न रूप, जैसे हठ योग, राज योग, भक्ति योग, और कर्म योग, अलग-अलग जरूरतों को पूरा करते हैं।

हठ योग, शारीरिक मुद्राओं (आसन) और प्राणायाम (श्वास नियंत्रण) पर केंद्रित है, जो शरीर को लचीला, मजबूत और स्वस्थ बनाता है। हठ शब्द ह (सूर्य) और ठ (चंद्र) से मिलकर बना है, जो शरीर की ऊर्जा को संतुलित करने का प्रतीक है। यह योग का वह रूप है, जो आधुनिक जीवनशैली में स्वास्थ्य और तनाव प्रबंधन के लिए सबसे लोकप्रिय है। यह आसन, प्राणायाम, मुद्राओं का समन्वय है, जो शरीर और मन को शुद्ध करता है। सूर्य नमस्कार, भुजंगासन, और ताड़ासन जैसे आसन शारीरिक लचीलापन और मांसपेशियों की ताकत बढ़ाते हैं, जबकि अनुलोम-विलोम और कपालभाति जैसे प्राणायाम श्वसन तंत्र को मजबूत करते हैं।

राज योग ध्यान और मानसिक अनुशासन पर जोर देता है। राज अर्थात् श्रेष्ठ योग, मन को नियंत्रित कर आत्म-साक्षात्कार और आंतरिक शांति का मार्ग प्रशस्त करता है। महर्षि पतंजलि के योगसूत्र में वर्णित अष्टांग योग राज योग का आधार है, जो यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान और समाधि के माध्यम से मन की चंचलता को शांत करता है।

राज योग का लक्ष्य चित की वृत्तियों को नियंत्रित करना है, जैसा कि पतंजलि ने कहा,

योगश्चित्तवृत्तिनिरोधः। यह शारीरिक व्यायाम से अधिक मानसिक और आध्यात्मिक अभ्यास पर केंद्रित है। ध्यान, आत्म-निरीक्षण और एकाग्रता के माध्यम से यह व्यक्ति को तनाव, चिंता और नकारात्मक विचारों से मुक्ति दिलाता है। राज योग को आत्मा का विज्ञान भी कहा जाता है, जो व्यक्ति को अपनी आंतरिक शक्ति और उच्च चेतना से जोड़ता है।

विशेषज्ञ राज योग को आधुनिक जीवन की चुनौतियों का समाधान मानते हैं। स्वामी विवेकानंद ने राज योग को मन की शक्ति को जागृत करने की कला बताया है।

भक्ति योग प्रेम, समर्पण और श्रद्धा के माध्यम से परमात्मा से जुड़ने का मार्ग है। भगवद्गीता में भक्ति योग को ईश्वर के प्रति पूर्ण समर्पण के रूप में वर्णित किया गया है, जो मन को शुद्ध करता है और व्यक्ति को आंतरिक शांति व आनंद प्रदान करता है। यह योग भावनात्मक और आध्यात्मिक अनुशासन पर केंद्रित है, जो प्रेम और भक्ति को जीवन का आधार बनाता है।

भक्ति योग का मूल तत्व है ईश्वर, गुरु या उच्च शक्ति के प्रति श्रद्धा और निस्वार्थ प्रेम। यह भजन, कीर्तन, प्रार्थना, पूजा और सेवा जैसे अभ्यासों के माध्यम से व्यक्त होता है। नारद भक्ति सूत्र में भक्ति को परम प्रेम कहा गया है, जो व्यक्ति

को अहंकार और सांसारिक मोह से मुक्त करता है। भक्ति योग नौ प्रकार के भक्ति मार्गों श्रवण, कीर्तन, स्मरण, पादसेवन, अर्चन, वंदन, दास्य, सख्य और आत्मनिवेदन के माध्यम से आत्मा को परमात्मा से जोड़ता है। आध्यात्मिक गुरु और आर्ट ऑफ लिविंग के संस्थापक श्री श्री रविशंकर के अनुसार, भक्ति योग प्रेम और समर्पण की वह शक्ति है, जो मन को शांत और हृदय को करुणा से भर देती है।

कर्म योग निस्वार्थ कर्म और कर्तव्य पर केंद्रित है। भगवद्गीता में श्रीकृष्ण द्वारा अर्जुन को दिया गया कर्म योग का उपदेश, कर्मण्येवाधिकारस्ते मा फलेषु कदाचन (तुम्हारा अधिकार केवल कर्म करने में है, उसके फलों में कभी नहीं) इसके मूल सिद्धांत को रेखांकित करता है। कर्म योग व्यक्ति को अपने कर्तव्यों का निर्वहन बिना फल की इच्छा के करने की प्रेरणा देता है, जो मन को शुद्ध और जीवन को सार्थक बनाता है। कर्म योग का आधार है कार्य को पूजा मानकर करना। यह न तो कर्म से भागने की सलाह देता है और न ही फल की लालसा में डूबने की। यह व्यक्ति को अपने कार्यों को समाज, प्रकृति और ईश्वर की सेवा के रूप में देखने के लिए प्रेरित करता है। स्वामी विवेकानंद ने कर्म योग को निस्वार्थ कार्य के माध्यम से आत्मा की मुक्ति बताया है।



प्रियंगु : आयुर्वेद का चमत्कार, पेट से त्वचा तक हर रोग से लड़ने में मददगार



आयुर्वेद में अनेक वनस्पतियां अपने औषधीय गुणों के कारण जानी जाती हैं। इनमें प्रियंगु का नाम भी प्रमुखता से लिया जाता है, इसे हिन्दी में बिरमोली या धयिया कहा जाता है और यह पौष्टिक गुणों से भरपूर होता है। प्रियंगु में मौजूद औषधीय गुणों के कारण इसे विशेष रूप से पेट और त्वचा संबंधी

समस्याओं के इलाज में उपयोग किया जाता है।

प्रियंगु का उल्लेख आयुर्वेद के प्राचीन ग्रंथों जैसे चरक संहिता, सुश्रुत संहिता, भावप्रकाश, धन्वंतरी निघण्टु आदि में देखने को मिलता है। इन ग्रंथों में प्रियंगु को विभिन्न कल्पों जैसे पेस्ट, काढ़ा, तेल, घी और आसव के रूप में प्रयोग किया गया है। वाग्भट्ट

और सुश्रुत के ग्रंथों में भी इसे कई रोगों के उपचार में शामिल किया गया है। प्रियंगु पौधा भारत के अधिकांश क्षेत्रों, विशेषकर लगभग 1800 मीटर की ऊँचाई तक के पर्वतीय इलाकों में पाया जाता है। यह बहुउपयोगी वनस्पति न केवल परंपरागत चिकित्सा में स्थान रखती है बल्कि आधुनिक विज्ञान भी इसके औषधीय गुणों की पुष्टि कर रहा है।

वर्तमान में प्रियंगु की चर्चा तीन प्रमुख वनस्पतियों- कैलिकार्पा मैक्रोफिला वाहल, एग्लेया रॉक्सबर्गियाना मिक् और पूनस महालेब लिन के रूप में की जाती है। इसका वैज्ञानिक नाम कैलिकारपा मैक्रोफिला वाहल है। अंग्रेजी में इसे सुगंधित चेरी या ब्यूटी बेरी कहा जाता है। भारत की विभिन्न भाषाओं में इसे अलग-अलग नामों से जाना जाता है। संस्कृत में इसे वनिता, प्रियंगु, लता, शुभा, सुमङ्गा के नाम से जाना जाता है। हिन्दी में बिरमोली, धयिया के नाम से, बंगाली में मथारा के नाम से, मराठी में गहुला के नाम से, तमिल में नल्लु के नाम से, मलयालम में चिम्पोपिल के नाम से, गुजराती में घंऊला के नाम से और नेपाली में इसे दयालो के नाम से जाना जाता है।

प्रियंगु का स्वाद तीखा, कड़वा और मधुर होता

है। यह स्वभाव से शीतल, लघु और रूखा होता है और वात-पित्त दोषों को संतुलित करने वाला होता है। यह त्वचा की रंगत निखारने, घाव को भरने, उल्टी, जलन, पित्तजन्य बुखार, रक्तदोष, रक्तातिसार, खुजली, मुंहासे, विष और प्यास जैसी समस्याओं में लाभकारी होता है। इसके बीज और जड़ आमाशय की क्रियाविधि को उत्तेजित करने में मदद करते हैं और मूत्र संबंधी विकारों में उपयोगी सिद्ध होते हैं।

दांतों की बीमारियों के इलाज में भी प्रियंगु का उपयोग अत्यंत लाभकारी है। प्रियंगु, त्रिफला और नागरमोथा को मिलाकर तैयार किए गए चूर्ण को दांतों पर रगड़ने से शीताद (मसूड़ों से जुड़ा रोग) में राहत मिलती है। खान-पान में असंतुलन के कारण होने वाले रक्तातिसार और पित्तातिसार में शल्लकी, तिनिश, सेमल, प्लक्ष छाल तथा प्रियंगु के चूर्ण को मधु और दूध के साथ सेवन करने से लाभ होता है। इसके अलावा प्रियंगु के फूल और फल का चूर्ण अजीर्ण, दस्त, पेट दर्द और पेशाब में भी कारगर होता है।

यूटीआई की दिक्कतों का सामना कर रहे लोगों को प्रियंगु के पत्तों को पानी में भिगोकर उसका अर्क पीने से लाभ मिलता है। कठिन प्रसव को भी प्रियंगु

आसान बना देता है। प्रियंगु की जड़ का पेस्ट नाभि के नीचे लगाने से प्रसव में कॉम्प्लिकेशन कम होती है। आमवात या गठिया में इसके पत्ते, छाल, फूल और फल का लेप दर्द से राहत दिलाता है। प्रियंगु कुछ रोग और हर्पिज जैसे चर्म रोगों में भी लाभकारी है।

इसके अलावा, कान और नाक से रक्तस्राव होने की स्थिति में लाल कमल, नील कमल का केसर, पुश्पिपर्णी और फूलप्रियंगु से तैयार किए गए जल का सेवन लाभकारी होता है। प्रियंगु, सौवीराञ्जन और नागरमोथा के चूर्ण को मधु के साथ मिलाकर बच्चों को देने से उल्टी, पित्तास और अतिसार में लाभ होता है। यह विषनाशक गुणों से युक्त होता है, इसलिए कीटदंश या विषाक्तता के प्रभाव को कम करने में भी प्रियंगु अत्यंत उपयोगी है।

आयुर्वेद के अनुसार प्रियंगु के पत्ते, फूल, फल और जड़ सबसे अधिक औषधीय गुणों से युक्त होते हैं। किसी भी रोग की स्थिति में इसका प्रयोग करने से पूर्व आयुर्वेदिक चिकित्सक की सलाह अवश्य लेनी चाहिए। सामान्यतः चिकित्सकीय परामर्श के अनुसार इसका 1-2 ग्राम चूर्ण सेवन किया जा सकता है।

नीम की पत्ती ही नहीं, फूल भी है औषधीय गुणों का खजाना

हीटवेव हो या अपच, मिलती है चुटकियों में राहत

कड़वी लेकिन अनगिनत फायदों वाली नीम की पत्तियों को तो आपने खूब चबाया होगा, लेकिन क्या कभी उसका फूल खाया है? गर्मी के दिन में तपती दुपहरिया में घर से निकलना हो तो दादी-नानी छोटे-छोटे खूबसूरत और सौंधी खुशबू वाले फूल, उससे बना शर्बत हो या भूजिया जरूर खिलती थीं। वजह उसके पोषक तत्व थे। ये न केवल हीटवेव से बचाने में सक्षम हैं बल्कि गर्मी के दिनों के लिए बेहद फायदेमंद हैं।

टेलर एंड फ्रांसिस में प्रकाशित एक शोध पत्र (जून 2024) में नीम के फूलों की खासियत बताई गई है। अध्ययन नीम के फूलों के औषधीय गुणों की खोज करता है, अन्य पौधों के भागों की तुलना में उनके कम हानिकारक और अधिक लाभदायक होने की क्षमता पर प्रकाश डालता है। व्लोरोफॉर्म, एथिल एसीटेट, इथेनॉल और मेथनॉल सहित उनकी पोलैरिटी के आधार पर सॉल्वेंट्स का उपयोग करके फाइटोकेमिकल्स निकाले गए। मधुमेह विरोधी और कैंसर विरोधी गुणों का पता लगाने के लिए इन चार अर्कों का विश्लेषण किया गया। इनमें इथेनॉलिक अर्क



मधुमेह और कैंसर कोशिकाओं से लड़ने में सबसे प्रभावी पाया गया।

भारत के लगभग हर घर में बचपन से लोग बड़े बुजुर्गों को इसके गुणों का बखान करते सुनते आए हैं। नीम की पत्तियों और टहनी की तरह फूल को भी आयुर्वेद में बेहद कारगर औषधि का दर्जा प्राप्त है। नीम के छोटे-छोटे फूलों में बड़ी-बड़ी समस्याओं को दूर करने की ताकत है। गर्मी के दिनों में नीम का फूल इंसानों के लिए प्रकृति का तोहफा है। रोजाना इसके सेवन करने से खून साफ होता है, चेहरे पर ग्लो आता है और दाग-धब्बे, मुंहासों के साथ इंफेक्शन से भी मुक्ति मिलती है। इसमें मौजूद एंटी फंगल गुण, एंटीइंफ्लेमेटरी गुण और एंटी बैक्टीरियल गुण शरीर के लिए बहुत उपयोगी हैं। नीम के फूलों से बनी शरबत हो या भुजिया, सेहत के लिए दोनों ही फायदेमंद हैं। उत्तर भारत में नीम के फूल को सरसों के तेल और जौरे की छँक के साथ भुजिया के तौर पर बनाया जाता है, तो वहीं दक्षिण भारत में कई तरह के व्यंजनों को बनाने में इसका इस्तेमाल किया जाता है। नीम के फूल का शरबत पेट को बेहतर और पाचन तंत्र को बेहतर करने, खून साफ करने के साथ मधुमेह के लिए भी बहुत उपयोगी है। इसमें मौजूद गुण पेट को साफ और पाचन तंत्र को हेल्दी रखते हैं। अपच, वात, कब्ज समेत अन्य समस्याओं में भी यह बहुत उपयोगी है।

इसके सेवन से पेट में मौजूद कीड़े भी खत्म हो जाते हैं। फूलों में मौजूद एंटी फंगल, एंटी बैक्टीरियल और एंटी सेप्टिक गुण पाए जाते हैं। स्किन से जुड़ी समस्याओं में भी फायदा मिलता है। यह शरीर की रोग प्रतिरोधक क्षमता बढ़ाने के साथ ही भूख भी बढ़ाता है। गर्मी के मौसम में चिलचिलाती धूप और बढ़ते तापमान के कारण सेहत से जुड़ी कई तरह की समस्याएं पैदा हो जाती हैं। ऐसे में नीम के फूलों का शरबत पीना शरीर के लिए लाभदायी है।

प्रधानमंत्री मोदी ने 103 रेलवे स्टेशनों व 26 हजार करोड़ के विकास कार्यों का शुभारंभ



विनोद कुमार सिंह

अमृत भारत योजना केवल इमारतों की मरम्मत नहीं है, बल्कि यह पूरे यात्रा अनुभव को बदलने का एक प्रयास है। इस बदलाव से स्थानीय व्यवसाय, पर्यटन, रोजगार और क्षेत्रीय विकास को भी बढ़ावा मिलेगा।

राजा व महाराजाओं की ऐतिहासिक नगरी राजस्थान। जिसकी गौरवशाली इतिहास से हम व आप भली भाँति परिचित हैं। उसी राजस्थान के ऐतिहासिक शहर बीकानेर शहर में एक सार्वजनिक समारोह में वरुंअल माध्यम से देश के 18 राज्यों और केंद्र शासित प्रदेशों में स्थित 103 पुनर्विकसित रेलवे स्टेशनों का उद्घाटन किया। ये स्टेशन 'अमृत भारत स्टेशन योजना' के तहत आधुनिक रूप से पुनर्निर्मित किए गए हैं। जिनमें तेलंगाना में वेमगमपेट रेलवे स्टेशन काकतीय साम्राज्य की वास्तुकला से प्रेरित है। बिहार में थावे स्टेशन में 52 शक्तिपीठों में से एक माँ थावेवाली का प्रतिनिधित्व करने वाले विभिन्न भित्ति चित्र और कलाकृतियां शामिल हैं और यहां मधुबनी पेंटिंग को दर्शाया गया है। गुजरात में डाकोर स्टेशन रणछोड़राय जी महाराज से प्रेरित है।

सर्वविदित रहे कि इस योजना का उद्देश्य भारतीय रेलवे के आधारभूत ढांचे की वैश्विक मानकों के अनुकूल व अनुरूप बना कर यात्रियों को विश्वस्तरीय सुविधाएं उपलब्ध कराना है। सर्व विदित रहे कि ये 103 स्टेशनों को लगभग 1100 करोड़ रुपये की लागत से विकसित किया गया है। जो देश के 86 जिलों में फैले हुए हैं,जिनमें आंध्रप्रदेश,असम, बिहार,छत्तीसगढ़, गुजरात,हरियाणा हिमाचल प्रदेश,झारखंड, कर्नाटक, केरल,मध्य प्रदेश, महाराष्ट्र,पुडुचेरी, राजस्थान,तमिलनाडु,तेलंगाना,उत्तर प्रदेश और पश्चिम बंगाल जैसे राज्य शामिल हैं। ये स्टेशन न सिर्फ यात्री सुविधाओं के लिहाज से उन्नत किए गए हैं,बल्कि उनमें क्षेत्रीय संस्कृति, स्थानीय वास्तुकला और पर्यावरणीय मानकों का विशेष ध्यान रखा गया है। राजस्थान के बीकानेर जिले के देशनोक से एक विशाल जनसभा की संरक्षित करते मोदी ने कहा कि यह कार्यक्रम आधुनिक भारत की आकांक्षाओं को पूरा करने की दिशा में एक बड़ा कदम है। रेलवे स्टेशन किसी भी शहर के पहले प्रभाव का हिस्सा होते हैं और यह जरूरी है कि वे नए भारत की पहचान बनें। अमृत भारत योजना केवल इमारतों की मरम्मत नहीं है, बल्कि यह पूरे यात्रा अनुभव को बदलने का एक प्रयास है। स्थानीय व्यवसाय,पर्यटन,रोजगार और क्षेत्रीय विकास को भी बढ़ावा मिलेगा।भारत अब तेज गति से इंफ्रास्ट्रक्चर के क्षेत्र में काम कर रहा है। पिछले कुछ वर्षों में छह गुना अधिक राशि इंफ्रास्ट्रक्चर परियोजनाओं पर खर्च की गई है। आज रेलवे में वंदे भारत, अमृत भारत और नमो भारत जैसी



आधुनिक ट्रेनें देश की नई रफ्तार और प्रगति का प्रतीक बन चुकी हैं। ब्रॉड गेज ट्रेक पर बिना फाटक वाली क्रॉसिंग अब इतिहास बन चुकी हैं और अब पूरा रेल नेटवर्क सुरक्षित, तेज और आधुनिक हो रहा है। इन स्टेशनों के डिजाइन में साफ-सफाई, दिव्यांगजनों के लिए सुविधा, पर्यावरणीय सुरक्षा,सौर ऊर्जा,जल संरक्षण और ग्रीन बिल्डिंग जैसे आयामों को भी जोड़ा गया है।हर स्टेशन की पहचान वहां की संस्कृति और परंपरा से जोड़कर बनाई गई है।इससे न केवल यात्रियों को एक नया अनुभव मिलेगा,बल्कि रेलवे देश की सांस्कृतिक विविधता का भी प्रतीक बनकर उभरेगा।भारत आज आत्मनिर्भर बनने की दिशा में तेजी से आगे बढ़ रहा है और रेलवे के आधुनिकीकरण में भी यह आत्म निर्भरता झलक रही है। अमृत भारत स्टेशन रेलवे न केवल एक निर्माण योजना है,बल्कि यह भारत की नई सोच और दूरदृष्टि का प्रतीक भी है।भारतीय रेलवे के इस कायाकल्प से आने वाले वर्षों में देश की आर्थिक और

सामाजिक गति को नई ऊंचाई मिलेगी। विगत11 वर्षों में सड़कों, हवाई अड्डों, रेलवे और रेलवे स्टेशनों में हुई तीव्र प्रगति की चर्चा की। उन्होंने परियोजनाओं की चर्चा करते हुए उत्तर में उल्लेखनीय चिनाव ब्रिज,अरुणाचल प्रदेश में सेला सुरंग और पूर्व में असम में बोगीबील ब्रिज का पश्चिमी भारत में,मुंबई में अटल सेतु दक्षिण में,भारत के अपनी तरह के पहले पंबन ब्रिज की चर्चा की।रेलवे नेटवर्क को आधुनिक बनाने के भारत के निरंतर प्रयासों पर बल देते हुए देश की नई गति और प्रगति के प्रतीक के रूप में वंदे भारत,अमृत भारत और नमो भारत रेलों के शुरूआत का उल्लेख किया।उन्होंने कहा कि अब लगभग 70 मार्गों पर वंदे भारत रेल चल रही हैं और इनसे दूरदराज के क्षेत्रों में आधुनिक रेल चल रही है। अमृत भारत रेलों के साथ ही 34,000 किलोमीटर से अधिक नई रेलवे पटरियां बिछाना शामिल है। प्रधानमंत्री ने कहा कि ब्रॉड गेज लाइनों पर

मानव रहित लेवल क्रॉसिंग को समाप्त कर दिया गया है,जिससे सुरक्षा में वृद्धि हुई है। कार्गो परिवहन को सुव्यवस्थित करने के लिए समर्पित माल गलियारों के तेजी से विकास और भारत की पहली बुलेट ट्रेन परियोजना के वर्तमान में जारी निर्माण का भी उल्लेख किया। इन प्रयासों के साथ-साथ,यात्री अनुभव को बेहतर बनाने के लिए 1,300 से अधिक रेलवे स्टेशनों का आधुनिकी करण किया जा रहा है। इन रेलवे स्टेशनों का नाम अमृत भारत स्टेशन रखा गया है और ऐसे 100 से अधिक स्टेशनों का निर्माण पूरा हो चुका है। स्थानीय कला और इतिहास के प्रदर्शन के रूप में कार्य करते हैं। उन्होंने राजस्थान के मंडलगढ़ स्टेशन सहित महत्वपूर्ण उदाहरणों पर चर्चा की जो राजपूत परंपराओं की भव्यता को दर्शाता के साथ-साथ बिहार का थावे स्टेशन,मधुबनी कलाकृति के साथ माँ थावेवाली की पवित्र उपस्थिति को दर्शाता है।मध्य प्रदेश का ओरछा रेलवे स्टेशन भगवान राम के दिव्य सार को दर्शाता है,जबकि श्रीरंगम स्टेशन का डिजाइन श्री रंगनाथ स्वामी मंदिर से प्रेरणा लेता है।गुजरात का डाकोर स्टेशन रणछोड़राय जी को श्रद्धांजलि देता है,तिरुवन्नामलाई स्टेशन द्रविड़ वास्तुकला सिद्धांतों का पालन करता है और वेमगमपेट स्टेशन काकतीय राजवंश की वास्तुकला विरासत का प्रतीक है।ये अमृत भारत स्टेशन न केवल भारत की हजारों वर्ष पुरानी विरासत को संरक्षित करते हैं,बल्कि राज्यों में पर्यटन विकास के लिए उत्प्रेरक के रूप में भी कार्य करते हैं,जिससे युवाओं के लिए रोजगार के नए अवसरों का सृजन होता है।उन्होंने लोगों से स्टेशनों की स्वच्छता और सुरक्षा सुनिश्चित करने का आग्रह किया।हजारों करोड़ रुपये सीधे तौर पर श्रमिकों,दुकानदारों, कारखाने के कर्मचारियों और ट्रक और टेम्पो ऑपरेटरों जैसे परिवहन क्षेत्रों से जुड़े लोगों को लाभ पहुंचा रहे हैं।अच्छी तरह से विकसित सड़कें और विस्तारित रेलवे नेटवर्क नए उद्योगों को आकर्षित करते हैं और पर्यटन को काफी बढ़ावा देते हैं। उन्होंने कहा कि बुनियादी ढांचे पर खर्च से अंततः हर घर को लाभ होता है, जिसमें युवा लोग उभरते आर्थिक अवसरों से सबसे अधिक लाभान्वित होते हैं।प्रधानमंत्री नरेंद्र मोदी आज इसी क्रम में चुरू- सादुलपुर रेल लाइन(58 किमी) की आधारशिले स्वास्थ्य सेवाओं और पानी की उपलब्धता को बढ़ाने के लिए पूरे राजस्थान में 25 महत्वपूर्ण राज्य सरकार की परियोजनाओं का शिलान्यास, उद्घाटन और राष्ट्र को समर्पित किया

संपादकीय

आतंकवाद के खिलाफ

पाकिस्तान को आतंकवाद के मुद्दे पर बेनकाब करने के लिए केंद्र सरकार द्वारा गठित सर्वदलीय संसदीय प्रतिनिधिमंडल का पहला समूह बुधवार को विदेश दौरे पर रवाना हो गया। पहलगाम हमले और भारत-पाकिस्तान सैनिक संघर्ष के बाद विदेशों में प्रतिनिधिमंडल भेजने की कार्यवाई को कूटनीतिक या राजनयिक पहल के रूप में रेखांकित किया जा सकता है। वास्तव में इसका उद्देश्य विश्व समुदाय को भारत की स्थिति से परिचित कराना, पाकिस्तान की प्रायोजित आतंकवाद की काली करतूत बताना और विश्व जनमत को अपने पक्ष में करना है। भारत इस पहल के जरिए आतंकवाद के मसले पर पूरी दुनिया को एकजुट करना चाहता है। इस



तरह के राजनयिक प्रयासों से पाकिस्तान पर वैश्विक दबाव बनाकर सीमा पार आतंकवाद को निर्यातित किया जा सकता है। वैश्विक आतंकवाद ऐसी समस्या है जिसके विरुद्ध को एक देश लड़ाई नहीं लड़ सकता। लोगों को याद रखना चाहिए कि 11 सितम्बर, 2001 को जब अमेरिका के वर्ल्ड ट्रेड सेंटर पर आतंकवादी हमला हुआ था तब राष्ट्रपति जॉर्ज डब्ल्यू बुश ने आतंकवाद के खिलाफ युद्ध की

घोषणा की थी। अमेरिका ने अलकायदा और ओसामा बिन लादेन को खत्म करने के लिए अफगानिस्तान पर हमला करके उसे तबाह कर दिया था। लेकिन शोध इस बात होता है कि अमेरिका और पश्चिमी देश आतंकवाद के मुद्दे पर अलग-अलग नजरिया रखते हैं, जो उनके अपने राजनीतिक और आर्थिक हितों से प्रेरित हैं। जब अमेरिका और पश्चिमी देशों पर आतंकवादी हमले होते हैं तो उन्हें खत्म करने के लिए वे किसी भी सीमा तक चले जाते हैं, लेकिन जब गैर-पश्चिमी देशों पर आतंकवाद का कहर फूटता है तो खामोश हो जाते हैं। भारत तो दशकों से सीमा पार आतंकवाद से पीड़ित है। अनेकों बार भारत ने पाकिस्तान के आतंकवाद में सलियत होने का पुख्ता प्रमाण भी दिया है, लेकिन विश्व समुदाय कोई ठोस कार्यवाई नहीं कर सका है। पाकिस्तान वैश्विक आतंकवाद का केंद्र है। पूरी दुनिया जानती है। इसके बावजूद अमेरिका उसे आर्थिक मदद और व्यापारिक रिश्ते बनाए रखता है। याद रखना चाहिए कि आतंकवाद के खिलाफ लड़ाई में विश्व समुदाय का सहयोग बहुत महत्व रखता है। उम्मीद की जानी चाहिए कि भारतीय संसदीय प्रतिनिधिमंडल के विदेश दौरे से अमेरिका और पश्चिमी देश आतंकवाद के विरुद्ध लड़ाई में एकजुटता दिखाएंगे।

चिंतन-मनन

संकल्प और साहस

खेल की कक्षा शुरू हुई तो एक दुबली-पतली अपंग लड़की किसी तरह अपनी जगह से उठी। वह खेलों के प्रति जिज्ञासा प्रकट करते हुए शिक्षक से ओलिंपिक रेकार्ड्स के बारे में सवाल पूछने लगी। इस पर सभी छात्र हंस पड़े। शिक्षक ने भी व्यंग्य किया- तुम खेलों के बारे में जानकर क्या करोगी। अपने ऊपर कभी नजर डाली है? तुम तो टीक से खड़ी भी नहीं हो सकती, फिर ओलिंपिक से तुम्हें क्या मतलब है? तुम्हें कौन सा खेलना है जो यह सब जानोगी। चुपचाप बैठकर सुनो।

रुआंसी लड़की कुछ कह न सकी। सारी क्लास उस पर हंसती रही। अगले दिन जब खेल पीरियड में उसे बाकी बच्चों से अलग बिठाया गया तो उसने कुछ सोचकर बैसाखियां संभालीं और हड़ निश्रय के साथ बोली-सर याद रखिएगा। अगर लगन सच्ची हो और इरादे बुलंद हों तो सब कुछ संभव है। आप देखना एक दिन यही लड़की हवा से बातें करके दिखाएंगी। उसकी इस बात से भी ठाका गुंज उठा। सबने इसे मजाक के रूप में लिया। लेकिन वह लड़की तेज चलने के अभ्यास में जुट गई। वह अच्छी और पौष्टिक खुराक लेने लगी, फिर वह कुछ दिनों में चौड़ने भी लगी। कुछ दिनों के बाद उसने छोटी-मोटी दौड़ में भाग लेना भी शुरू कर दिया। उसे दौड़ते देख लोग दांतों तक डोली दबा लेते थे। फिर कई लोग उसकी मदद को आगे आए। सबने उसका उत्साह बढ़ाया। उसके हाँसले बुलंद होने लगे। फिर उसने 1960 के ओलिंपिक में हिस्सा लिया और तीन स्वर्ण पदक जीतकर सबको हतप्रभ कर दिया। ओलिंपिक में इतिहास रचने वाली वह थी अमेरिकी धाविका विल्मा रुडोल्फ।



नरेन्द्र भारती

ईमानदारी कराह रही है। अच्छाई बिलख रही है, भाईचारा, सहयोग,मदद एक अंधेरे कमरे में सिमट गये हैं। आत्मा सिसक रही है। वर्तमान में अच्छे व संस्कारवान मनुष्य की कोई गिनती नहीं है।

चोर उच्चकों ,गुंडे ,मवालिओं का आदर सत्कार किया जाता है यह समाज के घातक है 'आज हंस भीड़ में खोते जा रहे हैं,कौओं को मंच मिल रहा है। हजारों कंस पैदा हो रहे हैं एक कृष्ण कुछ नहीं कर सकता। आज कतरे भी खुद को दरिया समझने लगे है लेकिन समुद्र का अपना अस्तित्व है। मानव आज दानव



किशन सममुखदास भावनानी

वैश्विक स्तरपर दुनियाँ का हर देश अभी तक कोरोना वायरस (कोविड-19) की महामारी को भूल नहीं पाए है, या यूँ कहें कि संभल नहीं पाए हैं, इस बीच कोरोना महामारी के अनेक वैरिएंट आ चुके हैं, लेकिन अभी मई माह में जो फिर से कोरोना वायरस की आहट हुई है यह कोविड -19 तुल्य है, ऐसी जानकारी मीडिया में आ रही है हालाँकि इसका अधिक प्रकोप अभी खासकर हांगकांग सिंगापुर थाईलैंड में स्थिति चिंताजनक होती जा रही है क्योंकि संक्रमितों की संख्या तेजी से बढ़ रही है। भारत में भी 19 मई 2025 तक 257 केस आ चुके हैं, जिससे शासन प्रशासन स्वास्थ्य विभाग पूरी तरहसे अलर्ट मोड में आ गए हैं, हालाँकि सरकार और स्वास्थ्य एजेंसियाँ कोरोना की इस आहट को हल्के में लेने के मूढ़ में नहीं हैं, सोमवार को स्वास्थ्य मंत्रालय ने एक हाई-लेवल रिच्यू मीटिंग बुलाई जिसमें एनसीडीसी, आईसीएमआर, डिसास्टर मैनेजमेंट सेल और केंद्र सरकार के अस्पतालों के विशेषज्ञों ने भाग लिया, मीटिंग के बाद अधिकारियों ने बताया कि देश में कोविड की स्थिति पूरी तरह नियंत्रण में है, भारत का इंटीग्रेटेड डिजिटल सर्विलांस प्रोग्राम और आईसीएमआर के नेतृत्व में चल रहे जीनोम सीक्वेंसिंग कार्यक्रम लगातार कोरोना और अन्य स्वसन संक्रमणों पर नजर बनाए हुए हैं, मंत्रालय ने साफ किया है कि फिलहाल यह चिंता की बात नहीं है, लेकिन सतर्कता जरूरी है, देश की स्वास्थ्य व्यवस्थाकिसी भी संभावित संक्रमण की लहर से निपटने के लिए तैयार है, परंतु इस बीच दिनांक 20-21मई 2025 की मध्यरात्रि में जिनेवा में चल रहे विश्व स्वास्थ्य संगठन के विश्व स्वास्थ्य सभा 19, से 27 मई 2025 के 78 वें सत्र में सभा के सभी सदस्यों की आपसी 3 वर्षों की बातचीत के उपरांत भविष्य की महामारी में मिलकर तैयारी करने का समझौता हो गया है, जो रेखांकित करने वाली बात है

बनता जा रहा है। संवेदनाएं दम तोड़ रही हैं ईश्वर की चक्की जब चलती है तो वह पाप व पापी को पीस कर रूख देती है 'इंसानियत व मानवता सबसे बड़ा धर्म है। कहते हैं दुनिया में कोई ऐसी शक्ति नहीं है जो इंसान को गिरा सके ,इनसान ,इनसान द्वारा ही गिराया जाता है। दुनिया में ऐसा नहीं है कि सभी लोग बुरे हैं ,इस जगत में अच्छे-बुरे लोगों का संतुलन है। आज संस्कारों का चीरहरण हो रहा है, खुनी रिश्ते खून बना रहे हैं। मानवीय त्रासदी को रोकना होगा ' इंसानियत अपनाओ अमर हो जाओगे हैवानियत छोड़ दो इंसान बनो हैवान मत बनो ' इंसानियत सबसे बड़ा धर्म है भेड़गा ईश्वर ने अमृत बनाया है करोड़ों जान लुप्त बनाए ,लेकिन इनसान सबसे अहम कृति बनाई। लेकिन ईश्वर की यह कृति पशुपथ हो रही है। आज सड़को पर आदमी तड़फ-तड़फ कर मर रहा है। इनसान पशु से भी बदतर होता जा रहा है। क्योंकि यदि पशु को एक जगह खूँटे से बांध दिया जाए,तो वह अपने आप को उसी अवस्था में ढाल लेता है। जबकि मानव परिस्थितियों के मुताबिक गिरगिट की तरह रंग बदलता है।आज पैसे का बोलबाला है।मानव आज जानवरवादी से जंगलों में आग लगा रहा है उस आग में हजारों

जीव-जन्तु जलकर राख हो रहे हैं। जंगली जानवर शहरों की ओर भाग रहे हैं ,जबकि सदियां गवाह है कि शहरों व आबादी वाले इलाकों में कभी नहीं आते थे ,मगर जब मानव ने जानवरों का भोजन खत्म कर दिया। जीव-जन्तुओं को काट खाया तो जंगली जानवर भूख मिटाने के लिए आबादी का ही रूख करेंगे। नरभक्षी बनेंगे। आज संवेदनशीलता खत्म होती जा रही है। आज मानव मशीन बन गया है निजी स्वार्थों के आगे अंधा हो चुका है।अपने एगो आराम में मस्त है।दुनिया से कोई लेना देना नहीं है। संस्कारों का जनाजा निकाला जा रहा है। मर्यादाएं भंग हो रही हैं। मानव सेवा परम धर्म है। आज लोग भूखे प्यासे मर रहे हैं। दो जुन की रोटी के लिए तरस रहे हैं। भूखमरी इतनी है कि शहरों में आदमी व कुत्ते लोगों की फैंकी हुई जूतन तक एक साथ खाते हैं।आज मानव भगवान को न मानकर मानव निर्मित तथाकथित भगवानों को मान रहा है। आज मानव इतना गिर चुका है कि रिश्ते नाते भूल चुका है। रिश्तों में संक्रमण बढ़ता जा रहा है। मानव धरती के लिए खून कर रहा है। कई पीढ़ियां गुजर गई मगर आज तक न तो धरती किसी के साथ

गई न जाएगी। फिर यह नफरत व दंगा फसाद क्यों हो रहा है। मानव ,मानव से भेदभाव रिर रहा है। उंच-नीच का तांडव हो रहा है। खून का रंग एक है फिर भी यह भेदभाव क्यों। यह बहुत गहरी खाई है इसे पाटना सबसे बड़ा धर्म है। आज लोग बिलासिता पर हजारों -लाखों रुपए पानी की तरह बहा देते हैं ,मगर किसी भूखे को एक रोटी नहीं खिला सकते। शराब पर पैसा उड़ा रहे हैं। अनैतिक कार्यों से पैसा कमा रहे हैं। पैसा पिर हो गया है। भूखे को यदि रोटी दे दी जाए तो भूखे की आत्मा की तृप्ति देखकर जो आनन्द प्राप्त होगा वह सच्चा सुख है। आज प्रकृति से छेड़छाड़ हो रही है। प्रकृति के बिना मानव प्रगति नहीं कर सकता। प्रकृति एक ऐसी देवी है जो भेदभाव नहीं करती ,प्रत्येक मानव को बराबर धूप व हवा दे रही है। मानव कृतघ्न बनता जा रहा है। मदिरों में दुष्कर्म हो रहे हैं। आज मानव स्वार्थ की पट्टी के कारण अंधा होता जा रहा है। गाय पर अत्याचार हो रहा है। मानवीय मूल्यों का पतन होता जा रहा है। नफरत को छेड़ देना चाहिए। प्रत्येक मनुष्य की सहायता करनी चाहिए। भगवान के पास हर चीज का लेखा -जोखा है।

कोरोना वायरस के प्रकोप की भारत सहित विश्व में फिर से आहट

मेरा मानना है कि अब पूरी दुनियाँ की कोई भी महामारी आ जाए तो अगर पूरा विश्व एक साथ एक दूसरे का सहयोग कर उसका मुकाबला करेगा तो वह कोविड-19 जैसी किसी भी महामारी का गंभीरता से मुकाबला करेगा तो उस महामारी को मैदान छोड़कर भागना ही पड़ेगा यह होता है एक और एक 11 की ताकत का सटीक कमाल! चूँकि कोरोना महामारी कोविड -19 के प्रभाव की आहट फिर भारत सहित कुछ देशों में हो चुकी है, व तीव्रता से संक्रमण शुरू हो गया है तथा विश्व स्वास्थ्य सभा के 78 वें सत्र में भविष्य की महामारियों से एक जुट से लड़ने का ऐतिहासिक समझौता अब हो चुका है, इसलिए आज हम मीडिया में उपलब्ध जानकारी के सहयोग से इसआर्टिकल के माध्यम से चर्चा करेंगे, वैश्विक स्तरपर मास्क सैनिटाइजर की फिर आदत फिर डालना, भीड़भाड़ वाली जगह व किसी भी अपवाह या डर का शिकार न होना सभी के लिए जरूरी है।

साथियों बात अगर हम कोविड -19 महामारी के भारत में पैर पसारने की करें तो, हालाँकि भारत में अभी मामलों की संख्या कम है, लेकिन अंतरराष्ट्रीय स्तर पर जो टैंड दिख रहा है, वह चिंताजनक है। अगर सही समय पर कदम नहीं उठाए गए, तो भारत भी इस नई लहर की चोट में आ सकता है, विशेषज्ञों का कहना है कि भारत में टीकाकरण का प्रभाव अब कम होने लगा है, बुस्टर डोज की जरूरत एक बार फिर बढ़ गई है, लेकिन लोग इसमें ढिलाई बरत रहे हैं। विशेषज्ञों का कहना है बच्चों बुजुर्गों, 65 साल से ऊपर के लोगों, और जनिको इम्युनिटी पहले से कमजोर है, उन्हें यह संक्रमण तेजी से पकड़ सकता है, साथ ही मौसमी बदलाव, सामाजिक मेल जोल और अंतरराष्ट्रीय यात्रा भी इसके प्रसार को बढ़ावा दे रहे हैं। अभी हुई बैठक में नेशनल सेंटर फॉर डिजिटल कंट्रोल, इमरजेंसी मेडिकल रिलीफ डिवीजन, डिजास्टर मैनेजमेंट सेल, इंडियन काउंसिल ऑफ मेडिकल रिसर्च और केंद्र सरकार के अस्पतालों के विशेषज्ञ मौजूद रहे। आधिकारिक सूत्रों ने बताया कि बैठक में यह निष्कर्ष निकाला गया न कि भारत में कोविड-19 स्थिति फिलहाल नियंत्रण में है। सूत्र ने बताया, 19 मई 2025 तक भारत में कोविड-19 के सक्रिय मामलों की संख्या 257 है। देश की बड़ी आबादी को देखते हुए बहुत आंकड़ा कम है। इनमें से लगभग सभी मामले ज्यादा गंभीर नहीं हैं और उन्हें अस्पताल में भर्ती होने की जरूरत भी नहीं है। हालाँकि स्वास्थ्य मंत्रालय स्थिति

पर बारीकी से नजर रख रहा है। सरकार यह सुनिश्चित कर रही है कि बढ़ते मामलों को देखते हुए व्यापक तैयारी की जाए। स्वास्थ्य और परिवार कल्याण मंत्रालय के आंकड़ों के मुताबिक भारत में 12 मई से अब तक 164 मामले सामने आए हैं। केरल में सबसे अधिक 69 मामले, तो वहीं महाराष्ट्र में 44 और तमिलनाडु में 34 मामले सामने आए हैं। इसके अलावा कर्नाटक में कोविड-19 के 8 नए मामले, गुजरात में 6 और दिल्ली में 3 मामले सामने आए। हरियाणा, राजस्थान और सिक्किम में एक-एक नया मामला सामने आया है। आधिकारिक आंकड़ों के मुताबिक है। इन घटनाक्रमों के मद्देनजर, स्वास्थ्य सेवा मंत्रालयदेश को अध्यक्षता में राष्ट्रीय रोग नियंत्रण केंद्र, आपातकालीन चिकित्सा राहत प्रभाग, आपदा प्रबंधन प्रकोष्ठ, भारतीय चिकित्सा अनुसंधान परिषद और केंद्र सरकार के अस्पतालों के विशेषज्ञों की समीक्षा बैठक बुलाई गई, बैठक में निष्कर्ष निकाला गया कि भारत में वर्तमान कोविड-19 स्थिति नियंत्रण में है। 19 मई, 2025 तक, भारत में सक्रिय कोविड-19 मामलों की संख्या 257 है, जो देश की बड़ी आबादी को देखते हुए बहुत कम आंकड़ा है, इनमें से लगभग सभी मामले हल्के हैं, जिनमें अस्पताल में भर्ती होने की आवश्यकता नहीं है। हालाँकि सरकार और स्वास्थ्य एजेंसियां कोरोना की इस आहट को हल्के में लेने के मूढ़ में नहीं हैं, मीटिंग के बाद अधिकारियों ने बताया कि देश में कोविड की स्थिति पूरी तरह नियंत्रण में है। भारत का इंटीग्रेटेड डिजिटल सर्विलांस प्रोग्राम और आईसीएम आर के नेतृत्व में चल रहे जीनोम सीक्वेंसिंग कार्यक्रम लगातार कोरोना और अन्य स्वसन संक्रमणों पर नजर बनाए हुए हैं, मंत्रालय ने साफ किया है कि फिलहाल यह चिंता की बात नहीं है, लेकिन सतर्कता जरूरी है, देश की स्वास्थ्य व्यवस्था किसी भी संभावित संक्रमण की लहर से निपटने के लिए तैयार है। अगर पूरे जैसे लक्षण में तो टेस्ट कराएँ, बुजुर्ग, गर्भवती महिलाएँ और बीमार लोगों को विशेष सावधानी बरतनी चाहिए, मास्क और सैनिटाइजर की आदत फिर से डालें, खासकर भीड़भाड़ वाली जगहों पर, किसी भी अफवाह या डर का शिकार न बनें, लेकिन सतर्क जरूर रहें। साथियों बात अगर हम सिंगापुर हांगकांग थाईलैंड से कोरोना वायरस (कोविड-19) के अति तीव्रता से संक्रमण की करें तो, कोरोना वायरस एक बार फिर डराने लगा है, ऐसा लग रहा है कि कुछ समय की

राहत के बाद वायरस फिर से पैर पसारने लगा है, एशिया के कई देशों मेंकोविड के मामले लगातार बढ़ते जा रहे हैं, खासकर हांगकांग, सिंगापुर और थाईलैंड में स्थिति चिंताजनक होती जा रही है. इन देशों में संक्रमितों की संख्या में तेज इजाफा हुआ है और अस्पतालों में भर्ती होने वालों की संख्या भी बढ़ रही है. भारत में भी नए मामलों को लेकर चिंता गहराने लगी है. विशेषज्ञों का मानना है कि अगर अभी से सतर्कता नहीं बरती गई, तो स्थिति और बिगड़ सकती है सिंगापुर में कोविड-19 के मामलों 28 परसेंट की वृद्धि दर्ज की गई है, हालात इतने बिगड़ चुके हैं कि सरकार ने हाई अलर्ट जारी कर दिया है यहां कोविड -19 के कुल अनुमानित केस 14, 200 तक पहुंच गए हैं, इससे ज्यादा गंभीर बात यह है कि अस्पताल में भर्ती होने वालों की संख्या में भी लगभग 30 परसेंट का इजाफा हुआ। 5 मई से 11 मई के बीच सिंगापुर में 25, 900 नए केस सामने आए, इसी अवधि में अस्पताल में भर्ती होने वाले मरीजों की औसत दैनिक संख्या 181 से बढ़कर 250 हो गई है. विशेषज्ञों का अनुमान है कि अगले 2 से 4 हफ्तों में यह लहर अपने चरम पर पहुंच सकती है। हांगकांग में कोविड-19 संक्रमण की नई लहर शुरू हो चुकी है, यहां स्थिति लगातार बिगड़ती जा रही है, स्वास्थ्य विभाग के अनुसार, अब तक 81 नए मामले सामने आए हैं, जिनमें से 30 लोगों की मौत हो चुकी। साथियों बात अगर हम डब्ल्यूएचओ के विश्व स्वास्थ्य सभा के 78 वें सत्र में कोविड-19 के मामलों की करें तो, विश्व स्वास्थ्य सभा ने भविष्य की महामारियों के लिए तैयार रहने के लिए ऐतिहासिक समझौता अपनाया, विश्व का पहला महामारी समझौता मंगलवार को विश्व स्वास्थ्य सभा के सदस्य देशों द्वारा औपचारिक रूप से अपनाया गया, जो वर्तमान में जिनेवा में चल रहा है, ठन की शीर्ष नियंत्रण लेने वाली संस्था 78 वें विश्व स्वास्थ्य संगठन का यह ऐतिहासिक निर्णय कोविड-19 महामारी के विनाशकारी प्रभाव के जवाब में सरकारों द्वारा तीन साल से अधिक समय तक की गई बातचीत के बाद आया है, और इसका उद्देश्य भविष्य की महामारियों से दुनिया को सुरक्षित बनाना और उनके जवाब में अधिक न्यायसंगत बनाना है. ऐसा डब्ल्यूएचओ ने कहा। यह महत्वपूर्ण समझौता ऐसे समय में हुआ है जब सिंगापुर और हांगकांग सहित अन्य देशों में कोविड-19 के मामलों में वृद्धि की खबरें आ रही हैं।

The inside story of merger of Sikkim with India

Within a few years of its creation in 1968, India's external intelligence agency — the Research and Analysis Wing (R&AW) — played a decisive role in two major operations that reshaped the region's map. The first was its covert support during the liberation of Bangladesh in 1971. The second, less discussed but no less consequential, was the merger of Sikkim with India in May 1975.

At the time of India's independence, 565 of the 600 princely states joined the Indian Union through bilateral Instruments of Accession. Sikkim, also a member of the Chamber of Princes and the Constituent Assembly, remained outside this process. Sardar Patel wanted Sikkim to accede, but Nehru disagreed. Ultimately, the December 1950 treaty gave Sikkim protectorate status — India would handle its external affairs, defence, communications, currency and posts. In 1947, smaller Sikkimese parties that supported merger, joined the Sikkim State Congress (SSC), led by Tashi Tshering. They wanted an end to absentee landlordism, a representative government and eventual accession to India. Tshering met Nehru twice, in 1948 and 1949. While Nehru was sympathetic to the first two demands, he rejected outright the merger, saying that Sikkim should evolve "according to its own genius." On May 1, 1949, Tshering led 5,000 people to the palace gates, demanding reform. The Maharaja fled to the Political Office. But with Indian support, the monarchy regained control, and the pro-democracy movement was sidelined. India's policy was what I called "an apparent appeasement towards the Maharaja and cautious containment of pro-accession forces." Electoral reforms introduced by the Maharaja in 1953 failed to satisfy public demands. A "parity system" was introduced to balance representation between the majority Nepalese (75 per cent) and the minority Bhutia-Lepcha (25 per cent) populations, but combined with nomination quotas, it ensured pro-monarchy outcomes. By the 1960s, new personalities were reshaping Sikkim's politics. In 1958, LD Kazi married Eliza Maria Lanford Rai, a charismatic figure who played an influential role in his party. In 1963, Rajkumar Palden Thondup Namgyal married Hope Cooke, a young American who dreamed of being queen of a Himalayan kingdom. Thondup used the marriage to draw international attention to Sikkim's cause.

Following his father's death in 1963, Thondup became the 12th Chogyal — 'Dharam Raja' — a title officially recognised by India at his coronation in 1965. He was dissatisfied with the 1950 treaty and began openly pleading for greater autonomy. In 1967, he told reporters that he wanted more political freedom. A year later, on India's Independence Day, Sikkimese students in Gangtok chanted slogans like "We are buffers, not duffers" and "Indians leave Sikkim."

In 1972, India offered Sikkim permanent association status with associate membership of UN-affiliated bodies like the WHO. The Chogyal rejected it, as his lawyers advised him that it would leave Sikkim worse off than under the 1950 treaty. At this point, diplomacy had run its course. A covert operation was the only solution. Towards the end of 1972, Prime Minister Indira Gandhi summoned R&AW chief RN Kao and her principal secretary PN Haksar. She showed them a letter from the Chogyal in which he had used the title 'His Majesty' — suggesting sovereign status. She turned to Kao and asked, "Can you do something about this?" Kao asked for two weeks. He returned in 10 days and said, "Yes." Gandhi agreed, but made one thing clear: the operation could go all the way to merger, provided it had public support.

Around June 1973, I was called by Kao. He assigned me this operation and I was told to meet my regional chief PN Banerjee in Calcutta. There, in July 1973, the mission was laid out: unite pro-democracy groups, assure them that India would no longer shield the Chogyal, support Kazi Lhendup Dorji's Sikkim National Congress (SNC) and prepare for a possible merger, while keeping the Chogyal under the illusion that negotiations were still possible, so he wouldn't actively oppose the process or mobilise against the upcoming elections.

Narlikar and Srinivasan leave behind a shining legacy in the world of science

Dr Jayant Vishnu Narlikar was director of the globally acclaimed Inter-University Centre for Astronomy and Astrophysics (IUCAA), Dr MR Srinivasan was one of the towering personalities who ably guided India's nuclear programme

It is with profound grief that I share the news of the passing away on May 20 of two prominent Indian scientists — Dr Jayant Narlikar and Dr MR Srinivasan. Dr Narlikar was 86 and Dr Srinivasan 95. Nehru Science Centre, of which I was the Director, had the honour of hosting lectures of both these scientists. Dr Jayant Vishnu Narlikar was an eminent scientist in astrophysics and cosmology. He was also a great science communicator, including in Marathi. Dr MR Srinivasan was one of the founding members of the Atomic Energy Commission. He worked with Dr Homi Bhabha and also served as Chairman of the Atomic Energy Commission and Secretary, Department of Atomic Energy (DAE). As we mourn their loss, it is also a time to reflect on and celebrate their life of extraordinary intellect and their contributions to our nation. Dr Narlikar's contributions to theoretical astrophysics, his role in nurturing scientific talent in India and in the establishment of the Inter-University Centre for Astronomy and Astrophysics (IUCAA), a globally acclaimed institution, and his efforts to make science accessible to all will continue to inspire generations. Narlikar was born in Kolhapur, Maharashtra, on July 19, 1938. He received his early education at Banaras Hindu University (BHU), where his father was Professor and Head of the Department of Mathematics. Young Jayant Narlikar had a brilliant career in school and the intermediate. He obtained his BSc degree from BHU in 1957. Narlikar opted to pursue his higher studies at the Cambridge, UK. He was a Wrangler and Tyson Medallist in the Mathematical Tripos at Cambridge, from where he obtained his degrees in mathematics: BA (1960), PhD (1963), MA (1964), and ScD (1976). He also distinguished himself at Cambridge with the Smith's Prize in 1962 and the Adams Prize in 1967. He stayed back there till 1972 as a Fellow of King's College (1963-72) and Founder Staff Member of the Institute of Theoretical Astronomy (1966-72). It was during this period that Dr Narlikar laid the foundations of his research work in cosmology and astrophysics in collaboration with his internationally acclaimed mentor, guide and collaborator, Fred Hoyle. One of Dr Narlikar's most significant contributions is his development of the "Hoyle-Narlikar Theory", also known as the "Quasi-Steady State Cosmology (QSSC)". This cosmological theory proposes an alternative explanation for the origin and evolution of

the universe, challenging the widely accepted Big Bang theory of that time. Dr Narlikar returned to India in 1972 to join the Theoretical Astrophysics Group at the Tata Institute of Fundamental Research (TIFR), where he served for 17 long years. This group, under the leadership of Dr Narlikar, expanded and acquired international standing for TIFR in the field of theoretical astrophysics, which TIFR continues to enjoy even today. In 1988, Dr Narlikar was invited by the University Grants Commission (UGC) to set up the IUCAA as its Founder-Director. He was a recipient of the Bhatnagar award as well as of the MP Birla award, the Prix Janssen of the French Astronomical Society



and the prestigious Associate of the Royal Astronomical Society of London. He was a Fellow of the three national science academies as well as of the Third World Academy of Sciences. For his stellar contributions to science communication and popularising science, Dr Narlikar was honoured by the UNESCO in 1996 with the prestigious Kalinga Award. Dr Narlikar was conferred the Padma Bhushan award by the Government of India in 1965 and the Padma Vibhushan in 2004. In 2011, the Maharashtra Government awarded him the state's highest civilian

award, the Maharashtra Bhushan. Dr Narlikar served as the Chairman of the Executive Committee of the Nehru Science Centre, Mumbai. I have had the honour of heading the Centre for two terms.

MR Srinivasan was born on January 5, 1930 in Bangalore. He was one of the towering personalities who ably guided the Indian nuclear programme. He completed his mechanical engineering from the UVCE, Bangalore, in 1950. He did his masters in fluid mechanics, heat transfer and applied mathematics and his post-graduation in gas turbines and acquired a doctorate from McGill University, Canada. Dr Srinivasan was hand-picked by Dr Homi J Bhabha to work for the DAE. He joined the DAE as senior research officer in September 1955. He was deputed to the UK Atomic Energy Authority for an international course in reactor technology at Harwell. His first assignment with the DAE was to work with the group responsible for the construction of the first research reactor of Swimming Pool Type, later named Apsara.

In 1959, a project group was constituted for setting up the first nuclear power plant. Dr MR Srinivasan was the principal project engineer of a boiling water reactor of US design at Tarapore. In early 1967, he was appointed as the chief construction engineer of the Madras Atomic Power Project. It was the first indigenously designed pressurised heavy water reactor based on CANDU technology. The construction work at the power station involved many new and challenging techniques in civil engineering. He was made the Chairman of the Nuclear Power Board, DAE, in 1984. Dr MR Srinivasan served as Chairman of the Atomic Energy Commission from 1987 until his retirement in February, 1990. He hastened the process of setting up the Nuclear Power Corporation of India, which was created in September 1987, with Dr Srinivasan as Founder-Chairman. In 1984, he was awarded the Padma Shri, the Padma Bhushan in 1990, and the Padma Vibhushan in 2015. He is the author of the book, 'From Fission to Fusion: The Story of India's Atomic Energy Programme' (Viking Penguin, 2003). Dr MR Srinivasan has also written extensively in the print media on the significance of the development of nuclear energy for India's energy mix and has appeared regularly on TV programmes to engage on nuclear issues and nuclear safety.

Stitch in time: on judiciary and Environment Ministry notifications

Making illegal units pay heavy fines might have limited deterrent effect

Last week, the Supreme Court of India finally struck down as "illegal" two notifications by the Union Environment Ministry that allowed industrial units to set up, expand operations or change their manufacturing practices without following the due process of taking government permission beforehand. Taking 'prior' approval is a sacrosanct principle at the heart of the Environment Impact Assessment (Notification) of 2006. On the surface it appeared that the Centre, or the Union Environment Ministry, had instituted a system that made a mockery of this principle, but there was a rationale, even if it was flawed to some extent. In March 2017, the body issued a notification providing a "one-time" six-month window for industries that did not have the right environmental clearances, to apply for one. In 2021, it instituted a 'standard operating procedure' that in effect allowed projects in violation of the laws, but which could not avail of the six-month window, to

apply — albeit at the cost of heavy fines — for regularisation. Moreover, all these significant changes were being issued through executive orders, rather than any attempt at amending the underlying Environment Protection Act (EIA), 2006, through Parliament. The Centre's reasoning was three-fold. First, the process for regularising projects had already been initiated by the United Progressive Alliance government in 2012 and 2013. These were, however, struck down by the Jharkhand High Court and the National Green Tribunal on procedural grounds, and not that these projects were irredeemably violative. Second, demolishing functioning plants that were contributing to the economy and employment could exacerbate pollution and be disruptive. The Centre cited examples of various disputes involving copper mines to pharmaceutical companies where the courts had agreed that a "balanced" approach was necessary in cases involving violations.

Finally, it argued that it had put in place a system whereby the industrial units seeking to be regularised would have to pay fines for the period that they had functioned in violation.

The Court in its final verdict has rightly, as previous courts have, emphasised the principle of "prior" clearance, though its action may be a little late as it has clarified that companies that had regularised themselves under the 2017 and 2021 orders would be "unaffected" by the judgment. That thriving industrial units in violation of the laws mushroomed is a testament to the collective failure of regional environmental boards to enforce laws. So it stands to reason that making these illegal units pay, under the purported new procedure, would have been a fruitless exercise. The judgment should ideally nip any "crafty" attempts by future governments to condone violations in the name of the economy though it must also trigger on-ground enforcement.

Indo-Pak conflict: The nuclear bogey is here to stay

PM Modi explicitly saying that India would not tolerate nuclear blackmail is a new doctrinal assertion in the past 40 years

LIKE Banquo's ghost in Macbeth, the spectre of nuclear weapons has hovered over India-Pakistan conflicts in recent decades. Notwithstanding disclaimers, it does so over the Operation Sindoor strikes as well. Looking back, the risk of an actual nuclear outbreak seems to be low, almost negligible. But as the events unfolded, several pathways that could have led to that dreaded event became visible. The urgency of addressing these pathways seems to have prompted the US to shift from its arms-length posture to active diplomacy and help broker a ceasefire. The Indian proposition is that the ceasefire was reached bilaterally, but it's apparent that it was brokered by Uncle Sam, who does not tire of reminding us about it. On May 12, speaking at the White House on the eve of his visit to Qatar, US President Trump declared, "My administration helped broker a full and immediate ceasefire, I think a permanent one, between India and Pakistan, ending a dangerous conflict of two nations with lots of nuclear weapons." The previous day, he praised the Indian and Pakistani leadership for ending the "current aggression" and said "millions of good and innocent people could have died."

Even before the crisis escalated, Pakistan had hinted at a nuclear response. Following the suspension of the Indus Waters Treaty (IWT) by India, a statement from the Pakistan Prime Minister's office said any attempt to stop or divert the waters would be considered as an act of war "and responded to with full force across the complete spectrum of national power." This reference to "complete spectrum" clearly related to nuclear weapons. Then, as the crisis escalated, Pakistan sent more nuclear signals. On May 10, Prime Minister Shehbaz Sharif called a meeting of the National Command Authority, the top body that takes decisions on the country's security as well as those related to nuclear weapons. This was later conveniently denied by Pakistan. There was a lot of misinformation swirling around developments relating to nuclear weapons. One came from the landing of a Beechcraft Super King Air



350 aircraft — purportedly of the US Department of Energy — in Sargodha shortly after an Indian strike on Kirana Hills, where some Pakistani nuclear weapons are reportedly stored. It transpired later that this aircraft, which did belong to the US agency, had been bought by Pakistan in 2010 and its presence had nothing to do with anything nuclear. India denied that it conducted a strike on Kirana Hills, a mountain range located about 15 km from the Mushaf airbase near Sargodha, which it did strike. But there is evidence of two hits near the entrance of the facilities at Kirana Hills. Let's be clear their strikes

on Nur Khan base near Rawalpindi, Malir near Karachi and on Kirana Hills was clear messaging since these facilities are host or adjacent to facilities relating to nuclear weapons.

This became explicit on May 12 when Prime Minister Narendra Modi, in his address to the nation, declared that "India will not tolerate nuclear blackmail. India will strike precisely and decisively at the terrorist hideouts developing under the cover of nuclear blackmail."

This is a new doctrinal assertion, since in the past 40 years in which India has suffered from cross-border terrorism,

it was the nuclear factor that had stayed the Indian hand. On May 13, in his official briefing, Ministry of External Affairs spokesperson Randhir Jaiswal rejected Trump's account of the ceasefire and also insisted that "the military action was entirely in the conventional domain."

India has a nuclear doctrine, which says that its nuclear weapons are only for retaliation against a nuclear, chemical or biological weapon attack on India or Indian forces anywhere. Pakistan does not have an enunciated doctrine, but it has asserted at various times that India is the target of its weapons, which will be used if it suffered major territorial loss, destruction of key military assets or economic strangulation. It would be foolhardy to ignore the prospect of a nuclear war even if there is a self-conscious effort to keep it in the conventional domain. These dangers have been evident in the recent Indian strikes on Pakistani Air Force (PAF) facilities. The Op Sindoor strikes were limited — they initially struck at terrorist facilities, and hit Pakistani military facilities only after the PAF launched attacks on Indian aircraft over Indian territory. All this was limited to the 48 or so hours of the main conflict. In an actual war, even one that lasts two or three weeks, the bombing would be much more intense. This is where problems can occur. As of now, India keeps its nuclear weapons de-mated — the weapon and the fissile core separate — so as to promote nuclear safety and political oversight. But in the case of Pakistan, where the military runs the show, both the weapons and cores are mated and held by the Army.

The big danger in an all-out war, even if India intends to keep it entirely conventional, is that it may inadvertently end up hitting a large number of nuclear weapons storage sites using weapons like the SCALP (Storm Shadow), Crystal Maze and Paveway-type bombs that can penetrate fortified bunkers. Without intending to do so, it may degrade the Pakistani nuclear arsenal to the point where the country is confronted with a "use it or lose it" dilemma. In this event, it may find itself being compelled to escalate things to the use of nuclear weapons.

Walmart to cut 1,500 jobs in restructuring move: Report

New Delhi. Retail giant Walmart is planning to cut around 1,500 jobs as part of a major reshuffle to make its operations more efficient. This move is part of the company's larger plan to focus on long-term goals, as per an internal memo shared by Reuters.

The job cuts will affect several areas, including Walmart's global tech team, the e-commerce section in US stores, and its advertising arm, Walmart Connect. While some roles will be removed, new ones will also be added to better match the company's future plans. "To accelerate our progress delivering the experiences that will define the future of retail, we must sharpen our focus," mentioned the memo, quoted Reuters. Walmart is the largest private employer in the United States, with around 1.6 million workers. Globally, it employs about 2.1 million people. It's also the biggest US importer, bringing in nearly 60% of its goods, like clothes, electronics and toys, from China.

This round of job cuts follows several other changes in recent months. In February, Walmart closed its office in North Carolina and shifted employees to other main offices in California and Arkansas. Just last week, it said prices on some products would go up by the end of May, partly due to economic pressure from trade policies under former US President Donald Trump.

All ITR forms are out, but you still can't file. What's causing the delay

New Delhi. The Income Tax Department may have rolled out all ITR forms for the Assessment Year 2025–26. But before you rush to file your income tax return, here's something important to know – the actual e-filing process isn't open yet. It's because the e-filing utilities are not live on the portal.

WHAT'S THE DELAY ABOUT?

While all seven ITR forms (ITR-1 to ITR-7) and even the updated ITR-U form are ready, the filing process can't begin until the government activates the utility software. These utilities are essential tools that help taxpayers fill in, check, and submit their returns online or offline. Without these tools, the system won't accept your return, no matter how ready you are, say experts.

WHAT ARE THESE UTILITIES AND WHY DO THEY MATTER?

Each year, the department provides the filing utility in different formats, online, offline (Java or JSON), and Excel. These formats are designed to suit different users. Many individual taxpayers prefer the online mode for its simplicity and ease, while professionals often use the JSON or Excel versions.

But whether online or offline, these utilities are a must. They allow you to fill in the form correctly, validate the data, and upload it securely.

Without these, the system won't accept your return – no matter how ready you are.

WHEN WILL THE UTILITIES BE RELEASED?

There is no official word yet on when the utilities will be released. However, it is widely expected that the rollout will begin in phases, likely starting with the simpler forms like ITR-1 and ITR-4, sometime between late May and early June. These are commonly used by salaried individuals and small business owners. **There's no official date yet. But sources say the department may begin releasing utilities in stages, starting with simpler forms like ITR-1 and ITR-4, sometime in late May or early June.**

World's happiest and unhappiest careers revealed. Is your job among them

New Delhi. We often think a good job means a high salary or a fancy title. But a new study from Estonia shows that's not really true. Happiness at work comes from something deeper, like feeling you matter, having freedom, and making a difference.

Researchers at the University of Tartu in Estonia looked at 263 different jobs and asked over 59,000 people about their work and life satisfaction. They also used health data from the Estonian Biobank to get a better picture of what really makes people happy in their jobs. The findings might surprise you.

JOBS THAT BRING JOY

The happiest workers were clergy, healthcare professionals like doctors and nurses, and writers.



Kilin Anni, the lead researcher, says jobs that let people feel they're achieving something and serving others bring deeper satisfaction than fancy titles or big paychecks.

JOBS THAT LEAVE PEOPLE UNHAPPY

On the other hand, people working in sales, as waiters, security guards, or in jobs with strict routines like factory work or driving, reported low job satisfaction. Even corporate managers, despite their high status, felt unhappy because of stress and lack of control over their work.

PRESSURE DRAINS JOB SATISFACTION

Too much pressure and little freedom can make even the most respected jobs feel empty, explained the researcher. The study also found that self-employed individuals reported greater satisfaction, largely due to the freedom and flexibility their work offers.

Covid cases surge in India: Will it trigger a stock market crash

Stock market today: The S&P BSE Sensex had dropped by over 900 points to 80,681.76, while the NSE Nifty50 was down 266 points at 24,547.45 as of 12:45 pm. The fall in the market comes after days of strong performance.

New Delhi. The market rally on Dalal Street came to a pause on Thursday against the backdrop of rising Covid-19 cases in India and other parts of Asia as both Sensex and Nifty saw a sharp fall. The S&P BSE Sensex had dropped by over

900 points to 80,681.76, while the NSE Nifty50 was down 266 points at 24,547.45 as of 12:45 pm. The fall in the market comes after days of strong performance. The recent decline in the stock market has come at a time when Covid-19 cases are slowly increasing again. Kerala has reported 182 cases in May alone, while cities like Mumbai, Chennai and Ahmedabad have seen small but noticeable spikes in infections.

Outside India, several Asian countries have also seen a rise in cases. Hong Kong, Singapore and Thailand are currently reporting more infections, sparking concerns that the virus might be making a slow comeback.

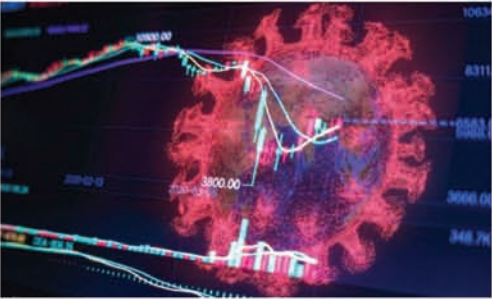
IS COVID BEHIND THE MARKET DROP?

The fall in the markets has raised the question: Should investors worry about the rising Covid cases? Kranthi Bathini, Equity Strategist at WealthMills Securities Pvt Ltd, said that the early signs of rising cases could be one reason behind

the fall in some sectors.

"There is a sense of worrying factor there. That is the reason we can see some kind of an uptick in healthcare, diagnostic stocks and also in pharma stocks," he said.

He added, "Whether it is just the beginning or a sign of something bigger, we will have to wait and see. Right now, it is premature to say anything definite about Covid cases because numbers are still low and mostly in single digits in many states. The next few weeks will be important to watch." Bathini also pointed out that the



overall market conditions remain stable.

"The market has outperformed in the last month after touching a high of 25,500 range. What we are witnessing is some kind of profit booking because of global cues, US debt worries and also US downgrades, which is creating pressure on the market in the short to medium term." He explained that Nifty seems to be forming a base between 24,500 and 25,000. "We had a decent earnings season. There were no major negative surprises. There is stock-specific action happening now as we are at the far end of the earnings season," he said. While there is some concern, experts say there is no need to panic yet. "Investors are a bit more seasoned now when it comes to COVID news. Pharma might see some defensive interest, but overall, market fundamentals remain strong. Volatility? Maybe. Panic? Unlikely," said Trivesh, COO of Tradejini.

Do You Throw Your Online Delivery Boxes After Opening Parcel Know How It Can Make Your Bank Account Zero, Tips To Stay Protected

New Delhi. Most of us order online products via e-commerce platforms. After you receive the order, you keep the product and throw away the online delivery box in which the order is delivered. You perhaps never realised that something as routine as throwing away an online delivery box could put you at risk of online fraud and may drain money from your bank.

What is online delivery box scam?

Whenever you receive an online order, the package usually comes with a label that carries your personal information like your name, address and phone number. Scammers can use this information to defraud you. You risk losing your money if you fall into their trap.

How do scammers get hold of online delivery box?

The online delivery box that you throw



away after receiving your order can end up on roadside garbage heaps or outside residential buildings. These are the locations where scammers can get hold of these online delivery boxes. How do scammers trick people

with delivery boxes?

Scammers use the information on the online delivery boxes to trick you. Using the basic data from the discarded package, they contact you with fake messages and scam calls. You might end up sharing OTPs, clicking on fake links, or downloading malicious apps. The fake links have hidden malware. Once you click on the fake links, the hidden malware infiltrates your device and steals your private data like your bank details. How can you stay safe from these online delivery box scam?

Taking a few easy steps will help you stay safe. Make sure to remove the shipping label before throwing away any delivery box. Tear up the label or scribble over the information to make it unreadable.

Maha Kumbh, wedding travel provide tailwind, power IndiGo to stellar Q4 results

Kolkata. The Maha Kumbh that began on January 13, 2025 and continued for 45 days, not only set a record attracting 660 million people, but also helped others set records. For one, the rush of pilgrims to Prayagraj to attend the event helped India's biggest airline IndiGo achieve a record net profit in Q4 (January-March) of FY25 as well. InterGlobe Aviation, the holding company of IndiGo, reported its highest-ever fourth quarter net profit of Rs 3,067.5 crore. The figure was a huge 62% jump from Rs 1,894.8 crore in the corresponding quarter a year ago.

In the fourth quarter of FY25 IndiGo carried 31.9 million passengers which was a rise of 19.6% compared to the same quarter last year. IndiGo's holy dip in profits

"It was an exceptionally strong fourth quarter with strong demand, a good execution of our strategy and some events like the Maha Kumbh obviously helping the performance," Pieter Elbers, CEO of IndiGo, told the media. "Our

sustained performance is the result of record passenger volumes, operational efficiencies, agility and commitment demonstrated by IndiGo employees," he added.

Indigo said in end January how it stepped up efforts to help pilgrims reach



the event. It increased flights and seat capacity to and from Prayagraj airport during the period when the Maha Kumbh Mela 2025 was organised. When the rush of visitors rose beyond expected levels, IndiGo added more flights taking the number to 1.65 lakh

seats to and from Prayagraj, which was more than double the normal capacity to the airport.

In fact, IndiGo connected the venue to 10 locations in India. Services from Ahmedabad, Kolkata, Jaipur were added from the ongoing services to and from New Delhi, Mumbai, Bengaluru, Hyderabad, Lucknow, Raipur and Bhubaneswar. It also pressed more A321, its larger aircraft, into service. Overall, IndiGo operated around 900 flights to and from the city, while the regular number is 490.

Wedding invitations spiced up the party. The peak wedding season also contributed to increased booking. The peak wedding season usually stretches from November to March and IndiGo exploited it to the hilt. Usually for hotels and airlines, this season a large number of families, wedding guests and honeymooning couples flying in and out of the country to a huge number of destinations.

ABFRL demerger: Brokerages assign fair value to new fashion twins. Details here

Brokerages have begun breaking down the newly split entities, laying out distinct growth paths and fair value estimates for both ABFRL and ABLBL.

New Delhi. Shares of Aditya Birla Fashion and Retail Ltd (ABFRL) fell nearly 66% on Thursday, trading at Rs 91 on the BSE, as the market recalibrated its valuation following the demerger of Aditya Birla Lifestyle Brands Ltd (ABLBL). It may be noted that the sharp correction reflects the subtraction of the demerged entity's value and not a deterioration in ABFRL's business outlook. Brokerages have begun breaking down the newly split entities, laying out distinct growth paths and fair value estimates for both ABFRL and ABLBL. Bernstein, which has closely tracked ABFRL's transformation, values the demerged ABFRL at Rs 80–105 per share, while assigning ABLBL a fair value range of Rs 185–215. The brokerage firm believes the separation will allow both companies to sharpen

their brand focus and unlock value for shareholders. Jefferies echoes this view, pegging ABFRL's standalone fair value at Rs 100. The brokerage believes the re-rating is a technical adjustment and anticipates more investor clarity once ABLBL lists next month. Domestic brokerage JM Financial is even more granular in its assessment. It assigns a Rs 103 valuation to ABFRL, applying 18 times EV/EBITDA to its flagship Pantaloon brand, 3 times EV/Sales to ethnic wear, and 1 time EV/Sales to the digital-first TMRW portfolio. Meanwhile, ABLBL is projected at Rs 186 per share, based on 23 times EV/EBITDA for core lifestyle brands and 10 times for growth businesses such as Reebok and Van Heusen Innerwear. Under the demerger scheme, shareholders will receive one share of ABLBL for every ABFRL share held as of the May 22 record date. The new entity is expected to list on both the NSE and BSE by mid-June, pending regulatory clearances.

TWO NEW FASHION POWERHOUSES

ABFRL will now retain businesses with a focus on ethnic wear, value fashion, and premium retail. This includes Pantaloon,

the ethnic portfolio under TCNS, designer brands like Sabyasachi, Tarun Tahiliani, Masaba, and the upcoming luxury play with Galleries Lafayette. JM Financial noted that ABFRL starts with a net cash balance of Rs 140–150 crore, enough to



support near-term growth plans. Its digital venture TMRW may raise funds independently to fuel M&A-led expansion. On the other hand, ABLBL has become home to India's dominant western wear and innerwear portfolio, including Madura Fashion & Lifestyle (Louis Philippe, Van Heusen, Allen Solly, Peter England), alongside newer growth drivers

like Reebok, American Eagle, and Van Heusen Innerwear. According to JM, ABLBL will launch with a manageable debt of Rs 700–800 crore, which it expects to retire over the next 2–3 years. The brokerage is optimistic about the business scaling quickly, with targets to double revenue and triple cash profits between FY24 and FY30. A 300-basis point margin expansion could lift EBITDA margins above 11 per cent, taking return on capital employed (ROCE) to as high as 70 per cent by FY30 (excluding intangibles).

WHAT'S NEXT FOR INVESTORS?

Thursday's steep fall has brought ABFRL's stock in line with analyst projections and the upcoming listing of ABLBL will be a critical milestone for investors looking to unlock full value from the split. As of now, all futures and options (F&O) contracts on ABFRL expired on May 21. Fresh contracts began trading on May 22, with a revised lot size of 2,600 shares, the National Stock Exchange said.



subscribers. This is a 4.21% rise over February and 4.73% higher than last March. Many in this age group are first-time jobseekers, which fits the trend seen in earlier months. The total net addition for this age group stood at 6.68 lakh, showing a strong year-on-year growth of 6.49%.

"Approximately 13.23 lakh members, who had exited earlier, rejoined EPFO in March 2025. This figure depicts a 0.39% increase over February 2025. It also shows a significant 12.17% year-over-year growth compared to March 2024," said EPFO. "These members switched their jobs and re-joined the establishments covered under the ambit of EPFO and opted to transfer their accumulations instead of applying for final settlement, thus safeguarding long-term financial well-being and extending their social security protection," it further mentioned.

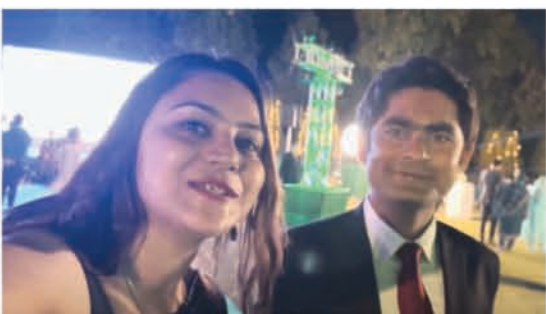
BOOST IN FEMALE PARTICIPATION

Women's participation also saw a slight boost. Around 2.08 lakh new female members joined EPFO in March. That's a small rise of 0.18% over February, but a solid 4.18% increase compared to March 2024.

High Commission official who trapped YouTuber a Pakistani spy: Sources

Danish, alias Ehsan-ur-Rehman, who was posted to the Pakistan High Commission in Delhi, was expelled by India earlier this month amid tensions with Pakistan.

New Delhi. The Pakistan High Commission official who trapped Haryana-based YouTuber Jyoti Malhotra was an agent of Islamabad's notorious Inter-Services Intelligence (ISI), sources said. Danish, alias Ehsan-ur-Rehman, was expelled by India earlier this month amid tensions with Pakistan following the Pahalgam attack, which left 26 people dead. Sources said Danish's passport was issued from Islamabad, and he was granted a visa for India on January 21, 2022. According to documents, exclusively accessed by India Today, Danish was born in Narowal in Pakistan's Punjab province. Security agencies are now probing whether Ehsan alias Danish was his real name or a code name given by the ISI. Sources said Danish was posted at the visa desk at the Pakistan High Commission in Delhi, but his real job was espionage and trapping people to spy for Pakistan. Danish was actively working to develop Malhotra, who was arrested last week for allegedly spying for Pakistan, as an intelligence asset. Malhotra, a Haryana-based travel vlogger,



confessed to security agencies that she first came in contact with Danish in 2023 when she visited the High Commission in Delhi for a visa to travel to Pakistan. Since then, she was in regular contact with him. She is presently under Haryana Police custody, which was extended on Thursday by four more days. **ISI AGENTS POSTED AT PAK HIGH COMMISSION** However, this is not the first time that officials posted at the Pakistan High Commission in Delhi have been accused of spying. Sources said Pakistan's ISI deploys its agents in the High Commission in India, and their postings are

rotated. On May 31, 2020, the Special Cell of Delhi Police and Military Intelligence (MI) exposed two such Pakistan High Commission officials who were posing as visa officers in India but were found to be ISI agents. They were identified as Abid Hussain and Tahir Khan. The officials were declared persona non grata and sent back to Pakistan. Immediately after this incident, the strength of the Pakistan High Commission was cut from 180 to 90. Over the years, security agencies have received regular input of staff posted at the Pakistan High Commission being ISI agents who prepare their passports under fake names and come to India for espionage activities. In 2021 too, the Delhi Police, along with MI, carried out a sting operation in which a Pakistani-origin visa officer, identified as Rana Mohammad Zia, was exposed. He was found to be an ISI agent working as a visa officer at the Pakistan High Commission. In this case, a military contractor named Habib, who was linked to Rana Mohammad, was arrested in Pokhran.

3,000 Agniveers braved Pak assault in Operation Sindoor, guarded key installations

New Delhi. Around 3,000 Agniveers -- most barely 20 years old and recruited under the Agnipath scheme in the past two years -- were at the forefront of Operation Sindoor, defending Indian military installations from Pakistani missile and drone attacks, sources told. From manning critical air defence systems to holding their ground across multiple installations, cities, and airbases despite repeated enemy assaults, the Agniveers' performance matched that of regular soldiers. Frontline feedback described their contribution as both decisive and commendable, sources in the defence establishment added. Sources revealed that each air defence unit had 150-200 Agniveers in its ranks, deployed primarily along the western front. The Agniveers served across four specialised trades -- gunners, fire control operators, radio operators, and drivers of heavy-duty vehicles mounted with guns and missiles. Additionally, they helped activate and operate Akashteer -- the locally developed air defence control and reporting system -- that became the nerve centre of India's air defence response. Agniveers were actively involved in firing shoulder-launched missiles, operating upgraded anti-aircraft guns such as the L-70 and Zu-23-2B, manning systems like Pechora, Schilka, OSA-AK, Strela, and Tunguska, and deploying and launching Akash and other surface-to-air missiles. This real combat experience is seen as a turning point for the Agnipath model, with officials stating it should "settle the debate" over the short-term recruitment policy's effectiveness. Running radars, communication networks, and Akashteer nodes, some also acted as sentries in forward zones after deploying weapon systems. Additionally, they are covered by an insurance policy worth Rs 48 lakh. The ex-gratia benefit for an Agniveer killed in the line of duty is Rs 44 lakh. Upon completing four years of service, Agniveers are entitled to a Seva Nidhi package of Rs 11.71 lakh, of which Rs 5.02 lakh is self-contributed.

Zero tolerance is India's new doctrine: Raghav Chadha hails Op Sindoor in Seoul

New Delhi. Operation Sindoor has sent a clear message that India will strike deep to dismantle terror safe havens and the world must come together for a united front against Pakistan-sponsored terrorism, AAP Rajya Sabha MP Raghav Chadha said at the Leadership Conference (ALC) in South Korea. Chadha said that while India mourns its victims, the country has also demonstrated unprecedented resolve in responding to terror threats and "Zero tolerance is India's new doctrine". Operation Sindoor was not just a military strike, it was a message, he said. "India does not seek conflict, but will never shy away from defending its people," Chadha asserted, calling for a united global front against Pakistan-sponsored terrorism. He hailed the operation as proof that India can strike deep and dismantle terror safe havens and emphasised the need for global solidarity in the fight against terrorism. Addressing a packed audience of global leaders and delegates at what is often called the "Davos of the East", Chadha said, "Operation Sindoor has sent a loud and clear message: India will strike deep and dismantle terror safe havens. We must come together to ensure that such infrastructure finds no shelter anywhere in the world." He invoked India's dual legacy of peace and resistance, citing Mahatma Gandhi's philosophy of non-violence alongside the courage of freedom fighters Bhagat Singh and Subhash Chandra Bose.

Punjab and Haryana High Court receives bomb threat, probe launched



New Delhi. The Punjab and Haryana High Court on Thursday afternoon received a bomb threat prompting immediate security measures and the evacuation of courtrooms as a precautionary step. According to police sources, after the High Court received a bomb threat via email, Chandigarh Police's Operation Cell, rescue team, fire department and all concerned officials have reached the spot. In view of the situation, the Bar Association asked all the advocates to vacate court premises for safety. Earlier, on Wednesday, Gurugram Mini Secretariat had received a hoax bomb threat in the afternoon which also prompted authorities to carry out temporary evacuations. Similar to today's incident, yesterday's bomb threat was also sent via mail. The mail was marked to the Deputy Commissioner. "The bomb scare expressed in the received email has been proven to be false and baseless. It was a rumour, but we do not take any situation lightly," DC Ajay Kumar said.

32 Real-Time Water Monitoring Stations To Be Set-Up For Yamuna Clean-Up

New Delhi. In line with its commitment to clean the Yamuna river, the BJP-led Delhi government will install 32 real-time water quality monitoring stations to monitor the river water and the drains flowing into it. A senior official said ten stations will be set up on the Yamuna River and 22 on major drains. Some of the Yamuna river sites where Monitoring Stations will be set up include Palla, ISBT Bridge, ITO Bridge, Nizamuddin Bridge, Okhla Barrage, etc. The major drains that will be included are Najafgarh, Metcalfe House, Khyber Pass, Sweeper Colony, along with some border drains that include Singhu Border (DD6, Sonepat), Bahadurgarh, Shahdara, Sahibabad and Banthia. These Monitoring Stations will monitor the river along with drains flowing into it and record the date of the cleaning procedure. All the monitoring stations are expected to be operational by the end of this year. The tender process has already been initiated. These stations will monitor water quality in real time and transmit the data directly to the Delhi Pollution Control Committee (DPCC) server. These stations will monitor key pollutants, for instance, BOD (Biological Oxygen Demand), COD (Chemical Oxygen Demand), TSS (Total Suspended Solids), along with Levels of Nitrogen, Phosphorus, and Ammonia. The Yamuna cleaning project is already underway, where the treatment of sewage has begun. Delhi LG VK Saxena, Chief Minister Rekha Gupta, and Minister Parvesh Verma are monitoring the procedure. The trio has regularly inspected major drains that also fall into the river. Yamuna cleaning has been a significant issue in the state, where the previous government promised to clean it but failed to do so. The BJP government, led by Chief Minister Rekha Gupta, has also promised and plans to clean it within its first tenure. In the Delhi budget 2025-26, Delhi CM Gupta allocated 500 crore specifically for Yamuna cleaning, where funding will be designated for the construction of 40 decentralised sewage treatment plants (STPs). The aim is to treat the water before it enters the river, thereby addressing pollution at its source.

Nepali spy, sleeper cells: Pak ISI's big terror plot before Pahalgam attack

New Delhi. Intelligence agencies unearthed a plot orchestrated by Pakistan's spy agency Inter-Services Intelligence (ISI) to carry out a major terrorist strike in the country, one that was in the works before the Pahalgam killings, top sources said. The breakthrough came with the arrest of a Nepali-origin ISI agent, Ansarul Mian Ansari, from a hotel in Delhi. According to intelligence sources, Ansari had entered India from Pakistan via Nepal at the behest of the ISI. He was reportedly preparing to return to Pakistan when he was nabbed. Ansari's arrest was the result of a highly classified joint operation led by central agencies and the Delhi Police Special Cell, conducted between January and March 2025. Sources said that during interrogation, Ansari disclosed critical information



about ISI's extensive espionage network and revealed that he had been tasked with procuring and sending classified military documents to Pakistan. A forensic analysis of the documents recovered from Ansari confirmed they were sensitive materials related to the Indian Armed Forces, officials said. The agencies also seized incriminating digital evidence. Sources added that Ansari met an ISI handler while working as a

cab driver in Qatar. He was later taken to Pakistan, where he was reportedly brainwashed and trained by senior ISI operatives before being deployed to India. Following Ansari's confession, another suspect, Akhlaq Azam, was arrested from Ranchi. Azam is accused of assisting Ansari in transmitting sensitive information to Pakistan-based ISI officials. Sources said Azam played a key role in collecting and passing on Army documents. According to sources, the dismantling of the ISI cell in Delhi likely averted a devastating attack on Indian soil. Following the horrific Pahalgam attack, in which 26 civilians were gunned down by terrorists, security agencies have intensified their counter-terrorism efforts, targeting not only operatives in Jammu and Kashmir but also sleeper cells embedded in cities across India.

Power out, trees uprooted, banners toppled after massive storm hits Delhi

New Delhi. A powerful dust storm swept across Delhi-NCR on Wednesday evening, leading to heavy rains and hailstorms. The sudden change in weather led to widespread disruption, including power outages, traffic jams and tree felling. The storm hit suddenly around 8 pm, reducing visibility drastically as strong winds carrying loose dust blanketed the skies. Several parts of Delhi, Noida, Gurgaon, and Ghaziabad witnessed intense hailstorms and torrential rain following the dust storm. In Noida, hail battered rooftops and roads shortly after the storm passed. Many areas experienced power outages across Delhi-NCR due to the sudden weather change. Traffic snarls were reported on major stretches, including the Noida-Greater Noida Expressway, Kalindi Kunj border, and DND Flyway. Meanwhile, a large tree crashed onto a



Noida Welcome Board Collapsed, Trees Uprooted The intense wind and rain led to infrastructure damage, including fallen trees and overhead electric (OHE) line disturbances. The Noida Welcome Board also collapsed under the force of the wind, while trees and banners fell at multiple spots, leading to severe traffic jams. Meanwhile, a large tree crashed onto a

car at Copernicus Marg, near India Gate. The driver is safe. **METRO DELAYED, SERVICES HALTED** Delhi Metro services were significantly affected, particularly on the Red, Yellow, and Pink Lines. Service was halted temporarily at several stations including Shaheed Nagar, Jahangirpuri, and Nizamuddin. At Mayur Vihar Phase 1, over 30 minutes delay was reported as commuters crowded the station. While Pink Line services resumed by 9:18 PM, disruptions on the Red and Yellow Lines persisted late into the evening. The Delhi Metro Rail Corporation (DMRC) confirmed that the issues stemmed from fallen objects and damage to the OHE system, and teams were working swiftly to restore full services.

DMK's Kanimozhi-Led Delegation To Present "India's Truth On Terrorism"

DMK MP Kanimozhi Karunanidhi said the primary objective of the visit is to communicate India's unified stand on terrorism and counter misinformation.

New Delhi. The All-Party delegation bound for Russia, Slovenia, Greece, Latvia and Spain arrived at the New Delhi airport to begin their visit. The delegation is led by DMK MP Kanimozhi Karunanidhi and is part of the multi-country delegation visiting key partner countries as an outreach initiative aimed at fostering international solidarity against terrorism after Operation Sindoor.

Speaking to ANI ahead of her departure, Kanimozhi, said the primary objective of the visit is to communicate India's unified stand on terrorism and counter misinformation being spread globally. "Our objective is to take the message of India to different countries, to explain what has happened here, and to make the world understand the truth. We have to resolve this problem, and the world has to stand together against terrorism," she said. Highlighting the need to present India's stance clearly, Kanimozhi added, "We lost 26 lives to terrorism, and we want to talk about what happened and what is happening in this country because of terrorism. We want to put a stop to that. There are vested interests trying to create different stories, so the truth has to be told." Kanimozhi underscored the bipartisan nature of the initiative, saying, "The most important thing is that all of us stand together when it comes to the security and sovereignty of this country. I think there is no difference



of opinion on that." She further stated that India's position has been clear and consistent: "India has already spoken about what has happened. There are no two stands. We have openly said how we were attacked, how we responded, and how we want to find a solution. We are only going to repeat what we have already said." AAP MP Dr Ashok Kumar Mittal, who is part of the all-party delegation led by Kanimozhi, said that he is confident that the World community would show solidarity with India's stand. "We want to tell the world about Pakistan's false

propaganda. India fights only for its own security, and we have never intended to cause injustice to the people of any country. We are confident that the world community will come together with us. AAP's stand is clear: we stand with the government in this matter," Dr Mittal said. RJDM MP Prem Chand Gupta, also part of the all-party delegation said, "The agenda is clear: We have to expose Pakistan's false propaganda." Another delegate Samajwadi Party MP Rajeev Rai, said that the aim was to isolate Pakistan as it is a supporter of terror acts against India. "It is very important to isolate the country which takes money from financial institutions and gives shelter to terrorists. We will also raise the point that it is wrong to think that if it happens in their country, then it is terrorism, but if it happens in India, then it is a matter between India and Pakistan. We will tell the world about all the incidents from the Pahalgam terrorist attack to Operation Sindoor," Rajeev Rai said.

NEWS BOX

Israel says missile fired by Yemen's Houthis downed after sirens spark panic

Tel Aviv.The Israeli military said it intercepted a missile launched from Yemen targeting Israel early on Thursday, in the latest attack bearing the hallmarks of Yemen's Houthi militants. The missile triggered sirens in several areas of central Israel, the military said in a statement. Undeterred by Israeli strikes on Yemen, the Houthis have continued to fire missiles at Israel in what they describe as an act of solidarity with Palestinians in Gaza, although they have agreed to halt attacks on US ships. The group has not claimed responsibility for Thursday's launch. Israel has carried out retaliatory strikes, including one on May 6 that damaged Yemen's main airport in Sanaa, and another last week targeting the Red Sea ports of Hodeidah and Salif. Since the start of the Israel-Hamas war in October 2023, the Houthis have launched dozens of missile and drone attacks targeting Israel, most of which have been intercepted or have fallen short.

China's 650-Year-Old Fengyang Drum Tower Collapses

world. A centuries-old Fengyang Drum Tower in China collapsed partially on Monday, forcing tourists to scramble for safety. Hundreds of roof tiles fell from the 650-year-old drum tower in Anhui. A video of the moment portions of the tower came crashing down has gone viral on social media. It shows a cloud of brown dust enveloping the area near the tourist site. Debris rained down near visitors exploring the area, creating chaos and compelling people to run for cover. One of the eyewitnesses told Yangcheng Evening News. "The tile falling lasted for a minute or two." Another witness told the Beijing News, "There was no one in the square and no one was injured; if it happened a little later, there would be many children playing (near the tower) after dinner."

The structure was first built in 1375 during the Ming Dynasty. A part of the building was ruined in 1853 during the Qing Dynasty and was rebuilt 150 years later in 1995. In 2023, a restoration project was launched. It was wrapped up in March 2024.

The roof, which suffered a partial collapse, was built a year ago. Social media users expressed shock and concern over the poor construction quality. One person commented, "Modern restoration construction compared to something built 650 years ago."

Ex-CEO Of Ocean Theme Parks Defends Record After Dolphin Deaths

world. Another dolphin has died in an aquatic park operated by The Dolphin Company, the fifth in the last year as an executive and lenders fight for control of the bankrupt

company. Independent managers in the US were unable to get help investigating the cause of the death from company veterinarians in Mexico, where Chief Executive Officer Eduardo Albor maintains control of the headquarters and some of the parks. Operations in Europe, the US and the Caribbean are under the control of lender-appointed managers.

The dolphin, named Robin, died at one of the attractions in Italy last month, said Robert Wagstaff, chief restructuring officer for the lender-controlled side of the business. Wagstaff was hired by a newly installed independent director in March. Wagstaff and Albor testified in federal court in Wilmington, Delaware on Wednesday as part of a fight over the company's Mexican operations. Under questioning by his lawyer, Albor insisted that his top priority was protecting about 300 dolphins and other animals that are the main attractions at the parks and also serve as collateral for the lenders.

Wish Had A Plane To Give You": South African President's 'Qatar Gift' Jab At Trump

Washington. "Turn the lights down," President Donald Trump said. It was showtime in the Oval Office.

Sitting next to him was South African President Cyril Ramaphosa, who was visiting in hopes of reaching new agreements on trade. But Trump wanted to talk about baseless allegations that white farmers in his country were being systematically singled out for persecution and murder. He directed everyone's attention to a television that had been wheeled into the room, and a video began to play.

Even for a president who has transformed the Oval Office from a diplomatic venue into a gladiatorial arena, it was an extraordinary scene. Trump stared at the screen while Ramaphosa looked away. For roughly four minutes, the video showed Black politicians - none part of Ramaphosa's government or political party - using anti-apartheid chants about attacking white South Africans.

The politicians have said their comments aren't meant to be taken literally; conservative media use them to advance widely rejected claims that there's a genocide underway in South Africa. The video ended with footage of rows of white crosses, which Trump said represented white farmers. "It's a terrible sight. I've never seen anything like it," he said.

Ramaphosa sounded skeptical. "I'd like to know where that is," he said. "Because this I've never seen."

The confrontation echoed Trump's explosive meeting in the Oval Office with Ukrainian President Volodymyr Zelenskyy almost three months ago, but this one did not devolve into acrimony. While Zelenskyy and Trump ended up arguing in full view of the news media, what unfolded on Wednesday was a delicate dance between two leaders who had clearly prepared for the encounter. Trump had more than just the video. He also shuffled through a stack of papers that he said were printouts of reports about attacks on white farmers.

"Terror Will Not Break Us": World Reacts To Israel Embassy Staff Killings

Top US and Israeli leadership, including President Donald Trump, expressed shock and outrage over the killings.

Was. Two Israeli embassy staff were shot dead late Wednesday outside the Capital Jewish Museum in Washington, DC, by a gunman who shouted "free Palestine." The two victims, a man and a woman, were leaving an event at the Museum when the suspect approached a group of four people and opened fire, authorities said. Israeli Ambassador to the US, Yechiel Leiter, informed that the two people killed were a young couple about to be engaged, saying the man had purchased a ring this week with the intent to propose next week in Jerusalem. Spokesperson at the Israeli embassy in Washington, Tal Naim Cohen,

said Israel has "full faith in law enforcement authorities on both the local and federal levels to apprehend the shooter and protect Israel's representatives and Jewish communities throughout the United States."

World Reacts

Top US and Israeli leadership, including President Donald Trump, expressed shock and outrage over the killings. Condemning the attack, Trump said, "These horrible D.C. killings, based obviously on antisemitism, must end, NOW!" "Hatred and Radicalism have no place in the USA. Condolences to the families of the victims. So sad that such things as this can happen! God Bless You ALL," he posted on his Truth Social platform. US Secretary of State Marco Rubio, meanwhile, said authorities would "track down those responsible" for the fatal shooting of two Israeli embassy staffers. "This was a brazen act of cowardly, antisemitic violence. Make no mistake: we will track down those responsible and



bring them to justice," he posted on X. US Attorney General Pam Bondi said she was at the scene with former judge Jeanine Pirro, who serves as the US attorney in Washington and whose office would prosecute the case. Israeli President Isaac Herzog said he was "devastated" by the scenes in Washington. "This is a despicable act of hatred, of antisemitism, which has claimed the lives of two young employees of the Israeli embassy. Our hearts are with the loved ones of those murdered and our immediate prayers are with the injured. I

send my full support to the Ambassador and all the embassy staff," he said. He added, "We stand with the Jewish community in DC and across the US. America and Israel will stand united in defence of our people and our shared values. Terror and hate will not break us." The shooting comes as Israel has launched a new campaign targeting Hamas in the Gaza Strip in a war that has set tensions aflame across the wider Middle East. The war began with the Palestinian group Hamas coming out of Gaza on October 7, 2023, to kill 1,200 people and take some 250 hostages back to the coastal enclave. Israel's ambassador to the United Nations also reacted to the killings, calling them a "depraved act of anti-Semitic terrorism". Harming diplomats and the Jewish community is crossing a red line. We are confident that the US authorities will take strong action against those responsible for this criminal act," Ambassador Danny Danon wrote on X.

Trump takes credit for everything: Ex-US NSA on India-Pakistan ceasefire claim

Former US NSA John Bolton dismissed Trump's claim of mediating peace between India and Pakistan, saying he "takes credit for everything." He called it typical behaviour, adding it's "nothing against India, it's just Trump being Trump".

world. Former US National Security Advisor John Bolton took a jab at his former boss, Donald Trump, saying that he has a habit of grabbing credit whether it's due or not. And, the latest example, Bolton says, is Trump's claim of brokering peace between India and Pakistan. "It's nothing personal to India. This is Donald Trump, who takes credit for everything," Bolton quipped, summing up what he called a familiar pattern of Trump rushing to the spotlight, facts notwithstanding.

TRUMP BEING TRUMP

Speaking to news agency ANI, Bolton,

known for not sugarcoating his words, said, "I think he did have a call with Prime Minister Modi, and Vice President JD Vance and Secretary of State Marco Rubio were also on the call. I'm sure other countries might also be calling to see what they can do. It's typical of Trump because he would jump in before everyone else could



take credit. It may be irritating, probably is irritating to many people, but it's nothing against India, it's just Trump being Trump," he added. Bolton dismissed Trump's assertion that American mediation led to a ceasefire between India and Pakistan in the aftermath of the April 22 Pahalgam terror attack. The deadly assault, which

killed 26 civilians, prompted India's massive retaliatory offensive — dubbed Operation Sindoor — targeting nine terror camps across Pakistan and Pakistan-occupied Kashmir. His comments come amid Trump's repeated claims that he played a key role in stopping hostilities between nuclear neighbours India and Pakistan.

"If you take a look at what we just did with Pakistan and India — we settled that whole thing," Trump declared at a joint press conference with South African President Cyril Ramaphosa. "I think I settled it through trade. We're doing a big deal with India. We're doing a big deal with Pakistan." "Somebody had to be the last one to shoot. The shooting was getting worse and worse, deeper into the countries. We spoke to them, and I think we got it settled," he added.

TRUMP CREDITS HIMSELF FOR CEASEFIRE

The US President has been asserting everywhere that it was he who not only simply 'broker' the India-Pakistan ceasefire, but also prevented a 'nuclear war'.

India To Host Event At UN To Mark International Tea Day

United Nations. The aromas and flavors of popular Indian teas permeated the halls of the United Nations headquarters as India hosted a special event to commemorate International Tea Day to highlight the beverage's contribution in empowering communities and fostering inclusive economic growth. The Permanent Mission of India to the UN hosted the high-level event Wednesday on the theme 'Tea for Livelihoods, Tea for SDGs' to mark the International Tea Day, a celebration of the world's most consumed drink, after water.

The event concluded with a special curated tea tasting experience where guests enjoyed a variety of Indian teas, including the famous Darjeeling tea, Masala chai, Assam and Nilgiri teas.

India's Permanent Representative to the UN Ambassador Parvathaneni Harish, Director of the FAO UN Liaison Office in New York Angelica Jacome, and representatives of Kenya, Sri Lanka,

and China, the other major tea-producing countries, spoke on the occasion and highlighted the challenges faced by the tea growers, especially the small tea farmers.

"The story of tea in India is not merely one of trade and taste but also one of transformation. What began in the early 19th century from the misty hills of Assam to the slopes of Darjeeling and Nilgiris, India's tea industry has grown to become a cornerstone of rural employment, women's empowerment and export-led development," Harish said at the houseful event attended by UN envoys, senior UN personnel and community members.

The UN General Assembly had in 2019 proclaimed May 21 as International Tea Day following a proposal moved by India at the Food and Agriculture Organisation's (FAO) Intergovernmental Group (IGG) on Tea in October 2015. The UNGA resolution recognised the long history and the

cultural and economic significance of tea around the world, as well as the significant role it plays in rural development, poverty reduction and food security in developing countries. India is one of the largest producers and consumers of tea globally and the sector directly employs over 1.5 million workers, the majority of whom are women. It supports over 10 million livelihoods, including small landholder farmers and those engaged in allied industries.

"For many of these communities, tea is not merely a crop. It's a way of life, a source of dignity, opportunity and hope," Harish said. He also pointed out the complex challenges faced by the tea industry. "Climate change is disrupting growing conditions and then, there are rising input costs," Harish said, adding that market volatility and structural inequities threaten the economic viability of small producers who are responsible for over 60 per cent of global tea production.

"Criminal Act": North Korea Reports 'Serious' Accident During Warship Launch

South Korea's military said the stricken warship was lying sideways in the water after the failed launch.

Seoul. A serious accident occurred on Wednesday during the launch of a new North Korean warship while Kim Jong Un was attending the event, with the isolated state's leader calling it a "criminal act" that could not be tolerated, state media KCNA reported.

Mr Kim, who witnessed the failed launch of the 5,000-ton destroyer, excoriated the accident as caused by "carelessness" that tarnished the country's dignity, and ordered the ship to be restored before a key ruling party meeting in June, KCNA said on Thursday. The report did not mention whether there were any casualties.

KCNA said the incident at the northeastern

port of Chongjin was caused by a loss of balance while the vessel was being launched and it said sections of the bottom of the warship were crushed, but it did not give more details of damage sustained.

"Kim Jong Un made stern assessment saying that it was a serious accident and criminal act caused by absolute carelessness, irresponsibility and unscientific empiricism which is out of the bounds of possibility and could not be tolerated," KCNA reported. Kim said the accident "brought the dignity and self-respect of our state to a collapse", adding an immediate restoration of the destroyer was "not merely a practical issue but a political issue directly related to the authority of the state." South Korea's military said the stricken warship was lying sideways in the water after the failed launch.

The intelligence authorities of South Korea and the United States had been monitoring

the activities in advance, Seoul's Joint Chiefs of Staff spokesperson Lee Sung-jun



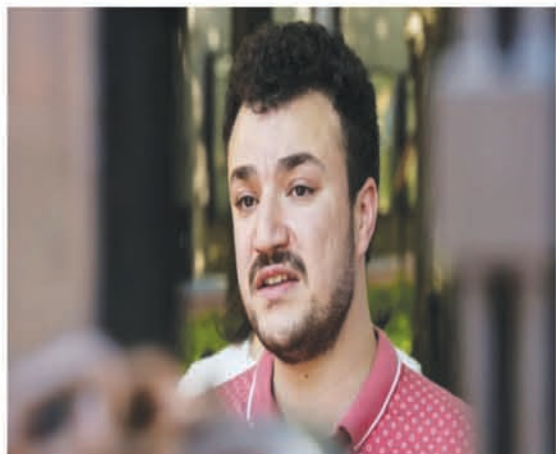
told a briefing. The rare public disclosure of an accident follows a report of the launch of another destroyer of a similar size in April, also attended by Kim, at the west coast shipyard of Nampo.

North Korea has previously experienced accidents such as space launch vehicle

failures and civilian disasters that have subsequently been used to promote the role of the leadership and the ruling Workers' Party in correcting the problems.

The 5,000-ton destroyers launched by North Korea this year are the country's largest warships yet. In a report last week on preparations for the latest launch, U.S.-based 38 North said it appeared the ship would be side-launched from the quay, a method not previously observed in North Korea. "The use of this launch method could be one of necessity, as the quay where the ship is being built does not have

an incline" to move the vessel stern first into the water, the 38 North report said. Commercial satellite imagery of the shipyard the day before the launch showed the destroyer positioned on the quay with support vessels by its side and its missile tube magazines exposed.



Mahmoud, and our son suffer." Khalil had to experience the birth of his son through a phone call.

Khalil is a US green card holder. He was arrested in New York on March 8. His case was one of the first in a series of ICE arrests that targeted students and academics who participated in pro-Palestine demonstrations. In a letter to his son published by The Guardian, Khalil expressed deep sorrow. "My heart aches that I could not hold you in my arms and hear your first cry, that I could not unfurl your clenched fists or change your first diaper," he wrote.

"My absence is not unique," he continued. "Like other Palestinian fathers, I was separated from you by racist regimes and distant prisons. The grief your mother and I feel is but one drop in a sea of sorrow that Palestinian families have drowned in for generations."

NEWS BOX

After horror show against MI, DC's Mukesh Kumar fined for code of conduct breach

New Delhi. DC pacer Mukesh Kumar has been fined for a Code of Conduct breach by the IPL after the game against MI at the Wankhede stadium on Wednesday, May 21. Mukesh was fined 10 percent of his match fees for a Level 1 offence under Article 2.2 and was handed one demerit point as well after the loss to MI. Level 1 offence under Article 2.2 deals with "abuse of cricket equipment or clothing, ground equipment or fixtures and fittings during a match."The DC pacer accepted the Match referee's sanction according to the statement from the IPL on Thursday, May 22. In such cases, the match referee's decision is considered to be final and binding.

"Mukesh Kumar admitted to the Level 1 offence under Article 2.2 and accepted the Match Referee's sanction," an IPL release stated."For Level 1 breaches of the Code of Conduct, the Match Referee's decision is final and binding."Mukesh Kumar has a night to forget at the Wankhede stadiumIt was a night to forget for Mukesh against MI as his final over proved to be the turning point in the game. The pacer had come into the side to replace T. Natarajan in the must-win game for the Capitals as play-off qualification was on



the line.Mukesh started off brilliantly at the Wankhede as he was impressive with the new ball and got the wicket of Will Jacks. Before the start of the death overs, the Bengal pacer also dismissed Tilak Verma as it seemed like DC would restrict MI to a below-par total. However, all this changed in Mukesh's final over as Suryakumar Yadav and Naman Dhir took him apart. Instead of bowling off-pace deliveries, Mukesh tried to pitch it up and was punished by the MI duo. 27 runs came off the over as he was hit for three sixes and two fours. He ended up with figures of 2 for 48 in his four overs. The IPL 2025 season hasn't been a great one for Mukesh, who was bought by DC for Rs. 8 Crore during the auction. In 11 matches, the pacer has picked up 11 wickets at an average of 32.64 and an economy rate of 10.11.

Ruben Amorim to quit United without payoff if board loses trust after Europa loss

New Delhi. Manchester United head coach Ruben Amorim has revealed he is willing to leave the club without taking a single penny in compensation if the board loses faith in him following their failure to win the Europa League final. Amorim's side failed to turn around a disastrous season after losing 1-0 to Tottenham Hotspur in the final on May 22, which has increased the pressure on the Portuguese manager.Spurs secured victory thanks to a 42nd-minute strike from Brennan Johnson, which deflected off United full-back Luke Shaw and wrong-footed goalkeeper Andr Onana. This result ended United's hopes of qualifying for next season's UEFA Champions League, compounded by their 16th-place finish in the Premier League. Despite enduring one of the club's worst seasons in recent history, Amorim insisted he wants to continue as



manager and will only step down without a payoff if the board clearly withdraws their trust."I have nothing to show to the fans, so in this moment it is a little bit of faith...Let's see. I am always open. If the board and fans feel I am not the right guy, I will go in the next day without any conversation about compensation, but I will not quit," Amorim told reporters."I am really confident on my job. And as you see I will not change nothing in the way I do things. I am not going to talk about the future, tonight we need to deal with the pain of losing this match...It was clear we were the better team, then we manage not to score again. The guys try everything to win the game. In the future we can assess," he added.Although United entered the Europa League final in Bilbao unbeaten, a costly defensive lapse and a lack of clinical finishing up front prevented them from making a comeback after Spurs took the lead. With hopes of a top-five Premier League finish off the table, Amorim admitted his focus shifted entirely to winning the Europa League and giving youngsters opportunities in the league.

Manchester United collapse: A nightmare season ends without glory or europe

➡**Manchester United's Europa League final loss captured the very essence of their horror 2024-25 season. A campaign filled with missteps, a misfiring forward line and a lack of mentality has seen the Red Devils set for their worst finish in the Premier League and miss out on making it to Europe for the next season.**

New Delhi. May 21 holds a significant place in the history of Manchester United. In 2008, they defeated Chelsea on penalties in Moscow to win their third UEFA Champions League title under the stewardship of one of the greatest managers of all time, Sir Alex Ferguson. That same season, they also won the Premier League, underlining their dominance as one of English football's true

giants.Fast forward to 2025, and May 21 is now a date United fans would rather forget. In a match that exposed the glaring lack of quality in the current squad, they lost the Europa League final to Tottenham Hotspur. The Red Devils registered 16 shots—six on target—while Spurs had just one, which proved decisive.

But that's been the story of United's 2024–25 campaign: a nightmare from start to finish. Set to end the season in either 16th or 17th place, and saved from relegation only because Southampton, Leicester, and Ipswich were worse, United look a shadow of their former selves—trapped in the echoes of past glory.To put things in perspective, the Europa League final loss was Manchester United's 20th defeat of the season—their most in a single campaign since 1973–74, when they were relegated.So, where did it all go wrong for the Red Devils?

Was it just a lack of quality on the field? Or were poor decisions from ownership a deeper part of the problem?Let's take a look at the key reasons behind United's worst-ever Premier League campaign and their European heartbreak—a season that ended with no silverware and only bitter disappointment.Sticking with Ten Hag after a poor 2023–24 seasonThe first major

misstep, in hindsight, was retaining Erik ten Hag after an underwhelming 2023–24 campaign. United had finished eighth, with the Dutchman's system and tactical shortcomings being repeatedly exposed.The



very public fallout with Jadon Sancho didn't help, and while there were fleeting high points—like the dramatic extra-time FA Cup win over Liverpool and the final triumph over Manchester City—Ten Hag always seemed to be living on borrowed time.

By then, INEOS had taken over club operations, and their first big decision was Ten Hag's future. Despite testing the waters with other options, including Thomas Tuchel, they chose to back the Dutchman.That decision proved costly.

Mitchell Santner showing his IPL worth in MI colours: Varun Aaron after DC win

Varun Aaron feels that Mitchell Santner is finally proving his worth in the IPL after his spell helped MI beat DC. Santner ended with figures of 3 for 11 as MI qualified for the play-offs with a thumping win over Delhi.

New Delhi. Varun Aaron feels that Mitchell Santner is showing his worth in the IPL while wearing the colours of MI after his stunning spell in the win over DC. Santner picked up 3 for 11 in 4 overs and got the key wickets of Vipraj Nigam and Sameer Rizvi, the highest run-getters for Delhi on the night and left the dangerous Ashutosh Sharma stumped. Santner, who joined Mumbai during the IPL 2025 auction, has often found himself on the bench during his time with CSK in the past, but is becoming a vital member of the



MI side that has sealed their qualification for the play-offs. Speaking to ESPNcricinfo, Aaron said that the moment he saw Will Jacks get a lot of spin, he realised that Santner would have the batters caught in a web. The former Indian pacer hailed Santner as a quality bowler, who never got a long run during his time with CSK.

"The moment Will Jacks bowled [in the first innings], I was thinking if Will Jacks is going to turn the ball this much, Santner is just going to run rigs around the batsman," Aaron said. "Santner is a quality bowler, just

one of those underutilised bowlers, underutilised players at CSK, never really got a long run, but he's just showing what he's worth the moment he stepped into Mumbai Indians' colours."

What makes Santner lethal? Moody explains

Tom Moody, who was also part of the conversation, said that the beauty of Santner on a surface like the Wankhede is not the spin he gets but his subtle variations to

bamboozle the batters. "And the beauty of Santner is that, on a surface like that, it's not so much the turn is the threat, it's the pitch being slow and his ability to change the arrival of the ball at different paces without the knowledge of the batsman. That's what makes him lethal, his subtle change of pace without any real sign or cue for the batter is his key," Moody said. "It's not like he's spun the odd one, but let's face it, Mitchell is not a big turner of the ball, he's never been a big turner of the ball, that's why he's never really grabbed hold of a Test cricket and run with it.

Tottenham Hotspurs captain Son Heung-min accepts legend tag after Europa win

New Delhi. Tottenham Hotspur captain and South Korean football icon Son Heung-min has finally embraced the 'club legend' tag after leading his side to a historic Europa League triumph — their first trophy in 17 years — with a 1-0 victory over Manchester United in the final on May 22.In what will go down as one of the greatest nights in the club's history, Spurs lifted their first-ever European trophy, thanks to a first-half strike from Brennan Johnson. The forward's effort, deflected in by United defender Luke Shaw, sealed the win in Bilbao and brought an end to Tottenham's long wait for silverware. Known for his humble and grounded nature, Son did not shy away from acknowledging his status as "legend" at the club during his post-match interview with TNT Sports.



"Let's say I'm a legend. Why not? Only today!.. Seventeen years, nobody has done it, so with such amazing players yeah today's the day. Probably today I will say I'm a legend of this club," Son said."I feel

amazing. This is what I've always dreamed for and today is the day it happened. Dream came really, really true. I'm so so happy. I am the happiest man in the world," he added.

Both sides came into the final under intense pressure following disastrous domestic seasons. While Manchester United had remained unbeaten in Europe leading up to the final, Spurs saved their best for last. The win not only delivered silverware but also booked their place in next season's UEFA Champions League.The victory marked a fairytale moment for Son, who has spent a decade at the North London club. For United, however, the night added further misery — with no trophy and a 16th-place finish in the Premier League leaving them without European football altogether.

GT vs LSG, IPL 2025 Preview: Predicted XI, team news and Ahmedabad pitch condition

GT vs LSG, IPL 2025 Preview: Gujarat Titans aim to seal a top-two finish in IPL 2025 as they face eliminated Lucknow Super Giants in Ahmedabad, with form, depth, and Shubman Gill's captaincy driving their late-season charge.

New Delhi. With the four IPL 2025 playoff spots already sealed, Gujarat Titans — in blazing form and still gunning for a top-two finish — will test their momentum against a struggling Lucknow Super Giants side, who have little more than pride left to play for on May 22. The Narendra Modi Stadium will play host as GT eye a crucial cushion by locking in a Qualifier 1 spot, while LSG hope for a consolatory win to round off an otherwise underwhelming season.The secret to Gujarat's successful campaign this year

has been consistent performances across all departments. From captain Shubman Gill, a rock-solid Sai Sudharsan, and the experience of Jos Buttler in the top order, to their reliable pace duo in Mohammed Siraj and Prasidh Krishna, and the guile of spin twins Rashid Khan and Sai Kishore — GT have clicked as a unit. Their dominant 10-wicket win over Delhi Capitals was a perfect example, as Gill and Sudharsan made light work of a 174-run chase, leaving Delhi Capitals stunned.Gill's composed leadership, backed by the ever-animated Ashish Nehra, has been a defining trait of GT's 2025 run — strengthening the chorus for his elevation to India's red-ball captaincy. The clash against LSG could be another litmus test reinforcing that narrative.Lucknow, on the other hand, have endured a season of misfires, with their campaign falling apart



after a defeat to Sunrisers Hyderabad, sealing their exit from the playoff race. Rishabh Pant's debut season as captain — after replacing KL Rahul — has been forgettable,

with the keeper-batter failing to justify his hefty price tag. Despite the promise shown by openers Aiden Markram and Mitchell Marsh, and a resurgent Nicholas Pooran in the middle order, LSG's injury-hit and imbalanced bowling attack has undone any gains.Facing an in-form GT top-order will be a major concern for LSG, given their bowling frailties.

GT vs LSG: Head-to-Head

Interestingly, LSG lead the head-to-head tally in IPL history, having won four of their six meetings against Gujarat. Their last win came in IPL 2024 — a six-wicket victory over GT.

GT vs LSG: Team News

Gujarat are expected to be near full-strength for the LSG match, at least until the playoffs begin. Their final league games — against LSG and then Chennai Super Kings — will be vital to cementing their Qualifier 1 berth.



displaying the composure of a team accustomed to big-match scenarios.

CAPTAIN COOL

Former India batter Ajay Jadeja heaped praise on Hardik's leadership, noting that the all-rounder hasn't altered his captaincy style but has simply managed his team more effectively this time around.Hardik has already proved his credentials, having led Gujarat Titans to the IPL title in 2022 and the final in 2023. Now, he'll be aiming to guide Mumbai Indians to a record sixth championship."Hardik has been fabulous. He has got the energy. He has got a different style of captaining. Unfortunately, last season wasn't a success. He has kept his cool. He has carried on the way he captains, whether he was at GT, whether it was last year," Jadeja told JioStar.



Cannes

Jacqueline Fernandez

Dismisses Stereotypes About Women In Bollywood

Jacqueline Fernandez recently won hearts with her appearance in Cannes. At the prestigious film event, she talked about Bollywood and said that it is changing for the better. She shared that the old ideas about women in the film industry are fading, and now, actresses of all ages are getting strong lead roles. She called it a positive and much-needed change. During a panel discussion called Women in Cinema, hosted by Deadline Hollywood and the Red Sea Film Foundation at the 78th Cannes Film Festival, Jacqueline spoke about how things are changing for women in Bollywood. She said the industry is moving in a better direction, with more strong and meaningful roles now being written for women.



“In India and in Bollywood, there has been an amazing change where it’s not anymore about fitting a cookie-cutter stereotype of what it means to be an actress and how you could fit in a role. And these are the roles that you can be given if you are a certain age or if you look a certain way. That’s changed a lot in India,” Jacqueline said. The actress added, “Women of all age groups are getting fantastic roles. They are getting fantastic female lead protagonist roles. There are stories being made for them. So now, the variety has all of a sudden exploded. Everyone is getting an opportunity. There is no more a shelf life. There is, of course, a lot of us who go through that; it is how do we stay relevant all the time as you get older? But there are a lot of people and a lot of amazing actresses out there who are breaking that and who are working towards that.” Jacqueline Fernandez said that women in cinema are now showing others that they can follow their passion and dreams without limits. She believes the best thing about cinema is that anyone, no matter their race, religion, gender, or age, can share their story. Jacqueline is happy that actors today have more freedom to tell these stories in their own way.

On the work front, Jacqueline Fernandez will next be seen in Housefull 5. Directed by Tarun Mansukhani and produced by Sajid Nadiadwala, the film has a star-studded starcast including Akshay Kumar, Abhishek Bachchan, Riteish Deshmukh, Sonam Bajwa, Nargis Fakhri, Sanjay Dutt, Jackie Shroff, Nana Patekar, Chitrangada Singh, Fardeen Khan, Chunky Pandey, Johnny Lever, Shreyas Talpade, Dino Morea, Ranjeet, Soundarya Sharma, Nikitin Dheer, and Akashdeep Sabir.

Krystle D'Souza Revisits Her Cannes Debut And We Can't Even



Krystle D'Souza has captivated viewers with her unforgettable performances in the entertainment industry over a decade. From her memorable role on TV shows to impactful web series, the actress has come a long way. Back in 2022, Krystle also made her grand Cannes debut making her mark on the global stage. In the latest, as Cannes 2025 is underway, the actress revisited her memories from the red carpet. She shared a few pictures from her debut and also spiked curiosity among fans about when she would go there again.

Krystle D'Souza surprised her followers by posting a gorgeous throwback picture from her last Cannes red carpet look. Along with the picture, she wrote “I Cannes see you in 2026,” sparking curiosity about her appearance. The actress had worn a gorgeous sequined gown. The outfit was also covered with silver motifs. The sleeveless dress has a plunging neckline and a mesh detail. The dress featured a daring side cut and a floor-length trail with sequin embellishment. Light pink fringe adorned the sleeve hemlines. Her glamorous makeup with dramatic sparkly eyelashes and a subtle pink tint on the lips finished the appearance. On the work front, the actress is preparing to play the powerful character of a police officer in the highly anticipated film, Jaageer. Krystle is poised to give a career-defining performance in this action-packed drama.

In addition to Jaageer, Krystle D'Souza appears on the web show First Copy. Farhan P. Zamma will direct the film, which is produced by Salt Media and RVCJ. The actress will co-star with Bigg Boss 17 winner Munawar Faruqi. Krystle rose to prominence after portraying Jeevika Vadhera in StarPlus' Ek Hazaaron Mein Meri Behna Hai. In 2018, She played the role of Roopa in Belan Wali Bahu. Krystle was seen next in Riteish Deshmukh and Fardeen Khan starrer Visfot. The horror drama was the official Hindi adaptation of the 2012 Venezuelan flick Rock, Paper and Scissors.

From 90s Icon To OTT Star, How Raveena Tandon Built Rs 166 Crore Net Worth



Raveena Tandon, the 90s diva of Bollywood, has built an impressive financial empire alongside her remarkable acting career. Tandon's journey began with her debut in Patthar Ke Phool (1991), earning her the Filmfare Award for Best Female Debut. The actress became a 90s sensation with hits like Mohra, Dilwale, and Bade Miyan Chote Miyan. Known for her dance numbers like Tip Tip Barsa Paani, Raveena won over the audience with her iconic performances.

Only a few actresses from the 90s are still relevant in the film industry; Raveena Tandon is not one of them. She has been relentlessly working in web series and movies, continuing to build her wealth and net worth. According to Times Now, as of 2024, her net worth is estimated at Rs 166 crore. Her renowned acting career and the brands she represents are the main sources of her fortune. It reflects her enduring success in the entertainment industry, spanning over 3 decades.

Reportedly, she charges Rs 2-3 crore per film, commanding Rs 50 lakh per endorsement. Her annual income is around Rs 20 crore, with monthly earnings between Rs 1.5-2 crore. Additionally, her work as a producer and television personality, including hosting shows like Simply Baatien with Raveena and judging reality shows, contributes to her fortune.

Tandon's wealth clearly reflects her luxurious lifestyle. According to Lifestyle Asia, she lives in a gorgeous villa in Bandra called Neelaya, which combines South Indian, European, and Moroccan design elements. She has a Mercedes-Benz 350D (Rs 1.71 crore), a Jaguar XJ (Rs 1.11 crore), and an Audi Q7 (Rs 86.92 lakh to Rs 94.45 lakh). Meanwhile, she also owns some property abroad. She won a Filmfare OTT Award for her performance in Netflix's Aranyak (2021) and a National Film Award for Best Actress for Daman (2001) for her highly appreciated performances. Her recent role in one of her highest-grossing movies, K.G.F: Chapter 2 (2022), further solidified her acting career.

Janhvi Kapoor

To Simi Garewal: Indian Actors Who Made Cannes Debut In 2025



The 78th Cannes Film Festival witnessed a new chapter for Indian cinema. This year several Bollywood celebrities made their grand debut on the global stage, turning heads and capturing the hearts of thousands of people. With Indian cinemas attaining global fame at the festival, these Bollywood actors did not only represent their films but also redefined the cultural narrative of South Asian presence at the prestigious festival.

Janhvi Kapoor

Janhvi Kapoor made her debut at the 2025 Cannes Film Festival on May 20 for the premiere of her film Homebound. The actress looked stunning in a pastel pink Tarun Tahiliani ensemble. Crafted from handwoven Banarasi tissue, the outfit featured a voluminous skirt and a corset on top with a sculpted drape flowing down from her head. The actress was seen making her red-carpet debut along with Homebound co-stars Ishaan Khatter and Vishal Jethwa.

Ishaan Khatter

Ishaan Khatter's movie Homebound premiered at the festival in the Un Certain Regard section. The actor exuded regal charm as he opted for a signature Gaurav Gupta ensemble. The 29-year-old actor was donned in a custom wine-colored velvet bandhgala, adorned with intricate black embroidery, and paired it up with same-colored wide-leg trousers, creating a monochrome look.

Nitanshi Goel

Laapataa Ladies star Nitanshi Goel became the youngest Bollywood actor to debut at the Cannes Film Festival. At the age of 17, Nitanshi walked down the red carpet in a

custom black and gold gown by Monica and Karishma to attend the screening of Dossier 137.

Vishal Jethwa

Homebound actor Vishal Jethwa left everyone speechless as he made his debut on the Cannes red carpet wearing a black pantsuit by Kaushik Valendra. The classic blazer was adorned with jeweled shoulder pads, and his striking



golden brooch took the outfit to a whole other level.

Simi Garewal

Actress Simi Garewal made her debut at the prestigious festival at the age of 77. Simi attended a special 4K screening of Satyajit Ray's Aranyer Din Ratri. She walked down the red carpet with Sharmila Tagore, wearing an all-white custom ensemble by Karleo. Her attire featured a long embroidered overcoat with a matching gown, making a dramatic statement on the red carpet.