# 念 The Researchers 



Joe Biden says US helped Israel take down nearly all Iranian drones, missiles

## Worrd Iran launcheed drones and missiles at Israel directly from ins teritory on Sunday, marking a major escaltion Isral's military said more than 100 drones were launched from Iran, with security sources in Iraq and Jorrann reporting dozens seen fly ing overhead. US Presididn toe down Biden and Israeli Prime Minister Benjamin Netanyahin   do so level-headedly and with determination," the Israeli PM added.The Israeli military claims that 100 explosive drones have been launched by Iran so far, news agency Reuters reported Two security sources in Iraq said dozens of drones had been spotted flying from Iran towards Israel over Iraqi airspace in what Iranian Press TV called "extensive drone strikes" by the Revolutionary Guards. Iranian Defence Minister Mohammad Reza Ashtiani warned that fehran will

Won'† Hesitate To...": Iran After Launching Missile Barrage At Israel







 martyram of the Iranaia nilitary advisors present in
Syria, Irart's mission to the United Nations said in its
Statement.Th Is




 wailed and Reuters journalists in IIrael said they heard
distant heavy thuds and bangs from what local media

Solomon Islands readies for election in shadow of China's influence


Iran launches drones, missile attacks on Israel in retaliation; UN calls for emergency meeting

Fifteen nations accept BJP's invitation to observe LS poll campaign
New Delhi: The Bharatiya Janata Party
(BJP) has extended invitations to diplo-
mats from 25 nations and political par-
ties from around the world to observe
its campaign for the upcoming Lok
Sabha elections.
The general election in India will take
place in seven phases starting April 19,
with vote counting scheduled for June 4.
In a move to counter the narrative and
allegations raised by Congress leader
Rahul Gandhi, who has claimed during
his speeches abroad and in India that
democracy in India in inder threat, the
BJP has invited political parties from 25
countries to witness firsthand its cam-
paign and election management strat-
egies during the 2024 Lok Sabha elec-
tions.
According to media reports, 15 coun-
tries have accepted the invitations, in-
cluding Nepal, Bangladesh, Mauritius,
Sri Lanka, and several African nations,
who will observe the BJP's campaign.
According to the media reports, the
 ing which the leaders will attend rallies meet with BJP booth workers, and ob serve the party's operations, as per the report by the media.
"This is the first time history that the BJP has invited internhistory that the BJP has invited interna-
tional political parties to experience its
firmed their participation, mostly from neighboring countries in the Far but also from reported NDTV, quoting the BJP's Foreign Affairs Chief regarding unemployment and inflation, a Lokniti-CSDS study highlighted by Narendra Modi's strong leadership and India's increasing global signifcance
will likely contribute to his re-election. "The objective is to showcase the
breadth and depth of the BJP's campaign, which has led to its victories in consecutive Lok Sabha elections. We are eager for their visit to India. They will
travel across the country to witness the BJP's campaign firsthand," the report added.
It is wor It is worth noting that the BJP secured election and is aiming for a third conlection and sisimining
secutive term in infice

Hamas junks Israel's truce proposal, remains adamant on main demands


174 stranded after deadly Turkey cable car accident rescued after 23 hours
Istanbul, Turkey. The last of 174 people stranded
in cable cars high above a mountain in southern
in 23 hours after one pod hit a pole and burst open,
killing one person and injuring seven when the plummeted to the rocks below. Interior Ministe completion of the rescee operation on X
Saturday afternoon. A total of 607 search and inver personnel and 10 helicopters wer,
involved, including teams from Turkey's
emergency response agency AFAD the Co Guard, firefighting teams and mountain rescue teams from different parts of Turkey, officials
said. Helicopters with night-vision capabilities continued rescuing people throughout the
night.The stranded people had been suck on the
Tunektepe cable car, just outside the Mediterranean city of Antalya, since $5:$
on Friday, when the accident occurred. rescued sevenen hours into the ordeal. Speaking to
the the Anadolu agency, she said the power went
out, and the pod flipped four or five times. were children with we were very scared. They passed out," she
said. "It was torture being up there for seve
$\qquad$
$\qquad$ ate-run Anadolu Agency identified the deceased
as a $54-$ year-old Turkish man. Those injured
included the children and there were six
Turkish citizens and included two children and there were six
Turkish citizens and one Kyrgyz national. They
were all rescued by Coast Guard helicopters were all rescued by Coast Guard helicopters
soon after the crash and sent for treatment.
Images in Turkish media showed the battered
car swaying from dislodged cables on the side of car swaying from dislodged cables on the side of
the rocky mountain as medics tended the
wounded. Yerlikaya also announced that 13 people rescued
from other cars were also taken to hospitals for checkups. Friday was the final day of a three-day
public holiday in Turkey marking the end of the
Muslim hoy Muslim holy month of Ramadan, which sees
families flock to coastal resorts.The cable car
carries tourists from Konyaalti beach to restaurant and viewing platform at the summit
of the 618 -meter ( 2,010 -foot) Tunektepe peak of the 618 -meter ( 2,010 -foot) Tunektepe peak.
It is run by Antalya Metropolitan Municipality.
The cable car line was completed in receives a major inspection around the
beginning of the year, as well as routine
inspectionsthe Antalya Chief Public Prosecutor's Office has
launched an investion commission including mechanical and
electrical engineers and health and safety
experts was assigned to determine the cause of

## Iran wouldn't have attacked Israel 'if I were President': Donald Trump




$\begin{array}{ll}\text { talents like Master Kushan } & \text { Bakshi, Samridh Choudhary, } \\ \text { Sengupta, Master Arijit Ba- } & \text { Ankita Banerjee, Shampa Ba- }\end{array}$ nerjee, Master Nirihar Bakshi, and Anushree Banerjee,
showcased their musical showcased their musical
skills with enchanting perfor$\begin{aligned} & \text { skills with e } \\ & \text { mances. }\end{aligned}$
mances.
The event also featured performances by children from 8 dance schools in Dhanbad, who captivated the audience with their graceful moves. Mentors from these dance nerjee, Aarti Sao, Saswati Sen, and Sartoswini Roy, were honored by the comm
for their contributions. for their contributions.
Dr. Sujatha Chatterjee and Dr. Sujatha Chatterjee and
Suijit Roy's recitation of Kav Sujit Roy's recitation of Kav-
iguru Rabindranath Tagores iguru Rabindranath Tagores
poem "Abhisar," and Jolie poem Abhisar,' and Jolie
Ghosh's organic rendition of the same, received applause from all attendees. The tal-

## recognized and honored with mementos by the

 members.Special gue
Special guest Veena Aggarwal commended the commit tee's efforts and extended her wishes for a joyous New Year.
The event was made possible by the collective contribu by the collective contribu-
tions of all members of the Bengali Welfare Committee, with women dressed in traditional red and white sarees and waie sas

## BJP's Manifesto Aims to Propel India Towards Development: Sanjay Seth

 RNS I Ranchi: BJP RanchiLok Sabha seat candidate Lok Sabha seat candidate Sanjay Seth is confident that
the partys resolve letter will the partys resolve leter will
answer Indiás demands and answer Indias demands and
accomplish the goal of a deaccomplish the
veloped India.
veloped indial
Sett sader it issued un-
der Prime Meninister Narendra der Prime Minister Narendra
Modis assurance, addresses Modis assurance, addresses
many national issues, includmany national issues, includ
ing those affecting harkhand ing those affecting harkhand
The resolution promotes
tourism and homestays in Jharkhand, especially Ranchi, recognising its potential. Seth
believes homestays will enbelieves homestays will en-
courage tourism, employ tribcourage tourism, employ trib-
al families in rural locations, and showcase local culture to guests.
guests.
In response to paper leaks in competitive exams, which have lowered youth morale in
Jharkhand, the resolution calls Jharkhand, the resolution calls
for stricter regulations to protect young aspirants. The resolution addresses
healthcare for women with healthcare for women with cancer and connecting over70 s to Ayushman Bharat. The
 sises the BJP's commitment
to encouraging women in sports, which might boost
Iharkhand's female athletes Jharkhand's female athletes'
prospects and bring Ranchi prospects and bring Ranchi
and the state international exposure. standing commitment to One Nation, One Law,"
which is part of its manifesto which is part of its manifesto
to promote equality across. op promote equality across.
Resolutions like "One Nation, One Election" would also save government costs. In conclusion, Seth said the resolution letter showed the
BIP's dedication to Indiazs BJP's dedication to India's
growth.

Government Directs E-commerce Platforms to Remove Bournvita from 'Health Drink' Category


RNS I New Delli Ministry of Commerce and Industry has instructed e commerce companies to
reclassify Bournvita and reclassify Bournvita and
similar beverages, clarifysimilar beverages, clarify-
ing that they should not be ing that they should not be
labeled as health drinks on their platforms. This direc their comes as the Food Safety and Standards Act (FSS Act 2006) does not provide a definition for health drink. In a letter dated April 10, the Ministry ordered e-commerce companies to remove

imbursed along with Rs 500 be honored on the auspi$\begin{array}{ll}\text { imbursed along with Rs } & \text { be honored on the auspi- } \\ \text { in cash, for class } 9 \text { th a cash } & \text { cious occasion of Chinmay } \\ \text { incentive of Rs } 6000 \text { and Rs } & \text { Avtaran Diwas on 8th May }\end{array}$ $\begin{array}{ll}\text { incentive of Rs } 6000 \text { and Rs } & \text { Avtaran Diwas on 8th May, } \\ 600 \text {, and for class 10th a cash } & \text { which marks the birthday of }\end{array}$ 600, and for class 10th a cash and Rs 700. The bill should be for purchasing study material or for joining a class. Dr. Bharat explained that the objective of the program is to fuel the aspirations of
children and ensure that financial constraints do not hinder their education. More than 600 students from economically weaker sections
studying in various schools studying in various schools
of Bokaro Ispat Nagar and its of Bokaro Ispat Nagar and its
surrounding areas participated in the written examination. After the first phase's interviews with the 80 successful
students, the 40 best stustudents, the 40 best stu-
dents will be selected. All dents will be selected. All
40 successful students will he competition saw enthusiastic participation from 10th from both government and private
ro district.
Bharat, the program co ordinator, explained that the initiative is designed to support talented students
from deprived sections livfrom deprived sections The program is structured in two phases: first, 80 students who excel in the written ex amination will be selected and then, after an interview,
40 of the best students will 40 of the best
be awarded. For successful students in
class VII, an assistance of R 4000 will be provided upon submission of a bill for study material purchase, along
with an additional Rs 400 in with an additional Rs cash. Similarly, for class 8th, a bill of Rs 5000 will be re
Devotees Flock to "Lakshmi Narsingh Narayan" Mahayagna in Gaya, Delha Area Resonates with Vedic Mantras
bhajan kirtans continue late into the night. Pradhan Sevak emphasized the significance of circum-
ambulating the yagya manambulating the yagya man-
dap, stating that according to Hindu scriptures, it is believed that one's wishes are fulfilled by doing so.
He highlighted the He highlighted the transformative power of satsang,
where one gains wisdom, where one gains wisdom
fame, and goodness. Listening to satsang with an open ing to satsang with an open a change in one's thoughts, actions, and conduct, ulti mately tran
entire life.
$\qquad$
The Mahayagna has created such a devout atmosphere in the area that even those who
have other commitments, such as work, farming, or labor, first pay their respects
and circumambulate the Yagya Mandap before attending to their duties. fervor and good conduct communities to participate Pradhan Sevak Radha Kripa Das Ji Maharaj noted that on the first day of the Mahayag-
na, a large number of devo-

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RANCHI I 15 April 2024
First Home Treatment for Ear Disorders Introduced in Ranchi

## 

RNS I Ranchi: Ranchi: In a pioneering move, Paul Optias introduced a revolutionary service that allows fo the treatment of ear disorders from the comfort of ones home. The new service, called "EarCart Omni", wa With over thirty years of experience, Paul Opticals D rector Sanjay Paul said that his company is the first in he city to offer international-level eye exams, scientifi Paul Opticals is conducting free "EarCart Omni" hear ing tests for hearing-impaired people as part of its sec ond anniversary. Paul Opticals is pioneering home de Puul stated that Paul Opticals is the first store harkhand to offer free hearing aid, eyeglasses, and glasses insurance for a year, with Essilor Luxottica cov-
ering damages. To help the poor, he promised free ser
vices.
Paul Opticals, the city's only Essilor Expert store, offer cutting-edge eye care. Jharkhand's first Essilor Exper
Store is Paul Opticals on Kanke Road, Ranchi, beside okul Swee
Earkarts "EQFY" 16 -channel digital hearing aid is cut ting-edge and Bluetooth-connected. This sleek, hand
rechargeable device reduces battery changes and follow recent fashion trends. The device can be programe using a mobile app without human modifications. arkart's "Listening Ear" Centre also provides aud
timulation for congenital deaf youngsters to improve

Fire Safety Training Conducted at Wellmark Hospital Bokaro

RNS I Bokaro: Wellmark Hospital Bokaro, a prestig ious NABH recognized hospital, remains committed to enhancing its quality standards through regular training programs. Today, a mock drill for fire safety training under Code Red was conducted at the hos
pital, led by BH Coordinator Aritro Chattopadhyay pital, led by BH Coordinator Aritro Chattopadhyay
The training demonstrated the immediate steps to The training demonstrated the ammebreak. An arti
control fire during an accidental outbreal ficial fire was created, and hospital staff showcase the proper use of fire extinguishers, guided by Chat topadhyay. The training emphasized the importanc of quick and efficient response to fire emergencies. Earlier, on April 4, 2024, a workshop was organize Hospital Durgapur, focusing on rapid treatment fo
heart attack patients.


Does Congress, Mallikarjun Kharge Not Like 'Bharat Mata ki Jai' Chant? Karnataka MLA's Request Sparks Row?


BJP Reacts
The remarks have prompted outrage in the BJP ranks with RP Singh in the BJP ranks with RP Singh
dubbing it a pitiful situation for
the Congress party. He said that the Congress party. He said that
"Congress does not seek permission to chant 'Pakistan Zindabad' in the parliament but to say 'Bharat mata ki Jai', they seek
permission from the party president." of Opposition R Ashoka MLA Laxman Savadi of the Congress party after eeing the action of Ministe Priyank Kharge who
advocated on behalf of those who shouted the Pakistan indabad slogan. He was
very scared of raising the very scared of raising the
'Bharat Mata Ki Jai' slogan within in the Congress party
and asked permission from
remark has sparked anger among BJP members inviting a fresh set of jibe exchanges. Savadi had switched from the BJP to Assembly elections.
During the public address, Laxman Savadi spoke to the audience, saying, "I hope Kharge Sahab doesn't misconstrue this. I want to say this to all of you. I will say
'Bolo Bharat mata ki Jai,' and you all should repeat it after me with all should."
and asked permission from
Mallikarjun Kharge." (roughly translated from Kannada) arlier Controversies During
Congress'Nyay Yatra on March 3 party leader Rahul Gandhi party leader Rahul Gandh "Bharat Mata ki Jay," we should also express the same sentiment for the remaining $73 \%$ of the
Indian population. Last year, on Indian population. Last year, on
August 10 , Rahul suggested that 'Bharat mata ki jai'seems to be 'unparliamentary.'

## BJP manifesto titled 'Modi ki Guarantee' released by PM

## "BJP Govt Working For Few Businessmen In This Country...": Rahul Gandhi


#### Abstract

Congress leader Rahul Gandhi said that the Bharatiya Janota Party-led Centre is working towards benefititing selected businessmen in the country adding that key public infrostructure in the country has been handed over to them to moke profits

New Delhi. Congress leader Rahul Gandhi on Saturday said that the Bharatiya Janata Party-led Centre is working towards benefitting selected Centre is working towards benefitting selected infrastructure in the country has been handed over to them to make profits. Addressing an election rally in Bhandara, Rahul Gandhi said, "This BJP and PM Modi is running government for few




Adani...go home and google what is the price of Adani shares. In this country, 22 people have as
much wealth as 70 crore people. PM Modi's only job is to divert attention and Adani has only job to take money out of your pockets."On the Congress manifesto for Lok Sabha polls, Rahul Gandhi said that a lot of consultation and feedback was taken from the public during the drafting process We made our manifesto thoughtfully. It was not
thousands of people. This is the people' manifesto," he said.Earlier, Congress leader Rahul
Gandhi highlighted the promises made by the Gandhi highlighted the promises made by the
Congress party in its poll manifesto and said that Congress party in its poll manifesto and said that by transferring Rs 1 lakh into the account of one female from a poverty-stricken household, which comes out to Rs 8,500 per month."The Congress Government will transfer Rs 1 lakh (in a year) to the bank account of one woman of every poor household in the country...If you are below the poverty line then every year, Rs 1 lakh (Rs 8,500 per month) khatakhat khatakhat aata rahega aur ek jhatke se hum Hindustan se gareebi ko mit
denge,." Rahul Gandhi said addressing a poll rally denge, Rahul Gandhi said addressing a poll rally
in Rajasthan.The Congress party released its manifesto for the 2024 Lok Sabha Elections in Delhi on April 5. Party chief Mallikarjun Kharge, former party chief Sonia Gandhi, and Congres
MP Rahul Gandhi were also present at the event.

Lok Sabha Election 2024: Relief To Couples In Govt. Job, EC Exempts One Spouse From Election Duty


## Hope for a change of heart










 surprise when it was announced that he was to
succeed Dinkar Gupta of the Punjab cadre as
Director General of the National Investigation a recent article, 'The Back-Room Mischief
Makers', Mathew John, a former IAS officer, has castigated the bureaucracy, especially the IPS and agencies, of "crawling when asked to bend" before "the brute power of a political executive",
The Enforcement Directorate (ED), an IRS-led
agency, was, of course, mentioned, but so were agency, was, of course, mentioned, but so were
two IPS-led agencies, the CBI and the NIA. cadre, Subodh Jaiswal, was picked to head the
CBI three years ago. He kept alow profile during
his tenure. That he did not alot and his tenure. That he did not get an extension or a post-retirement sinecure is a tribute to his
integrity. It is an acknowledged fact that those
who toe the line are handsomely rewarded. Integrity. It is an acknowedged fact the
who toe the line are handsomely ren
Obviously, Subodh toed nobody's line. am absolutely sure that the Sadanand-led NIA is
not goingto dabble in any form of injustice even if
the pressure becomes intolerable. He is a man who must have spelt out his terms even before
honouring the trust placed in him. If Sadanand has done that which I am sure he has, the NIA is one eliminate from their list of Central agencies overbearing political executive. NIA as 'back-room mischief makers'. Actually, politicians who want "corruption to be abolished
from the Opposition ranks" What is even more from the ipposition ranks'. What is even more before the Lok Sabha elections. Only the sins of those who cross over to the ruling party before the
polls are forgiven.Incidentally, Mathew will
forgive me if I point out that many amo back-room' collaborators are members of his
service! Secondly, Mathew should keep in mind that our successors in the premier civil services
are operating in inffinitely more difficult and
dangerous times than we did. When wellmeaning citizens hail me and want me to come back as the policeman in charge of the city, I
immediately admit that I would not be able to The choice is between conforming and quitting.
Not many are in a position to quit when they and approach ing 50 or have corossed that thendmark an officer of the calibre of Sadanand should have Thane or Nagpur three years ago The of Pune, hane or Nagpur three years ago. The people of
those cities and the cops keeping order there competence. But those in power are no wspapers say that the great majority of would-be hemselves for that duty. Is that surprising? If you guffaws follow. And after Narendra Modi's nauguration and his dive into the sea off Dwarka, are clearly disappointed

## Need to carry out deeper research into ayurvedic medicines

While modern medicine investigates and diagnoses the disease before treating it, ayurveda relies more on treating the symptoms.

| THE Supreme Court has pulled up Patanjali Ayurved for its advertisements against allopathy and for making false claims about its own ayurvedic medicines. The court had earlier restrained Patanjali from advertising its products as a 'permanent relief' for hypertension, asthma and heart disease, among other health issues. The Drugs and Magic Remedies (Objectionable Advertisements) Act, 1954, prohibits advertisements for 54 such diseases Patanjali has also been questioned over its claim about Coronil, its product that was touted as a cure for Covid19.There are two issues that arise from this controversy. The first one is unsubstantiated claims about ayurvedic medicines. There has been limited research into such medicines. Unlike the stringent criteria of clinical trials for modern medicines governed by the Drug Controller General of India, the norms for other medical systems are lax. The second is the occurrence of adverse effects due to ayurvedic drugs. If proper scientific clinical trials (Phases 1, 2 and 3) and post-marketing surveillance are carried out, the reporting of adverse effects is already incorporated into them. <br> It is important to differentiate between herbal and dietary supplements and complementary and alternative medicine (CAM). The former are defined by the US FDA (Food and Drug Administration) as "products taken by mouth that contain a dietary ingredient intended to supplement the diet", for example, vitamins, minerals and herbs. On the other hand, CAM therapies are based on principles derived from ancient texts and traditional beliefs, such as the Chinese, ayurvedic and unani medicines.Ayurveda is an ancient medicine system that originated in India. It is believed to owe its existence to Hindu god Dhanvantari and is detailed in Sushrut Hindu god Dhanvantari and is detailed in Sushruta Samhita and Charaka Samhita. Ayurveda is based on the Samhita and Charaka Samhita. Ayurveda is based on the premise that diseases are the result of an imbalance between doshas, vata, pitta and kapha. The vast majority of ayurvedic medicines are plant-based or herbal. The addition of minerals or metals like gold, arsenic, lead and sulphur to herbal medicines is called rasashastra. In contrast, allopathic medicine is described by the WHO as "the broad category of medical practice that is called Western medicine, evidence-based medicine or modern medicine". While modern medicine first investigates and establishes the diagnoses and then treats them, ayurveda relies more on treating the symptoms. Because of the widespread use of allopathic medicines in the Western world, there has been much scientific investment in the understanding of disease causation and its treatment. Consequently, we know the chemical | structure of each medicine, the exact site of its action and its side effects. The same can't be said about ayurvedic medicines. Till the beginning of the last century, most medicines used the world over were plant-based or natural products. There was widespread use of heavy metals like gold, mercury and silver. Modern medicine has been in existence for the past 80 to 90 years, with antibiotics having been first used during World War II However, since then, there have been rapid strides in the discovery of new treatments. New drugs acting at <br> specific receptors or targeting precise disease-causing mechanisms are being developed. Some genetic disorders can now be treated with gene-editing. This requires enormous funding and the corresponding infrastructure. <br> However, knowledge about ayurveda has not progressed at the same pace. We know that the bark of the arjuna tree can be useful in treating hypertension, high cholestero and heart diseases, but there is not enough scientific evidence on the exact mechanism, how it helps, its dose and the duration of treatment. Reserpine, an alkaloid from the plant Rauwolfia serpentina, was earlier used to treat hypertension in allopathy. Though it is no longer in use in allopathy because of its side effects, it continues to be used in ayurveda. Similarly, a number of natural substances like tulsi and ashwagandha have been used widely but without diligent documentation and validation. There are ayurvedic medicines for diabetes mellitus too that have shown promise. There is a need to investigate ayurvedic medicines with modern | technology to explore the active ingredient, mechanism of action, drug interactions and adverse effects. Equally important are regulatory mechanisms for good manufacturing practices, quality control and standardisation. The government recently gave a push to alternative medicines by opening an Ayush (ayurveda, yoga, naturopathy, unani, siddha and homoeopathy) unit in all new AIIMS campuses. But much more needs to be done. What can be done is exemplified by an antimalarial drug of Chinese origin. A Chinese traditional sweet wormwood), was in use for over 2,000 years to treat fever caused by malaria. Its anti-malarial principle, qinghaosu, was discovered by Chinese scientist Tu Youyou in 1971. in 1976, leading to the development of its more effective derivatives. Currently, artesunate is used all over the world for falciparum malaria. <br> Ayurvedic medicines are not always safe and have also attracted attention because of their side effects. The common belief is that they are safe since they are based on natural ingredients. However, their formulations are not standardised, and they may contain impurities. A study by the PGIMER, published in the journal Toxicology Research (Cambridge) on 43 commonly used ayurvedic over-the-counter medicines found metal content above permissible limits for zinc, mercury, arsenic and lead in most of the formulations. In an earlier study from Boston, US, among the 230 ayurvedic medicines investigated, the prevalence of metals was equal in the US-manufactured and India-manufactured drugs (approximately 20 per cent each). The most common metals detected were lead and mercury, and the metal content was higher in rasashastra medicines than in non-rasashastra ones. There are increasing reports of CAM (including ayurvedic drugs) causing severe side effects, such as liver disease, kidney damage and skin reactions.There is a need to carry out research into those ayurvedic medicines that are in common use for their constituents, active ingredients, efficacy and adverse effects. A multidisciplinary approach incorporating modern scientific armamentarium is called for. We need well-reasoned clinical trials based on valid hypotheses from thorough pre-clinical studies and objective outcome measures. Regulatory provisions should also be tightened and enforced diligently. |
| :---: | :---: | :---: |

## Righting a grave wrong



DMRC's plea seeking a review of the 202 judgment was dismissed, forcing it to file had entered into a contract with the DMRC for running the airport Metro line till 2038.
However, the private However, the private entity stopped
operating the Metro on the airport line, presumably over safety concerns; it
invoked an arbitration clause, alleging invoked an arbitration clause, alleging
violation of the contract, and sought the termination fee. The DMRC bore the brunt of the DAMEPL's 'illegal' decision to The apex court has finally righted a huge
wrong and also demonstrated its ability to do self-correction. This augurs well for had erred in interfering with the 2019 decision
of a Division Bench of the Delhi High Court. Th had its fair share of twists and turns. The arbitral award Anil Ambe struck down by the Division Bench. The approached the SC against the Division Bench's order A pproached the SC against the Division Bench's order. A

India's justice delivery system. The
judiciary at all levels should treat this judgment as a
benchmark, especially in judiciary at all levels should treat this judgment as a
benchmark, especially in commercial matters where
corporates browbeat public utilities.

## Knotty issues delaying integrated theatre commands

The CDS's remit includes enabling and augmenting jointness, prioritising materiel buys, forces' modernisation and giving impartial advice to the govt


ভিজয়াওয়াড়ায় পাথর হামলায়
জগন মোহ্ন রেড্ডি আহতত ভিজায়াওয়াড়া：শনিবার সষ্ধ্যায় ওদ্মমান্হ সিদ্ধাए বাস পর্ৰটন্নের সময়，আধ্লপ্রদ্দশের মুখ্যম্রী জগন মোহন রেড্ডি এবং যুবজ
শ্রমিক রাইত কংগ্রেস পারি（ওয়াইএ সঅরসিপি）এর এমএলএ ভেল্মাম্পাল্লি শ্রীনিভাস রাও，ভিজায়াওয়াড়ায় একটি পাथ রওড়ের হ্মকির ঘটনায় আহত হৰ্যেছেন প্রচারমাধ্যদ্ম জানা গেছে
মুখ্যমब্धी তাঁর đাঁদিকায় একটি ক্ষতি হভ্যেছ， यদিও এমএলএ ৩েল্লাম্পাল্লি তাঁর đাদিকায়

দুজন্নই বাল্সেই নাড়াতাড়ি প্রাঝমিক চি－ কেসা পেட্য়ে্ছন

ওয়াইএসज木সিপি সৃত্রখলি দাবি করেছেন
শামিন ছিন，মিডিয়া র্রিপোর্ট কর্রেছ্।

भोजपुरी देवी गीत केवने करनवा माई

केवने करनवा माई अबले किरपा ना भइल
पुजली हम तोहके एतना बाकी किरपा ना भइल।
असरा लगवली तोहरो नजर हमरो ना उललू।
जोहत राह तोहोरो बहल आंख बाकी सुरा ना भइल केवने करनवा माई，

放 फेरा ना नजरारा सीचल पूरता ना भइल
केने

परन कईल सभ कर मनसा निराष हमके तू कइलू। हम हई चरण पुजारी किरा दुख हरता

केवने करनवा माई．

हरतु हमरो दुखवा जननी दया सुख करता ना भईल।

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## उपभोक्ता नामलों के सचिव निधि खरे ने दालों की उपलब्धता की सनीक्षा की

ई－कॉसर्स कंपनियों से बोर्नविटा को ‘हेल्थ कच्चा तेल 91 डॉलर प्रति बैरल के करीब， ड्रिंक’ श्रेणी से हटाने का निर्देश पेट्रोल－डीजल की कीमत स्थिए


# Hyundai Creta EV टेस्टिंग के दौराज दिखी पहली झलक 



स्विस बैंकों के लिए नई पूंजी आवश्यकताओं से यूवीएस में विकास धीमा हो जाएणा－वित मंती

## एजेंसी

ज्यारिख। देश के वित्त मंत्री ने प्रकाशित एक साक्षात्कार में कहा कि बैंकिं उद्योग के लिए स्विस सरकार की प्रस्तावित सख्त पूंजो आवश्यकताओं क यूबाएस（यूबीएसजी．एस）पर प्रभाव पड़ेगा，जिससे विकास की नई टैब क्षमत खुलेगी｜कैरिन केलर－सटर ने आरगाउर जितुंग को बताया कि अगर क्रेडट सूइस
के पतन की पनावत्ति को रोकने के लिए बधवार को घोषित नियामक पैकेज को लाग किया जाता है，तो स्विटनजललैंड के सबसे बड़े बैंक को अधिक पंजी रखन लाग किया जाता है，तो स्विट्जरलंड के सबसे बड़े बैंक को अधिक पुंजी रखन
होगी। उन्होंने कहा，संक्षेप में विकास और अधिक महगेा हो जाएगा। प्रम्तावि परिवर्तन देश के चार सबसे बड़े बैंकों को लक्षित करते हैं，जिनमें 223 उपाय औ 200 से अधिक पुष्ठों की सिफारिशें हैं कि विफल होने के लिए बहुत बड़े़ （टीबीटीएफ）समझे जाने वाले बैंकों पर कैसे निगरानी रखी जाए ससरकार का लक्ष्य उपायों को शीघ्रता से लागू करना और 2025 की पहलो छमाही में कार्यान्वयन के लिए दो पैकेज पेश करना है। उपायों में से，केलर－सटर ने इस प्रस्ताव पर प्रकाश डाला कि कैसे यूबीए की स्विस मूल कंपनियों और देश के अन्य प्रणालीगत बैंको को भविष्य में 100 फीसदी इक्रिटी के साथ अपनी विदेशी हिस्सेदारी वापस करनी होगी，जो वतममन में 60 फीसदी से आधिक हैबन्हिने कहा，अगर हम अभी इस
 अधिकऱियों से निपटना भी 1 डॉलर प्रति बैरल के क
डीज की कीसत स्थिए
पेट्रोल 100.75 रुपये और डीजल डॉलर प्रति बैरल पर ट्रेंड कर रहा है।


टेट्ला इस तरह कर सकती है 20 लाख रुपये की ‘मेक इन इंडिया’ ईवी का उत्पादन

| एजेंसी <br> नई दिल्ल्नी। एलन मस्क इस | ंटरिर्च के वरिष्ठ मंडल के अनसार， |
| :---: | :---: |
|  | टेस्ला द्वारा स्थानीय उत्पादन स्थापित |
| बार |  |
| गाहें |  |
| पर हैं कि अरबपति मस्क | मार्ग प्रशस्त होगा। साथ ही，अगर देश |
| 就 मोद उर उ्योग जगत | निर्मित टेस्ला करों वैशिक |
|  | उपलब्ध कारों |
|  |  |
| रे एक |  |
| － |  |
|  |  |
|  | आवश्यक कुछ हाडवेयर को खत्म कि |
|  | जा |
| विनिर्माण और एक मजबूत | अस |
| प्राली के साथ ही चलाना | को शामिल किया जा सकता है＇ |
|  | अंततः भारत में 20 लाख रुष |
| की अपनी | होने वाले सालाना 5 लाख इलेक्ट्रि |
| रूप | वाहनों का उत्पादन कर सक |
| ¢ | लाख रुपये की |
|  |  |
| 3 के बेस वीरिएटं की कीमत |  |
|  |  |
|  |  |

फर्म काउंटराइडट रिसच के वरिष्ठ विश्लेषक सौमेन मंडल के अनुसार， टेस्ला द्वारा स्थानीय उत्पादन स्थापि जिससे एक किफायती टेस्ल का का माग प्रशस्त होगा। साथ ही，अगर देश निमत टैस्ला कारं विश्विक स्तर सुविधाओं के साथ आती हैं तो लागत कमी हासिल की जा सकती है। मंडल आइएएनएस को बताया कि फुल सेल्फ ववश्यक कछ हाड़वेयर को खत्म कि आवश्यक कुछ हाडवेयर को खत्म किया असिस्टेंस सिस्टम（एडीएएस）लेवल को शामिल करा जा सकता हैं। टेस्ल ततत：भारत में 20 लाख रुपये से शु
होने वाले सालाना 5 लाख इलेक्टि वाहनों का उत्पादन कर सकता है। 2 के पास 50 हजार वाट से कम क्षमत इलेक्ट्रि पोटर कम पावर की हो कती है।

2024 फोर्स गुरखा ：टीज़ु में 5 －डोर लॉन्च के साथ－साथ 3 －डोट टिफ्रेश का खुलासा


| इस तरह टेस्ला 20 | लाख रुपये की＇मेक | ई | दन कर सकती है |
| :---: | :---: | :---: | :---: |
|  |  | मौड़ल 3 क बेस किशिए की की |  |
|  | स－ | क |  |
| 积 |  | पrr， |  |
|  | सकत्तो | से |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  | किया जा सक्ता है। |

## एजेंसी

 （एक्स．एन．）ने नया टैब खोला， शियरधारकों ने जापान की निप्पॉन स्टील（5401．टी）द्वारा प्रस्तावित
14.9 बिलियन के अधिग्तरण को
में．ूी दे दी जैसा कि अपेश्थित था मेंनरी दे दी，जैसा कि अपेक्षित था，
नया टैब खोला，राजनीतिक विरोध के बावजूद विलय को पूरा होने के
एक कदम और करीब ले गया। सौदा एक कदम
बढ़ता है．
यूएस स्टील ने कहा कि 98 C से अधिक वोट उस सौदे के पक्ष में थे जिसके तहत निप्पॉन प्रति शेयर
55 डॉलर का भगतान करेगा，यह 55 डॉलर का भुगतान करेगा，यह
राशि दिसंबर में अधिग्रहण की घोषणा के समय भारी प्रीमियम का
प्रतिनिधित्व करती थी। हालांकि तब से，कई अमेरिकी सांसद राष्टीय सुर्का चिंताओं का हवाला देते हहए
इस सौदे के विरोध में सामने आए हैं। राष्टपति जो बिडेन ने कहा है कि स स्टील को घोलू स्वामित्व
ली अमेरिकी कंपनी बनी रहनी वाली अमेरिकी कंपनो बनी रहनी

अमेशिकी स्टील शेयद्धारकों ने निपॉन स्टील द्वारा 14.9 अएब डॉलर की खरीद को मंजूरी दी

चाहिए। यूएस स्टील के शेयर 2.1 नात्र ने सौदे पर चर्चा करने के
 काफी नीचे है，जो इस बात पर
अनिश्चितता दर्शाता है कि क्या सौदा वनिश्चिता दर्शाता है क क्या सौदा
विन्याम अनुमदन प्राप्त करेगा या नहीं। इस सौदे की यूनाइटेड
स्टीलवर्कर्स（यूएसडल्ल्यू）श्रमिक स्टीलवर्सड़ी आलोचन्ल्य की हैरेम जो संभावित नौकरी छुटने को लेकर
चिंतित है। यूएसडब्ल्यू ने वोट के चिंतित है। यूएसडब्ल्यू ने वोट के
जवाब में कहा，शेयरधारकों द्वारा प्रतिष्ठित अमेरेरिक कंपनी के कर्मचारियों और सेवानिवृत्त लोगों को नकद में बेचने और बेचने का चुनाव
करने से हम आश्चर्चचकित नरें हैं। नियामक भी सौदे की जांच कर रहे हैं．रॉयटर्स ने बताया है कि संयक्त राज्य अमेरिका में विदेशी सियेक्त
निेश （सीएफआईयूएस），एक शक्तिशाली पैनल जो अमेरिकी कपनियों में
विदेशी निवेश की समीक्षा करता है，

विदेशी मुद्रा मंडार 2.98 अरब डॉलर के इजाफे के साथ 548.6 अख डॉलर पर
एजेंसी
मेंबई।
मेंबई। विदेशी मुद़्रा
सरसंपत्त，स्वर्ण विशेष अधिकार（एसडीआा）और
अतरराष्षीय मुद्रा कोष
（हिम में जबर्म्त्त पास आरक्षित
0 में जबरदस्त बढोतरी होने से
5 अप्रो को समाप्र समाह में
देश का विदेशी ममदा भंडार 2.98
अरब डॉलर के इजाफे के साथ
अरब डॉलर के इजाफ के साथ
लगातार सातवें समाह बढ़ता हुआ छछले समाह देश का विदेशी मुद्रा भंडार 2.95 अर ड
छठे सताह चढ़ता हुआ 645.6 अरब डॉलर पर रहा था।


## डा

 तेजी देखी ज रही है ।भारत में डायाबतीज के आंकड़े चिताजनक है । जी हां, इरीबीमारी की चुपेट में है। वहीं अनुमान जताया जा रहा है कि साल 2045 तक यह संख्या बढ़कर 134 करोड़ तक पहुंच जाएगी । अच्वानक से बढ़ जाने को हाइपयस्त्रिमेम क्या बढ़ जाने को हाइपरग्गेसेमिया कहा जाताहा ।इससे शररार केकई अंगों को क्षति पदुचती है। आंखों की समस्या डायबिटीज होने के बाद एक अच्छी लाइफस्टाइल से ही अच्छे से लॉन्ग लाइफ जी सकते हैं । बढ़ने से आंखों पर प्रभाव पड़त है।इससे धुंधलापन होन मोतियाबिंद होना, ग्लूकोमा जैसी समस्या घेरने लगती है इसके लिए पौष्टिक आहार बहुत जरूरी है।
घाव के ठीक होने में वक्त लगना दरअसल, हाइपरग्लेसेमिया की वजह से घाव टीक होने में वक्त लगता है। कई बार महीने भी


डायबिटीज कंट्रोल करने के लिए डाइट में थामिल करें अनाए के फूल
खन बढ़ाने से लेकर ग्लोइंगस्किन पाने के लिए अनार खाने के फायदों के बारे में आपने सुना ही होगा। लेकिन क्या आपने अनाए के फूल के फायदों के बाटे में सुना है। प्राकृति ने मनुष्य को बहुत कुछ दिया है, जो स्वस्थरहने और किसी बीनाटी से लड़ने के लिए काफी है। ऐसा ही एक प्राकृति का तोहफा है अनाए का फल।। आइए जानते हैं अनाए के फूल के फायदों के बारे में।

शुगर की परेशानी इन दिनों आम हो गईहै। दुनियाभर में कई लोग इस जानलेवा बीमारी से जूझ रहे हैं। हालांकि इसे कंट्रोल करने के कई तरीके हैं, लेकिन बावजुद इसके इसे ठीक नहीं किया जा सकता। ऐसे में एक स्वस्थ जीवन शैली पर स्विच करना महत्तवपूर्ण
है। शुगर के मरीजों को कमीनी और फाईड चीजों को अववडइड करना चाहिए। ऐसे में डाडट में अनार के फल चाजम की करना अच्छ करना चाहिए। ऐसे में डाइट में अनार के फूल शामिल करना अच्छा फोटोकेमिकल होता है जो शुगर के मरीजों के किए फ़्छ बेदाग स्किन और स्वस्थ चमक इन दिनों खो सी गई है। पर्यावरण प्रदषण और गलती जीवनशैली के चलते ऐसी त्वचा पाना बेहद ही मुश्शिकल हो गया है। वहीं बीजी रूटीन में नियमित त्वना की देखभाल करना भी मुश्किल होता है। ऐसे में आप अनार के फूल पर विश्चास कर सकते है, इसकी मदद से झुर्रिंयों और समय से पहले बढ़ा होने से बचा जा सकता है
कोंरोना काल में हर किसी ने एक चीज अच्छे से सिखी है और वो है स्वस्थ्य रहना। लोग इन दिनों स्वस्थ और इम्यूनिटी को बढ़ावा देने वाली हर एक चीज का पूण रूप से ख्याल रख रहे हैं। ऐसे में अनार के फूल भी स्वस्थ रहने में आपकी मदद कर सकते हैं ।इसमें भरपूर मात्री में एंटीऑक्सीडेंट होते हैं । जो बैक्टीरिया और वायरस से लड़ने में मदद करते हैं।
अनार के फूल को डाइट में शामिल करने से अपने
काडिंयोवस्फ़लर हैल्य का ख्याल रख सकते हैं ।शरीर में सबसे महत्तवपूर्ण अंगों में से एक होता है हुदय, जो पुरे शरीर में ब्लड पंप
करता है। इससे न केवल ऑक्सीज बल्क शरीर के विभिन् कायो को करने के लिए पोष्क तत्व भी पहुंचाता है। अगर दिल की सेहत का ध्यान न रखा जाए तो आप आलसी, सुस्त और लो एनजी
करेंगे। अनार का फूल में मौजूद एंटीऑक्सीडेंट आपके इम्यून सिस्टम को बूस्ट करने के साथ शरीर में जमा फैट को खत्म कर आपको हेल्दी रखता है। हालांकि अच्छे परिणाम के लिए आपको कसरत करनी होगी।

कैसे करें अनार के फूल का इस्तेमाल आप अनार के फूलों के सपलीमेंट ले सकते हैं, या फिर अगर आपको अनार के फूल मिल जाते हैं तो आप इसकी चाय बनाकर पी सकते हैं। हालांकि किसी भी तरह की जलन महस्मस होने पर तुरंत
डॉक्टर से संपर्प करें।


श से बने उत्पादों का सैवन बहुत जरूरी होता है। लोक्न याद
पको दूध पीना पसंद नहीं है या आपको दूध से एलर्जी है तब आप क्या करेंगी? नहीं आपको परेशान हाने की जरूरत हदी है प्रक्थति हैं हमें एसे बहुत उच्च सात्रा में

## क्यों जरूरी है

 कैल्शियमहमारे शरीर में हडिड्डयों के विकास के लिए कैल्श्रियम बेहद आवश्यक है। यह हडिडयों के साथही मांसपेशियों, कोशिकाओं और हृदय व नसों के सुचारू रूप से काम करने के लिए भी बहुत जरूरी है। हमारे शरीर में कैल्शियम की मात्रा सबसे अधिक पायी जाती है ।इनमें से लगभग $98 \%$ हिस्सा हमारे दांता और
हमारे शरीर की हड्डियों में प्योग होता है। जबकि इसका $1 \%$ रक्त और मांसपेशियों में प्योग होता है। इस कैस्शियम सभी के लिए आवश्यक है। पुरुषों की तुलना में महिलाओं को अधिक केल्शियम की जरूरत होती है। इसी वजह से कैल्शियम की आपूर्तिं के लिए दूध और दूध से बने पदार्थों का सेवन किया जाता है। मगर यदि आपको दूध से एलर्जी है या आपको दूध पीना पसंद नहीं है, तो आपको नॉन डेयरी प्रोडक्ट से यह जरूरत पूरी करनी होगी।


## दुध, दही, पनीर के सेवन से कम होंता हैडायबिटीज और हाईबीपी का खतरा

वैज्ञानिकों के अनुसार दही, दूध या पनीर का टोजाना सेवन डायबिटीज और हाई ब्लड प्रेशर का खतरा कम करता है। हाल ही में एक शोध ने डेयरी रिचडाइट (यानी दही, दूध या पनीर युक्त खाद्य पदार्थ) को रक्त थर्करा के स्तर, ब्लड प्रेशए में सुधार और हृदय टोग संबंधी जोखियों को कम करने से जोड़ा गया। शोध के मुताबिक, टोजाना इन डेयटी उत्पादों का दो बाए सेवन इन बीमारियों से राहत दिलाने में फायदा करता है।
इस अध्ययन को डायबिटीज रिसर्च जनल मंं प्रकाशित किया गया ।इसका
उद्देश्य स्वास्थ्य पर डैयरी उत्पादों के प्रभाव का विश्लेषण करना था। ।न्होंने भारत सहित दुनियाभर के 21 देशों के 35 से 70 वर्ष के लोगों में डेयरी रिच डाइट के प्रभाव का गहराई से अध्ययन
किया ।इस शों में डेयरी उत्पादों जैसे
दध दही दही से बने पेय पनीर से दूध, दही, दही से बने पेय, पनीर से
बननी डिशेज शामिल थीं।इन्हे फल या लो फैट के रूप में बांटा गया था। बटर और क्रीम का अलग से मूल्यांकन किया गया था, क्योंकि वे आमतौर पर उन देशों में नहीं खाए जाते थे जो अध्ययन का हिस्सा थ।
मेटबॉलिक सिंड्रोम के पांच घटां डेयरी उत्पादों के प्रभाव का अध्ययन
 $1,13,000$ लोगों में किया गया। मेटाबॉलिक सिंड्रोम एक तरह से समस्याओं का झुंड होता है।मुख्य रूप से इसमें ब्लड प्रेशर बढ़ना, ब्लड
शूगर बढ़ जाना कमर के शुगर बढ़ जाना, कमर के आसपास
चर्वी बढ़ जाना और कोलेस्ट्रॉलव चर्बी बढ़ जाना और कोलेस्ट्रॉल व

ट्राइग्लिसराइड का स्तर असामान्यहो
जाना जैसी समस्याएं शामिल बेती जाना जैसी समस्याएं शामिल होती हैं
मेटाबॉलिक सिंड्रोम में ये समस्याएं मटाबालक स संद्रोम में ये समस्याएं
एक साथ होती हैं जिससे स्रोक, एक साथ होती है जिसस स्ट्रोक,
डायबिटीज वहृदय संबंधी बीमारियां होने का जोखिम बढ़ जाता है । शोधकर्ताओं ने हाईंब्लड़ाप्रेशर, बढ़ी हुई कमर, गुड कोले स्ट्रॉल का निम्न स्तर, हाई ब्लड फैट्स और बढ़े हुए
फास्टिंग ब्लड ग्लकोज की 12 महीनों फास्टिंग ब्लड ग्लकोज की 12 महीनों
की स्थिति को टेक किया ।अध्ययन से पहले लगभग 46,667 लोगों को मेटाबॉलिक सिंड्रोम था, यानी उनमें पांच में से कम से कम तीन स्थितियां थीं। शोधकर्ताओं ने पाया कि फुल फैट वाल डेयरा का सेवन करने से
मेटाबोलिक सिंड्रेम का जोखिम कम मेटाबालिक सिड्रोम का जोखिम कम
था । प्राडक्ट शरीर की का हार्यपणाली में कैसे सुधार करते हैं। शोध में कहा गया है कि यदि इन निष्षर्षों के आधार पर बड़े और दीर्घकालिक परीक्षणों में पुष्टि की
जाती है तो बढ़ती डेयरी खपा जाती है, तो बढ़ती डेयरी खपत
मेटाबॉलिक सिंड्रोम, डायबिटीज और हदय रोग के मामलों को कम करने वे हिदय रोग के मामे डेयरी उत्पादों में स्वास्थ्य लाभ में मडबबती, पाचन में सुधार, वजन घटान आदिशामिल हैं। विशेषज़ों के मुताबिक डेयरी उत्पाद प्रोटीन और कैल्शियम के बड़े स्रोत हैं। इसके अलावा यह उत्पाद विटामिन और हैं।डड्यरी उत्पाद मेख्य रूप से पशुओं के द्ध से निर्मिंत खाद्य या पेय पदार्थ होते हैं । ममख्य रूप से
जिन पशओं के दध का प्रयोग इन जिन पशोओं के दूध का प्रयोग इन उत्पादों को बनानै के लिए किया जाता है उनमें गाय, भैंस, बकरी,
भेड , याक और र ऊैंटामिल हैं। भेड, याक और ऊंट शामिल हैं।

## हेल्दी डाइट केलिएखाइए ब्राउन राइस

 जो लोग हेल्दी डाइट औटववजनकम करने में दिलयस्पी रखते हैं और चावल से परहेज करते हैं, उनके लिए ब्राउन राइस एक बेहतरीन विकल्प है। कैलोटी कम होने के साथ-साथ इसके और मी कुछ फायदे हैं। जानिए इसके 5 फायदे.

कोलेस्ट्रॉल
ब्राउन राइस खाने का सबसे बड़ा फायदा यही है कि यह कोलेस्ट्रॉल को कम करता है और अनचाहे फैट को शरीर के आंतरिक भागों में जमने से रोकता है। डाइबिटीज
सामान्यतः चावल में शर्करा की मात्रा अधिक होती है, जिसके कारण डाइबिटीज के रोगी इससे दूरी बनाए रखते हैं लेकिन ब्राउन राइस के सेवन से रक्त में शकरा का स्तर नहीं बढ़ता। इसलिए यह आपके हृद्य रोग
हार्टअटेक या हृदय के अन्य रोग, ज्यादातर हृदय की धमनियों में कोलेस्ट्रॉल के जमाव के कारण होते की धमनेयों मे कोलस्ट्रॉल के जमाव के कारण हाते
हैं। ऐसे में ब्राउन राइस का सेवन इससे बचाकर आपके हृदय की भी रक्षा करता है।

हडिड्यां
मैग्नीशियम व कैल्शायिम से भरपर होने के कारण ब्राउन राइस, हडडियों को मजबृत करने के लिए बेहद फायदेमंद है। सफेछ चावल की अपेक्षा यह सेहत के कई फायदे देता है

## वजन कम

वजन कम करना चाहते हैं, और चावल से दूर नहीं रह सकते, तो सफेद चावल की जगह ब्राउन राइस को भोजन में शामिल करें। कुछ ही समय में आप वजन में कमी महसूस करेंगे।

## आयुर्वेदनेभी माना खाली पेट इनचीजों का सेवन करने से घटता है मोटापा

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 जन घटाने के लिए लोग न जानेंकितनी प्रकार की डायट कितनी प्रकार की डायट फॉलो भरखा रखकर लंबे समय आपक बना सोचें-समझे किसी भी प्रकार की हायट का पालन करना मश्किल हो जाता है। वजन घटाना कोई आसान काम नहीं है। |शरीर की एक्सट्रा चर्बी को निकालने के लिए नियमित व्यायाम के साथ कैलोरीज भी बर्न करनी पड़ती हैं । इसके लिए आयुर्वेद के पास ऐसे कई तरीके हैं, जिससे शरीर की गंदगी बाहर निकलेगी और आपको वजन कम
करने में आसानी होगी। । तरीके बेहद आसान हैं, लेकिन आपको इर्हें अपनी आसानहे, लेिन आपका इन्हे अपनी लाइफस्टाइल का हिस्सा बनाना होगा। मोटापा घटाने के लिए आयुर्वेद में अहम माना गया है.
गर्म पानी के साथ घी और नींबू 200 मिलीलीटर पानी के साथ थोड़ा सा नींब या घी का सेवन करने से पोरिस्टलसिस में सधार होता है, जो कि वेस्ट और खाने की गति को नीचे की ओर ढकेलता है। यदि आपका शरीर वात या पित प्रकार का है, तो आप इससे आपका पाचन तंत्र चिकना होगा जिससे कब्ज की समस्या दूर होगी
डायजेस्टिव चाय
आजकल, बाजार में आयुवेदिक चाय
की ढेर सारी वराइटीज उपलब्ध हैं। ली ढर सारी वैराइटी ज उपलब्ध हैं।
लेकिन अच्छा होगा कि आप घर पर अपनी चाय खुद ही बना लें। इसके लिए 1 चम्मच जीरा, 1 चम्मच सौंफ, 1 चम्मच धनिया के बीज, 1 इलायची और थोड़ी सी अजवाइन को लेकर 500 मिलोलोटर पानी में तब तक उबालें, जब इस पानी की मात्रा आधी नहो जाए। ब्लोटिंग और वजन कम करने में मदद मिलेगी।
अपने मेटाबोलिज्म को तेज बनाने के लिए आप दालचीनी, इलायची, लौंग, कद्टाकस की हुइ अदरक, काली मिच,
हल्दी और स्टरा ऐनीज को 500 मिली हल्दी और स्टार ऐनीज को 500 मिली
पानी में उबालें। यह पानी आधा हो जाए

## तब इसमें आधा नींबू और कोकोनट

 शुगर मिलाएं । चाय शररीर की गर्मी वजन कम करने में मदद करेगी। कच्चे फलसुबह खाली पेट हर्बल चाय पीने के बाद, कच्चे फलों का सेवन करें जो प्रकृति में थाड़े से कसैल हा सकते हैं ।गगीन आर
रेड एपल, क्रेनबेरी, ब्लबेरी, चेरी, स्ट्रॉबेबी, ब्लिकबरेी, अनानास, आंवला स्टाबरा, ब्लेकबरो, अनानास, आंवला फल शरीर में वॉटर रिटेंशन को कम करते हैं और आपकी त्वचा में कोलेजन को बढ़ाते हैं, जिससे वजन कम करने

रिलेरी जा
तनाव से बचने के लिए आयुर्वेद कच्चे फल और पकी या उबली हुइसब्जिया खाने की सलाह देता है। एसी समदू
लेने से बचें जिसमें फल सब्जियां दध और दही का मिश्रणशामिल हो।यह शरीर में विषाक्त पदार्थों के संचय का कारण बन सकता है।बल्कि पेट की ब्लोटिंग और अतिरिक्त चर्बी को कम करने के लिए एक चुटकी संधा नमक और नारियल तेल के साथ सिलेरी का

वजन घटाने के बुनियादी नियम जब आपको भूख लगे तब ही खाएं।
सूयास्त के बाद न खाएं। 16 घंटे के तक कुछ भी नखाएं। इससे आपकी ऊर्जा तो बढ़ती है साथ में दिमाग पर कंट्रोल रहता है हुआ भोजन करें। आपका पेट केवल आपकी मुट्ठी के आकार का है। अपनी भूख से 80 प्रतिशत भोजन कम खाए, ताकि खाना पचाने वाले रस अपना
काम आसानी से कर सके ।

## जरूरी नहीं महंगी बादाम खाना,सस्ती मूंगफली भी है प्रोटीन का खजाना

मूंगफली का सेवन सेहत के लिए काफी फायदेमंद होता है। बल्कि
इसे बादाम का पर्याय मान लाता है। इसे बादाम का पर्याय माना जाता है
जितने पोषक तत्व बादाम में मौज़ जोतने हैं वह सभी मंगफली में होते हैं वह सभी मूंगफली में आसानी से उपलब्ध हो जाते हैं।
लेकिन बादाम महंगा होता है और लेकिन बादाम महगगा होता है और
मूंगफली सस्ती होती है लेकिन आप बादाम की जगह म मेंगफली भी खा सकते हैं। एक लीटर दध के बजाए 100 ग्राम कच्ची मंगफली में अधिक प्रोटीन होता है। मूंगफली के साथ ही मूंगफली के तेल के कई फायदे होते हैं। यह कीटाणुओं को खत्म करने में मददगार होता है। जानते हैं मूंगफली खाने के अचूक हडिडयों को करें मजबूत हडिड्डयों को करें मजबूत
मंगफली के सेवन से हडिडयां मूगफली के सेवन से हडडडयां
मजबूत होती है। मूंगफली में मूद पोषक तत्वों से शरीर को विटामिन डी और कैल्शियम मिलता है। सेवन कर सकते हैं। हार्मोन को करें बैलेंस जब महिला और पुरुषों में हार्मोंस

अनबैलेंस्ड हो जाते हैं तब कई प्रकार की शारीरिक समस्या होती
है।इसलिए महिला और परुष को । इसलिए महिलाओर पुरुष को रनाचाहिए। कैंसर से बचाएं मूंगफली में एंटीऑक्सीडेंट पाया जाता है जिसका नाम है पॉलीफिनॉलिक । इसके सेवन से पेट के कैंसर का खतरा कम हो जाता है।सप्ताह में 1 बार मूंगफली काथाथ मक्खन का सेवन करना चाहिए।

## झुर्रियों को हटाए

मंगफली खाने से झुर्रिंयां कम होती है।इसमें मौजूद तत्व चेहरे पर वारीक रेखा और झुर्रिंयों को बनने डायबिटीज करें नियंत्रित
मूंगफली का सेवन करने से डायबिटीज की आशंका कम होती है। रोज अपनी डाइट में इसे जरूर शामिल करना चाहिए। ताकि घातक बीमारियों से बचा जा सकें।



Ruud finally beats Djokovic and Tsitsipas downs Sinner to set up Monte Carlo Masters final
 The record 24 -time men's Grand Slam
champion Djokovic still hasn't won a title
this yean and this year, and remained on 98 in his glittering
careerSinner, who has three titles in 2024, career.Sinner
looked in oo
led TSitsipas led Tsitsipasa $4-3$ with a service game to
follow.Buthe he called for a medical timeout
during the changeover and a trainer during the changeover and a trainer
massaged his right knee and thigh. Although
a smiling Siner shared a joke with the a trainer, things got more serious in the next game when Tsisipas roscore.
firfh hatempt tovel the core the next
Siner limped a litte at the end of the next game and clutched the hamstring area of his
left leg, then had both less massage. His game, and TSitsisas clinched victory on his
first match from the back of the court went long as he struggled for balance."He is one of the
toughestopponents have faced so far andto find ways when there weren't that many, I
am proud of that", Tsitsinsas said American actress Zendaya, British actor Josh
O'Connor and other cast tennis movie "Challengers", were amon the crowd enjoying the sunshine at Monte Carlo Country Club. Italian fans crossing the
nearby border made Sinner feel a thome, but Tsitsipas enjoys strong support here after
winning in2012

## IPL 2024 , MI vs CSK: MS Dhoni set for potential Wankhede Stadium farewell

*Eoin Morgan said that Arshdeep Singh is as good as Bhuvneshwar Kumar

PBKS pacer Arshdeep Singh
impressed with a four-wicket haul against SRH

- Arshdeep Singh moved to 3rd spot in Purple Cap list with 8 wickets
before, during and after the Ipl
2024 contest.
DMS Dhoni has nol
 2024 contest.MS Dhoni has not
yet opened ab about his future in
the IPL. Even when he spoke after liftirin.Even tron when he he spoke after
year-old said said he woult the e $2-$ year-old said he would want to
return to play the IPL for "at least
one more season" as a return gift one more season" as a return gift
to his fans. However, there are
enough suggestions that IPL enough suggestions that IPL 2024
might be his last as a player in the
league. league. The 5 -time champion
handover of captaincy to Ruturaj
Gaikwad on the eve of their Gaikwad on the eve of their
opening match in Chennai,
hinting at the start of a transition New Delhi, There will be a sea of yellow at the
Wankhede Stadium when MI host CSK in
the first and only El Clasico of IPL 2024
league stage on Sunday. It might Iturn out to
be a momentous occasion at the iconic venue
as MS Dhoni is set to likely walk out for one
last time at the Wankhede Stadium as a
professional cricketer. CSK and MI only
meeet once in the league stage of IPL 2024
and the playoffs and the final have also not
been scheduled in Mumbai.The man, who
oversaw one of the most gloriouschapters of
Indian cricket history when he hit the World
Cup-winning six on April 2, 2011, has

| nkhede Stadium. Dhoni | 2023, immortalised the part of the Wankhede |
| :---: | :---: |
| even seen presumably adjusting the position of the trophy on the trophy cabinet in his own | Stadium where his winning six landed on that fateful evening. |
| imitable style.Dhoni has played 13 | In the IPL, Dhoni has played 27 matches at the |
| matches for India at the Wankhede Stadium, | Wankhede Stadium, hitting 392 runs with a |
| the most by any player from the country. And | He has hit 17 sixes at the iconic venue |
| the one that stands out is the big World Cup | and has struck at 116.37 for the Super Kings. |
| final 13 years ago. Promoting himself to No. | LASTDANCEAT WANKHEDE? |
| 4, one of his many masterstrokes as captain, | MS Dhoni might be calm and composed on the |
| Dhoni hit a match-winning 91 off 79 balls in | outside, but the CSK superstar will have |
| sensational partnership with Gautam | trouble handling his emotions if he gets an |
| ambhir to help India chase down 275 | opportunity to walk out to the middle at the |
| against Sri Lanka. And he finished it with | Wankhede Stadium with the bat on Sunday. |
| that iconic six. Dhoni has seats named after | Regardless, the decibel levels are going to go | period. Also, the vintage long hair

does hint at an imminent big call

## Jitesh Sharma not PBKS vice-captain? Coach Bangar clears confusion after RR loss

| - Sam Curran led PBKS in the match against RR <br> - Bangar has revealed that Jitesh isn't the vice-captain of PBKS <br> - RR defeated PBKS by 3 wickets on Saturday <br> New Delhi, PBKS coach Sanjay Bangar has cleared the air regarding the confusion surrounding Jitesh Sharma being vice- captain of the side, as Sam Curran led them captain of the site, as sam Curran eq eniem Curran, who had led Punjab last year during the IPL, stepped in to fill for Shikhar Dhawan after the PBKS skipper had to miss the home match on Saturday due to an injury.Jitesh had appeared for the captain's seminar meeting and many assumed hat he had been given the role of being the deputy to Dhawan for the 2024 season. However, |
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Bruno Fernandes double earns unconvincing Manchester United 2-2 draw vs Bournemouth


Blessing and currse:Hetmyer on double-edged finisher's role in IPL 2024

Shimron Hetmyer saved Rajasthan vs PBKS

- Hetmyer wins the POTM award for his 10 -ball $27^{*}$
RR return to winning ways in the IPL.

Mullanpur Rajasthan sneaked past PBKS in final over thriller at the Mullanpur Stadium on Saturday, 13 April. RR were saved by
Shimron Hetmyer's $27^{*}$ off just 10 balls, Shimron Hetmyer's $27^{*}$ off just 10 balls
where the batter kept his nerve and chased down 10 runs in the final over agains Arshdeep singh. Hetmyer won the player of
the match award for his terrific innings whic brought Rajasthan back to winning ways in the Indian Premier League 2024 peaking after the game, Hetmyer said that it was a blessing and curse to be a finisher in th

in the final few overs of the game. On the day, aveman maipured to pull off a terrific victory for the Jaipur-based franchise

 spimere Tanush Koitian. Kobisam, wh Phays asa spinin bowing illitronime tor



 the edge that they needed to win the
game."After missing a couple of
deliveries first un in the final came to me and said you have got this, a single if it was there on offer with two needed off two. We (Boult and me) spoke offered at that stage, we were going for it A full toss came my way, and I was like (chuckles), backed myself and went for the With the win, Rajasthan remained at the top of


## Keeps It Stylish In Blush Pink Chikankari Kurta



## Malaika Arora

## Flaunts Ample Cleavage As She Steps Out In Town

Malaika Arora is the epitome of fashion and fitness. The stunning model and dancer is known to exude glamour with her immaculate sense of style. She was recently
photographed in around Mumbai oozing effortless charm and hotness in a white dress, photographed in around Mumbai oozing effortless charm and hotness in a white dress, showing off her curves.A paparazzi account posted a video of Malaika today and it went viral in
no time. The actress looked glamorous in a white dress. She completed her look with a black bag and bold red lipstick. She also opted to wear a statement necklace. Malaika Arora also accessorised her look with a pair of statement black sunglasses. She looked radiant as she smiled at the paps while they took her photos. Earlier this month, the actress


[^0]statement earrings and tied her hair in a neat bun. The video was shared by a pap account on Instagram today and it went viral in no time. Malaika made a cameo appearance in Salman Khan's Dabangg as a dancer. The film was made by her ex-husband Arbaaz Khan.Malaika Arora is one of the biggest names in the entertainment world today. She is known for her killer dance moves and her impeccable style. The Bollywood star has us in awe of her appearance-from her gorgeous complexion and thick hair to her envied abs and toned body.


Film producer Anand Pandit hosted a grand reception party for his daughter Aishwarya
and son-in-law Sahil. The ceremony wis ebrities from the film industry and televisio While Bollywood superstar Shah Rukh Khan made a stunning entry at the reception party, the event also saw a few epic reunions including Golmaal stars Shreyas Talpade and Tusshar Kapoor. In a video going viral, the actors were
seen posing happily for the media as the paps seen posing happily for the media as the paps
requested the two "Laksmans" to come together Shreyas and Tusshar shared a warm hug before posing for pictures. While Shreyas Talpade was the first one to enter the venue with his wife Deepti, he was later joined by Tusshar Kapoor, who gave him a warm hug.
Tusshar Kapoor was dressed in a black suit, while Shreyas Talpade chose a purple kurta pyjama
Videos and pictures of the duo are going viral on social media, with fans loving their chemistry In sociam media, with ans loving their chemistry.In
the meantime, the reception party also saw old co-stars Emraan Hashmi and Mallika Sherawat's heartwarming reunion at the venue. The actors who reportedly had a fallout during the shoot of their 2004 film, Murder, seem to have buried the hatchet as they met each other and also posed for pictures. Mallika looked gorgeous in a pink outfit, while Emraan looked
dapper in his black suit.Many others including dapper in his black suit.Many others inclucher
Shah Rukh Khan, Manoj Baipayee, Abhishek Bachchan, Taapsee Pannu, Adah Sharma Suniel Shetty, Ayushmann Khurrana Rajkummar Rao and others also attended the event.Shreyas Talpade And Tusshar Kapoor To Reunite For Horror-ComedyHaving already entertained audiences with their outstanding comic timing in the Golmaal series Shreyas Talpade and Tusshar Kapoor are all set
reunite for Sangeeth Sivan's upcoming horror comedy film, Kapkapiii.
Karan Johar Calls Alshay Kumar-Tiger Shroffs Bade Miyan Chote Miyan A 'Must-Watch'


Akshay Kumar and Tiger Shroff starrer
ation thriller film Bade Miyan Chote action thriller film Bade Miyan Chote
Miyan opened to mixed responses from the audience and the critics. Bollywood celebs
including director Siddharth Anand and actress Genelia D'Souza recently heaped praises on the film. Now, filmmaker Karan Johar also joined in and showered appreciation watch". Jo shared a poster of the film Bade Miyan Chote Miyan on his Instagram story and captioned it, "A must watch festive bonanza! With action on the highest and the hugest level. The 2 miyas make for a rocking duo!!! @akshaykumar @tigerjackieshroff." Helmed by Ali Abbas Zafar, the film also starred Prthiviraj Sukumaran, Manushi Chilla Sonakshi Sinha and Alaya F in pivotal roles. Bhagnani, Bade Miyan Chote Miyan ha Bhagnani, Bade Miyan Chote Miyan has opening day. While announcing the film's firs opening day. While announcing the film's firs
day collection, Jackky shared a post captioning, "\#BadeMiyanChoteMiyan conquering your hearts and te box office in true REAL ACTION style". The film marked the first on-screen collaboration of Akshay and Tiger and faced a big Bollywood clash with Ajay Devgn's sports biopic, Maidaan.Talking about their upcoming projects, Akshay will be next seen in Sarfira. It is an official Hind Soorarai Pottru, which starred South Suriya in the lead role.Apart from this, the Khiladi actor also has Sky Force, Khel Khel Mein, Housefull 5, Singham Again and the multi-starrer Welcome..To The Jungle in his kitty.Tiger, on the other hand, will be next seen in the fourth instalment of his hit franchise Baaghi, and he will also be seen joining Aector Rohit Shetty's cop universe, Singham Again.Talking about KJo, his last directorial was Rocky aur Rani Kii Prem Kahaani, which starred Ranveer Singh, Alia Bhatt, Jaya the crucial roles. While the film received good responses from the audience, the director is yet to announce his upcoming project


[^0]:    gorgeous in a white, fitted gown.

