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# The Researchers'

## NEWS BOX

### Israel finalises Iran revenge plan, US set to tighten sanctions noose

**World** Israel has finalised its revenge plan to launch a counterstrike on Iran in response to Tehran's direct attack on the Jewish nation, but a suitable timing is yet to be ascertained, according to reports.

Meanwhile, the US has announced its decision to impose sanctions on Iran, including on the country's missile and drone program. National Security Adviser (NSA) Jake Sullivan said the US would "not hesitate to continue to take action to hold the Iranian government accountable for its malicious and destabilising actions". "In the coming days, the US will impose new sanctions targeting Iran, including its missile and drone program, as well as new sanctions against entities supporting the Islamic Revolutionary Guard Corps and Iran's Defence Ministry," he said on Tuesday.

He said the sanctions were aimed to "contain and degrade Iran's military capacity and effectiveness and confront the full range of its problematic behaviours". Here are the latest developments: US NSA Jake Sullivan also said that Washington hopes that its "allies and partners will soon be following with their own sanctions" on Iran in the wake of the Israeli attack. Israeli military chief Lt. Gen. Herzli Halevi said the timing of the counter-strike on Iran was not very imminent. "We are enabling a home front policy to at least give citizens this Passover week to live almost like normal," he said on Tuesday. Without giving a reason, Israeli government source said a third meeting of Prime Minister Benjamin Netanyahu's war cabinet set for Tuesday to decide on a response to Iran's was postponed until Wednesday.

Israeli Foreign Minister Israel Katz said he wrote to 32 countries as part of a "diplomatic attack" asking them to impose sanctions on Iran's missile programme and designating the Revolutionary Guard Corps as a terrorist group. Iraq's Prime Minister Mohammed Shia al-Sudani has denied Israeli claims that some of Iran's missiles were launched from his country. "Our position is clear; we do not allow any non-governmental body to use Iraq to bring it back into the battle," he told CNN.

### Aung San Suu Kyi has been moved from a Myanmar prison to house arrest due to heat wave

**BANGKOK.** Myanmar's jailed former leader Aung San Suu Kyi has been moved from prison to house arrest as a health measure due to a heat wave, the military government said. Suu Kyi, 78, and Win Myint, the 72-year-old former president of her ousted government, were among the elderly and infirm prisoners moved from out of prison because of the severe heat, the military's spokesperson, Maj. Gen. General Zaw Min Tun, told foreign media representatives late Tuesday. The move has not yet been publicly announced in Myanmar.

Suu Kyi has been serving a 27-year prison term in the capital Naypyitaw on a variety of criminal convictions her supporters and rights groups say were fabricated for political reasons. Win Myint was serving an eight-year prison sentence in Taungtha in Myanmar's Bago region.

A nationwide conflict in Myanmar began after the army in 2021 ousted the elected government, imprisoned Suu Kyi and began suppressing nonviolent protests that sought a return to democratic rule.

### "Will Not Hesitate": US Readies New Iran Sanctions After Israel Attack

**Washington.** The United States said Tuesday it would soon impose new sanctions on Iran's missile and drone program after its weekend attack on Israel, and that it expects its allies and partners to follow with parallel measures.

US National Security Adviser Jake Sullivan's announcement came after Treasury Secretary Janet Yellen indicated punitive measures were in the works, and European Union foreign policy chief Josep Borrell said his office was working on it.

Iran sent more than 300 missiles, drones and rockets at Israel over the weekend, in what it said was retaliation for a deadly strike on Tehran's consulate in Damascus. Nearly all of the projectiles were intercepted, and there was little damage. "In the coming days, the United States will impose new sanctions targeting Iran, including its missile and drone program" as well as the Revolutionary Guards and the Iranian defense ministry, Sullivan said in a statement. "We anticipate that our allies and partners will soon be following with their own sanctions," he added. These new sanctions and other measures will continue a steady drumbeat of pressure to contain and degrade Iran's military capacity and effectiveness and confront the full range of its problematic behaviors."

US authorities have been using economic tools to counter Iran's activities, taking aim at its drone and missile programs, as well as its financing of groups like Hamas, which launched its own attack on Israel on October 7.

Earlier, Yellen previewed the sanctions, telling reporters: "Iran's actions threaten the region's stability and could cause economic spillovers." The Treasury will not hesitate to work with US allies to "use our sanctions authority to continue disrupting the Iranian regime's malign and destabilizing activity," she said. She added that "all options to disrupt terrorist financing" will be on the table.

- 'More that we could do' -

Months of war between Israel and Hamas in Gaza have triggered violence in the region involving Iranian proxies and allies who say they are acting in support of Palestinians in the Gaza Strip.

But tensions have soared even higher with Tehran's first direct assault on Israel, which has prompted appeals for de-escalation by world leaders fearing wider conflict.

Yellen did not offer specifics on the possible measures to be taken, but said Washington has been working to diminish Iran's ability to export oil, adding there might be "more that we could do." The United States is also looking to work with G7 partners and countries including China to constrain Iran's ability to access goods needed to build weapons, a senior Treasury official told reporters. "We're going to have conversations with all major suppliers around the world," the official said. In Brussels, Borrell said after an emergency meeting of EU foreign ministers that some member states had proposed "the adoption of expanded restrictive measures against Iran" and that his office would begin preparatory work. "We have to move away from the edge of the abyss," Borrell said.

Sullivan said that Washington had sanctioned more than 600 Iran-linked individuals and entities "connected to terrorism, terrorist financing and other forms of illicit trade, horrific human rights abuses, and support for proxy terrorist groups."

## American University cancels speech on Israel-Hamas war citing security risks

**Los Angeles.** The University of Southern California cancelled a commencement speech by its 2024 valedictorian who has publicly supported Palestinians, citing security concerns. This rare decision was praised by several pro-Israel groups and lambasted by free speech advocates and the country's largest Muslim civil rights organisation. Andrew T. Guzman, provost and senior vice president for academic affairs for the private university in Los Angeles, said in a statement Monday that debate over the selection of valedictorian Asna Tabassum to give the May 10 commencement speech took on an "alarming tenor." Her speaking would have presented "substantial" security risks for the event, which draws 65,000 people to campus, he said. While Guzman did not specify whether there had been threats, he said that "we cannot ignore the fact that similar risks have led to harassment and even violence at other campuses."

"The intensity of feelings, fueled by both social media and the ongoing conflict in the Middle East, has grown to include many voices outside of USC and has

escalated to the point of creating substantial risks relating to security and disruption at commencement," Guzman wrote. The Israel-Hamas war has presented a challenge for colleges under pressure to preserve free speech and open debate, and campuses are expected to be further tested as commencement speeches get underway in the coming weeks. Universities should resist cancelling events that could be perceived as censorship, especially one as high-profile as a commencement speech, said Zach Greenberg, a first amendment attorney with the national Foundation for Individual Rights and Expression or FIRE. But, if they do, schools must be transparent and specify security concerns "not only as a matter of integrity" but also to warn the public for their own safety, he said. He expressed concern about other schools buckling to pressure and eroding free speech. "This is kind of an opening salvo of commencement season," he said. "It seems to be a pretty clear example of a university canceling an event and censoring a student because of opposition



to student views, especially on social media regarding the Gaza conflict." Tabassum, who is graduating with a major in biomedical engineering and a minor in resistance to genocide, said she was blindsided by the decision, in a statement provided Tuesday by the Greater Los Angeles Area office of the Council on American-Islamic Relations. University officials told her Monday that there were resources to take appropriate safety measures but they were concerned about their image, she said.

Anti-Muslim and anti-Palestinian voices have subjected me to a campaign of racist hatred because of my uncompromising

belief in human rights for all," she said, adding that she was not aware of any specific threats against her or the university. "I am both shocked by this decision and profoundly disappointed that the university is succumbing to a campaign of hate meant to silence my voice," she said. "I am not surprised by those who attempt to propagate hatred. I am surprised that my own university — my home for four years — has abandoned me." Guzman said the decision was solely about safety and came after consulting the "expert campus safety team." USC's associate senior vice president of safety and risk assurance, Erroll G. Southerns, is an expert in school violence prevention and a former FBI agent who is also president of the Los Angeles Police Commission, the civilian board that oversees the city's police department. "To be clear: this decision has nothing to do with freedom of speech," Guzman's statement read. "There is no free-speech entitlement to speak at a commencement. The issue here is how best to maintain campus security and safety, period."

## First 7 jurors chosen for Trump's hush money criminal trial

The first seven jurors were selected on Tuesday to serve on Donald Trump's hush-money criminal trial, as the selection process continues to choose a panel of 12 members and six alternates who can be fair to the former US president. The judge also warned lawyers that he would not tolerate any efforts to intimidate prospective jurors after saying Trump, the Republican candidate for president in the November 5 election, was audibly muttering while one of the possible members of the panel was questioned. Trump faces 34 felony counts of falsifying business records to cover up a hush money payment to porn star Stormy Daniels shortly before the 2016 election. Daniels says she had a sexual encounter with Trump about a decade beforehand. Trump has pleaded not guilty and denies an encounter took place. He has called the case, brought by Democratic Manhattan District Attorney Alvin Bragg, a partisan "witch hunt" meant to interfere with his campaign to unseat Democratic President Joe Biden. The hush money case is one of four criminal prosecutions Trump faces, which also stem from trying to overturn his 2020 loss and alleged mishandling of classified information. He has also pleaded not guilty to those charges, though the other three cases may not go to trial before the election.

The seven jurors selected on Tuesday included a man originally from Ireland who enjoys doing "anything



outdoorsy" and watches both MSNBC and Fox News, a woman who works as an oncology nurse and enjoys taking her dog to the park, and a corporate lawyer who said he does not follow the news that closely. Trump has pleaded not guilty and denies an encounter took place. He has called the case, brought by Democratic Manhattan District Attorney Alvin Bragg, a partisan "witch hunt" meant to interfere with his campaign to unseat Democratic President Joe Biden.

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"I WON'T TOLERATE THAT" With jurors outside the courtroom, Merchan told lawyers for both sides that Trump had been audibly muttering and gesturing while one prospective juror was being questioned. The judge told Trump lawyer Blanche to speak to his client about his behaviour.

## Solomon Islanders cast votes in an election that will shape relations with China

**HONIARA.** Voting began across the Solomon Islands on Wednesday in the South Pacific nation's first general election since the government switched diplomatic allegiances from Taiwan to Beijing and struck a secret security pact that has raised fears of the Chinese navy gaining a foothold in the region.

The Solomons' closer relationship with China and a troubled domestic economy will be weighing on voters' minds as they cast their ballots.

As many as 420,000 registered voters will have their say across 50 national seats on Wednesday. For the first time, the national vote also coincides with elections for eight of the 10 local governments. Esther Maeluma cast her

vote in the National Art Gallery in the capital Honiara and said it seemed busier than the last national election in 2019.

"I want my country and the economy to be good and that's why I chose my candidate," she said outside a polling station. Some voters queued outside polling stations from 4 a.m. local time (17:00 GMT) - three hours before polling began - with many more flocking to booths early after seeing the growing crowds.

With early voting available to a select few, voters have spent recent days traveling back to home electorates, quietening the streets of Honiara and forcing the nation's main hospital to enter crisis mode due to a lack of staff.

"I didn't used to vote, but now I can see that maybe my vote can change the system and the country," hospital worker Loretta Maeluma said.

The United States has been working to build diplomatic bridges with South Pacific island nations since Prime Minister Manasseh Sogavare signed the security pact with China.

Russia's Sputnik news agency last week published an article featuring anonymous claims that the United States was planning an "electoral coup" in the Solomon Islands, which were repeated in an article published by the Chinese Communist Party's Global Times newspaper. Links to the articles have been posted on social media.

## US committee finds China's role in fueling American fentanyl crisis

**The US House Committee on China has said that the Chinese government is seeking to fuel the fentanyl epidemic in the United States by subsidizing precursors, or substances necessary to make the drug and other synthetic opioids.**

**Washington DC.** China is directly subsidizing the production of illicit fentanyl precursors for sale abroad and fueling the US opioid crisis, a US congressional committee said on Tuesday, releasing findings from an investigation it said unveiled Beijing's incentives for the deadly chemicals. China continues to provide subsidies in the form of value-added tax rebates to its companies that manufacture fentanyl analogues, precursors and other synthetic narcotics, so long as they sell them outside of China, the House Representatives' select committee on China said in a report. The PRC (People's Republic of China) scheduled all fentanyl analogues as controlled

substances in 2019, meaning that it currently subsidizes the export of drugs that are illegal under both US and PRC law," the report said, adding that some of the substances "have no known legal use worldwide." The report cited data from the Chinese government's State Taxation Administration website, which listed certain chemicals for rebates up to 13%. It additionally currently subsidizes two fentanyl precursors used by drug cartels - NPP and ANPP, it said. According to the Chinese government website, the subsidies remain in place as of April, the report said. China's embassy in Washington said China was sincere in drug control cooperation with US authorities and had a special campaign underway to control fentanyl and precursor chemicals and crack down on illegal smuggling, manufacturing, and trafficking activities. "It is very clear that there is no fentanyl problem in China, and the fentanyl crisis in the United States is not caused by the Chinese side, and blindly blaming China cannot solve the US' own



problem," embassy spokesperson Liu Pengyu said in an email. The U.S. State Department did not respond to a request for comment. Mike Gallagher, the Republican chair of the bipartisan select committee, told a hearing on the issue on Tuesday that China's incentives suggest Beijing wants more fentanyl entering the US. "It wants the chaos and devastation that has resulted from this epidemic," Gallagher said. Fentanyl is a leading cause of drug overdoses in the United States. The US has said that China is the primary source of the precursor chemicals synthesized into fentanyl by drug cartels in Mexico.

Mexico's government also has asked China to do more to control shipments of fentanyl. China denies the allegation, and says the US government must do more to reduce domestic demand. The US and China launched a joint counter-narcotics working group in January, following an agreement between US President Joe Biden and

Chinese leader Xi Jinping in November to work to curb fentanyl production and export. US officials have described the initial talks as substantive, but have said much more needs to be done to stem the flow of the chemicals. The committee also said in its report that it found no evidence of new criminal enforcement actions by Beijing. Ray Donovan, a former senior Drug Enforcement Administration official, told the hearing that the November agreement had not changed China's support for the illicit chemical industry's supply to the Western hemisphere.

# Home remedies for Bleeding Gums



**There's no denying that a bright and shining smile can instantly pep up the dull moment.**

But, if your gums bleed when you brush your teeth, you are probably suffering from a slightly mild case of gingivitis. Gum bleeding is very common and many



people suffer from it. The best advice always is to see your dentist who will diagnose your gums problem correctly and advise the best step to take. Thankfully there are certain home remedies that can prevent the bleeding and inflammation of gums and can work effectively.

**1. Clove Oil:** Considered to be one of the best home remedies, clove oil helps to reduce the

inflammation of gums and stops the gums from bleeding to a larger extent. Take a little clove oil and rub it on your gums or chew one or two cloves. You may feel a slight burning sensation, but it will reduce the inflammation to a greater extent.

**2. Use Aloevera:** Aloevera has many medicinal properties and one of the properties is to reduce gum inflammation, making bleeding less likely.

Take a small amount of aloevera pulp and massage it on your gums, Let the pulp settle on your gums before rinsing your mouth. Mild gum diseases can be taken care by consuming liquids that have natural aloevera in it.

**3. Brushing and flossing:**

Prevention has always been better than cure. So if you don't want to wait till the time you get a gum inflammation to take care of your gums start brushing twice daily along with flossing. Not only will it enable you to get a pearly white smile it will also help you to keep several gum and teeth related problems at bay.

**4. Fresh fruits and**

**vegetables:**

Fresh and raw vegetable and fruits not only are good for overall health they are also equally important for healthy gums as well. Fruits and vegetables are rich in vitamins, minerals and low in calories. Chewing raw vegetables help to improve blood circulation in gums, thus helping to reduce the bleeding of gums.



**5. Salt gargling:**

One of the most easiest and simplest home remedies is to gargle with salt water. Take some lukewarm water and add a bit of salt and gargle with it thrice a day. Make sure the water is not hot as it may lead to scalding.

## Decoding type 3 Diabetes

Though type 3 diabetes is not as well researched as type 1 and type 2 diabetes, Dr. S V Madhu, Secretary, RSSDI (Research Society for the Study of Diabetes in India) to helps us decode the basis of type 3 diabetes and the causes of this type of diabetes.

**What is type 3 diabetes?**

Type 1 diabetes is hereditary and type 2 diabetes is due to lifestyle changes, type 3 diabetes is linked to the brain. This is what Dr. S V Madhu

has to say, "Certain parts of the body secrete insulin within the body. When the brain is resistant to the body generated insulin than it is termed as Type 3 Diabetes."

**Causes of type 3 diabetes**

Unfortunately we are still not sure, what are the causes of type 3 diabetes. "No one is very clear

about the cause of type 3 diabetes," says the doctor.

**Symptoms of type 3 diabetes**

"The symptoms of type 3 diabetes are common like other diabetes. But when we see the brain dysfunction coupled with memory loss than it is type 3 diabetes," explains Dr. S V Madhu. If diabetics experience memory loss, it is important to consult a doctor immediately.

**Treatment for type 3 diabetes**

Type 3 diabetes treatment is not different from treating other types of diabetes. "The patient of type 3 diabetes will be treated like any other diabetes patient," says Dr. S V Madhu, Secretary, RSSDI.

**Risk factors for type 3 diabetes**

Obesity is one of the causes of diabetes, and it is also linked to type 3 diabetes. Dr. S V Madhu informs, "We can say that those who are obese or predisposed to type 2 diabetes are likely to develop type 3."



## Herbal remedies for headache

The most likely solution for a headache in this new generation of chemicals, is popping a pill, but for people with more frequent headaches and for those who would rather not put unnecessary toxins in your body, herbs is the way to go. There are various causes for a headache and an equal number of remedies, so before going through the long list of probable cures you should first start by finding the source of your headache. For some, a strong scent could be enough to get them flinching while for others long days of work are the cause of their agony.

**Willow Bark:** The most ordinary treatment for a regular headache is the ingredient that aspirin is made of, the willow bark. A mixture of peppermint, chamomile and willow bark tea is excellent for a more severe headache.

**Peppermint:** Peppermint works like a charm for migraines. It has been used as a headache remedy for hundreds of years. From tea to extracts, there are lots of ways to enjoy it.

**Primrose:** If you are one those workaholics with a 9 to 9 job, maybe a daily evening primrose supplement is the way to go for you. High on phenylalanine, a pain relieving compound, primrose, also has various other constituents that help with a number of problems. But for those with chronic migraines there are two herbs that completely steal the show, bay and feverfew. A tea made from both these ingredients are the best to ail a throbbing head and just for a bit more taste you can add a dash of peppermint.

**Other herbs:** A number of other herbs can be included in your daily diet just to make sure that the headache monster doesn't get you next. Herbs like garlic, ginger, red pepper, thyme, parsley, cherries, lavender and sunflower seeds are a few easily available remedies that you could use. So next time you want to heal a hurting head, make your way to the kitchen instead of reaching to the medicine cabinet.



# If PM Modi comes to power again, country will go back by 200 years: Stalin

Tamil Nadu Chief Minister MK Stalin said that if Prime Minister Narendra Modi comes back to power again, the country will "go back by 200 years" and history will be rewritten.

Chennai: Tamil Nadu Chief Minister and DMK leader MK Stalin said on Tuesday that if Prime Minister Narendra Modi comes to power again, the country would "go back by 200 years". Addressing a rally in Sriperumbudur in the state in support of DMK candidate TR Baalu, he said, "If PM Modi comes to power again, the country will go back by 200 years, history will be rewritten. Similarly, science will be pushed back, and superstitious stories will be given prominence.

Dr BR Ambedkar's constitution will be replaced by the RSS rules. "A vote for the BJP is a vote for the enemy of Tamil Nadu, a vote for the AIADMK is a vote for the betrayers of the state," he said. Hitting out at the AIADMK, Stalin said that voting for the AIADMK was equivalent to voting for the BJP. "The AIADMK and the BJP were called natural allies, but are now acting as if they are separated. When being asked if the party would support the BJP in case they need majority, Edappadi K Palaniswami did not say that the AIADMK would not support the BJP. 'Wait and see' was his answer," he



said. "The AIADMK can never go against the BJP. A vote for the AIADMK is equivalent to a vote for the BJP," the Chief Minister said. Responding to former chief minister and AIADMK general secretary

Palaniswami's claim that he had got several awards from the centre, Stalin said that Palaniswami had got the awards for "being the best of slaves". "While we are carefully implementing schemes for the development

- Stalin says India will 'go back by 200 years' if PM Modi is re-elected
- Stalin says voting for BJP is voting for 'enemy of Tamil Nadu'
- Says someone "cheated" PM Modi by saying that BJP will win in Tamil Nadu

of Tamil Nadu, Palaniswami claims that he has got awards from the Centre. You got the award for being the best of slaves, but we got the award from the people and we will get another award on June 4," he said. He further said that someone is "cheating PM Modi" by saying that the BJP will win in Tamil Nadu. "In yesterday's interview, PM Modi said that there is an anti-DMK wave in Tamil

Nadu. The BJP can never grow in Tamil Nadu, no matter how many years it tries. Tamil people didn't vote for you in 2014 and 2019. Why would they vote for you now? While you are cheating people, someone is cheating you that the BJP will win in Tamil Nadu," Stalin said. "People believe that the nation's safety is in the hands of the INDIA bloc," he added.

## Probe Agency Arrests 4 More In Money Laundering Case Against Hemant Soren

Those taken into custody under the provisions of the Prevention of Money Laundering Act (PMLA) have been identified as Antu Tirkey, Priya Ranjan Sahay, Bipin Singh and Irshad, they said.



Sahay, Bipin Singh and Irshad, they said. The ED had on Tuesday conducted searches at the premises of Tirkey and some others here.

With these arrests, the total number of people taken into custody in this case has risen to eight. Soren, 48, was arrested by the ED in January shortly after he

resigned as the chief minister. He is currently lodged in Birsa Munda jail at Hotwar here under judicial custody. Prime accused and former revenue department sub-inspector Bhanu Pratap Prasad, Mohammed Saddam Hussian and Afshar Ali have also been arrested. The probe against Soren pertains to an 8.86-acre plot of land in Ranchi that the ED has alleged was illegally acquired by him. The agency had filed a charge sheet against Soren, Prasad and Soren's alleged "frontmen" - Raj Kumar Pahan and Hilariyas Kachhap -- and alleged associate of the former CM Binod Singh before a special PMLA court here on March 30.

The ED has also attached the Ranchi land and requested the court for confiscation of the plot. The money laundering investigation stems from multiple FIRs registered by Jharkhand Police in land "scam" cases against several people, including state government officials.

## KCR Gets Poll Body Notice Over 'Derogatory' Remark Against Congress



New Delhi: The Election Commission of India on Wednesday issued a notice to Bharat Rashtra Samiti President and former Telangana Chief Minister K Chandrababhu Naidu over his "derogatory" remarks for the Congress Party in a press conference. Acting on the complaint of Congress leader G Niranjan, the Election Commission noted that KCR had violated the Model Code of Conduct in his press meeting in Sircilla on April 5 while criticising the Congress party. The Commission also noted that KCR was issued several advisories and instructions even earlier regarding his speech.

"The commission has received a complaint dated April 6 from G. Niranjan, Sr. Vice President, Telangana Pradesh Congress Committee, wherein it has been alleged that K. Chandrababhu Naidu in his press meet in Sircilla, made vulgar, derogatory and objectionable allegations against the Congress party," the notice said. The Election Commission has asked KCR to explain his stand in respect to his remarks by 11 am on April 18.

The poll body also stated that in the event of no response from him within the stipulated time, the Election Commission will take appropriate action. Meanwhile, the Election Commission of India (EC) on Tuesday listed actions taken by the poll body since enforcement of the Model Code of Conduct (MCC) from March 16, 2024, with the announcement of the general elections to the Lok Sabha.

The EC shared that among the total complaints, 51 were from the Bharatiya Janata Party, out of which action was taken in 38 cases; 59 were from the Congress, out of which action was taken in 51 cases. The complaints received from other parties were 90, out of which action has been taken in 80 cases. EC listed out some "exemplary decisions" that they took during the last month of the Model Code of Conduct to maintain a level playing field among the political parties. The poll body said that they have taken a firm stand to uphold the dignity and honour of women by issuing notices to the leaders of parties who made derogatory and offensive remarks against women.

## BJP's K Surendran, fielded against Rahul Gandhi, tops list of criminal cases in second phase | Full list

Of these 1,192 candidates, 21 per cent or 250 candidates are named in criminal cases, with 14 per cent or 167 candidates facing serious criminal charges, according to the analysis.

New Delhi: The Association for Democratic Reforms (ADR) and the National Election Watch issued fresh report on data of Lok Sabha elections phase-2 candidates who have criminal cases against them. A total of 250 candidates in the fray for the second phase of the Lok Sabha election have criminal cases against them, with three facing murder charges. 21 per cent candidates have criminal cases in the second phase of polling, the report said. The report quoted an analysis of self-sworn affidavits of the contestants by the Association for Democratic Reforms and the National Election Watch. The analysis was carried out on 1,192 of the 1,198 candidates contesting in the second phase of the election.

Three candidates have murder cases lodged against them, while 24 are implicated in attempt to murder cases, it showed.

One candidate faces rape charge



Twenty-five candidates have declared cases related to crimes against women and one of them faces rape charges under section 376 of the Indian Penal Code (IPC). Congress leader Ramchandra Choudhary, who is contesting from Rajasthan's Ajmer is facing a rape charge under IPC Sections - 376. An FIR with case no - 488/2019 was filed

with police station Ramganj Ajmer in 2019. Twenty-one candidates are linked to cases of hate speech, the analysis showed. It also showed that 52 per cent of the 87 seats scheduled to go to polls in the second of the seven-phase elections are 'red alert' constituencies. 'Red alert' constituencies are those where three or more candidates have declared criminal cases in their affidavits. The analysis showed that among major parties, there are criminal cases against 31 out of the 69 candidates from the BJP, 35 out of the 68 candidates from the Congress, all five candidates from the CPI, all four candidates from the SP, two out of three candidates from the Shiv Sena, two out of four candidates from the Shiv Sena (Uddhav Balasaheb Thackeray) and two out of five candidates from the JD(U). In tandem with the revelations on criminal backgrounds, the ADR said the analysis also highlights wealth disparities among candidates.

## "INDIA Alliance Will Wipe Out BJP From Ghaziabad To Ghazipur": Akhilesh Yadav

**Akhilesh Yadav said every promise made by the BJP turned out false and that the "wind from the West" would change the country in the first phase of elections.**

Lucknow: The BJP will be wiped out from Ghaziabad to Ghazipur, declared Samajwadi Party chief Akhilesh Yadav on Wednesday, just two days before the national elections are set to begin across the country. Mr Yadav, with Congress leader Rahul Gandhi by his side, said every promise made by the BJP turned out false and that the "wind from the West" would change the country in the first phase of elections. "Today, we are in Ghaziabad and this time INDIA alliance will wipe out BJP from Ghaziabad to Ghazipur. Today, farmers are upset as all the promises of BJP turned out to be fake," said Mr Yadav. Ghaziabad on Uttar Pradesh's western periphery votes on April 26 while voting in Ghazipur in eastern UP will be held on June 1.



conference. "INDIA alliance is the new hope in the elections. As Rahul ji said that there are many things in his manifesto that can eradicate poverty. All political parties, especially the partners of the INDIA alliance, are

saying that they will give MSP guarantee...the day the Indian government increases the income of the farmers, poverty will go away," said Mr Yadav. Mr Yadav, who also extended wishes for Ram Navami,

also said that the BJP has become the warehouse of the corrupt. "Electoral bond exposed them. BJP has become the warehouse of corruption. They are not only taking corrupts (in their party) but also keeping the money earned by

them," he added. Mr Gandhi also targeted the BJP in his remarks, accusing the ruling party and its ideological mentor RSS of trying to destroy democracy. He also raised the issues of unemployment and poverty.

## Aam Aadmi Party Launches 'AAP Ka RamRajya' Website Ahead Of 2024 Elections

New Delhi: Aam Aadmi Party today launched its "AAP Ka RamRajya" website to showcase the party's concept of "Ram Rajya", saying Delhi Chief Minister Arvind Kejriwal tried to realise the ideals of Lord Ram in the national capital. The website launch came ahead of the Lok Sabha elections, the first phase of which will be held on Friday, and coincided with the Ram Navami festival being celebrated across the country. During a joint press

conference, Rajya Sabha MP Sanjay Singh said the website will showcase AAP's concept of "Ram Rajya" as well as the work done by the party's governments. "Chief Minister Kejriwal accomplished wonderful things - good schools, mohalla clinics, free water and electricity and free bus rides for women - in the last 10 years for realising 'Ram Rajya'," Mr Singh said. This is the first time that Arvind Kejriwal.

## A saga of bravery, discipline & sacrifice

A quarter century has passed since Pakistan's attempt to intrude across the Line of Control (LoC) to avenge its successive defeats at the hands of the Indian armed forces. The war in Kargil, fought in May-July 1999, was another effort by Pakistan to regain its honour after its humiliating defeat in 1971, which led to the dismemberment of that country, and was followed in 1984 by our occupation of the Siachen Glacier. In the late 1990s, Pakistan's strategy of inflicting 'a thousand cuts' on India was not producing the desired results. The situation in the Kashmir valley had stabilised. The Army had brought insurgency under reasonable control for the Central Government to hold elections in Jammu and Kashmir in 1996 and instal an elected government. In this backdrop, Pakistan launched its operations by intruding into the Mushkoh-Drass-Kargil-Batalik sectors, over a frontage of approximately 130 km, in areas where both sides traditionally used to vacate their posts during the winter months and reoccupy them once the snow melted. While Pakistan's political aim was to bring back the Kashmir issue on the world stage, its military aim was to isolate Ladakh and secure maximum territory with a view to changing the alignment of the LoC. I had the honour and privilege of commanding the 8 Mountain Division in the Valley and on the outbreak of hostilities in the Drass-Mushkoh sector. In early May, the battalion in Batalik received information from a local grazer of suspicious movement in the sector, which perhaps was not given the attention it deserved. As the local formation sent out patrols, it gradually became evident that a number of places had been intruded into by the enemy; yet, there was no clarity on the identity of the intruders and it was apparent that the undetected intruders were an intelligence failure. However, the ferocity and speed with which the Army responded surprised Pakistan and disrupted its plans of consolidating the initial gains.

I was ordered to assume operational responsibility of the Drass-Mushkoh sector on June 1 and immediately set into motion preparations for our first attack. As the battalions got inducted from the Valley, they were given time to reorient their battle drills and procedures from counter-insurgency operations to conventional warfare, carry out advanced stages of acclimatisation and a recce of their nominated objectives. Meanwhile, the artillery, both integral and reinforced, was getting inducted and preparations for their gun positions and dumping of ammunition were in full swing. Having considered our pace of buildup and level of preparation, I decided to launch the first attack on Tololing on the night of June 12/13 with 2 Rajputana Rifles, with two companies of 18 Grenadiers providing the firm base, while the balance of the battalion was employed as reserve.

As one crosses Zoji La, one is awestruck by the terrain which tactically favours the defender and puts the attacker at serious disadvantage. The conduct of military operations demands proper acclimatisation, clothing to survive in the extreme cold climates and high levels of physical fitness. For a well-planned attack, the approaches are narrow, restricted and arduous, the going is uphill and the attacking troops, as a consequence, are likely to suffer heavy casualties. The momentum of the attack is slow and the high altitude and rarefied atmosphere add to the toll on troops and equipment. The limitation of movement along only one available major road axis also creates several tactical and logistic problems. The induction of troops as reinforcements or reserves, the availability of limited areas for the deployment of guns and their movement, and constraints on logistics are some of the major issues which need to be factored in while evolving any operational plan. As scheduled, 2 Rajputana Rifles commenced its attack at 8:30 pm with massive artillery support, and since this was the first coordinated attack by the division, the atmosphere was extremely tense. The attack progressed satisfactorily, and by the first light, we had the better part of Tololing in control, except the top, which was holding out. The commanding officer, Col MB Ravindranath, an intrepid leader, saw a weakness in the enemy's defences, and in a daylight assault, cleared the remnants, to our immense joy. With our victory at Tololing, the battle of the ridges.

## National security perception and the China conundrum

There is a case for evolving a narrative template in relation to the Galwan incident. The CCS would be the appropriate forum for the purpose.



Discourse and narrative are critical elements in the shaping of the national security perception and related policy. Governments, whether liberal democracies or authoritarian regimes, accord considerable attention to these two strands in the evolution of national posture and policies. Both the US and China are examples of this practice. China remains abiding and heightened security and strategic challenge for India after the 2020 Galwan 'shock' administered by the PLA (People's Liberation Army). It is instructive how this issue is being packaged in India in the run-up to the General Election.

In a recent interview with a US news magazine, Newsweek, PM Modi made a cautiously worded response to a question about the India-China border standoff. He noted: "For India, the relationship with China is important and significant. It is my belief that we need to urgently address the prolonged situation on our borders so that the abnormality in our bilateral interactions can be put behind us. Stable and peaceful relations between India and China are important for not just our two countries but the entire region and the world. I hope and believe that through positive and constructive bilateral engagement at the diplomatic and military levels, we will be able to restore and sustain peace and tranquillity in our borders." The operative phrases here are the reference to 'abnormality' in bilateral relations and the need to "urgently address the prolonged situation on our borders". This response by the PM did not go into any operational detail, and the conciliatory tenor may be seen as a signal for what could be a more definitive China policy during PM Modi's potential third term. When the Galwan incident took place in the summer of 2020 and

India lost a colonel (the CO of the battalion) and 20 other personnel, the PM's initial assertion was that "no one has intruded into our territory". This statement was later clarified by the PMO in a less than transparent manner — and it was evident that the dominant narrative at the time was to obfuscate the issue. Both India and China have kept the details about what transpired at Galwan under wraps and much of what is deliberated upon is based largely on conjecture. On the Indian side, no substantive debate took place on this issue in Parliament. Over the past four years, Galwan has remained on the national back burner. Domain experts have been quoted on the subject and there is a guarded consensus that India has forfeited patrolling rights in certain areas of that part of the Ladakh region. In recent months, External Affairs Minister (EAM) S Jaishankar, to his credit, has placed the Galwan issue in an appropriate perspective. Speaking in late March to the Indian diaspora in Malaysia, the EAM noted: "The India-China relationship is difficult. For reasons which are still not clear to us, the boundary agreements were broken by China in 2020. We actually had violence and bloodshed." The onus for restoring normalcy at the LAC (Line of Actual Control) has been placed on China, even as numerous rounds of talks have not led to a resolution of the stalemate. Against this backdrop, Home Minister Amit Shah also weighed in on the China challenge in an election rally in Assam on April 9 and accused then PM Nehru of 'abandoning' Assam in October 1962. This kind of vitriol is par for the course in election rallies and the BJP has consistently pilloried the Congress for the China debacle. Shah also asserted that China could not

encroach upon a 'single inch' of Indian land during Modi's rule. While this may be seen as a case of projecting the Modi government as being more effective in safeguarding India's sovereignty and territorial integrity, this is counterfactual and also at variance with what PM Modi and the EAM have maintained regarding the Galwan disruption to normalcy in the India-China bilateral relationship.

Adherence to an appropriate narrative template regarding sensitive national security matters by top ministers is the normative practice, and this has been particularly relevant in relation to China and the nuclear issue since the days of then PM Indira Gandhi.

When India conducted the Shakti nuclear tests in May 1998 under PM Vajpayee's stewardship, some BJP leaders referred to this nascent nuclear weapon capability as a 'Hindu bomb'. This characterisation was counter-productive to the Vajpayee projection that the Indian nuclear capability was anchored in NFU (no first use) and the principles of pristine deterrence, and a religious tag was undesirable. This matter was relayed to then NSA Brajesh Mishra. Despite the enormity of dealing with the fallout of May 11, 1998, the PMO was able to issue a quiet directive to avoid religious terminology, and this was complied with by the principal actors at the time. Amid the current election campaigning, there is a compelling case for evolving a narrative template in relation to the Galwan incident. The CCS (Cabinet Committee on Security) would be the appropriate forum for the purpose. In the prevailing environment, Galwan has become a bitterly contested issue between the BJP and the Congress and many intemperate statements are being made in an acrimonious manner. This is undesirable and will vitiate an already tangled bilateral dispute.

China has identified media warfare as one of the Three Principles of Warfare in its composite security strategy and has accorded this element high priority in its domestic and external information campaigns. In June 2020, the Chinese information ecosystem exploited PM Modi's initial statement about 'no intrusion' to the hilt and sought to project the PLA as the victim of Indian perfidy in Galwan. Indian mandarins and China watchers are no strangers to Beijing's penchant for diplomatic duplicity and geopolitical intransigence. This goes back to the Nehru-Mao-Zhou Enlai era. There are many lessons from the Nehru-Krishna Menon handling of the information and narrative domain in the run-up to the October 1962 debacle that Modi's team can benefit from while addressing China in this bitterly animated poll season.

As Admiral Arun Prakash, former naval chief, has cautioned, "Sacrificing clarity and a cohesive approach in foreign policy on the altar of domestic politics could cost India dear."

## Iran vs Israel

World must act to avert another war in West Asia

IRAN launched a missile and drone attack on Israel on Saturday night, turning into reality the greatest fears that had gripped the world after the October 7 attack on Israel by Hamas, a close ally of Iran. Tehran's attack comes less than two weeks after Israel's April 1 bombing of the Iranian consulate in Damascus — which killed a top General of the Islamic Revolutionary Guard Corps and several military advisers — and one day after Iran seized an Israel-affiliated cargo vessel, which has 17 Indian nationals among its 25-member crew. Tel Aviv has claimed that Iran's attack has been 'foiled', with hundreds of missiles and drones being intercepted with the help of the US and other allies. It also said that the bombardment caused injuries to over 10 persons, including a seven-year-old girl, and 'minor damage' to an airbase.

After the April 1 bombing, the Iranian leadership had vowed revenge, with Ayatollah Ali Khamenei declaring that Israel would be 'punished' for it. On Sunday, having demonstrated that it had the capability to hit deep inside



the Israeli territory, Iran declared through its Permanent Representative to the UN that its retaliation had 'concluded', and warned Israel not to respond. Apart from

the US, several Israel allies — including the UK and France — have reaffirmed their commitment to safeguarding Tel Aviv. More importantly, they must join forces to persuade Israeli PM Benjamin Netanyahu not to strike Iran, for that could plunge West Asia into a full-blown war. India, which has good relations with both countries, has been urging restraint; its immediate goal must be to rescue its nationals — including the ship crew and the labourers who migrated recently — from the region that may soon turn into a bigger war zone. The events since the October 7 attack, with Israel using disproportionate force that has caused thousands of civilian deaths and a humanitarian crisis in Gaza, have placed West Asia on a powder keg. Escalation may benefit the war industry of Europe, US and China, but the right-thinking people there and the rest of the world must do their utmost to bring peace to the region.

## Tackling misinformation in election season a big challenge

Both state and non-state foreign actors manipulate online information to influence voters and erode trust in the poll process.

REEK statesman and orator Demosthenes aptly captured the perils of misinformation in a democratic society with his timeless quote: "You yourselves, Athenians, should on no account be indifferent to these matters... for just as the body cannot be in health if it is full of bad humours, so a city cannot be well administered if it harbours misleading speeches."

Traditional media like television and newspapers is constrained by space and time. Social media offers more democratic and low-budget forms of campaigning. India has over 82 crore active Internet users, with rural areas accounting for more than half. The rise of social media platforms has revolutionised electoral campaigns, enabling maximum reach at an unprecedented speed. While this is a positive feature, the challenge lies in dealing with the abundance of shared, curated and created content. Contrasting results emerged in a UNESCO survey of 16 countries which are going to the polls this year. While the use of social media has surpassed that of traditional media, faith in the latter remains significantly higher. Contrary to popular belief, the majority (around 88 per cent) feel that the government should regulate social media content.

Online media platforms, unlike newspapers or TV, act as middlemen for information. But their rules often lead to specific outcomes, with implications for democracy. For instance, algorithms use Internet history to decide what you see in searches or ads. So, these platforms are not neutral. They act like editors, influencing how people make decisions. Algorithms on social media platforms facilitate what is known as 'selective exposure' or 'elective affinity', connecting like-minded individuals, reinforcing shared views and values, creating echo chambers, limiting exposure to diverse perspectives and potentially hindering democratic ideals. A wide range of online platforms — end-to-end encrypted ones, image hosting platforms, news



aggregators, blogs, photo- and video-sharing services, wikis, online gaming platforms and cyber lockers — can potentially affect elections by serving as repositories for propaganda that may influence public opinion or dent electoral integrity. During elections, specific techniques are employed. Software algorithms can manipulate what appears in one's news feed, potentially influencing the individual's opinions. During a US presidential election and the Brexit referendum, software algorithms manipulated what

people saw in their news feeds, swaying voter preferences. Cambridge Analytica used Facebook data to target voters with personalised political messages, which raised concerns about data privacy and manipulation. The main areas of social media that can be problematic during an election season are the virality or speed of information, filter bubbles that occur when websites and social media platforms use algorithms to show content tailored to users' preferences, insensitivity to extreme or offensive content, micro-

targeting of voters, manipulation of search engine results or the trending of topics through Google or Twitter bombs. These tactics involve coordination to make a specific word or phrase appear prominently by using it in posts or linking it to a certain website. Hidden or uncertain identities on these platforms can aggravate these issues. Social media platforms are also exploited for disseminating misinformation and disinformation.

Observations show that both state and non-state foreign actors manipulate online information to influence voter choices, sow confusion among citizens and erode trust in the electoral process. If there is concern about foreign interference in elections, establishing a link with the security service becomes essential.

Regulation is commonly associated with restricting undesirable activities of campaigners and controlling finances. Traditional platforms like newspapers generally have more room for fixing responsibility and accountability internally compared to online platforms. Social media platforms have a responsibility to remove illegal content when notified, but they are not obligated to actively search for it themselves. This grants them immunity from liability for harmful or illegal content hosted on their platforms. While there is a well-established consensus on the type of regulation to apply — or not apply — to traditional media during elections, there is no consensus across the stakeholder spectrum when it comes to regulating content on social media. To address the problem, rapport needs to be established prior to the election between social media companies and election regulators. This would involve discussions to review the concerns that may arise during the election and charting a middle way for how social media companies can respond to such issues while respecting the rights of citizens.

## ভিজয়াওয়াড়ায় পাথর হামলায় জগন মোহন রেড্ডি আহত

ভিজয়াওয়াড়া: শনিবার সন্ধ্যায় ত্রিমেম্বাশা সিন্ধা বাস পর্যটনের সময়, আন্ধ্রপ্রদেশের মুখ্যমন্ত্রী জগন মোহন রেড্ডি এবং যুবজন প্রমিক রাইত কংগ্রেস পার্টি (ওয়াইএ-সআরসিপি) এর এমএলএ ভেল্লান্ণাল্লি শ্রীনিভাস রাও, ভিজয়াওয়াড়ায় একটি পাথর ওড়ের হুমকির ঘটনায় আহত হয়েছেন, প্রচারমাধ্যমে জানা গেছে। মুখ্যমন্ত্রী তাঁর বৈদিকায় একটি ক্ষতি হয়েছে, যদিও এমএলএ ভেল্লান্ণাল্লি তাঁর বৈদিকায় চোখে ক্ষতি হয়েছে। দুজনেই বাসেই তাড়াতাড়ি প্রাথমিক চিকিৎসা পেয়েছেন। হামলার পরেও, মুখ্যমন্ত্রী জগন তাঁর প্রযাত্র চালিয়ে যাচ্ছেন। ওয়াইএসআরসিপি সূত্রগুলি দাবি করেছেন যে, হামলায় তেলগু দেশমুখ দলের কর্মীরা शामिल ছিল, মিডিয়া রিপোর্ট করেছে।

## ভোজপুরী বর্ডা লোক গীত (শৃংগার)

বর্ডা মহিলা

- শ্যাম কুন্ডর ভারতী (রাজধর)

চম চম বাজেলে গোরী কে পায়লিয়া যে রামা

চম চম বাজে।

তহ তহ তহকেলে মাধে কে টিকুলিয়া যে রামা

তহ তহ তহকে।

টীক দুপহরিয়া মেন রানী কজরা লগবলু অখিয়া মেন।

চতিয়া মেন অখিয়া কে কটরিয়া ধনবলু চতিয়া মেন।

সর সর উড্ডেলে গোরী কে চুনরিয়া যে রামা

সর সর উড্ডে।

চহত মহিনবা তোহরো চলিয়া বা বদলল।

হিরনিয়া কে চাল গোরী কমরিয়া বা লচকল।

চম চম চমকে সোনে কে নথুনিয়া যে রামা

নকিয়া মেন।

কারী কারী কেসিয়া মেন ফুল গজরা লগবলু।

কেসিয়া झटकी गोरी बरसा बदरा बुलबलु।

গোরে গলিয়া কে তিলবা মারে মোর জনিয়া যে রামা

গোরে গলিয়া।

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# आईएमएफ ने 2024 में भारत की आर्थिक वृद्धि दर अनुमान बढ़ाकर 6.8 फीसदी किया

एजेंसी वाशिंगटन/नई दिल्ली। अर्थव्यवस्था के मोंचे पर अच्छी खबर है। मूडीज के बाद अंतरराष्ट्रीय मुद्रा कोष (आईएमएफ) ने वर्ष 2024 में भारत की आर्थिक वृद्धि दर के अनुमान को 6.5 फीसदी से बढ़ाकर 6.8 फीसदी कर दिया है। हालांकि, चीन की आर्थिक वृद्धि दर 4.6 फीसदी रहने का अनुमान जताया है। अंतरराष्ट्रीय मुद्रा कोष ने मंगलवार को जारी 'विश्व आर्थिक परिदृश्य' के नवीनतम संस्करण में कहा कि भारत की आर्थिक वृद्धि दर वर्ष 2024 में 6.8 फीसदी और वर्ष 2025 में 6.5 फीसदी रहने का अनुमान है। आईएमएफ का यह अनुमान जनवरी की रिपोर्ट में 2024

के लिए भारत की सकल घरेलू उत्पाद (जीडीपी) वृद्धि 6.5 फीसदी रहने का अनुमान से बेहतर है। आईएमएफ ने अपनी रिपोर्ट में अर्थव्यवस्था बना हुआ है। हालांकि, इसी अवधि में चीन की वृद्धि दर 4.6 फीसदी रहने का अनुमान जताया है। इसके अलावा रिपोर्ट के मुताबिक वैश्विक आर्थिक वृद्धि दर वर्ष 2024 और वर्ष 2025 में भी पुरानी रफ्तार से जारी रहने का अनुमानित वैश्विक वृद्धि दर 3.2 फीसदी रही है। अंतरराष्ट्रीय मुद्रा कोष ने यह रिपोर्ट आईएमएफ और विश्व बैंक की सालाना बसंत बैठकों से पहले जारी की है। उल्लेखनीय है कि हाल ही में रेटिंग एजेंसी मूडीज और एशियाई विकास बैंक ने वर्ष 2024 के लिए विकास दर के अनुमान को बढ़ाया है। वहीं, रिजर्व बैंक ऑफ इंडिया आरबीआई ने वित्त वर्ष 2024-25 में सात फीसदी आर्थिक वृद्धि दर रहने का अनुमान जताया है।

## नाबार्ड का किसानों को सीधे कर्ज देने पर स्पष्टीकरण, सूचना को बताया गलत

एजेंसी नई दिल्ली। राष्ट्रीय कृषि एवं ग्रामीण विकास बैंक (नाबार्ड) ने स्पष्ट किया है कि वह आम किसानों को सीधे तौर पर ऋण न देकर ग्रामीण विकास से जुड़े वित्तीय संस्थानों और सहकारी समितियों को वित्तीय मदद मुहैया कराता है। राष्ट्रीय कृषि एवं ग्रामीण विकास बैंक ने यह स्पष्टीकरण सीधे किसानों को डेयरी ऋण दिए जाने संबंधी भ्रामक सूचना प्रसारित होने के बाद दिया है। दरअसल, कुछ मंचों से कहा जा रहा था कि नाबार्ड डेयरी विकास के लिए सीधे किसानों को कर्ज दे रहा है। राष्ट्रीय कृषि एवं ग्रामीण विकास बैंक ने 'एक्स' पोस्ट पर जारी बयान में कहा कि बहुत सी गलत सूचनाएं

आर फर्जी खबरें फैलती नजर आ रही हैं। नाबार्ड के मुताबिक अत्यल्पित ऋण प्रदान नहीं करता है। हम आपसे अनुरोध करते हैं कि सटीक जानकारी के लिए हमारी आधिकारिक वेबसाइट 'nabard.org' (नाबार्ड डॉट ओआरजी) को देखें।



जानकारी से वित्तीय जोखिम और गलतफहमी पैदा हो सकती है। बैंक ने बताया कि नाबार्ड किसानों को सीधे

कहा है कि इस तरह भारत दुनिया की सबसे तेज रफ्तार से बढ़ रही है।

## आने वाले वर्षों में भारत सबसे तेजी से बढ़ती अर्थव्यवस्था बना रहेगा : सीतारमण

एजेंसी जयपुर/नई दिल्ली। केंद्रीय वित्त एवं कोषागार मंत्रालय की मंत्री निर्मला सीतारमण ने कहा कि भारत पिछले तीन वित्त वर्षों में सबसे तेजी से बढ़ती अर्थव्यवस्था रही है, यह वृद्धि आने वाले वर्षों में भी जारी रह सकती है। निर्मला सीतारमण ने जयपुर में आयोजित एक कार्यक्रम में लघु, कुटीर एवं मध्यम उपक्रम (एमएसएमई) और उद्योग जगत के नेताओं को संबोधित करते हुए यह बात कही। उन्होंने कहा कि आगामी 25 साल भारत के लिए महत्वपूर्ण होंगे। सीतारमण ने कहा कि वित्त वर्ष 2023-24 के दौरान भारत ने तीन तिमाहियों में आठ फीसदी की वृद्धि दर देखी और चौथी तिमाही में भी

एजेंसी पेंशन निधि विनियामक और विकास प्राधिकरण (पीएफआरडीए) का कार्यालय एक नए पते पर स्थानांतरित कर दिया गया है। पीएफआरडीए को 'एक्स' पोस्ट में कहा कि हमें यह घोषणा करते हुए खुशी हो रही है कि एक अप्रैल 2024 से प्राधिकरण ने अपना कार्यालय एक नए पते पर स्थानांतरित कर दिया है। नए कार्यालय का पता ई-500, टॉवर ई, 5वीं मंजिल, ब्लूट्रैड सेंटर, नौरोजी नगर, नई दिल्ली-110029 और फोन नंबर 011-40717900 है। इससे पहले दिल्ली-110016 में था। उल्लेखनीय है कि पीएफआरडीए देश में पेंशन फंड के लिए बनाई गई एक नियामक संस्था है। इसकी स्थापना साल 2003 में हुई थी, जिसका मकसद देश में पेंशन क्षेत्र को बढ़ावा देना, विनियमित करना और विकसित करना है।

## एनेंसी जयपुर/नई दिल्ली। केंद्रीय वित्त एवं कोषागार मंत्रालय की मंत्री निर्मला सीतारमण ने कहा कि भारत पिछले तीन वित्त वर्षों में सबसे तेजी से बढ़ती अर्थव्यवस्था रही है, यह वृद्धि आने वाले वर्षों में भी जारी रह सकती है। निर्मला सीतारमण ने जयपुर में आयोजित एक कार्यक्रम में लघु, कुटीर एवं मध्यम उपक्रम (एमएसएमई) और उद्योग जगत के नेताओं को संबोधित करते हुए यह बात कही। उन्होंने कहा कि आगामी 25 साल भारत के लिए महत्वपूर्ण होंगे। सीतारमण ने कहा कि वित्त वर्ष 2023-24 के दौरान भारत ने तीन तिमाहियों में आठ फीसदी की वृद्धि दर देखी और चौथी तिमाही में भी

इसी स्तर की वृद्धि को उम्मीद है। जयपुर के एक दिवसीय दौरे पर आइं वित्त मंत्री ने कहा कि भारत की अर्थव्यवस्था की विश्वसनीयता के कारण विदेशी निवेशक भारत में

निवेश करने आ रहे हैं। सीतारमण ने औद्योगिक एवं व्यावसायिक संवाद को संबोधित करते हुए कहा कि अगले 25 साल भारत के लिए बेहद महत्वपूर्ण होंगे।



# क्रिप्टो करेंसी मार्केट में चौतरफा गिरावट, बिटकॉइन 63 हजार डॉलर से नीचे आया

एजेंसी नई दिल्ली। क्रिप्टो करेंसी मार्केट में हवाकार मचा हुआ है। बाजार में चौतरफा दबाव का माहौल बना हुआ है। जिसके कारण मार्केट कैप के लिहाज से टॉप-10 में शामिल क्रिप्टो करेंसीज में से कोई भी आज ग्रीन जॉन में नहीं है। दुनिया की सबसे बड़ी क्रिप्टो करेंसी बिटकॉइन और दूसरी सबसे बड़ी क्रिप्टो करेंसी एथेरियम समेत सभी क्रिप्टो करेंसीज लगातार रेड जॉन में कारोबार करती नजर आ रही हैं। आज की गिरावट के कारण बिटकॉइन 63 हजार डॉलर से ज्यादा लुढ़क कर 63 हजार डॉलर के स्तर से भी नीचे पहुंच गया है। भारत में क्रिप्टो करेंसी का कारोबार करने के लिए अधिकृत एजेंसी कॉइन मार्केट कैप से मिली जानकारी के मुताबिक भारतीय समय के हिसाब से आज शाम 6 बजे तक बिटकॉइन 5.46 प्रतिशत की गिरावट के साथ 62,694.77 डॉलर यानी 52.42 लाख रुपये के स्तर पर कारोबार कर रहा था। इसी तरह एथेरियम की कीमत भी आज 5.65

प्रतिशत की कमजोरी के साथ गिर कर 3,062.70 डॉलर के स्तर पर आ गई थी। बिटकॉइन और एथेरियम के कमजोरी के साथ कारोबार कर रहे थे। कॉइन मार्केट कैप से मिली जानकारी के मुताबिक पिछले 24 घंटे के कारोबार के दौरान क्रिप्टो करेंसी के ग्लोबल मार्केट कैप में 5.98 प्रतिशत की गिरावट दर्ज की गई है। फिलहाल क्रिप्टो करेंसी का ग्लोबल मार्केट कैप घट कर 2.28 लाख करोड़ डॉलर यानी करीब 190.63 लाख करोड़ रुपये रह गया है। ग्लोबल मार्केट कैप में गिरावट



अलावा टैथर 0.08 प्रतिशत, बीएनबी 7.18 प्रतिशत, सोलाना 12.09 प्रतिशत, यूएसडी कॉइन 0.01 प्रतिशत, एक्सआरपी 5.19 प्रतिशत, डोजेकोइन 5.84 प्रतिशत, टॉनकॉइन 13.33 प्रतिशत और कार्डानो 12.13 प्रतिशत की

आने के साथ ही पिछले 24 घंटे के दौरान क्रिप्टो करेंसीज के लेन-देन में भी कमी आई है। इस अवधि में कुल 11,608 करोड़ डॉलर यानी 9.71 लाख करोड़ रुपये की क्रिप्टो करेंसी दुनिया की सबसे बड़ी क्रिप्टो करेंसी बिटकॉइन और दूसरी सबसे बड़ी क्रिप्टो करेंसी एथेरियम समेत सभी क्रिप्टो करेंसीज लगातार रेड जॉन में कारोबार करती नजर आ रही हैं।

की लेन-देन हुई, जो 1 दिन पहले की तुलना में 0.67 प्रतिशत कम है। अगर दुनिया की सबसे बड़ी क्रिप्टो करेंसी बिटकॉइन की बात करें तो कीमत में गिरावट के बावजूद पिछले 24 घंटे के कारोबार के दौरान क्रिप्टो करेंसी मार्केट में इस आभासी मुद्रा की स्थिति 0.21 प्रतिशत मजबूत हुई है, जिसके कारण इसकी मार्केट हिस्सेदारी बढ़ कर 54.04 प्रतिशत हो गई है।

# देश में 15 अप्रैल तक 310.93 लाख टन चीनी का हुआ उत्पादन

नई दिल्ली। देश में चालू चीनी विपणन वर्ष 2023-24 में 15 अप्रैल तक मामूली गिरावट के साथ 310.93 लाख टन चीनी का उत्पादन हुआ है। इससे पिछले चीनी विपणन वर्ष में इसी अवधि में 312.38 लाख टन चीनी का उत्पादन हुआ था। चीनी मिलों के संगठन इंडियन शुगर मिल एसोसिएशन (इस्मा) ने मंगलवार को जारी एक बयान में कहा कि चीनी विपणन वर्ष 2023-24 में 15 अप्रैल तक चीनी का उत्पादन 310.93 लाख टन रहा है। इससे पिछले चीनी विपणन वर्ष 2022-23 में इसी तारीख तक 312.38 लाख टन चीनी का उत्पादन हुआ था। इस्मा के मुताबिक इस तरह अबतक 1.45 लाख टन कम चीनी का उत्पादन हुआ है। इस्मा के मुताबिक उत्तर प्रदेश में

चालू चीनी विपणन वर्ष 2023-24 में अबतक 101.45 लाख टन चीनी का उत्पादन हुआ है, जबकि इससे टन चीनी का उत्पादन हुआ है, जबकि इससे वर्ष में इसी अवधि तक 105.90 लाख टन चीनी का उत्पादन हुआ था। चीनी विपणन वर्ष 2023-24 में 15 अप्रैल तक चीनी मिलों के बंद होने की संख्या पिछले चीनी विपणन



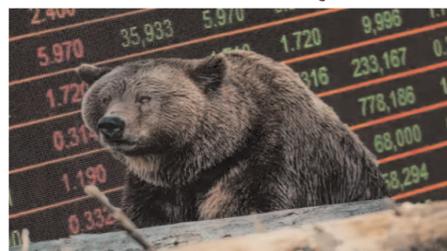
पिछले चीनी विपणन वर्ष 2022-23 में इसी अवधि तक 96.70 लाख टन चीनी का उत्पादन हुआ था। महाराष्ट्र में अबतक 109.20 लाख

वर्ष की तुलना में बहुत अधिक रही है। पिछले चीनी विपणन वर्ष की 55 मिलों की तुलना में इस अवधि के दौरान 128 मिलों ने अपना परिचालन बंद कर दिया है। कुल मिलाकर देशभर में 448 मिलों ने अपना पैदाई का कार्य पूरा कर लिया है, जबकि पिछले साल इसी अवधि तक 401 मिलें बंद थीं। 15 अप्रैल तक चालू चीनी मिलों की संख्या 84 थी, जबकि पिछले साल इसी तारीख की 132 मिलें चल रही थीं। इस तरह पिछले साल की इसी अवधि की तुलना में चालू मिलों की संख्या 48 कम है। इस्मा ने चालू चीनी विपणन वर्ष 2023-24 के लिए शुद्ध चीनी उत्पादन के अनुमान को संशोधित कर 320 लाख टन किया है। सरकार ने भी चीनी उत्पादन का 315 लाख टन से 320 लाख टन होने का अनुमान लगाया है।

# घरेलू शेयर बाजार में गिरावट, वैश्विक दबाव के कारण लुढ़के सेंसेक्स और निफ्टी

एजेंसी नई दिल्ली। मिडिल ईस्ट में जारी तनाव के कारण घरेलू शेयर बाजार में गिरावट का दौर आज भी जारी रहा। इस तरह लगातार तीसरे कारोबारी दिन घरेलू शेयर बाजार लाल निशान में बंद हुआ। आज के कारोबार की शुरुआत गिरावट के साथ हुई थी। कारोबार के दौरान कई बार खरीदारों ने लिवाली का जोर बना कर बाजार को सहारा देने की कोशिश भी की लेकिन बिकवाली के दबाव की वजह से सेंसेक्स और निफ्टी दोनों सूचकांक लगातार लाल निशान में ही कारोबार करते रहे। पूरे दिन के कारोबार के बाद सेंसेक्स 0.62 प्रतिशत और निफ्टी 0.56 प्रतिशत की कमजोरी के साथ बंद हुए। आज दिन भर के कारोबार के दौरान पावर, ऑयल एंड गैस, फार्मास्यूटिकल, कंज्यूमर ड्यूरेबल्स और एनर्जी सेक्टर के शेयरों में खरीदारी होती रही। बैंकिंग, आईटी, मेटल और रियल्टी सेक्टर के शेयरों में बिकवाली का दबाव बना रहा। सेंसेक्स और निफ्टी में शामिल शेयरों में बिकवाली का दबाव बनने के बावजूद ब्रॉड मार्केट में आज खरीदारी होती नजर आई। खासकर छोटे और मंजोले शेयर में लगातार खरीदारी होती रही। इस खरीदारी के कारण बीएसई का मिडिकैप इंडेक्स 0.05 प्रतिशत की मजबूती के साथ बंद हुआ। इसी तरह स्मॉलकैप इंडेक्स ने 0.57 प्रतिशत उछल कर आज के कारोबार का अंत किया। आज सेंसेक्स और निफ्टी में आई कमजोरी के बावजूद ब्रॉड

मार्केट में लगातार हुई खरीदारी के कारण स्टॉक मार्केट के निवेशक बड़े नुकसान से बच गए। बीएसई में लिस्टेड कंपनियों का मार्केट कैपिटलाइजेशन आज के कारोबार के बाद घट कर 394.34 लाख करोड़ रुपये (अस्थायी) हो गया। पिछले कारोबारी दिन यानी सोमवार को शेयरों में से 4 शेयर बढ़त के साथ और 26 शेयर गिरावट के साथ बंद हुए। निफ्टी में शामिल शेयरों में से 16 शेयर हरे निशान में और 34 शेयर लाल निशान में बंद हुए। बीएसई का सेंसेक्स आज 507.64 अंक टूट कर 72,892.14 अंक के स्तर पर खुला। कारोबारी की शुरुआत होते ही खरीदारों



इनका मार्केट कैपिटलाइजेशन 394.48 लाख करोड़ रुपये था। इस तरह निवेशकों को आज के कारोबार से करीब 14 हजार करोड़ रुपये का नुकसान हो गया। आज दिन भर के कारोबार में बीएसई में 3,933 शेयरों में एक्टिव ट्रेडिंग हुई। इनमें 2,253 शेयर बढ़त के साथ बंद हुए, जबकि 1,570 शेयरों में गिरावट का रुख रहा, वहीं 110 शेयर बिना किसी उतार चढ़ाव के बंद हुए। एनएसई में आज 2,201 शेयरों में एक्टिव ट्रेडिंग हुई। इनमें से 1,405 शेयर मुनाफा कमा कर हरे निशान में और 796 शेयर नुकसान उठा कर लाल निशान में बंद हुए। इसी तरह सेंसेक्स में शामिल 30

शेयरों में से 4 शेयर बढ़त के साथ और 26 शेयर गिरावट के साथ बंद हुए। निफ्टी में शामिल शेयरों में से 16 शेयर हरे निशान में और 34 शेयर लाल निशान में बंद हुए। बीएसई का सेंसेक्स आज 507.64 अंक टूट कर 72,892.14 अंक के स्तर पर खुला। कारोबारी की शुरुआत होते ही खरीदारों

साथ 72,943.68 अंक के स्तर पर बंद हुआ। सेंसेक्स की तरह ही एनएसई के निफ्टी ने आज 147.20 अंक की कमजोरी के साथ 22,125.30 अंक के स्तर से कारोबार की शुरुआत की। शुरुआती कारोबार में खरीदारी के सपोर्ट से ये सूचकांक भी ओपनिंग लेवल से करीब 90 अंक की रिकवरी करके 22,213.75 अंक तक पहुंचा। इसके बाद बिकवाली का दबाव बढ़ जाने की वजह से ये सूचकांक दोबारा गिरावट का शिकार हो गया। लगातार हो रही बिकवाली के कारण निफ्टी 193.05 अंक लुढ़क कर 22,079.45 अंक तक पहुंच गया। इसके बाद एक बार फिर खरीदारी के सपोर्ट मिलने के कारण निफ्टी ने निचले स्तर से करीब 70 अंक की रिकवरी करके 124.60 अंक की गिरावट के साथ 22,147.90 अंक के स्तर पर आज के कारोबार का अंत किया। पूरे दिन की खरीद बिक्री के बाद स्टॉक मार्केट के दिग्गज शेयरों में से आयरन मोटर्स 3.23 प्रतिशत, डिवीज लेबोरेट्रीज 1.28 प्रतिशत, टाटान स्टील 1.26 प्रतिशत, हिंदुस्तान युनिटीवर 1.22 प्रतिशत और ओएनजीसी 1.18 प्रतिशत की मजबूती के साथ आज के टॉप 5 गनर्स की सूची में शामिल हुए। दूसरी ओर, इंडोसिस 3.66 प्रतिशत, इंडस्ट्रियल बैंक 3.18 प्रतिशत, एलटी माइंड्री 3.16 प्रतिशत, विप्रो 2.39 प्रतिशत और बजाज फिनसर्व 2.31 प्रतिशत की कमजोरी के साथ आज के टॉप 5 लूजर्स की सूची में शामिल हुए।

# फूड चेन वाओ! मोमो ने जेडथ्रीपार्टनर्स से 70 करोड़ जुटाए

नई दिल्ली। क्रिक सर्विस रेस्तरां (क्यूएसआर) चेन वाओ! मोमो ने जेडथ्रीपार्टनर्स से 70 करोड़ रुपये की फंडिंग जुटाई है। यह राउंड मलेशिया के सर्विसेन्स वेंच्यूर फंड, खजाना नेशनल बेरहद से 350 करोड़ रुपये की पिछली फंडिंग के बाद आया है। वाओ! मोमो वाओ! नाम से तीन ब्रांड चलाता है! मोमो, वाओ! चाइना एंड वाओ! चिकन। वाओ! मोमो के सीईओ सागर दर्यानी ने कहा, 'हम लगातार

और लचीले रहे हैं और सतत विकास पर तेजी से ध्यान केंद्रित कर रहे हैं। निवेशकों के इस दौर ने हम पर जो विश्वास दिखाया है वह हमारे विश्वास को मजबूत करता है और हमें बदलाव लाने वाले बनने के लिए प्रेरित करता है। 2008 में लॉन्च हुई कंपनी की 38 शहरों में 600 से अधिक आउटलेट हैं। इसमें अपने क्यूएसआर वर्टिकल के साथ एफएमसीजी सेक्टर में भी कदम रखा है। जेडथ्रीपार्टनर्स के मैनेजिंग पार्टनर ऋषि

माहेश्वरी ने कहा, 'वाओ! मोमो देश में वाइब्रेंट उद्यमशीलता परिदृश्य का प्रतिबिंब है। पिछले कुछ वर्षों में, सागर और टीम ने बड़े पैमाने पर हाई-कालिब्री वाले फूड बिजनेस के निर्माण पर ध्यान केंद्रित किया है, जो बेहतर निष्पादन विशेषज्ञता से प्रेरित है।' जेडथ्रीपार्टनर्स से 70 करोड़ रुपये की भागीदारी के साथ, यह हाल के दिनों में 480 करोड़ रुपये से अधिक के साथ इस राउंड को सबसे बड़ा बनाता है।



# विटामिंस की खोज किसने की?

यह सभी जानते हैं कि विटामिन रासायनिक पदार्थ होते हैं जो हमारे शरीर के स्वस्थ रहने के लिए जरूरी हैं। विटामिंस अलग-अलग तरह के भोजन में पाए जाते हैं। वैज्ञानिक विटामिंस के 6 प्रकारों को 'ए', 'बी', 'सी', 'डी', 'ई' और 'के' कहते हैं। असल में विटामिन 'बी' में विटामिंस का पूरा समूह होता है।

क्या आप जानते हैं कि विटामिंस की खोज किसने की? विटामिन की खोज एक डच जीवाणु विशेषज्ञ, क्रिश्चियान एडकमैन (1858-1930) द्वारा अचानक ही हो गई थी। उन्होंने सबसे पहले ध्यान दिया कि जो मुर्गियां चावल के दाने खाती थीं वे बीमार पड़ गईं। उन्होंने यह कारण खोज निकाला कि अनाज की ऊपरी सतह को यदि हटा दिया जाए तो उसमें मौजूद रसायन भी निकल जाते हैं जिसे हम विटामिन कहते हैं। जब एडकमैन 1886 में इंडोनेशिया दौर पर 'बेरी-बेरी' नामक महामारी की पड़ताल करने गए तो उनके दावों को और अधिक सच माना गया। बाद में वह यह साबित करने में सक्षम रहे कि 'बेरी-बेरी' का रोग डाइट की कमी से होता है। इससे विटामिंस की खोज हुई और यह बात सामने आई कि विटामिन सेहत के लिए बहुत जरूरी है।

एडकमैन, हालांकि पूरी तरह से विटामिंस के बारे में नहीं समझ पाए। बाद में फैंडरिक हॉपकिन जो ब्रिटिश वैज्ञानिक थे, ने इस सिद्धांत को समझा कि मानव शरीर को कुछ मात्रा में ऐसे रसायनों की आवश्यकता है जो उन्हें सेहतमंद रख सकें। उन्होंने यह कहा कि रिकेट्स या स्कर्वी जैसे रोगों से बचा जा सकता है यदि भोजन में या किसी दूसरी चीज में जरूरी रसायन यानी कि विटामिंस लिए जाएं। ऐसा बिल्कुल सही माना गया और विटामिंस के प्रकारों को नाम भी दिए गए।

वास्तव में विटामिंस के कई स्रोत तथा उपयोग हैं जैसे विटामिन 'ए', मक्खन, दूध, अंडे, हरी सब्जियों और मछली में पाया जाता है जो बीमारियों से लड़ने में सहायक होते हैं। विटामिन 'बी' भूख बढ़ाता है। यह तंत्रिकाओं तथा त्वचा में शक्ति बढ़ाता है। यह यीस्ट, मीठ तथा अलग-अलग अनाजों में पाया जाता है। विटामिन 'सी' खून साफ करने में सहायक है तथा जुकाम से सुरक्षा प्रदान करता है। यह मुख्य तौर पर फल जैसे संतरे तथा नींबू आदि में पाया जाता है।

हड्डियों की मजबूती के लिए विटामिन 'डी' की आवश्यकता होती है जो कॉड मछली के तेल तथा अंडे की जर्दी आदि में पाया जाता है। विटामिन 'ई' मोटे अनाजों और अन्य प्रकार के भोजन में पाया जाता है। विटामिन 'के' खून के बहाव को रोकने और क्लॉट के लिए विशेष रूप से जरूरी है। अतः चोट लगने पर खून के रिसाव को रोकने के लिए यह बहुत महत्वपूर्ण है। यह बहुत सी चीजों में मौजूद होता है जैसे लिंवर तथा हरी सब्जियां इत्यादि में। ऊपर दिए गए तथ्यों से हमें पता चलता है कि विटामिंस



विटामिन	रोग
'ए'	रतौंधी
'बी'	बेरी-बेरी, तंत्रिका संबंधी समस्याएं
'सी'	स्कर्वी
'डी'	रिकेट्स
'ई'	खून की कमी
'के'	हैमरेज

हमारी सेहत के लिए बहुत जरूरी हैं। इस महत्वपूर्ण खोज के लिए क्रिश्चियान एडकमैन और फैंडरिक हॉपकिन को 1929 में नोबेल पुरस्कार से नवाजा गया था।

# हंसो, हंसाओ, सेहत बनाओ

दोस्तों, तुम्हें कॉमेडी मूवीज देखना तो बहुत अच्छा लगता होगा। ऐसी मूवीज देखकर तुम खुद भी हंसते होगे और किस्से सुनाकर दोस्तों को भी हंसाते होगे। साथ में क्लास में भी मस्ती कर हंसी उहाके लगाते होगे। हंसते-हंसाते रहो, पर जान लो हंसने के फायदों के बारे में...

## वर्ल्ड हेल्थ डे

वर्ल्ड हेल्थ डे वर्ल्ड हेल्थ ऑरगनाइजेशन की तरफ से हर साल मनाया जाता है। इस साल वर्ल्ड हेल्थ डे ऐसे मच्छरों, जानवरों और कीड़े-मकोड़ों पर लोगों का ध्यान ले जा रहा है जो तरह-तरह की बीमारियां पैदा करते हैं। हंसने और खुश रहने से तुम्हारा मूड तो अच्छा रहता ही है साथ में तुम्हारी सेहत भी ठीक रहती है।

## इम्यून सिस्टम

### ठीक रहेगा

हंसने मुस्कुराने से

तुम्हारा इम्यून सिस्टम अच्छा होगा। इम्यून सिस्टम अच्छा होने से तुम कई तरह की बीमारियों से बच सकते हो। साथ में तुम्हें सर्दी-जुकाम भी जल्दी नहीं होगा।

## टेशन फ्री होगे

दोस्तों के साथ हंसने और मस्ती करने से तुम्हें किसी तरह की चिंता नहीं होगी। साथ में तुम किसी भी मुश्किल काम को आसानी से कर लोगे। यही नहीं खुश रहने से शरीर में पैदा होने वाले ऐसे हार्मोन जो तनाव बढ़ाते हैं उनको भी कम करने में मदद करता है।

## दोस्तों में लोकप्रिय होगे

तुम्हारे खुश रहने से तुम्हारे दोस्त बढ़ते जाएंगे। ज्यादा से ज्यादा लोग तुम्हारे दोस्त बनना चाहेंगे। तुम्हारे पुराने दोस्तों से दोस्ती और पक्की हो जाएगी। तुम्हें सबके साथ मिल-जुल कर काम करने में मजा आएगा।

## दिल की बीमारी से छुटकारा

आजकल अक्सर ही लोग इस बीमारी से परेशान रहते हैं। खुश रहने से इस तरह की बीमारियों से तो छुटकारा मिलेगा ही हार्ट अटैक की सम्भावना भी कम होती है।

## दर्द कम होगा

खुश रहने और हंसने-मुस्कुराने से दर्द कम होता है। साथ ही तुम किसी भी तरह की बीमारी से आसानी से निपट लोगे।

## आत्मविश्वास बढ़ता है

खुश रहने से आत्मविश्वास बढ़ता है। साथ में किसी भी काम को करने के लिए नए-नए आइडियाज भी तुम्हारे दिमाग में तेजी से आते रहेंगे।

## लम्बे समय तक जीओगे

जो लोग खुश रहते हैं वो लोग लम्बे समय तक जीते हैं। इसका मतलब है कि वो दुखी रहने

वाले लोगों की तुलना में ज्यादा दिनों तक जीते हैं।

## ब्लड प्रेशर कम रहता है

आजकल तुमने ब्लड प्रेशर से परेशान लोगों के बारे में तो सुना ही होगा। खुश रहने से शरीर में ब्लड का फ्लो भी ठीक रहता है और ब्लड प्रेशर भी कम होता है।

## मेमोरी बढ़ती है

खुश रहने से न केवल तुम्हारी मेमोरी बढ़ती है बल्कि तुम्हारे अंदर कुछ सीखने की क्षमता का भी तेजी से विकास होता है। तुम कुछ नया सीखने को उत्साहित रहते हो और इसीलिए तुम्हारी रचनात्मकता भी बढ़ती जाती है। यही नहीं हंसने-मुस्कुराने से तुम्हारी क्रिएटिविटी भी बढ़ती है।

## अच्छी नींद आती है

खुश रहने से तुम्हें नींद भी अच्छी आती है। इसका मतलब है कि तुम्हारे घर में जो बुजुर्गों नींद नहीं आने की प्रॉब्लम से परेशान हैं उनकी समस्या खुश रहने से हल हो जाएगी। इसलिए तुम उनकी मदद करो।

# डॉग्स के लिए बन रहा होटल चेल्सी

इंसानों के होटल तो सभी जगह बने होते हैं, लेकिन पेट्स के लिए होटल न के बराबर हैं। कई पेट्स मालिक अपने पेट्स को अपने जैसे होटल में स्टे कराना चाहते हैं। इसी बात को ध्यान में रखते



हुए न्यूयॉर्क में एक ऐसा ही होटल बनाया जा रहा है, जिसमें एंटी सिर्फ कुत्तों की होगी। यह होटल जल्द ही शुरू हो रहा है। इस होटल को सामान्य होटलों की कैटेगरी में रखा गया है, जिसमें नॉर्मल, डीलक्स और सूट शामिल होंगे। इसका नाम होटल चेल्सी रखा गया है। इसमें डबल बेड के अलावा नर्म और स्पंज वाले पिलो होंगे। रूम में फ्लैट स्क्रीन टीवी रखा गया है। इस टीवी में जानवरों से संबंधित कार्यक्रम चलते रहेंगे, जैसे वाइल्ड लाइफ आदि। इसके अलावा रूम का डेकोरेशन कुत्तों को ख्याल में रखकर किया गया है। कुत्ते को फिट रखने के लिए फिटनेस सेंटर भी बनाया गया है। खाना बनाने के लिए शेफ भी रखे जाएंगे। यहां के सारे रूम सीसीटीवी से लैस होंगे, जिससे अगर कुत्तों को रूम में किसी तरह की परेशानी हो तो कंट्रोल रूम में देखकर उसका समाधान कर दिया जाएगा।

# क्या जानवर रंग पहचानते हैं?



जानवरों की रंग पहचानने की क्षमता का पता लगाने के लिए वैज्ञानिकों ने काफी परीक्षण किया है, जिससे पता चलता है कि कुछ जीव रंगों की पहचान करने में सफल हो गये तो कुछ रंग नहीं देख सके।

मछलियां बहुत सुंदर और रंग-बिरंगी होती हैं, लेकिन ये एक-दूसरे की खूबसूरती को देख नहीं सकतीं, क्योंकि ये रंगांध होती हैं। यानी, रंगों को पहचान नहीं सकतीं। कुत्ते भी रंगों को नहीं पहचान पाते। वे किसी भी स्थान या वस्तु को उसके रंग से नहीं, गंध से पहचानते हैं।

एक परीक्षण में कुछ कुत्तों को पहले ख़ास तरह की आवाजें सुनाई गईं। इन आवाजों के बाद ही उन्हें भोजन दिया जाता था। कुछ दिन के प्रशिक्षण के बाद देखा गया कि इन ध्वनियों को बजाते ही कुत्तों के मुँह लार से भर जाते थे। बाद में यही प्रयोग रंगों को लेकर किया गया। लेकिन कुत्ते, भोजन की लालसा के बावजूद एक रंग का दूसरे से विभेद करने में सफल नहीं हो पाये। बिल्लियां भी रंगों को नहीं पहचानती हैं।

मुर्गियों के बारे में परीक्षण करने से पता चला है कि वे हरे, नीले, काले और बैंगनी रंग को नहीं पहचानतीं, जबकि सफेद रंग को पहचान लेती हैं।

बंदर रंगों के प्रति संवेदनशील होता है और वह अलग-अलग रंगों की पहचान कर सकता है। कुछ परीक्षणों ने इसकी पुष्टि भी की है। बंदरों को भोजन के लिए एक ऐसी अलमारी के पास जाने के लिए प्रशिक्षित किया गया, जिसका दरवाजा एक ख़ास रंग से रंगा गया था। बाद में उसने दूसरे रंग से रंगे दरवाजे वाली अलमारी के पास जाने में दिलचस्पी लेना ही बंद कर दिया।

गाय, बैल, गधे जैसे पशु प्रायः सभी वस्तुओं को खाकी रंग में रंगा पाते हैं। एक सीमा तक सफेद रंग को भी पहचान लेते हैं, लेकिन गहरा हरा, लाल, नीला या काला रंग नहीं पहचान सकते।

अनेक परीक्षणों से यह सिद्ध हो चुका है कि सांड रंग के प्रति अंधा होता है, अर्थात् वह रंग भेद नहीं कर सकता। जब वह रंग पहचान ही नहीं सकता, तो फिर लाल रंग से भड़क उठने की बात महज एक गलत धारणा है। सांड को भड़काने के लिए कपड़े का हिलाना ही काफी है, चाहे वह लाल, पीला, नीला सफेद या किसी भी रंग का हो।

घोड़े हरे व पीले रंग को पहचान लेते हैं तथा दोनों में भी परस्पर भेद कर लेते हैं, पर लाल व नीले रंग को पहचानने में वे अच्छे नहीं जान पड़ते हैं।

NEWS BOX

**Champions League: Mbappe stars as PSG dump Barcelona out to set up semis with Dortmund**

New Delhi Paris St Germain's Kylian Mbappe scored twice in the second half to help his side to a 4-1 comeback win against 10-man Barcelona in their Champions League quarter-final, second leg to wrap up a 6-4 aggregate victory on Tuesday.

After winning 3-2 in Paris and taking a 1-0 lead with an early Raphinha goal in the return, Barca collapsed after going down to 10 men just before the half-hour when last man Ronald Araujo was red-carded for fouling Bradley Barcola. Former Barcelona forward Ousmane Dembele equalised for the visitors just before the break, while Vitorinha and Mbappe finished the job in the second half, with PSG facing Borussia Dortmund in the semi-finals after the Germans beat Atletico Madrid. Having failed to get past the round of 16 in the last two seasons and being pinned against the



ropes by a Barca side who were in the ascendancy, PSG put on a gritty performance to make the most of the home side's mistakes and turn the tie around.

"I feel very proud, the players showed a lot of character and desire," PSG manager Luis Enrique told Canal+. "We showed what we wanted to do here. We conceded a goal, but we remained intact in mentality. We did everything to be better than Barca."

Dortmund beat Atletico Madrid

Borussia Dortmund stormed into the Champions League semi-finals with a rip-roaring 4-2 home win over Atletico Madrid on Tuesday that saw them fight back from a 2-1 defeat in the first leg to win the tie 5-4 on aggregate. The German side scored twice in the first half and looked to be cruising into the last four, but Atletico bounced back with two goals early in the second half to put Dortmund on the ropes before they dug deep to complete a superb comeback.

"We played an incredibly good first half, then there was the extremely unfortunate goal conceded, (but) how we came back, wow," delighted Dortmund coach Edin Terzic said in a TV interview.

**Bitter pill to swallow: Shreyas Iyer disappointed after KKR lose thriller vs RR**



New Delhi KKR captain Shreyas Iyer termed the ast-ball loss to RR in the high-scoring IPL 2024 match a bitter pill to swallow but hoped his side would bounce back very soon. Rajasthan snatched a win from the jaws of defeat against KKR as Jos Buttler helped his side chase down the joint-highest total in the history of the tournament. In a nail-biting thriller, RR trumped KKR on the back of a brilliant knock by Jos Buttler. Iyer, while speaking to the broadcasters in the post-match presentation, called the defeat a hard pill to swallow. The KKR skipper was also out of words and found it hard to explain KKR's loss, who were once cruising.

In a run-fest at the Eden Garden Stadium, Buttler turned out to be the ultimate hero as he spared none of the bowlers. Despite him slowing down in the middle over, he went on to smash 107 runs from 60 balls.

HOW BUTTLER SWUNG GAME IN RR'S FAVOUR

Bitter pill to swallow, emotions were a roller-coaster. I didn't think this is the situation we'd get into. It's a funny game, (Rovman) was striking well. Hard to explain what happened, have to take it on the chin and move on. At this point, you have to see to it that you bowl your best deliveries, a little miss here and there, and you're sent out of the ground. Glad it happened here and not in the latter half of the tournament," Iyer said. KKR vs RR: Highlights | Match Report

The KKR captain called Sunil Narine a great asset for the franchise and mentioned his team would introspect the loss. Narine notched up his maiden IPL hundred as he powered KKR to a total of 223. The all-rounder gave his all as he also picked 2 wickets and plucked a catch during RR's chase. "Need to introspect and come back stronger. Narine is a great asset to the team, showing it in every game when he comes out to bat. That kind of character, glad he's part of our team." Iyer also talked about the decision to give Varun Chakravarthy the last over, whom Buttler had smacked 4 boundaries in his 3rd over. "Since Buttler was striking it clean, I thought let's take the pace off and give it to Varun Chakravarthy. He was clean in his hitting as well. Just let it go, sink in, it's all about relaxing, rejuvenating.

**'IPL 2024 will be won by...': Delhi Capitals head coach Ricky Ponting makes a bold prediction**

KOLKATA. A decade ago, Antonio Lopez Habas arrived in Indian football with a sense of mystique. His decision of going for a month-long pre-season in Madrid and following it with a series of closed-door practice sessions at the Salt Lake Stadium in the build-up to the inaugural edition of Indian Super League came as a bit of a culture shock for Kolkata fans, who were so used to watch their favourite players train openly as a rule rather than an exception at that time. Habas began his journey with his team — then known as Atletico de Kolkata — shredding Mumbai City FC to pieces with a no-nonsense 3-0 win in the tournament-opener on way to lifting the crown in 2014.

Indian football has gone through many changes since then, but the Spanish coach has remained a constant over the years — with his mystique, magic and an unparalleled longevity spiced with success.

If Mohun Bagan SG's march to their maiden ISL Winners' Shield, getting the better of the same Mumbai City FC at the Salt Lake Stadium on Monday, has been an emotional rollercoaster for the team, it also speaks volumes of their coach's winning mentality and another triumph of his football philosophy. Until the end of the last year, Habas as a technical director was happy working with the team's youth development programme. However, the exit from AFC Cup and three successive losses in the ISL

brought Juan Ferrando's reign to a premature end and catapulted the fellow Spaniard into his fourth stint with the Kolkata team as a manager. It appeared to be a stop-gap arrangement from the management but the born winner in Habas soon rubbed off his philosophy on his team. In his philosophy, there are no favourites and he always wants his players to buy into his methods — a reason which might have led to Hugo Boumous' exit from his team in January. It's all about creating a tactical structure to build the mentality of a team difficult to break down under pressure.

In 12 matches since Habas came to take charge of the team earlier this year, Bagan have won 9 times and lost only once, with two matches ended in stalemates. Habas's long-time assistant Manuel Perez provided an insight into how the veteran coach transformed the side into a winning machine in just three months after Monday's Shield-winning performance. "When we came here three months ago, we were 10 points behind FC Goa. But he said in the training ground that if we play like a team, nobody can beat us. It was really easy. The players started working hard in training sessions, following his instructions and believing in themselves. We were not worried about the results. After the loss to Chennaiyin FC, many might have



doubted the possibility (of winning the Shield), but the players kept believing in themselves and the coach's strategy. That's it. Being a team on and off the pitch is what made us achieve this," Manuel pointed out. He has aged quite a bit but in his philosophy, there are still no favourites and he always wants his players to buy into his methods — a reason which might have led to Hugo Boumous' exit from his team in January. It's always about creating a tactical structure to build the mentality of a team difficult to break down under pressure. Unlike Ferrando, who wanted his players to get involved more in the attacking third while controlling the game in a possession-based system, Habas's method

starts from the back. His system requires even the attackers to play an active part in providing the necessary defensive spine. And during transition, his midfield initiates the counter-attack and rarely is the ball sent from defence to the man upfront bypassing the midfield. Bagan have flourished in this subtle change in tactics in the past few matches. In another apparent setback to the team, Habas himself became indisposed having been forced to stay away from three matches (vs Chennaiyin, Punjab FC and Bengaluru FC). Still recuperating, he was determined to lead the team from the dugout and shepherd them to their tryst with destiny. "He was the real brain behind this team," Manuel remarked.

The team's full-back and captain Subhasis Bose echoed the sentiment. "After suffering the setback against Chennaiyin, it was like a knockout tournament for us. We won the Durand Cup in a similar situation and we knew that if we could repeat the same, like treating our final three matches (in ISL) as a quarterfinal, semifinal and final, the Shield would be ours. The coach gave us the belief and we were thinking nothing but a win against Mumbai," Bose said.

**Shah Rukh has special message to Gambhir in KKR dressing room speech**

**IPL 2024, KKR vs RR: KKR co-owner and Bollywood superstar Shah Rukh Khan tried to lift the morale in the dressing room after the Knight Riders lost a last-ball thriller at Eden Gardens. Shah Rukh had a special message for team mentor Gautam Gambhir.**



New Delhi. Shah Rukh Khan's speeches in the dressing room can be inspiring. Most of us must have seen it on the big screen in 2007. "Sattar Minute" is still one of the most powerful pieces of dialogue in Indian film history. But, on Tuesday, Shah Rukh Khan, the KKR co-owner, delivered another rousing speech in their dressing room, this time not in reel. The co-owner tried to lift the spirits of the Knight Riders after their agonising defeat to Rajasthan in an IPL 2024 match at Eden Gardens, Kolkata. Shah Rukh Khan took time out to be in the KKR dressing room and tell the players to chin up after the last-ball thriller in a top-of-the-table clash. KKR posted 223 on the board, but the mammoth total was not enough as Rajasthan chased it down to script the joint-most successful run chase in the IPL. The win also saw KKR lose out on an

opportunity to top the IPL 2024 points table. While addressing the players in the dressing room, Shah Rukh Khan also urged mentor Gautam Gambhir to not lose hope, saying that the Knight Riders were playing consistently good cricket and they would recover from Tuesday's defeat, sooner rather than later. "There are days in our lives, in sports especially when we don't deserve to lose. And then are days when we don't deserve to win. But days are like that which turns things around. Today, we didn't deserve to lose, all of us played extremely well," Shah Rukh Khan said. We have to be very, very proud of ourselves. Please don't feel sad or down. Feel as happy as we feel whenever we come to this changing room and we are on a high. Maintain the high.

"The main thing is the energy in all of us. We have lovely energy here. Personally, also, everybody is bonding together. So please

continue doing so. "GG (Gautam Gambhir), you don't feel down. We would all be bouncing back. It's god's plan for today. As Rinku says, we will be back with a better god's plan. Thank you everyone, god bless you all," he added. Gautam Gambhir replied in the affirmative, saying that he would not be losing hope as there were cheers in the KKR dressing room despite their heartbreaking defeat.

BUTTLER SPECIAL IN EDEN HEIST

Kolkata were in pole position after Sunil Narine's maiden IPL hundred. The former West Indies all-rounder, who has been opening the innings for KKR in IPL 2024, smashed 109 from just 56 balls, hitting 6 sixes and 13 boundaries in a knock that enthralled the Kolkata crowd. Cameos from Angkrish Raghuvanshi and Rinku Singh made sure KKR posted a competitive total on the board. However, Jos Buttler single-handed led Rajasthan to victory as he hit his 7th IPL hundred. The England captain helped KKR recover from 178 for 7 as he took down the likes of Mitchell Starc, Harshit Rana and Varun Chakravarthy in the last 3 overs when the Royals needed 48 runs. Buttler remained unbeaten on 107 from 60 balls, pulling off one of the most incredible IPL heists.

**If Narine can go for runs, anybody can: How Powell instilled belief in RR against KKR**

Rovman Powell said that he tried to instil belief in the Rajasthan camp by taking down Kolkata's gun bowler Sunil Narine during the Indian Premier League (IPL) 2024 clash on Tuesday, April 16. At the iconic Eden Gardens, when RR needed 62 to win off their last 4 overs while chasing 224, Powell laid into Narine, by hitting him for a four followed by 2 massive sixes. Although Powell got out to Narine later in that over, he gave Rajasthan the momentum that they needed in the death overs. Powell scored 26 runs off 13 balls with the help of 1 four and 3 sixes. His knock paid rich dividends as RR beat KKR by 2 wickets to record their sixth win in the tournament. The hard-hitter said that he tried to attack Narine to put pressure on the other KKR bowlers. In T20 cricket, a lot of people don't get credit for playing impactful innings. A lot of technology is there that gives data to innings that guys play, but not a lot of data and technology is there to pick up the impact, a 20 off 10 or a 30 off 15," Powell said in the post-match press conference. "I started by trying to take down



Sunil as their main bowler and give the guys the belief that if Sunil can go for runs, then anybody can go for runs. And that fuelled right through the group," Powell said.

"Just relax," Powell was also involved in a handy partnership of 57 runs with Jos Buttler for the seventh wicket. After he got out, Buttler, who was earlier struggling to find his timing, scored a 55-ball hundred under extreme pressure. Powell said that he kept his communications clear with Buttler, who took the responsibility of taking RR home despite not finding it easy to get going in the initial phase of his knock. "I was there with Jos and I told him 'Just relax. I will try to hit a few sixes' because he was trying to hit the ball but wasn't connecting. So, I tried to hit the sixes and if I got out, 'you would take on' the mantle of trying to scoring those big sixes," Powell added.

**After ODI debut, USA eye T20 WC berth**

CHENNAI. When Sindhu Sriharsha left for the USA in 2013, after representing India at the U-21 level, the hopes of playing cricket at the international stage were all but packed and put aside. She kept playing the game she loved for the USA colours, but she and many other USA players had to wait till 2019 for those T20s to get recognition as international fixtures. It was a momentous occasion for then 30-year-old, but playing the One Day Internationals still felt like a distant dream. It took five more years before the USA could play their first-ever ODI against Papua New Guinea in Dubai on April 11.

"When I decided in 2011 to pack up and be done with cricket and move to the USA, I didn't think this is where I would end up," Sindhu told this daily from Dubai. "It was amazing. I am definitely thrilled that all 11 of us got a debut at the same time for the

USA team. It is something that we all have been working towards. We don't generally play this format. Having said that, getting out there and getting a game in, under lights. It was kind of a dream come true. Obviously, it was quite emotional for some of us. Having waited for many years for this kind of moment to come, particularly for me, it's taken 20 years in two different countries to finally have the cap. It was a pretty good feeling," her eyes lit up speaking about the experience of playing the format.

Even when the result didn't go their way in the first two ODIs, the second came against Scotland on April 14, Sindhu believes this experience alone has taught them a lot more lessons than the young team would have imagined. "It was kind of a historic day for USA cricket to step onto the field to play the ODI even though the results didn't go our

way, but I think there was an effort that was put out for the entire time that we were on the field. We worked hard to try and make it difficult for PNG as much as possible. It was amazing to just be under the lights and some of these kids, play some fearless cricket. So all of this also helps them focus on different from of cricket," she added.

With ODIs ticked off their box, the next challenge for Sindhu's side is to qualify for the T20 World Cup in Bangladesh via the Women's Qualifiers. The 35-year-old believes this experience of playing a few fixtures ahead of the qualifiers will play a big role. "When we play the first match of the global qualifiers we would have played about six-seven games. At that time, we would have had a perfect runway towards the global qualifiers and made decisions about how we want to play our game," the captain mentioned.

**RR should focus on performance longevity despite nearing IPL 2024 playoffs: Morgan**

- ➔ Rajasthan beat Kolkata by 2 wickets on Tuesday
- ➔ Rajasthan won their 6th match in IPL 2024 after defeating KKR
- ➔ Jos Buttler scored a match-winning hundred



New Delhi, Former England captain, Eoin Morgan wanted RR to focus on the longevity of their performance with almost one foot in the IPL 2024 playoffs. RR scripted history by registering the joint-highest successful chase in the history of the league. Rajasthan defeated Kolkata by 2 wickets in a nerve-wrecking encounter at the Eden Gardens, Kolkata on April 16, Tuesday.

Morgan, while speaking on Jio Cinema, focused on the importance of Rajasthan standing up as a well-rounded unit. Jos Buttler's one-man-show stole the victory from the jaws of defeat against KKR as he slammed an unbeaten 107 runs from 60

balls. "That would be suggested with the points table, but it's actually extremely important the mentality that they take into the rest of the group stage games because, yes, they have 1 foot in the playoffs really want to focus on the longevity of the performance and becoming even more well-rounded

side," Morgan said. Buttler slammed his 7th IPL hundred to propel his team to an emphatic win, even when he was barely able to stand at the crease because of the niggles that kept him out of the game against Punjab. However, his heroics didn't go in vain as he carried his heart in his sleeve.

He smacked the KKR bowlers to complete the chase on the very last ball.

Morgan warns RR of getting complacent Morgan pointed out that RR are yet to showcase a collective performance as a unit. He credited the team for their victories so far, but wanted them to step up together as a unit.

"We've probably not seen the very best of a collective performance from the Royals. I thought it was beautifully put that they have just found a way to win. They have found to be the better dog in the fight on most nights." "Today is another instance of that, and it's a great attribute to have. But if you start thinking you're ahead of the game, complacency creeps in, and it becomes infectious if it gets into the camp, so important that they stick to the process looking forward," Morgan added.

RR kept losing wickets at regular intervals and were nowhere near the chase as they were reeling at 121 for 6. This time it was Buttler stepping up to score his 2nd century of the season. In their earlier wins, it has been Sanju Samson and Riyan Parag who have guided them to victories.



# Tamannaah Bhatia

Raashii Khanna Sizzle In Aranmanai 4 Song 'Achacho'



The makers of pan India star Tamannaah Bhatia and versatile powerhouse actress Raashii Khanna's upcoming film 'Aranmanai 4' recently released the promotional video song titled 'Achacho'. The actresses are seen performing some sensual moves to the foot-tapping, upbeat number. Tamannaah, who gained the moniker of 'Indian Shakira' after her 'Kaavaalaa' song from 'Jailer', elevates 'Achacho' with her oomph factor, adding a new level of sizzle to this infectious track. On the other hand, Raashii shines in the number as she adds grace to the song. 'Achacho' also gives fans a sneak peek into the film, and what they can expect from this horror-comedy entertainer. The soon-to-be chartbuster 'Achacho' is composed by Hiphop Tamizha, with vocals by the talented Kharesma Ravichandran. The song is penned by Vignesh Srikanth and choreographed by Brindha Master. Raashii also posted a behind-the-scenes video from the filming of the song, thanking the team for their support and making sure everyone was well taken care of during the vigorous dance sequences. She penned, "Here's some BTS moments of the sweat and sparkle behind the #achacho song that has just been released... Me and Tam were only praying for our stamina to not give up! But, the beats were fire and that kept us going so we danced till we dropped! Thank you to the team for making sure we stay hydrated and don't faint! Special thank you to @brinda\_gopal Mam for being a pillar of support and giving us some amazing dance moves! Here's hoping you all like it. #Aranmanai4FromApril26." Apart from Tamannaah and Raashi, 'Aranmanai 4' stars Sundar C, Yogi Babu, VTV Ganesh, Delhi Ganesh and Kovai Sarala in pivotal roles. On the career front, Tamannaah has Nikkhil Advani's 'Vedaa' and Neeraj Pandey's next in Hindi and Odela 2 in Telugu in the pipeline. While Raashii who just won audiences with her performance in 'Yodha', will be seen with Vikrant Massey in 'The Sabarmati Report' and 'TME' in Hindi respectively, while she also has Telugu film 'Telusu Kada' in the pipeline.

**Priyamani Reveals How Shah Rukh Khan Provided Bodyguards For His 'Jawan' Girls': 'He Actually Had A Car...'**



Priyamani, who was seen with Shah Rukh Khan in Jawan, recently shared an anecdote about Shah Rukh Khan's kind gesture towards her and fellow actresses. The South Indian actress revealed an incident where Shah Rukh Khan ensured the safety of the female cast members and arranged a car of bodyguards who follow them to the hotel. In an interview with Galatta Plus, Priya Mani said, "It was Atlee sir's birthday in Chennai, so all of us were there for the birthday party. So I think this was at about 3 or 4 in the morning. We girls were going back to the hotel. He came and saw us off individually. He came to the car. And he actually had a car of bodyguards follow us up till the hotel because there was a good distance of about 45 minutes to about an hour. So he made the car follow us. We said, "You can go." They said, "No, these are special instructions given by Sir. We have to see you off."

Jawan, directed by Atlee, also marks the Bollywood debut of Nayanthara. It narrates the gripping tale of a prison warden who teams up with inmates to expose corruption and injustice through daring crimes, leading to an unexpected reunion. In the film, SRK portrayed dual roles as Captain Vikram Rathore, an ex-commando, and Azad, the jailer of a women's prison who is also Vikram's son. Apart from SRK, the film boasts a stellar cast including Nayanthara and Vijay Sethupathi in pivotal roles. Joining them are acclaimed actors Deepika Padukone, Sanjay Dutt, Sanya Malhotra, Girija Oak, Lehar Khan, Sunil Grover, Ridhi Dogra, and many more. Well, Priya Mani is currently seen in Maidaan opposite Ajay Devgn. The sports drama was released April 11. Earlier, Priyamani delivered a notable performance in Yami Gautam's Article 370, released earlier this year. The film performed well on both critical and commercial parameters. Next, Priyamani will entertain the masses in the third season of The Family Man, starring Manoj Bajpayee, Sharib Hashmi and Sharad Kelkar in the lead roles.

**Actress Manasi Naik To Tie The Knot For Second Time? What We Know**



Actress Manasi Naik is one of the most popular faces in the Marathi entertainment industry. She made her acting debut in 2007 with the science fiction film Zabardast. Since then, the diva has never looked back. However, apart from her outstanding acting skills, she also often stays in the limelight for her personal life. Manasi first tied the knot with Pradeep Kharera in January 2021. The former couple had been living together for a while before finally deciding to get married. But they decided to split after a year and a half of marriage in 2022. However, according to the latest reports, the actress is all set to get married for the second time. Manasi, who is quite active on social media, recently added an Instagram story that is currently garnering everyone's attention. In the photo, she is seen enjoying her Paris vacation with her rumoured boyfriend Rahul Khismaturo. In the photograph, Manasi is seen hugging Rahul. Both are twinning in black puffer jackets. The actress chose glam makeup, including perfectly drawn eyebrows, perfectly contoured cheeks, and bold red lips. She left her traces open and completed her look with a pair of silver hoops. In the snap, Rahul is seen clicking the selfie, and in the background, the Eiffel Tower is seen. Sharing the photo, she wrote, "Capturing my heart, all in one frame." Now this picture has become the talk of the town. As per reports, Rahul is an astronaut and does not live in India. After marriage, Manasi will reportedly settle in Germany with her husband. Talking about the same, Manasi said, "Some people get into a relationship with someone just to get fame and money. They are good as long as they get money and fame; they take as much as they can get. Something similar happened to me." She added that she often gets asked how she did not know of this particular trait of Pradeep before marriage, but she maintains that while they were living together during the pandemic-induced lockdown, he treated her well then. After almost two years of legal process, Manasi announced in February this year that she was officially divorced.

# Honey Rose's

Traditional Avatar For Vishu

People in Kerala and other southern states of India have recently observed the celebration of Vishu. It is a significant Hindu festival, observed on the first day of the Malayalam month of Medam. On a celebratory day, when all the Malayalees get dressed up and prepare several traditional foods, actress Honey Rose Verghese has garnered major attention. On the occasion of Vishu, the Boyy Friend fame Honey Rose shared a series of pictures on her official Instagram handle. In the shared pictures, the actress is seen wearing a simple white saree with frills and golden borders. She is seen accessorising her look with a heavy choker and earring, bangles, and ring. While complimenting the traditional look, Honey Rose is seen wearing a golden bindi, and jasmine flowers on her long-braided hairstyle.



The post shared by the actress amassed numerous eyes on the social media platform. It garnered as many as 145,000 likes and thousands of comments in it. Among several wishing comments, one of the Instagram users wrote, "So Beautiful." Honey Rose is a Malayalam actress who has also worked in Tamil, Kannada, and Telugu films. She made her acting debut with director Vinayan's film Boyy Friend, released in 2005. Later in 2007, Honey appeared in the Tamil film Mudhal Kanave alongside Vikranth.

Apart from the films in different South Indian regional industries, the actress has also appeared in television as well. It includes Flowers Oru Kodi as a

participant, Comedy Festival as a Judge, and Thakarppan Comedy as a Mentor. Earlier in 2023, the actress was seen in Veera Simha Reddy alongside Nandamuri Balakrishna, Shruti Hasaan, and Varalaxmi Sarathkumar among others. Apart from this, Honey Rose also appeared in Pookkalam and Rani: The Real Story. According to the reports, Honey Rose will be next seen in Anandhini Bala-helmed film Rachel, starring Jaffer Idukki, Salim Kumar, and Baburaj in crucial roles.

