# 䖝 The Researchers＇ 

Five high school students injured in shooting in park in Maryland

  Bowers told a press conference．Porice were searching oro one suspect but there may be other Bowers said．No motive had been established． ＂There＇s absolutely no reason that this occurred．It is senseless，it is chronic in our society，and we have to s．t．  shoot tnss in the United States in the first 111 days of this year，when defined as an incident with four or  converged on the park in what is known as senior skip day，when students in their final year of high school  been on scene for about the minutes，having responded to the sudden gathering convened on social media，before the shoothy broke out Bowers said．They were able to render firsta aid before ambulances arived．That between somebold body making it to the tifference it

Iran－Backed Militia Coalition Alleges US Airstrike Targets Base In Iraq

## the Popular Mobilization Forces（PMF），a coalition o Iran－allied militias in Iraq，as per a statement from the Allegedly，three members of the PMF were injured in post，the base was transferred to the Iraqi militiary in 2011．This recent airstrike follows a suspected Irraeli strike in Iran the day before．However，the party definitively identified．Unnamed officials speakiAng to the agency attributed the strike to US forces， although they were not authorized to speak to the the PMF is primarily comprised of Shiite，Iran－backe armed groups that united to combat the Islamic State parts of Iraq in 2014．In 2016，the Iraqi government Iraqi armed force <br> launched attacks on U．S．forces stationed in Iraq and

US Imposes Sanctions On 4 Companies Aiding In Pakistan＇s Ballistic Missile Programme
WORLD．The United States on Friday enforced
sanctions on four companies providing missile sanctions on four companies providing missile
components to Pakistan．Among these is a Belarus－
based firm，and the other three are based in China and responsible for supplying items to aid
Pakistan＇s ballistic missile programme．＂The
Department pursuant to Section 1（a）（ii）of Executive Order 13382，which targets proliferators of weapons of These entities have supplied missile－applicable items or Pakistan＇s banstic missile program，
including its long－range missile program，＂
reported ANI，citing a statement from the US reported ANI，citing a statement from
Department of State．
The sanctioned entities comprise three Chinese The sanctioned entities comprise three Chinese
companies：Xi＇an Longde Technology
Development Company Limited，Tianjin Creative Source International Trade Co．Ltd．，and Granpect
Company Limited，alongside the Belarus－based Minsk Wheel Tractor Plant．
mentioned individuals in the United States or held by U．S．individuals are frozen and must be reported
to the Department of Treasury＇s Office of Foreign Assets ontrol（OFAC），asserted the statement． As per the order，if any individuals or entities are
owned，either directly or indirectly，by 50 percent
or more of blocked persons，they are also
considered blocked considered blocked．Any transactions involving
property or interests in property of designated or
blocked persons by U．S．individuals or within the United States are not allowed unless permitted by a license from OFAC or exempt．This includes services to or
ccording to
statement，th statement，the Belarus－based firm used to supply
special vehicle chassis that are used as launch Meanwhile，Granpect Company Limited has supplied missile－related equipment，including a
filament winding machine．Granpect Company Limited has also collaborated with Pakistan＇s Commission（SUPARCO）to furnish equipment
for testing large－diameter rocket motors The firm for testing large－diameter rocket motors．The firm
also partnered with Pakistan＇s NDC to supply
equipment for testing large－diameter rocket anjin Creative Source International Trade Co Ltd．， based in the People＇s Republic of China，has
provided stir welding equipment（deemed by the United States as capable of manufacturing linear accelerator system（viewed by the United motors）．

Donald Trump＇s jury set for hush money trial as he pleads not guilty to fraud

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US sanctions Chinese Belarus firms for providing ballistic missile tech to Pak SRLDLD．The United States has imposed
sanctions against entitites supplying missile－
applicable items to Pakistan＇s ballistic missile

plans for
South Asian
post Musk
India
US Imposes Sanctions on Entities for Supplying Ballistic Missile Components to Pakistan

| RNS：The United States has |  |  |  |
| :---: | :---: | :---: | :---: |
| RNS：The United States has imposed sanctions on several entities for allegedly supply－ ing ballistic missile compo－ nents to Pakistan．The State |  |  |  |
| Department announced on Friday that three Chinese en－ tities and one Belarusian en－ tity have been sanctioned for their involvement in supply－ ing items related to ballistic missiles to Pakistan． |  |  |  |
| In a press release，US State Department Spokesman Matthew Miller stated，＂The United States is committed |  |  |  |
| to strengthening the global nonproliferation regime by taking action to disrupt pro－ curement networks support－ ing proliferation activities of concern．＂He further added， ＂Today，we are designating four entities pursuant to Ex－ ecutive Order 13382，which | ons of mass destruction and their means of delivery．＂ According to Miller，the sanctioned entities have supplied missile－applicable items to Pakistan＇s ballistic missile programs，including its long－range missile pro－ gram．The designated entities | Plant，Xian Longde Technol－ ogy Development Company Limited，Tianjin Creative Source International Trade Co Ltd，and Granpect Co． Ltd． <br> Miller emphasized that these entities have engaged in ac－ tivities or transactions that | to，or pose a risk of mate－ rially contributing to，the proliferation of weapons of mass destruction or their means of delivery，including any efforts to manufacture， acquire，possess，develop， transport，transfer，or use such items，by Pakistan． |

＂Our Next Response Will Be At Maximum Level＂：Iran Warns Israel Again

| Tehran：Iran＇s foreign minister on | ck |  | 34，000 Palestinians |
| :---: | :---: | :---: | :---: |
| said Tehran was investigating an | n Iranian Air Force |  | aza，acrding to |
| overnight attack on Iran，adding th | base near the city of Isfahan， |  | azan hea |
| far a link to Israel had not been roven as | deep inside the country，but |  | ministry．As night fell on |
| he downplayed the strikeranian | without striking any strategic sites or causing major |  | Friday，Israeli planes and tanks |
| Amirabdollahian told NBC News the | sites or causing major damage． |  | areas across the Gaza |
| drones took off from inside Iran and | Israel has said nothing about the |  | Strip，with air strikes |
| flew for a few hundred meters before | incident．U．S．Secretary of |  | hitting areas of Rafah |
| being downed．＂They＇re ．．．more like | State Antony Blinken said the |  | where over half of Gaza＇s |
| toys that our children play with，not | United States had not been |  | 2.3 million people are |
| drones，＂Amirabdollahian said． | involved in any offensive |  | sheltering，according to residents，Hamas media |
| ＂It has not been proved to us that there is a connection between these and Israel，＂ | operations，while the White House said it had no |  | residents，Hamas media and officials at the |
| he said，adding that Iran was | comment． |  | Hamas－run Gaza health |
| investigating the matter but that media | Israel had said it would retaliate |  | inistry． |
| reports were not accurate，according to | after a strike on April 13，the |  | One strike hit |
| hran＇s information．Iranian media and | first ever direct attack on |  | $\underset{\text { apartments }}{\text { and }}$ |
| losions，which they said resulted | Israel by Iran，which caused no deaths after Israel and its | whether further action might be | the city，killing nine |
| from air defenses hitting three drones | allies shot down hundreds of missiles | planned．Apart from direct strikes on | ople，including four children，and |
| er Isfahan in central Iran in the early | and drones． | Iranian territory，it has other ways of | several others，health |
| irs of Friday．They referred to the | Tehran launched those attac | including cyber attac | es also destroyed |
| r than by Israel，obviating the need | med Israeli airstrike on April 1 | strikes on Iranian pro elsewhere．Violence between Isra | fugee camp in central Gaza，residents |
| for retaliation．Amirabdollahian warned | assy compound in Damascus and | an proxies across the Middle East | d Hamas media said．＂They（Israeli |
| Israel retaliated and acted against | killed several Iranian officers | mo | oned some residents and |
| the interests of Iran，Tehran＇s next | a top general．Allies incluaing the U．S． | e | to evacuate their house |
| ximum level．＂If Israel wants to | had pressed all week to ensure any | spiral into a direct conflict． | by，＂Abu Omar，a resident of Al |
| ther adventurism and acts against |  | Israel＇s assault on Gaza began after Hamas | seirat，told Reuters via a chat app． |
| interests of Iran，our next response |  |  | Soon as we ran away explosions si |
| le immediate and will be | on Iran to mollify Israel．There was no | killing 1，200，according to Israeli tallies． |  |
| aximum level，＂Amirabdollah | word from Israel on Friday as to | Israel＇s military offensive has killed | latestsongs，only on JioSaavn．com |

Doordarshan unveils new saffron DD News logo; ex-CEO slams, Mamta Banarjee shocked


Campaigning Picks Up Momentum For Second Phase Of LS Poll


DPS Bokaro Students Shine at International Sanskrit Olympiad, Secure 85 Medals
 with a Trophy, Gold Medal
Badge, and Certificate, are
Adira Deep (VI), Ujiwal Pa dey, Aaradhya Singh, Avani Priyadarshi (VII), Prapti Das,
and Amogh Anand Jha (X).
Additionally, students secur Gold include Om Prakash atra, Sanskrit Singh (VIII),

## 'From tech to tanker city.

RNS I Bengaluru: Prime Minister Nar-
endra Modi, speaking at a rally in Bengal
endra Modi, speaking at a rally in Bengal-
uru on Saturday, criticized the Congress
party for the current infrastructure issues
in the city and slammed the Karnataka
government for its failure to address these
problems.
Modi highlighted Bengaluru's severe wa-
ter crisis which has resulted in water use
restrictions and fines for non-essential
consumption. He blamed the Congress
government in Karnataka for turning the
tech city into a hub dependent on water
tankers, accusing them of yielding to the
tanker mafia.
He further criticized the for its anti-business stance, targeting pri vate enterprise, taxpayers, and wealth cre ators. Modi contrasted this with his focu
on India's development and enhancing it


Rising temperature forces change in school timings

 ings to safegguard children from the dverse effects of the With daytime temperatures soaring as high as 44 to 46 degrees

The instructions also include provisions for considering compensatory measures to address any educational setbacks students may experience during this period.

Commissioner Vijaya Jadhav has instructed officials implement the revised school timings immediately. KG to class 08 will nom be held from $7: 00 \mathrm{am}$ to $11: 30 \mathrm{am}$,
while classes from class 09 and above will take place from 7:00 am to 12:00 noon.
During these revised hours, schools have been instructed to refrain from organizing prayer meetings, sports activi-
ties, or any other outdoor events in direct sunlight. However, mid-day meals will continue to be provided. This
adjusted schedule will be effective from Monday, 22nd April 2024, until further notice. Jadhav noted that the order was issued by the Secretary ment. The District Education Officer (DEO) and Distric Superintendent of Education (DSE) have been tasked
with ensuring compliance with the new timings across all schools.
Additionally, the department's instructions include pro visions for considering compensatory measures to ad-
dress any educational setbacks students may experience
Home Guard Jawan Murdered in Gaya SDO Office

| jwan working in the Sadar DO office was murdered with sharp weapon inside the offe premises. The victim, dentified as Sujit Kumar (45), resident of Surajkund under ishnupad police station area, was attacked in broad daylight, ausing shock and concern in he area. <br> According to sources, unientified assailants entered he SDO office premises and atally stabbed the security uard, leaving him with a serius wound to the left side of is stomach. After the attack, he perpetrators fled the scene, eaving behind a scene of chaos nd confusion. <br> ujit Kumar had been posted at he Gaya Sadar SDO office for many years and was also servg as a platoon commander in the Home Guard. The move behind the attack remains nclear, adding to the distress f the victim's family and coleagues. | cident. Similarly, the victim's other, Ajit Kumar, emphaed that Sujit had no known emies and demanded swift tion to apprehend the culits. <br> it Kumar further highlighted at Sujit had just returned m election duty in Belaganj d was immediately assigned ty at the SDO office without y rest. The family, consisting his wife and three children, is vastated by the sudden loss. wn DSP Paras Nath Sahu sured that the police are acely investigating the murder d are working to identify and prehend the suspects. He entioned that there are leads ggesting the involvement of mentally unstable individual, further investigation, inding examination of CCTV otage from the SDO office, is derway to determine the excircumstances and motive hind the crime. |
| :---: | :---: |
| arch Operations In Multiple Cities Online Forex Trading Case |  |

ED Conducts Search Operations In Multiple Cities In Illegal Online Forex Trading Case


CJI Chandrachud Praises New Criminal Laws
New Delhi: Chief Justice DY Chandrachud hailed the im plementation of three new criminal laws on July 1 as a sig
nificant milestone for Indian society, marking a crucial ste Speaking at an event attended by Law Minister Arjun Megh wal, CII Chandrachud described the implementation of the Saratiya Nyaya Sanhita, 2023 , Bharatiya Nagarik Suraksh Sanhita, 2023, and Bharatiya Sakshya Adhiniyam, 2023, as a
forward-moving journey in managing the criminal justice

According to the Chief Justice, these new legislations wil
play a pivotal role in identifying and addressing the loopoles in the criminal justice system. The laws aim to digitize various procedural aspects of the
revolutionizing the way it operates.
rom the registration of a First Information Report (FIR) he final judgement, these laws will digitally document each and transparent process, as per CII Chandrachud. by Parliament reflects India's evolving legal landscape and the need for
challenges.
The new statutes are designed to facilitate seamless infor
mation flow and enhance collaboration and coordination among stakeholders involved in investigations and adjudiSpeaking
Seaking at the CBI Raising Day, the CJI lauded these ne
the justice system and digitizing criminal proceedings. timonies will eliminate the need for physical documentaion and improve communication between law enforcement gencies, courts, and legal practitioner.
will expedite the issuance of bail orders to prison authorities streamline the process of recording witness statement The conference aims to enhance understanding of these new
criminal legislations, which are set to replace the Indian Pe nal Code 1860, the
the Indian Evide

## Amit Shah jabs Rahul 'baba' Gandhi over Kashmir: 'No guts to throw a stone'

Union Home Minister Amit Shah slammed Congress leader Rahul Gandhi over his past statements on the law and order situation in Jammu and Kashmir after the scrapping of Article 370. He said nobody had the guts to throw a stone today.
New Delhi:Union Home Minister Amit Shah
took a dig at Congress leader Rahul Gandhi
over his past remarks on the law and order
situation in Jammu and Kashmir atter Article
370 was scrapped in 2019. Addressing a
gathering while holding a roadshow in
Rajasthan's Udaipur, Amit Shah cited
statements made by Rahul Gandhi on
Jammu and Kashmir. He asserted that the
situation was normal in ine the Union Territory
and that nobody had the guts to throw a stone
today."In Kashmir, (People's Democratic
Party chief) Mehbooba Mufti and (Congress
leader) Rahul baba (Gandhi) used to say
there would be bloodbath there once Article
370 is removed," he said.
Rahul baba, five years have passed (since the
abrogation of Article 370 . This is the
government of Prime Minister Narendra
Modi. Leave alone the eatk of bloodbath, No
one has the guts to throw a stone there," he
said.He asserted that the Congress would be
wiped out in the Lok Sabha elections and
exuded confidence that the BJP would win
all 25 Lok Sabha seats in the state.Amit Shah
held the roadshow in Udaipur in support of
BJP candidate Mannalal Rawat. Chief
Minister Bhajanlal Sharma was also a part of

$\begin{array}{ll}\text { the roadshow. } & \begin{array}{l}\text { April 26. Results are slated to be announced } \\ \text { Voting for 12 Lok Sabha seats in Rajasthan was } \\ \text { on June 4.In 2019, the BJP secured } 24 \text { of } 25\end{array}\end{array}$ held in the first phase of Lok Sabha polls on Friday. Elections in the remaining 13

## Constitution Was In Danger During Congress Rule": Ravi Shankar Prasad

Ravi Shankar Prasad said that there are indications that the BJP-led National Democratic Alliance (NDA) will secure over 400 seats in the Lok Sabha elections.
Patna: Bharatiya Janata Party (BJP) leader Ravi Shankar Prasad said on Friday that the
Constitution was in danger when the Congress imposed an emergency in the country and made all efforts to change it.
He also said that there are indications that the BJPled National Democratic Alliance (NDA) will
secure over 400 seats in the Lok Sabha elections.

constituencies spread over 21 states and Union
Territories was held on Friday.Speaking at a press Territories was held on Friday.Speaking at a press conference here, he said, "We talk of ' 400 paar,' and now there are indications that the figure can go
even further...The opposition is showing signs of even further...The opposition is showing signs of
frustration at defeat; they say only one thing: the Constitution will change. Who is talking about
changing the Constitution?"The Prime Ministe and all of us made it clear that this would no happen. The Constitution was in danger during the rule of Congress; when Congress imposed an emergency, the Constitution was in danger," he
said.Further attacking the Congress, he said said.Further attacking the Congress, he said,
"During the entire emergency, there was an effor "During the entire emergency, there was an effort
to change the Constitution. This is their history. to change the Constitution. This is their history
The Congress party made all the efforts to change The Congress party made all the efforts to change
the Constitution, and the leftist parties were with them; today, Lalu Yadav is with them. The Constitution is in danger not from Prime Minister Narendra Modi or the BJP but from them."Bihar will witness polling for 40 Lok Sabha seats across all seven phases. Voting on four seats-Jamui,
Nawada, Gaya, and Aurangabad--was held in Nawada, Gaya, and Aurangabad--was held in
phase 1 on Friday.The state will witness polling on phase 1 on Friday.The state will witness polling o
five seats from Phases 2 to 5. In Phases 6 and elections will be held for eight seats each.


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Now, the public is tired of their statements and false promises. We have promised that we will give a special package to Bihar along with special status,"

## said that local these elections.

The entire Mahagathbandhan and INDIA
bloc are working together.
Unemployment is the biggest issue in
Bihar, besides inflation, poverty, and Bihar, besides inflation, poverty, and investment. Migration and floods are
also issues. This time, the BJP is very also issues. This time, the BJP is very
worried. They say they will abolish the worried. They say they will abolish the
Constitution. Those who destroy the Constitution. Those who destroy the
Constitution will themselves be destroyed," Mr Yadav said.According to the Election Commission, Bihar cent in the first phase of voting. Four seats - Jamui, Nawada, Gaya, and Fridanabad - had gone to polls on Friday.
In the 2019 Lok Sabha elections, the BJP-
led NDA, also comprising the JDU and LJP, had In the 2019 Lok Sabha elections, the BJP-
led NDA, also comprising the JDU and LJP, had

Chief Justice Of India's Appeal To Voters For 2024 Lok Sabha Elections
New Delhi: Chief Justice of India DY
Chandrachud has urged citizens not to miss
government and that is role in electing the the
gis said that "this the opportunity to vote in the general government is a government of the people, by elections, saying that it is the "foremost the people and for the people".
duties" in a constitutional democracy.n a He recalled his excitement as the duties" in a constitutional democracy,n a
video message for the Election Commission's 'My Vote My Voice' mission for the 2024 Lok Sabha polls, Justice Chandrachud said, "We are citizens of the world's largest democracy, which is our country.
rights as citizens but it also a multitude of rights as citizens but it also expects that each of us performs the duty, which is cast upon us.
And one of the foremost duties of citizenship is to cast a vote in a constitutional democracy," he said.I will request every one of you please do not miss this opportunity to vote responsibly as citizens of our great motherland. Five minutes, every five years
for our nation. It's doable, isn't it? Let's vote for our nation. It's doable, isn't it? Let's vote
with pride. My vote, my voice," the CJI with pride. My vote, my voice, the Cen
said.Justice Chandrachud said the citizens

He recalled his excitement as the first time voter
and queuing up at the polling booth to and queuing up at the polling booth to exercise the franchise."The ink on the finger
when I vote allows tremendous feelings of patriotism and association with the nation...." he said.So our Constitution and our law provides for one citizen, one vote and one value.
think that's the great tenacity and the power of our nati
said.
The CJI said he never missed that duty to cast his vote when he was a lawyer and had to run around for work. The Lok Sabha elections will be held from April 19 to June 1, 2024 to elect the 543 members of the 18 th Lok Sabha. The
elections will be held in seven phases and the elections will be held in seven phases and the
results will be announced on June 4


The BJP, in its Lok Sabha poll manifesto, has promised to continue to provide free ration to more than 80 crore people in the country for the next five years.
Amroha, UP: Uttar Pradesh Chief Minister Yogi Adityanath invoked Pakistan at a political rally on Friday and said while those in the getting free ration".Addressing a poll rally in Amroha in western Uttar Pradesh, the Bharatiya Janata Party (BJP) leader also said the "phir ek Pradesh, the Bharatiya Janata Party (BJP) leader also said the "phir ek
baar Modi sarkar" slogan of the saffron party is reverberating across the country.Mr Adityanath spoke before Prime Minister Narendra Modi at the rally that was organised in support of Kanwar Singh Tanwar, the BJP candidate from the Amroha constituency in the ongoing Lok Sabha polls. Pakistan, which has a population of hardly 23-24 crore, was formed after the partition in 1947 and is suffering from hunger today. This is also an example -- on one side, there is Pakistan, and on the other side, there is the promise of free ration to more than 80 crore people," the chief
minister said.The BJP, in its Lok Sabha poll manifesto, has promised to continue to provide free ration to more than 80 crore people in the continue to provide free ration to more than 80 crore people in the being heard from every direction -- phir ek baar Modi sarkar",
Welcoming Modi to Amroha, he hailed him for bringing transformative changes in the country.Mr Adityanath addressed the rally as polling was underway in eight western Uttar Pradesh constituencies in the first phase of the Lok Sabha polls. Amroha will go to polls in the second phase on April 26.
Tanwar won the Amroha seat in 2014, but was defeated in 2019 by Danish Ali, who was with the Bahujan Samaj Party (BSP) then. Ali is again in the fray from Amroha on a Congress ticket.

## After Amethi, Congress's "Sahabzade" Will Lose Wayanad Seat Too: PM Modi

Referring to Rahul Gandhi, PM Modi said, "After losing Amethi, the Congress' sahabzade will lose Wayanad as well. So he will have to look for a safe seat after April 26."

Narendra Modi today took a swipe at Rahul Gandhi, saying that in the ongoing Lok Sabha elections
"Congress's sahabzade" will also lose from Wayanad constituency in Kerala and he will have to look for a safer seat fter that.
Maharashtra to cally at Nanded in candidates from Nanded and Hingol seats, PM Modi said the information available for the first phase of Lok Sabha polls indicates that there has been a one-sided voting in favour of he National Democratic Alliance (NDA).Referring to Rahul Gandhi, PM Modi said, "After losing Amethi, the Congress' sahabzade will lose Wayanad as well. So he will have
look for a safe seat after April26." look for asafe seat after April 26." an apparent reference to Sonia andhi, he said some INDIA bloc
 first time, the family will not vor the Congress candidate in the
constituency where they live as there constituency where they live as there is
no party candidate there," he said.PM no party candidate there," he said.PM
Modi said he has spent 10 years fixing Modi said he has spent 10 years fixing
the bad governance of the Congress the bad governance of the Congress
regimes."A lot of work needs to be done," he added.The Congress has been a barrier in the development of
farmers and poor people, he alleged. The agriculture crisis did not happen now. It happened because of the
flawed policies of Congress," PM flawed policies of Congress," PM
Modi said.Targeting the INDIA bloc, he said it has no face to project and people do not know whom to entrust the country's future. They may claim anything, but the reality is that Congress leaders have accepted defeat even before the
announcement of polls," he said He announcement of polls," he said.He
termed the opposition alliance a

grouping of selfish people who have come out in large numbers to exercise come together to protect their corrupt their voting right in the Lok Sabha
country's future. I want to boost the country's future. I want to boost the morale of the party workers from the opposition. You (opposition leaders) are sure to lose the polls, but you wil get a chance some day. But you must Modi said the INDIA bloc constituents were contesting the elections against ech other in 25 per cent seats."After (the election results on) June 4, they will be fighting more with each other, he said.
He said that without the Citizenship (Amendment) Act, what fate would have befallen Sikhs who came from Afghanistan.
The NDA under PM Modi is seeking a
consecutive term, while the constituents of the opposition INDIA bloc are hoping for a rebound after elections.

Four decades of Operation Meghdoot troops was moved posthaste to the Siachen
Glacier to prevent Pakistani occupation of the world's highest, coldest and perhaps the most demanding frontline. Operation Meghhdoot was
launched by the Indian Army and the Indian Air Force (IAF) on April 13, 1984. Clearly, there was
more to the boundary claims of both sides than met the eye. The Pakistanis were working
towards a plan hatched in China in the 1960 to towards a plan hatched in China in the 1960s to
not only connect northern parts of Aksai Chin but not only connect to 100 million acres of freshwater
also resources (which Siachen possesses) that China
and Pakistan direly need - Pakistan for building and China for realising its ambition of becoming a microchip giant. Apparently, every 10,000 litres
of fresh/river water can be mixed with desert and chemicals to produce a $30-\mathrm{cm}$ square sheet of and chemicals to produce a $30-\mathrm{cm}$ square sheet of
silicon wafer. And there are a lot of glaciers in that area (242 in the Shaksgam valley itself in
Pakistan-occupied Kashmir) that Pakistan handed over to Cinn in in Februal
months after India's 1962 debacle.
Siachen is wedged between the Shaksgam valley
and Aksai Chin. So, it carries a key strategic benefit for India. India's military presence on the
icy heights around the glacier was initiated with the government's permission in 1984 on the
recommendations of Lt Gen ML Chibber, then Northern Army commander. He said: "But the
strategic importance of the area was not a major consideration, nor was our purpose to capture any territory... It was simply to ensure that we were
not presented with a fait accompli like that in invasion of 1962, New Delhi had been understandably sensitive to cartographic
ambiguities at its borders.In fact, the origins of the dispute over Siachen lie in a cartographic
controvers. The Line of Control (LoC) of today
is the 1949 CFL (Cease Fire Line) with some modifications. This de facto boundary line begins
north of Jammu and ends abruptly at a mountain height called NJ 9842. Beyond that lies the glacier
in no man's land, as per the India-Pakistan agreements of Karachi (11949) and Suchetgarh
(1972). But since the 1970s, several international maps had begun to depict the Siachin Glacier as
part of Pakistan. This included the National Geographic Society's Atlas of the World,
University of Chicago's A Historical Atlas of
South Asia and The Times atlas of published in London. All these showed the CFL direction right up to the Karakoram Pass and onto the ne even by Pakistani maps.Apparently, this cartographic confusion came from some maps
that were initially produced by the US Defence running from the vicinity of NJ 9842 northeast to the Karakoram Pass in the 1970 s and the 1980s.
The best explanation for this error by 'translation, appears to lo lie in the possible (ADIZ) markings into a boundary line, which
provides zoning boundaries for air traffic provires zoning boundaries for air traffic
controllers in civil/military aviation. This gave the impression of the extension of the LoC from an article of faith for the Pakistanis. However
there can be several through one country, and these are not national
boundary by many of the world's leading of such maps sanctity of the LoC bekistani army to contest the where the Siachen area lies. Initially, under then President Gen Zia-ul-Haq
prodded on by ambitious military commander prodded on by ambitious military commanders-
Pakistan made plans to occupy the glacial heights
around Siachen Military men would know that you can defend territories by occupying heights. And in this case, the Saltoro Ridge is our wall
against Pakistan's adventurism. Holding on to the western wall of the glacier in. the initial stages amid a lack of acclimatisation led to hundreds of
casualties. But the Indian Army held its ground, casualties. But the Indian Army held its ground,
with logistics provided by the IAF.

## Reduce out-of-pocket expenditure to revitalise healthcare

Promises like making India a developed nation by 2047 can fetch votes, but getting there entails an arduous journey in several sectors, including healthcare. A recent editorial in The Lancet, a leading medical journal,
has stated that healthcare has fared poorly under the Narendra Modi government. "Government spending on
health has fallen and now hovers around an abysmal l. health has fallen and now hovers around an abysmal 1.2
per cent of the gross domestic product, per cent of the gross domestic product, out-of-pocket
expenditure on healthcare remains extremely high, and flagship initiatives on primary healthcare and universal health coverage have so far failed to deliver services to
people most in need," the editorial says. It adds that people most in need," the editorial says. It adds that healthcare is well recognised, but a major obstacle that transparency.According to internationally available data, the Indian government spends much more per Indians out of pocket. But Indians live shorter lives. Something is not right somewhere, and it has to be among the G20 countries; unsurprisingly, it has the lowest per capita income in the group, according to a
Lancet study. India's effort to use its G 20 presidency to become a pole for the Global South can hardly happen if it remains handicapped by a poorly delivering healthcare sector, whose corollary is a population in been trying. Over half a decade ago, it launched the Ayushman Bharat 'deprived' is entitled to Rs 5 lakh per annum for secondary or tertiary care hospitalisation.
poor, provides critical medical treet expenditure by the poor, provides critical medical treatment and emergency
care which was earlier unaffordable (many poor families were rendered destitute after paying from their pocket) and its impact is most pronounced among marginal communities like Scheduled Tribes. Though healthcare is a state subject, the Centre has become associated with
the delivery of free healthcare irrespective of which party is in power in which state Particularly states in the south, mostly ruled by Opposition parties, which already had their own healthcare schemes and relatively bette healthcare infrastructure, have made the most of the Ayushman scheme. In states like Bihar, Jharkhand,
Madhya Pradesh, Uttar Pradesh and even Maharashtra, which had low health insurance coverage before the Ayushman scheme, renamed Pradhan Mantri Jan Arogya Yojana (PMJAY), came along, the scheme has
provided benefits to significant portions of their provided benefits to significant portions of theii
population.Out-of-pocket healthcare expenditure which was running at 62.6 per cent in 2014-15 of the cent by 2019-20. This has happened in part through the increase in social expenditure on health enabled by
government allocation for PMJAY. Social security government allocation for PMJAY. Social security
expenditure on health rose from 5.7 per cent in 2014-15 expenditure on health rose from 5.7 per cent in 2014-15
to 9.3 per cent in 2019-20. Average medical expenditure

per person ranged between Rs 11,315 and Rs 21,778,
depending on whether a person is from SC, ST or OBC communities and resides in rural or urban areas. The sum of Rs 5 lakh available per family per year has gone a long way in mitigating this and keeping destitution at bay for
the poor.While the above data speaks well of the government, there are questions regarding its reliability, as pointed out in The Lancet editorial. The 2021 Census is yet to take place. This leaves several other surveys in
limbo: if you don't know how many Indians are the limbo: if you don't know how many Indians are there,
how would you work out per capita data for matters like out-of-pocket expenditure and morbidity. The dat out-of-pocket expenditure and morbidity. The data
officially made available need not be rejected, but it has to be kept in mind that such data is somewhat dated. is axiomatic that a high middle-income or high-income
country needs to have citizens who live long and healthy lives. People also must follow a nutritional diet and remain physically active. be a healthier nation, India needs to devise special programmes or take forward existing ones focused on
maternal health, medically assisted pregnancies and
deliveries and nutrition Children also must not be as stunted and underweight as they are. The government has in place programmes that have deployed ASHA
(Accredited Social Health Activist) and Anganwad (Accredited Social Health Activist) and Anganwadi
workers who visit homes to render maternity advice and workers who visit homes to render maternity advice and
administer vaccines. The pay for these has also been recently raised. These worthwhile programmes need to
neflicting this sector are manate healthcare. The ills consultants attached to private hany doctors and prescribe a whole set of diagnostic tests, from whose expenses they get a cut.Private hospitals routinely
overcharge and a patient who has been officially discharged is often unable to go home as the agent of his discharged is often unable to go home as the agent of his on the admissibility of all the charges levied. Eventually,
the patient's family has to pay out of pocket quite a bit the patient's family has to pay out of pocket quite a bit
simply to take the patient home. Private hospitals which are empanelled for cashless treatment often turn patients away as they
unreimbursed
While the government has to do its bit, including changing the attitude of officials who have to clear reimbursement bills, civil society has a lot to do. There need to be
periodic surveys that give us a non-official sense of the
healthcare reality on the healthcare reality on the ground. Some socially minded doctors are running their own hospitals, some of them in
non-urban areas, where they are charging moderately and affordably and are still able to break even. to help set it right. Promises like making India developed country (Viksit Bharat) by 2047 can fetch votes, but actually getting there involves undertaking a
long and arduous journey in several sectors, including long and arduous journey in several sectors, including
healthcare. Otherwise, India will remain a low middleincome country with entrenched poverty. With Naxalism posing a significant threat to development, peace and the future of the youth in the
affected areas, a concerted government campaign to

## Bastar encounter

development initiatives and comprehensive strategy aimed at addressing the root causes of left-wing extremism. Initiatives such as the Aspirational Districts holistic growth in Naxal-affected regions. However, the prevalence of improvised explosive devices remains a weighty threat,
highlighting the need for relentless demining operations. Also, allegations of fake encounters conducted by security and sustained vigilance are needed to pave the way for long-term peace in the disturbed heightened security measures are heightened security measures are
imperative to ensure the safety of voters and conduct of the electoral process, particularly


## BJP's manifesto outlines path ahead for 'Bharat'

At the time of the Partition, the Muslim League had argued that 'India' was a thing of the past and the two 'successor' states should be known as 'Pakistan' and 'Hindustan"

AMID expectations that the BJP will win the Lok Sabha
elections and PM Narendra Modi will retain power, foreign governments and Indian analysts are closely
studying the external affairs sections of the party's manifesto. The document lists the Modi government's highlights the goals for the years to come.
The first striking aspect is the repeated use of the word
'Bharat' in the English version of the manifesto. This 'Bharat' in the English version of the manifesto. This
applies to the foreign policy sections as well. It has now applies to the foreign policy sections as well. It has now
become common for the Modi government to use the become common for the Modi' government to use the
word 'Bharat' instead of 'India', in many settings, while referring to the country. Apart from the constitutional primacy of the word 'India' in English, this country's
current international personality is also founded on that current international personality is also founded on that
word. That is how India is known the world over, and that is the name used for it in the United Nations (UN). However, some Indian leaders have referred to India as
'Bharat while using the English language. Perhaps the most notable case was that of President Droupadi
Murmu, whose G20 invite to foreig leaders last year Murmu, whose G20 invite to foreign leaders last year
described her as the 'President of Bharat'. - which was earlier known as Burma - changed it in 1989 and informed the UN about the same. There are no commonly accepted global rules for countries to change
their names. Sovereign states only need to inform the their names. Sovereign states only need to inform the
international community, and the name change is accepted. Naturally, governments have to fulfil internal constitutional processes for the purpose. In Myanmar's
case Burma because they did not recognise the military The question that Modi government, in its third term, seek to bring in constitutional changes to modify the country's name to
'Bharat' in English? This will be in line with its

made, no external power will have any problem
dropping the word 'India' and only using 'Bharat'.
Pakistan will be happy with our country being known as Pakistan will be happy with our country being known as
'Bharat' because, at the time of the Partition, the Muslim League had argued that 'India' was a thing of
the past and the two 'successor' states should be known as 'Pakistan' and 'Hindustan
A section of the manifesto, entitled 'Bharat on the global
stage', lists out 11 achievements of the government. At the top of the list are the successful evacuation of
Indians from war zones and the hosting of the G20 Indians from war zones and the hosting of the G20
summit. There is no doubt that the outcome document of the summit amid the polarised global atmosphere
was a diplomatic achievement, as was the success in was a diplomatic achievement, as was the success in
bringing Indians in distress back home from conflict areas. However, previous governments also came to the
rescue of Indians in difficult times. Also, the Mod
government has claimed credit for being the voice of the
Global South. It is true that many countries in the Global South look up to India, but there is nothing unique about this. New Delhi's role in decolonisation and its in its different iterations - Third World in its different devaloping countries - has been underdeveloped and developing countries - has been Modi ki Guarantee for Vishwa Bandhu Bharat' interesting, for it is not India that is giving a guarantee
that it will act in the interests of the world but PM Modi. Indeed, just as he has given guarantees to the Indian people, he is doing so for the world. It is also noteworthy hat the word 'Vishwaguru' has not been used. The last sentence of the introduction to this section states: "We will strengthen our position and conduct our policies to
further our national interests with the spirit of Vishwa

Bandhu." In other words, Modi has guaranteed that
India will seek to reconcile Indian interests with those of the world and shun the path of pursuing naked
national interests. The PM is showing a noble instinct nationa interests. The but is it practical in a world order that in inder but is it practical in a world order that is under
challenge? Besides, how does it square with the assertion of a 'Bharat First’ foreign policy? ight of the 10 objectives and paths to pursue mentioned in the section are not new. For example, India's aim of becoming a permanent member of the UN Security
Council and strengthening global cooperation against terrorism has been part of its diplomatic agenda for the past three decades. It is laudable that the BJP would seek to build partnerships for mineral security, for it is
essential to promote manufacturing. However, the essential to promote manufacturing. However, the
India-Middle East-Europe Economic Corridor is a project that will be difficult pursuit of the Neighbourhood First policy is
challenging because of the ingress of China into
India's immediate neighbourhood. It is good that India's immediate neighbourhood. It is good that
External Affairs Minister S Jaishankar has consistently acknowledged this fact, but mer the third section on foreign policy, the manifesto focuses on the promotion of Indian soft power. The first not clear if these will be different from the current Indian cultural centres that are performing the exact functions. Will the latter be renamed, or will both exist imultaneously?The manifesto says, "We will launch promoting the tangible and intangible legacy of and Ram in all countries." This can be controversial, as the Ramayana has several variants in Southeast Asia that are vastly different from the version accepted in India. How will the BJP deal with the
versions will inevitably generate?

ভিজয়াওয়াড়ায় পাথর হামলায়
জগন মোহন রেড্ডি আহ্ত
 সিদ্ধাম বাস পর্যট্নের সময়, আধ্ধপ্রদ্দে प्रমিক রাইত কংগ্রেস পার্টি (ওয়াইএসজারসিপি) এর এমএनএ 厄্ল্লাম্পা|্পি শ্রীনিভাস রাও, ভিজায়া ওয়াড়ায় একটি পাথ রওড়ের ब্মকির ঘটনায় আহত হশ্যেছেন,
প্রচারমাধ্যমে জানা গেছে
মুখ্যমক্धী তাঁর বাঁদিকায় একটি ক্ষতি হয়েছে, यদিও এমএলএ ভেল্লাম্পাল্লি তাঁার বাঁদিকায় চানে ক্ষতি হয়েছে।
 কিৎসা পেয়েছেন
হামলার পরেও, মুখ্যমক্টী জগন তাঁর প্রযাত্প

ওয়াইএসআরসিপি সূত্রগুলি দাবি করেছেন
यে, হামলায় তেলেগু দেশমুখ দলের কম্মী
শামিল ছিল, মিডিয়া রিহপার্ট করেরে।চ
भोजपुरी देश भाति उईता गीत
सिमवा पर

सिस्य प प

सिमवा पर।

हथवा तिंगा शोभे ताल ठोक गावे देश गीतवा करेला गुमान इनपर बीर हिंदुस्तनवा ये रामा

उपन इंची छाती इनकर दहाड़ शेर गज्जना सिरवा कफन बांधी गरजे हिंद मस्तनवा। ठहरे नाही आगे इनके देश दुश्मनवा ये रामा सिमवा पर।

उत्तर में हिमालय ठाढ़ बाड़े सीना तानी। दक्षिण में लहरे सागर करे बैरी पानी पानी घबड़ाए हिंद से चीन पकिस्तनवा ये रामा,

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नारायण कूर्ति के पोते को निला

## 4.2 करोड़ रुपये का लाभांश

एजेंसी नई दिल्ली। अंतरराष्टीय बाजा की दर पर उपलब्ध है।अंतरराष्षीय हुआ है। वहीं, वेस्ट टेक्सस
 के नतीजे जारी किए थे। कंपनी ने इस तिमाही के लिए शेयरधारकों


देश का विदेशी मुद्रा मंडार 5.40 अरब डॉलर घटकर 643.16 अरब डॉलर पर एजेंसी नई दिल्ली। देश का विदेशी मुद्रा भंडार 12 अप्रैल को समाप्त सताह में 5.40 अरब डॉलर घटकर 643.16 अरब डॉलर रहा। इससे पिछले हफ्ते विदेशी मूद्रा भंडार 2.88 अरब डॉलर की उछाल के साथ 648.56 अरब
डॉलर की रिकर्ड ऊंचाई पर पहुंच गया था। रिजर्व बैंक ऑफ इंडिया ने बताया कि एप्ते में देश का विदेशी मदा भंडर 5.40 अरब डॉलर घटकर 2024 को समात्र हथ्त में देश का विदेी मौद्रा भंडार 5.40 अर डोलर घटकर 643.16
अरब डॉलर रहा। इस दौरान विदेशी मुद्रा भंडर का अहम घटक विदेशी मुद्रा आस्तियां 6.51 करोड़ डॉलर घटकर 564.65 अरब डॉलर रह गई। हालांकि, स्वर्ण भंडार का आरक्षित मूल्य 1.24 अरब डॉलर बढ़कर 55.79 अरब डॉलर हो गया है। आरबीआई के ममताबिक 12 अप्रैल को
समाप्त हफ्ते में विशेष आहरण अधिकार (एसडीआर) 9.3 करोड़ डॉलर समाप्त हफ्ते में विशेष आहरण अधिकार (एसडीआर) 9.3 करोड़ डॉल घटकर 18.08 अरब डॉलर रह गया। इसके अलावा अंतरराष्टीय मुद्राकोष के पास भारत का आरक्षित जमा 3.5 करोड़ डॉलर घटकर 4.63 अरब डॉलर रह गया। उल्लेखनीय है कि विदेशी मुद्रा भंडार में सात
हफ्ते बाद गिरावट आई है। इससे पिछले हफ्ते 5 अप्रैल को देश का हफ्ते बाद गिरावट आई हे। इससे पॉछल हफ्ते 5 अप्रेल को देश का
विदेशी मुद्रा भंडार 2.88 अरब डोलर की उछाल के साथ 648.56 अरब डोलर की रिकोर्ड ऊंचाई पर था
क्रिट्टो करेंसी मार्केट में तेजी का रुख, 65 हजाए डॉलर के कटीब पहुंचा बिटकॉइन

## स्टीलबर्ड ने लाँच किये साइकिलिंग और स्केटिंग हेलमेट




एजेंसी नई दिल्ली। स्टीलबर्ड बेबी $\begin{aligned} & \text { बच्चों को जाना पड़ता है अस्पताल } \\ & \text { आपको बता दें दुनियाभर में }\end{aligned}$ प्रोड्ट रें रें में अब $3-12$ वर्षों की लिए स्केटिंग और टायज साइकिलिंग और स्केटिंग बच्चों को बाइक, स्कूटर, स्केटस साइक्लिंग हेलमेट, साथ ही बेबी एक्टावटटोज के लिए खास तौर पर और स्केटबोर्ड चलाते समय चोट हेलमेट और एंट-स्किड बाथर्स भी
तैयार किए गए बेबी हेलमेट लॉन्च लगना आम है. एक आंकड़े के शामिल किए हैं और स्केटिंग हेलमेट किए हैं. इन बेबी हेलमेट्स के साथ स्टीलबर्ड बच्चों की सुरक्षा को
प्राथमिकता दे रहा है और उनके सिर की सुरक्षा के प्रति अपनी प्रतिबद्दता
बढ़ा रहा है. यह नया पोरफफोलियो बढ़ा रहा है. यह नया पोर्टोलियो
स्टीलबर्ड हाई-टेक इंडिया की स्टीलबर्ड हाई-टेक इंडिया की
सहायक कंपनी स्टीलबर्ड टॉयज़ द्वारा सहायक कपनी स्टीलबर्ड टायजज द्वारा
बेबी टॉय सेगमेंट पर ध्यान में रखकर
तैयार किया गया है स्टीलबर्ड टयँयज तैयार किया गया है.स्टीलबर्ड टॉयज
ने आधिकारिक तौर पर बेबी हेलमेंट और एंटी स्किड बेबी बाथर्स की एक
नर्ड रेंज लॉन्च कर दी है स्टीलबर्ड टॉयज़ की डायरेक्टर सृष्टि कपूर ने
इस नई शुरुआत के महत्व पर जोर
देते हुए कहा कि भारत में, विशेष रूप से बच्चों की सूर्षा के लिए डिज़ाइन किए गए खिलौनों की उपलब्धता में उल्लेखनीय अंतर है. पिछले साल,
हमने बेबी वॉकर ब्लूटथ-एनेब्ड हमने बेबी वॉकर, ब्लूटथ-एनेबल्ड
मॉडल सहित के लॉन्च के साथ इस मॉडल सहित के लॉन्च के साथ इस सेगमें में प्रवेश किया था. शुरुआत
के एक वर्ष से भी कम समय में हम क एक वर्ष से भी कम समय में, हम
इस सेगमेंट में भारत का सबसे प्रमुख और लीडरशिप ब्रांड बन गए हैं. हैर लेडरेट की क्रांड के गे चलते
है को 30 अप्रपल तक किया निलंबित

चुके हैं। कंपनी ने कहा कि ग्राहकों
और चालक दल की सरक्षा हमारी और चालक दल की सुरक्षा हमारी सर्वोच्च प्राथमिकता है। अधिक
जानकारी के लिए, कृपया हमारे


वेबसाइट http://airindia.com पर जाएं। गैरतलबब है कि विदेश मंत्रालय ने भी ईरान और इजराइल के लिए यात्रा से संबंधित एड़वाइजरी पहले जारी की थी, जिसमें भारतीयों को सलाह दी गई है कि अगली सूचन

आारत में बेचे जाने वाले बेबी फड में चीनी मिलाने को लेकर जांच के घें में नेस्ले

[^1]

आज दिन भर के कारोबार के
दौरान कंज्यमर डयरेबल्म कैंकि
और मेटल सैक्टर के शेयोरों में अधिक खरीदारी होती रही। रिल्टी आईटी और पावर सेक्टर के शेयरों में सेंसेक्स और निफ्टी में रिकवरी होने के बावजूद ब्रॉडर मार्कट में आज लगातार बिकाली का दबाव बना रहा, जिसक कारण बीएसई का
मिडकेप इंड्स्स गिरकावट के स्स 0.39 प्रतिशत के स्मॉलकैप इंडेक्स ने 0 बा इसी तरह की कमजोरी के साथ प्रतिशत कारोबार का अंत किया।आज बाजाए

चार दिन बाद लौटी मजबती के 2,206 शेययों में एक्टिव ट्रेडिंग हुई कारण स्टांक माकट क निवेशको की
संपप्ति में 60 हजार करोड रुपये से


## वित्त वर्ष 2024 में एंड्रोमेडा का ऋण वितरण 23 प्रतिशत बढ़ा

 392.89 लाख करोड़ रुपये था। इस रह नववशकों को आज क कारोबारकरीब 60 हजार करोड़ रुपये का मुनाफा हो गया।
आज दिन भर के कारोबार में बीएसई में 3,903 शेयों में एक्टिव ट्रोडिंग हुई। इनमें 1,723 शेयर बढ़त के साथ बंद हुए, जबकि 2,064 नरों में गिरावट का रुख रहा, वहीं बंद हुए। एनएससई में आज

खंड में मांग लगातार मजबूत बनी हुई है। इसके साथ ही, पहले से तेज छच स्वीकृति,
आसान उपलब्धता, डिजिटलीकरण से आसान उपलन्धता, डिजिटलीकरण से
व्यक्तिगत कर्ज की मांग में भी जबरदस्त व्यक्तिगत कर्न को मांग में भी जबरदस्त
वृद्धि हुई है। $उ$ हहोंने कहा कि आवास ₹श खंड वृद्धि हुई है। उन्होंने कहा कि आवास ख्या खंड
क प्रदशन उद्हीवीय रहा। इस खंड में कर्ज
वितरण वित्व वर्ष $2023-24$ में 22 प्रतिशत

बढ़कर 33,918 करोड़ रुपये रहा। वित्त वर्ष
$2022-23$ में यह
$2022-23$ में यह 27,798 करोड़ रुपये
रहा था। कपर ने कहा, "कल मिलाक रहा था। कपर ने कहा, "ककल मिलाकर
विभिन्न खंडों में श्श वितरण बुते वित्त वर्ष विभिन्न खंडों में श्ा वितरण बीते वित्त वर्ष
(2023-24) सालाना आधार पर प्रतिशत बढ़कर 75,397 करोड़ रुपये

उन्होंने कहु कि किपनी ने मौजूदा वित्त उन्होने कहा कि कपनी ने मोजुदा वित्त
वर्ष के लिए एक लाख करोड़ रुपये के कर्ज वितरण का लक्ष्य रखा है। कपनी के अनुसार उसके कर्ज खंड में वित्त वर्ष 2018-19 से पांच गुना वृद्धि हुई है।

## टॉपर्स बनने के टिएस

सफलता को पाने के लिए कड़ी मेहनत तो करनी ही पड़ती है। हम किसी कक्षा की एग्जाम या प्रतियोगी परीक्षा की तैयारी कर रहे हों, इसके लिए सिर्फ एक ही लक्ष्य रखना पड़ता है वह है पढ़ाई।


किसी परीक्षा में टॉप करने वाले स्ट्रडंट्स को देखकर मन में यही विचार आता है कि टॉपर्स किस तरह से परीक्षा की तैयारी करते हैं। कुछ टिस्स जो टॉपर्स अपनाते हैं-

शुरुआत में ही यह सोच लें कि आपको किस क्षेत्र में करियर बनाना है, उस क्षेत्र में सफलता के लिए जुट जाएं पूर्ण समर्पण के साथ पढाई करें। अगर कोचिंग के अलावा घर पर भी पढ़ाई करें।
स्वयं का आत्मविध्धास बनाएं रखें । स्वयं पर किसी प्रकार का दबाव न आने दें।
अपनी कमजोरियों को खोजें और उन्हें दूर करने का प्रयास करें।
टॉपिक्स को रटने की बजाय समझ्सकर पढ़ने की कोशिश करें।
पढ़ाई में

रता रखें। रेग्यूलर पढ़ाई करने से वह बोझ़ महरूस नहीं होती।
किसी प्रतियोगी एज्जाम की तैयारी प्लानिंग से करें ताकि रिविजन में परेशानी न आए।
अपने ऊपर किसी प्रकार का दबाव न आने दें। पढ़ाई के दौरान किसी भी प्रकार की परेशानी आने पर उसका टीचर्स से या दोस्तों के साथ मिलकर हल निकालने का प्रयास करें।
जिस क्षत्र में आप तैयारी कर रहे हैं, उस क्षेत्र के एवसपपर्ट? ?स का मार्गर्द्शन समय-समय पर लेंते रहें।

## ऐसे करें

टाइम मैनेजमेंट
समय का पहिया निरंतर घूमता रहता है। किसी के लिए रुकता नहीं
है। जिस तरह मृटी में बंधी हुई रेत को फिसलने से हाथ में ?नहीं रोका जा सकता है, उसी तरह समय के ?पहिए को भी नहीं रोका जा सकता है।
कॉम्पीटिशन के इस दौर में समय के साथ चलना जरूरी है। अक्सर लोग समय का रोना रोते रहते हैं। खासकर युवा व्यर्थ कामों में अपना समय लगाकर अपने महत्वपूर्ण काम की अनदेखी करते हैं फिर उनकी शिकायत रहती है हमें समय ही नहीं मिलता। ऐसे में आवश्यकता होती है टाइम मैनेजमेंट की। आप अपना कार्य जितने व्यवस्थित तरीके से करेंगे, काम उतना बेहतर और जल्दी होगा। जानिए टाइम मैनेजमेंट के कुछ टिप्स-

- सबसे पहले यह देखें कि आप कहां टाइम वेस्ट कर रहे हैं। जैसे चेटिंग, फेसबुक, ई-मेल या टीवी वगैरह। इन कामों का समय निर्धारित कर आप काफी टाइम बचा सकते हैं। प्राथमिकताएं तय कीजिए। जो काम जरूरी है उसे अभी ?कीजिए और जो बाद में किया जा सकता है, उसके लिए समय तय कीजिए। गैर जरूरी काम छोड़कर भी आप वर्कलोड कम कर सकते हैं।
टाइम मैनेजमेंट टूल्स का उपयोग कीजिए। मोबाइल, कैलेंडर या चार्ट वगैरह की मदद से काम समय पर निपटाए जा सकते हैं। बस रिमांडर को अवॉइड करने की आदत छोड़नी होगी। काम आउटसोर्स कीजिए। आप चाहें स्टूडेंट हों, प्रोफेशनल हों या गृहिणी, ऐसे कई काम हैं जो दूसरों से करवाए जा सकते या गृहिणी, एसे कई काम हैं जो दूसरा से करवाए जा सकते
हैं। इससे आपका वर्कलोड कम होगा और आप बेहतर काम है। इससे आप
कर पाएंगे।
इंतजार में वक्त बर्बाद न करें। कई मौकों पर हमें इंतजार करते हुए लंबा समय गुजारना पड़ता है। कुछ छोटे-मोटे काम इस समय निपटाए जा सकते हैं। जैसे मेल्स चेक करना, नोट्? बनाना या जरूरी फोन लगाना इन आसान टिप्स को अपनाकर आप समय के सदउपयोग के साथ उसके साथ आगे बढ़ सकेंगे।


( रवीन्द्र गुप्ता) हर इसान अपने लक्ष्य की प्राप्ति में प्रयासरत रहता है। उसके

लिए जरूरी होता है 'आत्मविश्वास'। 'आत्मविश्वास यानी अपनी आत्मा पर विश्वास य अपने आप पर विश्वास । जीवन में हर काम अपने आत्मविश्वास के बलबूते पर ही होते हैं।
आत्मविश्वास के निए सकार्वा आत्मविश्वास के लिए सकारात्मक
दुष्टिकोण का होना जरूरी होता है। बिना दृष्टिकोण का होना जरूरी होता है। बिना
आत्मविश्वास के कोई भी काम सफल नहीं हो सकता अगर होता भी है तो निम्नस्तर का या आधा-अधूरा व खराब। आइए, हम जानते है आत्म
क्या है आत्मविश्वास?
आत्मविश्वास वस्तुतः एक मानसिक एवं आध्यात्मिक शक्ति है। इससे महान कार्यों के संपादन में सहजता और सफलता हमें प्राप्त होती है। बगैर आत्मविश्वास के इन कार्यों की सफलता संदिग्ध ही बनी रहती है।

जिस भी व्यक्ति का मन शंका, चिंता और भय से भरा हो वह बड़े कार्य तो क्या, साधारण से साधारण कार्य भी नहीं कर सकता है। चिंता व शंका आपके मन को कभी भी एकाग्र न होने देंगे अत: आत्मविश्वास बढ़ाने हेतु अपने मन से सभी प्रकार के संदेह निकालें
तथा एकाग्रता को बढ़ां तथा एकाग्रता को बढ़ाएं।

आत्मविश्वास अद्भुत शक्ति
आत्मविश्वास एक अदभुत शक्ति होती है। इसके बल से व्यक्ति तमाम विपत्तियों तथा शत्रुं का सामना कर लेता है। संसार के अभी तक के बड़े से बड़े कार्य आत्मविश्वास के बलबूते ही हुए हैं बच्चों में आत्मविश्वास भरें

माता-पिता को चाहिए कि वे अपने बच्चों में आत्मविश्वास भरें उनका आत्मविश्वास कभी कम नहीं करना चाहिए। उन्हें कभी भी इस प्रकार के नकारात्मक शब्द कि ‘ तुम कुछ नहीं जानते’ या ‘तुम
इससे बच्चों का आत्मविश्वास कम होता है तथा इससे उनमे हीनभावना जागगत होती है तथा वे कुंठित हो जाते हैं। आज जग में जो निराशा की भावना तथा गरीबी दिखाई दे रही है उसके पीछे मुख कारण यही हीनभावना है
ऐसे बदाएं आत्मविश्वास -
ऐसे बढ़ाएं आत्मविश्वास
सकारात्मक चिंतन हो : सबसे पहले व्यक्ति को चाहिए कि वह हमेशा सकारात्मक चिंतन करे। सकारात्मक विचारधारा के लोगों के साथ ही रहें। कहा भी जाता है कि ' 'जैसी संगति, वैसी उत्नति' जैसी आपकी विचारधारा होगी, दिमाग भी वही सोचने लगता है
अतः सकारात्मक ही सोचें तथा साथ ही अपनी खामियों को भी अतः सकारात्म
स्वीकार करें।
आत्मविश्वास से भरपूर होने का अभ्यास करें
आत्मविश्वास से भरपूर होने का अभ्यास करें -
आप अपना आत्मविश्वास बढ़ाने के लिए यह प्रयास करें कि मैं सक्षम हूं। में यह कार्य कर सकता हूं। मुझे इसमें कोई दिक्कत नहीं आएगा।
महानायक अमिताभ बच्चन को भी पहली बार अभिनय करते वक्त काफी डर लगता था। जब अधिक डर लगता था तो वे स्वयं से कहते थे कि 'मैं जिसका रोल कर रहा हूं वह व्यक्ति मैं ही हैं' ऐसा
सोचते व करते उनका आत्मविश्वास बढ़ गया व आज वे 'बिंग बी' सोचते व करते उनका आत्मविश्वास बढ़ गया व आज वे 'बिंग बी कहलाते हैं।
बीती ताहि बिसारि दे : अपने द्वारा भूतकाल में की गईं गलतियों, असफलताओं को आप भुलाकर नई शुरुआत करें। भविष्य की योजना बनाएं तथा लक्ष्य निर्धारित कर उसकी प्राप्ति में उप जाएं ।
उपलब्धियां याद रखें : आत्मविश्वास की कुंजी है असफलता को स्वीकारना। श्रेष्ट काम के लिए स्वयं को सराहें। आपके द्वारा
सफलतापर्वक का गया काम आप फिर दोहरा सकते हैं ंसये सफलतापूवक किया गया काम आप फिर दोहरा सकते हैं इसरे
आपका आत्मविश्वास बढ़ेगा।

## संकल्पों के साथ केरियर की शुरुआत

जो सकल्प लिया गया हो, उसके बारे में अपने दोस्तों तथा रिश्तेदारों को भी बताना जरूरी है। इससे फायदा यह होगा कि आप संकल्प पूर्ण करने में जरा भी कमजोर या निष्क्रिय दिखाई दिए तो आपके दोस्त व रश्तेदार आपको आपके संकल्प की याद दिला देग।
कई लोगों को लगता है कि जिंदगी बहुत छोटी है, इसमें कई बड़े काम करने है। यह सही है कि जीवन बहुत छोटा है, लेकिन यह सोच कतई उचित नहीं है कि आप एकसाथ कई संकल्प कर लें या कामों की लाइन लगा दो। मतलब यही कि आप कई संकल्प एकसाथ न ले। ऐसा इसलिए जरूरी है कि ठोक-बजाकर वही संकल्प लें, जिये पूर करना संभव हो।
अक्सर देखा जाता है कि देखा-देखी या किसी के कहने में आकर सीकल्प ले लिए जाते हैं। ऐसे संकल्पों की कोई ठोस जमीन नहीं होती। नतीजतन संकल्प का कोई मतलब नहीं रह जाता। इससे बेहतर है कि अपनी रुचि, इच्छा तथा तैयारी हो तभी संकल्प लें। हरेक व्यक्ति की क्षमता, सोच, उत्साह, जोश, प्रवृत्ति, प्रकृति आदि अलग-अलग होते है। इसलिए अपने व्यक्तित्व को जाँचकर संकल्प ले।
जो संकल्प लिया गया हो उसके बारे में अपने दोस्तों तथा रिश्तेदारों
को भी बताना जरूरी है। इससे फायदा यह होगा कि आप संकल्प पूर्ण



नया सीखते रहें : यदि आपको वर्तमान परिस्थिति जटिल लगे तो उसे नए तरीके से सीखने का प्रयास करना चाहिए। कछ नया सीखने से आपका आत्मविश्वास तथा उत्साह बढ़गगा तथा आपके इस बात का एहसास होता रहगा कि में कुछ अलग व नया जानता ।' इससे आपका काम कम समय में बेहतर तरीके से होगा। व्यक्तित्व को निखारिए : अपने व्यक्तित्व विकास पर ध्यान देते रहें तथा हमेशा अपना व्यक्तित्व आकर्षक बनाए राखए। बॉडी लैंग्वेज और कम्युनिकेशन स्किल को सुधारे । संकीण मनोवृत्ति का न बने। स्वय को नई सूचनाओं से अपडेट रखें तथा आसपास के रिवेश से भी तालमेल बंत रखें।
इस प्रकार की चद बातों को आजमाकर आप अपना आत्मविश्वास बढ़ा सकते हैं तथा जीवन में नित नई उन्नति कर
सकते हैं। तो आप भी आज से जुट जाइए अपना आत्मविश्वास सकते हैं । तो आप भी आज से जुट जाइए अपना आत्मविश्वास
बढ़ाने व तरक्की करने में ।


बिलकुल शांत तथा एकाग्र हो जाएं। फिर अपनी तमाम शक्तियों या बिलकुल शांत तथा एकाग्र हो जाएं। फिर अपनी तमाम शक्तियों या
क्षमताओं तथा कमजोरियों का पूरा आकलन करें। इसमें अपनी रुचि को सर्वोच्च स्थान दें।

ऐसा करने से आपको अपनी सीमाओं का पता चल जाएगा और आप अपनी हद में रहकर संकल्प ले सकेंगे। यदि ऐसा नहीं किया गया तो संकल्प अति उत्साह या आवेग में लिया हुआ होगा, जिसका ज्वार बहुत जल्दी उतर जाता है। ऐसे में व्यक्ति का संकल्प भी धरा-का-धरा रह जाता है। इसका असर इतना विपरीत होता है कि व्यक्ति निराश एवं हताश हो जाता है, जिससे उसके दूसरे कार्य भी बिगड़ जाते हैं। उसक संपूर्ण व्यक्तित्व नकारात्मक दिशा में जा सकता है।


Matt Henry lauds 'world class' Quinton de Kock, KL Rahul for crucial win vs CSK

## Day to forget for India at wrestling Olympic qualifiers

Aman loses in semis at Bishkek while Deepak \& Sujeet fail to reach on time for weigh-in

## HENNAI. It was never going to be easy given the way the sport has been managed in <br> expectations were still high from the Indian wrestlers. They have always delivered on th the 2008 Olympics. But thistime, blame it on lack of proper coordination and management in the absence of recognised management in the absence of recognised wrestling body, they failed to win a single quota for Paris Games as four men's freestyle wrestlers could not reach ht fine finas of their respective weight categories at the Asian Olympic Games Qualifier in Bishkek, Asiaryystan on Friday. As per the Kyrgyzt qualification criteria, the top-two from each <br> $\qquad$


$\qquad$ reached the venue making
$\qquad$
rains in the region." The father informed that
Sujeet might once again leave for Russia from Bishkek to prepare for the World
Olympic Games Qualifier scheduled next opportunity for Indian wrestlers
as most of the top grapplers are
not taking part in the competition because
they have already booked a quota each in the
2023 Worlds. However, the World Qualifier
will be a difficult prospect, the source
opined.
All the wrestlers, who somehow failed to earn
a phace, will compete in the next qualifier
making it extremely competitive. Given the
situation, it will be difficult for men freestyle
wrestlers from the country to book a place in
the Paris Games," the source added. The
Greco-Roman wrestlers' bouts will be held

## SRH unlikely to touch record 287-run total again in IPL 2024: Coach Ryan Cook

MS Dhoni x Shamar Joseph: Young pace sensation thrilled to meet star at Ekana
New Delhi. SRH are set to face DC at the Arun
Jaitley Stadium on Saturday, 20 April. SRH
are coming off their best-ever batting
performance in the Indian Premier League
where they slammed RCB with the highest-
ever team total of 287 runs. DC vs SRH will
be the first match of the season played at the
Delhi Stadium and the away sides fielding
coach Ryan Cook feels that it is unlikely for
SRH that they will cross the 287-run total
again in the tournament.SRH batter Travis
Head and Heinrich Klasen handed an epic
The batters are in a very aggressive frame of
mind but each conditions on their own, the

## KL Rahul silences strike rate critics: LSG reveal secret with funny meme



## Vinesh Phogat, Reetika, Mansi Ahlawat, Anshu Malik inch closer to Paris Olympics qualification


 trii. Anasuya has not reacted to these negative criticisms yet

## Parineeti Chopra

## Says Bollywood Roles Need More Than Merit: 'You Have To Be In Cliques And Camps'

Parineeti Chopra, who is being praised for her role in Imtiaz Ali's Amar Singh Chamkila as the late singer Amarjot
Kaur, waited nearly a decade for such an opportunity. In a recent interview, she opened up on the challenges she
faced due to a lack of opportunities and career decisions she had taken in the past. Parineeti said that she avoids industry events where roles are often discussed and prefers directors and producers to recognise her work directly."I don't go to dinners and lunches or attend parties where work opportunities are created in Bollywood or those roles are discussed. I want directors and producers to call me for my work because I am willing to work had. I won a National
 Awa. I am still the same actor,", she
aghe
told Bollywood Hungama.After told Bollywood Hungama.After
the success of Netflix's Amar Singh Chamkila, Parineeti expressed her gratitude on Instagram. She wrote, "Parineeti is
back. These words are ringing back. These words are ringing loud. Hadn't thought of this. Yes, I
am back, and not going am back, and not going
anywhere!" She also talked about he challenges in Bollywood, saying and said that getting roles
isn't just about talent. "Getting work in Bollywood doesn't only depend on merit or acting, you ave to be in cliques and camps to get roles. I am not present at the right place at the right time. I am not getting papped every day. My actor believes that many talented artists miss out on roles because they're not social butterflies at glamourous events. She said, "I want to be the voice for actors who aren't parts of cliques and camps. I hope we break this system of lobbying in Bollywood because I want equal opportunities and work. I may have done the wrong films, but I am the same actor who started 10 years ago and is in search of the right platform.
nchor and actress Anasuya Bharadwaj is one of those celebrities who nchor and actress Anasuya Buaradwaj is one of those celebrites who
successfully transitioned from television to the film industry. The actress is also quite active on social media. She regularly updates her fans about her rips, movies and various other projects. The actress recently conversed with her fans through a live session on Instagram where she asked her fans to suggest some locations for the solo trip. It was not well-received by her trollers. Anasuya Bharadwaj is a travel freak. She spends most of her time on vacations with her husband and
family Te actress got married to Susank Bharadwaj in 2010 and gave birth to two family. Te actress got married to Susank Bharadwaj in 20 and gave birth to two tive session "'Can you plan a trip, olonene" Responding to this thuestion the actress said hive session, "an you plan a trip alone? "Responding to this question, the actress said
that she is scared to go anywhere alone. "But think now, where better to go?" Anasuya asked her fans as quoted by Asianet Telugu. To this, her fans said that her presence in any part of the world would be like a festival. However, apart from her ardent fans, the actress also has a fair amount of trolls against her. After her statement to go on a solo trip, a few netizens reportedly started criticising her for leaving her husband for the

Anasuya Bharadwaj gained fame through anchoring skills in the Telugu comedy TV show Jabardasth. After three years of her impressive stint at the show, the anchor got her first break in the movie Kshanam. It was directed by Ravinath Perepu and starred Adivi Sesh and Adah Sharma in the lead roles. The actress got her first blockbuster with the movie Rangasthalam which was witten and directed by Sukumar in 2018. I position in the film industry, Anasuya Bharadwaj will be next seen in Pushpa 2 .


## Seeks Suggestions From Fans For Her Solo Trip



SVidya Balan Wants To Do A Romantic Film With Shah Rukh Khan And We Can't Keep Calm
 tah Rukh Khan is widely known as the King of Romance' in Bollywood. He has charmin less successful romantic charisma, wit and sizzling on-screen chemistry with his leading actresses. It is no secret that many Bollywood divas dream to romance Shah Rukh Khan in a lovey-dovey movie. And
recently, Vidya Balan too shared the same and we are not joking!Vidya Balan, who is currently on a promotional spree for her upcoming movie Do Aur Do Pyaar, recently shared her desire to do a love story with Shah Rukh Khan. During an interview with an entertainment news portal, the actress recalled that they have always made
cameo appearances in each other's films.The Jawan actor made a special appearance in a song in her 2007 comedy film Heyy Babyy, which starred Akshay Kumar, Riteish Deshmukh, Vidya Balan and Fardeen Khan. King Khan entry in the Mast Kalandar song was indeed a magical moment that remains a fan favourite till date. While she had made a small appearance in But now, she wishes to do a omantic film with King Khan in the future.During a recent interaction with India Today, when the actres was asked about stars she would like to cast together for the first time, the Tumhari Sulu actress happily shared that it would be Shah Rukh Khan, as they have not done a full-fledged film before. Speaking to the media outlet, Vidy expressed, Mad a very small role in 'Om Shant him."Talking about her professiona commitments, Vidya Balan is gearing up for the release of her upcoming film, Do Aur Do Pyaar Directed by Shirsha Guha Thakurta, the romantic comedy is centred around married couples who embark on a journey where love kilm boasts a starist. Besides Vidya Balan, the Pratik Gandhi, Ileana D'Cruz, and Sendhil Ramamurthy. Mark your calendar! The film will hit the silver screens on April 19
Sushant Singh Rajput Became a Gate To Misery Porn After Death, Dibakar Banerjee Says 'There Was No Grief'

ushant Singh Rajput's sudden demise in June 2020 left everyone shocked and numb. His death was followed by a series of controversies. While some alleged that the actor
died by suicide, others claimed that it was a died by suicide, others claimed that it was
murder. During the investigation, several other angles including drug consumption was also probed. In a recent interview, director Dibakar Banerjee also talked about the events following Sushant's death and argued that it opened "gates to mysery porn". Banerjee worked with SSR on the 2015 film Detective Byomkesh
Bakshy.Dibakar Banerjee was speaking to Bakshy.Dibakar Banerjee was speaking to
Siddharth Kannan when he recalled Sushant somebody who would "get invested in everything" and said, "He used to speak about everything, about science, sociology. He used to keep asking questions. I really liked that part of him. Everybody just loved being with him." The director argued that he feels sad because after
Sushant passed away no foucs was given to Sushant passed away no foucs was given to
mourning the loss of a young actor. He stated that people were more interested and gossips that people were more interested and gossip
and that there was "no grief"."After he passed away, the kind of news that followed made me shirk away from everything. I was hearing so many things but no one was talking about how a young actor passed away. There was no grief, people were looking for some gossip in the
story. After seeing that... I had to walk away story. After seeing that... Thad to walk awa
from the situation because no one was aying that we are missing Sushant," he said.Dibaka questioned everyone for not talking about Sushant's achievements and asked, "Where is that prayer meet? Where is that retrospective of his films? People who loved him, we could host a screening for his films, talk about the good
memories, where is all of that?"Sushant Singh memories, where is all of that?" Sushant Singh
Rajput was found dead in his Mumbai Rajput was in
apartment in June 2020. While some suspected to be a case of death by suicide, others had alleged foul play.


[^0]:     We have said many times before Biha will give shocking results this time. They have not done anything for the people of Bihar. The promises mad

[^1]:    एजेंसी
    नई दिल्नी। दुनिया की सबसे बड़ी उपभोक्ता उत्पाद कंपनी नेस्ले
    भारत में बेचे जने वाले बेबी फ्ल में भारत में बेचे जाने वाले बेबी फूड में
    चीनी मिलाने को लेकर अब जांच के चोनी मिलाने को लकर अब जांच के
    घेरे में आ गई है। ज्यारिख स्थित घर में आ गई है। ज्यूरिख स्थित
    पब्लिक आई एंड इंटनेशनल बेबी पब्लक आइ एंड इंटरनशनल बेबी
    फूड एक्शन नेटवर्क की रिपोर्ट में फूड एक्शन नेटकक की रिपोट मे
    नेस्ले इंडिया पर बच्चों के दूध और सेरेलक में चीनी मिलाने की बात सामने आई है। इस रिपोर्ट के आधार पर जांच की बात कही गई है, लेकिन
    इसकी आधिकारिक घोषणा नहीं की
    गई है। आधिकारिक सतोों ने बताया कि नेस्ले से जुड़ी हालिया रिपोर्ट का
    संज़ान लिया गया है। संजान लिया गया है। कंज्यूमर
    प्रोटेक्शन एक्ट के तहत नेस्ले कंपनी प्रोटक्शन एक्ट के तहत निस्ले कंपनी
    के बेबी फु के सैंपल की जांच की क बेबी फ़ड क सैपल की जांच की
    जाएगी। दरअसल एक रिपोर्ट में इस जाएगी। दरअसल एक रिपोट में इस देशों में बच्चों के दूध और सेरेलक प्रोडक्ट्स में चीनी और शहद का इस्तेमाल करता है। चीनी का इस्तेमाल

    उल्शंघन है। दरअसल नेस्ले कंपी के नेस्ले ने इस पर सफाई देते हुए कहा है
    इडिया और विकासशील देशों में दो
    कि वो भारत में सभी नियों का पालन उल्लघन है। दरअसल नेस्ले कपनी के नेस्ले ने इस पर सफाई देत हुए कहा है
    इंडिया और विकासशील देशों में दो कि वो भारत में सभी नियमों का पालन
    सबसे ज्यादा बिकने वाले बेबी फ्ड कर गरी है। ज्यूरिख स्थित पब्लिक अई्

    ## Cerelac

    ब्रांड्स में चीनी की मात्रा अधिक मात्रा
    पाई गई है, जबकि यही उत्पाद बिटेन जर्मनी, स्विट्जरलैंड और अन्य विकासित देशों में बौर चीनी के बेचे
    जा रहें हैं। एक रिपोरें में इसका खलासा हुआ है। इस तरह के मामले भारत के अलावा अम्फीका और दक्षिण अमेरिका

    एंड इंटरेशेशल बेबी फूड एकशन नेटर्क ने अपनी रिपोट्ट में इस बात का खलासा किया है कि भारत में बिकने
    जाले सभी 15 सेरेलक बेबी पोडक्ट 3 ग्राम चीनी पाई गई, लेकिन अफ्रीका के इथियोपिया और एशिया के थाइलैंड जैसे देशों में चरनी 4 से थाइलैंड जैसे देशों में
    गाम तक पाई गई है।

