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# The Researchers'

## NEWS BOX

X briefly hit by  
'international outages':  
Monitors

World. (Agency)

Service was restored to Elon Musk-owned social network X Monday afternoon after it had failed to show posts to users in many countries.

The site was displaying content, allowing users to post and otherwise functioning normally again around 1530 GMT, after the Down Detector tracking website reported a spike in outage reports around two hours before. X had appeared to be suffering "international outages," connectivity monitor Netblocks posted on the open-source social network Mastodon during the disruption. The breakdown was "not related to country-level internet disruptions or filtering", added Netblocks, which regularly flags technical issues with popular online services and sites as well as interference by national governments.

Its most recent posts about similar outages for X came on February 9, the day after the Super Bowl in the US, and February 1. AFP journalists in countries including France and Thailand had also been unable to access X on Monday afternoon. Spokespeople for X did not respond to AFP's request for comment on the outage before service was restored. Musk laid off thousands of people at the former Twitter and changed its name after buying the service in 2022. He has since merged it with his xAI company, which develops the Grok chatbot. xAI is set to in turn be absorbed by Musk's rocket firm SpaceX, with that merged entity expected to go public as early as summer this year.

**China grants UK and Canada visa-free entry, raising total to 79 countries**

world. (Agency)

British and Canadian citizens can enter China without a visa starting Tuesday, bringing to 79 the number of countries granted visa-free access in a bid to boost tourism and business. China has expanded eligibility for the program significantly in the last two years. Visitors can stay for up to 30 days for business, tourism, exchange programs and to visit family and friends. Most Europeans qualify for visa-free entry, along with some from select countries in other regions including Latin America, Southeast Asia and the Middle East. Citizens of a few other countries, including the United States and Indonesia, can enter for 10 days if they are in transit — meaning they have a ticket departing for a different country than they arrived from. Business executives and tourists have welcomed the change, as the China visa application process can be a relatively cumbersome one.

The U.K. and Canada are being added following visits to China last month by their prime ministers, Keir Starmer and Mark Carney. Both are relatively new leaders who are trying to revamp ties with Beijing after a downturn in recent years. For most countries, the visa-free access expires at the end of this year, but it has been extended in the past.

**Under Fire At Home, Muhammad Yunus Brings Up China, India's '7 Sisters' In Exit Speech**



World. (Agency)

Facing sustained criticism at home for failing to fully restore democratic normalcy and protect vulnerable minorities, Bangladesh's outgoing Chief Adviser Muhammad Yunus used his farewell address to project defiance abroad, most notably through indirect but provocative remarks touching on India's northeastern region. Yunus headed the interim government amid intense domestic pressure following years of former Prime Minister Sheikh Hasina's authoritarian rule, widespread institutional decay, and a surge in law-and-order challenges, especially against the Hindu minority, after the July 2024 uprising in the Islamic nation.

**Anti-India Rhetoric** In his speech, which came at a politically sensitive moment, Yunus leaned heavily on nationalist rhetoric, repeatedly asserting that Bangladesh had reclaimed its "sovereignty, dignity, and independence" in foreign policy and was "no longer guided by others' directives."

While framed as a general principle, the language was widely read as directed at New Delhi, Dhaka's largest and most influential neighbour, especially given the regional references that followed. He spoke of future economic integration involving Nepal, Bhutan, and the "Seven Sisters" — a term often used to refer to India's northeastern states. Our open seas are not just borders — they are gateways to the global economy. With Nepal, Bhutan, and the Seven Sisters, this region has immense economic potential. Economic zones, trade agreements, and duty-free market access can establish us as a global manufacturing hub, he said. By grouping India's northeastern states — an integral part of India — alongside sovereign countries in a single economic vision, Yunus appeared to blur established political boundaries and can be perceived as an attempt to provoke New Delhi and affect the rest of India-Bangladesh ties under the newly elected government. His remarks suggested a regional economic space centered on Bangladesh's ports and maritime access, implicitly positioning Dhaka as a gateway not just for neighboring countries but also for India's landlocked northeast.

## Israeli approval of West Bank land registration draws outrage

JERUSALEM. (Agency)

Israel's government has approved a process to register land in the West Bank as "state property", drawing condemnation from Arab nations and critics who said it would accelerate annexation of the Palestinian territory. Israel's foreign ministry said the measure, approved late Sunday, would enable "transparent and thorough clarification of rights to resolve legal disputes" and was needed after unlawful land registration in areas controlled by the Palestinian Authority. ut Egypt, Qatar and Jordan criticised the move as illegal under international law.

In a statement, the Egyptian government called it a "dangerous escalation aimed at consolidating Israeli control over the occupied Palestinian territories".

Qatar's foreign ministry condemned the "decision to convert West Bank lands into so-called 'state property,'" saying it would "deprive the Palestinian people of their rights". The Ramallah-based Palestinian Authority called for international intervention to prevent the "de facto

beginning of the annexation process and the undermining of the foundations of the Palestinian state". Israeli anti-settlement watchdog Peace Now called the measure a "mega land grab". Jonathan Mizrahi, the Israeli NGO's co-director, told AFP on Monday that the measure would attribute new resources for land registration in the occupied West Bank. The process will take place only in Area C, which constitutes some 60 percent of West Bank territory and is under Israeli security and administrative control. "There was a lot of ambiguity regarding the land, and Israel decided now to deal with it," he said, adding that the existing ambiguity over Area C land ownership is likely to be used against Palestinians. "A lot of land that Palestinians consider theirs, they will find out it's not theirs under this new registration process," he said, adding the move will further the Israeli right's annexation agenda. Changing demography

Palestinians see the West Bank as foundational to any future Palestinian state, but many on Israel's religious right want to

take over the land. Last week, Israel's security cabinet approved a series of measures backed by far-right ministers to tighten control over areas of the West Bank administered by the Palestinian Authority



under the Oslo accords, in place since the 1990s. Those measures, which also sparked international backlash, include allowing Jewish Israelis to buy West Bank land directly and allowing Israeli authorities to administer certain religious sites in areas under the Palestinian Authority's

control. Israel has occupied the West Bank since 1967.

The latest Israeli initiatives come amid a wider context of increasing attacks by Israeli settlers against Palestinians in the territory, according to rights groups.

"We are witnessing rapid steps to change permanently the demography of the occupied Palestinian territory, stripping its people of their lands and forcing them to leave," UN rights chief Volker Turk said in a recent statement. US President Donald Trump has opposed Israel's annexation of the West Bank, saying stability in the territory helps keep Israel secure.

However, Trump has held off from directly criticising the latest Israeli measures, despite the international outrage. Excluding Israeli-annexed east Jerusalem, more than 500,000 Israelis live in West Bank settlements and outposts, which are illegal under international law.

## Palestinians report restrictions as Israeli police to deploy around Al-Aqsa mosque ahead of Ramadan

world. (Agency)

APalestinian officials reported restrictions being imposed around the Al-Aqsa Mosque, ahead of the Muslim holy month of Ramadan, as Israeli police said Monday that they would deploy in force around the mosque, which is Islam's third-holiest site. Over the course of the month of fasting and prayer, hundreds of thousands of Palestinians traditionally attend prayers at Al-Aqsa, located in east Jerusalem, which Israel captured in 1967 and later annexed. The Palestinian Jerusalem Governorate said in a statement it had been informed that permits to enter the compound would be restricted to men over 55 and women over 50, mirroring last year's criteria. It said Israeli authorities had blocked the Islamic Waqf -- the Jordanian-run body administering the site -- from carrying out routine preparations, including installing shade structures and setting

up temporary medical clinics. A Waqf source confirmed the restrictions and said 33 of its employees had been barred from entering the compound in



the week before Ramadan. The Al-Aqsa compound is a central symbol of Palestinian identity and also a frequent flashpoint. Under long-standing arrangements, Jews may visit the compound -- which they revere as the site of their second temple, Temple Mount, destroyed by the Romans in 70 AD -- but they are not permitted to pray there. Israel says it is committed to

maintaining this status quo, though Palestinians fear it is being eroded.

In recent years, a growing number of Jewish ultranationalists have challenged the prayer ban, including far-right politician Itamar Ben-Gvir, who prayed at the site while serving as national security minister in 2024 and 2025. Arad Braverman, a senior Jerusalem police officer, said forces would be deployed "day and night" across the compound and in the surrounding area. He said thousands of police would also be on duty for Friday prayers, which draw the largest crowds of Muslim worshippers. Braverman said police had recommended issuing 10,000 permits for Palestinians from the occupied West Bank, who require special permission to enter Jerusalem. He did not say whether age limits would apply, adding that the final number of people would be decided by the government.

## "Deeply Regret My Association": Hyatt Executive Resigns Over Epstein Ties

World. (Agency)

The executive chairman of the Hyatt hotel chain stepped down Monday after emails revealing his ties to sex offender Jeffrey Epstein came to light.

US businessman Thomas Pritzker maintained contact with Epstein well after the latter was convicted of soliciting prostitution from a minor in 2008. Epstein died in prison in 2019 awaiting charges of sex trafficking girls, in what was ruled a suicide.

"Good stewardship... means protecting Hyatt, particularly in the context of my association with Jeffrey Epstein and Ghislaine Maxwell which I deeply regret," Pritzker said in a statement picked up by US media. Maxwell, Epstein's associate, is serving



a 20-year sentence for her role in a conspiracy to traffic girls with the disgraced financier. Hyatt in a statement said -- without mentioning Epstein -- that Pritzker would retire from his role as executive chairman of the board of directors and that he would not seek reelection to the board at the company's shareholders meeting in May.

US media reported on an email exchange from 2018 where Epstein asked Pritzker to help secure reservations for a woman traveling in Asia.

The woman told Pritzker she was "going to try to find a new girlfriend for Jeffrey," to which Pritzker replied, "May the Force be with you."

Files on Epstein released by the US government, including troves of his email correspondence, have exposed his ties to the rich and powerful around the world. Many have resigned from their positions in scandal and tainted by association with Epstein, even if the files do not prove they committed a crime.

Pritzker is the cousin of Illinois Governor JB Pritzker, a possible contender for the Democratic presidential nomination in 2028.

## At least 14 killed in spate of attacks in northwest Pakistan

PESHAWAR/PAKISTAN. (Agency)

Two bomb attacks and a gunfire between police and militants in northwest Pakistan killed at least 11 security personnel and three civilians, including a child, a security official said. The separate incidents on Monday in Khyber Pakhtunkhwa province, which left at least 25 others wounded, come as Pakistan's security forces battle intensifying insurgencies in southern and northern provinces that border Afghanistan.

This month the Islamic State group (IS) claimed responsibility for a massive suicide blast at a Shiite mosque in the capital Islamabad that killed at least 31 people, with 169 more wounded. Speaking on condition of anonymity, the security official told AFP that on Monday evening a suicide bomber rammed an explosives-laden vehicle into the wall of a religious college in the tribal district of Bajaur in Khyber Pakhtunkhwa. As a result, eight police and Frontier Corps personnel present inside the seminary

were martyred and 10 others injured," he said. "The blast also caused the roofs of several nearby houses to collapse, killing a child."

He added the death toll may rise.

In another attack in the town of Bannu, a

bomb planted in a rickshaw exploded at the Miryan police station, killing two civilians and wounding 17 others, the official said. Chinese targeted

Elsewhere, three police personnel and three militants were also killed during a search operation in Shangla district. The Khyber Pakhtunkhwa police force said in a statement, also late on

Monday, that the three militants who died in the firefight had been involved in "attacks targeting Chinese nationals". Beijing has poured billions of dollars into Pakistan in recent years, but Chinese-funded projects have sparked resentment and their citizens have frequently come under attack. In March last year, five Chinese nationals working on a major dam construction site were killed along with their driver when a suicide bomber targeted their vehicle, which plunged into a deep ravine off the mountainous Karakoram Highway. Beijing is Islamabad's closest regional ally, readily providing financial assistance to bail out its often struggling neighbour. The China-Pakistan Economic Corridor (CPEC) has seen tens of billions of dollars funnelled into massive transport, energy and infrastructure projects -- part of Beijing's transnational "Belt and Road" scheme. The police statement said.

in



## Kremlin rejects European assessment that Navalny died of poisoning

MOSCOW. (Agency)

The Kremlin said Monday that it "strongly rejected" an assessment by five European countries that Russian opposition leader Alexei Navalny died from poisoning two years ago, as his supporters marked the anniversary of his death in prison. Navalny, a charismatic anti-corruption campaigner who rallied hundreds of thousands to the streets in protest at the Russian leadership, was Russian President Vladimir Putin's fiercest domestic opponent for years. He died in an Arctic prison colony in February 2024 while serving a 19-year sentence for "extremism", a charge that he and his supporters say was punishment for his opposition work. Britain, Sweden, France, Germany and the Netherlands issued a joint statement on Saturday saying they believed he had been poisoned with epibatidine -- a toxin found in poison dart frogs -- and that the Russian state had the "means, motive and opportunity" to administer it. "We naturally do not accept such accusations.

We disagree with them. We consider them biased and baseless," Kremlin spokesman Dmitry Peskov told reporters, including AFP, during a daily briefing call.

"In fact, we strongly reject them," he added. Dozens of people visited his grave in Moscow early Monday, among them foreign diplomats, according to an AFP reporter at the scene. Some of those who attended wore masks or scarves over their faces. Russian authorities designated Navalny and his organisation "extremist" before his death, and anyone who mentions him or his exiled anti-corruption foundation are liable for prosecution. Navalny, a Yale-educated lawyer, was the most widely known Russian opposition figure and galvanised thousands of young people to protest against Putin. He had already survived a suspected poisoning with the Novichok nerve agent in 2020.

Ecuadorian dart frog Navalny's mother Lyudmila told reporters she felt vindicated by the European

statement and called for those responsible to be held accountable. "This confirms what we knew from the very beginning. We knew that our son did not simply die in



prison, he was murdered," she said outside the cemetery where he was buried in Moscow. "I think it will take some time, but we will find out who did it. Of course, we want this to happen in our country, and we want justice to prevail," she added.

Navalny's widow, Yulia Navalny, said on Saturday it was now "science proven" that her husband had been murdered. She had

previously said in September that laboratory analysis of smuggled biological samples found that her husband was poisoned. Epibatidine, found in the Ecuadorian dart frog, causes muscle paralysis and eventual asphyxiation. Experts have said the toxin can also be produced synthetically instead of extracting it directly from the frog itself. The European statement did not say how it was administered or by whom. Britain's foreign office said the poison is not found naturally in Russia and that "only the Russian state had the means, motive and opportunity to deploy this lethal toxin." Russia's prison service said he died after going for a walk and falling ill. Since Navalny's death, Russia's opposition has remained largely exiled and fragmented. Navalny's widow Yulia vowed to take the mantle of Russia's opposition in the wake of his death but has struggled to galvanise widespread support.

## PM Modi, Macron Virtually Inaugurate H-125 Helicopter Assembly Line, India-France Sign 21 Pacts

**Mumbai:** Prime Minister Narendra Modi and French President Emmanuel Macron on Tuesday virtually inaugurated the H-125 helicopter final assembly line, giving a major push to India-France defence and technology cooperation. The unit has been set up at Vemagal in Karnataka under the Tata-Airbus partnership, and is being seen as a key milestone in India's push to become a global aerospace manufacturing hub.

Addressing the joint press conference, Prime Minister Modi described France as a "special partner" and announced that the bilateral relationship has been elevated to a Special Global Strategic Partnership, calling it a force for global stability amid uncertainty.

Highlighting the significance of the project, Modi said India and France will manufac-

ture the H-125 helicopter in India — a platform capable of operating at extreme high altitudes, including conditions comparable to Mount Everest. He said the assembly line combines France's technological excellence with India's manufacturing scale, strengthening the 'Make in India' initiative.

President Emmanuel Macron termed the India-France relationship "unique," built on trust, openness and shared ambition. He expressed confidence that cooperation between the two countries — especially in the Indo-Pacific, artificial intelligence and clean energy — will continue to expand.

The two sides exchanged 21 agreements and outcome documents covering defence, energy, innovation, health and critical minerals.

Key decisions include the



**BEL-Safran Joint Venture Announced to Produce HAMMER Missiles in India**

launch of an annual Foreign Ministers' Dialogue to review the Horizon 2047 roadmap, the India-France Year of Innovation and Innovation Network, and renewal of the bilat-

eral defence cooperation pact. A joint venture between BEL and Safran to produce HAMMER missiles in India was also announced, along with reciprocal deployment of officers

between the Indian Army and the French Land Forces. In the technology and health sectors, the leaders announced the Indo-French Centre for AI in Health at AIIMS, the Indo-

French Centre for Digital Science and Technology, a Centre on Advanced Materials, cooperation in infectious diseases research, the Indo-French Centre for Metabolic Health Sciences, and a National Centre of Excellence for Skilling in Aeronautics.

Both countries also agreed to deepen collaboration in critical minerals, biotechnology, renewable energy and advanced materials.

Officials said the upgraded partnership reflects growing convergence between India and France on global security, trusted technologies and resilient supply chains.

With the Vemagal facility now operational, India is expected to strengthen its indigenous helicopter manufacturing capability and position itself as an emerging hub in the global aerospace value chain.

RANCHI | 18 February 2026

### Jharkhand Declares Dry Day Ahead of Civic Polls; Liquor Ban from Feb 21 Evening



**Ranchi:** The Jharkhand administration has imposed a statewide liquor ban from 5 pm on February 21 to 7 am on February 24 to ensure peaceful and fair conduct of the upcoming municipal elections scheduled for February 23.

Under the official order, a complete dry day has been declared across the state, including the capital Ranchi. During this period, the sale, distribution and serving of alcohol will remain strictly prohibited.

All retail liquor outlets, bars, restaurants, retail canteens, and depots and warehouses of the Jharkhand State Beverages Corporation Limited will remain closed. The ban will also apply to hotels, clubs and other licensed premises.

Officials said the move aims to prevent law and order issues linked to alcohol consumption during the election period. Police and excise teams have been directed to maintain strict vigil and conduct special checks.

The administration has warned that any violation of the order will invite strict legal action under relevant provisions.

### BSL Inter-Departmental Cricket Championship 2026 Kicks Off in Bokaro



**Bokaro:** The Bokaro Steel Plant (BSL) Inter-Departmental Cricket Championship 2026 was inaugurated on Tuesday at the BSL Cricket Stadium, marking an energetic start to the much-anticipated tournament.

Chief Guest and Chief General Manager (City Administration) Kundan Kumar formally launched the championship in the presence of a large gathering of employees and sports enthusiasts, including General Manager (CED) A.K. Avinash.

Addressing the players after the ceremonial introduction, Kumar said such sporting events strengthen team spirit, promote cooperation, and encourage healthy competition among employees. He conveyed his best wishes to all participating teams.

In the opening encounter, Mill Zone 1 defeated SRU convincingly by six wickets. The second match also saw a dominant show by JGOM, which outplayed Services by six wickets.

A total of 16 departmental teams, divided into two groups, are competing in the championship. The grand finale is scheduled for March 27, 2026.

### Over 67 Chinmaya Vidyalaya Bokaro Students Shine in JEE Main Phase 1



**Bokaro:** Chinmaya Vidyalaya, Bokaro has once again delivered an impressive performance in JEE Main Phase 1 results declared by the National Testing Agency.

Over 67 students from the school qualified, with Ishan Sinha emerging topper at 99.727 percentile, followed by Aryan with 99.589 percentile.

Notably, 40 students scored above the 90 percentile. Congratulating the achievers, Chinmaya Mission Bokaro Acharya Swamini Sanyuktananda Saraswati, School President Biswarup Mukhopadhyay, Secretary Mahesh Tripathi, Principal Suraj Sharma, and Vice Principal Narmendra Kumar lauded the students' success.

The toppers were felicitated at the school, where sweets were distributed to celebrate the achievement.

### Mithila Mahila Samiti Celebrates Holi with Colourful Fervour in Bokaro



by Arun Pathak

**Bokaro:** The Mithila Mahila Samiti, the women's wing of the esteemed Mithila Cultural Council, celebrated a vibrant 'Holi Milan' at Daffodils, City Park, spreading festive cheer and cultural warmth.

The programme, led by Samiti President Poonam Mishra and Secretary Abha Jha, came alive with traditional Maithili and devotional Holi songs. The celebration witnessed enthusiastic participation as members exchanged abir-gulal, extended warm Holi greetings, and strengthened bonds of community and culture.

Among those present were Kiran Mishra, Amita Jha, Sheela Mishra, Dr. Manju Jha, Nanda Jha, Beena Jha, Namita Jha, Beenu Chaudhary, Chanda Jha, Leela Jha, Alka Jha, Seema Jha, Ruby Thakur, Poonam Jha, Prema Ojha, Vinita Rai, Preeti Priya, Asha Pathak, Ranjana Bhagat, Ritu Mishra, Kiran Jha and several other members.

The event concluded on a joyful note, reflecting the Samiti's continued commitment to preserving Mithila's rich cultural traditions.

### Free Cardiac Clinic at CCL's Gandhinagar Hospital on Feb 20

**Ranchi:** A free cardiac clinic will be organised at CCL's Central Hospital, Gandhinagar (Kanke Road), Ranchi, on Friday, February 20, 2026, from 9:00 AM onwards.

Renowned senior interventional cardiologist Dr. Kashyap Vyas from Yashoda Hospital, Hyderabad, will examine patients and provide expert medical consultation for heart-related ailments during the camp.

Heart patients and those with cardiac concerns have been encouraged to attend the free health camp. Organisers have advised visitors to carry their previous medical reports and test documents for better evaluation.

CCL officials said the organisation regularly conducts specialised health camps by inviting nationally reputed doctors.

The initiative aims to ensure that needy families receive access to advanced medical care for serious illnesses closer to home, enabling maximum public benefit.

### Shri Ram Janmabhoomi Temple Spurs Massive Growth in Ayodhya : IIM Report

by Apurva

**Ayodhya:** The Indian Institute of Management (IIM) Lucknow has reported a sharp economic surge in Ayodhya following the consecration of the Shri Ram Janmabhoomi Temple, terming it a case of "temple-led growth."

In its study, "The Economic Renaissance of Ayodhya: A Case Study on Sri Ram Mandir," the institute examined the temple's impact on tourism, livelihoods and local business activity.

**Visitor boom drives economy**

The report notes that pilgrim footfall jumped dramatically after the temple opening in January 2024 — from about 1.7 lakh earlier to over 11 crore within six months — powering the city's religious tourism economy.



**Income, tax mop-up rise**

Small traders and shopkeepers have seen their daily earnings multiply, while GST collections in the region have climbed to around ₹400 crore, signaling expansion of formal economic activity.

**Field-based assessment**

Led by Professor Venkataramanaiah Saddikuti, the study is based on on-ground surveys and stakeholder interactions. It concludes that Ayodhya is fast emerging as a major spiritual tourism hub, with the Ram Temple acting as a powerful catalyst for local economic transformation.

Small traders and shopkeepers have seen their daily earnings multiply, while GST collections in the region have climbed to around ₹400 crore, signaling expansion of formal economic activity.

**Hospitality sector expands**

Researchers recorded rapid growth in hotels, restaura-

### CBSE Class 10 Exams Begin Smoothly in Bokaro; Over 9,300 Students Appear



**Bokaro:** The CBSE Class 10 board examinations commenced peacefully across Bokaro district on Tuesday, with tight security and strong administrative coordination ensuring a smooth start. According to City Coordinator and DPS Bokaro Principal Dr. A.S. Gangwar, out of 9,430 registered candidates, 9,371 students appeared for the Mathematics (Standard and Basic) paper at 23 centres, while 59 remained absent. The Class 10 exams will continue till March 13, whereas Class 12 exams begin on February 17 and run till April 10. Dr. Gangwar said the examination was conducted in a completely fair and orderly environment, with no reports of malpractice. CCTV surveillance was actively monitored at all centres, and candidates underwent multi-level screening before entry. Mobile phones, smartwatches and other electronic gadgets were strictly banned. Police

and district administration remained on high alert throughout the day.

The district's examination centres witnessed heavy morning activity, with enthusiastic students arriving confidently and parents gathering outside to encourage them. Many candidates described the Mathematics paper as satisfactory. Meanwhile, the Class 12 Physical Education examination is scheduled for February 18, with 3,856 students set to appear.

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# "Opposing" Vande Mataram No Less Than Treason, Says Yogi Adityanath

**Yogi Adityanath accused the Samajwadi Party and Congress of misleading people in the name of the Constitution and disrespecting the National Song.**

**Lucknow.(Agency)**  
Uttar Pradesh Chief Minister Yogi Adityanath on Monday said "opposing" Vande Mataram and making "insulting remarks" against national symbols was no less than treason. He accused the Samajwadi Party and Congress of misleading people in the name of the Constitution and disrespecting the National Song. Speaking in the Legislative Council during the Budget Session, Adityanath said the state takes pride in its heritage and believes that development rooted in legacy lays the foundation of a bright future. However, he said, if anyone glorifies "invaders" who "attacked the soul of India" and tried to shackle its faith for political gains, "the new India and the new Uttar Pradesh will not accept it." "You see how statements are made in support

of anti-national elements or derogatory comments are passed against symbols of national pride. This is nothing short of treason," he said. Adityanath said the National Song, which was accorded recognition by the Constituent Assembly on January 24, 1950, symbolises India's pride and honour. He said every Indian has a duty to respect national symbols, including the Tricolour, the national anthem, the national song and national icons. The Centre is celebrating the 150th year of Vande Mataram and recently issued fresh codes related to it. Adityanath said he was grateful to Prime Minister Narendra Modi for issuing a notification making the National Song mandatory at public functions, and said opposing Vande Mataram was an insult



to the Constitution and its makers, including B R Ambedkar. "I want to ask the Samajwadi Party and Congress — on one hand you mislead the public in the name of the Constitution, and on the other, your members say they will not stand for Vande Mataram. What does it mean? You want to

live in India but have a problem with the national anthem and national song? This cannot be accepted," he said. Responding to the discussion on the Governor's address, he said 51 members from across parties enriched the debate with their valuable suggestions and upheld its dignity, and thanked them for their contributions. The governor's address is a document outlining the government's achievements and future action plans, and is constitutionally presented annually in the Assembly by the governor and in Parliament by the President," he said.

Referring to the Opposition, particularly the Samajwadi Party, he alleged that the "indecorous and inappropriate conduct" not only disrespected a constitutional office but also amounted to an affront to a woman holding a high post.

## Rahul Gandhi disconnected from ground realities: Navjot Kaur Sidhu's big attack

**Expelled Congress leader Navjot Kaur Sidhu has openly criticised Rahul Gandhi's leadership, alleging corruption within the party and predicting a no-show for the Congress in the 2027 Punjab Assembly polls.**

**New Delhi.(Agency)**  
Expelled Congress leader Navjot Kaur Sidhu has launched a blistering attack on party leader Rahul Gandhi, accusing him of being disconnected from ground realities and predicted the party's defeat in the 2027 Punjab Assembly polls.

Speaking at a rally in Tamil Nadu's Coimbatore, Sidhu said Gandhi "talks sense" but fails to match words with action. She claimed she had sought time for eight months to flag alleged wrongdoing in the Punjab unit, including claims that election tickets had already been "sold", but were ignored.

"If you don't know what's happening beneath you, then I'm sorry. You don't deserve that chair," she said, holding Rahul Gandhi responsible for the situation and sparking internal rumblings within the Punjab Congress unit.

Sidhu also alleged that promises made to her

and her husband, senior leader Navjot Singh Sidhu, including a deputy chief minister's post and an MP ticket, were not honoured.

Questioning Gandhi's anti-corruption pitch, Sidhu accused his inner circle of shielding

CM. Why are you talking against corruption when your own people are corrupt? You're liking those corrupt people around you. The people surrounding you are totally corrupt. You have no time for the honest people who want to come and tell you that this is going wrong," she said.

### WHY WAS NAVJOT SIDHU EXPELLED?

Sidhu's remarks came after she was expelled from the Congress on February 6 amid a row over her claim that aspirants for the Punjab chief minister's post were expected to pay "Rs 500 crore in a suitcase" — a charge that drew sharp backlash and further deepened the party's crisis in the state. "We do not have Rs 500 crore to give to sit in the chief minister's chair. The one who gives a suitcase of Rs 500 crore becomes the CM," she had said. Sidhu, who later said her remarks were twisted, was earlier suspended from Congress in December 2025 before being expelled.

corrupt leaders and sidelining honest voices, warning that the party would "not win Punjab" if the course was not corrected.

"You gave us local bodies and tourism, and you wanted them to be run according to the



promises made to her

have been demanding that the CM earmark separate grants for the SCs and STs and they be not diverted to implement the guarantee schemes. "The MLAs are not able to get grants approved even for schemes such as Ganga Kalyana where borewells are drilled and pumps provided to ease the drinking water crisis in their constituencies. Embarrassed by this, they are pressuring Siddaramaiah to ensure separate grants for the welfare of their communities in this year's budget. The grants should not be reduced or diverted to implement the guarantee schemes. This pressure by the legislators may damage Siddaramaiah's reputation as a leader of Alpasankhyatatu, Hindulidavaru, Dalitatu (Ahindu -- Minorities, Backward Classes and Dalits)," he said. State convener of Dalit Sangharsh Samiti (DSS) Mavalli Shankar told TNIE that the Congress had announced the guarantee schemes in its election manifesto for people from all categories.



"When the announcement was made, the party did not mention that it will divert SCSP and

**The DMK has already ruled out any scope for power sharing if it returns to office, even as some Congress leaders have publicly pushed for a higher number of seats.**

year-old successful alliance", he maintained that periodic differences should not be mistaken for a rupture. On the possibility of an alliance



with actor Vijay's party Tamilaga Vettai Kazhagam, he declined to comment saying any such decision rests solely with the AICC leadership. Responding to whether public criticism by sections of Congress has embarrassed the alliance, Vasanth said party leaders have the freedom to express their views, but the final call on strategy and alliances will be taken only by the AICC.

## Allocation of funds for SCs, STs a big challenge for CM Siddaramaiah

**French President Macron Arrives In Mumbai For AI Summit, Bilateral Talks**

**Mumbai.(Agency)**

French President Emmanuel Macron arrived in Mumbai on Tuesday, ahead of his meeting with Prime Minister Narendra Modi, where the two leaders will review the progress made in the India-France strategic partnership. Maharashtra Governor Acharya Devvrat and Chief Minister Devendra Fadnavis were present at the Mumbai airport to receive the French leader. "Bienvenue à Mumbai! A very warm welcome to the President of France, H.E. Emmanuel Macron and First Lady Brigitte Macron as they arrive in Mumbai! Maharashtra welcomes you! Wishing Hon President Macron and the entire French delegation a pleasant stay and a successful visit," Fadnavis posted on X around 2 am, shortly after Macron landed in Mumbai.

Deputy chief ministers Eknath Shinde and Sunetra Pawar were also present to greet Macron.

As he boarded the flight for India, Macron had posted on X: "En route to India! Three days from Mumbai to New Delhi to take our strategic partnership even further. On board with me: business leaders and the economic, industrial, cultural and digital players who give real, tangible life to the ties between India and France. Together, we will go even further in our cooperation. See you tomorrow, my dear friend @NarendraModi!" Modi and Macron's discussions will focus on cementing the strategic ties and further diversifying them into new and emerging areas.

Both the leaders will also exchange views on issues of regional and global importance. They will review the progress made in the India-France strategic partnership.

President Macron is on an official visit to India from February 17 to 19 at the invitation of PM Modi to participate in the AI Impact Summit hosted by India, as well as hold a bilateral summit with the latter in Mumbai. This is President Macron's fourth visit to India and his first visit to Mumbai. On Tuesday afternoon, the two leaders will hold bilateral engagements at Lok Bhawan in South Mumbai. Later, they will inaugurate the India-France Year of Innovation 2026 and address a gathering of business leaders, start-ups, researchers and other innovators from both countries.

**The government's "War Against Drugs" event in Moga was attended by Chief Minister Bhagwant Mann, AAP convener Arvind Kejriwal, senior leader Manish Sisodia, and several cabinet ministers.**

**Chandigarh.(Agency)**  
The Opposition parties in Punjab have raised multiple questions regarding the government's anti-drug rally and have objected to the presence of government officials on the occasion. The government's "War Against Drugs" event in Moga was attended by Chief Minister Bhagwant Mann, AAP convener Arvind Kejriwal, senior leader Manish Sisodia, and several cabinet ministers. The state's Chief Secretary and Director General of Police had also shared stage with them and addressed the crowd, sparking a massive political debate. The Opposition parties have not only targeted the AAP government's anti-drug campaign, the Chief Secretary and DGP have also faced criticism.

**What Amarinder Singh Raja Warring Said**

Punjab Congress chief Amarinder Singh Raja

TSP funds to the guarantee schemes if it comes to power. The aim of the Act is to empower the SCs and STs and ensure their growth.

The other aim is to reduce the gap between the SCs/STs and other communities in terms of development. The funds earmarked should have been spent on these communities' education, health and employment. They should not have been diverted to implement the guarantee schemes," he said.

Many legislators from these communities have become ministers. Siddaramaiah announced Rs 34k crore, Rs 39k crore and Rs 42k crore, respectively, for the SCs and STs for 2023-24, 2024-25 and 2024-26. But a major chunk has been diverted to the guarantee schemes. The Congress has over 32 MLAs from these communities.

## Punjab Government Under Attack Over Top Cops' Presence In Anti-Drug Rally



Warring took jabs at the government and administration on social media, writing that 890 government buses were diverted for the rally. Patwaris, Divisional Public Prosecutors (BDPOs), Panchayat Secretaries, and other government officials were tasked with bringing

Aam Aadmi Party workers to the rally. The bill for the event will be paid by the state treasury, he alleged. "The Chief Minister and the DGP are addressing a political forum," he said.

**Pratap Bajwa Targets Government**  
Congress leader and Leader of the Opposition Pratap Singh Bajwa expressed deep concern over what he called dangerous erosion of administrative neutrality in Punjab. He questioned the diversion of approximately 890 government buses and the presence of the Chief Secretary and Director General of Police on the political stage. "Governance cannot become a spectacle for political endorsements," Bajwa said. He further said the alleged deployment of state resources and top officials at an AAP event led by the Chief Minister and party chief Arvind Kejriwal sends a disturbing message to citizens.

## The magic realism of an India-Pak cricket match

AS children, we played cricket in bylanes with makeshift rules and borrowed equipment. There was always that one spoilt kid who owned the bat. If he was given out, he could sulk, pick up his bat and walk away. The game would collapse until cooler heads prevailed, negotiations were struck and the bat was placed back in the middle. What felt like petty childhood drama then has an uncanny echo in the administrative theatre that periodically surrounds the India-Pakistan fixture today. To be clear, India or the ICC are not the spoilt child in this story. The framework of international cricket — venues, schedules, commercial agreements and legal obligations — exists beyond individual whims. Yet the recent posturing, with threats of not playing, suggestions of walkovers and the public airing of demands, had the unmistakable flavour of brinkmanship.

Eventually, as is often the case in sport's backrooms, quieter conversations took over. Back-channel talks, legal considerations and face-saving compromises prevailed. The noise subsided and the fixture found its way to neutral ground. The India-Pakistan match will be played in Sri Lanka. The bat is back in play. Strip away the rhetoric and one truth sits at the heart of every such standoff: India-vs-Pakistan is not just a cricket match; it is the sport's most powerful commercial engine. No other fixture in world cricket compresses so much economic value into a single evening.

Broadcasters anchor advertising inventories around it. Sponsors plan entire campaigns for it. Digital platforms count on its gravitational pull. The global audience spikes in a way that no bilateral series or even most knockout games can replicate. The numbers explain the behaviour. Advertisers are willing to pay eye-watering sums — anywhere between Rs 40 lakh and Rs 1.6 crore for just 10 seconds of television airtime during an India-Pakistan match — simply because the eyeballs are guaranteed. When all revenue streams are aggregated — broadcast rights, advertising, sponsorships, platform deals and in-stadium receipts — the value of one such match is commonly estimated in the range of Rs 2,000-3,000 crore. In a sport where many boards operate on thin margins and depend heavily on marquee events to balance their books, walking away from this fixture is not merely a sporting decision; it is an economic one. This commercial gravity explains why brinkmanship rarely ends in actual forfeiture. The rhetoric may be loud, but the resolution is usually quiet and pragmatic.

Everyone understands that forfeiting an India-Pakistan match is not just forfeiting two points on a table; it is abandoning a windfall that sustains ecosystems — player payments, domestic structures, development pathways and the administrative machinery that keeps the game running. In that sense, modern cricket is less a gully match than a global enterprise with shareholders, stakeholders and financial imperatives. Yet there is a cost to allowing commerce to dominate the narrative. Rivalries are meant to animate sport, not hold tournaments hostage. When administrative posturing begins to resemble childhood tantrums, the credibility of governance suffers. Fans deserve certainty and clarity, not cliffhangers engineered as leverage. Players deserve to compete without being reduced to bargaining chips in negotiations they have little control over. T20 cricket itself has taught us humility. Reputation dissolves the moment the first ball is bowled. David can still challenge Goliath on any given day; associate nations have shown that courage and conditions can compress hierarchies. On the field, uncertainty reigns. Off it, however, power is more rigid and money speaks more loudly than most ideals. The India-Pakistan fixture sits at the intersection of sport, politics and commerce, and each time it is threatened, the ecosystem collectively holds its breath.

A largely peaceful, well-organised election and a decisive mandate — the people of Bangladesh deserve to be highly commended for a job well done. The sweeping victory of the Bangladesh Nationalist Party (BNP) marks the dawn of a new era for a nation that has witnessed turbulence for the better part of its existence. Promising stability and reforms, the BNP has returned to power after two decades. Tarique Rahman, son of former PM Khaleda Zia, is set to take over the reins of the government. His leadership will be tested from day one. Bangladesh has remained in limbo for a year and a half after the ignominious end of Sheikh Hasina's 15-year rule. Political unrest, attacks on minorities and economic disruption — especially in the vital garment sector — have left deep scars. The landslide win gives the BNP ample parliamentary strength to take decisions that can

The centenary of Delhi's Shri Ram College of Commerce brought into focus philanthropic efforts by the alumni. While many Indians have been donating to their institutions, structured endowments are relatively new. The government has woken up late in easing the process

"Nostalgia is not what it used to be," is one of my favourite quotes, variously attributed to French actress Simone Signoret and American writer Peter De Vries. While its authorship may be in doubt, its ironic humour is not. I got that feeling firsthand last weekend as I went down memory lane to the University of Delhi to mark the centenary of my alma mater.

Shri Ram College of Commerce is not what it used to be, unless you count the main red-brick building laden with teenage memories. But the festive air to mark the institution's 100th year echoed with revelry, laughter and banter by older folks who were evidently feeling young all over again. This was not exactly a poet's idea of nostalgia as sweet pain, though I am sure there were silent sighs on missed buses. The joyous occasion also reflected the times we are in. Graduates from well-regarded institutions are increasingly sought after by big-ticket companies, a far cry from my days when employment prospects were far fewer. But there was a lot of gratitude one could feel in the air. Just as well, I realise that I secured a world-class degree at a monthly fee of less than \$3 at the then exchange rate. My education's real value truly dawned on me when I worked in an international agency as an equal with folks who had graduated from Yale and Oxford. It is also great to see that one of the most desirable habits of contemporary American culture is catching on in India, though there is a long way to go. Grateful alumni are happy to give back to the institutions that shaped them. SRCC has only just begun that journey, much like most Indian educational institutions. The global reach of Indian alumni, especially in the US, has triggered the imagination for philanthropy to aid one's alma mater, though the idea of building schools or offering scholarships is not really new for Indians. SRCC, though aided by the government

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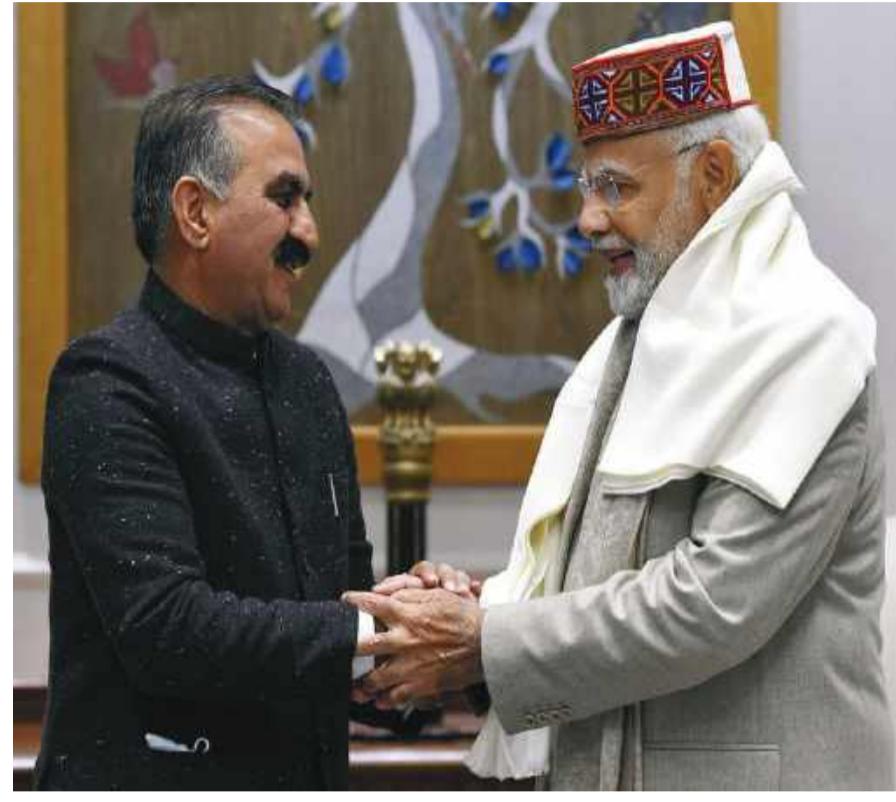
## A strategy forged from revenue deficit

THE GREAT GAME: The 16th Finance Commission has rewired devolution of funds from the Centre to the states

THE story by my colleague, Subhash Rajita, in The Tribune earlier this week, about the Sukhvinder Singh Sukhu government in Himachal Pradesh buying 10 luxury cars for its use — even as the chief minister flew to Delhi to remonstrate with the powers-that-be over the 16th Finance Commission's recommendation to withdraw Revenue Deficit Grants from states and encourage them to tighten their belts — has created an uproar. People are legitimately asking why ministers and bureaucrats need to use fancy, new cars — literally, privilege the "lal batti" syndrome, hardly restricted just to the purchase of vehicles — when budgets for schools, buses, hospitals, etc are being cut. And why the Himachal government won't take a leaf out of its own party's reform book, launched back in the day in 1991 by then Prime Minister PV Narasimha Rao, ably assisted by Finance Minister Dr Manmohan Singh and Finance Secretary Montek Singh Ahluwalia — which not just helped change India but also gave Indians the confidence to take on the world. (Seems Sukhu has since met former finance minister P Chidambaram for a few tips.)

Certainly, with a projected revenue deficit of Rs 6,390 crore, or 2.5 per cent of the state's GDP, Sukhu has a problem. But it's not like Himachal is the only state falling short. Nor is it that spending money is a bad thing — we all know that splurging (as long as it doesn't land you into a debt you can't repay) helps the economy go round. That's why a key data point to measure how broke your state is not to look at bald figures, but what percentage of the state GDP (GSDP) is accounted for by its revenue deficit. So Punjab's projected revenue deficit, at Rs 23,957 crore, is a high 2.7 per cent of its state GDP. Tamil Nadu's revenue deficit at Rs 41,635 crore is even higher, but a low 1.17 per cent of its state GDP. Kerala's CPI(M) government — which devotes a large share of its pie to welfare schemes and has a population similar to Punjab — has a larger revenue deficit compared to Punjab, Rs 27,125 crore, but a lower GSDP, 1.9 per cent. Meanwhile Karnataka, one of India's richest states, has a revenue deficit of Rs 19,262 crore, a mere 0.6 per cent of its GSDP. You see the picture clearly. Tiny Himachal has done well on some parameters, like education, but is unable to raise revenues to fully fund itself. Much larger

states like Tamil Nadu, on the other hand, even if they throw money on freebies — which Himachal is also accused of doing — are able to control their budgets because they are able to defray their expenditure with larger investments. In fact, Tamil Nadu, which goes to the polls this year — along with Punjab and Himachal Pradesh in 2027 — has promised to bring down its revenue deficit even further. Both Punjab and Himachal, on the other hand, are staring at emptying coffers — and



few ideas how to fill them. Still, none of this is new. What has really set the cat among the pigeons these last few days is not the end of Revenue Deficit Grants announced by the 16th Finance Commission, led by the redoubtable economist Arvind Panagariya, but something far more important. The Commission has rewired the devolution of funds from the Centre to the states — as much as 41 per cent of the kitty — by adding a brand new criterion. Which is, that the amount of funds a state gets from the Centre will henceforth depend upon how much it contributes to the national GDP.

## Bangladesh verdict: BNP must walk the talk on reforms

The landslide win gives the BNP ample parliamentary strength to take decisions that can shape the country's future

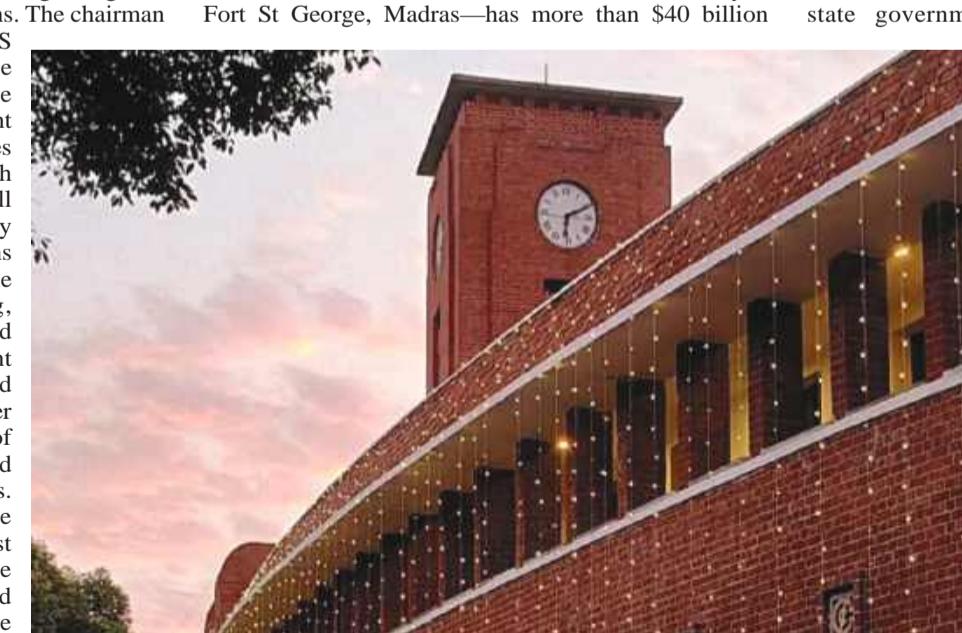


shape Bangladesh's future. The party must avoid triumphalism and instead prioritise reconciliation as well as justice, upholding the spirit of the July 2024 uprising.

Its appeal to supporters to refrain from large-scale celebrations and offer special prayers on Friday was a prudent first step. The Jamaat-e-Islami-led coalition needs to play the role of a responsible, vigilant Opposition that should try to deter the BNP from committing authoritarian excesses.

Beyond domestic concerns lies the delicate balancing act of foreign policy. Dhaka's relations with Delhi have deteriorated sharply over the vexed issue of Hasina's extradition, even as its ties with Islamabad are on the upswing. PM Narendra Modi and his Pakistani counterpart Shehbaz Sharif were among the first to congratulate Rahman on the BNP's victory. The formation of an elected government offers India an opportunity to rebuild ties rooted in a shared history and economic interdependence. However, it will require deft diplomacy and a great deal of patience to turn the tide. India would do well to help Rahman chart a pragmatic, inclusive course for Naya Bangladesh.

## Giving back, for old times' sake



today. Princeton, Stanford and MIT rank close behind. But Infosys co-founder N R Narayana Murthy had a rude awakening in the 1990s when he found that he could not donate ₹8 crore worth of shares to IIT Kanpur because regulations did not allow equity-based donations at that

time. Murthy said a couple of decades later that had it been accepted, the stake would have been worth ₹2,000 crore. There was also a report on how a scientist had to backtrack from a donation of 8 acres of land to another IIT because it attracted a stamp duty of ₹40 crore that the state government refused to waive. Nevertheless, individual generosity has pushed ahead. Another Infosys co-founder and current Executive Chairman Nandan Nilekani in 2023 pledged ₹315 crore to his alma mater, IIT Bombay, a year after IIT Kanpur received ₹100 crore from Rakesh Gangwal, co-founder of IndiGo Airlines. The structured endowment model arrived in India in 2019, when IIT Delhi started a fund with the alumni committing ₹250 crore. Administered as a non-profit, the corpus now stands at around ₹480 crore and aims to reach ₹7,000 crore. We need many more such initiatives. In 2022, the Union education ministry issued guidelines for central universities to set up endowments to be run by boards headed by vice-chancellors, with rules on how to spend the money while growing the corpus.

There was talk at SRCC about startup incubators to help entrepreneurs and address opportunities in artificial intelligence. With AI disrupting every field including education, pedagogy needs to reinvent itself. Evidently, alumni with real-life experience can pitch in with something beyond money.





## कितना सही है नाश्ते में दही लेना

नाश्ते में हम सभी कछ ऐसा खाना पसंद करते हैं, जो खाने में टेस्टी हो और हमारे शरीर को पूरा दिन काम करने की एनर्जी देता रहे। ऐसे में ज्यादातर लोग किसी ना किसी रूप में नाश्ते में दही खाना पसंद करते हैं। लेकिन व्यायाम नाश्ते में दही लेना एक स्वस्थ विकल्प है?

पाचक होती है लेकिन नींद दिलाती है

• यदि आपके दिन शुरुआत ही दही के साथ हो रही है तो यह आपको एनर्जी देने के स्थान पर नींद दिला सकती है और शरीर में सुखरी बढ़ा सकती है। इसलिए दही कभी भी आपके फरस्त पूँड का भाग नहीं होना चाहिए। हालांकि दही तरफ का भाग नहीं होना चाहिए। यदि आप इस खाते समय कुछ खास बातों का ध्यान रखते हैं तब,

समझे विरोधी बातों का अर्थ

• एक तरफ तो हम कह रहे हैं कि दही नाश्ते में खाना अच्छा है। वही दूसरी तरफ यह भी कह रहे हैं कि इसे खाने से सुखरी बढ़ सकती है। दरअसल, ये दोनों ही बातें सही हैं। दही खाने पर आपको एनर्जी मिलेगी या सुखरी आएगी, यह इस बात पर निर्भर करता है कि दही खाने का आपका तरीका क्या है।

इस तरह खाएं और इस तरह ना खाएं दही

• आप नाश्ते में चपाती, पराठा, चिल्ला आदि के साथ दही खा सकते हैं। एक कटोरी दही का सेवन नाश्ते में करना शरीर के लाभकारी होता है और पाचनात्र को सही करता है। साथ ही शरीर को दिनभर के लिए ऊर्जा देने में लाभकारी होता है।

• लेकिन नाश्ते में दही का सेवन तभी करना चाहिए जब आप सुबह के समय नाश्ते से पहले कुछ खा या पी चुके हों। जैसे, सुबह की शुरुआत आपने पानी के साथ की हो और फिर चाय-टोस्ट, स्पाइटस या ड्राईफ्रूट्स आदि खाए हों। इसके एक घंटे बाद यदि आप नाश्ते में दही का सेवन करते हैं तो आपको नींद नहीं आएगी। आपको गैस बनने की समस्या है तो इन 5 सजियों से बचना चाहिए।

खाली पेट नहीं खानी चाहिए दही

• सुबह के समय आप नाश्ते में केवल मीठी दही का उपयोग कर सकते हैं। खट्टी खाने से परहेज करें। साथ ही नाश्ते में दही खाने समय आप इसमें एक चम्मच शर्करा कर सकते हैं। यदि आपको शुगर की समस्या नहीं है तब।

• दिन की शुरुआत यदि किसी भी कारण दरी से हड्डी हो और आपके पास नाश्ता करने का समय नहीं हो तो भलकि भी खाली दही ना खाएं। यदि आप खाली पेट दही खाते हैं तो आपको जब दर्न नींद आएगी और आप खुद का बहुत थक हुआ अनुभव करेंगे।

• ऐसा इसलिए होता है क्योंकि खाली पेट दही खाने से कुछ लोगों को ल्लड प्रेशर कम होने की समस्या हो जाती है।

इससे शरीर में ल्लड का फ्लो कम होता है और अँकर्सीजन का स्तर घटने लगता है। यही कारण है कि बढ़ते तेज नींद आती है और बेहोशी जैसा अनुभव होता है।

आप चाहे मानसिक काम अधिक करते हैं या शारीरिक काम। यदि आपको काम करते समय बहुत जल्दी थकान होने लगती है तो इसका एक अर्थ यह होता है कि आपके शरीर में डिहाइड्रेशन की समस्या है। जी हाँ, केवल पोषण की कमी के कारण ही नहीं बल्कि शरीर में पानी की कमी के कारण भी जल्दी थकान होती है। जो लोग नियमित रूप से जल्दी पानी नहीं पीते हैं, उन्हें काम करते समय अधिक थकान होना और अन्य लोगों की तुलना में जल्दी थकान होने जैसी समस्याएं होती हैं। जानें, जल्दी थकान होने के अन्य कारण और उनके निवारण के तरीके

जल्दी थकने की वजह

- अमर्तीर पर जो लोग बहुत जल्दी थकान होने का समर्था से पीड़ित होते हैं, उनके शरीर में कुछ खास तत्वों की कमी देखने की मिलती है।
- पानी की कमी
- खून की कमी
- विटमिन-बी 12 की कमी
- फॉलेट या फॉलिक एसिड की कमी देखने की मिलती है।

जल्दी थकान से बचने के तरीकों में ना केवल अपने खान-पान पर ध्यान देना है बल्कि यह भी ध्यान देना है कि जिस डायट का सेवन आप कर रहे हैं और जिन ड्रिंक्स को आप ले रहे हैं, क्या वे आपके शरीर की जरूरतों को पूरा कर रही हैं। यहाँ जानें कैसे रखा जाएगा इस बात का ध्यान।

तरल पदार्थों का सेवन

- जल्दी-जल्दी होने वाली थकान की समर्था से बचने के लिए, जरूरी है कि आप तरल पदार्थों का सेवन बढ़ा दें। इनमें जूस, सूप, छाँच, दाल इत्यादि शामिल हैं। इसके साथ ही समय-समय सादा पानी पीते रहें।



बचने के लिए हर दिन कुछ समय के लिए मेडिटेशन यानी ध्यान जरूर करें। यह आपको मानसिक रूप से फिट रखने का काम करेगा।

फलियों का सेवन करें

- हरी फलियां काई तरह की वरायटी में आती हैं। खास बात यह है कि मौसम की प्रकृति और उस दौरान शरीर की जरूरत के अनुसार हर सीजन में आवेदनी फलियों पोषक तत्वों से भरपूर होती हैं।

हाईफ्रूट्स

- ऐसा नहीं है कि ड्राईफ्रूट्स का सेवन केवल सर्दियों में ही करना चाहिए। बल्कि सीमित मात्रा में और दूध के साथ ड्राईफ्रूट्स का सेवन गर्मियों में भी हर दिन किया जा सकता है।
- क्योंकि ड्राईफ्रूट्स के केवल हमारे शरीर को गमिहट देने का ही काम नहीं करते हैं। बल्कि पोषण देने का काम भी करते हैं। शरीर की कम्पोजीटों को दूर करने में मीट भी अच्छी भूमिका निभाता है। लेकिन कोरोना संक्रमण के दौर में हम आपको मीट खाने की सलाह नहीं देना चाहते हैं। इस समय में आप थकान से बचने के लिए ड्राईफ्रूट्स यानी सुखे में देना सेवन कर सकते हैं।

हो सकती हैं ये बीमारियां

- यदि शरीर में ऑक्सीजन की मात्रा बहुत कम हो जाए तो ब्रेन डेमेज और हाईट अटैक तक की रिश्तिं बन जाती है। शुगर के रोगियों में यदि ऑक्सीजन की मात्रा में ऑक्सीजन ना मिल पान।
- जब शरीर में ऑक्सीजन की मात्रा होती है तो सबसे पहले व्यक्ति की थकान महसूस होती है, सांस लेने में दिक्कत होने लगती या सास फूलने लगता है। इसके बाद शरीर में रक्त के प्रवाह की गति धीमी हो जाती है। इससे थकान और घरराहट बढ़ जाती है।

शरीर में ऑक्सीजन की कमी के कारण

- शरीर में ऑक्सीजन की कमी के कई कारण होते हैं, जो व्यक्ति की लाइफस्टाइल पर निर्भर करते हैं। जो लोग बहुत कम हो जाए तो ब्रेन डेमेज और हाईट अटैक तक की रिश्तिं बन जाती है। शुगर के रोगियों में यदि ऑक्सीजन की मात्रा में ऑक्सीजन ना मिल पान।
- जो लोग बहुत अधिक शारीरिक श्रम करते हैं लेकिन उसके लिए शायरॉड का स्तर या बहुत अधिक बढ़ सकता है या बहुत अधिक घट सकता है।
- जो लोग बहुत अधिक शारीरिक श्रम करते हैं लेकिन उसके लिए शायरॉड का स्तर नहीं लेते हैं, उनके शरीर में भी ऑक्सीजन की कमी हो सकती है।
- जिन लोगों के भोजन में आयरन की मात्रा कम होती है और अगर वे लंबे समय तक इसी तरह का भोजन लेते रहें तो उनके शरीर में भी ऑक्सीजन की कमी हो सकती है। यद्योंके फैकड़ों सहित पूरे शरीर में ऑक्सीजन का प्रवाह करने में आयरन महसूस पूर्ण भूमिका निभाता है।

## चैन की नींद सोना है तो जरूर करें यह काम

ताउम्र रहेंगे युवा

- आग आप हर दिन सोने से पहले अपने घर के ततुओं पर सरसों के तेल से मालिश करें तो आप ताउप युवा बने रहेंगे। यहाँ युवा बने रहने से हमारा आशय है कि आपके दौल या पानी आ जाता है लेकिन यह ड्राई आई सिंड्रोम का संकेतनी ही हो सकता है। इस बीमारी में आंखों में जलन देने का तरह यद्योंके फैकड़ों में किसी तरह का दर्द या समस्या नहीं हो पाएगी।

चश्मा नहीं लगेगा

- यदि आप सोने से पहले हर दिन अपने घर के ततुओं पर सरसों के तेल से मालिश करते हैं तो आप अपने घर के ततुओं पर भी ठीक कर सकते हैं। लेकिन ऐसा नहीं है कि आपको एक या दो हप्टें में ही इसका असर देखने को मिल जाएगा।

पाचन का ठीक रखें

- आपको जानकर थोकी ही रहनी हो सकती है। लेकिन यह चाहे किसी भी दौल या पानी की तुलना में काफी ठीक रहता है। यदि किसी और साथ में जलन देने के लिए आप डॉक्टर के डेमेज सेल यानी क्षिरग्रस्त कोशिकाओं की जल्द मरम्मत होती है। इससे त्वचा भी चमकदार बनी रहती है। तो देख किस बात की खबर सुरक्षित हो सकते हैं।

पैर के तलुए में होते हैं

- हमारे पैर के ततुओं में पूरे शरीर के एक्युप्रेशर पॉइंट्स होते हैं। पैर के ततुओं पर मसाज करने से इन पॉइंट्स पर दबाव पड़ता है, जिससे शरीर का तानवर होता है और मानसिक शांति बढ़ती है। इसलिए आप अच्छी नींद

सभी एक्युप्रेशर पॉइंट्स

- हमारे पैर के ततुओं में पूरे शरीर के एक्युप्रेशर पॉइंट्स होते हैं। पैर के ततुओं पर मसाज करने से इन पॉइंट्स पर दबाव पड़ता है, जिससे शरीर का तानवर होता है और खुजली के कारण पानी में जलन देने की जल्दी बढ़ती है।

## NEWS BOX

**Shoaib Akhtar's rapid U-turn: Mohsin Naqvi incompetent to good man in 24 hours**

**New Delhi. (Agency)** Pakistan legend Shoaib Akhtar has made a swift U-turn on his criticism of Pakistan Cricket Board chairman Mohsin Naqvi, calling him "a good guy" just a day after his comments were widely interpreted as a scathing attack on the PCB chief following Pakistan's humiliating defeat to India in the T20 World Cup. Akhtar, who had erupted in frustration after Pakistan's crushing 61-run loss in Colombo on February 15, has now clarified that his remarks were not aimed at Naqvi personally. The former fast bowler claimed that Indian TV channels twisted his words and insisted he never intended to label the PCB chairman an incompetent. Speaking on a Pakistani news show, Akhtar sought to set the record



straight, stressing that his criticism was directed elsewhere. My comments were never aimed at Mohsin Naqvi. The remark about incompetence was not directed at him at all — it was meant for the top brass who run international cricket. Some Indian TV channels twisted my words, " Akhtar said.

"In the same programme, I even asked people not to say anything negative about Mohsin bhai, because I won't tolerate that. I've always said he's a good person who genuinely wants to help Pakistan cricket. But at the same time, he isn't always given the right advice," he added.

The clarification comes after Akhtar's fiery outburst earlier this week, when his post-match rant was seen as a direct swipe at Naqvi and the PCB leadership.

What Akhtar said after Pakistan's defeat Following Pakistan's latest one-sided loss to India, Akhtar had launched a blistering critique of the board's functioning and the leadership overseeing Pakistan cricket.

The former pacer warned about the dangers of placing unqualified individuals in positions of power, suggesting that poor decision-making at the top inevitably spills onto the field. Many viewers interpreted his comments as being aimed squarely at Mohsin Naqvi, who has remained a central figure in Pakistan cricket's recent controversies, particularly in the build-up to the high-voltage India clash.

**Jose Mourinho's Benfica not banking on miracles against a wounded Real Madrid**

**New Delhi. (Agency)** Jose Mourinho believes Real Madrid will respond fiercely after their shock loss to Benfica, warning that a "wounded king" is often the most dangerous.

Benfica stunned the 15 time European champions 4-2 in the final round of the league phase, a result that denied Madrid automatic qualification for the round of 16 and pushed them into the playoffs. The two sides meet again in Lisbon on Tuesday in the first leg of their knockout tie.

**A WOUNDED KING IS DANGEROUS**



Speaking ahead of the clash, Mourinho said the defeat has only sharpened Madrid's edge. "They are wounded," Mourinho said. "And a wounded king is dangerous. We will play the first leg with our heads, with ambition and confidence. We know what we did to the kings of the Champions League." Despite Benfica's recent victory, Mourinho made it clear he understands the size of the task. "I do not think it takes a miracle for Benfica to eliminate Real Madrid," he said. "I think we need to be at our highest level. I do not even say high, I mean maximum, almost bordering on perfection, which does not exist. But not a miracle." He was equally respectful of Madrid's stature. "Real Madrid is Real Madrid, with history, knowledge, ambition. The only comparable thing is that we are two giants. Beyond that, there is nothing else. But football has this power and we can win." Benfica's dramatic win in Lisbon three weeks ago came courtesy of an extraordinary moment, as goalkeeper Anatoliy Trubin scored a last minute header to secure progression on goal difference. Trubin will not be in the attack this time," Mourinho joked. A veteran of European knockout football, Mourinho also dismissed the idea that the first leg would define the tie. "I am very used to these kinds of ties, I have been doing it all my life," he said.

**T20 World Cup 2026: Pathum Nissanka said Sri Lanka knew Australia were 20 runs short, planned a calm 12-over approach and executed perfectly to seal an eight-wicket win and Super 8 spot.**

**Kandy. (Agency)**

Sri Lanka's passage into the Super 8s of the T20 World Cup was shaped as much by Australia's dramatic collapse as it was by Pathum Nissanka's brilliance with the bat.

**SL vs AUS: Full Scorecard | Highlights**

Australia looked set for a massive total in Pallekele. Mitchell Marsh and Travis Head added 104 runs in just 51 deliveries, putting Sri Lanka under immense pressure early on. At 151 for 4 after 15 overs, a score in excess of 200 appeared certain. But the innings unravelled spectacularly. Sri Lanka's spinners tightened the screws, exposing Australia's struggle to adapt to the slowing surface. Dushmantha Hemantha struck key



blows, while Dushmantha Chameera delivered a clinical finish at the death. Australia lost six wickets for just 30 runs in the final five overs, slipping from dominance to vulnerability in a matter of minutes. That collapse dragged them down to 181 — a total that suddenly felt under par. Speaking at the

post-match press conference, Pathum Nissanka said Sri Lanka sensed the shift immediately.

"We felt they were short by around 20 runs," Nissanka said. "At one stage we thought they could get 200 or even 210. Our aim was to keep them under 200."

## Gautam Gambhir to join Rajasthan Royals IPL franchise approach India coach

**NEW DELHI. (Agency)**

Rajasthan Royals have reportedly approached India head coach Gautam Gambhir for a new role within the IPL franchise, but the former opener is unlikely to take it up due to his ongoing commitments with the national team.

Sources aware of the development told Aaj Tak, India Today's sister channel, that one of the incoming stakeholders at Rajasthan Royals has reached out to Gambhir with an offer to be part of the setup in a senior capacity, potentially as a mentor, CEO, or even a strategic partner. The approach comes at a time when the 2008 IPL champions are in the middle of an ownership transition, with new investors expected to come on board soon. As part of the restructuring, the franchise is understood to be exploring high-profile leadership additions to strengthen their cricketing operations.

**Why Gambhir cannot take the RR role**

Despite Rajasthan Royals' interest, Gambhir's current position as India head coach makes it impossible for him to formally join an IPL franchise at this stage.

Any involvement in a team role, ownership capacity, or advisory position would directly clash with his responsibilities to the



BCCI and the national setup. Gambhir's contract with India runs through the 2027 World Cup, and he remains focused on India's ongoing defence at the 2026

T20 World Cup. With the team already in the Super 8s, the priority for Gambhir is to guide the side through the business end of the tournament.

The former opener also has a proven track record in the IPL, making him an attractive figure for franchises looking for leadership at the top. Gambhir has been at the heart of Kolkata Knight Riders' three IPL titles, winning twice as captain and once as mentor. He also served as mentor for Lucknow Super Giants, who finished third in consecutive seasons and qualified for the playoffs under his watch.

While Rajasthan Royals may be looking to bring in a figure of Gambhir's stature during their ownership revamp, the India head coach's current national commitments leave little room for any such move, at least in the foreseeable future. With the 2027 World Cup cycle and the prospect of the 2028 Olympics on the horizon, Gambhir's roadmap appears firmly aligned with Indian cricket rather than a return to franchise leadership.

## Smriti Mandhana named Indian sportswoman of the year after World Cup and WPL triumph

**New Delhi. (Agency)**

Smriti Mandhana's unforgettable year in cricket has been capped with another major honour, as she was named Indian Sportswoman of the Year at the BBC Indian Sportswoman of the Year awards. The Indian opener earned the recognition after playing a starring role in India's World Cup triumph and leading the Royal Challengers Bengaluru to their second WPL title. Mandhana, 29, was India's vice-captain during their victorious 2025 ICC Women's World Cup campaign and was one of the stars of the tournament, piling up 434 runs as India marched to the title. She beat out some serious competition for the honour, with Harmanpreet Kaur, chess sensation Divya Deshmukh, shooter Suruchi Singh and hurdler Jyothi Yarraj also in the mix.

**A golden year for Mandhana**

Despite a difficult period in her personal life, on the field, Smriti Mandhana had a triumphant year in women's cricket.

Receiving the award, Mandhana reflected on what had been a special year for the Indian women's cricket team. "Thank you BBC for giving me the award for Best



Sportswoman of the Year. 2025 was a special year for women's cricket, especially towards the end we had a World Cup and I'm happy I could contribute and help India win matches," she said. The left-hander has been doing that for a long

time now. She made her India debut at 16 and has gone on to score 17 international centuries — a record she shares with Australia great Meg Lanning. And it's not just the national stage either. Mandhana has also lifted two Women's Premier League titles with Royal Challengers Bengaluru, adding more silverware to an already packed cabinet.

**Big names, big winners**

The award was picked by a grand jury featuring tennis legend Leander Paes, Paralympic star Deepa Malik and long-jump icon Anju Bobby George.

The night also belonged to chess prodigy Divya Deshmukh, who won Emerging Player of the Year after her stunning FIDE Women's World Cup triumph at just 20.

Preethi Pal was named Para-Sportswoman of the Year for winning two bronze medals in athletics at the 2024 Paris Paralympics, while shooter Anjali Bhagwat received the Lifetime Achievement Award for her trailblazing career on the world stage.

**SMART CHASE BUILT ON PATIENCE**

Armed with the belief that Australia had fallen 20 to 30 runs short, Sri Lanka approached the chase calmly. Nissanka and Kusal Mendis planned to bat normally for the first 12 overs, avoiding panic or reckless shots. "We planned to play normal cricket for about 12 overs," Nissanka explained. "Kusal batted well, so it was easier for me to bat along with him. We didn't have to force anything.

The pair rotated strike, capitalised on loose deliveries and kept the required rate in check. With no scoreboard pressure, the chase unfolded smoothly. Nissanka's unbeaten 100 off 52 balls sealed the win in style. His favourite shot of the night — a reverse sweep against a left-arm spinner — underlined his confidence. The 'shush' celebration that followed his century, he clarified, was not aimed at anyone in particular.

In the end, Sri Lanka combined sharp game awareness with clinical execution. They punished Australia's late collapse and paced their reply perfectly to book a deserved Super 8 berth.

**Ian Healy slams Australia's selection calls after SL defeat: It's an unbalanced team**

**Colombo. (Agency)**

Former Australia wicketkeeper-batter Ian Healy has strongly criticised Australia's team selection following their defeat to Sri Lanka in the ICC Men's T20 World Cup 2026, a result that has left them on the brink of elimination. Australia were hammered by eight wickets by the co-hosts after failing to defend 181 in Pallekele. Pathum Nissanka (100\* off 52) struck a magnificent century to guide his side home in just 18 overs. With only one group-stage fixture remaining against Oman, Australia now face a must-win scenario to keep their Super 8 hopes alive. Speaking on SEN Cricket, Healy did not hold back in questioning the balance of the side and the rationale behind the changes made for the crucial encounter. He criticised the team management for not including Steve Smith in the playing XI after he had been drafted into the squad as a replacement for Josh Hazlewood. "We had two bowlers and our best batsman dropped in what was probably our final match for one all



rounder and one bowler. And the captain himself returned. This was to lengthen our batting order. Cooper Connolly, really? How much is that going to lengthen our batting order? He hasn't made double figures in six games. Connolly must wait. If Glenn Maxwell finishes and starts to develop better as his replacement, then maybe. But the fact that he was in our bowling attack as a frontline bowler is just not good enough," Healy said. Australia's batting order once again struggled to find fluency in Sri Lankan conditions, and Healy argued that the constant reshuffling had only compounded the issues.

"It left us full of finishers and no starters. They can't get started in Sri Lanka, as we've just talked about. Cameron Green at three, Tim David at four, Josh Inglis at five, having been opener and seven — he's getting bounced around, and they're wasting his good form. It's just an unbalanced team. Then there's Sean Abbott, Steve Smith, and Matt Renshaw waiting for Oman now," he added.

## Abhishek Sharma, just take a single first: Sunil Gavaskar's advice to India opener

**T20 World Cup: Sunil Gavaskar offered simple advice to Abhishek Sharma amid his tough start to the T20 World Cup. The former captain urged him to get off the mark first before unleashing his attacking game.**

**LONDON. (Agency)**

Former India captain Sunil Gavaskar has offered simple but timely advice to Abhishek Sharma as the young opener looks to recover from a difficult start to his T20 World Cup campaign. Abhishek has endured a slump early in the tournament, including

back-to-back ducks, which has put the spotlight firmly on his approach at the top of the order. Speaking to India Today's sister channel Sports Today, Gavaskar urged the left-hander to focus on the basics first before unleashing his natural attacking game. "My unsolicited advice to Abhishek Sharma, just knock a single first. That's it. Then you can start banging after that. But just knock a single, take a quick single where your legs also move quickly and then after that go on," he said in an exclusive interview with Sports Today. "It is the confidence that one has in oneself. He got a hundred against New Zealand. He is in form and good touch and he is cashing in on that. What is important is that he is not taking good form for granted. A lot of batters do that and look to go bang bang. You can go out of your territory once you are set, and that is exactly what we have seen from him," Sunil Gavaskar said.

**SHARMA?**

Abhishek came into the World Cup with plenty of promise after a breakout run in recent months, but his campaign has been stalled by



a combination of illness and poor starts. The 23-year-old missed India's match against Namibia after being hospitalised with a reported stomach bug and returned for the Pakistan clash in Colombo.

However, the comeback did not go as planned, as Abhishek fell for another duck, leaving him with two scoreless outings in his only two matches so far. The early dismissals have raised questions about whether he is trying too much too soon at the top.

**WHY GAVASKAR'S ADVICE COULD HELP**

Gavaskar's message was clear: strip it back to the simplest first step. By focusing on getting off the mark and allowing himself time at the crease, Abhishek can rebuild rhythm and confidence before expanding his range. The former captain also pointed to Abhishek's recent success, including his century against New Zealand, as proof of the talent and form he possesses. With India already through to the Super 8 stage, Abhishek may now have the breathing space to reset, settle in, and play with the freedom that made him such an exciting prospect in the first place.



## Natasa Stankovic

### Trolled For Dancing At College Fest; Social Media Defends Actress

Actor-model Natasa Stankovic, who made headlines following her divorce from ace cricketer Hardik Pandya, is back in the limelight after a video of her dancing at a college fest went viral on social media. The video has invited widespread trolling for Natasa Stankovic, with many dropping derogatory remarks against her. Meanwhile, a section of social media was seen urging people not to target her.

The video shows Natasa dancing in a black-and-white outfit at Pillai University's college fest. As the video went viral, people started trolling Natasa. One said, "After divorcing Hardik, she became so unemployed that she had to dance at colleges just to live." Another shared, "Lol, she already grabbed 70% of Hardik's hard-earned assets." A third user commented, saying, "Breakup nahi, full downgrade aye."

#### People defend Natasa

While trolls tried to bully Natasa, many came out in support of her. One wrote, "It's called living the way you like. Also, it's better than staying in a toxic relationship. No job is big or small. Stop shaming someone just because they are not as successful as their husband or boyfriend. Same goes for girls." Another user shared, "So what? She is trying to earn a living, and people have a problem with that as well now?" A third user commented, "She is living happily and not seeking media attention. That is important. She is not playing the victim card." One user, while defending Natasa,

# Kritika Kamra

## And Gaurav Kapur To Get Married In March 2026; Wedding Details Inside



**A**ctors Kritika Kamra and Gaurav Kapur are reportedly all set to take a big leap in their relationship. After making their romance public in December, the couple is now said to be planning their wedding, with 2026 shaping up to be a milestone year for them. According to sources, the duo is in a strong, happy space and has decided it is time to formalise their relationship.

#### Wedding Likely Around March–April 2026

A source close to the couple told Hindustan Times that Kritika and Gaurav are looking at a wedding around the end of March or early April. "Kritika and Gaurav are in a happy space together and ready to take their relationship to the next level. They are planning to tie the knot in March end or in the first week of April," the source said.

The wedding is expected to take place in Mumbai, keeping things close to home for both their families and inner circle.

#### Mumbai Reception on the Cards

While the finer details of the wedding celebrations are still being worked out, an industry reception is already on the agenda. "They are still finalising the details of the functions, but they will definitely host a reception for their industry friends in Mumbai itself," the source added.

#### The 'Insta Official' Moment That Started It All

Kritika and Gaurav first confirmed their relationship in December when Kritika shared a series of pictures from what appeared to be a cosy breakfast date. The understated caption, "Breakfast with," was enough to send fans into a frenzy.

The post drew warm reactions from several industry friends, including Pooja Gor, Anup Soni, Angad Bedi, Nakul Mehta and Drashti Dhami, who flooded the comments section with congratulatory messages.

#### Ringing in 2026 Together

The couple welcomed the New Year with a getaway to Jaisalmer, further fuelling wedding buzz. Kritika shared glimpses from the trip and captioned the post, "Fell into '26 nicely," subtly hinting at the new chapter ahead.

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**Pati Patni Aur Woh Do Postponed:**  
Ayushmann Khurrana, Sara Ali Khan's Film Will Now Hit Theatres In May 2026



There has been a lot of buzz around 'Pati Patni Aur Woh Do' ever since it was officially announced. The comedy-drama, starring Ayushmann Khurrana, Sara Ali Khan, Rakul Preet Singh, and Wamiqa Gabbi, is the highly anticipated sequel to the 2019 film Pati Patni Aur Woh. Last year, the makers revealed that the film would release in theatres on March 4, 2026, during Holi. However, the film's release has now been postponed. The makers have announced a new release date, sharing that Pati Patni Aur Woh Do will now hit theatres on May 15, 2026.

#### Pati Patni Aur Woh Do Postponed

Trade analyst Taran Adarsh took to X (formerly Twitter) to announce the new release date of Pati Patni Aur Woh Do. "AYUSHMANN KHURRANA – SARA ALI KHAN – WAMIQA GABBI – RAKUL PREET SINGH: 'PATI PATNI AUR WOH DO' GETS A NEW RELEASE DATE... Welcome to the world of #PrajapatiPanay... #AyushmannKhurrana, #SaraAliKhan, #WamiqaGabbi, and #RakulPreetSingh team up for #PatiPatniAurWohDo. Directed by #MudassarAziz, the film will now hit cinemas on 15 May 2026. Produced by #BhushanKumar and #RenuRaviChopra, with #JunoChopra as the creative producer," read the post.

Recently, Bollywood Hungama reported that the film will not release on March 4 because the post-production is not yet complete and a song also remains to be shot. The report states that the makers did not want to rush the process and wanted to devote time and effort into ensuring that the final product turns out to be entertaining as well as enticing for the audience.

The film marks director Mudassar Aziz's return to the franchise after the first instalment, which featured Kartik Aaryan, Bhumi Pednekar, and Ananya Panday. This time, the story promises a fresh twist with a new ensemble and more outrageous comic situations.

Last year in October, the makers dropped the first poster of Pati Patni Aur Woh Do, introducing Ayushmann as Prajapati Pandey and teasing a world filled with love, laughter, and inevitable marital confusion. Mark your calendars for a joyride of emotions as Pati Patni Aur Woh Do is all set to hit the big screen on 15th May 2026!

**'It Was The Perfect Moment': Priya Banerjee Recalls Prateik Smita Patil's Dreamy Wedding Proposal**



Prateik Smita Patil and Priya Banerjee will mark their first wedding anniversary this year on Valentine's Day, and as the couple gears up for a grand celebration, they recalled their dreamy proposal on Propose Day today. Priya got her dreamy proposal at midnight on the eve of Prateik's birthday. Speaking to HT, Prateik recalled, "I had planned to propose to Priya at the stroke of midnight on the eve of my birthday. But we had some work the next day, for which we had to leave early in the morning, so if I had done that, we wouldn't have got time to enjoy the moment." He added, "Then, two days before, on a Sunday morning, I was sitting on my 'throne' in the bathroom, where I get some of my best ideas. I realised that we had the whole day to ourselves, and it was the perfect day to propose."

Speaking about the day she finally got her proposal, November 26, Priya recalled, "It was 8 am, and I saw Prateik crying in the corner, and I was like, what has happened? I was lying in bed with our dog, and Prateik suddenly came next to the bed and proposed to me. He was so emotional that I didn't even understand the first question he asked me."

Priya further continued and shared that it was a perfect moment for her and said, "He went down on his one knee while in his boxers, but it was the perfect moment, as we also had our dog there, who just started wagging his tail. It was a celebration with the three of us."

After dating each other for a long time, Prateik and Priya decided to take their relationship to the next level on the day of love, i.e., Valentine's Day. The couple got married in an intimate wedding ceremony held at Prateik's late mother Smita Patil's house in Bandra, Mumbai, on February 14, 2025. Taking to their social media, the newly married couple shared a series of heartwarming pictures, perfectly capturing the warmth, love, and togetherness of the people who gathered to celebrate their bond. In a post captioned "I'll marry you in every lifetime #priyaKAprateik," Prateik and Priya shared their first-ever pictures as a married couple.



#### About Natasa and Hardik

Natasa Stankovic married Hardik Pandya in May 2020 and welcomed their son, Agastya, in the same year. The pair renewed their vows in 2023 but later the same year decided to part ways. Even after parting ways, Natasa and Hardik have continued to maintain a dignified relationship focused on co-parenting Agastya. While they no longer share a home or marriage, sources indicate that both remain united in ensuring stability and happiness for their young son.

# गुमला-लातेहार सबसे ठंडा जिला, 6.9°C है पारा

जमशेदपुर में 32 एवं तक चला गया तापमान, 9 जिलों में हिमालय की हवाओं का असर

रांची, एजेंसी। झारखंड में इन दिनों मौसम अपने दो अलग-अलग रूप में दिख रहा है। प्रदेश के किसी इलाके में 6 डिग्री के करीब पारा हो तो कहीं 32 डिग्री वाले तो धूप-गर्मी सता रही है। मौसम वैज्ञानिक अधिकारी आनंद का कहना है कि मौसम के इस मिजाज की बजह से यह कहना आसान नहीं है कि इस साल गर्मी कितनी रहने वाली है। स्थिति ऐसी है कि गुमला में पूरे साज्ज का सबसे कम न्यूनतम तापमान है। यहां का मौसम टैपेंचर 6.9 डिग्री सेल्सियस रिकॉर्ड किया गया है। इस बजह से सुबह की शुरुआत कड़के की सर्दी के साथ हो रही है। ठंडी हवा इतनी तेज है कि हल्की धूप निकलने के बाद भी लोगों को राहत नहीं मिल पा रही। सुबह घरों से निकलने वाले लोग रिस से पांच तक गर्म कहड़ी में लिपटे नजर आ रहे हैं। दिन चढ़ने के साथ तापमान में हल्की बढ़ोतारी जरूर हो रही है, लेकिन सर्द हवाओं के कारण ठिक्करा है।



9 जिलों में हिमालय की ठंडी हवाओं का असर

रांची, एजेंसी। गुमला-लातेहार सबसे ठंडा जिला, 6.9°C है पारा

असर साफ दिखाई दे रहा है। इन इलाकों में सुबह और शाम हल्की ठंड बनी हुई है। शाम 4 बजे के बाद तापमान में गिरावट महसूस की जा रही है। लोगों को स्वेटर की जरूरत पड़ रही है। इन जिलों में अधिकतम तापमान 27 से 28 डिग्री तक और न्यूनतम 10 से 12 डिग्री तक पहुंच रहा है। हालांकि अन्य जिलों में गर्मी की दस्तक साफ नजर आने लगी है। दिन में तापमान तेजी से बढ़ रहा है।

जमशेदपुर में सतत रही है 32 डिग्री वाली गर्मी : दूसरी ओर झारखंड के उत्तर-पूर्वी जिलों देवधर, गोडां, साहिबगंज और दुमका में दिन में गर्मी का असर साफ है। यहां दोपहर में स्वेटर पहनने की जरूरत बिल्कुल नहीं पड़ रही। शाम 7 बजे के बाद हल्की शाँख काफी है। जमशेदपुर में भी यही हाल है। यहां न्यूनतम तापमान 15 डिग्री और अधिकतम 32 डिग्री दर्ज किया गया है। तेज धूप के कारण दिन में गर्मी का अहसास हो रहा है। गंभीर मौसम केंद्र के अनुसार 20 फरवरी तक सुबह के समय हल्का कुबूला आया रहेगा, इसके बाद असमान मुख्यतः साफ रहने की संभावना है। तापमान की बात करें तो 17 और 18 फरवरी को अधिकतम तापमान 28 डिग्री तक पहुंच सकता है, जबकि न्यूनतम तापमान क्रमशः 12 और 13 डिग्री रह सकता है। 19 और 20 फरवरी को भी अधिकतम तापमान 28 डिग्री के आसपास बना रहेगा तथा न्यूनतम तापमान 13 से 14 डिग्री के बीच रहने की संभावना है।

## मालगाड़ी की टक्कर से हाथी के बच्चे की मौत

खलारी में पटरियों पर पहुंचे हाथी, घटों रुकी रही वंदे भारत जैसी ट्रेन, यात्री रहे परेशान

खलारी (रांची), एजेंसी।

बरकाकाना-बरवाड़ी-रेलखंड पर अग्रिमलान-निन्दा की बीच मालगाड़ी की चारों में आने से एक हाथी का बच्चा गंभीर रूप से घायल हो गया, जिसकी देर रात मौत हो गई। घटना के बाद हाथियों का झुंड आक्रोशित होकर रेल पटरी पर डट गया। चंदवा थाना क्षेत्र के पुतरी टोला गांव के पास हुई इस घटना ने बरकाकाना-बरवाड़ी-रेलखंड पर रेल परिचालन पूरी तरह रुक कर दिया। शाम करीब 7:30 बजे से शुरू हुआ यह गतिरोध आधी रात तक बना रहा। बन विभाग की टीम ने मध्याह्न जलाकर हाथियों को हटाने का प्रयत्न किया, लेकिन वे लंबे समय तक पटरी से नहीं हटे। करीब साढ़े चार घंटे बाद रात 12 बजे के आसपास झुंड को हटाया जा सका, जिसके बाद 12:20 बजे अप लाइन पर परिचालन बनाया गया।

गंभीर रथ, वंदे भारत समेत

कई ट्रेनें जहां-तहां खड़ी रहीं :

पटरी पर हाथियों के जमे रहने



से कई महत्वपूर्ण ट्रेनें अलग-अलग स्टेशनों पर और 18635 सासाराम इंटरसिटी हैं। 12877 रांची-गरीब रथ राय स्टेशन पर शाम 7:54 बजे से खड़ी रही, जबकि 21894 टाटा राय स्टेशन पर 7:48 बजे से रही। 13347 पलामू एक्सप्रेस खलारी स्टेशन पर 7:35 बजे से रही। 18309 जम्मतवी एक्सप्रेस में बरकाकाना में, 13025 हावड़ा-भोपाल एक्सप्रेस को बरकाकाना पड़ी। ट्रेन तीन घंटे से अधिक

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# Indian coastal authorities 'seize' 3 US-sanctioned oil tankers linked to Iran

**NEW DELHI, Agency:** Indian coastal authorities reportedly "seized three US-sanctioned tanker ships linked to Iran" earlier this month, a source informed Media on Monday. The vessel seizures follow the improvement in India-US relations with Washington announcing recently that it would cut import tariffs on Indian goods to 18% from 50%.

In a related development, US military forces boarded another sanctioned tanker in the Indian Ocean after tracking the vessel from the Caribbean Sea, in an effort to target illicit oil trade connected to Venezuela, the Pentagon said on Sunday.

'Shadow fleet' vessels Stellar Ruby, Asphalt Star and Al Jafzia carrying sanctioned Iranian oil were seized on Feb 6. India's unprecedented enforcement action took place the same day that Washington and New Delhi unveiled a major bilateral trade



framework.

Indian coastal authorities said in a post on X on Feb 6 that they had intercepted the three vessels about 100 nautical miles west of Mumbai after detecting suspicious activity involving a tanker in India's exclusive economic zone. However, the post was later deleted.

Stellar Ruby, Asphalt Star and Al Jafzia frequently changed their identities to evade action by coastal states, and their owners were based overseas, it was said.

According to Foundation for Defense of Democracies (FDD), a Washington DC-based research institute, "All three were previously sanctioned by the US for

their ties to Iran. They form part of a 30-tanker fleet managed by Jugwinder Singh Brar, a UAE-based Indian national designated by the Treasury Department in April 2025 for operating in the petroleum sector of the Iranian economy. The Stellar Ruby was still flying an Iranian flag at the time of the seizure".

Importantly, Iran too had seized an oil tanker, MT Valiant Roar, on Dec 8 with 16 Indian crew members on board. Of the 16, eight have been released, but eight are still in Iran's custody. Their families have been demanding the release of the sailors.

As for US forces boarding another sanctioned tanker in the Indian Ocean, Venezuela has faced US sanctions on its oil for several years and relied on a shadow fleet of falsely flagged tankers to smuggle crude into global supply chains.

## India moves to stop Ravi waters to Pak as Shahpur Kandi dam nears finish

**JAMMU, Agency:** India is preparing to stop surplus water from the Ravi flowing into Pakistan once the Shahpur Kandi dam on Punjab-J&K border becomes operational, marking a long-awaited shift in use of eastern river waters of Indus basin.

J&K minister Javed Ahmed Rana said Monday the dam is expected to be completed by March 31 and is a priority for drought-prone Kathua and Samba districts. Officials said the project will irrigate about 5,000 hectares in Punjab and more than 32,173 hectares across Kathua and Samba in J&K. Central assistance of Rs 485.38 crore was approved for the irrigation component.

Former irrigation minister Taj Mohideen said the dam falls outside Indus Waters Treaty because India has exclusive rights over the Ravi. Rana added that suspension of the treaty has accelerated power and dam projects in J&K.

The 1960 treaty divides the Indus system's waters, designating eastern rivers (Sutlej, Beas, Ravi) to India and western rivers (Indus, Jhelum, Chenab) to Pakistan. India put the treaty in abeyance after the April

2025 terrorist attack in Pahalgam that killed 26 people, a sharp policy shift aimed at pressuring Pakistan over cross-border terrorism.

The move halted data sharing and opened the door for greater use of western river waters.

Part of the Ravi flows unused through Madhopur into Pakistan despite demand in Punjab and J&K, Rana said, stressing that the dam will curb such wastage. Projects like Shahpur Kandi are critical to reallocating flows towards domestic irrigation and away from downstream discharge.

The project was first cleared in Nov 2001 but stalled for years amid interstate disputes. After a series of bilateral and central meetings, Punjab and J&K reached an agreement in Sept 2018. Union cabinet chaired by PM Narendra Modi approved implementation on Dec 6 that year.

Bani MLA Dr Rameshwar Singh said residents had waited years for completion. "Once it is completed, the water will no longer flow into Pakistan but will instead be used to irrigate our own vast areas in Kathua," he said.

## 'Help me please': Mother of 23-year-old killed in Dwarka by reckless driver making 'reels' posts emotional appeal

### NEW DELHI, Agency:

The mother of a 23-year-old man who died in a road accident in Dwarka earlier this month has posted an emotional video on social media, alleging that her son was killed by a minor who was driving an SUV recklessly while making "speed fun reels".

Sahil Dhaneshra died in the accident on February 3 near Lal Bahadur Shastri College in Dwarka. In a video message shared on Sunday, his mother appealed to the government, media and local residents to help her seek justice.

"I raised my child for 23 years as a single mother. On February 3, my innocent child was blown away by a car. I am a helpless mother," she said in the video posted on X.

In a post accompanying the video, she wrote, "I lost my son Sahil Dhaneshra, a 22+ year

old young and most talented boy whom I raised for 23 years alone as a single mom, was killed brutally by a Scorpio N bearing no. UP57BM3057. Driver is an unlicensed driver and his sister while making speed fun reels in Dwarka."

She urged parents to remain vigilant about road safety and appealed to the public to come forward in her support.

According to Delhi Police, a fatal accident was reported at around 11:57 am on February 3. When officers reached the spot, they found an SUV, a car and a motorcycle in a damaged condition. The motorcycle rider, later identified as Sahil Dhaneshra, was found dead at the scene.

Ajit Singh, who had parked his taxi on the roadside, was also injured in the incident and was taken to IGI Hospital.



Police said that the final medical opinion on his medicolegal case (MLC) is awaited.

A case was registered at Dwarka South Police Station under sections 281 (rash driving), 106(1) (causing death by negligence) and 125(a) (act endangering life or personal safety of others) of the Bharatiya Nyaya Sanhita (BNS).

During the investigation, the SUV driver was identified as 17-year-old Akshatra Singh.

Police said he did not possess a valid driving licence and was apprehended. The minor was produced before the Juvenile Justice Board (JJB) and sent to an observation home.

He was granted interim bail on February 10 by the JJB on the ground that he is a Class 10 student and due to appear for his examinations, police said.

All three vehicles involved in the accident have been seized and mechanically inspected. CCTV footage from the area has also been collected as part of the ongoing investigation.

According to preliminary findings, the SUV allegedly collided with the motorcycle coming from the opposite direction before hitting a parked car on the roadside. Police said that the matter remains under investigation.

## India must use AI to make governance efficient, citizen-centric: Anthropic CEO

**BENGALURU, Agency:** Anthropic CEO Dario Amodei said even as artificial intelligence technology produces great value, it will also bring big economic turmoil. So it is important, he said, to ensure everyone shares in the benefits, and urged India, as the world's largest democracy, to use AI to make governance more efficient and citizen-centric. "That's a really valuable use of the technology," Amodei said at the maiden edition of Anthropic's Builder Summit in Bengaluru on Monday.

Anthropic, valued at \$380 billion and whose AI products are used widely by enterprises to make coding more efficient, recently launched a slew of new tools for other enterprise functions like legal, sales and marketing that caused a collapse in the share prices of software and IT services companies around the world.



Amodei's visit coincided with the AI company launching its Bengaluru operations. Speaking to some 250 developers and entrepreneurs, he noted that the technical intensity of AI adoption in India tends to be higher than elsewhere. He said he's heard ministry of statistics is building an AI system to query economic data and statistics. "Generally, govt bodies elsewhere don't move this fast," he said.

Anthropic's business run rate revenue in India, he said, has doubled over the past four months. "It's just really incredible... It mirrors the general progress and explosion in Claude models and coding models. But I think it's even more extreme in India than we've seen in other places of the world."

Tech Produces Great Value, But Also Turmoil' Amodei also pointed to

India's extraordinary scale as a catalyst for innovation. "You can run experiments with hundreds of millions of people. That scale allows entrepreneurs and builders to pivot quickly and learn faster in ways that simply aren't possible in smaller markets."

He said India's linguistic

diversity as a powerful driver for AI innovation. It enables,

he said, building tools interop-

erate across languages, make

translation easier, and enable

true multilingual capabilities. Claude, he said, is working hard to support the long tail of languages, and "with so many regional languages in India, I've seen some cool applications, including in the non-profit and social benefit space."

On the philosophy of his 38-page essay 'The Adolescence of Technology', Amodei said, "We need to understand that this technology is really going to change the world at a speed and to a degree that we haven't seen with any other technology before. That may sound hyperbolic, but if we look at the rate of improvement, diffusion, and adoption, it's something that has no real precedent in modern history." The essay emphasises core principles aimed at protecting against the worst-case risks posed by AI.

**NEW DELHI, Agency:** As the country moves towards becoming Naxalism-free by March 31, it's not just the last of Maoist leaders and cadres that are being hunted or asked to surrender. The physical symbols of Left-wing extremism -- specifically, 'memorials' built by CPI(Maoist) to "honour" its top leaders and commanders killed over the years -- are also being wiped out in mission mode, ensuring that the once Naxal-infested villages are never reminded of their violent and troubled past.

In line with home minister Amit Shah's directions, reiterated at the Feb 8 review of Left-wing extremism in Raipur, the Central Reserve Police Force (CRPF) has, over the last 15 days, demolished 53 such 'memorials' across Sukma, Bijapur and Bastar in Chhattisgarh. Backed by location-mapping of these 'memorials', often with help from the locals, the CRPF is targeting the demolition of all by February end. This will be followed up with a plantation drive in the cleared areas, so that they merge with the surrounding forests, said a CRPF source.

CRPF has been at the forefront of the multi-state offensive to reclaim Maoists' pocket-boroughs and has a predominant presence in the interior villages of Bastar region through forward-operating bases.

Among the CPI(Maoist) 'memorials' -- usually tiered, concrete structures shaped like a pyramid or pagoda, some topped with CPI(Maoist) insignia -- razed by earthmovers over the past fortnight were ones erected following the neutralisation of its general secretary Namballa Keshava Rao alias Basavaraju in Narayanpur in May 2025 and of central committee member Ramachandra Pratap Reddy @ Chalapathi (CC) in Gariyaband in Jan 2025.

CRPF is very close to the goal of uprooting Left-wing extremism from the country. Its efforts now extend to eliminating the fear of Maoists from the minds of people of Chhattisgarh, particularly tribals of Bastar who have borne the brunt of decades of Left-wing extremist violence.

## Repatriate 'gangster' Kumar Pillai to Hong Kong: Court; cites acquittal in extradition cases

**New Delhi, Agency:** A Mumbai court has ordered the city police to take necessary steps to repatriate alleged gangster Kumar Pillai to his home country, Hong Kong, noting that he has been acquitted in all cases for which he was originally extradited. A Supreme Court ruling has made it clear that in the absence of permission from the extraditing country, the applicant cannot be tried in India for any other pending cases, Special MCOCA Court Judge Satyanarayan R Navander said in the order passed on February 13.

"Consequently, the prose-

cution is left with no option but to take steps to repatriate the applicant (Pillai) to his home country, namely Hong Kong," the judge said.

There is no material on record to suggest that the prosecution has sought permission from the Hong Kong authorities to try Pillai in the other pending cases, the court noted.

Pillai, originally an Indian citizen, migrated to Hong Kong and acquired citizenship there. He was arrested in Singapore in 2016 following a 2012 Red Corner Notice and booked under the stringent Maharashtra Control of

Organised Crime Act (MCOCA). India had sought his extradition from a competent court in Singapore for six pending cases against him. However, Pillai's extradition was permitted for the purpose of trial in three cases.

All those cases have since been disposed of and the applicant has been acquitted, the court order noted.

Pillai's lawyer, Pankaj Kavale, contended that the purpose of extradition now

stands exhausted. He submitted that the applicant is not a citizen of India, and therefore, his continued stay in the country cannot be said to be lawful.

He is required to be repatriated to Hong Kong, in view of Section 21 of the Extradition Act, he added.

The prosecution opposed the plea, saying cases are pending against the applicant and proceedings therein are yet to be concluded.

The court, however, noted that extradition was only for three cases and he has been acquitted in those matters.

The judge pointed out that no appeal has been preferred

(by the prosecution) against any of those judgments.

Further, the court underlined that there is no material on record to indicate that the prosecution has approached the authorities in Hong Kong for permission to try Pillai in other pending cases.

"Therefore, in view of the extradition treaty and the settled position of law, the applicant cannot be put to trial for any other offence unless such permission is obtained," the court held.

It further directed the Mumbai police commissioner to take necessary steps for Pillai's repatriation..

**Siddaramaiah camp to take 27 MLAs abroad 'to counter DKS push for CLP meeting'**



**BENGALURU, Agency:**

A foreign tour by a bloc of Congress legislators aligned with CM Siddaramaiah has injected volatility into Karnataka politics, sharpening a power struggle with deputy CM DK Shivakumar over a long-speculated transition.

About 27 Congress MLAs and MLCs are set to leave for Australia and NZ Tuesday, party insiders said. Legislators insist the travel is routine, but within the party it is seen as a tactical move to undercut Shivakumar's push for a Congress legislature party

meeting to press for a change at the top.

Congress returned to office in 2023 amid talk of an unwritten power-sharing deal under which DKS would succeed Siddaramaiah. Anticipating a leadership push before budget session March 6, Siddaramaiah camp is said to have encouraged select legislators to travel. The high command moved to rein in damage, with Randeep Surjewala calling MLAs to defer plans. Some complied, but others went ahead, signalling camp loyalties.



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# Side Hustle Culture Among Young Professionals

## Passion, Pressure, or Practicality?

In today's rapidly evolving professional landscape, the traditional definition of a career is undergoing a dramatic transformation. The idea of working a single job for decades, climbing a predictable corporate ladder, and retiring with a fixed pension is gradually being replaced by a more dynamic, flexible, and diversified approach to earning. At the center of this shift lies the growing phenomenon of "side hustle culture."

Across metropolitan cities and emerging urban centers, young professionals are increasingly embracing additional streams of income beyond their primary employment. What once seemed like an optional extra has now become a defining characteristic of modern ambition.

### The Economic Push Behind Side Hustles

One of the primary reasons for the rise of side hustles is economic reality. Inflation, rising rent, lifestyle aspirations, and financial responsibilities have made single-income households increasingly vulnerable. Young professionals often face education loans, family expectations, and the desire for financial independence at an early stage of life.

A side hustle provides supplementary income that can be used for savings, investments, travel, or even future entrepreneurial ventures. It offers a sense of control in uncertain economic conditions, particularly in a world where layoffs and automation are real concerns.

### Digital Platforms: The Great Enabler

Technology has played a crucial role in democratizing opportunity.

Social media platforms, freelance marketplaces, and digital payment systems have lowered entry barriers. Today, an individual can launch a business from their bedroom with minimal capital.

From freelance writing and graphic design to online tutoring, podcasting, affiliate marketing, and handmade crafts, possibilities are endless. Even professionals in conventional fields like finance or law often run consulting gigs or educational channels online.

The gig economy has expanded beyond ride-sharing or food delivery; it now includes creative and knowledge-based industries.

#### Passion Projects Turned Profitable

Many side hustles begin as hobbies. A software engineer may start photographing nature on weekends. A corporate manager may bake as a stress-reliever. Over time, these hobbies gain recognition and monetary value.

This blending of passion and profession is one of the most appealing aspects of side hustle culture. It allows individuals to explore creative identities beyond their official job titles.

However, monetizing a hobby also changes its emotional meaning. What once brought relaxation can turn into a source of deadlines and customer expectations.

#### The Social Media Influence

Social media amplifies success stories. Young entrepreneurs sharing their "quit my job to follow my passion" journeys create powerful narratives. These stories inspire—but they also create subtle pressure.

The comparison culture can



make individuals feel inadequate if they are not maximizing every hour of their day. Productivity becomes a measure of self-worth.

#### Burnout and Boundaries

While side hustles offer opportunity, they also demand time and energy. Many young professionals work full days and then continue working late into the night.

Without clear boundaries, this culture can lead to exhaustion. The

line between professional growth and overworking becomes blurred.

Experts suggest setting realistic goals, prioritizing rest, and ensuring that the side hustle aligns with long-term vision rather than impulsive trends.

#### A Redefined Career Model

Side hustle culture signals a broader change in how careers are perceived. The modern professional is multi-skilled, adaptable, and

entrepreneurial.

In the future, employers may even value employees who demonstrate initiative through personal ventures. Instead of being seen as distractions, side projects may reflect creativity and leadership.

Side hustle culture is neither entirely glamorous nor entirely dangerous. It is a reflection of a generation navigating economic uncertainty with ambition and innovation.

## Why Gen Z Prefers Freelancing Over Traditional Jobs

Generation Z is redefining career priorities. Stability, once the ultimate goal, now competes with flexibility and purpose.

#### Freedom Over Structure

Freelancing allows control over schedules and project choices. Remote work culture has normalized flexible employment.

#### Global Opportunities

Digital connectivity enables freelancers to work with international clients. Geographic boundaries matter less.

#### Skill Monetization

Skills such as coding, editing, design, and digital marketing can be independently monetized without organizational hierarchy.

#### Financial Independence and Risk

Freelancing encourages entrepreneurial thinking. However, irregular income and lack of job security pose challenges.

#### Redefining Success

For Gen Z, success is not limited to promotions. It includes work-life balance, creative freedom, and meaningful projects.

This mindset may reshape future corporate models.



## From Small Towns to Big Dreams: The Rise of Tier-2 Ambition

India's smaller cities are experiencing an aspirational awakening. Digital access has reduced information inequality.

#### Technology as Equalizer

Affordable internet connectivity has opened doors to education, entrepreneurship, and content creation.

#### Cultural Confidence

Young individuals from tier-2 cities combine rooted values with modern ambition.

#### Startup Ecosystem Growth

Entrepreneurship is no longer confined to metro hubs. Small-town founders are building impactful busi-



nesses.

#### Breaking Stereotypes

The narrative that success requires relocation is slowly fading.

#### Challenges Remain

Infrastructure and exposure gaps still exist. However, determination continues to bridge barriers.

## The Psychology Behind Viral Trends Why We Follow, Share, and Repeat

Every scroll through social media introduces us to a new trend—dance challenges, fashion aesthetics, catchphrases, productivity routines, or viral debates. Within hours, millions participate.

But what makes trends explode overnight?

### The Science of Social Proof

Humans are wired for connection. When we observe others engaging in certain behavior, we subconsciously interpret it as acceptable or desirable. Psychologists call this social proof.

If thousands of people participate in a challenge, it signals popularity. Participation becomes less about originality and more about belonging.

### Dopamine and Digital Validation

Each notification, like, and comment activates the brain's reward system. Viral trends promise visibility.

The potential for engagement encourages participation.

Algorithms further reinforce this behavior. The more engagement a trend receives, the more platforms promote it.

#### FOMO: The Fear of Missing Out

FOMO plays a significant role. No one wants to feel disconnected from conversations dominating their social circles.

Trends create shared cultural moments. Missing out can feel like social exclusion.

#### Identity Through Trends

Interestingly, trends also allow self-expression. While the framework remains consistent, individuals customize content.

However, this dynamic creates a paradox: expressing individuality through collective behavior.

#### The Speed of Attention

Digital culture thrives on speed. Trends peak quickly and fade just as fast. This constant rotation shortens attention spans and increases the need for novelty.

#### Risks and Responsibility

Not all trends are harmless. Some spread misinformation, encourage risky behavior, or promote unrealistic standards.

Understanding the psychology behind trends empowers individuals to participate mindfully rather than impulsively.